

*Complimentation*<sup>®</sup>  
INTEGRATED  
INSTITUTE  
OF



**DAY THIRTEEN**

*do you* FEEL *what* I THINK *that* YOU SEE?

## WHAT IS IT THAT YOU ARE NOT TELLING YOURSELF?

WELL UP ON THE SCALE AS TIME GOES ON, EXPANDING AND OFFERING MORE FOR THE INITIAL PERIOD, AND THE WILLINGNESS TO BUILD SOMETHING VERY STRONG AND USEFUL AFTER THAT PHASE COMES TO A NATURAL END – YOU MAY COUNT TO SEVEN, AND THEN, OPEN YOUR EYES. YOU WILL FEEL AN INEXPLICABLE PRESENCE, AND THIS WILL BE SOMETHING THAT YOU CAN USE WHENEVER YOU NEED IT, FOR THE REST OF YOUR LIFE – THE SUPPOSITION HERE INDICATES A LACK OF FAITH IN THE OPPOSITE, AND AGAIN REINFORCES THE STANDARD MODEL OF PAIRS OF DIAMETRICALLY SEPARATED ITEMS, WHICH CAN BE UP-ENDED, BOUNDARIES DISSOLVED, SIMPLY BE RE-NAMING THEM – WHAT WOULD HAPPEN, TO ALL INTENTS, PURPOSES AND OUTCOMES THAT CAN BE ASCERTAINED IN THE APPROXIMATION OF CONSEQUENCES, WOULD BE THAT THE QUALITY WHICH WAS DESIRED WILL MOST LIKELY BE DEMANDED, ENFORCED, AUTOMATICALLY ENGAGED AND IMITATED. A SHADOW FALLING ON THE EVENTUAL, PROJECTED DIALOGUE, NOT YET IN PROGRESS, OR IN SIGHT. THE IMAGE GROWS DARKER, AND AT THE SAME TIME, MORE INTENSE, AND MOVES FASTER.

## WHAT IS IT THAT YOU ARE NOT BEING TOLD BY YOURSELF?

AND WHO BUT THOSE WHO MUST BELIEVE IN A WAY TO CONQUER SOMETHING GIVEN, EVEN THOUGH THEY HAVE BEEN SHOWN INSIDE THAT THE EXTERNAL CANNOT HELP THEM, WOULD USE SUCH DEVICES, PUT THEMSELVES THROUGH SUCH PAIN, SUBMIT TO HUMILIATION THAT DOES NOT OPEN A SACRED DOOR, AS ANOTHER KIND CAN? THOSE WOULD BE THE SOULS THAT HAVE NOT SEEN THEIR OWN FOOTPRINTS, AND DO NOT KNOW WHAT COLOUR THEIR OWN EYES ARE, OR THEIR MEASUREMENTS. BUT THE PRICE OF FISH, MOST ASSUREDLY — THE GARMENT THAT SEEMED TO BE THE CLOAK OF A SUPER-HERO IS ACTUALLY A SHROUD — SO MANY EVENTS PRECEDED THIS STAGE OF AFFAIRS, BUT PERHAPS THE BEST THING ABOUT THEM IS THAT THEY ARE SO IMPOSSIBLE TO IMAGINE WITH ANY DEGREE OF ACCURACY. TIME TO LAUGH NOW. AND NONE OF THE PEOPLE ON THE TRACK ARE DEAD. EVERY FRIEND YOU HAVE STARTED AS A STRANGER. PICKING THAT LOCK WAS MORE THAN I BARGAINED FOR, BUT THE TRUTH OF THE MATTER WAS THAT IT ONLY TOOK THE TINY TAP IN THE RIGHT PLACE, WITHOUT EVEN LOOKING, AND IT FELL OPEN. THE METAL WAS SHINY INSIDE, HAVING BEEN UNEXPOSED TO THE ELEMENTS SINCE BEING CAST. AT LEAST I THOUGHT SO AT THE TIME. I'D LIKE ANOTHER LOOK AT IT, TO FIND OUT IF I SAW CORRECTLY. I'LL DO THAT RIGHT NOW. DON'T GO AWAY... I'LL BE BACK IN A MOMENT.

# WHAT IS IT THAT YOU DON'T KNOW THAT YOU KNOW?

ONE DAY, YOU WILL LOOK BACK THIS AND LAUGH. BUT WHY WAIT? I WASN'T SPEAKING TO YOU PERSONALLY, OR EACH OF YOU, BUT HIM. HE THINKS IT'S NOT DIRECTED AT HIM, BUT IT IS. HOW THIS WILL BE SORTED OUT WITHIN THE CONFINES OF A THEATRE OR MEETING PLACE, REMAINS ONE OF THE SECRETS THAT IS NOT BEING WITHHELD FOR FINANCIAL GAIN (ALTHOUGH THERE IS NOTHING AGAINST THIS), BUT RATHER AS A SMALL SAFEGUARD THAT WILL ALLOW SOME PARTS OF THE ATTENTION TO BE TRAPPED AND PUT IN JARS, WHERE THEY WILL BE ABLE TO BE PASSED AROUND AND ADMIRER AT SCHOOL, AND FED WITH PERHAPS IN-APPROPRIATE CRUMBS OF SOIL – I MAY HAVE BEEN A CHEMIST, BUT THAT WOULD BE IN THE ONLY WAY THAT IS POSSIBLE TODAY - THAT IS TO SAY, UNCONSCIOUSLY. AND THIS MAY HAVE BEEN AN UNTRUTH, AND IT MAY HAVE BEEN ALMOST ENTIRELY PURLOINED. IF THE CULTURE IS SEPARATED, IT WILL KNOW THE PARTS THAT WERE ONCE WHOLE, AND WHAT SUBSEQUENTLY HAPPENS TO THEM, NO MATTER HOW FAR APART THEY BECOME – THIS IS NOT ABOUT REPAIR OF SOMETHING THAT IS BROKEN, BUT A SMALL CHANGE THAT WILL INFLUENCE MORE AND MORE THINGS TO COME. ALL THAT IS WISHED FOR IS CREATED; THE RESPONSIBILITY IS TO DISCERN WHICH ARE USEFUL FOR THE SYSTEM AT HAND, AND THOSE THAT WOULD BE BETTER SUITED FOR THE MAKING OF COMPOST.

TO DEVELOP EMOTIONAL AND EROTIC INTELLIGENCE  
WE NEED TO PRACTICE ENLARGING OUR INNER  
PASSION AT EVERY MOMENT. IT DOESN'T MATTER  
WHAT'S GOING ON IN OUR WORLD, OR EVEN HOW  
WE FEEL ABOUT OURSELVES IN THE MOMENT. IN  
FACT, THE BEST TIME TO ACCOMPLISHING SOME-  
THING MAY BE WHEN WE LEAST FEEL LIKE TRYING,  
BECAUSE THE HOPELESS PART OF OURSELVES MOST  
NEEDS THE LIGHT.

*- Alexandra Katehakis*

AN EMOTION DOES NOT CAUSE PAIN. RESISTANCE  
OR SUPPRESSION OF EMOTION CAUSES PAIN.

*- Frederick Dodson*

IF YOU'RE GOING TO BE FULLY MATURE, YOU  
WILL NO LONGER BE IMPRISONED IN THE  
CHILDHOOD FEELING THAT YOU ALWAYS NEED  
TO PROTECT YOURSELF OR SHIELD YOURSELF  
BECAUSE THINGS ARE TOO HARSH.

*- Pema Chödrön*

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