

Alice wanted to get out of her static boredom, but although her body is being transported to fantastic places, her mind is mostly grounded in the social reality of her time and she seems to slip in and out of fantasy. Her body can be in either place, but her mind has some difficulty adjusting to both. She does, however, reveal her ability to converse with every creature she meets in her fantasy; she is not lacking in self-confidence and poise here. She adapts and interacts in every culture she visits. She shows compassion, empathy, and understanding. This is a level of consciousness we all need to experience, and one cannot but empathize with the free spirit that wants to break forth from "civilized" constraints.

When I took the step through the mirror, I found that the fire on the other side was blazing away more brightly than in the relatively cold place that I left behind. In a persistent attempt to let go of my learned cold reality, I have found that no one can "scold me away from the fire." And I am also at peace "when they see me through the glass in here," because I am no longer the reflection of others. It is me. I know who I am.

When Alice went into her rabbit hole, which was imagination, she visited many places and did things which she could not have done before. She went into the rabbit hole out of boredom. I had the same boredom, but my rabbit hole was the Tree Image, which I will discuss a bit later. There is another important difference. I went into my rabbit hole, which is the Tree, not out of sheer boredom but out of necessity. But, wait a minute! Isn't there something common between boredom and necessity?

Dr. Ahsen had found that most diagnostic and therapy procedures, especially as entry points, are boring and therefore reveal little and initiate nothing, practicing only