

formation is awesome. I take a deep breath; my chest fills up with air and expands as we rise into the air. The higher we fly, the more he grows. He is getting bigger and bigger, and I feel that my legs are being absorbed by his body. I no longer see my legs. I am part of the horse! Slowly I am being fully absorbed by this animal, and finally I feel his body as my own in a surprisingly real way. I feel his coat, his muscles, and his very strong feathers. I merge with this horse, and I am the one who is flying. I feel the cool air blowing through my mane and I feel the feathers, strong feathers, powerful wings and...I am the horse! I am tremendous, wonderful, and strong; I can't be missed or ignored, a symbol of beauty and power, gentle but firm, am I."

This is an imagery drama in consciousness which, for me, took place in the search for my health. The message is very clear. Feelings of hopelessness will claim my inheritance, my Nature, if I do not reclaim it myself. I claimed it in the above image.

Dr. Ahsen puts across this ancient Greek thinking about the image in a more explanative way which the reader will find helpful at this point. He says, while summarizing all this, that, "The Eidola—where the history of the eidetic image and the Eide is rooted—personifies the futuristic state and mobilizes the mind and body toward positive action. Its futuristic orientation works against the mechanism of brooding in favor of a forward movement."²

POWER OF THE PENDULUMS

Remember that I told you that there is more to images than just positive thinking? I will tell you what I found myself. I heard my own pulse as I did the above image. Did you hear yours also? I am sure that you did. I found that my own Nature had survived in this frozen world, and that