

Wednesday evening.

Dear dear Patricia:

(I'm sure relieved that you are feeling something) Well the week is flying and soon will be over. only two more full days left.

I have not yet been able to get a picture of the kittens and then "ma" but I have discovered there are five of them. They have been in the shade on a corner every time I have seen them.

I have a big paper bag of Monterey pine cones for Daris. They are not this year's cones and it looks as if there has been a cone failure for the last two years. However they are good well formed and attractive cones and I'm sure she will like the element of variety they add to her cone collection.

My day was easier to lay, so I slept an hour and a half this afternoon. I revised the "Relaxation Suggestions" so they are, I think, ok.

lot better now. I used them again
with complete success - in fact
I can hardly get through them at
any time without becoming drowsy
unless I give myself counter
suggestions to begin with. I'm
sure you will find them helpful
too. I'm enclosing a copy of
the revised statement which is
more immediate & direct, so
throw the other copy away.

I'm looking forward to much
help from you in suggestions pertain-
ing to - not only building more
congresses against depressing sug-
gestions from well meaning friends which
you suggest - perhaps rightly - I should
just ~~try~~ laugh at but also in connection
with my writing plans, remembering
or recalling technical names & data, etc.
that I ^{remembering to take my medicines regularly as long as I} ~~can~~ ^{ought to} ~~be~~ ^{right then} ~~improved~~ ^{right then}
Already - as I think I have told you on
previous occasions, you have been the best
tonic I know.
Will have a good trip with Benno. Give him
my best - and give my best to Connie and
I'll see you when you return.
Love Carl.

Keep strictly to yourself at least until we get them into what seems like an acceptable final form.

Relaxation Suggestions (Revised)

(To be read at bedtime as you prepare to sleep)

As you read these suggestions, concentrating your attention on them and their meaning, and excluding all other thoughts as far as possible, a deep feeling of relaxation is beginning to arise in you. It is gradually permeating every part of your body. You can feel the sensations of relaxation and restfulness developing while strains and tensions disappear. The feeling of relaxation is growing as you continue to read and is becoming steadily stronger and more pervasive. Every muscle that is under strain anywhere in your body is moving toward complete relaxation. Every bit of tension over anything whatsoever that has developed for any cause in your mind ~~or~~ body is steadily growing weaker and disappearing. Soon it will be entirely gone. (over)

A profound feeling of repose and of complete peace and restfulness is replacing all the feelings of tension and unrest that you have experienced. Your arms and legs, your head and body, are being permeated by this feeling of complete and utter relaxation. They are beginning to feel heavy in preparation for sleep. Your eyelids are becoming heavy as drowsiness creeps over you. You will not resist these feelings (except to complete reading of the suggestions) but will just give yourself up to relaxation. Your eyes want to close as you become increasingly sleepy.

As a final result you will experience and enjoy the most restful sleep that you have had in many months. You will awake in the morning completely refreshed and with a delightful continuance of the feeling of relaxation.

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This will persist with you and enable you to meet the challenges and problems of the new day at the maximum of your effectiveness. This will in no way reduce your alertness, - in fact it will enable you to be more alert than ever because you will be so rested in other respects.

So now, as you come to the end of this suggestion, let relaxation claim you for its own. Sleep blissfully until the time comes to awaken. Relax - rest - and sleep - quietly peacefully and completely. You will awake with renewed vigor and brightness of spirit. Each evening that you repeat this reading, your ability and habit of relaxation will increase. until you can meet and banish all concerns over tensions and disturbances and be in complete control of yourself at all times.