

BATTLE  
AGAINST  
THE DEBIL  
EQO!

3

Even psychotherapy whose aim is more limited, & whose goal is not so far off, has to go contra ego or self to some extent. However here the time is paid for so it is possible by spreading out the annoyance over a long, long period to make the mental disturbance seem much less. We had farther to go & less time to do it in.

SHADOW-  
BOXING

It is usual for an agreement to be reached so that although the guru & student are fencing, boxing or what have you, yet they agree that whatever injuries are received (not really very serious ones - only to the self-esteem!) they will remain friends & continue whatever happens. In this way Jacob wrestled with the Lord. Always their friendship is reaffirmed at the close of each letter.

WHAT I  
"WANTED"

Naturally I wanted more than "a flow of correspondence" (especially when you refused to "argue" at times & wrote only a couple of sentences).

- (a) I did expect that you would appreciate my motives & the necessity of this unfortunate technique (monks have to be dragged in to face the Zen Master sometimes - when they cannot answer their "koans"). If the fencing or boxing turns into a grudge-fight then the cooler head will call a halt, even apologize if it is necessary & politely avoid further occasions with the same person.
- (b) I also expected that "friend" would gradually come to mean something so that together we could examine what you call our "diversity in the field of metaphysics" & together make a reasonable decision about it. I must however protest against the word "metaphysics" as what happened to many other students was not an understanding of "metaphysics", but a conscious experience quite unlike anything else, that happens all by itself when we cease to oppose the current of life.