

# Contents

Acknowledgments . . . . .	xviii
Demons and Dragons: A Dialogue . . . . .	xx
Preface . . . . .	xxii

## **Part I: Phil . . . . . 1**

### **Chapter 1: “You May” . . . . . 3**

Boston 1970: A Journey Begins . . . . .	3
A Shaky Guy . . . . .	5
A Vow . . . . .	6
Changes . . . . .	7
An Ominous Harbinger . . . . .	8
Hidden Realities . . . . .	8
Dual Traumas . . . . .	9
Guidance from a Wise Teacher . . . . .	10
Self-Study and Its Methods . . . . .	11

### **Chapter 2: The Tunnel of Time . . . . . 12**

Night Vision on Happy Meadows . . . . .	12
“Home Is Where One Starts From” . . . . .	13
Home Life . . . . .	15
What Did I Do with Myself? . . . . .	19
A Confusing Discrepancy . . . . .	20

## **Part II: Vellie . . . . . 21**

### **Chapter 3: Louisiana 1936. . . . . 23**

Birth . . . . .	23
Nameless Baby . . . . .	24
A Baby Who Needed to Be Held . . . . .	25
A Child’s Life on the Farm . . . . .	26
Less Fond Memories . . . . .	27
Still the Wrong Child . . . . .	28

A Complicated Mother . . . . .	30
A Family Myth Exploded . . . . .	33
<b>Chapter 4: Growing Up in Small Towns in the South. . . . .</b>	<b>35</b>
Birth Town and Land . . . . .	35
Changing Towns . . . . .	36
Four Strands . . . . .	38
<b>Chapter 5: The War Years . . . . .</b>	<b>40</b>
Grandmother's Farm . . . . .	40
My Family's Life on Grandmother's Farm . . . . .	42
Excitement, Sex, Hell . . . . .	43
Darkness . . . . .	44
A Room Not of My Own . . . . .	44
<b>Chapter 6: My Life Opens . . . . .</b>	<b>46</b>
A Home of Our Own . . . . .	46
Homesteading, 1946 . . . . .	48
My Life . . . . .	49
Summers and Camp . . . . .	51
My Life Disturbed . . . . .	53
The College Town . . . . .	55
<b>Part III: Phil. . . . .</b>	<b>57</b>
<b>Chapter 7: The History of Marriages . . . . .</b>	<b>59</b>
Parents' Marriage . . . . .	59
Traditional Folks . . . . .	62
Sibs. . . . .	63
"Coming of Age" . . . . .	64
<b>Chapter 8: Sticky Things. . . . .</b>	<b>66</b>
A Little Boy and His Mother . . . . .	66

Love's Sad Fate . . . . .	67
Love and Hate . . . . .	69
<b>Chapter 9: Sonny . . . . .</b>	<b>70</b>
An Early Death . . . . .	70
Firstborn Son . . . . .	71
Big Brother . . . . .	71
A Misfortune . . . . .	72
The Last Lake . . . . .	74
Confrontations . . . . .	76
Limbo . . . . .	77
<b>Chapter 10: Without a Compass . . . . .</b>	<b>79</b>
Self in Transition . . . . .	79
Movement Under Self-Duress . . . . .	80
Work . . . . .	82
Resources . . . . .	82
At a Loss . . . . .	83
Transition Resolved, Transition Begun . . . . .	85
<b>Part IV: Vellie . . . . .</b>	<b>87</b>
<b>Chapter 11: My Life with Men . . . . .</b>	<b>89</b>
Opening the View . . . . .	89
Transitions to Adult Life . . . . .	89
Luke . . . . .	91
Young Doctor . . . . .	93
Dan . . . . .	95
Carlos . . . . .	96
Ben, 1967 . . . . .	96
<b>Chapter 12: Phil Enters My Life . . . . .</b>	<b>99</b>
First Encounters . . . . .	99
Then It Got Serious . . . . .	101

My Obstacles to Love . . . . .	102
Resisting . . . . .	103
Coming Alive . . . . .	105

## **Part V: Phil . . . . .109**

### **Chapter 13: A Brief History of Nonmarriage . .111**

Thirty-Two Years . . . . .	111
Debbie . . . . .	111
Shirley . . . . .	113
The Beatnik . . . . .	114
Harvard and Cambridge: Ages Twenty-Six to Forty-Six . . . . .	115
Margaret . . . . .	116
Clare . . . . .	117
Kaelin . . . . .	120
A Failure to Learn . . . . .	121
A Variegated Life . . . . .	121

### **Chapter 14: Messages from the Living . . . . .124**

Esalen . . . . .	124
My Creek . . . . .	125
The Living, Healing, and Love . . . . .	126

### **Chapter 15: An Unbidden Life . . . . .128**

Night Hawk . . . . .	128
Eros Emerging . . . . .	129
No Outlet . . . . .	130
Sonny, Again . . . . .	131
So It Was . . . . .	133

### **Chapter 16: Newfoundland . . . . .134**

A Sanctuary . . . . .	134
A Vacation Gone Awry . . . . .	135

What Happened? . . . . .	136
A Startling Revelation . . . . .	137
<b>Chapter 17: An Erotic Haze . . . . .</b>	<b>139</b>
A Summer Day . . . . .	139
A Useful Child . . . . .	140
Lester . . . . .	141
Jew . . . . .	142
Jerking Off and Other Outrages . . . . .	143
On My Own . . . . .	144
Assignment . . . . .	145
<b>Chapter 18: Of Prostates and Masturbation . .</b>	<b>146</b>
Bad News . . . . .	146
A New Kind of Seminar . . . . .	147
Another Frontier . . . . .	148
A Somatic-Energetic Healing Practice . . . . .	150
Aliyah . . . . .	152
<b>Chapter 19: Demons in the Orchard . . . . .</b>	<b>153</b>
Hapardess . . . . .	153
A Time of Trial . . . . .	154
Crossing Boundaries . . . . .	155
1. A Bad Word . . . . .	155
2. Unfortunate Irritability . . . . .	156
Transformation . . . . .	157
Because of You ... But Maybe Me . . . . .	158
Another Golden Rule . . . . .	159
The Cord Is Cut . . . . .	160
Demons to Dragons . . . . .	161
<b>Chapter 20: Being Together/Being With . . . . .</b>	<b>163</b>
Looking Back in Wonder . . . . .	163

Stalwart Love . . . . .	164
“Of a Kind” . . . . .	165
Harmony, Pleasure, and Joy. . . . .	165
Contact, Energy, and Love . . . . .	166
Marijuana . . . . .	167
<b>Part VI: Vellie. . . . .</b>	<b>169</b>
<b>Chapter 21: What Happened to Me? . . . . .</b>	<b>171</b>
Questioning . . . . .	171
Unsettling Experiences . . . . .	172
At College . . . . .	172
Psychotherapy . . . . .	173
<b>Chapter 22: Connecting With Phil. . . . .</b>	<b>177</b>
<b>Chapter 23: Dissociation . . . . .</b>	<b>180</b>
Father’s Caretaker . . . . .	180
My Father: An Introduction . . . . .	181
A Child’s Love Stopped. . . . .	182
Two Fateful Years . . . . .	184
Punishment. . . . .	186
<b>Chapter 24: Body Numbing. . . . .</b>	<b>188</b>
<b>Chapter 25: Moving On After College . . . . .</b>	<b>192</b>
Chicago . . . . .	193
Father’s Illness and Death . . . . .	195
Traveling: New England and Europe . . . . .	196
<b>Chapter 26: “I Don’t Know” . . . . .</b>	<b>198</b>
Not Knowing . . . . .	198
Blank . . . . .	200
Sexual Development . . . . .	200

<b>Part VII: Vellie</b> . . . . .	<b>203</b>
<b>Chapter 27: Learning to Be With</b> . . . . .	<b>205</b>
A Child Alone . . . . .	205
Learning the Basics . . . . .	206
A Time of Trial . . . . .	208
Resolve Out of Brokenness. . . . .	210
What We Had to Do. . . . .	212
<b>Chapter 28: Abuse in Therapy</b> . . . . .	<b>214</b>
M . . . . .	214
The Sad Trail of Abuse. . . . .	215
In the Taboo Arena. . . . .	217
Lost Chance. . . . .	218
<b>Chapter 29: Light on Hidden Darkness.</b> . . . .	<b>219</b>
Psychedelics. . . . .	219
“Phil, I Have a Secret” . . . . .	220
A Joke . . . . .	221
The Unimaginable Shock . . . . .	221
Torture and Its History . . . . .	224
A Revelation . . . . .	228
<b>Chapter 30: My Past Comes with Me</b> . . . . .	<b>230</b>
An M&M Session. . . . .	230
Next Day . . . . .	231
Terror. . . . .	233
Why Then? . . . . .	234
<b>Chapter 31: Back and Forth</b> . . . . .	<b>237</b>
Selfology . . . . .	237
Pancake Night. . . . .	238
Phil Internalizes and Returns It (Back and Forth) . . . . .	240

Another Back-and-Forth. . . . .	241
How Things Go Back and Forth. . . . .	242
<b>Part VIII: Phil . . . . .</b>	<b>243</b>
<b>Chapter 32: An Underground Sexual Self . . . . .</b>	<b>245</b>
A Different Kind of Hero . . . . .	245
The Fire Setter . . . . .	246
Living a Myth . . . . .	247
<b>Chapter 33: Father, Brother, Underground Self, Panic . . . . .</b>	<b>249</b>
Why So Angry? . . . . .	249
Selfscape with Lightning . . . . .	250
Boy on the Cellar Stairs . . . . .	251
Boy on His Dad's Lap . . . . .	253
Panic . . . . .	255
A Lived Injury . . . . .	256
<b>Chapter 34: Out of the Shadows. . . . .</b>	<b>257</b>
Another Night on Happy Meadows . . . . .	257
The Unspoken. . . . .	257
And Then? . . . . .	259
Repetition and Punishment . . . . .	259
Energy and Eros . . . . .	260
<b>Part IX: Phil . . . . .</b>	<b>261</b>
<b>Chapter 35: The Broken Bough . . . . .</b>	<b>263</b>
Lullaby. . . . .	263
The Mother Is Missing . . . . .	264
Talking with Mom. . . . .	265
Separating Emily from Vellie . . . . .	266
A Moment of Seeing . . . . .	266



“I Can Help” . . . . .	267
A Primal Howl. . . . .	268
The Key . . . . .	269
Torture. . . . .	271
Trauma . . . . .	271
Adaptation. . . . .	271
<b>Chapter 36: Freedom and Identity . . . . .</b>	<b>273</b>
Father as Koan . . . . .	273
Nostalgia . . . . .	273
My Jacob Moment. . . . .	274
A Gestalt Shift. . . . .	276
A Father’s Presence . . . . .	278
Ravaged Interior . . . . .	279
Frightening Impulses . . . . .	280
Going Back . . . . .	281
My Quest for Identity . . . . .	282
<b>Chapter 37: Going On . . . . .</b>	<b>284</b>
Self-Study in a New Key. . . . .	284
Full Circle . . . . .	286
Wonder, Awe, and Gratitude. . . . .	286
<b>Part X: Vellie . . . . .</b>	<b>289</b>
<b>Chapter 38: Dream Interrupted,     Wishes Fulfilled. . . . .</b>	<b>291</b>
Melting Numbness . . . . .	291
A Girl’s Dream and Its Interruption . . . . .	293
A Mother’s Part. . . . .	294
From Horrible to Hurt to Free . . . . .	295
A Soul Survives . . . . .	296

<b>Part XI: Vellie and Phil . . . . .</b>	<b>.299</b>
<b>Introduction to Notes and Glossary . . . . .</b>	<b>.299</b>
<b>Notes 1: Our Approach to Writing Our Reports</b>	<b>301</b>
Getting Started . . . . .	301
Resulting Characteristics of the Reports . . . . .	302
Writing as Self-Study . . . . .	302
Narrative . . . . .	303
A Psychological Point of View . . . . .	303
Structure and Method . . . . .	303
Difficult Reading . . . . .	304
<b>Notes 2: Psychedelic Experience . . . . .</b>	<b>.305</b>
<b>Notes 3: Implications . . . . .</b>	<b>.308</b>
The Laboratory of the Couple . . . . .	308
On the Process of Change. . . . .	308
On Autonomy . . . . .	309
Therapy As If Being a Person Matters . . . . .	310
Sex and Aggression . . . . .	311
The Complications of Talking about the Self . . . . .	311
Vitality . . . . .	313
Love . . . . .	314
Being With. . . . .	314
<b>Notes 4: Love . . . . .</b>	<b>.315</b>
Love as an Emergent Capacity. . . . .	315
Love and Evolution. . . . .	316
Other Properties . . . . .	317
Practice . . . . .	317
Sex . . . . .	317
Empathy . . . . .	318

Self-Love . . . . .	318
The Sacred . . . . .	318
Glossary . . . . .	319
References . . . . .	329
Author Bios . . . . .	331