



WORDS from WILHELMINA: 8th Installment

Wilhelmina

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Saturday 12/26/15 Just Me, Thinking (4:45 am)

It's been one month since those four Starships came to sit for an hour above Theresa's back yard, winking at us, and already I'm letting the event slide away into the grey bank of thick, low-lying fog that clouds the horizon of my awareness.

I can't even remember if my new relaxed handwriting started before or after the sighting.

I know that my mind was more clear then than it is today, and I suspect, I'm pretty sure, that I have been stuffing the sugars into my body, the pie and ice cream, the cookies, the chocolate, and now the bread and mayo, - all these foggy-brain foods - in an attempt to forget the whole affair.

Foolish, isn't it?

This fear of moving Forward
into the Unknown?

Here I am, trying to tune-up my energy body once a week with acupuncture, while, at the same time, I'm tuning-down my physical body with starch and sugar. I haven't eaten bread for a long time but I now have two loaves of bread in my freezer. Well, one loaf and a bit, because the fabulous loaf of spelt bread with the oven-blackened crust, and the raw sunflower seeds and flax, and the -was that a whole fig I found in it? is disappearing like frost when the sun hits it.

But, here is the New Year barreling down on me, 2016 beginning, and another chance for me to be changing my ways.

Do I really want to rot
in my old rut? No!

I want to try
to be at butterfly!

So, that's out of the way. My first step today will be to flash up my free Audacity software and record a letter I wrote to Hope on the morning after my Starship Sighting, and to put it on the new mp3 player I just bought to hold all my Listening to Wilhelmina pieces.

Then, the next time I'm awake in the middle of the night because of a bread binge, I can plug in my earbuds and remind myself that I was once filled with awe. Maybe this will help push me a little farther along the path I am now wanting to follow. – Wilhelmina -

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