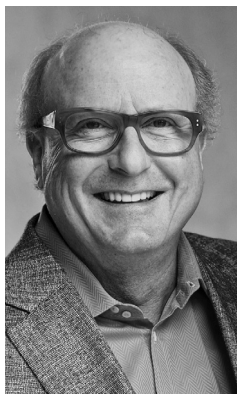


# Straining Toward Hallucination



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**T**here are many fascinating things to do in a sensory deprivation tank! I had my first experience floating in one this morning at *The Float Lounge* in Laguna Beach, to which I will now be referring most of my clients, friends and family. In the tank, everything is as neutral as possible to human sensibilities. Gravity and temperature are neutralized by the gelatinous 93° solution of Epsom salt on which you float weightless and silent in utter darkness. Laying back in the tank is like a rapid

descent into meditation or the swift induction of a light hypnotic trance. The world nearly ceases to impinge on you from without and you have a unique opportunity to pay attention to your body and your mind if you choose to do that. Left literally to yourself, you can choose to reflect on interesting things you haven't been able to concentrate on under normal circumstances, or you can indulge your favorite daydreams and fantasies in a particularly vivid way. In a *florid* way even, if you like.

But the tank also provides a unique opportunity to observe your personal boundary with the world, across which you have received every single bit of information you have about that world, and about yourself. Deprived of any actual stimulation, your senses continue to provide you with plenty of sensation. The flow of blood and air through your head provides plenty of sound and fury, and the vision that is really imagination kicks in with a vengeance. It is tempting to be distracted by the spectacular display in your head, but it will fade if you let it. I spent a good part of my first hour in the tank ignoring my imagination and straining to actually *see* something in the utter darkness, which I eventually did.

Have a float for yourself and then let's have a chat. Trust me. Call me.

## ***Concise Personal Counseling***

\$150 per 70-minute session

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