

## PARADISE

This could be something really terrible. But it seems so wonderful once you enter the water.

*“That is not a very good description of paradise.”*

*“I am not even thinking about my performance. I become one with the water.”*

I had already attained high levels of performance. This was an entirely different kind of experience.

*“I am not letting it bother me.”*

*“I cannot even feel the water.”*

*“We make contact with another level of experience.”*

*“Experience is based on sense impressions. We have direct contact with the physical world.”*

*“So we make more direct contact.”*

*“This is a place of transition.”*

*“You are seeing something happen before your eyes.”*

*“I am building a bridge.”*

*“There is not that kind of control.”*

*“When did a fish build a building?”*

*“There are different kinds of building. You adjust to your environment.”*

*“What does that mean?”*

*“You become one with your hiding place.”*

*“Everything is seen.”*

*“Why do you need an explanation?”*

*“This are happening over which I have no control”*

*“That is not part of training, You are building levels of control.”*

*“I move through all these layers of experience”*

*“There is something more that I need to show you.”*

*“Is this all over?”*

*“This is over for now. But there are other levels of contact.”*

*“This is not all about contact.”*

*“What do you know that you cannot touch?”*

*“You develop from touch.”*

*“If there is no contact, you cannot develop to another kind of connection.”*

*“That is going to affect me in negative ways.”*

*“I learn to move through the water.”*

*“I understand the currents.”*

*“That is not understandable.”*

*“You learn from things that you do not understand.”*

*“I do not worry about any of that.”*

*“I immerse myself in the gentle waters.”*

*"The waters are more than that."*  
*"You knew so much."*  
*"I am sliding deeper."*  
*"You need to control the surface."*  
*"It has nothing to do with expectations."*  
*"Where does thatg come from?"*  
*"Everthing stops dead."*  
*"You are developing new levels of performance."*  
*"I feel as if I am trapped in my meomry."*  
*"I only want to know one thing."*  
*"I am feeling total comfort."*  
*"This does not subside."*  
*"You have to carry this with you."*  
*"I evolbe beyond it. I am in the water. I do not even think about it."*  
*"What is one thing that you need to know?"*  
*"I should not have done that."*  
*"The water lets you get over your troubles."*  
*"I will think about that."*  
*I needed to work through all these layers.*  
*"No one even knows about any of that."*  
*"There was a contest to arrive."*  
*"I cannot let it affect me."*  
*"It is pure effect."*  
*"That is not based on training."*  
*"I shouldn't be here anymore."*  
*"The water does not give you that option."*  
*I became so good at the performance. I was barely part of any of this.*  
*"You are not going to be able to continue this for long. You are living in a cocoon."*  
*"You are helping this to continue on."*  
*"I am in the middle of a workout. I have attained this high level of performance. I cannot even feel the water. My body is floating in the air."*  
*"There is a question about how long this can continue until you feel fatigure."*  
*"There are techniques to avoid these effects."*  
***"YOU NEED TO SWIM THROUGH IT."***  
*"Hare you ever considered that this is just an obsession on your part? You develop fsuch high levels of performance. But it has no connection with anything substantial."*  
*"This makes no sense."*  
*"How did you end up in this place?"*  
*"Do not do this so something else will happen.""*  
*"Are you trying to contolr us? Are you trying to mess with my development?"*  
*"You have made things next to impossible."*

*"I need to escape before it makes me feel worse."*

*"You are in the water. There is not other way to see this."*

*"I am in a trance."*

*"Who did this to you?"*

*"The water gives me options. I need to strengthen my performance."*

*"Some people can become so distracted from what they need to know."*

*"Get back in the water."*

*"That is not going to provide you with the understanding that you need."*

*"You will forget all this after practice."*

*"Where are you gone?"*

*"So many things have happened to you."*

*"Give me a different face."*

*"Are you swimming faster?"*

*"I always am."*

*"Is there a limit."*

*"Of course, there is. But I am not close to that point."*

*"We are all close."*

*"I am working it out. I am making it what it is."*

*"I need to understand these currents."*

*"Where is this leading you?"*

*"This is a lot to keep track of."*

*I dove in the water. The movement seemed so automatic. I lost myself. I did not even feel my body.*

*"Does this make any difference?"*

*"I am going numb."*

*"It is not that kind of experience."*

*"You have the ability to last longer."*

*"What are they learning."*

*"Who is monitoring your life?"*

*"There is only one place that allows such a constant loss of self."*

*"I am one with my times."*

*"What does that mean?"*

*"I am making sure that no one will ever catch me.?"*

*"There are limits to that kind of control."*

*"What could that be?"*

*"We take too much of something that we do not want to take."*

*"What is the accident here?"*

*"Things going up and down."*

*"You are an excellent swimmer."*

*"Does excellence lead to a better description of the overall experience?"*

*"Does an understanding of experience lead to excellence?"*

*“Not everyone understand what is at risk.”*

*“We are already considering other means of expression.”*

*“What can you know or understand?”*

*“States of the body. There is a learning experience. But there is so much that is just automatic.”*

*“How does that work?”*

*“I need to make a decision.”*

*“That seems like something obvious.”*

*“You cannot know this if you don’t actually do it.”*

*“That can be the beginning of something greater.”*

*“You get what was taken from you.”*

*“I need to develop,”*

*“I need a better performance.”*

*“I don’t let this affect me.”*

*“That is lovely.”*

*“I am doing the calculation.”*

*“The coach can teach you other things.”*

*“He can tell me to get more sleep.”*

*“All that seems like a giant distraction.”*

*“You need to do it everyday.”*

*“You either get lost in time, or it propels you along.”*

*“Don’t you want a better opportunity.”*

*“I want something obvious.”*

*“That really seems hideous. Day in and day out.”*

*“I am racing myself.”*

*“I do not even want to look at any of this.”*

*“I am not in the same place.”*

*“I am breaking him down.”*

*“You are doing that again.”*

*“And you call that a win.”*

*“You can win many times.”*

*“This has nothing to do with me.”*

*“My time is better than that.”*

*“If it wasn’t, I would have something to worry about”*

*“I can’t notice all these things. Otherwise, I would not be very good at what I did.”*

*“How does that work?”*

*“Are you falling over yourself?”*

*“I have wasted too much time already.”*

*“It dos not work like that.”*

*“You move quickly.”*

*“I do not want to watch that?”*

*“Better times.”*

*“You need better competition.”*

*“I am playing against myself.”*

*“How is that supposed to work?”*

*“You are going nowhere, and time is moving along.”*

*“I do not want to watch that?”*

*“You could close your eyes, and it is the same thing.”*

*“What are you really doing?”*

*“What do you want to know?”*

*“You are improving.”*

*“I do not need you to tell me.”*

*“These are all experts.”*

*“How does that work?”*

*Jay was not going to tell me something that I didn't already know. I wondered whether he would ever figure out anything important. That only demonstrated how he was becoming much worse before he became better.*

*“You can get away with things.”*

*“The water makes you honest.”*

*“No one here can be that good at swimming.”*

*“This is a great team.”*

*“The coach can tell us shit.”*

*“We won regionals.”*

*“What does any of that mean? Who is keeping track?”*

*“I do not want to be part of any of this.”*

*“I slammed all the doors.”*

*“There is only water.”*

*“Who signed you up?”*

*“I was recruited.”*

*“That may not last.”*

*“Where is this headed?”*

*“I want to learn.”*

*“You are going to have to focus.”*

*“Have you developed social consciousness?”*

*“Who recruited you?”*

*“I trust my coach.”*

*“These are simple levels of performance.”*

*“I am on the clock.”*

*“I can tell when I improve.”*

*“You need to feel it in yourself. You develop an internal clock.”*

*“You cannot cheat yourself.”*

*“There are different forms of self-delusion.”*

*"I am plotting out my strategy."*  
*"Do you need to do this?"*  
*"I need to figure out how not to lose my focus."*  
*"Why is that such a big problem? You hear the starting buzzer."*  
*"I am missing something."*  
*"You need to train more."*  
*"This guy is not an addition to the team."*  
*"Jay was special."*  
*"And that lasted."*  
*"It keep lasting."*  
*"Jay may have lacked the edge."*  
*"This is a child's game."*  
*"It could be your only link to survival."*  
*"I am forgetting myself."*  
*"I was no longer good at working at this."*  
*"We cannot all maintain this focus,"*  
*"You try to sustain your performance."*  
*"It is just fun."*  
*"It is one long physics lesson."*  
*"I am good at this."*  
*"This will only make sense at home."*  
*"Where did this start?"*  
*"I jumped the buzzer."*  
*"These are people with major abilities."*  
*"You do not talk about things like that?"*  
*"Talk is important to development."*  
*"That is not going to make you a better performer."*  
*"I don't have to win. I only have to be there."*  
*"I know what this is all about."*  
*"Are you watching the clock."*  
*"I m getting better at improving my times."*  
*"There is no other way out."*  
*"That is awful."*  
*"I am getting better at improving my times."*  
*"I think that you need to understand the overall experience. This is not just about times. This is a special way of being."*  
*"I am not even here. "*  
*"No one is."*  
*"You submerge. And everything develops from there."*  
*"I am part of the movement. I do not even feel my body."*  
*"Is that a good thing?"*

*“Are you messing with me”*  
*“These are people with unique skills.”*  
*“Do you have everything that you need?”*  
*“Where is that going go?”*  
*“I am the best in the water.”*  
*“I do not even compare.”*  
*“I live in the now.”*  
*“You always have to be faster than the now.”*  
*“That is a special skill.”*  
*“I need to stay closer to the surface.”*  
*“I am gliding along the surface.”*  
*“You are floating in the air. Your speed has propelled you.”*  
*“How does that work?”*  
*“There is a unique solution.”*  
*“There are multiple solutions.”*  
*“Do you want to win? This is not a matter of interpretation.”*  
*“I am here to win. There is not other way to explain this.”*  
*“I am winning and not thinking about this.”*  
*“What does any of that mean?”*  
*“You do understand that you were on the verge of improving your times. But it simply did not happen. There was something that you needed to learn.”*  
*“I am eager to learn.”*  
*“People who want to learn often do not have the best training.”*  
*“The coach is doing a lot.”*  
*“That really doesn’t matter.”*  
*“It does matter.”*  
*“Everything has to happen in the water.”*  
*“None of that seems to matter.”*  
*“That does not seem to matter.”*  
*“Have you made any progress today?”*  
*“I have made amazing progress.”*  
*“This is a contest.”*  
*“This does not allow for explanation.”*  
*“I do not want to watch this.”*  
*“I am not even looking.”*  
*“That makes me better at what I do.”*  
*“I am glad that ended.”*  
*“The coach wants to talk to you,”*  
*“That is great. I am sure that he has a lot to tell me.”*  
*“That is nothing that I want to hear.”*  
*“I said that once.”*

“This is hopeless.”  
 “You are becoming better at what you do.”  
 “What is your objection?”  
 “You have too much on your mind ever to be a good swimmer.”  
 “What does that mean? This is all mental.”  
 “What does he know.”  
 “He keeps trying to destroy my performance.”  
 “None of that is working.”  
 “This is my great opportunity.”  
 “There are too many things going on.”  
 “That makes me a great swimmer. I can use all these influences to make myself better.”  
 “Sometimes, it is only about a superior performance.”  
 “None of that amounts for much.”  
 “I cannot worry about anything complex.”  
 “Then just quit the team!”  
 “I am glad that he never said anything like that to me.”  
 “What is there?”  
 “It now seems too evident.”  
 “You spent a lot of time getting like that.”  
 “One bad meet can take a lot out of you.”  
 “Do you need to leave?”  
 “That is not explainable.”  
 “You are not spending a great deal of time working on that.”  
 “I am trying to plan for these distractions.”  
 “That would only make me worse at what I do.”  
 “I can only concentrate on some one thing.”  
 “And what is that?”  
 “This might seem like boring to talk about, but it feels so right.”  
 “That is beyond funny.”  
 “I have been working to improve myself.”  
 “Think about it.”  
 “These are important things to think about.”  
 “You cannot think about that here.”  
 “I need to stay afloat.”  
 “These are people who need explanations.”  
 “You need to get better at what you do.”  
 “I need to stay at it.”  
 “I am way beyond this.”  
 “The water will make you honest.”  
 “What do yiu do when this cannot help?”



*"We do not want to talk about dry land work."*

*"I went to physics class."*

*"How does that help?"*

*"I was reminded who I was."*

*"There are other swimmers on the team."*

*"There are other forms of success."*

*"We are looking at times."*

*"I am thinking about power."*

*"There are too many variations to consider."*

*"This is a puzzle."*

*"Just get better."*

*"I am trying."*

*"I can make it all work for me."*

*"What kind of performance is this?"*

*"This is only the beginning."*

*"You cannot make too much of the mind game. You need the skills."*

*"You need size and power."*

*"I need understanding."*

*"You move beyond knowing. It has nothing to do with now."*

*"I am lost in the water."*

*"This is not knowing. It is beyond being."*

*"That is lovely."*

*"You have got outside of yourself."*

*"The water does that."*

*"You need to be quick."*

*"Then you go to sleep."*

*"I take it for what it is."*

*"There is no explanation."*

*"Everyone says shit. No one means it."*

***"I CANNOT CARE. I AM ABOUT SUCCEEDING. EVERYTHING ELSE IS THIS GROSS EXAGGERATION."***

*"I need to work with this art."*

*"That has nothing to do with winning, Those are more distractions."*

*"I was on the very of understanding."*

*"These are useless explanations."*

*"Have you improved?"*

*"Does the body allow us to learn?"*

*"You need to stay on track."*

*"I am doing what I need to do."*

*"There was a time when you had a convincing explanation."*

*"It did not convince."*

*“Jay never had a chance.”*

*“For a while, he was the only thing that mattered.”*

*“Then nothing seemed to matter.”*

*“This is no longer about memories. Everything has to lead to a successful now.”*

*“That may be a way to understand the self in the now.”*

*“Or the now in the self.”*

*“You have to maintain focus.”*

*“When you let go, it destory the possibility of learning.”*

*“The moment that you get out of the water, the show ends.”*

*“There are other paths.”*

*“This is my path.”*

*“Why are you making it worse for me?”*

*“This is not about you or me.”*

*“This is about a now in the me.”*

*“I know.”*

*“I am beating the odds.”*

*“This is beyond scoring time.”*

*“These are not plans for the long term.”*

*“Make it happen in the now.”*

*“I can only take so much.”*

*“I feel as if I am regressing.”*

*“What is that about?”*

*“It did not happen to me.”*

*“That is not going to work.”*

*“I am good at making this work.”*

*“Take the bones.”*

*“How is that important?”*

*“I am floating?”*

*“Soaring.”*

*“This is all that matters.”*

*“There is an explanation.”*

*“I could spend a little longer in the water.”*

*“This is more endgame.”*

*“I am doing this to do it right.”*

*“You didn’t used to be like this.”*

*“I was more committed to my craft.”*

*“Who is going to clear this up?”*

*“A doctor. A coach.”*

*“This paradise now beckons to me. I am playing within. I can feel my body being pulled in so inside. I relish this feeling. The sensation became so intense. I let go of my body. I surrender to the moment. I no longer felt the water. I floated in the air. This feeling was on*

going. I couldn't feel a thing. It felt delightful. I was poured in deeper and deeper into this wonderful place. It radiated everywhere. They're engaged on my senses. It gave me a wonderful blessing. I feel different different. I became part of this lasting experience. I needed to check myself. I was still swimming. I was still maintaining the same pace. I but I was totally engaged in the moment. That on the end enabled me to swim faster. I feel no resistance at all. There seemed to be no limit to my speed. I had already worked on harnessing this amazing power. Now, I was able to use it without any constraints and added to my sensation created to my confidence. Period it was a wonder that I had become engaged by all these onrushing forces this was completely part of my being nothing contradicted this sensation. I was pulled along. It was maniacal. I felt the excitement. I was floating in the ether. I became immersed deeper and deeper in myself. I welcomed this rush."

***The paradise offered liberation to my body.***

***"What was happening to me?"***

***"Where is this going?"***

***"I could do this forever."***

***"What did I need to figure out?"***

***"How fast are you?"***

***"I am not as fast as myself."***

***"I am all out of myself."***

***"Where is this headed?"***

***"I cannot do this."***

***I needed to become faster than time.***

***"I am not longer able to catch up with myself."***

***"I immerse myself into the onrush."***

***"You cannot catch up."***

***"I had lost all connection to time.***

***"I surrendered to the swirling currents."***

***"That is totally your doing?"***

***"Where is this headed?"***

***"What else is needed?"***

***"I am part of this experience."***

***"I cannot fake anything."***

***"You are pushing things."***

***"That is not part of my experiences."***

***"I relinquish myself."***

***"This does not matter."***

***"How is that supposed to work?"***

***"It goes without explanation."***

***"I had no idea that this was going to happen."***

***"I do not want you to interfere."***

***"Don't think about it."***

***"I am becoming twisted along the concentric circles."***

***"This is not explainable."***

***"I forget what I was supposed to do."***

*“Swim faster.”*

*“This is not about speed.”*

*“I am forever here.”*

*“You need to get stronger.”*

*“Why didn’t you ask?”*

*“The only thing that matters is total concentration.”*

*“I move out of myself.”*

*“I cannot be reached.”*