

SG1J

  
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## SESSION SUMMARY

The ideogram exercises seemed to help immensely. It may help to follow up the ideogram with an A and B component also. This may aid in the spontaneity of the sequence during the session. I find myself searching for the terminology to explain the motion after experiencing it. So far, I haven't had too much difficulty with the feeling of a site. There seems to be a definite pattern to the ideogram representing a mountain. It tends to peak after a severe, sometimes reversed angle and slopes downward again.