

CONSCIOUSNESS OF T



In my small garden.
When I do work all
consciousness of my T
disappears ... on a quiet

CONSCIOUSNESS OF T

RED – VERY CONSCIOUS

BLUE – MEDIUM

GREEN - LOW

Baking bread - the process, the physical
movements, the concentration means I
am rarely conscious of my T ...



Cheslea Physic Garden ... with a busy
road and airplanes above you might
think this is a quiet place, but is a place
to look at beauty but escape from my T



The waves, the sea. My favourite place. Here
the crashing waves mean total escape from T

From my bed. Here T is loudest and most
noticeable and where I am always conscious of it