

SUCH LOVELINESS

BACKSTORY

Sal works on the air for a major television news program and his/her behavior has been effecting the job lately. Sal has already been pulled off the air twice in the middle of ranting and raving about the absurdity of the world. Ironically, the ratings for the news program have skyrocketed.

PREVIOUS CIRCUMSTANCES

Sal is speaking to best friend and head of the news department, Marty, about his/her behavior, explaining that it is a spiritual awakening. Sal defends his/her behavior as Marty expresses concern that Sal may be having a nervous breakdown and should be taken off the air.

SAL

This is not a psychotic episode. It is a cleansing moment of clarity. I am imbued, Marty. I am imbued with some special spirit. It's not a religious feeling at all. It is a choking eruption of great electrical energy! I feel vivid and flashing as if suddenly I had been plugged into some great cosmic electromagnetic field. I feel connected to all living things, to flowers, birds, to all the animals of the world and even to some great unseen living force, what I think the Hindus call "Prana". It is not a breakdown. I have never felt so orderly in my life! It is a shattering and beautiful sensation! It is the exalted flow of the space-time continuum, save that it is spaceless and timeless and of such loveliness! I feel on the verge of some great ultimate truth. *[Pause - Sal instantly shifts into attack mode]* And you - - you will not take me off the air for now or for any other spaceless time!! *[Sal's eyes roll back in his/her head and Sal falls in a dead swoon onto the floor]*

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you were overcome by the beauty of life.
- 2) Personalization: someone who tries to take away your joy.
- 3) Sensory condition: overall of a warm, soothing bath.