

with in primal-type work, including Primal Therapy, although Primal Integration Therapy includes several of the processes as well as others which are also required. Not only do these processes need to be brought into the client's awareness, but certain procedures need to be done to integrate these processes. *The processes requiring integration have been clarified elsewhere (Emerson, 1977, 1978), and the techniques to integrate these have been the subject of professional training groups which are being conducted by myself and others in Europe and the United States. These articles and others mentioned are available from the Stichtung Center, Krommewaal 14, Amsterdam.*

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### **Nearly Free**

One night I woke and was aware  
of being half asleep,  
and in a semi-conscious state  
I drifted back in time,  
beyond the age when I was young,  
before a time remembered.  
I was in a dark place,  
nothing could I see  
and nothing did I know;  
just aware of being,  
I existed in my touch.

My breath is coming faster  
I am panting in distress  
for I am holding something  
in the vagueness of my touch,  
something thick and indistinct,  
a band across my chest.  
I heave and push . . . but is it me?  
I am emerging, nearly free  
. . . the dream is slipping,  
soon I'll wake . . . not yet,  
oh, please! not yet . . . but there,  
it is too late, I am awake  
and still as yet half born.

**John Sheen.**