The following are examples of explanations and insights Hejinian provides for those experiencing her text:

On language

- The leaves outside the window tricked the eye, demanding that one see them, focus on them, making it impossible to look past them, and though holes were opened through the foliage, they were as useless as portholes underwater looking into a dark sea, which only reflects the room one seeks to look out from. (p. 14)
- If words matched their things we'd be imprisoned within walls of symmetry. (p. 70)

On autobiography

- This autobiography of expansive sensations is divided horizontally. (p. 61)
- A person is a bit of space that has gotten itself in moments. (p. 114)

On writing

- I mean untroubled by the distortions. (p. 15)
- What is one doing to, or with, the statement (the language) or the stated (the object or the idea) when one means it. (p. 42)

On reading

- When what happens is not intentional, one can't ascribe meaning to it, and unless what happens is necessary, one can't expect it to occur again. (p. 17)
- A lot of questions, a few answers, the progress of questioning, the spot on the brain where these words will go. (p. 64)