

16

260-0273

SEMESTER COMPOSITION

NAME Stephen Olsen

180 Pages

7 1/2 X 9 3/4

59¢

Mfg. By Orlando Of Oceanside, N. Y. 11572

16

189 Barney 7³⁰ Kenmore
2nd floor bottom bell

page no. upper right
hand corner 16-1 16-2 16-3

NAME _____
 ADDRESS _____
 SCHOOL _____ TELEPHONE _____

SCHEDULE

PERIOD	1	2	3	4	5	6	7	8
MON.	SUBJECT							
	ROOM							
	INSTRUCTOR							
TUES.	SUBJECT							
	ROOM							
	INSTRUCTOR							
WED.	SUBJECT							
	ROOM							
	INSTRUCTOR							
THURS.	SUBJECT							
	ROOM							
	INSTRUCTOR							
FRI.	SUBJECT							
	ROOM							
	INSTRUCTOR							

ORLANDO PAPER, OCEANSIDE, NEW YORK

beaver

~~Encyclopedia of Natural
Health Max Wainband~~

~~Diet & Salad Suggestions
N. W. Walker~~

sugar - acid forming
erodes teeth around
nerve

Tripelo - the daisy the honey
the letter

white bread - mucous forming
acid

For 1.00 I saw a reel of
Tand of Lint. I got fed
up & walked out. I see
but - too much beer,
tea were full clean on
one day. Tand of Lint
Day. Looser for a number
of - it is lost & goes to
line where I lost
line in that 3 rooms
middle class top. Saw
beautiful place but

too many states - also

1200. 12T rest 2 trees

curry bedrooms + 1

large room in kitchen.

I suppose there's still

space for another

place. So 20 more in

next week + keep

looking. 10 wed.

hours. + pretend

some space will show

up. Is right?

Saw K. mor. nile
I see nile
ran into J + P at theater
with the form.
I saw Terminator ? no

When I was in the sink
I thought I was supposed
to have a clear view
plastic umbrella so
that all the color changes
I don't think the waves
make any sense in it +)
Could I have it to B
+ he could see by the

16²

Umbrella, what I had
been through.

I am given 2 people & blue

a canal & I trust I have

a nice place to live so

I could be happy & sit

& relax & think - meditate

entertain - BE.

When I was in the

street I knocked down

the wooden partition

between the kitchen

163

dresser + the bed. That was
so I could walk on
wood between the bed
+ the dresser + not walk
on the red border of the
rug. I wanted left
myself out of the sink
landings on my left
foot - I gave up paper
slippers when the paper
ran out; also I grew
a little less sensitive

to the ^{door} purple & green
 hair after my birthday,
 a day or 2 later. I waves
~~has~~ walk the 2 seen
 to the white dresser - put
 my back to it, & put my
 hands on the dresser &
 left myself up. Seemed
 around on the dresser,
 step onto the wood
 partition which wobbled
 a little, then onto the

bed robot was spraying
 after one step on the
 rug (not on the border)
 with the left foot &
 the right. now position
 foot to the floor beyond.
 I then 2d walk to the
 studio & maybe try
 sitting on the ^{edge of the} ~~floor~~ ^{edge of the} ~~dash~~
 or lying on the dash
 I hoped to be down for
 just a minute - a few

minutes. I ~~was~~ got
very tired of sitting on
the rock. I got tired
of sitting on the ledge
beside the sink. If
I sat on the left hand
ledge I had no
support for my back.
After almost 2 weeks of
sitting without back
support I got tired.
So I shifted to sitting

16-7

on the right hand ledge,
The was not so easy.

My head was underneath
the wooden shelves that
were held up by metal
brackets. The metal

brackets were covered
with paper of the whole
earth catalog. There was

also a cup hook that
I had to cover with
paper too. Otherwise the

16-8

~~part~~ metal collected
the purple energy &
bounced it back at me.
Another discomfort was
the leaning in the wall
in back of me to the
right - on my bad side.
Also the wall behind
the sentry was peg board
painted white - full of
holes. There was so much
energy flying around

169

that place that it would
go into the holes &
found no more but
again I surprised me
all over like B B shots.

I plastered together the
Whale Suits Catalog
upon the wall - He had
kept drying them out
& I kept wetting them
with water. With my
left side to the wall

16-10

It was just bleachable
but with my right side
to the wall it was
uncomfortable + ~~I had~~
but the most uncomfortable
thing about that seat was
the wrinkle in the contact
paper on the shelf. The paper
was red + green + white +
yellow in a plume - ~~star~~
pattern with a white
star shape + the wrinkle

caused a hole on my
 ass. I tried to sit on
 various things because
 it was wonderful to be
 able to lean against a wall
 for a change but all
 the things I sat on got
 people too soon & I got
 tired of changing them. So
 I sat on the crumpled cotter
 pin. I carefully lifted
 myself up by my ass

16-18

wouldnt stick to the
wrinkles. P on you ass.

this morning was up
5 feeling good.

Chiropractors & away,
zapped me some

energy from vibration
shot of quiet. Back

feels better. Malge

band of purple pain
last week a release
of tension or more

16-17

shot - i.e. we're getting
deeper into the muscle
tension & getting it out
so it's a ~~to~~ progression.

also never drew flowers
around my nipple.

Sometime, when I talk
to the U I think life was
meant to be a comedy -
a true state of love when
we could love & learn
& enjoy ourselves -

16-14

that what B. one said
it seems so true. whenever
I am in contact with
something bright, it is
always loving & friendly,
although not the easy
kind of love you might
expect - some teasing
& little sharpness - a
directness - perhaps to
test out my masochism
or self respect. Anyway

16-15

It's almost always funny
to me. and surprising.
spirit playing with
teaching people. if
only one could play back!
I have ~~that~~ ~~so~~ - well not
lists but it seems so
of funny experiences.
all that sharp quality
of extra awareness.
But a spirit ever teach
you to make pancakes?

16-16

So after during the trial
period I was guided to
use a mat use the glass
or cup or sock or cloth or
paper. I assumed I
had to change the
texture the calor
changed + I begged to see
so I could know for
myself without having
to be directed - So now
I often can see. When

16/17

Calan

my sneakers turn purple

I get a purple or blue or

whatever it is glow off

them. Plus ~~and~~ signs

from the V to help me

out too. The other day

I scratched my ~~skin~~

parts around. The purple

from the right side took

on some light from the

left + I saw a tiny

bit blue ball of color.

6-18

The right side to dwell in
color, but the left is lit;
as if it were a colored light
~~that~~ just a swirl of color.

The colors come from
after dark loc. - mostly
purple today, from s's
ambient - + from (atlet)
B's mouth. Then he
went to sleep. ~~and then~~

~~the~~

Perhaps hell will wake up blue.

16-19

He was blue & happy last
week & put on a sweater
almost the color of the
energy + I had on my
cool one to compliment.
Very pretty hair. ~~##~~

and next, a few dolls,
a halo & a wand
& a stalk of celery!

a sunflower & prism
a glass of burgundy
a camel colored sweater
presented on my own

16-20

With D. Dean Sunday
Jan 7

What does Thadde look like?

a tie, a snowflake, a
leaves.

How do the rest?

and next, a fleur de lis,

a halo & a wand

& a stalk of celery!

a sunflower, a prism

a glass of burgundy

a camel colored winter

printed for my use.

16-21

Fruit

Fruit are shredded.

- avocado
- mango
- orange
- grapefruit
- parsley
- lettuce
- yogurt

• blend

can add oil & juice as well.

shred lettuce

sausage or taco

orange, grapefruit + mango slices

Fruit

Q's salad saup

- avocado
- $\frac{1}{2}$ mango
- orange
- grapefruit
- parsley
- lettuce
- ~~apricot~~ yogurt

• blend

can add oil & juice or milk

shred lettuce

Saup on top

orange, grapefruit + mango slice

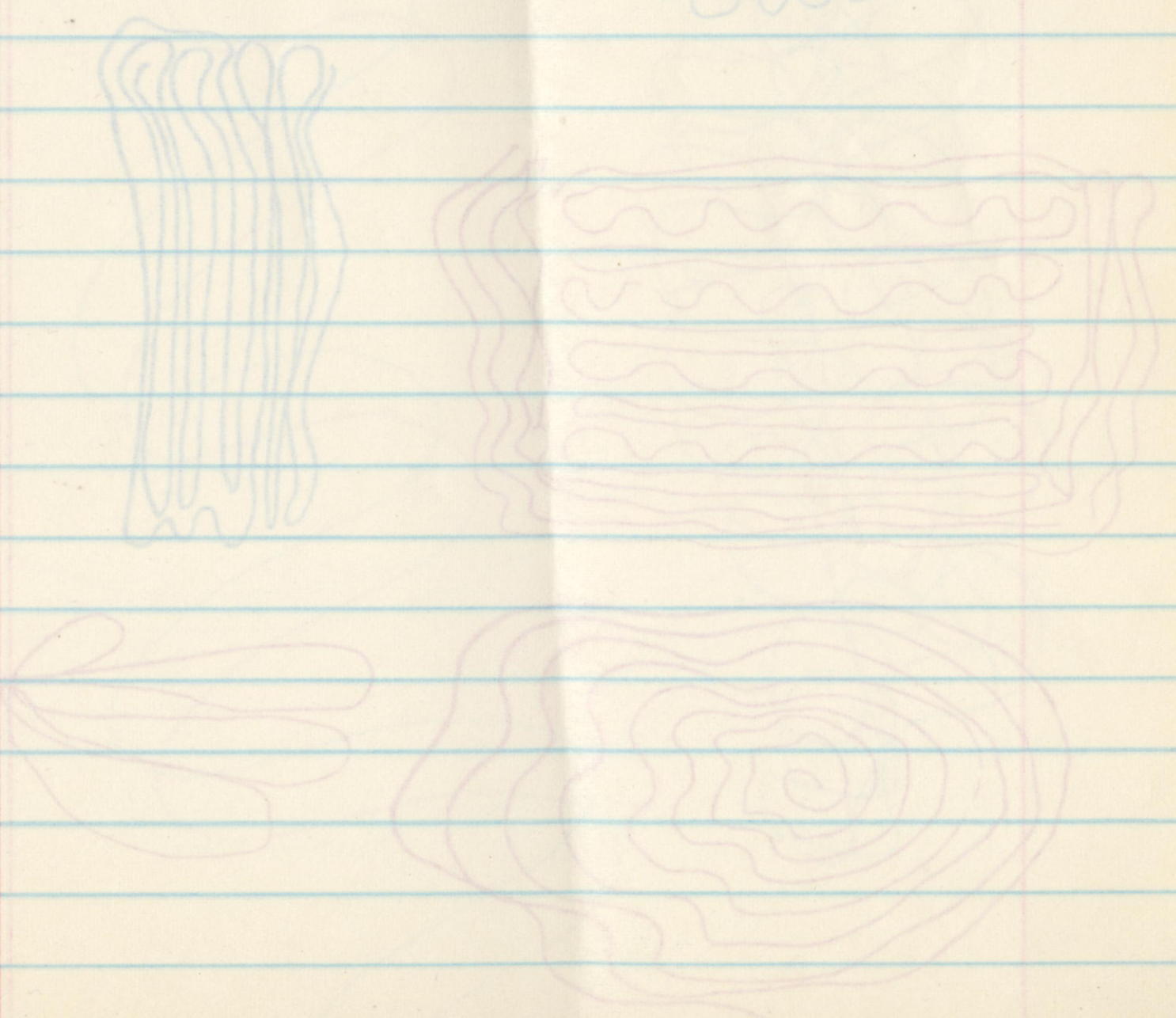
That wonderful see w D.

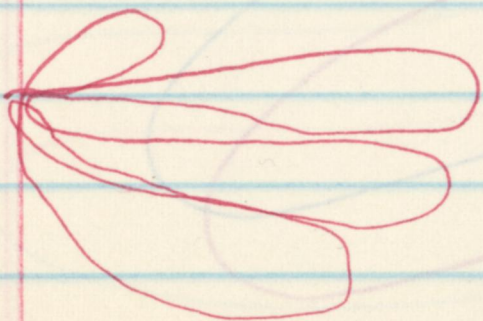
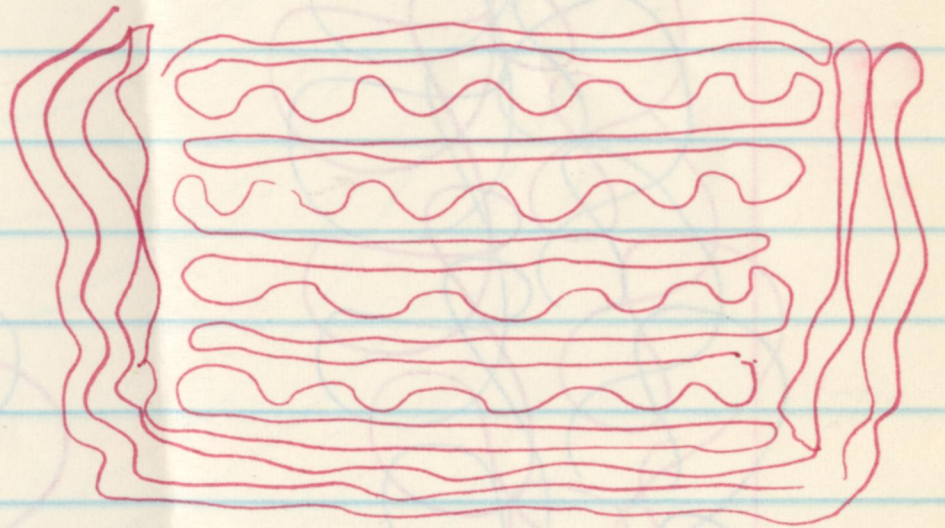
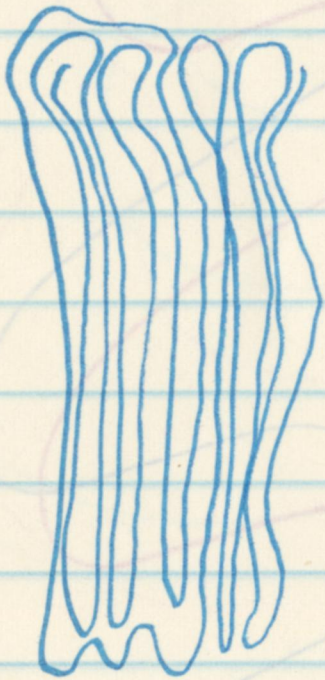
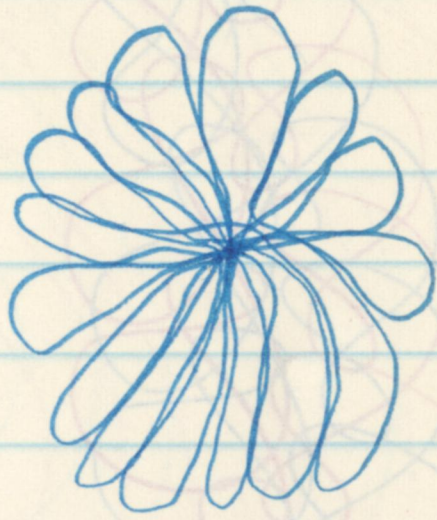
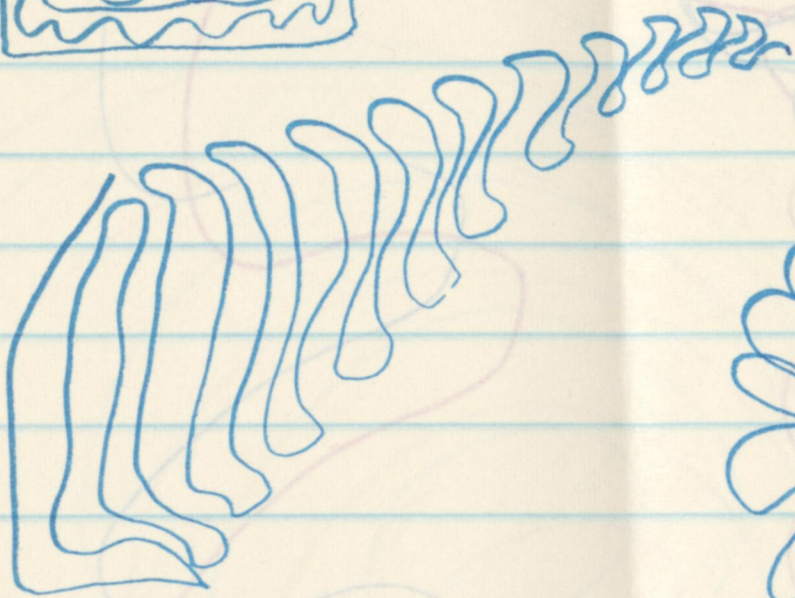
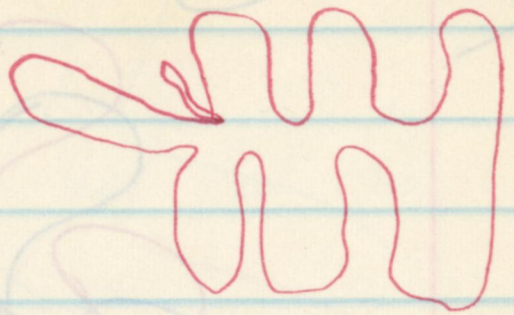
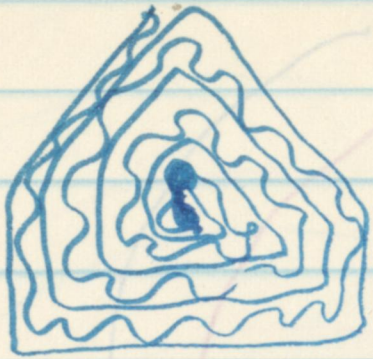
Really love him & feel

I want to see you all the time.

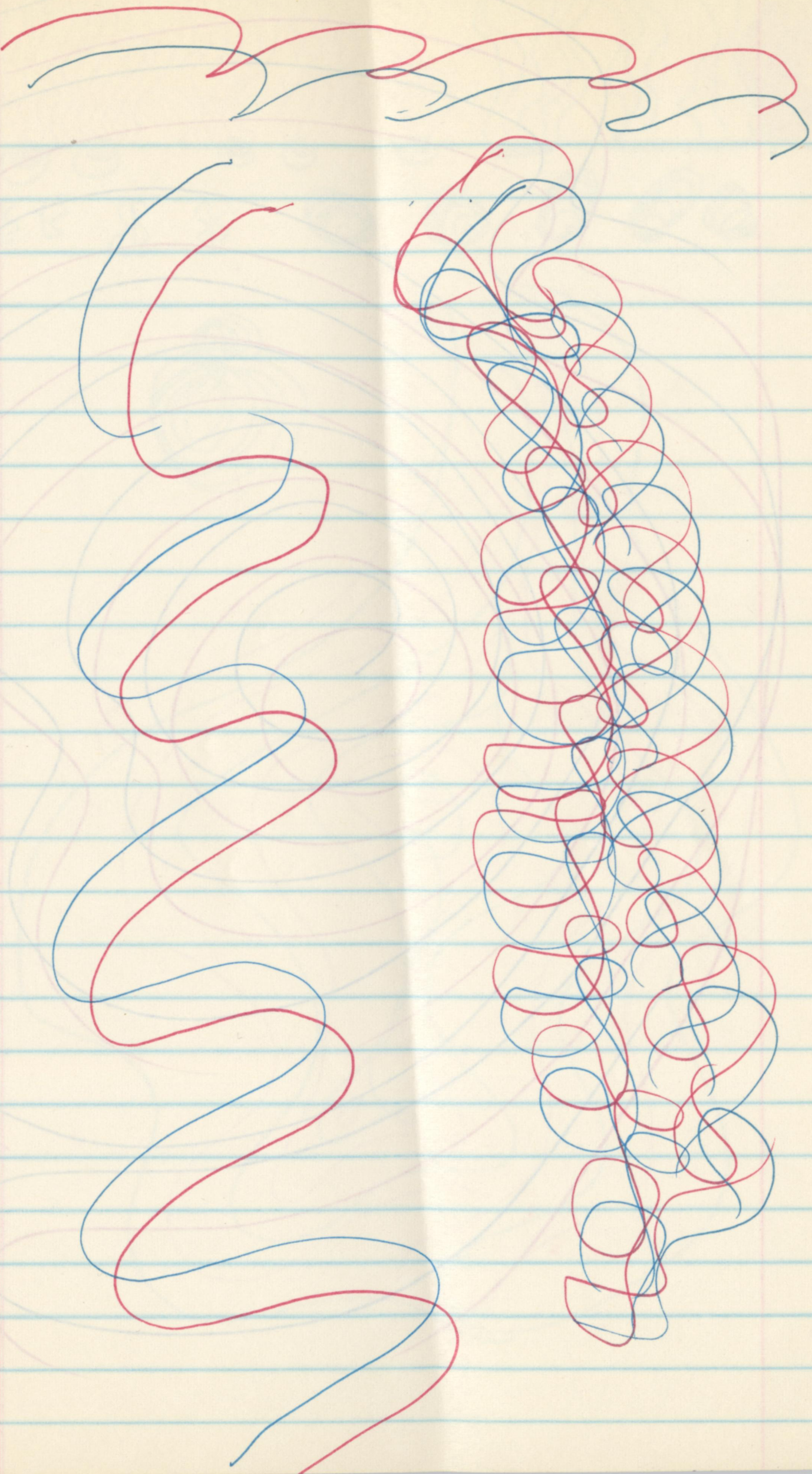
a long time - a real friend

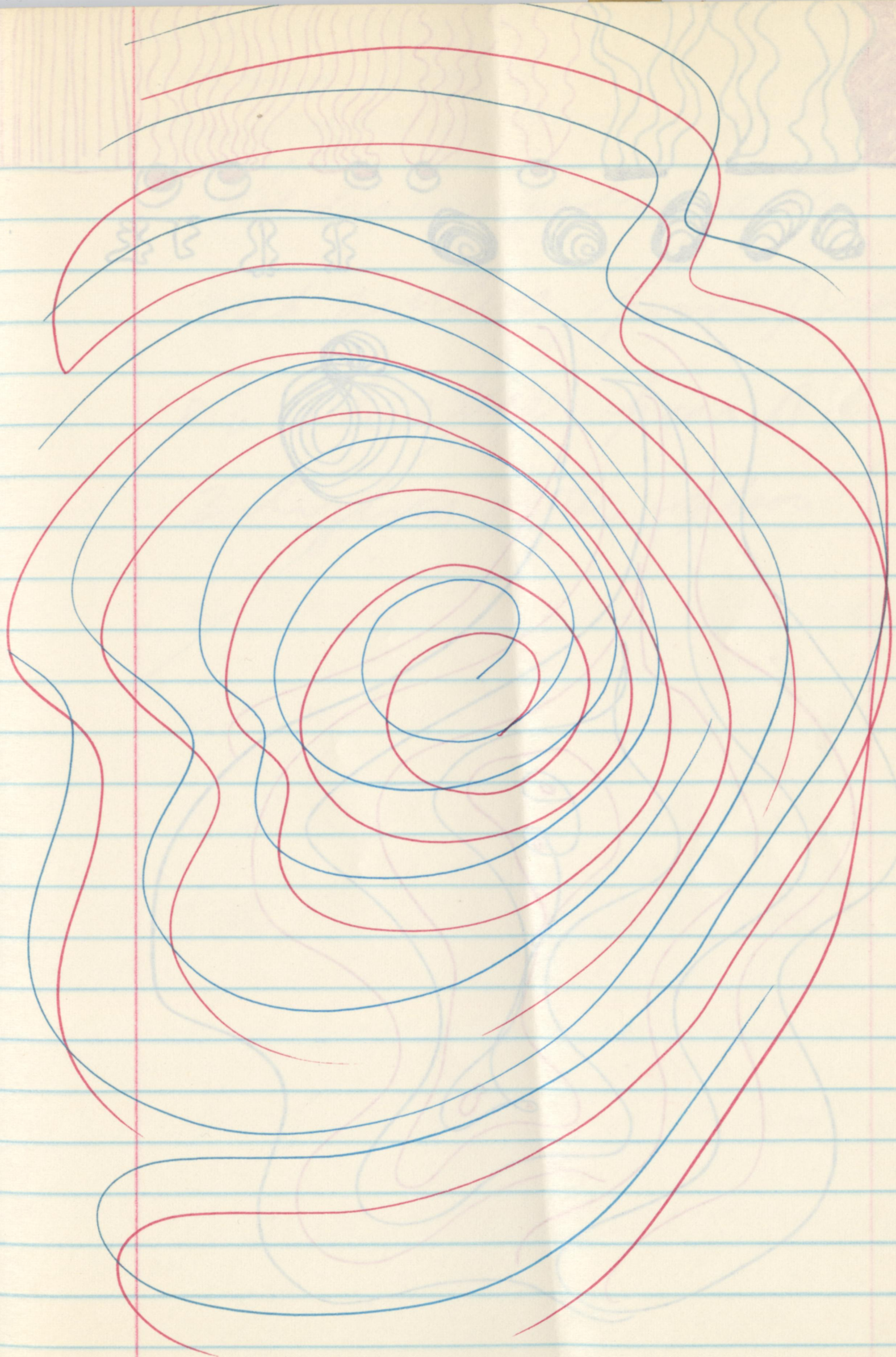
~~as~~

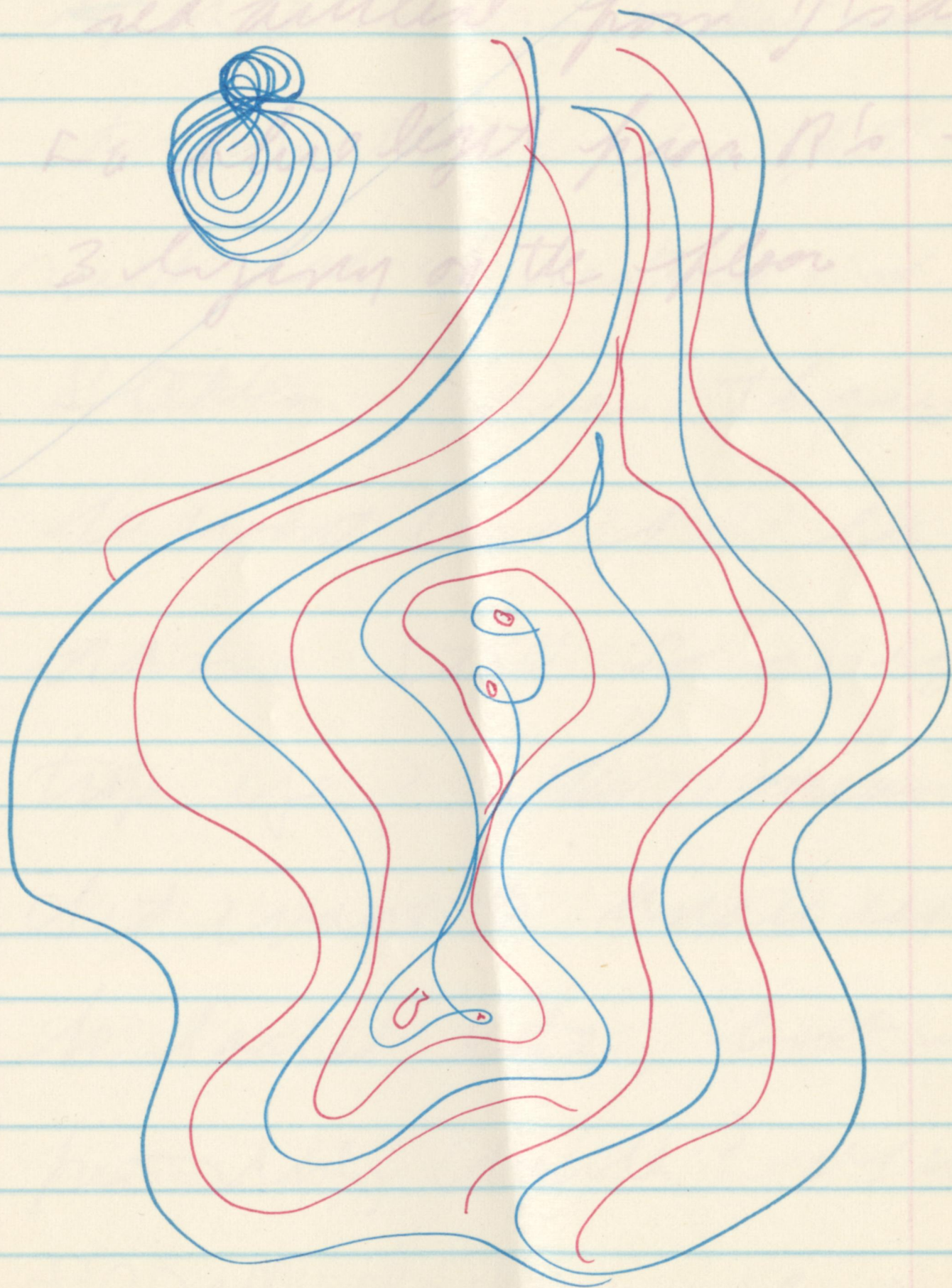
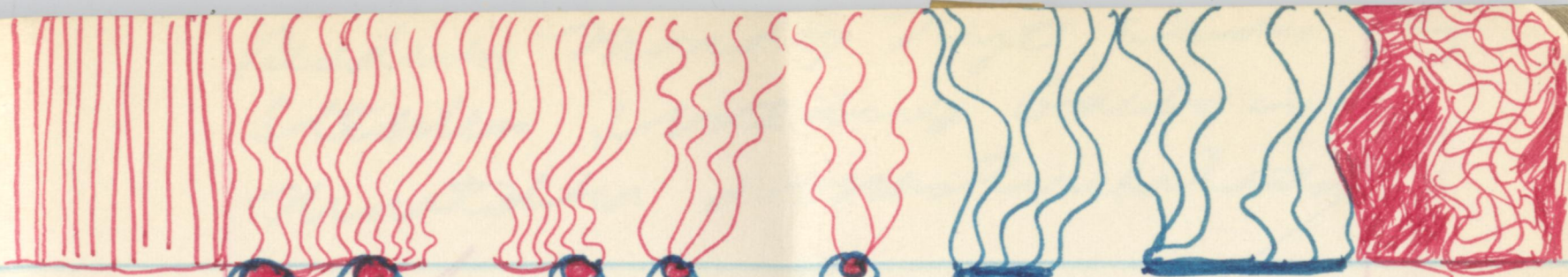




Handwritten scribbles in red and blue ink, appearing as a vertical column of overlapping, wavy lines on the left side of the page.







Reading Monday night class by
Stephen, watching Gabe in
Munich & masterbate.

The brown Indian in the
red outline from J's an-
to blue light from R's -
3 layers on the floor

Stephen, even though
to want use the last
name. Still brown eyes
trip eye? ~~the~~ I mean I
did want to know what
to look like, but a
pin hole, white? as well
I'd all of a sudden, but I

Reading Monday Night class by
Stephen, watching Gabor in
Munich & masturbation.

~~Reading Monday Night Class.~~

~~by Stephen, good but ~~man~~~~

to present in people!

was lot of picture of

Stephen, even though

to want use the last

name. Still some ego

trip yes? ~~What~~ I mean)

did want to know what

he looked like, but a

few more, Charlie? or well

small gallery. But I

definitely know I want
no one of me any color -
my feet maybe - no the
a fake - I it doesn't
matter what I look
like to you except to
satisfy your curiosity -
lets you ~~everything~~
everyone should ask themselves
whether they agree whether
there's experience correspond-
it you that matter

When you read this, you
know. I installed it
for me when I write it - & you
when you read it - so it
is transparent, transparent
in my packages. I know
experience, all you
need is the info. Check it
out. Use it. Why I am
different ~~is~~ is a person -
not a personality chart.
This has not as much

to do with Stollen a with
my consideration on
fame based on my art
could experience color
fame as a very heavy
trip. One I see no use
for. Abbe Hoffman
already stole ^{one} the title of
my book "I Stole His Book!"
+ Free at New mind.

Maybe I'll call this
Friends, as the Kitchen
Cult. on.

16-23
Been going through a
hard trip about the
new apt. Don't want to
leave B who is staying in
the place cause the people
who were coming aren't coming.
So Chad is right cause the
no no sign on the table
place. I'm stuck with a 2
bedroom apt & only me to
live it. Food just + more
the place is narrower filled

16-23

~~with date book has nail
at the present of the paper
color (blue & red) put them
there. Glad & orange.~~

I'm just getting my salary
back. Yes (study saw in
get in your letter "you
own the lion some of
your grass" as the lion
walked in. I was going to
~~it myself~~ but I gave it all to Leon
keep the rights. Wait cause
I ~~was~~ felt cheated by L

on the same road at bush
in road for the herd.

I feel I should have had
a camp on snow. After

all the drive for past has
a profit figured on it

already. So I gave the

lion all to cross any way

it was a gift from the ~~lion~~.

lion. I love it so I don't

wa But to get back to the

apt - I'm afraid, I B C

right, I'm afraid, I'll
lose my nerve
regarding energy when
I come to the apt w. someone
else, upright tube. That
to say, my old place didn't
have the best tube in the
world goes, but it was
time & love & people & care
& attention & love. So I don't
want to go down (when)
badly need more up

thru the back pain
knee pain is really bad
the week chiropractor
works from after I
been had been lost
night & coffee this
morning + not too
much pain. But -

I got a stiff neck in that
orange + black red + blue
bedroom so I know
these will get to be

changes only coal
room little west one
cooled and bed linen
in that place. Her some
yoga, can sleep on her bed
in little room till I get
the other squares away.
Asked B if I could stay
2 more weeks first time
he say no! try no!
So I say well you tell
me more in, stay, he

arrange furniture,

sleep there first night.

break in place to say

OK so there are

ways out now - of

course if I didn't base

the place. But I see

feel self with it but

I think + Charlotte agrees.

B wants me to have a

place when he can

have a place of need be.

I think it more than my
just wanting to them
that to fight off the
loneliness. Maybe not.
But I sure is glad to
be asleep every alone
again after 2 mos w. B.
In the 7 mos since I left
the hospital I spent
6 weeks w. people, 18 days
alone - ~~at the hospital~~
2 weeks w people
6 weeks alone, 2 mos w. B.

and now alone again

oh man I sure don't
want that. I lived

with B+C, C, D. LHK, B.

The last 3 weeks of the 6
weeks alone was heavy too.

B said led exercise the
place. Salt. etc.

~~Fat~~ after dinner whipped
cream bananas + blueberries

~~with~~ In frosting

on in cream. Tets the



to rest inside. Mums.

I'm sitting here I want to be

happy & make the place

feel good. & too if I can

but anyway here I left & 45

I'm only here 2 more days.

Sometimes, Charlie

doesn't want me to see people

& I don't know why. Then

maybe chance I run into

them to get a hard blast

of their energy - it's at

some non-referred periods
+ hit my sensitive
right eye like a sand
blast. I suppose they
are not mammals - I
may not be up to someone
energy level + they might
think my head not in the
right place - or something.
On the occasion of
Charles playhouse, a
series of 12 lectures to him

but when I do I often
hunt and the nearest
find and I'm wrong.
What Charlie tries to tell me
has to do with energy
lines that I may sometimes
see but don't always
feel. I don't know yet,
not many. Charlie
sees dead too. Counts
on more possibilities
probabilities or just sees.

Charlie is called my
higher self but he says
no, he is Charlie - my
dawnayon lady told me
this spirit guide she
calls him was with me
in Tibet (my past life)
oh spirit Charlie (that was
his name)

I asked Charlie to show
me his face & I saw
a long flat nose face

and I said Charlie as
you a fox do you the
lion & Charlie says well
ye he was the lion but
I don't believe the Charlie
made me was that out.

Stephen is wrong about
color. It's like blue & red is
yin & yang & says purple
is the spiritual - together
of those colors. But I take
blue the ^{first} color of purple

energy + yellow the
was color of the physical
manifestation of the
white light + I get
~~green~~ turquoise
when I get a green blue
or turquoise + then I go
the opposite to turquoise
which is coral but I
don't mix the two + coral
because the turquoise is already
a mix + the coral is

He opposite so I never
get purple. It intense
blue energy note that
~~with the edge of the~~
we have open tension
caused by some unspecified
thing in the room + when
you pump the people
you get the energy blue
that I know that may
go turquoise as it moves
to the clear yellow.

light + passes yellow as
the way. D says I have a
white light comes
from sun but I
never see white light
from a person unless
it was the washed out
whiteness with a light
at the best I've seen is
golden color like a
sunburn faded to
take the color out
leaves mostly a golden

light. I've seen that from
B. well some pale heart &
greenish it - very
pale & full of love.

So I'm going to do my
apt part in coral & turquoise.

The blue & ~~coral~~^{orange-red} from the
mandala on Monday Night
Also tried to pale blue &
coral & appeared ^{in part,} enlarged
in the air in answer to
a query but I don't

know what I meant.
and a yellow floss come
off the white ash tray.

~~If I had understood
my signals correctly,
I would have the
apt now.~~

Charlie says brown rice
is a mistake. Too much
forming. For me.

Just an hour on the home
even blueberry.

Packaged food to people.

The apt

I must not name in

I must see it

I must go to the

July 15 -

August

while

while

while

while

while

It's a mistake to take

the apt. ? Is it smart ?

I must not move on

I must sell it.

I must go to college.

Will I get a \$10 limit. See

man

April a very good person

July 15 -

father's to dad is claiming

Aug 1

Some pretty bad news came

I can move in for a

while

Don't want to get busy up

in perspective

at auction for old furniture
Is it purple? Is it metal?
Does it have rails? all
no nos. Found stand of
shelves. find hampers? ?
Will I get it? \$10 limit. See
If it a rug & can't have
folds. Or to dad is cleaning.
Some pretty vintage chairs
& sofa. Expressions? let.
Don't want to get busy w/
in furniture!

Reunion called off
after small bedding -
not enough people.

Charlo said they had
camp 1.00 but?

didn't know I was
me too. Haven't - ad

camp. we need \$30

should. Need for

camp. Myler can get.

went to ~~ask~~ for fees

Order now on Mon

to Calderon for rice,
manager. not understanding
Went to call I saw section -
wanted to say hey about the
\$1.50 I paid for the ticket
sat nice too - do not know
and come \$90 from there.

Learned from visiting
Chopstick. Had dinner
far away from center, any
from center - added
central. do you know

out from the hand of
action you see farther &
clearer.

Morning 8³⁰

Moving to new apt. Called at
bundle office. Don't want to go.

Can barely write this. 2/2

has never taken it could
stay with B. He only place

I want to be. Called & said.

Wait for phone man. for

laundry man get help.

Butter turn you know. OK

The last time I eat it. I know

hunt - last hunt wearing

my shoes that I've velvet at

of the fat turned around

~~of the fat turned around~~

~~of the fat turned around~~ stay later.

Back at 55 tracks

The scale of Browne

width + range.

out New pair state

print 5, I can change

more often - when the
narrative passage makes
you know do not walk
that path. The path
of love will well - help
you.

Today I decided feel why
well & had some nice
fish and for supper.
Perhaps I am charmed
out my system too
fast the nice slow.

~~of Aaron. Reactions~~

Herndale: the protection
Energy in Man - the
energy went as a wrong
channel, presumably
as mine did, - to eat
only 3 hours. He
lived on range 7 miles.

At the end of my fast
in the East I had some
Tugue milk + saw an
range next to it ^{on the road} - indicators

16-25

where I should
break my fast with
orange & ^{pegs} milk. He want
to have water over his body
& cant because he says
daughters are there. at
least I could feel of
the heat & pain with
water. & now I will
with that pain. Sometimes
a surge of energy will really
get me on the ground & they

16-26

some weekends area
& the person will increase.
I kept thinking, suppose
I were a housewife with
husband & children in
some suburban
home. Would they
leave me alone in the
kitchen to ~~soak~~ wash
away my pain? If
they understood the
process perhaps they

16-27

would, hanging
sheet over the door &
taking their meals
out. Mapi Kusina

report a great onslaught
of energy when he ate a

solid meal & perhaps

I was very interested in not

eating, though I had

left me weak etc.

I never found I was
yet mad. Only sometimes

16-28

now I wonder how
long I must endure
sneak, ~~the~~ ~~changes~~ ~~part~~
changes. The changes
Alec was at the end of
~~the~~ ^{every} thing I put on to
not see they're not
too full of purple
energy & cold under
me pain, but my
dancer. My sensitivity
is still great - walking

16-29

through the summer
sheet without protective
clattering is like swimming
under water, a constant
pressure. ~~Disturbance~~

Called the psychologist
~~into~~ James Hellman
who comment on the food
camp as the "fundamental
to the fire of hell +"
thought that too - you
can believe - the

116-30

purification by fire
(a scorpio trip) - you
know you have had
the rainwater sign
for more water the fire
next time +) thought
each person the union
karma to union hell
& mine was the mine
body with ~~2~~ year of
accumulated ~~American~~
livestock from the

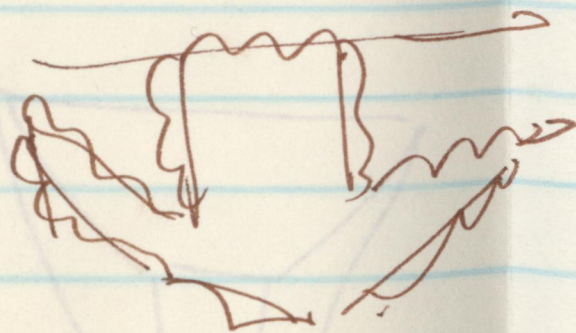
16-31-32

in that line were a bad
bad person fallen
off a horse & a bad
horse from a string
fat & accumulated
leaves & bedding & added
slow down from
at a life of white bread
& white sugar (and
farming, the way never
ending) & canned
food & had Mr &

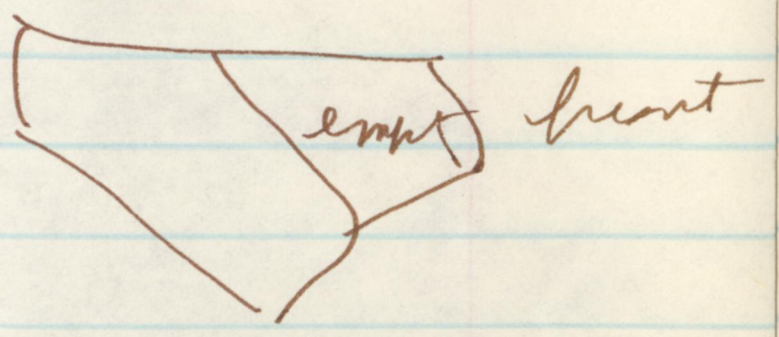
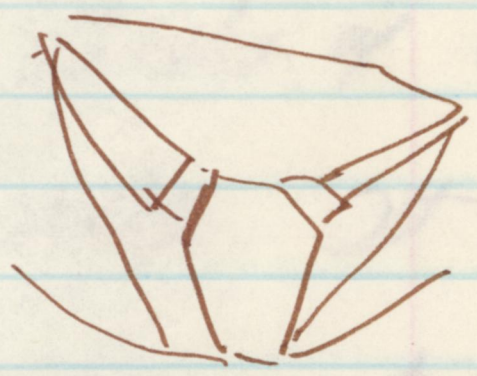
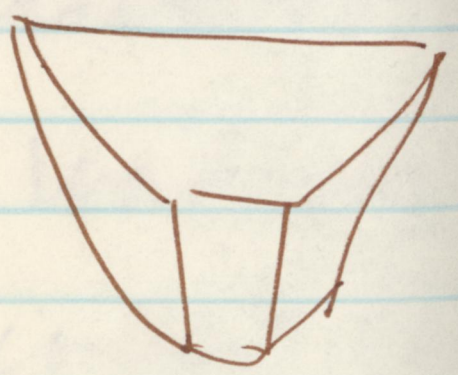
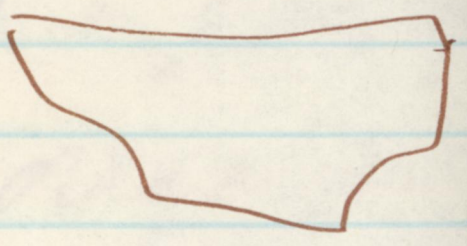
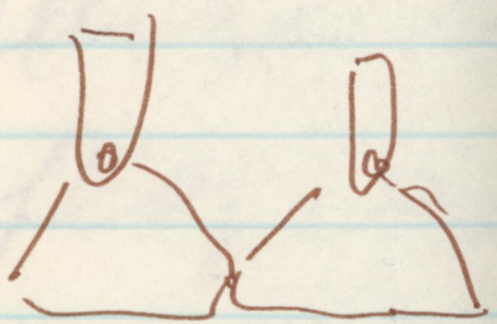
moderate
 only ~~two~~ cigarette
 smoking & drinking -
 with vacation ~~two~~ a
 year & plenty of good
 upper middle class
 living, steak ~~at dinner~~
 So the farmer had to
 clean me out & it still
 is. Plus the cigarette
 cost for the ~~country~~ & the
~~secret~~

Then the psychologists get too abstract & instead of dealing with the reality of the experience as G.K. does in terms of channels, he ends up to talk in abstract terms about masculine will &.

Don



Don't lose my object
 of the ~~new~~ ~~table~~ ~~the~~
 stick, but ~~holding~~ ~~the~~
 all still on ~~the~~ ~~it~~ ~~off~~.
 on the floor, steps -



The Saturday apt
man

Let me go

Something new has begun.

Last night I saw dead

(eyes closed) the American

flag, with fewer stars on

it - perhaps the crest of the

original 13 stars. It was

luminous. Just before

waking this morning

what seemed only a tax

16-24

The chart with a mushroom
in one box.

found by

under

I saw in my left hand some

of the transparency I noticed

in the sketch. perhaps of the

blue flame. Before the blue

flame - oh I know now of the

blue area, the color of the

this is my affair

electrical (?) current of the

point -

after the purple was green
 & after that a pale blue color
 brought me cold. after the
 intense heat, cold. the way to
 light the light blue was with
 the deep blue when brought
 comfortable warmth but
 not heat. I couldn't wear
 everybody has money
 you're the only honest thing
 around here

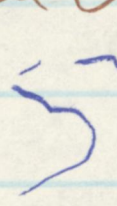
any clatter, but I
 understood & settled to be
 cold for a little & let the
 body mobilize itself to be
 warm. I burned paper in
 the stove & jumped out the
 tent at this point - the
 flame could not burn
 me - & the fire cleared
 away the purple & green; over
 the last blue bubble so
 I covered that fresh mist

(16-57)

the blue. one I lost to the
ashes + decorated myself and
ashes. I once I decorated myself
with ferns tea - the water
adds forming a lattice
like design. It was pretty +
reminded me of African
body decorations. One in
agony to change the people I
thought to fade it a pink,
+ covered myself with
blueberry syrup.

16-38

That was sort of a fun too -
 I was never totally serious
 about doing these letters -
 they seemed a much more
 to entertain myself & also
 the other side & people
 absorbed some of the people
 with the music (music),
 I ~~listen~~ ^{listen} & washed them down.

~~somebody~~


#138 stand shelves 10 on 307



#116 3 panels table

~~#132 bowl & candle tier~~

178 haley spread

282 sofa or 281 chair

285 dress lamp

137 - top of chest bamboo lamp (5)

475-2551

23 E 3

apx 3
10 AM