

19

# SEMESTER

COMPOSITION

NAME Hayden

120 Pages

7 1/2 X 9 3/4

49¢



Goodbye Charlie Hello Egg.

Egg on goodbye. ~~egg on~~

Sunday it began again.

I had gone through ~~fast~~ the  
quiet ~~state~~ - ~~the~~ the wires  
were too hard for me to use  
it. Then the blanket became  
impassable too. They gave  
me ~~my~~ ~~right~~ ~~side~~ <sup>me</sup> pain. I was  
getting my desert. I think  
that's why I was sensitive to  
the blue blanket - I have



little "chocolate cyst" <sup>2</sup> on  
my nary. plus. It made  
me feel funny. I couldn't  
use the pellate any more.  
It gave me a pain in my  
neck. all I had was the  
sheet + it got chilly  
toward morning. ~~to~~ I  
got I got chilly - perhaps I  
wasn't blue any way  
I went get up to get a  
sheet + it was covered.



Charles told me to try  
 a Mexican shirt I had at  
 the left under my long  
 fast. Well Charles is usually  
 right about date. I had  
 worn it <sup>ever</sup> a long time &  
 I thought OK it cooled out.  
 So I pulled it up with both  
 hands & zap! a shot of  
 purple into both hands -  
 a hand of <sup>iridescent</sup> iridescent deep  
 purple with a new tinge edged



in black. It made my  
 finger tips tingle! My  
 feet tingly + <sup>soft</sup> at the  
 same time as if they were  
 melting. The feeling went  
 like a shock up my right  
 arm + some up the left. I  
 chastised the <sup>curse</sup> sheet + cursed  
 Charles for suggesting the  
 sheet + myself for being  
 glib enough to listen  
 to this spirit. Later Charles



I asked Charlie if he had  
done that to give me a  
jolt of energy & the  
answer was yes. So I  
~~started~~ went back to the  
mattress, the one on the  
floor & lay down with  
1 sheet around me &  
concentrated on my arms &  
hands trying to chase the  
purple out of my body before  
it reached the shoulders &



The rest of me. ~~Over the years~~  
 I needed a master I was  
 taught by the spirit a year  
 ago, one that seems to ~~exist~~  
 create general mental  
 energy & ~~emotions~~ so I  
 can clear out bad energy  
 from my body. So I held  
 my spirit hand in the air  
 & tried to get rid of the  
 people. But the freedom  
 became very calm & peaceful.



+ I had to run it under  
water. There was red in it too.  
My hands were dry & tense  
& peeling. The ~~water~~  
water relaxed them. The  
muscles, well I seemed to,  
any way they became more  
flexible & the pain was  
less when I had my arms  
under the faucet. Meanwhile  
I moved around on the small  
wooden (thank god) hitches



floor; because I stood in  
 one place too long the  
 pain came up through the  
 feet. That is my feet were  
 shuddering the rest + nervous  
 energy + the floor pierced  
 it up + it I stood there too  
 long I got a bad, i.e. I  
 became sensitive to the  
 floor, just like in the  
 great red days with the green  
~~and many~~ tables.



I stood for maybe ~~2~~ 3 hours  
 moving from place to  
 place holding my arms  
 in front of me + <sup>concentrating</sup> concentrating  
 on them. When the pain  
 was especially severe I  
 would see ~~as if~~ like  
 a ~~vision~~ illusion - the  
<sup>picture?</sup> hardest <sup>pattern</sup> pattern of <sup>embroidery</sup> embroidery on  
 the shirt cuff + collar.  
 This indicated a ~~one~~



10  
That I shaved concentric  
<sup>more</sup> more on those areas.

Finally, I made my way  
back to bed after. The

Heat came over me again,  
mostly in the left arm &  
there was some <sup>?</sup> more  
pain in the hand that  
made me doubt me -  
partly in pain & partly  
I think in order to stretch  
the muscles of the



+  
+  
+  
+  
+  
+

heat + pain would  
not contract them.

I <sup>cried</sup> a lot. Sometime

I think that to get water  
out of the food as well as

<sup>fast?</sup> just did a purge of

emotions, makes me

feel better because I could

vent my anger + <sup>disappointment</sup> ~~disappointment~~

+ pain. I did eat that

day. I thought before

I had more than 2 sup



+ some glass & very  
little water + also some  
paradox fruit case.

It was planet better  
had eaten the previous  
week on health head

+ a year later I didn't have it  
~~but the people made me~~

~~theater~~ I was  
packing away from the  
kitchen toward my  
little room, standing



by the John. I was  
 making enough of the  
 purple walls <sup>leave</sup> me  
 so I had to lie down  
 but I didn't want to  
 take too much people  
 with me because I  
 knew I had <sup>nowhere</sup> nowhere  
 else to go. I wouldn't  
 go into B's <sup>room</sup> room + leave  
 that purple they - <sup>bad</sup> bad  
 enough it was in



the kitchen. <sup>Finally</sup> I finally  
 asked Charles & I went  
 he <sup>he</sup> <sup>said</sup> <sup>he</sup> <sup>said</sup> <sup>he</sup> <sup>said</sup>  
 I also <sup>felt</sup> <sup>felt</sup> <sup>felt</sup>  
<sup>had</sup> <sup>had</sup> <sup>had</sup> <sup>had</sup> <sup>had</sup>  
 & lay down & concentrated  
<sup>this</sup> <sup>this</sup> <sup>this</sup> <sup>this</sup> <sup>this</sup>  
 foot for there was a  
 band of <sup>?</sup> <sup>?</sup> <sup>?</sup> <sup>?</sup> <sup>?</sup>  
 around the ankle & the  
 foot was tense & painful.  
 I remembered I <sup>had</sup> <sup>had</sup> <sup>had</sup> <sup>had</sup> <sup>had</sup>



to concentrate on my feet to  
 get rid of the <sup>vibe?</sup> ~~bad~~ ~~vibe~~  
 from the floor before I  
 put them on the bed. So  
 I <sup>crossed</sup> ~~crossed~~ my legs in  
 the air, <sup>one</sup> ~~one~~ resting on  
 the <sup>other</sup> ~~other~~ knee  
 concentrated til I <sup>saw</sup> ~~saw~~  
 a luminous salmon  
 color appear at the  
 place of the ~~band~~ ~~band~~  
 around my ankle. 27



wasn't that the cable  
 turned salmon <sup>color</sup> & I <sup>jump</sup>  
 was that color there  
 instead of part of my leg.  
 I could see the edges  
 of the leg <sup>bottom</sup> ~~was~~  
 look like the <sup>they</sup> <sup>were</sup> ~~rule~~  
 melting down. That  
 is they became <sup>soft</sup> ~~soft~~  
 & the energy <sup>left</sup> ~~left~~ &  
 the edge <sup>were</sup> ~~were~~ <sup>hard</sup> ~~hard~~  
 of <sup>?</sup> ~~fusion~~. ~~around~~ the



the I saw black bands  
 circle the <sup>tree</sup> tree & <sup>jump</sup> jump  
 off as I went to the  
 wonderful coal policy  
 common the <sup>bottom</sup> bottom  
 my foot as I worked on  
 it. I longer to be in  
 the country so I could  
 shed this <sup>glowing</sup> glowing red  
~~on the~~ ~~side~~ & let the earth  
 absorb it as I walked  
 around to I thought



ah it wants to jump  
 for the grass & flowers  
 to lay the stick on them  
 & then I thought that  
 what ~~was~~ <sup>they're for</sup> is for little?  
 wouldn't mean a  
 a great feeling of  
 truth came over me & a  
 large <sup>large soft</sup> block butterfly  
 left my right leg  
 & I felt more relaxed &  
 I thought so, the



I wish I had set you  
 free cause you'd be to.  
 But I <sup>wasn't</sup> want to  
<sup>country</sup> ~~leave~~ I was in the  
 best <sup>big</sup> <sup>city</sup> ~~city~~ in a <sup>slum</sup> ~~slum~~  
 building on a tiny  
~~platform~~ platform built  
 in a <sup>back</sup> ~~back~~ room with  
 a twin size mattress on  
 the floor, a narrow  
 space <sup>alongside</sup> ~~alongside~~ a  
 TV & phonograph



And I had to lie on that  
 mattress ~~was~~ the ~~at~~  
~~but~~ was ~~was~~ with  
 no pillow no blanket  
 no <sup>?</sup>gown <sup>?</sup>only a sheet  
 & sometimes I was  
 chilly but ~~just~~  
 when I was <sup>pale</sup> <sup>well</sup> blue I guess.  
 I spent the next day in  
 bed & I think I watched  
 some TV & maybe that  
 was <sup>fun</sup> fun but I couldn't



wasted too much the  
 set was set + keep it  
 had <sup>orange</sup> + anyway  
 diminished the energy  
 from it seemed to  
 increase the <sup>bad</sup> <sup>vibe</sup> like  
 sold that was ~~to~~  
<sup>so</sup> <sup>finally</sup> finally Charlie  
 wouldn't let me turn  
 it on. Tuesday I  
 woke & had a long  
 conversation with Charlie



before I was being asked,  
 it goes like this. I haven't  
 come to my mind + I  
 ask Charles if they're  
 true or false + I get a  
 reply, just as I get  
 a yes or no on what  
 books to eat etc that  
 are good but for the  
 anyway that day I  
 got the information  
 I was given to do in



a certain <sup>number</sup> no of years  
not too far away

because of the Throazine

I had had in the basket  
the car sun cream

I had had the day

before (maybe 4

<sup>spoons</sup> shovels instead of 2) &

the Throazine had cut

off the <sup>a little</sup> ~~the~~ <sup>electricity</sup> electricity

on on the head side of

my body so it caused



inat clean out certain  
<sup>parts</sup> rail that needed v - t  
 that the cream had  
 too - shot off the  
 electrician current somewhat  
 so that my communication  
 with Charlie would be  
 not clear + I would  
 make mistake (as)  
 had done the last few  
 month <sup>by</sup> not following  
<sup>his</sup> advice) + the



last of circulation to  
 hand & foot & head  
 would make me  
 slow in the <sup>are</sup> <sup>or</sup>  
<sup>another</sup> <sup>?</sup>  
 complete enlightenment  
 that my physical life  
 was in danger. Because  
 of 2 pills & some <sup>pills</sup> <sup>reason</sup>.  
 Well that <sup>sounds</sup> <sup>dear</sup> <sup>silly</sup>  
 but <sup>number</sup> <sup>of</sup> <sup>the</sup>  
 cleansing energy of me



companies that is not  
 Henry, under, since  
 I was ~~42~~ 42 +  
 had a bad bad + needed  
 all the help I could  
 get. <sup>Besides</sup> besides for work  
 of a nail. You know.  
 The ~~thing~~ at event then  
 it <sup>occurred</sup> occurred to me that  
 perhaps <sup>my</sup> <sup>death</sup> death in X  
<sup>number</sup> number of years was not a  
<sup>physical</sup> physical one but a



spiritual one - that  
 (not an ego death -  
 a second rebirth -  
 I had <sup>gone</sup> there ~~that~~  
 that) ~~as a result of me~~  
 but that the lack of  
 current (circulation,  
<sup>Kundalini</sup> Kundalini, energy)  
 I wanted to <sup>die</sup> die  
 because it could not  
 cure all the <sup>art</sup> art in my  
 body & therefore cause











was suddenly I <sup>saw</sup> ~~found~~  
 a flock of yellow legs  
 but <sup>only</sup> on <sup>one</sup> side.  
 Then we <sup>talked</sup> ~~talked~~ <sup>about</sup> ~~about~~  
 (there ~~is~~ seem to be real  
 communication) when  
 I should like, <sup>country</sup> ~~country~~  
 a lot in <sup>city</sup> ~~city~~ ~~company~~  
 & they ~~are~~ have a route  
 Charles ~~is~~ I ~~know~~  
 he ~~has~~ will ~~not~~ <sup>have</sup> ~~have~~  
 less money <sup>than</sup> ~~than~~ I



have new which is  
 low income housing  
 level in NYC which is  
 pretty little. I just can't  
 figure out how  
 everyone has been  
 doing these things  
 at no cost  
 I also wasn't sure  
 whether I was getting  
 the trust from



Charlie was taller <sup>and</sup>  
 in the truth. Also <sup>was</sup> ~~was~~  
 I ask him the <sup>money</sup> ~~money~~  
 question. I still get  
 a person an <sup>early</sup> ~~early~~ dead  
 but most I <sup>now</sup> ~~now~~  
 decided <sup>decided</sup> to try to make  
<sup>every</sup> ~~every~~ day as pleasant &  
 useful as possible &  
 to do <sup>to</sup> ~~to~~ <sup>whatever</sup> ~~whatever~~ it is I am  
 here to do <sup>besides</sup> ~~besides~~  
 enjoying my life



+ continue on my <sup>search</sup> quest  
 for full enlightenment.  
 I as healthy & <sup>perfect</sup> perfect a  
 body as possible, <sup>which</sup> which  
 will be entered to the  
 Kundalini & <sup>how</sup> how  
<sup>efficiently</sup> efficiently she can work  
 in my body & how  
 much she will be  
 hampered by ~~what~~  
~~chakra~~ chakra I want to  
 work with in the body.



As I walk thru. I get an  
 indication that full  
 enlightenment is possible  
 will come with the  
 slight dizziness, like  
 an uncooked egg.

We'll see. Charles is still  
 here, they have  
 dismissed him (about 4)  
 Anyway I got up, mind  
 especially thinking of  
 my friends + family who



had convinced me I

should go to a hospital,

the news gave me a

chance to even think

about an alternative.

When the time came,

I only thought of it too

late. So I can never

really forgive them

for not asking me

what I thought

would be a solution



- it must be to find  
 can hardly write - I  
 mean feel able to  
 fast I was wear here  
 I came then call  
 the came then of us  
 who hospital at 50  
 end of month 2 changes  
 in most of my new  
 seem much to you  
 but I see there  
 we on a down (ish)



shut off some energy

At ~~least~~ <sup>least</sup> side of Mayo

the unit line. Mayo is

Charles took on my

head, as the people, to

see how busy I'll get

or I'll take it out on

any one who I don't

do in the primary of my

matter + a little less.

Anyway, I do know that

things are not down

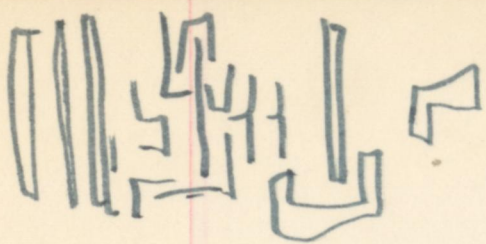


good, + it 2 days but  
 more waves have, set  
 waves have been  
 Any less than 3 was  
 perhaps + that helps  
 me have a lot - ~~the~~  
 I ~~felt~~ ~~at~~ ~~the~~ ~~end~~ ~~of~~ ~~the~~ ~~trip~~ a  
 map + work up with ~~the~~  
~~right~~ <sup>one</sup> arm set of neck  
 + hi hair to the elbow  
 + the other hand to to  
 I got up + went to the sink



~~Myself~~ I wanted to wash  
 me up some more standing  
 there naked. And in the  
 middle of this B come in  
 because at no time  
 I had to my eye myself  
 to late on a verbal  
~~to physical~~ onslaught.  
 It was legitimate when  
 you're so open & have  
 just gotten rid of my  
 breath of rain & are





wonders if the news  
you got that day is true  
~~stories~~ to have  
someone come in to  
ask you really  
just to show you  
around & tell you  
tell you to go to bed out  
of the had your living in  
what is his.

Went to look at another

apt - down main w. n. n. n.



Net A 2 B heavy hat.  
 best up. (star I mean).  
 Reder V storm red to  
 change the coal that to  
 a deeper coal red. I feel  
 like a ~~change~~ magnet  
 to ~~bug~~ on the note.  
 My own or heavy enough  
 but ~~un~~! Ann began  
 to feel ~~pur~~ on way  
 how to ~~st~~ in  
~~cal~~ for a ~~con~~



muffled to pale the  
next few blocks.

As long as I could  
off to see I should  
listen to Chadia I  
wanted go subjephene  
of I went on that way  
I should welcome the  
pain - stand up to say  
no more pain - to go  
out for a walk. I  
didn't stand up any  
no pain!



ask for a walk but I

said no more hair &

at home If any the

three names later.

Three lines

listen

to me

No more

time

no more

hair

am

no hair!



heads

figures

two x

foot

get in line

Me then to Charlie said

the place would be

plus 2 red ones

good to be - by <sup>me</sup> blessed

me those rules when

he she it's black

I thought about



the apt. So anyway  
I stayed home used  
sleepers & feeler, used  
+ getting all sort of  
Compared to yogurt on  
cheer yogurt, small  
contains plain yogurt  
+ large container  
plain yogurt (that  
supposed to be the best)  
But I couldn't figure  
it all out + I thought



Charlie was nervous  
 when his face  
 appeared on the cherry  
 part of the cherry yogurt  
 & I ate it. I think I liked  
 Charlie. But I thought  
 there must be sugar  
 on the cherry preserves  
 & that was good for me  
 So I liked Charlie  
 out & he! He was  
 & a no no sign



I said just you  
 Charles if you can  
 be clear & if you don't  
 like your own face - a  
 kind of scarf anyway -  
 So I anyway asked Charles  
 to go away & asked for a  
 little show to guide  
 me, we sat so nervous.  
 So today I went to the  
 Kundalini Yoga master  
 & he had the spirit



must be bad if I  
 was so thin in heart  
 & must not eat  
 enmesh & last have  
 I had & I should go  
 out & eat a lot (his fat)  
 if I want to live in the  
 city & go out & fight  
 the bad rule & I'd go  
 schizy if I kept the up  
 & just go outside  
 head deep & today



negative payder face  
 go away. He likes to see  
 to say negative because  
 you don't want them  
 all to go away. So I  
 walked out felt sure  
 it for several blocks  
 & felt like I had a  
 good lunch at the  
 market, nice way to  
 spend & money  
 here for you,



Watermelon, ~~and~~  
 paradox with bread.  
 Yogurt is a zero food,  
 like the fruit cake, it  
 makes bubbles in your  
 system. Fed has for  
 the time because it  
 holds the energy  
 loss - at least I can  
 see it come out faster  
 or maybe I can just  
 see it come out.



~~Red and blue~~

meaner lilac daisy

cat tail egg blue flax

sense ~~watermelon~~ x

energy thazent  
clam

present up blue dot

million my body last  
reason

dise shape when I hit  
reflected - green bay

unmistakable  
religious - first white blade

required blue + red  
feelings

red + blue - material



reflected }  
 heart } body  
 conscience }  
 remembrance - daisy  
 focus egg  
 totality blue flask

I heard a buzzing in my  
 ear the other day. I saw  
 black + white bubble  
 leave my head like a  
 dart ~~stroke~~ when I hit  
 upon the truth of 2 parallel  
 lines in the past & the  
 picture of the future on my



one side of my foot (as?)

got into make a worry(?)

Whome call. Or had?

broken Charles bonds?

He <sup>Seymour</sup> ~~took~~ ~~help~~ coming, unrolled

for. also asked for... I am

downy yona/Yoquist.

wear that

yellow ~~clothes~~  
~~dress~~  
with

M says on a side of someone

hands of a number M

Sees it on his face ~~to~~



he gave light up in  
that member.



7  
S. G. 981-8551

5mpt



Saves 98 W 92

535 C6 A+B

945

Yogi Bhajan Run

340 2.00.

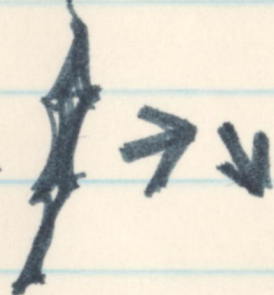
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July 13 8 pm Hunter



~~Zena - drug - sept 15~~  
~~huge room~~

house



\* \* 679.6153.914

Reg. Ramsay

300