



don't type  
WED APT10

# Criterion

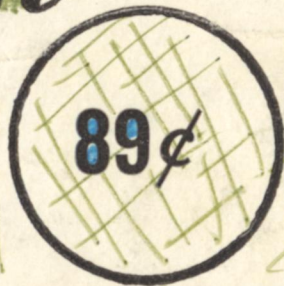
COMPOSITIONS

NAME

GRADE

SCHOOL

(68)  
APRIL 4 '73



9 3/4 in. x 7 1/2 in.

120 Leaves

Roaring Spring Blank Book Co. Roaring Spring, Pa. - 16673



WED

THIRTEEN in green pen calm or pink pen.

I am thinking about a new apt., -  
where. 13 E 3? ~~13 E 3~~. Am I going  
to live there a long time. long  
time on gate, long on wall.

3<sup>rd</sup> Apt 13 is out - is out on door.

The city won't give me 4 rooms.  
RENT me in stair cases - I'm  
not sure - of ~~the~~ floor apt 4 flts  
up. See it again. again on gate.

BEST AVAILABLE said head,  
BEST over temple, but the  
words went every which way.

73 E 4. 4C.. Wait. Wait on  
stomach. Charge on 73 E 4. 4C.

≡≡≡		≡≡≡
≡≡		≡≡
≡	30	21
⊙ BEST	The	Biting
≡≡	dingy,	only through
	Fire	

Conditioned so  
9-3rd: In the light of the setting  
sun ~~more~~ better heat the part & ding



or loudly bewail the approach of old  
age. Misfortune. It's too <sup>soon</sup> ~~ET~~ high up.

Bldg. 13? <sup>now</sup> I had better go to the  
city, call Pat, <sup>now</sup> & see more. ~~Had~~

~~all day~~. RAIN in pink light in  
air. Thanks. It's been all day.

PLEASE NO WAIT. HURRY on toward.

I'm not hungry yet! There's distance  
to a cup of tea first. ~~Had I want~~  
NO FRIEND WHO SAID GUEST

GUEST. ^ EAT FIRST pants all date.

EAT FIRST appears over right eyebrow  
in picture of h's hat + pants.

The same way, ~~NEED~~ ~~TUES~~ TUES  
appeared in Leonard's bookcase,  
which I used to see for ~~the~~ when  
I saw him Tues. So maybe a  
picture over the eyebrow is OK,  
a friend. Is that the temple?

Kathy the lesson with fresh start  
didn't the tea.

Kingsborough over eyebrow.

~~As for a h's?~~ NO SOUP

NO ~~THE~~ SECOND HOME.



queen **DONE** on phone

FREE ENOUGH ~~enough~~ I'm washing  
I had that cheap county house.  
Only ~~wasn't~~ 78000 - I <sup>no</sup> ~~had~~ <sup>to</sup> ~~it~~ <sup>up</sup>.  
I get up to ~~the~~ eat. **WHEN** on pan.  
Something isn't right yet, I'm  
not really hungry but I feel  
~~in~~ ENERGY ~~down~~. DRAIN ~~down~~

**FREE** TONIGHT

**HERE** in vegetable as I cut  
them - objections to eating? I

Go to ask RY he wants to eat  
with me **NO THE ANSWER**  
on the door, he's got a guest.

at 8 I put the vegies on. Time  
will tell, I won't. I put feet in  
pan. Before I light fire, phone  
rings (8:05) Noa - we talk  
half hour - ~~she tells~~ now I  
can eat! How I'm full of gas.

Noa says cook all the food it won't  
keep till tomorrow. TELL ENOUGH  
RSI



Pain ~~in stomach~~ over at edge over  
stomach says 'lovely... no one'.  
NO ONE says ~~apple~~ Low apple ~~side~~  
juice.

What does SAFE HERE <sup>NOT</sup> mean? -  
Why? ACCENT ~~|||||~~

NOT COOL ENOUGH & as the  
look ~~at~~ window as I close it it  
freezing. Fly ~~call~~ Kyle calls  
about a camp of psychologists  
near <sup>SAFE</sup> in NJ I'd like to go  
to that <sup>HE</sup> ~~in~~. Am I going to Florida?

Staying home <sup>HE</sup> If I'm not safe  
here + not safe at the psychologist

Where am I safe? what does SAFE  
mean - health - energy <sup>enough</sup>

NO ROOM - due to <sup>enough</sup> mean in  
Florida?

CANCER <sup>C</sup> Do I have cancer?

See liver on A <sup>TER</sup> <sup>None</sup>

\*



There is objection ↑ to calling my course  
"Inner truth" - <sup>T</sup>E<sup>A</sup>C<sup>H</sup> <sup>T</sup>R<sup>U</sup>T<sup>H</sup>. Exactly. I do

not want to 'teach' - I want to  
explore with a class the  
experience of consciousness,  
their's & mine, bringing what  
information there is on the subject  
I know about (books by  
Castaneda, Munsroe, Lilly -  
experiment in plants,  
Kurtian photographs,  
other parapsychological  
information, etc) to the student  
& showing him where he  
can get more - discuss my  
own experience & ~~feel~~  
~~try to get them~~ <sup>asking</sup> ~~to~~ response  
~~to this material~~ <sup>from them</sup> on some  
deep personal level, ~~not~~  
~~just sit & listen to a lecture,~~  
~~what I will not give.~~



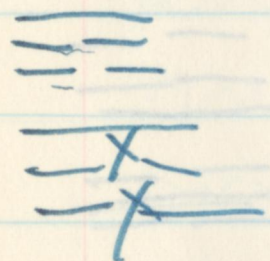
~~This case~~ What's wrong  
with Inner  
Truth?

I go to thank the center but  
~~my~~ my body feels heavy.  
TIME

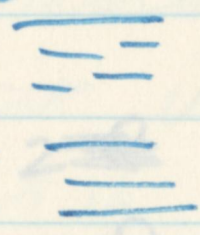
I don't want to - I just feel  
pushed to it by opposition.  
So I'll change the title?  
But not in the letter.  
advise.

No - I need further help  
from the I thing. Is it  
because teaching will help  
me away from Leonard?  
Who isn't in my life<sup>2</sup> now  
anyway,  $\frac{D}{E}$ . Is teaching wrong?

'INNER'



52  
NO OPEN



26

-3-2-2-2-1-



Keeping Still → The amazing  
Power of the heart

CEREAL  
NO PAIN IS NEEDED  
SEXES SENSES  
NO FRIED  
FRUIT  
Lose weight  
white yogurt  
cleanse  
milk in apple  
juice

NO FRIED CEREAL ↓ OIL  
OR TO UNL ↓  
FRUIT ↓

MOVE NO  
YOUNG ENOUGH

FREE UNTIL my forehead said  
last night!

MEN HELP  
in queen

NOW LEAVE APRIL 1-12  
on the Conf.

SEVEN or more

~~20~~ 40

Deliverance

THIS WEEK  
in mind



Florida  
2 16  
receptive

more frequent  
enthusiasm

SEXES  
SENSES

JEWISH  
TONIGHT

HAPPY in  
coffee corner  
~~near light~~

LEAVE

NOW

This seems ANONY in book corner -  
I always analyse a the change  
in for asking so many questions  
I ask it not to be to away at me  
& it is telling me I is alright  
to ask.

The person in question is not in  
an independent position, but is  
acting as an assistant. This  
means he must achieve  
something. It is not his task  
to try to lead - but to let himself  
be led. The superior man let



himself to guided, to ~~do~~ <sup>do</sup> not  
go ahead blindly, ~~but~~ but

Does NOT FREE solid steel frequent  
apply to this triogram?

Remains packet on dance. Use DANCE  
after

X on my Health Development  
O 30 Me 53 Gradual  
O Drugging, See how  
See

Care of the care brings good future!  
Compliance + docility

~~LOVE ENOUGH~~ - 2 tiers of  
dancing close to Leonard  
LOVE ENOUGH <sup>F</sup>  
hook is gone on this Leonard <sup>JNT</sup> + LOVE ENOUGH

26 + turning power of heat  
green soon April

chance now off ~~dance~~  
men lit light bulb.



# THOHS

ALONE 'quest today entils' 'quest'  
 on card. - I was thinking of I  
 should ask R if he discussed me  
 with Leonard. SUN moon ~~appears later~~  
 moon on card ~~who~~ SUN, SUN, SUN, SUN  
 ON over SUN, a crown appears over the  
 crossed out who. Maybe my head will  
 clear + all the words I see will be  
 friends + speak truth + in complete  
 thoughts instead of just chattering  
 words like LANCEN + NOT SAFE  
 HENR eth eth. + not saying ~~take me~~  
 explaining. HOT ENOUGH says  
 cups too hot to hold. I've got to  
 get these spent under control the  
 hook is getting boring. NO SIMPLE.  
 Will it be to me? Perhaps I should  
 just do it <sup>completely</sup>. OVEY. NO  
 READ ME UNTIL JUNE as I  
 think if I wanted to read the book  
 out loud I'd need one reader  
 for me, one for → thoughts +

T  
R  
V  
T  
H



one for ↓ ~~the~~ ~~one for~~ thoughts.

I must get this. THINK THIN. ~~A~~ ~~see~~  
I do lose 3 lbs. <sup>COSE HEALTH</sup> It's too much  
heights are heavy. I load one and note  
"a lot of energy in it. SUN non open"

I must R. asked if I discussed mo-  
no <sup>PRETT</sup> give me say, I think  
it is. TUES <sup>in</sup> n's don  
color out of his eye. JUN <sup>OPEN</sup> ~~HERE~~ - JULY  
<sup>HERE</sup> in marble steps <sup>in n's don</sup>  
color

color of 73 E 4 ST  
4 flights up apt. <sup>NO</sup> NO OUT

<sup>NO</sup> INTEREST a slant - we drop the no?  
only

we drop the interest?

are we talking about money,  
money teaching.

money low

OPT <sup>and</sup> JULY on his ~~delivered~~



TOAST NO MORE <sup>RESIST</sup>

TUESDAY MORNING CHAIR (stone)

NO LEAVE NO INSIST

THROUGH

MON (wait) to the west stone

NO FIFTY

I thought of giving a to RLs  
for that - WAIT on temple  
at the door color.

LEFT BANK WITH THEM

OLD COOPER

ONE

ONE

OUT

that all it says <sup>ONCE</sup>

I ask R for that - to borrow it for

2 weeks - white weather's

Coal - the hat I wrote about



earlier - he doesn't want to let me  
have it + I get annoyed because  
I never agreed I gave it to him -  
but I tell him I need a hat ~~the~~  
~~weather~~ he tells me to buy one -  
finally he just gives me the hat +  
tells me to leave. I'm sort of  
R. The thing is he had some  
things of mine from the loft  
+ we don't agree as to whether  
I was to have them back or not -  
WAIT in typewrite - so I asked  
for the typewrite + later I said I  
wanted just borrow it + today  
he gave me back some spoons  
+ forks he isn't using.

on R.

13

Fellowships with Men

oi - I feel quietly ~~I don't~~

yet I feel to borrow the hat  
for 2 weeks is not wrong.

R is just so tight - yet



I'm afraid it had karma to  
take bad things you've given,  
a heart or - well it isn't clear -  
I thought R & B were keeping  
things for me & R asked me  
if I wanted any thing back  
lately I said the I checked  
he said I'd have to buy him  
a new one - & I did! ~~to get my~~  
old one & the publisher & he  
said he had lost it & talked  
as if it were his. how much  
he loved it. well in that case  
HONEST TOGETHER & then I  
found I needed a typewriter  
for the letters & maybe  
retype some pages for the  
post to show an agent  
instead of paying a typist  
because I have no ~~job~~ job  
~~income~~ & I have <sup>F</sup>lawing  
but I don't want to  
spend more than I have to



because I don't know how long  
I'll be without a job although  
my parents help me some.  
So all these thoughts are in  
my mind + I thought it  
wouldn't be wrong to ask for  
the hat for a couple of weeks,  
that <sup>say</sup> ~~that~~ I wouldn't like to  
keep it, but I didn't say so  
this time \* in typewriter color  
because of the typewriter  
which I don't feel like  
giving back! When he said  
mint

he was going to buy the  
one + I said buy this one for  
half that price but we  
didn't do anything about it -  
I didn't want him to think  
37. ~~was~~ I thought maybe  
I'd buy that if he gave  
me half that we'd still be  
cost of a new typewriter <sup>one</sup>



Did I tell this before? I don't want  
to lose a friend if he is me only one <sup>request</sup>  
more time. I wanted to return  
a book of mine to me at the park  
but it said LEAVE ME HERE &  
in book which I suppose is a  
step reverse <sup>(not now)</sup> but I did  
leave it here - <sup>he's so</sup>  
freaky <sup>ret</sup> about my ~~returning~~  
~~the~~ <sup>now</sup> changing my mind!  
Which I do, trying to find  
the really appropriate solution  
& I never feel it in advance -  
I don't think ahead, it says -  
like - he said did I I said <sup>xmas</sup>  
I don't want cream in my  
cappuccino & then it was bitter  
black & I had cream he  
said why didn't I think in  
advance. But I don't - not  
now - somewhere the acid  
I trace left my mind  
without even it organizing



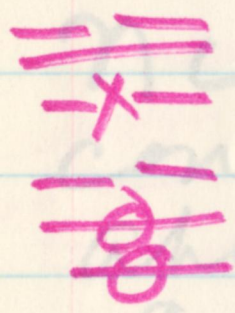
papers + I forget things easily  
I used to have a really good  
memory & be able to handle a  
lot of details <sup>once</sup> but now  
I can't remember things,  
organize thoughts & think ahead.  
Besides there are the spirits  
& I listen & try to figure  
out what they're saying  
↳ It's useless & truth & what  
did ONE mean - one week?  
It's seven I think I was  
supposed to wait til 7 & of  
course I went at 6:15. So  
if it had karma something  
will be taken from me  
but I hope it's an object  
& not a friend! Besides I  
gave away so much,  
I have nothing left &  
now that I can handle  
I hope of the people I want  
a little of the old



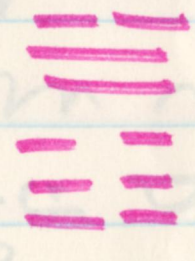
Beauty around me - I did  
 have mil-therapy - ai - the  
 hat makes me look + fed  
 alive + young + free +  
 faintly happy over free.  
 in R's color

a #10 hat I really love! I'm  
 tempted to keep it but I don't  
 suppose I will.

Florida  
 last chance



60 Limitations



45  
 Gathering  
 Together

1st - Not going out of the door & the  
 court yard without blame

2nd - Not going out of the gate & the  
 court yard brings misfortune

6th - 4th - Contented limitations. or. New SHOP

Success

R's don on success.

I think this change is on R's success



In all I know R may not speak to me for another six months but I don't feel bad - lets the day I had sud fun with P + he got so pissed off + I didnt know he was angry.

no new it said the other day  
no one  
no one  
no one

N calls to guest - out - I'm considering but I'm not sure about my throat - is this 9 in the 1st place? a 9 in the 2nd?

Japan the does it says THANKS on the hand + something in red light a no a a man a a man? phone say 'THANKS'

Should I go in phone color. THINK

FRICNO in gold light at temple  
in blue create color AFR 1910



well if I don't <sup>UNDERSTAND</sup> it said <sup>3:15</sup> <sup>7:15</sup>

~~when she called.~~ when we were  
on the phone. 'bath' or juice  
See R later.

oh - it said LIMITATION in air  
when she called, remember, I  
think it means not outside  
tonight. Anyway that's what  
it feels like. HELP on phone  
calm. I fall asleep. 10:20 -

~~the call~~ <sup>no</sup> ~~stop~~ <sup>early</sup> ~~stop~~  
"EARLY in quiet ~~the~~ calm 'friend'  
FOURTH seen in air. not STOP  
before 1-2. ~~SECRET~~ FREE soap  
faucet. I talk ~~leave~~ <sup>me</sup>  
soap part.

I call Noa - SHELL help me  
shop tomorrow late after-  
noon. I <sup>one</sup> come late.  
between 10 + 11. earlier  
today it says NOW NEED  
10-11. <sup>3</sup> <sup>12</sup> Good to see Julie





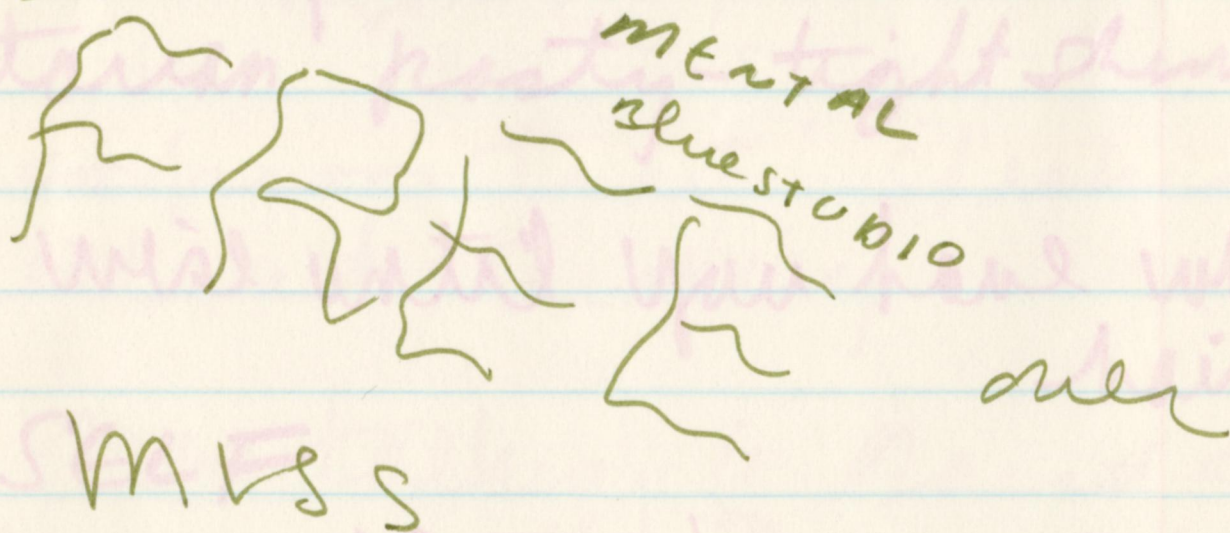
I'm glad I didn't go out - I don't  
 go after. I can see the evening  
 in his head + up the ~~st~~ center  
 of his body to the chest - darkness  
 over his intestines - diaphragm over -  
 I guess he's expelling, clearing  
 these open HORE as I am, unless  
 I read my own body on  
 Joe. His shoulder said NOT  
 CLEAN + it means that feed it,  
 the same old shoulder. He's  
 lying at ~~bed~~ the  
 kundalini ashram that  
 used to be Kundu's. He now  
 says don't hold the breath  
 in the head, just take it  
 in, would you + bring it  
 to the heart center for a  
 current of  $\text{P} \approx 10$ . NO  
 INTEREST  $\downarrow$  by side of head.  
 CANCELL over current

CANCEL  
 AUNT  
 LANCE



At 12:30 David comes over the  
snake some grass & I'm  
stoned on half a joint. He  
tells me the Indians are  
back & at Phoebe's, which is  
where I would have gone  
with Flyjole if we had gone out.  
~~But~~ MISS JOE over snake.

I wonder why I don't think  
of the whole thing as funny.  
BUES, A G A I N <sup>on</sup> sup coffee  
SUCCESS <sup>in</sup> men <sup>and</sup> maybe of just  
not a complete realization  
of the mental plane.



in grass beside M of miss



Pain & pleasure have the  
same threshold

HIBIKER in grass. David asks  
me if I have enough faith  
in myself. we are not  
sure how to interpret  
inputs. 'Whatever you think,  
the opposite is true'

I'm a negatively turned  
& opposite turned person.

Apapaylis We talk about no's-  
CONCENT egg 1 day fast as  
child, 3 week fast as adult!

Too much input

vegetarian! pasty-tight shrunken  
not wise until you have white  
face!  
hair

NO SELF

..! Diane!..

David says he knows I know  
just realized that



that I'm small - because  
I was talking about god - the  
art of consciousness -

PAT TODAY

Pat is Malcolm's girl friend  
INNOCENCE (Pat is about on dirt)

easily affected, Tom, says D.  
series

NO CONTRAST NO DARK AND  
LIGHT

M. C. Escher

JUNE ROMANCE

who with - NOT WITH ME JUNE JULY

says O'Faint.  
Enid's

"I copion trait" speaking  
without thinking

While I was talking to David about  
how my mother <sup>once</sup> didn't feed  
me for a day because I wasn't  
interested



eat soft baked eggs + I  
refused to eat - did I get my  
ulcer then? the tendency to  
have one - ~~in the~~ ~~to eat~~ I  
started to feel pain in that  
region when I have a lot  
of gas - ULCER - ~~no~~ transit  
that the ulcer <sup>now</sup> ~~is~~  
is a gas pocket <sup>NO</sup> in the same  
region.

Progress on right side  
of stomach. When it said  
LOVEY the character said  
was a nerve ~~works~~ reflex  
for the left kidney. §

Dana said he could feel  
the intensity (narcosis)  
of my feelings ~~so~~  
I couldn't I could only  
feel pain in my stomach.



I'm still getting ~~flash~~ objection  
↳ to INWEN's truth. ~~to flash~~  
What should it be instead? NO  
COMMENT

FREEDOM and ONCE  
in bread & butter

The joint of my finger stopped  
aching when I stopped white  
sugar (~~it was attached to the~~  
~~joint~~), frosting - in fact I  
stopped white flour, organic  
banana bread instead. Lost  
1 lb <sup>2 weeks</sup> which I attribute to  
more vegetables & less bread,  
not white flour, less ~~fat~~ ~~cream~~  
cream.

TRUTH in plain light - I don't  
think another comment on the cause  
- I think I say they're not  
telling truth - all <sup>word</sup> reflection  
of my desire body - my



emotions, wise have fears  
ONE AM, woman, feel  
that isn't real. Getting  
stoned helped, made it

B  
R  
A  
I  
N

clear, reminded me, the  
mind can control the emotional  
elements - brain & in green -

not like brain & ~~mind~~ the  
mind <sup>is</sup> ~~high level~~ ~~not~~  
~~higher~~ SEE. For example

everything I saw in Joe's  
body was a reflection of mine  
in a of manner - ~~my~~

not like a mirror, that is  
my right shoulder ~~was~~  
tension I saw on his right  
shoulder. But for all I know  
this is just a reflection in  
his energy light of my  
body. That his  $\frac{T}{R}$ ? How  
do I know I can  $\frac{V}{T}$  see beyond  
that reality.  $\frac{H}{T}$  into his







The Jam jar

I see it mostly  
full of sugar

(me)

u  
n  
o  
n  
e

- \*

Should I leave for Florida?  
my father was given a letter  
for a week, so it doesn't  
to be. No sun <sup>only</sup>

only in air. I want to  
leave so badly I cry I'm so  
unhappy about Leonard what  
wrong, <sup>sub</sup> the sugar <sup>is</sup> what  
the jam? MENTAL

EMOTIONAL I say.  
open 17.20 <sup>each</sup>

FRIDAY

I call Helen P. Unethis - I can  
see him for blind man,  
no charge. Far out. Now  
I can't go to Florida til Mon  
night unless I go Sun &  
cancel I P but I want to see  
him. Mayb I'll int  
opening damn til Spelling.  
NO TUES OBJECT ↓  
I said on gate



TUESDAY

in egg

NCS

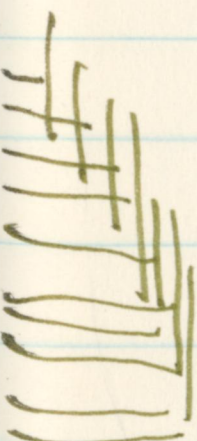
SOON in Los Angeles  
falsehead, side

JUICE on calendar. I have  
fruit - 4 lbs can be seen  
NOT FIRST only on plant & egg.

Since I said NO NEED & pointed  
to my bloodshot eyes I've had  
more fruit & veg. the bloodshot is  
going away.

NO OTHER

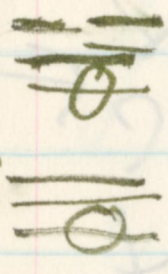
FREND



on J.P.

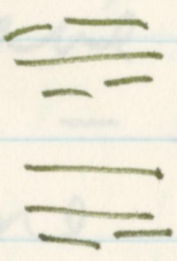
NEED

seven  
tree



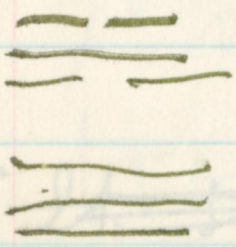
43

Break  
through



48

Hewell



5 waiting

+ TODAY



It seems to be <sup>T</sup> <sup>K</sup> <sup>C</sup> ~~something~~ I'm not  
will encourage to go <sup>WHOUB</sup> Mon.

Leonard  
4 Youthful  
Fully  
Hope  
47 Aphorism

Read this for yourself - it looks  
only. It tells me not to ask  
again + not to think of Leonard.

'unreal fantasies'

Is Noa coming? Meant to  
Shop? I have to eat <sup>hungry</sup>

I call Noa - she's going to  
Shop + come to dinner.

ME + TONIGHT in whose calendar

~~It's not~~ HOME + TODAY on phone



I still don't feel well. NOT ELL ENOUGH.

~~NO THESE RE~~ It said Kirk -  
for <sup>learn enough</sup> ~~because~~ on my forehead blue + skin on  
on I hid on a warmer one.

DANCE in open. A letter came bad  
from Kirk's ~~because~~ <sup>wrong address.</sup> WELL on cuff.  
COOK ENOUGH. all my friends



I see there on blood & white  
with little colored blue  
& red dot. eyes closed  
press lids - not after -

(NO) CONTEST

David comes, brief visit.

~~Some~~ Some grass. OPEN LOVE  
from ~~from~~ hip - sternal  
region. WRITE -

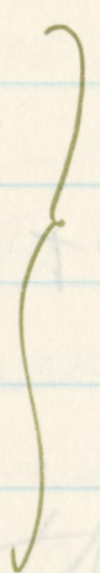
and I sleep 3-4. I hear a  
speak in the hills -  
I've heard this before -

HEAR. PLANE REAU



NO MORE LOVE

T  
H  
E  
S  
E



who are my enemies  
sits of gate

who are my friends

F  
R  
I  
E  
N  
D

THESE NOW CLEAN

SEE ME SOON

A  
D  
V  
A  
N  
C  
E

says grass

NEED

SMOKE (written in joint -)

you can't see the  
grass through the  
paper)

I  
V  
E  
N  
T

I must stop imagining.



\* -> Surrender this was subliminal  
to be the end of Sunday!

who are my enemies  
THOUGHT <sup>m</sup> on door cold pain  
however. ~~etc~~ 2 is green good  
no ~~there~~ ~~me~~ from floor  
NO CONTENT. Can mean ~~no~~ Content

Chopping was a ~~new~~ context ~~as~~  
x

no context either.  
MYSTIC PHYSICS

who are my enemies  
feel sharp juts as lights ~~burst~~  
dim -

went O HOPE ONLY  
are you (quiet) <sup>only</sup> friend  
an enemy. <sup>7 (his)</sup> END \*  
FRIEND  
in path light



SAT

open EAT. red ONE. red MAG  
an ~~magnesium~~ battle. Red is  
friend. Is medal coming at one  
↓ ONE, ~~cut~~ <sup>CAF</sup> <sub>chil</sub>. EAT EARLY 10-11

TEMPERATURE <sup>5</sup> as I sleep.  
BANK ACCOUNT NOT THE VAULT

NO WRITE-10-11 CLEANLINE

EARLY <sup>L</sup> <sub>A</sub> WASH  
UN  
N  
R  
Y

what about the bank account  
no

PERSONAL

'SPEAK'

SAM - I keep seeing SAM it's  
my father's name. ALSO  
the name of a man I met

THAT FEELS TO SPEAK THE TRUTH

OFF (after truth) but there's no room  
QUICKLY NOUHT soup <sup>original base</sup> ~~beat~~  
it's a lot quieter than white  
flavor daniel



~~THANK~~

F  
A  
K  
L  
Y  
E  
N  
O  
V  
G  
IT

I want to go out at 10 to  
mad liltu 10 in air  
10-11 - FNIC in car -  
I breathe - get headache -  
from juice? Sweet roll?  
No sugar but lot of  
honey - maybe I can't  
eat sweets at all

FEEC SECLNT  
TIME ONLY

UNDEUSTAND

Medial: red move  $\int$  HERE YET  
N

DESERT fooding place

FOOD FOR TITOUGIT <sup>yogurt now</sup>

open  $\frac{T}{N}$  SEE INSTAND

THANKS in floor color in ~~the~~ don  
do I need to go out? NO - N in good on  
red out { open at temple } G D side of head



Stephane

W.

WEST says look

S  
R  
R  
V

in play realm I should <sup>then</sup> to  
Michael.

VERMONT says blue  
realm folder - send realm  
to Vermont & go there myself

visit Michael one  
of there

NO NAME EAT HOME

red LEAVE

NO  
T  
H  
W  
H

4-5  
OUT

Food

ENOUGH

NO ALONE

STAY says look

~~PHONE~~ NO NO on 4<sup>30</sup> alone

PHONE CALL ~~say it~~

PHONE in sweater calls on where  
no wait in <sup>did</sup>

SOON in where calls on where  
did

the deal is  
hears

NO EAT

ALONE



EAT ALONG WITH ~~them~~  
 DRESS UP NO IT ESE <sup>to day in court</sup>  
 AHA CLOSET from  
 TUES ~~from~~ Michael eye  
 TUES on air in T slit alone  
 4-5 on lock  
 none in green on lab  
 call <sup>F</sup> <sub>0</sub> no <sup>N</sup> <sub>0</sub>

I had in mine EAT TUES in  
 gold on dest  
 BLAME on forehead.

H in cement on someone's arm as I  
 A cleared out side. THANKS  
 N RETURN as I came back?  
 H HUKNAH as I started to go  
 out again  
 too mud!

'smash'  
 'lasy'  
 MEET ME  
 TUES<sup>h</sup> THURS

I dreamt about J. P. ~~W~~ <sup>Y</sup> ~~W~~ <sup>W</sup>



NO SA phone call? NO SA  
head, NO SA phone

H ~~NO RESIST~~ NO RESIST in Joint color

I JUNE  
K NO ITHERE <sup>4E</sup> ST 45 I have to

H SHIT AGAIN

E CALL + UES.

N NO ITOME

O <sup>PRE</sup> in sweat's case

V YP' on putting on a

B Sweater - to go

4 to the dog + get

Some hot air!

SHIT  
ab/w/phone  
2005

I am trying to keep me here  
by giving me all these leads  
to write - Is someone calling -  
7-8 in sweater. It said AFT in

MAN'S in air - Sweater's REPORT

on 5:15 DESEAT

6:47 ND How

PHONE COLON  
FSSSS

I call Grand @ - no answer

9 get  
them  
two



RED says check in phone color.

NO at 6 on dial <sup>phone</sup> phone at door

Someone's coming + not calling first. I told M he didn't have to call first <sup>AWARE</sup> I was also ready for someone + I woke up  $\frac{1}{2}$  min. before he came.

BR A - it would the 6 operate <sup>looked</sup> when I did!  
David says I'm an offense or negatively turned person.

Not confident enough <sup>20</sup> NENT at haulie

I go to the street + breathe -  
wag air - I think

I'll go upstairs I look at

ant 11 - ~~I don't~~ = ~~I start out~~ \*

~~the~~ LATEK fact key  
(there was a red ADLHAK  
on wheel. call now?)

my leg starts to hurt as I

STAIN S start to go out,  
~~start~~



\* NOT on phone - I wait  
a few minutes & call her.  
It's between 5:30 + 6. She  
was just getting into a  
bad mood over some  
conversations at her house.  
The other day I also called  
just as she was getting  
into a bad head.

I don't <sup>R.S.C.</sup> \*  
6

Michael. Fred Jim sells the units  
of therapy. He is a Scorpio.  
Michael cannot feel the  
change in my energy when  
I did some breathing. Joe  
now says to breathe in, take  
energy in through 3rd eye,  
swallow at top of throat,  
bring it to heart center &  
hold. Then breathe out &  
in again to 3rd center, ~~2"~~ 2"  
below naval. Long

I saw blood on Jim's head  
for his face after breathing.  
It had a severe headache.

5  
1  
P  
M

PRC - says the children

none at all I have. NO in  
red dress color. None in green pants  
I take off red dress. Best  
pants are tight. Put on him

NO DOPE  
L.A.A.  
L.A.A.



\* <sup>200ms</sup> tab

*[Faint, mostly illegible handwriting on the left page]*

\* ~~NO~~

dress (red one is there)  
DRESS in hat dress color  
TOOBY go away

meys I'm alone + don't  
need clothes

WAIT FREE DINNER  
I'm hungry! I eat some chicken  
INTEREST on palm no.  
NO INTEREST in chicken color

at ~~temple~~ over eyebrow.  
when is the friend. who's  
coming no one\* ~~says~~  
RIGHT AND says does in ~~color~~

PROBLEM says right thigh  
in ~~spatial~~ notebook color.

NO GOLD in head  
APT. HUNTING says ~~legs~~  
calf in green

↓ at side of head in f.s  
Jacket color



TREE - TODAY  
JUNE FIRST  
0500

who wants to know  
I'm not gay to the low  
layer in June

slant - maybe May,  
slant I hate slant

---

friend → enemy?

~~ask~~ color I asked before  
a lot of black circles around  
my head <sup>near</sup> <sub>o lot</sub>

I think that Michael is gay, he  
spine isn't straight.

LUNGS in coat color.  
top of chest looks black,



green; ~~purple~~

Alia  
HEALTH

ghostly  
MEURISY  
F  
R  
E  
N  
D

1 Seek Calm  
2 on side of head  
TEACH  
P  
R  
O  
T  
E  
C  
T

NOT NOW MATHS

RESENT PRESENT

do not look back

SEE TUES.

Michael could feel my energy change  
when I breathed, in his head, not  
in his body. <sup>was</sup> this has to  
do with my not being  
wet enough, & what to do if  
I have self, also preated against  
present - self - down - from



Thinking of Nyall I heard her say  
'forget it'

Thinking of Nova I heard her  
say: 'I'm ~~the problem~~ all  
over the place'

'their' failings'

+ mine: cry a lot  
act with urgency

~~obstacles~~

don't act soon enough

- I should have moved earlier.

(repet)

I'm not gonna - for the 100th  
time to use direction a color  
object any more. Only  
words, no description + see  
+ THANKS TRUE if I get any  
clearer this way. NO WAY

I have decided, after ADVISE



appeared general terms, that  
what I am getting is other  
people thought-conscious  
(DOWN) + unconscious.

### SCORPIO TRAVEL

the actual plans to the plans of  
the senses, seeing touching  
~~feeling~~ smelling tasting  
hearing ~~thinking~~ all the  
feelings - + "Some say  
'thinking' is another plane.

I put on the hat - I hear 'I'm  
Crazy, Hannah' who's voice.

R? O  
H  
G  
R  
Is it true or does he  
believe it. ↑ said hotel  
NO INTENT

MUCOUS over grain

Medial needs a diaphanous

INVENT

ADVENT



At 10 to 10. head. Was' you say PHONE  
UP' ~~at~~ 10 No calls.

SATAN in black across  
my tea cup

Woa's  
Saturn in Gemini ~~the~~ 'father'  
kramer

DESENT    F O L R  
            P O L C A R  
            O A C V E R  
            : F E A R  
            :    O

"desent" has 2 S's (port)  
Prof in air

I'm got to start listening to the  
news. NO TITC OFFICE any  
refer to <sup>N</sup> GREEN added I refer  
          A N S            to the dye in water ~  
                             my car



Mental? ~~mental~~

on John P. A H E N O IS WRONG  
M O N IS WRONG

ONE ONLY I'm thinking about  
lines - our many?

AGENT

CONTINUITY x <sup>no</sup> <sup>no</sup> <sup>no</sup> <sup>no</sup> <sup>no</sup> <sup>no</sup>

Non + I talk for 2 hours.

SUN AFT on gate. I tell her, she  
says she'll call sun aft.

~~I feel the~~ NO CONTENT

MENTAL. I feel the energy  
go through me left to right  
I hit a bump gaining from  
my head over the eye area  
down diagonally to the waist  
on the same side - as if a  
ridge were there



THE RETURN - not new Sat<sup>e</sup> Sun<sup>e</sup> Mon<sup>e</sup>  
How do I deal with conversation with  
people - I'll have to write as I talk -  
I can't remember things + I don't  
want ai that words to take.

WHITE ENOUGH

I see black on my shoulder in the  
bathroom mirror ~~in the dark~~.  
Michael went to the bathroom,  
after the paint small grass, beated  
feet energy real release ball  
of foot up leg (charts no) +  
that large tank.

'OBSCURE' ~~Star~~ <sup>WHITE ENOUGH</sup> <sup>TOES</sup>

I was thinking about not being  
famous "public" publishing under  
I first name only.

April 1-5 was over there.

I then I should know  
I did hell the energy



in my hits fully when I  
took out the yellow paper

It + how a change in where  
my head is now. WE AGREE

SUN

M  
G  
N  
T  
A  
L  
If I'm ~~not~~ NOT MENTAL ENLY.  
in the day. C  
E  
N  
T  
R  
A  
L

S  
G  
R  
T  
Was I fighting to get control of  
my mind. Why why so much.  
~~But~~ 'patassism' before I said  
I didn't absorb it. Clear this out  
~~before reading~~ To control my  
thoughts, not get upset.

'Homeport' over psychology  
It raining - full on. I can't get  
I-P because of rain tomorrow,  
no sun the lock that keeps the window  
open, I close it. MENTAL



of blue ink.

OFFICE <sup>no</sup> Was that mean <sup>H</sup> <sup>E</sup> <sup>p</sup> want  
bring the packages home? FIRST  
on home. When? <sup>let me</sup> <sup>take</sup> <sup>home</sup> mail to P.O.  
Will ~~bring~~ take it all to <sup>monogram</sup> <sup>monogram</sup>?  
FIRST 1-5. TUES. LEAT LAKE

Q ~~bring~~ 'HERE' TELL ME ENOUGH.  
<sup>soon</sup> on yogurt. He says he gave  
me I can't wear because it's red  
& green ~~to~~ tomorrow & I say no  
more wear red & green together,  
together at closet. <sup>red</sup> <sup>215-230</sup> <sup>early</sup>  
[don't wear red & green scarf tomorrow]

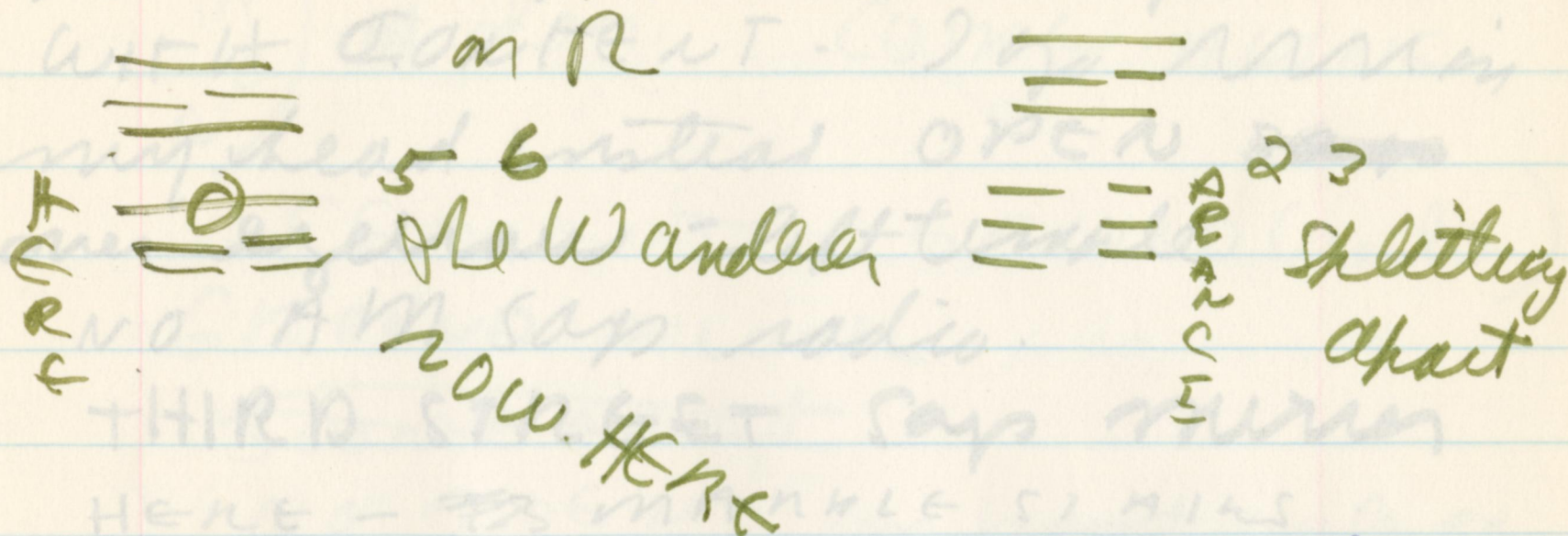
When I first met P 3 years ago  
it was red & green. <sup>H</sup> <sup>E</sup> I'm using  
a hat + red + orange <sup>T</sup> + green quilt.  
I don't like my velvet curtain  
when it's green but P pointed  
them out to me. <sup>HAPPEN</sup> EAT HERE  
in kitchen, in ~~bedroom~~

every room. Where <sup>at N's</sup> <sup>in</sup> <sup>the</sup> <sup>chair</sup>  
TOLD ME ABOUT  
says sheet. NO SHAW BLOW  
It's the sheet I shall a beg help



of blue ink.

~~on R + return in down H~~



Understand in grey block from chest. Because green is a soil color not high enough.

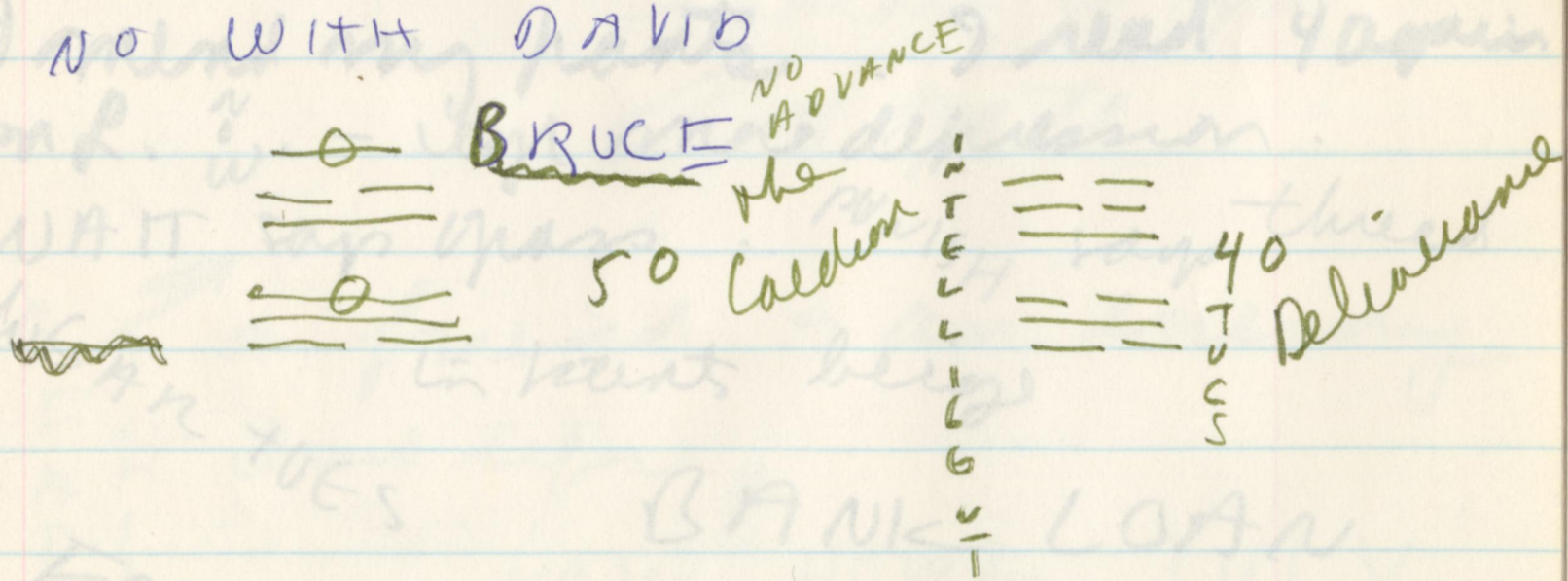
PAT  
APT.

BE  
L  
E  
m  
O  
N

SUN PAISED  
LEONARD  
in him dies

yes. what about.

BRUCE on clock at 3:15  
NO WITH DAVID



Really good changes.



start to say the Lords Prayer - NO  
WITH CONTENT. I go NMM in  
my head instead OPEN ~~say~~  
over eyebrow - left temple  
NO AM say radio.

THIRD STREET say minus

HERE - ~~FR~~ MANHOLE STAIRS  
(neither  $\frac{0}{e}$ ) THIS WEEK. I dreamt I saw  
someone published? + it had words  
+ + every. I make say bed.  
Is someone coming. See SP tomorrow?

== = honor

22 Grace  
LUNCH

== =

I mind my pants. I read 4 again  
and  $\frac{0}{w}$  - say more depression.

WAIT say grass. PUNISH say three

WEAR TUES in pants beige

FEAR

BANK LOAN  
SURPRISE  
GUEST



PRAY A GUEST

BR  
O  
W

at door

COME ALONE

CEMENT GROUND (under)

GROUND FLOOR

~~SOON ENOUGH~~

NO AGENT in front cub, on  
forehead

'ALOUH'

STAIRS

with Leonard  
July

What is the ASCENT



HEAR? saw  
right

~~right~~ ~~right~~

as ball was - cant

explain it on

// of gate

to a friend & an enemy

F  
A  
T  
H  
E  
R

it said before p

NOW HOP & JULY'

F  
R  
E



don't ask spirit help. \* ~~How~~  
now through - ~~cut~~ ~~yellow~~

wait on J.P. ~~in~~ Friday down  
good - go Mon. as planned  
<sub>going</sub>

TEAR <sup>no hope in history</sup>

I see a  $\searrow$  a I say ignore there.

WE ASCENT, ASSENT?  
did I hear this, or see it.  
'HEAR' says regies

Does 'eat Tues' mean it will  
ask me in to drink (w) f? <sup>it</sup>  
<sup>when</sup> said <sup>gummi</sup>  
with <sup>truth</sup>  $\neq$  <sup>Maybe it means</sup>  
EAT ON TUES

TUES 'ONE' on air

BE AFRAID TO SAY SO

J  
204

BE CAREFULL  
CHECK







or being himself with inferior things he  
meets with along the way... mistaken  
if he hopes to find a friendly reception  
through lending himself to jokes &  
puffery. Don't listen to the  
Sheriff's ~~word~~ 'FUNNY'.

HEAR PEOPLE - did I hear this  
as it? Why can't I remember  
or is it harder for me to distinguish  
sound from thought than  
sight from thought. ↓ advice.

Changes to the Family FRIDAY ↓  
The perseverance of the woman  
further. ~~That~~ - Call my parent,

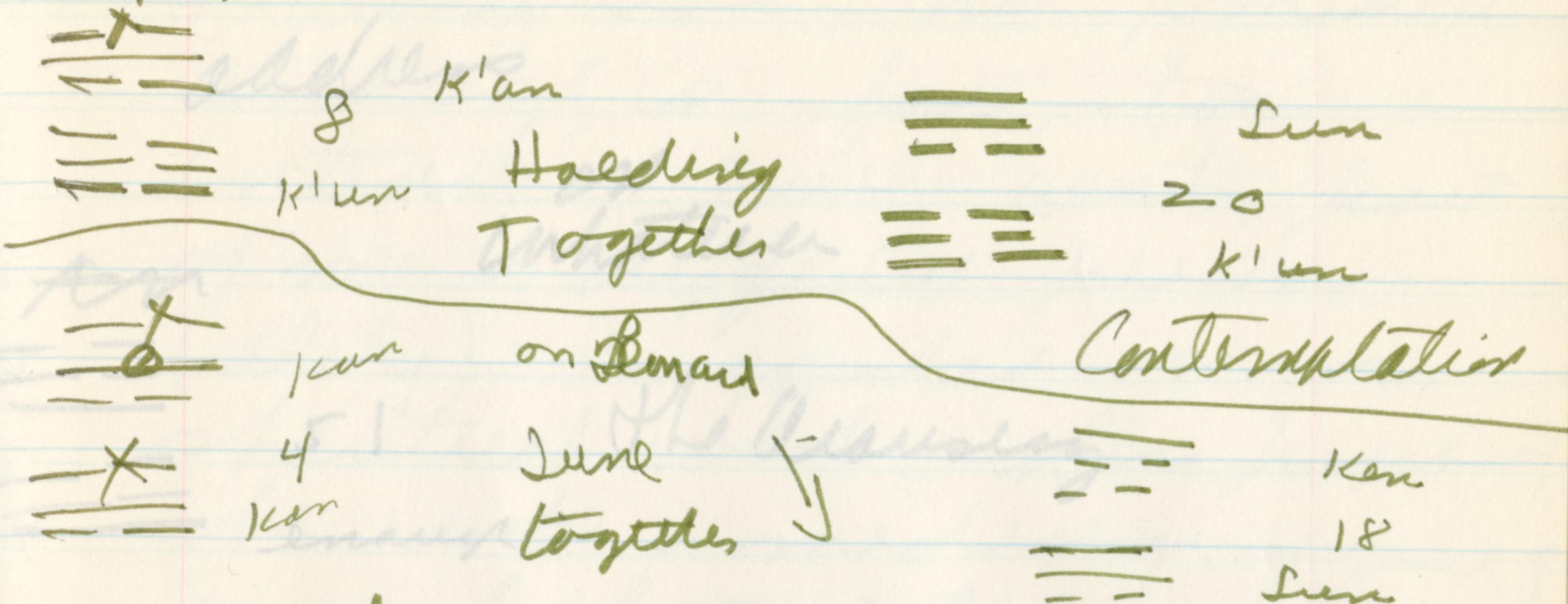
ADVENT 6 AM

FRIEND says the air

traced I saw 'NOT' which  
I want it there when reading  
the thing.



FATHER



Youthful  
 Fall - again

Work on what  
 has been shaded

I change the same - only 6 in  
 the 4th place changed to 6 on 3rd.

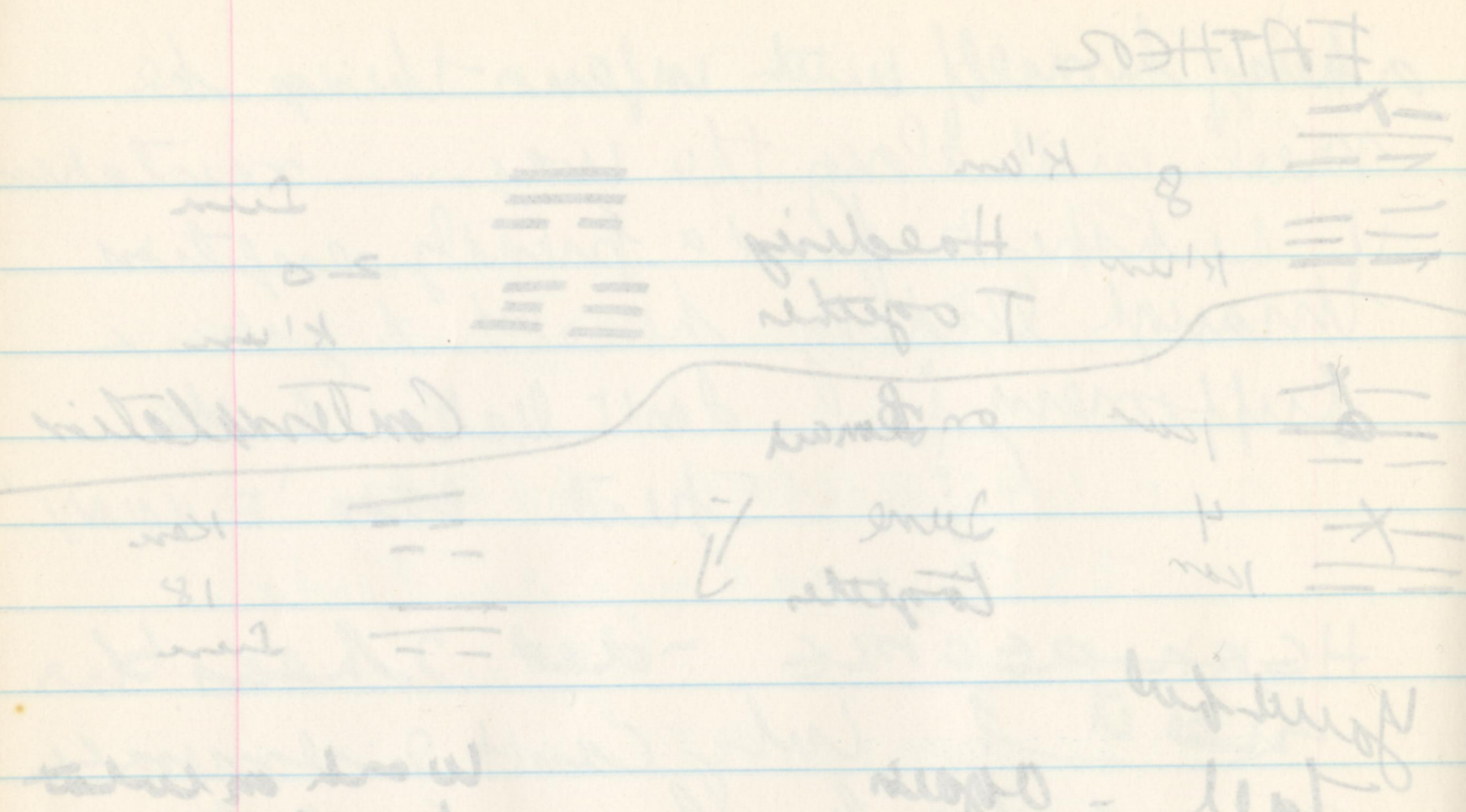
The book never was  
 known oi

MON

I'm disturbed about Pagan  
 FREE TOWNSHIP LEMON

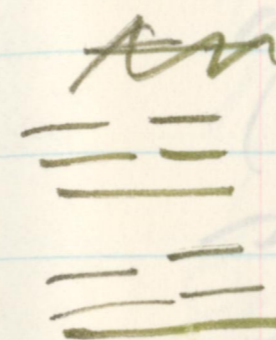
ON says coffee. OFF says care





\* When I got myself together + made an effort I collapsed again + this is just like my sickness all winter

address  
 on whatever



51 The Assembly  
 enough

no NOT  
 NO EARLY 11-12 means  
 NOTE EARLY 11-12

P  
R  
E  
S  
E  
N  
T

I see John Puerakis. No lunch. He said sorry, he had 2 secretaries, I saw it was OK, I knew already. He said I was blocked in the chest - there was weak + dependent\* in the hip when the enemy couldn't blow



downward, not feminine  
energy in face, too  
intense, every ~~cent~~ part  
of me a different person.  
(ality) Suggested more  
spiritual work, less psycho-  
logic work or medicine - very  
psychological - psychic  
together <sup>can help</sup> - I agreed - has  
something called hatha work  
where you do help yourself  
but first to go to a  
therapist & work on the energy  
blocks in the body & get  
~~emotional & personality~~  
~~problems and~~ blocks  
straightened out & every  
emotional thing (fate?)  
I might also need to &  
then do the ~~the~~ spiritual  
work. He didn't seem to  
think it was wrong to  
use spirit out when



with chakra med training  
further ones. I could learn  
As I learn saw there  
was not superior force.  
Perhaps I should see the  
wife - but first hopefully  
some work with a therapist.  
↑ said <sup>UP</sup> meaning there  
<sup>DOWN</sup> spent all not  
<sup>5</sup> taking me up onto  
spiritual plane.

on this interview

==  
==  
==

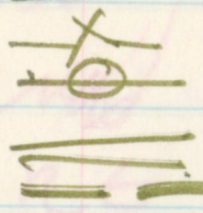

5 waiting

which is what I got before on  
J.P. 'goal' in book color at head.

Also "spiritual cleansing -  
~~he sees your aura -~~ I got  
undressed for him to see my  
aura 'worry'. I liked him  
a lot.



on therapy was a. W.

wood  50 the  57 Sun

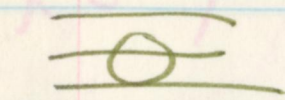
Supreme goes further. Success!  
No supreme revelation of God  
appears in prophets & holy men...  
The will of God, ... shall be  
accepted .. bring us enlightenment.  
ment. ....

Sun- wood is the GENTLE, WIND (LIFE)  
Li The Clinging, Fire.

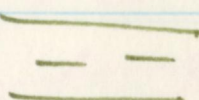
The quote 44 is a bad change

Flower

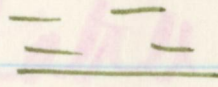
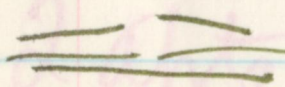
'Kosmos'



25



14



Innocence

Passion  
in the  
measure

opt this last Tues. home on April 17



on heat = NO JUNE

~~2007~~  
Reading over my notes since April.  
Thanks to that about.

MORE GARDEN  
pain on MARBLE STEPS on wood pain  
CANCELLONE | No says sign not  
blue NO on garden (disease)  
3 FLIGHTS (pink light)

Do I have cancer?  
does someone else?  
know how cancer  
can OGGENT refer to  
cancer

mountain pass  
NO MORE OVER MOUNTAINS

KEY WEST

2 apts are available in this  
bldg, 3 + 4 flights up, they  
face the rear, but are bright.  
Also 1 flight up. ← feet of dm to  
left - I don't like that one.



JP said I should be more  
spiritual, concern myself  
with laws of man & man  
& man to god. Return that?  
return to heaven. T/P on  
return. FALL in energy  
of fall. Have I failed  
in listening to these  
spirits, in promoting  
Leonard, in taking back my  
thing from R. <sup>or</sup> <sup>flashed</sup> <sup>back</sup>  
had energy on back.

may the divine energy <sup>not use</sup>  
lead me on the path of  
the laws of god & man & man  
GOD IN A N of the laws of  
man & god. ~~man~~ if it said  
something in my heart I  
forgot faint. CAME  
HONOR <sup>not now on D</sup>  
anxious remorse, regret.



J.P. + I were both wearing  
sleeve or tan pants +  
ball blue tops. He  
~~had~~ had a sleeve tie  
on + I had a plaid T shirt.  
He blue sweater, wanted  
to wear yesterday, it  
said R + D in air  
at legit bulk I put  
on red sweater too heavy  
today. Res on am -  
at the reason I  
changed was because  
it said M + blue

<sup>N</sup>  
Sweater heit I put it  
back on + I'm glad.

Why didnt I speak up -  
say I'll bleed - grey,  
yacht green + blue on  
my chest + a sky -







the door (it the lighted  
in the body) I had some  
grass wanted he like  
some & he was cut & said  
no & I went to talk  
(hat.) ~~It said~~ POSSIBLE!

It had that night light  
I want to return every  
thing in the outside  
door color. KEEPER but  
& typhente color. O.C. report  
when I ~~met~~ met ~~R~~ in the  
hall <sup>was</sup> wondering if I were  
abiding laws to the ~~world~~  
laws of god & man  
I have a terrible desire to  
keep the hat - & never  
mind the typhente  
typhente in front of door.  
at door & then I'm going  
to loose the hat



~~on George~~

~~The funny thing is I was sure  
A W didn't know me when she  
said she did - I assumed she  
knew the other Hammer.~~

If R had that bright light  
in front of his door - it's  
brighter than any other -  
more energy - why isn't  
he kinder, more giving,  
less angry, why didn't  
he say "ok, borrow  
the hat for 2 weeks, sure,  
~~help you, that's~~

When I took my hands  
off in John Pieroli  
office I had to hide  
my cat in the ~~side~~ <sup>hid</sup> the  
bed room's ~~heart~~ <sup>heart</sup>  
that was watching



I think I remember along  
 here was a hill <sup>up</sup> on the  
 right side. I thought  
 last night I thought  
 "this is a book about  
 consecration" & I saw  
 the ~~gate~~ ~~door~~ ~~light~~ ~~sit~~  
 as light.

the dark outlines of the gate  
 light up & it looked silver  
 color as it does in the day  
 only lit.

<sup>inside</sup>  
~~outside~~  
 the cold of my pants.  
 (the ~~hills~~ on the ~~way~~  
~~part~~ ~~was~~ ~~as~~ ~~was~~)  
<sup>it</sup>

on R

Conscience is what  
 holds it together. BELIEVE  
 IN EXACT OTHER  
 together ← at does. I'm upset

Punishment R.

—○—	Tue	58	==
—○—	Tue	58	3
—	advance		==

The Jews TUES  
 in mind  
 June

Difficult  
 at the  
 Beginning

believe  
 in the NORTH STREET, In this  
 kind of apts there is no one  
 above me & I'm on the ground  
 floor



\* light dir on help  
return of Tues. Wed. Thurs.  
am? leaning toward?

I didn't like a W when I met her.

NO U T H I K T E E A  
H E M N ' S D O S C O L O R (a min)

Says N Spirit closet  
be used for more information  
only when as I came down  
stream #19.

now help in cab floor color  
on grain ship  
over

thinking about K - + word  
U I should help hat fly  
not give hat in air into K's  
ideas. To be a friend, am I  
in typewriter color. Here's email

D  
A  
V  
E  
L  
O  
P

I feel very fat.  
surate Here, instead of  
hear.

They help saying I'm not a  
Master but I think I  
think like me.

P  
O  
S  
S  
I  
B  
L  
E



TUES

I wake up middle of night -  
read note - give hat back,  
~~when?~~ ~~I have decided~~ I  
say. Spirit should not  
be used for moral question -  
only when to go out, ~~when~~  
etc., best time to accomplish  
what I want - straighten things  
out with R, if possible  
by not now



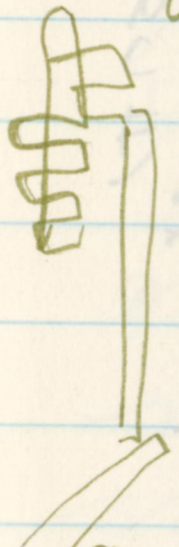
with Leonard if possible.  
not now early, not now  
early. ~~but~~ ~~it~~ ready  
pain or early.  
I quite up  
moral

I'm not moral? What do I  
keep my head warm with while  
I'm out & still have this cold?  
id well. ~~id well~~. No I don't give  
up. I want to be well,



More - of its harmonious - see 15  
 in gold light. I thought I also  
 saw it ↓ in opte. I guess the  
 gold light unit so good - it tinged  
 with orange or pink at a little  
 the burnished, like the  
 color of the mercury outside r's  
 door.

'FRIEND'  
 on out



↑ HAPPY

Top floor? lights dim.  
 'well enough'

I wake at 12:45 - I want to go to Heider  
 but am afraid I'm not well  
 enough - for a week.

cake TONITE      open A LONE      S by  
 refug.

lights dim on SUN  
 TUES green

S  
 C  
 E  
 E  
 S

for a week      WORKING in gold  
 light in wps



FOR  
6  
V  
C

It's dark, going to snare  
rain for several <sup>days</sup> now what  
wait till Wed. <sup>lights dim</sup> today  
of Wed. ~~easy snare~~  
mom. Forget it.

A  
D  
V  
A  
N  
C  
E

as I come in the bed. Moll's?  
Wren?

a change on today

advance

== - ?

==  
==

61

added there

== ~~41~~

advance

truth

S  
U  
N  
T  
O  
P  
P  
Y

of decrease

NO

helped SUN

again

o  
o  
o

33

==  
==

o  
==

Reheat  
mnm  
cool color

==  
==

2  
the  
reception

I see Lon the street. ~~Bridge on the~~  
at No 5 against the I deny. My  
reading the Caballer. He says  
I am in the middle & he







J said I hope you don't lose  
all your faith  
I got to the laundromat  
I said  $\left( \begin{matrix} \leftarrow \\ \leftarrow \\ \leftarrow \end{matrix} \right)$  so I sat

and waited for the  $\left( \begin{matrix} \leftarrow \\ \leftarrow \\ \leftarrow \end{matrix} \right)$  dryer  
I came by and washed me  
home - <sup>6-7</sup> asked if he wanted  
some gas but I had already  
said he wanted refuse. It  
said 'next time' on his  
head which is a no. home.  
more ~~on~~ phone. I load  
at apt 15 its awful. I'd  
rather climb one more flight  
I'd say apt 13 is OK man -  
no further. Apt 3A is on the Street  
David says he put sheetrock  
up in that apt. Val says it's a  
Cigarette hdy, everyone is  
young & stoned. L's face  
loosed all swollen on one  
side teeth as I looked at it -  
I said that now <sup>no</sup> is nausea  
must.



Times

in front of N's door.  
I need a new hat so I can  
give this back. Maybe he  
won't take it. <sup>early</sup>

I don't believe in my  
spurs. I don't know what <sup>not</sup>  
believe means. MOVE  
kitchen over 27 E 3. <sup>today</sup> 1st floor.

I was on the street with a woman  
I ask if she's his lover & it says  
YES. ~~can~~ in braun + she put one  
my temple. Believe this?

How I met I on the street - I went  
out with the laundry - I went  
late to put it in the dryer  
- ~~I waited a little~~ -  
WAD VANCE on street  
I waited a little -  
put laundry in dryer

E  
A  
2  
Y



4 of us, I did all  
walk west

then went to see Pat I saw NO  
on his door but I went in  
any way; sat waited for her  
looking at street scene I  
walk by so I relaxed I  
wanted I supposed to sit there  
& wait but I caught up  
with him as he approached  
the phone booth unless this  
guy was making a call &  
said hello. We all walked to  
the corner - I think I was  
embarrassed? was he. I  
didn't matter I thought  
maybe she'd go back with  
him so we all stood on the  
corner but she went further  
& he said walk me to the  
shoemaker, so I did.

The phone rang, about a  
meeting on Wedy 13.  
where 3A is vacant available in



the door color. Bruce early  
says he ruffled edge of my  
pants.

~~6-7~~ eat. It said  
EAT TUES earlier in after  
day. I'm hungry anyway.

NOW on blue off phone.

~~It's~~ 'more'. Not advice  
is it. TRUE in phone log.

god damn

I also told I was learning to  
control my mind & I was  
part of a test - mental plane - to  
control spirit <sup>the</sup> thought. I don't  
know if this <sup>is</sup> true.

I think I yanked - possibly an  
old cable stuck with Leonard  
I should have gone in &  
looked at bats. It said  
HAT TO DAY but I  
didn't know where. He



bargain store didn't have  
any. I only had \$1 with me,  
~~but she came to~~

N  
O  
C  
O  
N  
C  
E  
R  
N

at door  
NO CONCERN at hair

ALONE say didn't  
at 645? just didn't  
I'm hurry, stomach  
full of gas. GUEST.

NO MISS ME 7-8  
'INSIDE' ask n. est

Go to Rhonda + see Bruce?  
I ate ~~at~~ I feel bad,  
Leonard makes <sup>Funny</sup> me feel  
like an evil person. Funny <sup>is</sup> in  
door outdoor area.

S  
U  
N  
T  
R  
E  
E  
T

NOT NOW  
CANCER  
BREAST

who? what.  
me? other.

not saw a week

G  
U  
E  
S  
S

conference

- mo'  
, ,



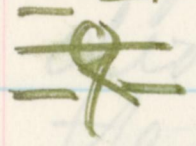
naught

still more inclusion about Linda.  
OK no more. Well there is sun?  
Am I well enough. It said  
W&O on the phone the other day.  
But it also says 'throat' at throat  
region. THRUST PENIS<sup>TRUST</sup>

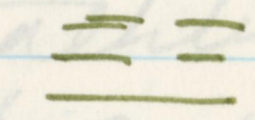
Am I well enough to travel

W  
L  
L  
L  
A  
S  
W  
A  
K

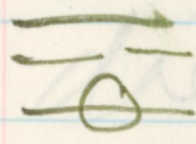
What is the answer.



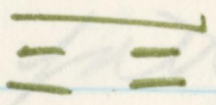
63



62



after completion



Behaviours  
of the sword

W  
L  
L  
L  
A  
S  
W  
A  
K

lights down on 'the flying bird'  
It is well to remain below.  
'I have work to do here  
'The image'

green stairs on low  
marble steps or great 'great' on pen



WISSE ENOUGH

'OPEN' on great. NO REPEAT

'realistic' not useful to go <sup>02cy</sup>

I'm not being realistic -  
 I can't go stay in small  
 quarters with 2 or 3 people  
 my stomach <sup>H</sup> will blow  
 up full of <sup>C</sup> gas, as it  
 did tonight <sup>F</sup> talking on  
 the phone to my mother & it  
 does also my father - or  
 anyone sometimes just the  
 dead tone makes it blow up.  
~~I went on the street~~  
 I have to be by myself - or  
 at least able to go to a place  
 of my own when I need  
 quiet. Right now I'm  
 in pain

Common sense should tell me



WIS E E N O O H I

~~It said~~ winds 25 knots an  
hour in Florida - rain  
forecast Fri & Sat - I said  
I say no rain, no sun  
I said I really really  
wanted to go but all  
the ~~for~~ ~~at~~ cups coming in,  
said no & has been  
saying it for some time.  
~~The~~ I feel bad because  
I've wanted to go ever  
since my mother <sup>JUSTICE</sup> said  
she was going. ~~in~~ <sup>E</sup>

Escapes in colors of  
fanny summer home.

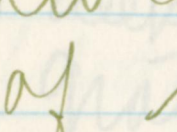


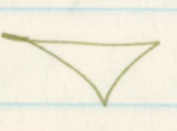
I also saw it <sup>in</sup> ~~in~~ <sup>in</sup>  
on L's shoulder -  
No then it said NO ESCAPE.  
~~same~~ (JENO) in hand.

I hurry up & photo said GOOD



on dial + I immediately thought  
it meant 'not' good until I  
realized phone call seems to be  
OK now.

I also said something I  
couldn't tell in advance  
because when the time  
came of I was doing some-  
thing wrong I'd start to cry  
& only when I started to do  
the right thing did I stop so  
I might change my mind  
~~but~~ but common sense  
made it seem like a no.

can up pull on the right side on  
reading "wisdom, understanding  
& knowledge refer to the upper part  
of the  of  
the  all the  the lower  
portion is feeling & action. That  
the  the woman saw in  
front of me at Martha's.



WED

Now the upper tread must  
not terminate the lower  
because in the half-bites  
scheme of cosmic creation  
the intellectual impulses are  
the progenitors of the feelings.  
9th 11th Mystics p 163

and the full p 164 on 'inspiration'  
could only be preserved in the  
vessel of the mind - W, U + K.

green lined linoleum leading  
past K's door to front door  
on ~~west~~ 'caunt' of courtyard.

See later "not now tremble"  
in deep night green on wood  
grated, about it seemed as if  
it were the left side of my  
head.

G  
R  
A  
T  
I  
F  
U  
U







months ago. I should call about  
the mountain house. I'm  
getting fatter. I don't  
~~understand~~. I've mud cake,  
but all of a sudden the same  
food, ~~is~~ is putting  
weight on - I've gained  
10 lbs ~~in the~~  
since last Jan. - only ~~about~~  
half of what I needed.  
I'm sure it be gas that  
make me feel hungrier  
than I am. My ~~thomas~~  
said the place with the  
worse gas he'd ever seen I wouldn't  
get this in a hundred years  
or good.

no written Sept-Oct 71  
in ~~old~~ no "permanent memory"  
NOT NOW STORE  
NOT NOW RELEASE

I said I felt a gray armor



plate over chest, neck + chin I  
 felt I was in a plaster cast. All this  
 year I have a bad chest -  
 I feel numbness near  
 (groin) on upper half of chest +  
 to bottom of chin; Have  
 long days <sup>N</sup><sub>E</sub><sup>C</sup><sub>L</sub><sup>A</sup><sub>R</sub> - I take (lead  
 never + saw it) to clear  
 the body <sup>B</sup><sub>S</sub><sup>S</sup><sub>B</sub> + have  
 do I <sup>W</sup><sub>E</sub><sup>L</sup><sub>E</sub> live until my  
 body <sup>W</sup><sub>E</sub><sup>L</sup><sub>E</sub> - when can I  
 get well.

(Junk to left on 'abnormal growth')

Venous - removed - rules  
 parathyroid. I wonder if  
~~I got interested in removed~~

"Cancer aspects -" Fear,  
 hidden selfishness,



resentment. I have  
been saying lately - It's  
FEAR + 'RESENT' -

maybe I still resent.

Dr. Leonard,

Diabetes - "upset on sugar

imbalance - hardness in

bitter feeling + thought

Arthritis, represents antagonism

(~~7~~ up zap on right side)

back, mess of will, ego,  
pride.

~~sent light~~

Asa Negative on bad, new  
& recently.

from Secret Service at  
Wah. Max Long.

Watertown, Mass.

Leonard said I was childish

& should find people my

own age. He's 29 + 12 5 19. Present



PRESENT! I keep forgetting  
to say. I got quite a  
clear picture of that when I asked  
him if he wanted grant to refuse.  
He wanted say something as he  
shut the door. <sup>KEEP</sup> in typewriter case  
which was a ↓ from ↑.

2 letters NYU NYU +

Levinson's college are  
interested in interviews

T H k  
O P E  
P E N  
W E D  
says door

D says letter

usdoor is not magic.

Does THk b ↓ mean name to  
anatter / st? near floor.  
/ st ear) 23rd floor.  
TOP!



The funny thing is I never get up  
& directly get the mail as I  
did today.

The little person NYC is from the  
School of Continuous Education  
which was a ↓ from ↑.

Now I'm afraid of interviews  
I don't know enough - or  
how to handle them, or what  
to wear. <sup>mean in transport.</sup>

AGENT      A      T  
                 G      H  
                 E      E  
                 N      S  
                 T      E

Call the agent.

~~'not saw love' that~~

R<sup>H</sup> also weights on my <sup>T</sup> mind.

I hope I can see him <sup>one</sup> today.

P  
L  
0  
D

Barth speaks - Fri? today  
not card <sup>w</sup> on outside bar.



Ill go Fri early before the Mrs.  
afternoon?

I think Ill call go to the entrance  
at Kingibranys first &  
get on left arm & head  
for 290 (cant see King. til 23rd.)

COA  
E 2620!

If only 40-50 were well

F	H	T
A	E	R
L	A	H
L	b	N
		E
		L

Does that mean I'm  
not going to be  
hurt well til in 50

Dear 3 Ching: ~~man~~

NOT YET

IN  
T  
C  
R  
V  
E  
WELL

SOUTH  
ENOUGH

toilet water soap go through  
Sodium, magnesium, <sup>lean</sup> ~~to~~ enough  
or white yellow is active.



REKA lately the say increase

so I say retreat re

retreat on forehead

NO CONDO does that go with

NO A HOLE. Is this to do with

leaning the body <sup>to m</sup> when steel

hat see I? M. upstairs

NO RENT in green door color

hue 3rd fl

and HOPE

I wash up & learn the sheet, so R,

all this about 2<sup>5</sup> interview

I hope it makes <sup>H</sup> less than

I'm not so happy for

colours he thinks. I stayed

out on purpose to see him

at that <sup>ADVANCE</sup> del I said

my dog? <sup>5</sup> solar case

mon on tel color at top of head!

24 He asked if I could come on Mon.

I said yes. I think I made a

mistake I made the <sup>Hurry</sup> sheet at

2 which is probably the



'not now union'

'one'

easy for me to be intelligent -  
at any rate so ~~that~~ <sup>thought</sup> I ~~was~~  
was the other hand, ~~it is not of~~  
~~who is known to~~

on Man's Intention

0  
—  
—

sure

—  
—  
—

HOPE

22  
20

36

—  
—  
—

INTEREST

—  
—  
—

Darkening  
of the Light

Both: domination - I don't  
ask for an answer, but a  
comment on which I can  
learn from <sup>R</sup>R - is this a mistake

<sup>R</sup>R  
E R  
P C  
A M  
R N  
E S

I always get <sup>you</sup> you on an  
interview. <sup>look</sup> look. Buy something  
new? <sup>w</sup> w can it create the  
being + any <sup>E</sup> E plane?  
it to us? <sup>L</sup> L

I talk to Ed about the <sup>mass</sup> mass  
that goes over the body in



waves. He feels it a lot. I lay  
up. I say 6-7. I rest on.  
around I hear Ed's voice say  
I can feel my current, 10  
minutes later I call. He didn't  
say that but around the  
time I was hearing it he felt  
the current turn on his  
head in response to an idea.  
I had. I had well had that  
used the word current before.  
That's what I don't feel,  
I don't rarely other, mostly  
as pulls on all sides as  
another. Also tonight I  
felt a pull equal on both  
sides toward the ~~base~~  
word FORBID. Cohen  
appeared up near the light  
built across the metal  
chain. Those words are  
supposed to be friends -  
I'm feeling disconnected because



waves. He feels it a lot. I lay  
up. I say 6-7. I rest on.  
around I hear Ed's voice say  
I can feel my current, 10  
minutes later I call. He didn't  
say that but around the  
time I was hearing it he felt  
the current turn on his  
head in response to an idea.  
I had. I had well had that  
used the word current before.  
That's what I don't feel,  
except rarely other, mostly  
as pulls on all sides as  
another. Also tonight I  
felt a pull spread on both  
sides toward the ~~head~~  
word FORGIVE. Cohen  
appeared up near the light  
built across the metal  
chain. Those words are  
supp<sup>er</sup>nat<sup>ural</sup> etc. he friends -  
I'm feeling disconnected because



that is, it said FRIEND there  
the other day.  
I told ~~me~~ I had an interview  
Mon & he could have his hat  
back then & he wouldn't disagree  
to talk to me. It said <sup>P</sup> outside  
he does after.

This week!

5-1-07  
E

God wants to give <sup>me</sup> some parts.  
I don't need parts - unless  
except they are large & I am fat &  
full of gas. My ~~fit~~ fit in hole  
green pants & the dummies are  
hopeless & I's old pants keep  
ripping & the blue ones are  
wearing out. Get thin!

go to Mo's. Rhoebe's. My  
stomach is all swollen <sup>gas</sup> but  
I don't want to go out.

FRIEND says phone.

I'm feeling discriminate because



IMMEDIATE

didn't go away. I didn't have  
to see the man at NYU the next week,  
~~the~~ Mon - could have made it  
Fri.

Negatives on 'Tease people'  
'Condescend'  
'Innent'

TRUTH HERE

sternal - hip \ line  
from hip to grain

'THIN LINES'

Don't come. I saw STKONG  
cross his right shoulder - it  
hit up height (gross) & I  
assumed it was a  
reflection of mine. Saw  
black energy come down I in  
a streak saying  
light next to the

T  
H  
T  
E  
H  
G  
S  
T

to reddest  
black.







try to call R.S. He's now! He's  
free. He

THURSDAY

I remember Michael's dance  
a performance tonight & I should  
go, hear a buzzers - like on  
current, left side of head,

GOOD  
B  
-  
E  
light dim on June. I also  
wanted to go to Martha's at 7 but  
I saw a red 7 ↓ try read.  
I'm not clear about CANCELL, a  
an apt, ready, a Leonard. 'WELL'  
my referring is leaking 20 open

T LEMON I had lemon on that  
R walls, but then cake & coffee too? Oh  
U Soon Oh then T at a quarter  
T Bank - FREE soap cake.  
H BELIEVE ~~say~~ NO ALONE 'clean'  
SAY ~~write~~ soap knots.

I must call R.S. &



Try to call W.S. Hear' Now! He's  
free. He

~~I will~~ ~~LS~~ ~~who~~ agrees with that  
Munroe is not a good ~~man~~  
hearts to use & has some  
doubt about Lily. ~~calls~~ ~~to~~  
~~to~~ ~~on~~ ~~into~~ ~~to~~ ~~say~~ ~~is~~ ~~manufacture~~

~~A meditation for today~~

He quoted a medium as  
saying never ~~trust~~ make a  
decision based on spirit  
advice that you make  
decision based on your  
5 senses. Only if you  
like to fly & have fear  
when you get on a plane,  
get off.

OBJECT. NO OBJECT in  
head.

I have decided to seek more  
help ~~from~~ on getting rid  
of spirit - or how to live  
without asking advice. ~~I~~  
~~found~~ It helps to  
hear how other have



dealt with this problem.  
~~Open~~ 'saps' 'alone' 'saps'  
look.

FEEEL                      says  
me

entry in case of room  
around left car. You're  
right I don't feel you. I had  
around when I say FEEEL  
'me ~~but~~ I don't. No feel.  
I think it's smoke, ~~is~~. No  
I don't want to smoke.

~~I go to the~~ Pink T-shirt - P  
T-shirt down center of  
chest - it has an  
open neck - so near  
that I explain why I can't  
wear it I put it away.

R For the whole time      TABLE  
in R's desk case. 'FEEEL' in  
red at stomach.



=====  
=====  
=====

6 Complet

OBJECT Max? 'URGENT'

~~ADVANCE~~ say daudobog.

OUT PHONE up WINTER

Phoned - Stomach blew up.

Fri.

Do I CANCER CHEST 'SHOW'

Do I have cancer, where

would it be CHEST  
yes no

Will I? What can I do  
to prevent it?

is name

R ~~is name~~ ~~is name~~ in front  
of my stomach, ~~is name~~  
~~is name~~ ~~is name~~ : 2



appreciation with R causing  
me to have gas? B Help  
who can help me  
understand the mad cancer<sub>no</sub>  
M? B? listen

I take out my hat to look at  
cancer progress.

'DISEASE' is good on culture  
as I think I gave up this  
tribe and on it. I wonder  
if I can get it back. That a  
terrible thing to do. I wonder  
if it is possible, or if they still  
want to help it. I FRIEND

Shall I try it? or send stay  
in C.S. hoping to move into  
a project 50-70 on ceiling.  
Hopes

50-50-50

-project will be expensive,  
no federal subsidy I say -  
a mad dream. Stay happy  
to village & air.







0  
==  
APT ONE - Barry

20

== terminate the well

== no open

==  
==  
==

8 Haldie's  
Toytte

Contemplation

~~FRIDAY~~ FRIDAY in n's does color

wild hat ~~on~~ <sup>ear</sup>, I bought

a new shade hat so I can

I take return n's to him

a quilt when the new one

I got the above charge

"The ablation has been made but not yet the afternoon. Mrs. Yhenite.

TUES. Buying hat Mon. after interview. Defec

Set sun under bridge.

not one engraved

+  
==  
==  
+

4/6  
F  
n  
e  
e

ONE  
Pushkin  
Journal

==  
==  
==

22 June



Under Head - gang, context;  
you, form

FREE + 0.54 - don't tell me when  
I who - where  
(as as) I call I bet do make  
an apt. as it says I thought I -  
then REST A WHILE on top of  
curtain, I had a <sup>quarter</sup> corn in  
she's leaving town I tried to  
read her no phone so I'm  
really glad to see her. I didn't  
need to know. NO SMOOTH says  
her forehead. And ONE from  
her eye in print - good  
light. It said 'dove' on N's  
door I VISIT in here + shut.  
I forgot of course - I didn't  
listen to 20 + went + ~~asked~~  
told him I brought a new  
hat + he could have the old  
one or the new one + no refund  
+ I came home +



I won't talk because I insisted  
on maintaining the fact I  
came home & screamed  
BKAAT at the top of my lungs.  
I went to AU today for some  
bio-energetic exercises &  
it really loosened up some  
energy, helped the gas,  
~~the~~ circulation. Later I said  
the energy didn't cross  
over from one side to the  
left to right. Before it just  
said 'cross over' & I didn't  
know what it meant. The  
energy forms a figure 8  
in the body with the cross at  
the Calais point in the  
diaphragm where I have  
a lot of gas - and where  
the ~~low~~ seat of emotions  
are situated - ~~mean~~ are

I read my notes which are clear











alone  
about 19 <sup>Not only</sup> <sup>ADVANCE</sup> <sup>alone</sup> <sup>Thinking</sup>  
said <sup>LESS</sup> THREE on my leg  
climbing stairs. Was that  
man climb 4 to (19) I really  
want sun please ↑ + god to the  
possible - I've lived in the  
city 14 years + no sun on an  
apt. why? <sup>ADVANCE</sup> SUCCEEDED on mats  
NEED in open <sup>ADVANCE</sup> light on face  
head. true <sup>santitas</sup> they <sup>ADVANCE</sup> - make my  
feel sun is irony. <sup>ADVANCE</sup> <sup>ADVANCE</sup> <sup>ADVANCE</sup>  
make an pollution loan? <sup>ADVANCE</sup>  
Saw 19 ~~on ceiling~~ in park light  
~~what then said~~ FRIENDLY.  
NO ONE. FURNITURE ↓. <sup>ADVANCE</sup>  
88. ~~seems~~ spend 125 <sup>ADVANCE</sup>  
NO ONE (this in n's door when on  
right side head - ladies one in  
blue hat color of man sitting  
on steps. I think ↑ are trying  
out my emotional response - to  
see if I get upset. I don't know.



PUBLISH in notebook cala.

pench & green around publish.

The people in 10 go by - what  
did '10 AVAILABLE <sup>HANNATT</sup> mean?

when I saw it at Nijoles <sup>free</sup>. NOTTEN.

NO ONEV said 10's head <sup>there</sup>.

SON. R's baby to Hill. See Jim?

<sup>DI THERE</sup> <sup>JANA</sup> <sup>mom?</sup> Fran? Ricci <sup>Temp</sup> <sup>NO SA in R's</sup>  
<sup>E</sup> <sup>E</sup> <sup>E</sup> <sup>E</sup> <sup>E</sup>

door color.

FREC

TUES on Hills

Angels metabite. Jason?

JHIMAL (LEVELL), where do?

more? <sup>easy</sup> <sup>1/2</sup> <sup>10</sup> <sup>VACANT</sup> HERE SON <sup>5</sup>

ONE. time. apt. job <sup>home</sup> ~~flor~~  
flight of steps.

NO HOP. HELP says apt 10  
in reddest good light. W  
H  
E

10 AVAILABLE says H <sup>N</sup>  
W painting on #2 <sup>6</sup> <sup>10</sup> colors <sup>e</sup>  
I my because I can't hear <sup>e</sup>



it anymore! It says goes  
no? after work. When 10  
appeared, I can't stand  
there shirt go away I  
do not consent to your  
ly estimate. No, HE NT  
3<sup>nd</sup> <sup>TR</sup> consent at his window.

V  
A  
C  
A  
N  
T  
T  
only

I feel sick MATCH.  
D more?

I feel sad today because I want to move  
to an apt with sunlight  
& not climb 5 flights!

HE D across n's window

MASTER n<sup>o</sup> in grass

NO SYSTEM ↓

SHIP ONLY on Leonard's stair.

Tao is today value the submission  
value the emits, and the lead  
L<sup>2</sup> freedom from desire



Heard n' I want fu night say  
I'm going to redda boot'  
I meant the hat in the house  
I ~~see~~ start to sing Jewish  
prayers. A P. Et in velvet  
3/4 length coat. a kassid?  
I get a negative 'jewish'  
Heath P. et on other got it in  
Christian thirt hats; pain in  
~~head~~ for a (hear) brief,  
brief pain. The velvet seemed  
to suffocate me, ~~at~~ then cooler  
put it on 2nd time, OK.

(lockwood?)  
Yogi is ~~an east~~ a word for joy.  
Yogi book words is i. gay.

I'm trying to remember when  
I came into the house & it  
said C A M E T O D A Y  
I thought it meant a visit -  
but now I think of self.  
Leonard, <sup>+ my</sup> that girl? It's



in Monday's notes - CAME  
TODAY. not <sup>affair</sup> now on O. <sup>T</sup> <sub>U</sub>

I want to take a shower. NOW  
says phone. friend + end on  
6:45. I'll wait. I then  
the clock was a friend yesterday  
~~to see to~~ leave on 10<sup>30</sup> I didn't  
get there on time. WET. My  
hair is filthy. red NO on  
it. ~~Wash~~ pink wash. Call  
Noah ask her to go out to  
dinner at P's. ~~It said that the~~  
~~used end~~ FRIEND in phone  
calls on clock 645.

~~said phone.~~

PHONE

at 645 some

energy comes  
off the phone.  
ON I say

CALL

FRIE

in phone calls

~~just before~~

energy...



Call Noa, <sup>wait</sup> yell, wait  
NO to someone calling. Hear it  
I get NO on phone. I don't feel  
like cooking & I'd like a  
hamburger. at 7:52 I  
ask if Noa will call - it  
says NO on cum - NOA  
only on phone - I call her -  
she chews her hand on the  
phone to call me.  
Whole & half for Noa.  
'negative'

OUT says dad on phone calls  
at 7:15. Against I take a  
shower & plan to go out  
now at 7:30 <sup>very</sup> MEN  
Bar at 8:30 Best phone  
ring - no d say  
NO DESCRIBE  
MENTAL ~~on phone~~

I call father, no answer, 'hear'  
HEAR at 9:15



\* drop all the vowels  
we have Hebrew

at 9:15 hear NAM latest  
is in AR spelled backward  
a name without e.

Saw X ~~or~~ X Swathlis  
not pieces seen on e in  
restaurant. Light dim on  
barrow. My name is man.  
Language don't determine  
spiritual truths - can it -  
English? - saw LANGOKE  
recently. I call my father  
at 9:25 - feeling of end of?  
A few? He's not home.

GOEST I said I could see  
some dust + coffee

OUT AGAIN

My idea already drops  
the <sup>tr</sup>i. Now a sign  
to drop the e. It was ~~the~~



ash & P. on

Merriah  
Green

has nothing - find . still

Ways

blow

break for life - break

Metaphor

or - between

map to day



mills

paper towels

~~babo~~ - cleaner

~~matches~~

chicken

~~hamburger~~ - fish

stet.

~~veg~~

biocubi

bread for life

bread

~~Medaglic~~

~~or~~ ~~hitman~~

shop to day



apple juice

bananas

~~bananas, strawberries~~

3 bread for life bananas yogurt  
safflower oil ?

butter 1/2 lb

~~honey honey?~~

mushrooms 1 lb

broccoli

~~garlic~~

6 chickens + fish 1 lb  
dresses 2 meals

leaf p.

leaf pumpkins black

1/2 lb box

meat

lemons

yogurt

Sat after 11

340657

753-5457

USEFUL INFORMATION

LIQUID MEASURE

4 gills (gi.) = 1 pint (pt.)  
2 pints = 1 quart (qt.)  
4 quarts = 1 gallon (gal.)  
31 1/2 gallons = 1 barrel (bbl.)  
2 barrels = 1 hogshead (hhd.)  
1 cubic foot = 7.48 gallons of water  
1 cubic foot of water weighs approximately 62 1/2 pounds.

CUBIC MEASURE

1728 cubic inches = 1 cubic foot (cu. in.) (cu. ft.)  
27 cubic feet = 1 cubic yard (cu. yd.)  
16 cubic feet = 1 cord foot of wood  
128 cubic feet or 8 cord feet = 1 cord of wood  
NOTE:—A cord of wood is equivalent to a pile 8 feet long, 4 feet wide, and 4 feet high.  
24 3/4 cubic feet = 1 perch (P.)  
NOTE:—A perch of stone or brick is equivalent to a section 16 1/2 feet long, 1 1/2 feet wide, and 1 foot high. The unit is sometimes understood to mean 16 1/2 cubic feet and sometimes 25 cubic feet.

40 cubic = 1 measurement ton, feet = U. S. Shipping  
42 cubic feet = 1 ton British Shipping  
40 feet of round timber, or 50 feet of hewn timber = 1 ton or load

AVOIRDUPOIS WEIGHT

(Used in weighing all articles except drugs, gold, silver and precious stones)  
27-11/32 grains (gr.) = 1 dram (dr.)  
16 drams = 1 ounce (oz.)  
16 ounces (437 1/2 grs.) = 1 pound (lb.)  
25 pounds = 1 quarter (qr.)  
4 quarters = 1 hundred- or 100 pounds weight (cwt.)  
2000 pounds or 20 hundredweight = 1 ton (T.)  
NOTE:—The ton and hundredweight above given are those in common use in the United States.  
2240 pounds = 1 long ton (L. T.)  
13 1/4 cubic feet of air weighs = 1 pound

NOTE:—The grain has the same value in the Avoirdupois, Apothecaries' and Troy systems.

MISCELLANEOUS

12 units = 1 dozen  
12 dozen = 1 gross  
12 gross = 1 great gross  
20 units = 1 score  
4 inches = 1 hand  
Diameter of circle x 3.1416 = circumference  
Circumference of circle x .3183 = diameter  
Diameter of circle squared x .7854 = area  
Atmospheric pressure is 14.7 lbs. per square inch at sea level.

SQUARE MEASURE

144 square inches = 1 square foot (sq. ft.)  
9 square feet = 1 square yard (sq. yd.)  
30 1/4 square yards or 272 1/4 square feet = 1 square rod or 1 perch  
40 square rods = 1 rood (R.)  
160 square rods = 1 acre (A.)  
640 acres = 1 square mile (sq. mi.)  
A square having an area of 1 acre, measures 208.71 feet on each side.  
1 township = 36 sections each 1 mile square  
1 section = 640 acres  
1/4 section = 1/2 mile square or 160 acres  
1/2 section = 1/2 mile long and 1/4 mile wide or 80 acres  
1 acre = 4840 square yards  
1 acre = a lot 208.71 feet square

LINEAR MEASURE

1/12 inch = 1 line  
12 inches = 1 foot (ft.)  
3 feet = 1 yard (yd.)  
5 1/2 yards or 16 1/2 feet = 1 rod (rd.) or pole  
40 rods (660 feet) = 1 furlong (fur.)  
320 rods (5280 feet) or 8 furlongs = 1 statute mile (m.)  
3 miles = 1 league  
6 feet = 1 fathom  
120 fathoms = 1 cable-length  
7 1/2 cables = 1 statute mile  
5280 feet = 1 statute mile  
6080.2 feet = 1 geographical or nautical mile  
1 geographical mile = 1.1515 statute mile  
60 geographical miles = 1 degree longitude at equator  
360 degrees = circumference of earth at equator

CIRCULAR MEASURE

60 seconds (") = 1 minute (')  
60 minutes = 1 degree (°)  
90 degrees = 1 quadrant  
360 degrees = 1 circumference  
A degree of the earth's surface on a meridian equals approximately 69 miles.

APOTHECARIES' FLUID MEASURE

60 minims = 1 fluid dram  
8 fluid drams = 1 fluid ounce  
16 fluid ounces = 1 pint  
8 pints = 1 gallon

MULTIPLICATION TABLE

1	2	3	4	5	6	7	8	9	10	11	12
2	4	6	8	10	12	14	16	18	20	22	24
3	6	9	12	15	18	21	24	27	30	33	36
4	8	12	16	20	24	28	32	36	40	44	48
5	10	15	20	25	30	35	40	45	50	55	60
6	12	18	24	30	36	42	48	54	60	66	72
7	14	21	28	35	42	49	56	63	70	77	84
8	16	24	32	40	48	56	64	72	80	88	96
9	18	27	36	45	54	63	72	81	90	99	108
10	20	30	40	50	60	70	80	90	100	110	120
11	22	33	44	55	66	77	88	99	110	121	132
12	24	36	48	60	72	84	96	108	120	132	144