

# SEMESTER

COMPOSITION

22

NAME Country 2 29¢

72 Pages 7 1/2" X 9 3/4" 39¢



~~Quality of thought~~  
 Somewhere I read the unenlightened man may have inspired thought, but the <sup>fully</sup> enlightened man has illumined thought. A scale change to a different quality. To knowledge → ↑

Paramahansa Yogananda:

its	Imagination	→ person	imaginative	} <i>religion</i>
	reason		intellectual	
	faith		aspiring	} <i>emotions</i>
	emotion		emotional	
	will		volitional	
	effort		striving	

Autosuggestion <sup>for</sup> chiefly for emotional people.

Attention vs. memory.

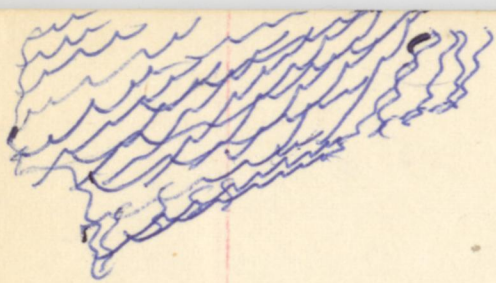
Repeated, deeper effect (to a scale change).

Thought



The thing is I want to write ~~about~~ I am  
 lay I am stoned & I smoke hash, grass  
 so nice quiet evening in country last  
 night wood stove ~~concrete~~ candle. Went  
 to by house Communist of - last of  
 interest in self no too. ~~is dangerous~~  
 change in energy levels, is no rest?  
 Spirit doesn't want me to write Honors  
 get at so heavy lights now steps  
 hand almost Palms body sois  
 write don't listen to what ~~others~~  
 tell you. has a notebook she said. Ha!  
 All best ~~changes~~ got some good.  
 In the country I can just be. Spirit  
 advances against house at first now  
 gap yes. If it works in reality (if I can  
 get the D together) well do it. Gay people  
 are gay. They're fun. Adults  
 Can't be too serious. Keep it light.  
 It's not that I always ask, though  
 I often do, the information, of that  
 what it is, comes in anyway. I go  
 best something. I get a yes or no.  
~~that a no or I trust + to~~





I say I should publish the book  
under another name in the old days  
says they would have burned  
me for a witch, to them like that  
name is poisonous from some past  
existence (mine or other) it's many  
as trying to explore ~~the~~ state of  
consciousness. Well, I said the one  
in the unconscious. What you don't  
know can hurt. About yourself. For  
example, I remember fondly, the  
right way. It just popped out loud  
and without thinking & I heard  
myself say the one

I would like to think that  
the signal came to me from my  
higher self. That self called when I  
ask myself will I be home for  
dinner always answers correctly.  
If I go to phone someone & I say no, that  
person is not home or the phone is busy,  
I shouldn't call it or I haven't  
thought out what I have to say, or  
they're tied up. You must know



people who call at the right, or the wrong,  
 time. Still any information like that  
 must run the interpretation of the  
 actual plan, of news, of the mass  
 information happening around (that's  
 noise) ~~of nature~~, not to mention  
 it might be usefully misleading.  
 I'm teaching training - eating  
 before doing yoga, to <sup>write</sup> do this.

I require the spirit guide in love,  
~~can exist on any~~ could have any  
 level of goodness & intelligence, from  
 that of a human to that of the divine  
 gods center. I don't know how to  
 do say it, since I don't know what  
 that center is like, but the center  
 would be true love & intelligence.

So whether it is a fault of communication,  
 a less than divine attitude of the  
 spirit, or an attitude of teaching  
 through me guidance (i.e. learn  
 to ~~stand~~ use your own powers  
 of mind in dealing with  
 guidance, it don't be a puppet - not



unlike Gen teachers I put myself in a difficult position. For a long time I thought I was being guided by <sup>teachers</sup> ~~readers~~ from another the mental plane. I didn't know whether these ~~readers~~ <sup>users</sup> were alive & actual projecting to me, & whether they had reached a level of existence where they were without bodies. I also thought I might be hooked up to the one mind, where true intelligence lay, & that the responses were automatic, like hitting the food part of you got to the truth, did the right thing (mass food, thought ~~at~~ exercise) because part of the information came in a manner to stimulate the diseased part of my body that need a little help. I also thought I might be hooked up to my higher self - that



~~perhaps~~ eternal soul of mine  
guiding this body through  
the existence & that on a few  
questions I was taken  
literally to sleep. There was  
no one else there. Of course I  
have now read, but not then  
1 1/2 years ago when I stated, that  
gurus guide from the mental  
plane but I still say, lower  
plane, lower plane. Of course  
when I first mentioned ~~them~~  
guide(s) ~~and~~ he said what do ya  
what d'ya mean of laus. they're  
good spirit, what d'ya wanna  
do, bla bla? And then later  
he said they were bad  
spirit & later he said don't be  
a puppet. All of which advice I  
frequently thought I followed  
at the very time! I'll waste  
of a lot of it was my desire to  
be perfect & my ~~self~~  
be less self recrimination



When I made what turned out to be an error. I am not very intelligent this morning, having turned on the dryer to dry ~~the~~ a coat & awakened ~~to~~ my friend.

One thing seems obvious to me - there is more than one spirit around. It seemed even at the beginning that I had my friend every day spirit & a higher ~~plane~~ Teacher who came over in a while to see if I had learned. I've mentioned this. However I can see no reason not to write about this struggle, even though it is the very one thing the spirit has always advised against, & the reason I haven't written or spoken about it sooner, leaving me in a state of isolation not to say paranoia, with a conflict between feeling special & totally dumb.



I would so much rather look  
at a my \$ problem to solve  
on the path of knowledge. My  
~~problem is~~ ~~hard~~ ~~my~~ ~~own~~  
~~and~~ ~~as~~ ~~well~~ ~~as~~ ~~the~~ ~~the~~

Notes from the underground. (Glas  
of colour (and I read) I must stop  
worrying about future. (Where to  
live, job, etc.) I must be very thick  
because for 9 months the right thing  
has appeared at the right time &  
the means 11 places to live. So now  
a check house appears & despite  
negatives from above & the fact  
that my family will have to  
pay the monthly mortgage  
a small one I think it is a good  
thing to do. Being cozy going into  
cramped but a place to come  
to to see if I like coming to the  
country often. Reading Ram  
Dass & attachment - I think  
I can do it without desire,  
I cannot cut and not do it, -



I don't think I'm always searching  
 a place to live, so I'd a possession  
 or a possession & I don't think  
 flowers - vegetable garden -  
 furniture would totally  
 consume me. I'm not one for  
 resignation - aff to the cause -  
 I believe that true enlighten-  
 ment is possible right where  
 you live, & it's not only that!  
 Then let's find out what the  
books are & make it so. Going  
 to India may be OK but home  
 is inside & we're just keeping  
 the body company for that is  
 our pleasure. Why be a  
 Marxist creature if we  
 don't enjoy it. The difference  
 between hanging out in a  
 house & being hung up in one.  
 Besides, it would be fun. And  
 a place to visit my friends.  
 (The small ones). A beginning to a  
 beginning. And even though



I overheard, even a small house  
 is responsibility (to another word)  
 + I knew I was meant to hear it,  
 So I'll take the responsibility.  
 The spirit also says this is the  
 wrong place. No? Testing me?  
 Who's true love, if I am to be  
 guided from above. (Within,  
 without, without a doubt, it  
 he <sup>from</sup> who speaks to me)

I said to m. Eating too much  
 cake was my sin & he said why  
 + I said eating more than I  
 needed, eating out of want was  
 the sin that's it for today was.  
 More than the body we can properly  
 use + assimilate.

According to Ram Das

- |                          |           |          |
|--------------------------|-----------|----------|
| 1. Chakra - survival     | } answer  |          |
| 2. ... sex               |           | } answer |
| 3. ... parve             |           | } answer |
| 4. ... heart, compassion | - balance |          |
| 5. ... Seeking god that  |           | emotion  |
| 6. ... 3rd chakra wisdom |           | will     |
|                          |           | mind     |



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7. full enlightenment or union  
beyond level of vibration. This is the  
both is what I've been thinking, that  
the answer to the problem of one chakra  
lies in the one above it. The answer  
to survival lies in sexual reproduction.  
To ensure sexual reproduction we have  
power, beauty, wealth or fame or  
housing for the sake. All of this can  
be done, by an act of will or by  
natural inclination, with compassion.  
Compassion is the answer of how to  
deal with power. One uses it for all,  
for the other as the self. The change  
from the 3rd to the 4th chakra  
(room, or as hardly call it) is the  
change from the physical to the  
spiritual path. While one seeks an  
answer to power, or uses it for the  
service of the lower chakra is  
a matter of free will. If the  
individual choose to serve his  
fellows man & god then to advance  
to the next level, the 4th. Last



Level chakra a practitioner has a  
 higher level of vibration than the  
 one before & is therefore in closer  
 harmony to the universal order of  
 being, a state of low intelligence  
 (with & peace, therefore existence  
 with emphasis on the higher  
 chakra, or lower, the better to solve  
 the problems of the lower 3 chakras,  
 indeed no problems are seen because  
 if one act is accord with the universe  
 one get what one needs. It is of the  
 9th chakra that Christ said cast  
 your bread upon the water. That is  
 when one begin to get what one  
 needs. And this seems like a miracle  
 in a society based on greed & competition.  
 Work on the elimination of the ego goes  
 along with this chakra, because  
 in order to think of other as one self  
 one has to do away with 'one's self', &  
 to do that one must understand  
 oneself & work on one self. The less



from the 3rd to the 4th chakra & one of faith. 'o l ge of little faith' are those who ~~cannot~~ <sup>learn to</sup> make the leap to the 4th chakra, the beginning of getting out of the seasonal sex-phase cycle of ~~birth~~ which creates so much ~~trouble~~ <sup>hardship</sup>. (Karma, the cycle of birth & rebirth.)

One who is firm on the 4th chakra & love for fellow man one begins to see that love is returned to you from sources unknown, answers to needs. One then sees money as a microcosm of the Universe.

One begins to see the beginning of 'magic' although life is really acting on the principle of the DNA chain. As it splits it draws from the source moment what it needs to complete itself again & go on splitting. If the DNA had no faith it could reconstruct itself it might never split! But it can recreate itself



endlessly. So one begins to get  
 what one needs, & at the same time  
 if work on the ego self has been  
 done, the "wants" have disappeared.  
 The fulfillment of needs is of such  
 great relief, for there advances one  
 along the path as well as making  
 one's physical life easier. Thus  
 at this chakra one also has a  
 decision to make, if one wishes to go  
 on he can continue to serve in  
 the service of man & god, or he  
 can withdraw with the knowledge  
 to serve only himself. The phrase  
 of Jesus: "after thou say manna  
 & my life shall declare they  
 perdition" is a promise of the person  
 in the 4th chakra that if the  
 energy should rise to the  
 next or throat chakra he is  
 determined to speak on the  
 path of god. The Ram Das  
 calls the Chakra of seeing god,  
~~throat chakra~~ the supreme a



decision & a determination to  
 continue to serve god (that is,  
 the order & the power as the Big one  
 as opposed to the individual self)  
 to work in Harmony with the  
 Universe. So then the answer  
 of what to do with compassion is  
 to use it in the service of god  
 least of all (I believe man, who  
 is each a piece of god). And the  
 answer to how to serve god  
 & what to say when you speak  
 out comes from the next or 6<sup>th</sup>  
 Chakra, the 3<sup>rd</sup> eye, the Chakra of  
 Knowledge. "I seek & ye shall  
 find" is a natural progression  
 of energy from one chakra level  
 to another. In the answer to the  
 one you're in is in the one above.  
 And each step along requires one's  
 faith in the infinite love &  
 wisdom of the Universe. That  
 what seem a knock out, and it  
 all seems so simple if you



keep the final goal in mind,  
 which is union with the infinite.  
 For the answer to what is true  
 knowledge, & what knowledge  
 can best serve the universe  
 comes in being one with the  
 universe & so really knowing.  
 Knowing is being. One gives  
 up the knowing for the unknown  
 & goes into pure existence out  
 of which, in the small experience  
 I have had, come the answers to  
 one's quest for knowledge.  
 and magic on the mental level or  
 the 3rd eye chakra is not to be  
 resorted unless one has at the lower  
 level dedicated oneself to serve the  
 universe. Though there have been  
 many who have forced the energy  
 & so resorted that level without  
 going through & absorbing the  
 4 chakra a level of compassion &  
 so contribute evil again for  
 on a higher level they must



repeat the <sup>reversion</sup> ~~reversion~~ of the first 3  
 chapters of Seemal, Self & Power.  
 This is a guess, the last statement,  
 for knowledge without Seemal can  
 be used for selfish & not purpose  
 so I guess that how it happens.  
 What amazes me as a harmful reader  
 that level, how we could turn  
 our back on the words & beauty  
 of it all, the relaxation that  
 comes from ascending higher &  
 higher & the sense of well being  
 that true relaxation brings. When  
 one is in harmony with the  
 universe. Beauty & truth. I shall  
 have to read Overheadly again  
 because of his description of the  
 3 lower forms, & I shall plus  
 more thinking of analogies between  
 the higher & lower planes. I  
 always thought "as above, so  
 below" should read "as  
 below, so above", for as you  
 work on causes below, the



upwards appear at the but just  
 because I have more knowledge  
 of the physical plane. Nevertheless,  
 it is so. Naturally it is easier to  
 change from above than the  
 level of vibration is higher, but  
 also one has more difficulty to do  
 (seems to me) in that the problems  
 unsolved at a lower level of  
 vibration become more intricate  
 at a higher level of vibration,  
 more difficult to deal with. So  
 that it is only work on the self at the  
 proper level is important. Pushing  
 the energy too far can result in  
 madness or ill health (as it did  
 for me, weeks of pain & months  
 of dealing with the "puke").  
 Had I solved some more of my  
 physical problems & not taken  
 so much acid (the last 3  
 trips) I would be energy  
 waves have flowed gently  
 through a more ready vehicle



Also, the acid which brought  
 me so far (the initial  
 mesaline) was very undraining  
 at the end. The mesalines in  
 the summer too much (I'd  
 had one already) + 2 acid tabs in  
 the autumn. Perhaps my body  
 could take care of the 2nd  
 mesaline trip. That seemed OK to  
 me, although I know the U didn't  
 want me to take it. And the 2  
 acid tabs were definitely ego-  
 insisted against the advice of  
 my spirit guide who was trying  
 to protect me from force I as  
 yet knew nothing about. And  
 a further warning while I'm on  
 the subject, it wasn't during  
 these tabs that the illness began  
 to manifest, it was a few weeks  
 later, as the illness



chakra

1 Sural plexus Muladhara ~~pelvic~~

nourished by yellow

\* 2 prostatic plexus - Svadhishatana

nourished by orange. Stress chakra

3 ~~yellow plexus~~ orange solar plexus

nourished by red Manipura

4 Cardiac plexus - Anahata

nourished by violet

5 Laryngeal plexus - Vishuda

nourished by indigo

6 Conerona plexus - Ajna

nourished by blue

7 pituitary - cerebral plexus - Sahasra

nourished by blue green

cord, calcium, cyst, anti spasmodic

\* spleen, stomach, liver, gall bladder

FOOT - carries about current into body  
KNEE - regulate amount of current  
HAND - base radio active waves



- |                  | region                             | inflames | gland             | shine        |
|------------------|------------------------------------|----------|-------------------|--------------|
| Sacral 1.        | pelvis & spleen                    |          | gonads, pituitary | base         |
| Splenic 2.       | left side abdomen                  |          | endocrine         | 1st lumbar   |
| Sacral Plexus 3. | Upper abdominal cavity             |          | adrenal           | 8th dorsal   |
| Heart 4.         | Thorax                             |          | thymus            | 8th cervical |
| Throat 5.        | Throat, base of nose, upper throat |          | thymus, thyroid   | 3rd cervical |
| Brain 6.         | Basal ganglia, mid & head brain    |          | pituitary         | 1st cervical |
| Cranium 7.       | Master Chakra                      |          | all               | atlas        |

plus  
 FOOT - absorbs current into body  
 KNEE - regulate amount of current to enter  
 HAND - absorb radio active waves



This is the ~~first~~ <sup>2nd</sup> day of the 2nd week.  
 There is considerable less tension. The  
 city problems I brought with me,  
 memory + fear, anger, anxiety,  
 have just fallen away. The one  
 friend here I feared might not want  
 to renew our friendship has shown  
 that fear invalid. They ~~are~~ <sup>are</sup> back  
~~seen again~~, as ~~friends~~ I have  
 seen again, a new one I have  
 met, to a person I want to be  
 close to. There heads are all in  
 & above the 4th chakra. It is such  
 a relief not to have to contend  
 with selfishness ego & power.  
 Not that there aren't problems  
 left, but ~~big~~ <sup>big</sup> everyone seems to  
 be working on them, & the  
 higher ones too. So ~~conversations~~  
~~are more meaningful~~. The house  
 seems to be happening without  
 my pushing it, ~~thanks~~ <sup>thanks</sup> my  
 parent can help, without  
 strain, though I mean a ~~task~~



loan they say they can swing it. I appreciate & need it. Walking down the road I heard someone say he want to sell his car. It blew his mind when I walked up & said I was interested. Don't think that one is indicated, but still, things are happening easily. I am never lonely. Someone always appears at the right time. Went to hear a singer last night with friends, sitting around drinking tea & talking. Wrote an old story yesterday. 3-5 hours meditation breathing exercise. Satya yoga & writing before breakfast. Today decided another example that we are part of a perfect microcosm & that we are bio degradable! Long song on next oriented while walking: Harry Krishna wrote the Mishna  
 Tell me now! He wrote the Shema!



And the Caballah? No. I know.  
 Written by Allah!  
 All is one  
 All is one.  
 I can read...  
 as well.

I have a need for yellow & orange  
 foods. Yin Yang is beginning  
 to seem too simple. Patience  
 is needed. The book on the  
 healing include the element  
 (fire earth air water) in food,  
 the color it vibrates, as well as  
 Yin Yang acid alkaline. It  
 says rice is for hot countries,  
 wheat for cold, as basic food.  
 I would like to get into color  
 more + more. I thought I rarely  
 see it now, a lot of signs  
 have gone. I get a strong  
 negative on the cos though.  
 I think (?). Better to have  
 something I can check out here-



this can a visitor. No. ↑ knows.  
 Can no good. 5 year old walks! 550.  
 Can do cheaper car. Perhaps old  
 ply sedan seen in pizza pie.  
 I can read mind pretty well.  
 I try not to think when I'm with  
 him about taking a dance, a  
~~with~~ ~~blowing~~ ~~the~~ ~~aged~~ ~~the~~ ~~the~~  
 or when I'll see him again.  
 Dad is life! However there's no  
 paranoia. Good heart, make  
 good fun. No one doing a number.  
 He would can be saved. If only  
 anyone knew the pleasure of  
 the path. Oh yes of little faith!  
 Said to D, thought the reason  
 people didn't break from the  
 1<sup>st</sup> 3 chains of survival for  
 power to the 4<sup>th</sup> chain of  
 compassion was because of  
 memory of the struggle to  
 survive. Too much memory  
 guards round & round, the  
 repetitive ~~deep~~ ~~moderate~~ of a



hair going repeat! repeat!  
 copy after copy, grow after  
 grow getting deeper & deeper.  
 He anxious & fear & struggles  
 all remembers too well. Still  
 the black's ~~own~~ hair!  
 meditate. Thinking of the  
 home entered with my meditation  
 I'm trying to buy it without  
 "attachment." That is, it just a  
 place to live, a sensible thing  
 to do, to have a place in the  
 country to come to. I don't want  
 to get my ego or energy involved  
 in it. Must go set there for 2  
 hrs, check it out. Make sure it  
 not too small. He mourning for  
 some people come out. Heard  
 my own voice say inside my  
 head. "Acid." Must eat more  
 alkaline foods. Clear skin, too,  
 with alkalinity. Must I come to  
 grapefruit for a day, a breakfast.  
 They work wonders to restore the



alkalinity. Willot most alkaline  
 gain. or can? Still sleeps a lot.  
 Since I came to the county I write  
 small, & on every line. I am  
 gaining in confidence. I enjoy  
 life, found the place again though  
 he hadn't taken my phone no.  
 Why not, he's awake. It's much  
 easier to set things well properly  
 in the county. Poured the big  
 bedroom to KIM again, on account  
 of parents; she brought me delicious  
 home baked bread. ~~Wrote to the~~  
 all day.

Boat on dealing says last illness  
 first to go. I'm getting bad into  
 the ulcer now - tight band  
 across chest & back, breathing  
 up through. I have 2 days in a row.  
 Think I need one chiropractic session  
 for neck PP & its attachment, i.e. spine.  
 Wonders if this book is more or less  
 interesting written in county.



Ch'ien 6 Conflict  
 Kan  
 39 Obstruction → 56 The Wanderer

threw there on chance, very depressed.  
 Today called L, he won't let me in to see  
 house if 2 hrs, doesn't think I want to  
 beg. So. Obstruction. Keeping still &  
 anxious. Will try to see house w. friend.  
 On route to 28, someone stalled in  
 driveway, wrong turn, as I walked out  
 so I got a hitch from door (4 notes).  
 Pretty good. Mostly young men. at  
 chiopada. Baba Nam Das: boah  
 "Remember. Be like now" is the first  
 really good yoga book I've come  
 across because it emphasize work  
 on the self. Sadhana to call it.  
 He Hurdgriff, Ouspensky, ~~psychic~~  
 as tradition. What psychoanalysis  
 taught I to do but failed so much in  
 doing. Nam Das also give a few



Asanas, breathing, sitting instructions & some ~~of~~ sacred advice. There seems to be something for almost everyone I know in T. ~~Man~~

11 Peace

15 Modesty

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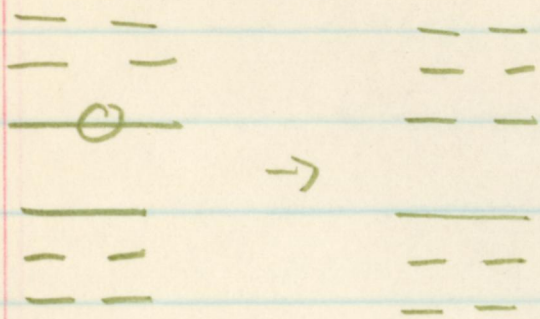
on the house.

49 Revolution

55 Spontaneity

on the boat





62 → 15

Preponderance of the Small → Modesty