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Paper King

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Composition Book

Name *Wm Country* ?

Subject

9³/₄ in. x 7³/₄ in. — 50 SHEETS — 100 PAGES

EASTERN TABLET — ALBANY, N. Y. 12204

Lord & Frau Jaeger by ^{LELORD KORDAL} Alast Kordal.

Mouth - alkaline: digest (well chewed)
fruit, grain, vegetable
(starch & sugar) saliva is alkali

Stomach - acid - digest ~~the~~ chunky
protein & if too well
chewed, a soft baked egg
or ground meat - passes
into intestine without
breaking down ^{into} a mass and

Those who advocate chewing
thoroughly are vegetarians.

To stimulate hydrochloric acid
for digestion of protein, ^{FIRST} fruit,
vegetable soup, or 1 glass wine.

Upper intestinal tract digests carbohydrates
& fats (not milk fat)

complete amino acids.

lean meat, fish, poultry

eggs

cheese

milk

Sunflower seeds

grain, soybeans, nuts & veg. - amino acids not in balance

Diet serving 1 average meat fish or poultry

75 gram protein 1 egg

3 slice whole grain bread

1 pint fresh skin meat or

equivalent in cheese

1 serving lentil or chickpea grain or seed

1 " Cooked green veg

1 " green salad

1 " egg custard

1 " fresh or cooked fruit

molasses has copper, as well as iron
for anemia

Ferrous, liver, haddock, apricot, egg yolk

Endocrine glands

pituitary	E, A, manganese
thyroid	iodine, thiamine (B1) protein
adrenals	protein, C, A, molybdenum, selenium
pancreas	sulphur, zinc, chlorine
thymus	phosphorus + calcium
pineal	potassium + sodium
parathyroids	calcium
gonads	iron + copper, A, B1, D

degradation of pituitary due
craving ~~sweet~~ for sweet

Pituitary E + A stimulate pituitary also
Manganese (citrus, green leaves,

auto. ^{containing} grains, egg yolk + fish liver ^{said}

E Wheat germ

Thyroid

protein (Hidrogen)

iodine, sea foods, vegetable meat

seaweed, kelp

B1

millet, sunflower seeds

liver, heart, brains, lean

beef + lamb

egg yolk, sardines, rice

codfish, chicken

whole grains

fruit, veg.

Adrenals

protein

C

, citrus, melons, rose hips

apricot, strawberries, green

veg, tomatoes

A

B complex

Thyroid Magnesium + Silicon
Calcium

Citrus + fruits, green +
leafy veg, yellow veg,
walnut + egg yolk.

pancreas

Sulphur
Zinc
Choline

eggplant, celery, and
green veg, fennel,
green veg, beets,
coconut, egg yolk,
cheese esp. Roquefort,
dairy, sun meat
salt water, fish lobster
Crab mussels + shrimp

parathyroid

Calcium

meat, egg, dairy

thymus

phosphorus, beet (melons)
calcium

perical

protein diet

behind
mid brain

potassium (potatoe peels)
sodium

eggplant, celery, corn
green veg, berries,
melons, blood orange
citrus + fruit, leaf +
lamb, cottage + cheese.
small dairy, lobster +
oyster

goats

protein
iron

sunflower seeds
feed as treat, salmon
beef liver, organ, dark
meat, leaf + lamb,
egg yolk, apricots,
prunes, raisins,
molasses, grains

1/2 pound lettuce, beet tops,
 leeks, radishes
 half apple
 Copper in corn plus
 almonds
 dried beans
 whole wheat
 prunes
 liver calf & beef
 shrimp
 egg yolks

A
 B1
 D

sunflower seeds
 fatty fish as tuna, salmon
 sardines, cod &
 halibut liver oil
 A long way to go!

1 pair calcium lactate
for each year of age ?

(just mixed egg yolk + molasses.
delicious)

Also potassium next time mix
w/ yogurt ?

supply elm ?

Have seen ~~blue~~ (to deep blue
like mussel shell inside
blue + white circle.

I think the is an over
alkaline condition. I haven't
called 2 weeks ago, fewer, last
week, still feeling tired.

Tired. I sleep 1 1/2 hrs a day!
A long way to go! stand hat
eyes, call for in snatches.
But still swimming.

2 plant changes today. Hope things
quiet down. I must get better.

I remember I wanted to be pink +
yellow. If Sodium lactosamine
balance (acid) + acid, alkaline
balance, is ~~cream~~ color.

Don't know how to sever my
system off alkaline. Salteroff
suggests Grapefruit fast for 1 day,
Vermont fall medicine Apple
cider vinegar. Bad trouble
for knee + ulcer! Help.

Eating a lot of corn pancakes
(I eat meat) + yams + wheat +
protein powder + a bit slippery
elm (that too alkaline +
constipating). Have to stay
off blues (alkaloid) + reds (yams,
sodium). Colors very intense.
Have stopped yogurt for a
while. Causes irritations if too

med. ~~To alkaline?~~ Try eggs.
 Sun dehydrant chow. or load of
 yogurt? Note matter
 needs both iron supplement &
 B12. Aunt needs spirulina
 (iron) Double iron supplement
 + ate 8 slice Bacon (B12) last 3
 days. Depressed & angry. Bacon?
 None today. See tomorrow.
 Hard to get natural stand OK w
 protein. Dream! Mutton chow.
 natural & lot of better you for you
 & water use. Chopt less yang.
 natural + better Yin. ~~Must a~~
~~digestive to launch for tough fibres.~~

Food	beef	28	16	16	dinner	3	vit	4
		19	7	103		3		4
		6	7	33		3		7
		4		20		5		17
		14				1		6
		16				2		7
						3		16

7 | 149
 103
 7
 30
 28
 50
 49

7 | 103 | 15
 73
 30

7 | 8 | 17

7 | 22 | 3

Tenuipeda tea for sluggish liver

Sunflower seeds: A

Shin oby meh

Iron

Magnesium

Pantothenic acid

Calcium

B1 (thiamin)

Silicon

Magnesium

Phenol

Phosphorus

D

good for rheumatism bc of calcium

Peanut seeds

Bitter

Calcium

Phosphorus

Iron

B1

Bitter shortage can heavy on chronic fatigue
which rest does not help

shortage means nerve exhaustion
of iron deficiencies in older body

Shin dig meal - $\frac{1}{2}$ cup more nutrients than
for the weight of 1 qt fresh chin meal
alkaline reaction in stomach
do not take w protein

$\frac{1}{2}$ cups to grams protein

Medulla calcium
phosphorus
potassium
& complex in natural balance
to riboflavin

Honey for heat
" constipation (?)

Thiamine destroyed by cooking 2 h
Soluble in water

insufficient hydrochloric acid cause
of iron deficiencies in older body

medulla oblongata at back of neck
for thought affirmations.

Concentrate on spot between eyebrows
for will affirmations, on heart
for devotional affirmations.

Medulla + spot bet eyebrows
position + neg pole. When
gaze fixed bet eyebrows, current
pass from 2 eyes goes first
to heart in forehead & then to
medulla. Single astral
leg of light then appears in
forehead, reflected from
medulla.

Electricity can pass through a
solution of salt & water, but
not through water or salt alone.

The secretions of the ductless glands,
known from the Greek to hormones
(hormone) enter the blood stream in
tiny amounts as catalysts & control
intelligence & growth, & other functions
of the nervous system. Adrenalin, epinephrine,
Thyroxine (65% iodine), Estrogen,
female sex gland. Testosterone, male sex
gland.

Biotin = vitamin H

Melittin - B2 good for eyes, catarrhs
Mendeleff believed in ether as a material,
belonging to zero group of elements &
was made up of particles a million
times smaller than an atom of hydrogen.
2. this body +
2. the plate. Some few nations of the air

I have an "irregular" spirit, but
AND the only way to truth is through
through my intuition.

The young, soft, smooth, glowing-skin
skin is acid ~~in~~ in reaction, ~~the~~
the pH factor should be 5.5 or below
Ordinary soaps have 8.2 to 9.0 pH
levels. Skin needs acid matter.
All my cleanses are alkaline,
including the fresheners, which
should be acid to restore the
balance, the same as the

Millet - B2 good for eyes, cataracts
if glaucoma, mo s2

~~Starch~~
2 tsp sesame oil
2 tbs honey +
2 tbs millet meal
Combine into
paste + leave
on face 30 min
until + deal with

Muscle cramps due to lack of
Calcium + Magnesium

magnesium helps muscle tissue
relax, prevents loose muscles +
cramped feet + neck

pyridoxine (part of B vitamins)
good for muscular rigidity,
leg stiffness, paralysis +
hand tremors

the older, the more B1 needed

lack of magnesium = irritability

calcium + magnesium relax
nerves.

I guess the bottle of calcium w.
magnesium I bought

Yesterday & night! One
for the spirit who said
yes to this (maybe it was
~~me~~ higher up me)

Iron dissolves only in acid.
Take iron pill w/ lemon
yogurt, cottage cheese, citrus
fruit, apples + tart fruit.

Spermid, combine w/ calcium
in body to form kidneys &
bladder stones. Eat kale,
goat liver.
apricot, egg yolk, goat liver

Fruit, wine, vegetable soup,
bacterial activate hydrochloric
acid in sup-stomach, pouring
in large amount essential
for digestion of protein (meat)

chew veg, fruit + sugar, starchy
foods, digested in alkaline
mouth

Mayo clinic document - meat
eaten in good size chunks
digested better than ground
meat. Don't chew/puncture a
lot. ^{Small} little valve pylorus at
bottom of stomach triggered
to open + empty stomach content
~~into upper intestine~~ whenever
~~food~~ ^{food} reaches certain pulpy
state. I.E. soft boiled egg
leaves stomach before it is
broken down by digestive
acid into amino acids which
are used to rebuild ~~food~~
protein. Ditto ground meat.

Fruit whole, juice goes to

intestine undigested,

Veg juice same - fermentation
gas in intestine. Too heat
producing ferms.

Calcium, lactic acid, B1 + C
help sleep ?

10 amino acids

arginine - lack of, loss of sex instincts

tryptophane - coats off cataract,
children + sex gland
deterioration (vital for
women). Necessary to
utilize vitamin A.

(vit A starvation: eye
diseases, cataracts, respiratory
disorders, ~~heart~~ ~~muscles~~
membranes)

Valine: lack of makes one abnormally sensitive to touch + sound + one has trouble controlling muscular movement.

Histidine - tissue repairs, normal blood supply

Lysine: lack of - pneumonia, acidosis, leaded, degenerative + anemias. female reproductive cycle.

Methionine: if lack: hardening of liver, nephritis (kidney). necessary to keep proper nitrogen balance.

Methylalanine: ^{relate to efficient use of} lack of - susceptibility to disease + other things relate to insufficient \downarrow .

Leucine

Isoleucine

Threonine

+ 2 more!

Austable

De Vries

Green tea has 17.8% tannic acid.

Much more than black tea. Double

quantity of productivity, excretion +

astrengecy come from yellow +

blue wh combined to produce green.

Blue light cures sciatica

? Lila "negative" (blue + violet)

blue glass chest. Then blue gauze

contains next.

for Sciatica

nerve debilitation

rheumatism

Colored blue used in magnifying glass

Babinet, Edmond S. Principles of Light & Color
University Books. New York & Paul NY

Alternate panes of clear & blue glass
heat a room

Goethe on color

Austable

da Vinci

optics

The oblique rays below

Sugar of milk changed by rays of sun
through a prism. Color changed by
thermal ray - positive odor magnetic

Sugar. when ~~negative~~ electrical
rays, negative (blue + violet)

S

Dunlight contains thermal & electrical
rays. It is heating & stimulating
- putting sleepy systems into action.
One, exerting on sensitive nerves.

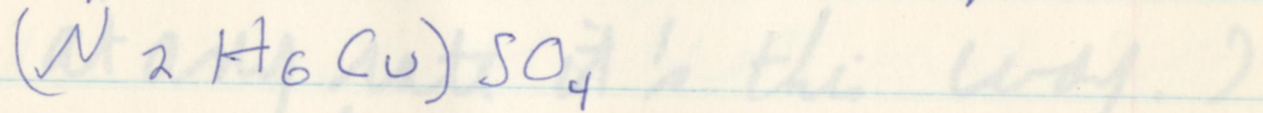
Cobalt blue used in magazine glass

Babbitt, Edwin S. Principles of Light & Color
University Books. New Hyde Park NY

allaus red heating rods to pass
N.G. for sensitive lenses or inflammation

Deep Blue glass colored by using

Cupro-ammonium sulphate



or called on Cupro sulphate of ammonium

the obliterate rods below green

There seem to be some objections to my
setting down & writing today,
whereas ~~last~~ yesterday & the
day before the Spirit was urging me
to write.

at any rate it's this way. I
am tired of this spirit - this "irregular"
force that is totally unreliable,
yet as I think it sends me
signals, yes, a no - & I ask
myself questions all day - &
it OK to let this for my
knee? and so

It is hurting my arm & knee
to night so I guess I had better stop
for a while. She is crazy. I am
at war with myself. I want to
write the things I've been thinking
the last 2 days - about what I
know that is related to my own
knowledge, & not what I know from

after books. Also this matter in fact
spirit says I have not yet learned
to be free of them. Yet when I really
ignored them & had gingerly tea the
after day, I got, after 4 capsules,
such a rush of heat that I had
to take off, not only the sweater
~~the sweater~~ but put on a few minutes
before because I was cold, but
the sweater under that and ran
out onto the porch to cool
off.* Later I was exhausted.
And the next night I slept
under a purple amur blanket
& got the heat again - took us
with electricity in little pieces
around me - the honey & proteins
like that, electricity & yogurt all
mixed up together like straw
going every which way. So I
had to do yoga for quite a while

better
not to
get heat
rush.

to cool that out, ~~or~~ ~~well~~ ~~heated~~
It's better for the blue fire to come
Shandy. I was warned about
~~But I mean about the~~ ~~gins~~
the gray blanket too (~~plus an~~
~~orange one~~) I heard it also
seemed to say I could
handle it. When the rush
from the ginsey was just
too sudden + too much.
The only solution is to find mo-
my intuition ~~that was~~ +
my sense of myself that was
destroyed by my parent as
a child. To find the real
cravings + not the least
ones. Last night she slept
said it was ok to eat scrambled
eggs + I didn't feel like it but
in times of con. panache
→ I did + got indigestion.

So I'm beginning to believe in
me but still, if I don't ask,
What is the correct sheet to use -
I don't get fleas on the anus.
Last night I heard a voice that
was neither by father nor mother
nor me. It was a woman's
voice that said please,
relax. It's the only voice that
ever said that to me (that I
could listen to & do it). But the
prater must have given me a
rest because I got up around
6 to eat ^{chew} ~~something~~ to quiet
my stomach & the bitter
gleamed as bright as if I were
on ~~acid~~ ~~mus~~ ~~caline~~ ~~and~~. So
maybe the prater is a nut
school & how much rest
can you use? I'm eating
can meal powder (Teas)

The cubalcanmeal plus says
flavor in it mix with egg
oil & milk & sometimes protein
powder. Fruit, cheese, ~~whole~~
oat cereal (millet I'm not
sure about too yam?) & no
veg because it hurts my
udder & they're too small
heat. Last night I thought
that Chinese vegetables (all
green & white) would be ok -
I really want veg's but
aside from chakoy lettuce
which sounds horrible I don't
know what to do. ~~So I eat~~
~~fruit~~ I'm of the most ~~crispated~~
chung. In de covered about
food is that chewing ~~some they~~ food
well in the snout ~~areas~~
relate only to grass, veg &
fruit. Fruit juices I must

around with the saliva first,
It pretty disgusting so I try to
eat the cube fruit & chew it well.
After a while you want to do this,
the food just slide down your
throat then in a very sensual
way. I do not chew it & liquifies
fast - just so it slide down
nice & easy. What a boring
book. ~~to add this~~

I learnt from my own heat - the
magenta color is a mixture of
yin & yang, red & purple. I can
soften to a nice easy glow.
This is a healthy aura according to
Leiblich & the one I feel best in.
It allows the turquoise blue
plasma to appear. ~~++~~ the
color for electric energy.
Yogurt, for its use in coating

and the purple is mucous
 forming & I do not let it now.
 I saw a five pointed star in
 my forehead & when I lit
 upon a truth I see a ball of my
 eyes as closed. The endocrine
 glands relate to the planets as
 well as the chakras. As far as
 I can peg it out: beginning
 with the lowest chakra

- | | | | |
|---|---|---|-----------------------------------|
| 6 | } | 3 | 1. Mars, the struggler |
| | | 5 | 2. Jupiter |
| | | 7 | 3. Saturn |
| 1 | } | 2 | 4. Moon |
| | | 4 | 5. Mercury |
| | | 6 | 6. Venus |
| | | 7 | 7. Sun |

~~Because~~

I had cast on my food to

Pass around chest + back.

Wake up with outline of car (30's car) on seat. Meditated ^{them} on it.

I am in car behind, 4 yrs old. Going to stay with aunt, sitting beside her in car. Father in car ahead, going to work. (Mother in hospital having baby). Father lay down off road. I cry Daddy daddy. I guess I thought he was leaving me too. ~~Also~~ Account to ~~no~~ but ~~no~~ only from a valid? ~~shaking my head~~

Tell J about sweets. She laughs. Also tell her ^{what part of} her duffy is bad bad. ~~Wrote to do it but~~ I must speak up. To protect her (+ me) ~~through~~ ~~perhaps~~

I had seen on my food to

Heat
day before I got the ~~test~~ test
too!

Yes I guess it was valid. Today
some sharp pains in my back + in
front in the ulcer region - like
little sharp things leaning the
body, no steady muscle
contraction, then my chest felt
much better + I can lower my
head onto my chest without
causing the pain to reappear.
Usually I hold my head
down but now this. Any
relaxation of muscle + I
held, rubbed knee a lot +
held a lot. Had I can
pancake made up of water +
lean can mix to little
oil + the heat begins to rise
again. Corn is the most

888

Yin of grain! I'm flushing!
Yellow left leg, blue tree (a
was that a sock?) It's purple now, the
sock. Heat's gone. I got stoned on that
pancake. ~~It had been warm by~~
~~it was~~ All is quiet now.

I feel very dumber the afternoon,
working out tension in head
muscles. I'm beginning to feel
loose & limp like I did when I was
in the sent & got all the tension
out of the arms & legs. part of me.
The other day I scratched a tension spot
on the ball of my foot & the heat rose.
Today I got a blue flash of a yellow
leaf & a yellow part! Imagine
when the leaves turn yellow &
all flash blue! Far out.
I got red off the green & sometimes
blue dizziness. But the blue off the
yellow is deeper & not so greenish

The chest feels very transparent & loose but the heart muscle are tight. I wonder about the books on calc. Metabolic calc.

~~Acute calc.~~ Contrast calc. Acute calc, used is most important. When operate. Everything is very bright tonight. I took 2 calcium with magnesium tabs & have felt better since then (about 2 hrs ago) but actually I feel better out on the porch after the pain left my chest & I cannot work on the chest. Earlier today I felt crummy. Crummy even after the spasm of back pain left me. Venus went into Libra today. Perhaps that helped. The other night when my chest hurt (a little cold) I kept sending love to the congested area. I caught a few turns & felt much better.

Sending love to a certain area &
different than looking at it &
demanding it get well. ~~It was~~
It feels smoother & works
better. The ~~less~~ tension go
away faster. ~~It works better~~
I'm used awake no naps. Getting
better. The naps stopped this week
when I got fed up & wished they would
stop. I think I made the naps go
away by del. I think I made
my need for afternoon naps go
away by just ~~trying~~ earnestly
wishing to remain awake all day.
Of course, I may have slept myself
out. I'm sleeping less at night too.
It's hard to be certain of things like
that. On the other hand I have
~~expressed~~ ~~just~~ at earlier the
summer I was glad to nap in
the afternoon. (Eating Yogurt

periods ~~wheat + fruit~~ wheat the
yogurt I ate wheat + fruit. Now
I have dropped the yogurt + added
egg. Corn instead of wheat.

I also eat some cheese every day.

I just said to myself "I'm a
philosopher" I heard a voice say
genius. It was the faint voice
however that been saying lots
of things but I haven't - longer
be buzzer on dryer - some people who
arent crazy already by gadgets to
drive themselves. I listened to
this one, I cant hear it well, I think it
clearly out the brain a memory a
something. Its easier to ignore than
all those usual signals. ~~Will~~
~~get more information~~ • My mood
is exceedingly cheerful tonight + I am
able to write these details. Usually Im
so bogged down + depressed I cant

left the pen. Is it the ^{same} can't be? the
Calcium + magnesium? the 1 died
epi cat + to dies big? Later also
today 4 can pancakes made with 2
eggs, 2 small plums + 1 Oreo cheese
protein, 1 vitamin B shell, 7 vitamins +
(Calcitonin 1250 mg) leaf in day.

Perhaps it happened while I was
massaging the knee +

Commanding it to get better
(neef, used low) + holding
like crazy - that's when I saw
the yellow leaf turn blue.

Was I rubbing my head? That
was shortly after the knee.

Letter was a lot of tension left.
The energy to planing more
feels now. I heard the now
create it in I wasn't going
to put it there. I just saw the
black from my 2 legs on the

doorway. It goes further up the
side wall to the bar here.

2 days ago
Yesterday I saw an entire class
action of my profile of the
knee. I should stand up
straighter & ~~too~~ get thinner
under the chin.

Was this all from
realizing I really loved my
father when I was 4 & I was
afraid of losing him whom
I loved & I ~~suppose~~ I tightened
up in the chest & stayed that
way ever since? Things got
worse, not better, in relation
to parents. Ah so.

Great yawns now, working on
tension in outside part of ~~right~~
calf on bad knee leg. Foot
blushing.

I think there is now a

possibility of the signal ~~being~~ not
~~means~~ ~~correct~~ in playing
games with me, & of my controlling
my body with my ~~mind~~ will to get
well.

~~At~~ About 2 weeks ago I
had my head bent & I felt the
~~brain~~ ~~relaxed~~ that at the back of
my neck get really warm &
relaxed. It was just before
the apt.

Slept under the grey blanket again
but switched a cotton quilt for the
orange basketweave wool. The latter
was very hot in a way & I experienced
a headache upon going to bed. After
I switched the headache went
away but I had some trouble
with the knees ^{pelvic} ~~after~~ area under
the blanket. I concentrated

on this for a while & the pain
went away & I fell asleep. When
I awoke I did not have the
burst of electricity ~~any~~.
My mind however never
shut up talking to me & as I
wanted that at something, it
wanted add a useless phrase
such as "for the time being"
or "now". It was difficult to
quiet my mind & I made no
attempt at yoga other than to
work out the neck muscles a
little (I hear some of the a-
write it). I decided to wash
my hair as B is coming up & I
haven't washed it in 2 weeks.
All the spiritistic indications were
against it. This has happened
before. Evidently the magenta
& blue turn purple & green -

what is a lower energy level.
a something. ~~starry~~ I still
have that old fashioned idea
that one must look nice for
a friend whereas a high energy
level is really the sweetest level
of all. I never have wasted
the damn hair in a few
days. But I wasted it + ate
2 corn pancakes made with
water (only 2 heads) + was
still starry & I made
another meal egg + milk +
oil, had a piece of cheese
some raisins, 2 plums +
the iron, B, C + calcium pills.
I feel better but like taking
a nap. ~~Maybe I wasted~~
~~at~~ I haven't felt like a
nap (head: all week) so
maybe the walk day was

away something. My left
shoulder hurt so I must
stop.

Ma little book by the
Rosicrucian they call the spirit
fire the blue of a gas flame
could be the softest red & yellow
strange it & the blue of
candle the electric blue I
describe. I see it lighter
than a gas flame & with
more turquoise in it. The
pinned is behind the 3rd ventricle
& the pituitary in front. The pinned
resemble, they say, a mushroom &
the pituitary, a female.

B didn't come today. I'm sorry I
wasted my hour. I feel unwell &
weak. Very weak. Change to cry. He
magister & blue is gone. My cell
returned. I feel sad indeed. I ate


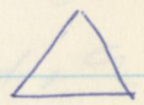
a huge meal card has because I was
swept out + all the sweet
hurt my knee. Pain. I can't go on
this way. I can't go through another
month of cold + depression + low
energy. I just can't. It's going to
take 3 more weeks to get the knee
better. All because I said "Water
can't hurt you" so I went in
swimming against my own
judgment + ~~that of the therapist~~
against the spent advice too. I'm
angry at him - he's always
projecting - but I'm a fool to
listen. A feeding fool. Water
wiped out my energy + prevented it
from rising + gaining strength.
We had a cold for 3 weeks. I wish
it would go away. I got a signum
some time ago it would take
4 weeks. I'm tired of waiting.


I thought me another sweat!
I even asked her for one back
that I'd give her! I hated to do that
but it was the wrong idea & not
being of the wrong area too - Purple
area & "last year's color". She
returned it with no resentment.
Just read ^{earlier} part of an all this
book & started to laugh so I
feel better. ~~But it going to require~~
~~editing to take out the ~~guesses~~~~
~~errors.~~ It's incredible the
difference in yesterday & today. I feel
like the yesterday I have a lot
of ~~resentment~~ against B & was
mulling it over & feeling - I am
feeling lazier & resentful &
then the sleep-lameness on the
evening & I feel wonderful
& no longer resentful of B.
So and I should have

Consolidated my gains & not
wasted my gain. Besides it was a
lousy day & I couldn't do it
outside & I lost most of the
afternoon outdoors. ~~For~~ I ~~let~~
I should have waited till tomorrow
I let anything it a shot sunny day.
If only I didn't rebel at the wrong
time - ~~But~~ - to the spirit instead
of trying to figure out what it is
telling me! If I would sit
down & ask it as many
questions about what it says
on as I do about some future
problem I might get somewhere!
Incidentally I shouldn't
have wasted by plad velvet
jacket on the washing machine
if I'd listened! The velvet is OK
but the shoulder pads fell
apart & now it is a droopy

50's look instead of a bold 40's.
Beside the luxury is all ragged
now & I have to see it. ~~the~~
~~the~~

Yesterday when I was up the
red leaves were brown & the tree
brown blue. That only lasted a bit.
Today I slept on the water bed w/ the
electric heating unit on. I woke up in
the night with little bit of electricity
like straws so I went and a red
lit warning light on the wall so
I went upstairs to coal out.

Saw the diagram  with 

lit up and then this  lit up.

Danny yoga today all kind of
flashes. I ate part of a Tupper
milk bar again ~~the~~
and the sugar do-hans they
for my knee. O keep seeing

it on my knee so I have to recite
my mantra + make it go away.

Whenever I see something like that
or a circle of blue + orange + cream
(Uterine + cream) or deep blue +
white or dark red + ~~purple~~ blue
I concentrate on the area & it
goes away. These seem I

have to assume appear ~~fairly~~
on places where ~~there is a muscle~~
~~tension~~ that needs relaxing - a.

~~also~~, where negative energy ~~is~~
is stored. ~~same thing really.~~

Sometimes a piece of clutter, or
the lining of a jacket appears +
by ~~con~~ reciting the mantra
or concentrating I send good
energy to it to burn out the
~~bad~~ old + worn. bad, i.e.

negative, diseased, ~~etc.~~
~~out that~~ So we rebuild.