

~~RECORDED 196~~
POCKET MEMO

Name

98 ~~Book I~~
YOU SCRIBBLE IT IN
80 SHEETS ~~19 sheets~~ **29¢**

~~Pm 215~~ **No. 5629**

don't make
big priest

~~RETREAT 76~~

MIS FOOT WIGGLES
I AM STUNNED

THIS IS YOUR
JUICE CLASS
REMAIN HUMBLE
IN ROFFEEHOUSE
MYSELF

REVERSE SADIANA
SOME BIG ~~WADIA~~
~~SATCHIDANANDA~~
SAY SPEAKER

MAKE NOTES

" we are obsolete "

" we are hypnotized
into thinking
our SCRIPT

is different from
we are trying through

Alvisechs

we are trying

happiness

anyone who
practices

pranyama

H A P A VISION

JOKE

a person who is

generous

is always

I have written enough

Who's QUOTE
dancing it?

I F O O K M I N D

HANNAH I CAN THINK

I AM STUPID

IF ONLY
YOU COULD OBEY

“separating
anxiety from
happiness”
erase

this page
and sit still
itches

IF ONLY I COULD
WRITE

SIT

SUN

DEAR NEW PAGE

WRITE

Carol

~~SUN~~ DEAR BREAKFAST
I WAITS

~~vitamins for men
paine - A-E-
sesame oil
lecithin - good~~

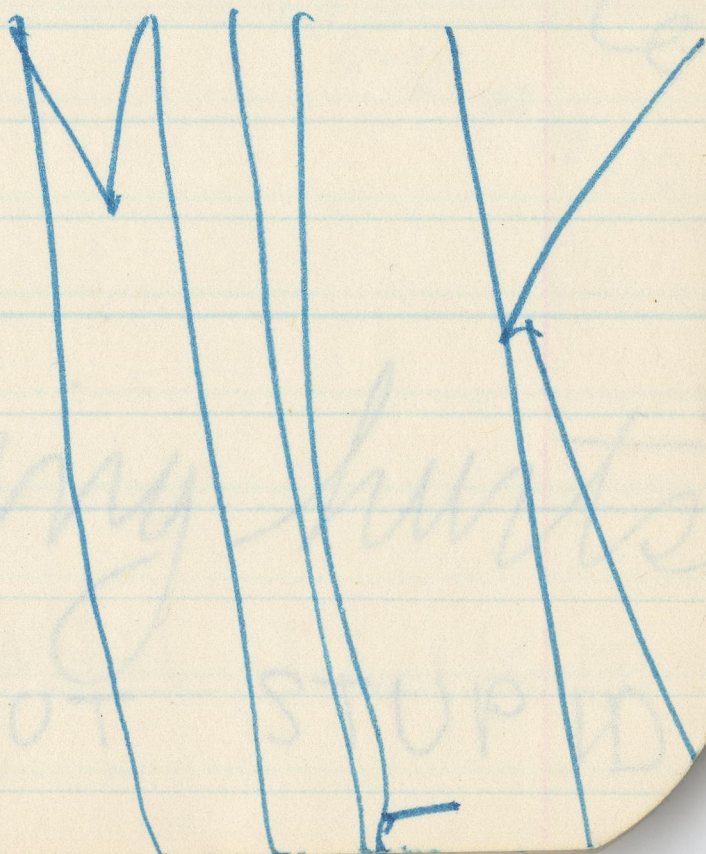
Wait

ask ~~Satchidananda~~

NO ASPIRIN

FAST NEW YORK

BLOOD STREAM



driving hurts

YOU'RE NOT STOPPING

4

mom wants a little

driving hurts

YOU'RE NOT STUPID

~~MONDAY~~

LOUNGE
YOU FEEL like CRYING

I LIKE DESPAIR

OH HANNAH I LIKE

many
across forehead

THINK ABOUT
THIS

MANNAH I THINK

I AM MIND

cancel

WHO THINKS
I DRINK COFFEE
GET OVER YOUR COLDS
PING BARK TEA
6 MONTHS ILL

FEEL STUPID

~~Shawn doesnt help~~

~~Now~~ IT STILL IS
REMINDS
I'M TRYING T
WRITE A SERIOUS
QUESTION
ENJOY YOURSELF

TONIGHT

I WROTE 2 QUESTIONS
WHICH FINGERNAILS
MORE RETREATS

I SPELL

MY HEADACHE

DESPERATE

THE FOOD

SIS I SPELL AWKWARD

~~I knew larger
notebook
describe more
fun than~~

~~this size page~~

~~AMC~~

There are INSTRUCTIONS

during PUBLISH

hatha I SEE MY

MIND

OUT OF CONTROL

THIS IS MONDAY'S
THOUGH I DON'T
my
I SQUINTS

much part so quiet
PERIOD

THIS IS MONDAY'S
THOUGHT. Today
my SERENE
mind got so quiet
CONSCIOUS

mind wondered
where everyone
went

THEN
conscious
mind looks

around

+ feels body.
~~and~~ ~~the~~ ~~the~~

no thoughts
~~the~~

my silent is
ground

INSTRUCTIONS
WRITE IT'S SIMPLE

and explain

problem

Canal

COMPULSIVE
and STYLE MIND

says BANG COAT

COAT IS IN DUST

mat
Mother

needed I say

it said it TWICE.

I DIDN'T KNOW
WHETHER
cold or rain.
But I didn't

like
swinging
coat

I was CORRECT.

WHY

DINNER

ASPIRIN

later - GOOD

I surprised
fall asleep
+ diet aspirin

~~I DID BOTH~~

I COMPLETE THIS
PART

A LITTLE WORDS

A LITTLE WORD HELPS

A LITTLE MUST

YOU THINK YOU

I MUST YOU

HARI OM

I MUST WRITE

FUNNY

HANNAH
HURRIED A SPACE
LITTLE

ENJOY SILENCE

THEY DON'T USE
HEALING POWERS
THEY MAY LET IT
BE

JULIE

WHY AM I

SURPRISED

A LITTLE

HANNAH I WRITE
THEY DONT
UNDERSTAND

PHYSIC

HANNAH I CAN
UNDERSTAND

SP
PLAN
PRINTS

I BEING MY MIND
DISCUSS MY
PROCESS

I LIKE MY
SILENCE

TUES WORKS

LECTURE

~~DISCRETION~~

&

DISPASSION

CONCRETE

Say public can be
learn

sacrifices

office

Say public can be

~~good~~ is

conscious

Wade's class
HANNAH I DONT

THINK ANYMORE

I am yours

wads across
blank face

Whis' wags

Wanchyana

QUOTE
Maybe if you
do everything they
ought you
will become
LAUNDRY
CLEAN
THAT'S CLEAN

~~W/lot~~

QUOTE

Maybe if you
do every thing
right you
will become #

A LAUNDRY

CLEAN

~~HANNAH THATS CLEAR~~

I LIKE S

MY SILENCE

MY PERIODS

cancel

AND A

VERY

QUIET

LIFE

YOU THURS MORN

DONT DIE

I have an
allspicate
dream where

~~some~~ ^{50% page}
~~WMM~~

is printed in

say are you still dont
~~may~~ scare people

~~Watched and read~~

~~newsletters.~~

I still face

jealousy

& the closure to

SPLENDOR

~~say what now~~

to be Annam

DISCUS
with the staff

I write 3 notes

notes wouldn't
punish herself

I WANTS
TO ANSWER
I WANTS
TO COMPLETE
COFFEE

IT TAKES
A MONTH

OR SIX WEEKS
TO
THROPEZ

ant

HATHA a

SUNDAY

NIGHT IN BED

~~Fri~~ GO TO NEW YORK

BE VERY CAREFUL
~~SATCHIN ANANAN~~

ARRIVES

I TALK MEAN
WITH AMMA

UNKIND

I TALK ^{PLAIN}
~~NICE~~

I DON'T TALK

NASTY
I OFFERS

Mother is asleep
in bed
crying

~~FRI~~ SATSANG
I SEE LIGHT

DESCRIBE
~~I STRICHION NANDA~~
SIMPLY SAID

I SAY SAID
A LITTLE SOFTER
HE SAID

~~1~~ ASK DOUBTS
VOLTS

of ENCOURAGE
A WORD ENCOURAGES YOU

Cancel

~~I + MY FATHER are~~
~~one + the same~~

SO HE KNOWS
I WRITES MY SILENCE

NUMBERS

I SEE PHONE NOS.

PHONE

2-25050

HELIP YOURSELF
SLEEP

I WORKS TWO
WORDS

I DONST SPEND

* The very first
Commandment *

You may NOT write

BIGS FOOL

I WRITES HELPLESS
YOU MAY NOT PASS

HANNAH YOU HAVE
A TELEPHONE

BIGS WORDS

WRITE

I WRITE DOUBLE DAY
2 YRS AGO

Don't eat the fruit

of your work

DONT CREATE

PUBLICITY

KARMA * I QUOTE

do not for SPEECH

human work

end of fate
of your actions

KARMA IDEA

HANDLE IT GENTLY

~~YOGURT HELPS~~

I WRITES PUBLICITY
IN NY NEWS

IT WONT WORK

THAS MY IDEA

SUNDAY TIMES

IS DONT OBJECT

YOU GET THE NEWS

"this is omat this line"

Olga Urra