

SEMESTER
COMPOSITION

A

CITY
~~City~~

32

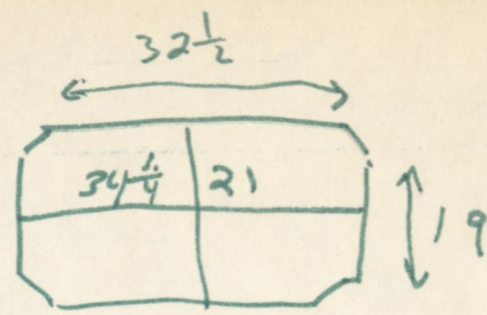
NAME

280 Pages

\$1.00

34 3/4 x 21

x19



NAME _____

ADDRESS _____

SCHOOL _____ TELEPHONE _____

SCHEDULE

PERIOD		1	2	3	4	5	6	7	8
MON.	SUBJECT								
	ROOM								
	INSTRUCTOR								
TUES.	SUBJECT								
	ROOM								
	INSTRUCTOR								
WED.	SUBJECT								
	ROOM								
	INSTRUCTOR								
THURS.	SUBJECT								
	ROOM								
	INSTRUCTOR								
FRI.	SUBJECT								
	ROOM								
	INSTRUCTOR								

ORLANDO PAPER CO OCEANSIDE NEW YORK

260-0273

I have a new pink pen &
 a new fat notebook + I
 came back from visiting my
 family + parents. ~~What~~
~~What~~ saw red coming
 out of my mother's head
 + looked red + as luminous
 blue. ~~What~~ look
 purple that from my father
 chair + looked the whole
 time. ~~What~~ ~~What~~ beam
 purple + yellow of looking

cards + someone about to cheat
me. ~~But what is the reason~~

walk up to cat scripping
at some thing over my head.
an anxiety thought form?

Was I dealt a dream?

a law spirit trying to
invade? a fly?

Weaving many blue sails ports
the hunt started. ~~What is the~~

heige green yellow best.
Aunt who heats up a lot

weary blue, mother Cubo
always cold wearing yellow.

All first w. family. state
diet to eat cherry pie.

small ~~piece~~ of cheddar gave
no diarrhea. ate cereal

& meat today. Heard voice

say banana. Heard voice

at Jimmy's parent's too;

also a lot of purely uncom-
fortable energy that has

calmed down. Had to change

death after 1 shave twice.
A flat on a ^{red} bet in my
own room - luminous blue.

Today I got a definite ^{yes} ~~strong~~
sign ^{on the cheeks} & went to the chiropractor

He wasn't there. I also got
negative sign on buying
my soap, toilet paper & Kleenex.

Well the ~~last~~ ^{last} ~~last~~ ^{last} some fault
w/s. Maybe its the full moon.

Saw blue clouds above father's
mother's head.

I think voice I hear is my mother.
Just heard name of her
cleaning woman. Saw cat
image on floor. Had carrots
for supper. Glad I came home
1 day late - the radiator had
flooded 3" on floor. ~~Was~~
Tried before I got here.
Hittly says yes is left side man -
piled kitty. asked kitty. -
What is yes? That you people
flash from kitty left side
Hittly cat on page.

I saw left wall. Floor from
hills, stonard, red, like mine.

~~What I say every day I wanted~~

~~What to do now ~~spelling~~.~~

To apt. tomorrow. See if

I can lie on bed. Order

phone. ~~to~~ See if M in

town to help fix it up.

Get chairs & table + rug.

up high when it hurt. ~~had~~

~~to~~ ~~had~~ it down. I

am stupid - that's

The image are fainter - the
body zaps are fainter. In
the city - why? It comes. We
argue. We think of sad-
masochistic relationships.

I'm trying to get him to
understand ~~the~~ my
reality. Leave space for me.
Not put ~~the~~ heavy bottle
up high when it hurt. ~~and~~
~~try~~ to haul it down. I
am stubborn - that's

reverse. ~~Don't know~~

in a kind. If I fight bad,
fight continue. If I require
to doesn't like my tone of
voice or way I stand. He
think I concentrate & use
mantia all the time. I
don't. It says I have defense
against the energy. I guess
I do have defense I don't
?? but I can't feel the
defenses. Or have do I have

As they have. Have to get
rid of them. ~~But~~ act as if
they exist & try to break
them down? Be receptive to
next energy level. ~~see~~
J. Call B. Info about
abertons for C. Must learn
how to avoid argument with
R. My mate a Ugo.
P. no at any price. I was
quiet. I'm still in
rebellion to that.

One in a while have
to use silence to end
argument. Or concede
a whatever to get out
of the back & forth energy
that goes on numbers.

Sky what I want later -
in unmaterial state.
It always a simple
thing anyway. 2 bit.
No. The thing is simple but
the underlying personality.

I feel asleep while they were
putting in the kitchen floor,
shimmering & sparkling

Western copy book

corn? came in 2nd

duddy's no something

the lady came in

2nd

John Lewis came in last

(last with all the blue

before.)

If I could remember the
name the name the
name who was

Western copy was

Comie? Came in Jan

changed no something

the lady came in

2nd

Over land; came in last

(last with all the else

before)

Met K today. Walked out
to get her keys. Go to
shop for food. No. says
it. Turn home. Turn
home. See K. give her
keys. Then go buy food.
No. look for pet shop.

Met her. Turn right

Ms. Turn left. See K.

Walk home with K. Keys

0/2. Leave hand close

See V. Syndr. Waking

Read apt. Game floor
as when I am. No
looking. It vacate
itself. I pay back rest -
must paint, pastels.
Here, poet, see in
where old my shirt.

Glass phosphorus blue
purple on right sleeve.
Color of death? Color of
dead flesh? Color of fist?
Cat eats my fist tonight

It doesn't want me to eat
fish, milk, yogurt
cream or soy bean
margarine, ^{hows} So what
else is new, it? It is
monochloride and vegetable.

Im running like man.
I hit. Unless I heat it out.
Been eating in class.
But for head, down
got milk with holes. I
mean it makes my

feed stuffy. If I could
eat rice, kasha & millet

I might go mad. Have
to try them again & again.

Rain in Seattle last
rice meal. Congestion

in nose from millet.

Stomach upset by kasha.

Very soup thick but
I eat it anyway. Very

good. City is dirty but

OK. I like security a lot

of people. ~~I'm losing~~
~~my vision~~ & I don't
see as much but I feel
stranger. Periods Yesterday
Slight leg cramps &
Calcium + magnesium
no cramps yet last
night today & tonight.
OK. No more sensitivity
pain w/ periods. Masturbate.
Feeling still most on
left side only. Can feel

congestion in head,
girdles erect
muscular capsule
last week, lot of gran,
saw flock 1 white $\frac{1}{3}$
puttler ^{comes} from right
side of head 1 one from
Ante top. See black
white dotted line on other
people's heads, ^{right shoulder} mine? -
trying to relax + not use
mantle. Recurve. He

higher energy must be
received. One must be
passive - relaxed -
negative - passive to
the positive - active
self. You have the
head & bend the knee
to stand all your
muscles & I rise out.
~~In that pass~~ But eye not
open yet. Following
my intuition & ~~down~~ -

~~desire-there~~ more but

not really. I thought of
calling R. but didn't &

he did have a party!

Must act - be active -

positive - on intention

and it is achieved. Pass

it on duds! Do it.

Love is love, relationship

misrochestie or podistie.

I say no. Ha. I hope.

~~Happy~~. K. Shire.

I smoke dope. 4 sets of
beer to relax after night
feeling before period starts.
~~W~~ Must take calcium &
iron 4 days before period so
no drows. Write this
note. Note follows.
Mat best on 4 sets beer.
Blue tunnel flushed purple.
Nails split. Nutrition need?
Calcium? A white in
fungus & ^{fox} toes hurts. No
milk.

Did not one thing I
understand. All fair hands
+ love your brother. Hengo
father
on + love the other. There
great golden flashes that
come from me are from
the magazine. Pure light.
That's what we want. No
hills on the head. Oh no!
No. Well be yellow for
a while. We'll see. at
heart. Say to L. It

important to know what you
really need, ~~get on that~~.
separate it from ^{numbers} work.

Saw great flash of
rainbow light on that
statement. You get what
you need. If you're on
God's side it's
light. Saw yellow
flash from that as I
wrote it.

in ceiling or cabinet

The latest sign is a dark
ring around ~~the~~ someone's
eye. Like a black eye.
Saw it first on me in the
morning the day I ate the
empty milk carton caps.

8
8
8
8
8
8
8
8
8

●
§
§
§
§
§
§
§
§

Use wrong color paint colors
ch. yel. mixed in white
on black ceiling with white dots
on window frames. ~~on cabinet~~
on window frames on
br ceiling on cabinet.

~~Has fallen~~

~~Passed madbox~~

In hall. I thought: check
madbox. Didn't. Next day

madbox rabled. A few
minutes before I came

to visit I start thinking

about him. Decided to time

it next time.

Sheet checked out. Life may
on train

Lymphatic system - lymph, emulsions
to brain
reticular system - cortical
information input.

Don't be at the mercy of your

input system.

Inputs to cerebral cortex
various & rational

1/2 inch miles - x

memory - hippocampus?

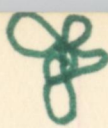
lateral hypothalamus - primitive part at
base of brain - cortical hunger

anger & aggression - anterior part of brain





Split brain



As Michael Saxinger Gazzaniga
halves of brain
one ^{or} hemisphere of brain
influenced by one left eye.

speed + language in left hemisphere

right hemisphere
- spatial, abstract
- non verbal

can perceive but not speak.

visual - what is where

double consciousness

left + right hemisphere of
brain

- split brain - just two brains?

Art is an ~~unconscious~~ attempt of the
non-conscious mind to reach
conscious knowledge.

Now my art consists of
drawings, similar to thought
forms - ~~so~~ thought forms
as just becoming conscious
it reaches, ~~attached~~ to me,
although I have knowledge
of them. There is no mystery
or challenge in the drawings, as
soon as I recognized what they
are.

The challenge now is to see
more. Now I wanted to
to draw what I feel, if I draw
at all, & there would be
diagrams, not art.

Burdjiff says there is
conscious art - I would
like very much to do that.

This book is not art, it is
information, a document of
my life. I don't do

~~great pictures or great~~

satisfaction from doing
it, only if satisfaction in
knowing I have done
it. I need to communicate
& so must write. I am
unhappy when I do not
write, & delighted when I
have something ~~new~~ to say.
I miss ~~some~~ art. I
enjoyed, involved myself
in poetry & theater. I
learned a lot - the most

~~important~~ ~~the~~ ~~most~~ ~~important~~
thing: that those who
understand words will
understand what you say
no matter how what
manner style you say
it in. Those who do not
understand words
imitate your actions, or
your words. They repeat you,
perhaps attempting to reach
~~the~~ ~~state~~ you by being you

To understand how one can
imitate his style, ^{years later.} but I am
not thinking of words to
mimic as actions - the same
~~verbal people - the right~~
~~side of the brain people,~~
~~substance, can~~ people
do as you do. When do as
Christ did. Look at those who
did not understand him,
imitated him - result,
Anastasis it's OK to
suffer.


I don't even believe he
suffered. You can will down
feelings from your hands
& feet easier than the rest
of your body - I think -
~~is. I don't know how~~
he was very high - certainly
he could control his
feelings of pain - we are
attempting to control our
brain - the receptors of
feeling sensations + information


Christ was a great man,
a learned, evolved man,
~~it is in that house~~
his power & ~~the~~
~~head~~ ~~what~~ ~~that~~
He ~~at~~ has ~~taken~~ ^{deserved} ~~away~~ my
sense of smell. I had a
sore throat for a week. I am
still easily susceptible.
My head is clearing up now.
Chest coats muscle
spasm, ~~in my bed~~ ~~should~~

Soy bean mangelweid
creates a luminous blue
glow. I hate the color
but I'm not sure it
happens. This luminous
blue glow I see in the
barrels, ~~and~~ intestines
when I'm constipated, &
from the feces. Is it
protein? ~~Does it matter?~~

My sensitivity to vibrations
increased with the ^{or after} fecal
thrust.

It is funny to write. Hobbit is
depressing. I feel loosed
up. I sit on a bed all day
& night I lie down I
read I write I watch TV.

 I go to the kitchen to eat.

 Or I go out. But not much.

I'm still trying to clear my
head & open my third eye -
read another energy book.

A lot of the zaps I feel on my
body must be nerve

endings - ~~to~~ ~~no~~ ~~no~~
comedy to life? - a lot of
Zap on medals prizes left
hand & also a board of
pimples rust. Blood
purifying. Had this rash
last year also. Last night
relaxing trying to read alpha-
heard cat chewing - decided
want cat to eat every box so
started to rain lead to look.
Instead saw picture of

red ashtay in front of me.

Checked it out. Cat entering head

from red ashtay. Have only

partial vision. A corner

dark. Somehow this information

came to me in the last 2 years.

It made it difficult to read the

words when I would see words

until my eyes closed. I used

to see a lot of words + cartoon

animals + colors with my

eyes closed when I was

taking ~~notes~~ &莫斯科.

They don't seem to have much
meaning. He was very in

stylized print. I used to be
interested in type faces.

Everything we do is part of

do, the world mind, the

new lighted mind.

What concerns me now is

this really one of my lives or

my only. I can't remember.

Where is that memory (street)

what part of the brain
handles future
knowledge. How do
we transcend time. It
is only, remember, another
dimension & of us can
walk further than a 4
dimensional yardstick
out of a 3 dimensional
building only not out
to beyond of a 4 dimensional
time. I do. ~~By of~~

My question is - how
far in advance can I see, or
know. 24 hours seems
certain. I wish I were
better at documentation.

Inquire me. This is not a
scientific treatise or an ad
with this is a day. Ignorance
logically & categories NO
@ XCVSt.

Sometimes weeks. I knew her
experience, & wanted someone

Always to need or call someone.

to the court, for a long time

to pick up the stuff we left

there. 5 weeks ~~last~~ last

to still haven't gone. of

course I took with me what

I needed, knowing that -

and not a dent do it ever.

Going to need to call someone:

A negative ~~test~~ sign is

not enough - it doesn't

tell me why. It may be

only a - wait a few minutes

2 hours, 'not home,

1 but for they're coming to you

and not a dent do it ever.

~~was~~ was a shed there

~~was~~ was a shed there

then. It's possible 2-

Disturbance between

Repetitive sounds like

I moved into my new apt
last night. Took $\frac{1}{2}$ hr to haul
8 shopping bags down hall.
Borrowed 2 plates, fork,
2 spoons, 2 knives, 1 shovel,
1 pot for frying, + 1 for
boiling water, 1 cup, 1 chair.
~~There~~ was a bed there.

~~Borrowed a clock ~~that~~ one~~
~~then. It ~~was~~ 2-~~
~~Stereophones ~~library~~~~

Refrigerator, sawed, like

an alarm clock. Spilled
turpentine on sweater.
Bought cleaning stuff - Lysol
liquid, ~~band-aids~~
~~window cleaner~~, ~~etc.~~
~~handkerchiefs~~ paper towels
etc. Spent 40 on paint
& hardware misc. Laid
gallon flat white base
piped off. Covered base
saved $\frac{1}{2}$ (2) pounds to
look at. Feel strange about

No television. No telephone.

Feel removed from audio

visual contact. Set + load

at head wall. Go crazy!

2 You sit down here. Next

time of T.V. No picture yet

either. Feel strange -

no feet - no sheet even

nothing obstructive. Just

at floor painted too

deep a color. Wood panels to

look at. Feel strange about

passion. Now want to
buy or use. Borrow R's T.V.
Radio. Buy few plates maybe
plate. Ink. chapters.

2 sheet, 2 tunnels, something
to do yoga on, quiet.

It's sleep better to
work some low burden
on the region. Yelak,
stagnant. I almost myself
used foot - a piece of
hundredths can
see hundredths cost

New Year - hard - it
depressed me when I was
alone but a glass of white
wine & company on top of
it made me happy
for a few hours. ~~of~~
A's sleep helped too.
The doctor says some business
in the region. Yesterday
~~stayed~~ I almost myself
with food - a few ^{hours} of
luncheonette can
~~the~~ luncheonette can

muffin, ~~quaham~~ which
left a demerical taste &
acidity, quaham powder
which added to the stomach
acidity & a ^{clear} long
cheese & mayonnaise &
white bread sandwich
which not only added to
the stomach acidity but
also in an amount of
gas pain. As had a
whale ~~quaham~~ powder

It might have been long
and an ordinary sheet is.

~~Hard to believe her suggestion~~

~~was proof to~~

Woke up to unit. Maybe

my own place unit left

after all. Question as I

go to sleep shall I get

a brand new sheet?

The hunt for was a mistake,

Say my deenater spent.

attach ~~small~~ where is

the organa paint.

Please? Found to be

table on table music

place to burn candles

set on top of 2 drawers on

front of window

this morning - yoga for my

sins - give out of soul.

tonight brand again.

plus honey getting to my

hull. ~~at~~ started.

My signs have shifted
side Yes is on the no
line + no is a response
who knows where. I'm
convinced intelligence &
spent too much
energy figuring
things out since I try
to figure out if something
is going to work before
I do it. Set alarm for 8:30
Sun flash on 9. Changed

at 9. 1 half 9 OK.

9 OK ?

830 OK ?

Afternoon 9 OK.

I see ^{insects} flashes on

the TV guide when I'm
wondering what movie

to see. I see a car

knocking on the air. a

rainbow & my

curtain shut. My

Supps won't work too

far ahead of time now.

There are green flowers
on my bed. No on

flowers. yes on bed. See

means nothing.

Keep seeing green &

white circle, like the

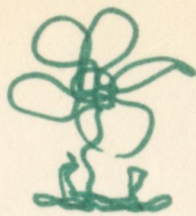
inside of my wheel

maybe. It gets redder

if I eat/drink wrong.

Grand blue on drink.

Like the time a name



horn with hands in
horn to blue hands
blue face. It a blue
flash over hands color.

I saw a star, clear, over
my stomach the other
night. 2nd Chakra?

No sign. 1st. no sign

3rd. No. Hmm it had
to be one of them. No No 3.

In claw at learning.
In claw at learning. No.

Full moon in stomach.

Color yellow-orange. Flow

palp stomach color.

I sometimes see a cone of

palp blue legist coming

out of people's eyes.

During yoga. Cold in my
left leg. Heat in my left

ear.

I don't think my spirit
wants me to think too much
in advance. (like shawl)

Call m. It said no

for 3 days but now that I can
call tomorrow it says yes.

We are ~~disappointed~~ in the

Jesus did

help ^{in the}
we are ~~from~~ the Essenes

~~to~~ a quarter time

the time

Show another $\frac{1}{3}$ on the art, -
including 679 ~~has~~ on a
~~space~~ space age dist
chassis. I thought a lot
about slendering 679 on a
space age dist chassis.
3 ~~attempts~~ shelves in the
kitchen window. It won't
really clap a ~~delusion~~ set of
artist but I feel it will be
the - unusual deterrent -
that helps. ~~and really funny~~

Found 2 tables. Can be -
small - 1 alloy with tiles on
it - no wood panel. Also
one marble and gave to
K for table top. A slum apt
is more like a loft than
a regular apt. Maybe it
the best culture - but also
the do it yourself aspect
walls, lights, etc. In a
you've got to do something
or it won't last really long.

Don't watch so much TV. Listen
to more F.M. Started Christmas
again. Nearest of special
as I feel asleep but know
on don before I got more.

Stamps and cards. Grandy
kicked me out for a day.

I bought a brush to clean the
tablet with 98¢, plastic lined

paper roller 10¢ + 3 way plug 9

didn't need 25¢. Also a dust

pan brush to go with the

dust pan + broom left in
apt. ① rubber gloves

In cleaning the stove.

In flashing colors
again. Purple across
upper intestine. Put over

greenish lower stomach.
Red + blue up right arm.

Needed table & chairs.

Borrowed chair from R.

R threw out ugly chair
came until apt. asked

maple - Go to upper east
side on Tues night &

find table & chairs - ^{answer} - no -

chairs night on upper

west side - answer no.

Rover east side? More

called out. yes. Worry

about have to carry

them home if I find

them. Will R help me

with car? ~~Today~~ Last

night K wants to move

refugees near door.

Sign for "no" even
there's eventually I

went to there. Today

Open apt door & find

table & chair in hall.

open door under (no

refugees in way)

& haul them in.

Glenn K's remind

Table has no top.

K offers to cut down

plywood to fit.

Decal on table.

Size 35×21
 ~~36×24~~ about.

Great for kitchen.

Chair pretty but not
too comfortable. ~~Has~~

Until. Man does

Until. Great luck:

of something. I asked

R how he knew something

was going to happen & he

said he had friends -

It was intuition. I
didn't say I got signal.
Sometimes an intuition - a
feeling. Sometimes
just a zap on a no
finger. Like I said to
myself. I'm far away
perhaps. And I got a
zap on the furthest
no finger. So then I
say well I'm just a
beginner. I get a

gap on a no but but not
so no as the other no.

No gap on that.

Sitting here wondering

if K would come had
~~been~~ tonight at all & get
compared responses.

Immediately a knock on
door K there - forgot
umbrella. something.

Man for comparison - I

meant was he coming

have late tonight &
not at all. Oshadze

I have ear zaps, eye zaps,
elbow arm + finger
zaps, leg zaps, tummy
zaps, groin + toe zaps.
Some yes, some no some
change with the season
from day to week.

no like a toe but what
toe? because night-o!
also zaps with toe

There is a pleasant coolness
that comes into a muscle
that has just been relaxed
of all tension - a lightness
as if air could pass through
it without change. Sometimes
a nose is a pun is a nose
or a rhyme with nose like
a nose or a rhyme with
nose like a toe but what
toe? Because night - o!
also rhyme with toe

So what time is the night-time
I could be the note? Until
I learned to ask of a new
signal - what is it?
Equivalent? I kept on
asking that until I
received an answering
signal that was clear
to me. I have an
obsessive mind. Perhaps
I am possessed with
demons. I always

talked to myself. And
eventually I don't ask
question of myself as it
the signals still come.
There's nothing I eat
that doesn't bring me
a no signal. So I use
my mind to clear
off the bad vibes (cooking
with love is cooking on a
high vibration level) +
eat unless the no is strong

As it is now - at that me
the best. I mean I'm
down to head + margins
my stomach is so bad +
the ulcer + the gas - (+)
know the margins is
hard to digest but little
is all that for my arthritis +
my knee still best from
handy + honey late in
the week. Trying out some
old - ~~used~~ quills - can't

are 'em - too much energy
in some - quality + intensity.

Need if you can use it but

I did the plan yesterday

+ both ears got hot at

the top + the least bit

too much heat gasp

so no quiet for now -

except maybe a hole they

if ~~which~~ but quiet.

O-n the me R history? ^o

Yaj. had on K. lute. It
rules the mental glands
it says + all psychic
forces. My K. lute is
Cancer (the home) which
made no laugh out
laws because all my
psychic exercises have
to do as far with domestic
issues like food, drink,
houses, etc. of all the
clans, I am voyant,

clear audient, clear
content & feeling &
clear smelling -

I can smell very little -
~~only~~ & hear just a little
more - but that was at
one period. The seeing
& feeling seem constant
but a zap on "there
power may not last"
so I'd better hurry up &
write this while I still

have something to write about
Yogi fear on a magic

Carpet, I don't actual project

yet. On magic above

Saw texture of rug on

As the tension is

had to should make.

Saw almonds butter on
unback. Had to make

the other day. Yarn. like

peanut butter this autumn.

No eat chess, no eat nut butter.

Because of muscle contractions

No eat meat produce

because of arthritis - No

eat yogurt - give gas -

No eat very hard to digest

in stomach. ate a

pear 2 weeks ago. ↳

was soft + organic +

it melted to juice in

my mouth + I had to

swallow just a little

piece 2d pulled it But

These 4 hard rocks I got
from Greenberg I set
as not organic - haven't
ripened in 2 weeks & they're
large & even sized

with no brown spot
as if they've been blown
up like plastic up.

Photo - after 7 weeks, averages
about \$16 more than the
county - \$8 advantage on taxis
& \$8 on food: and \$6 more on
food.

from
(Monday 7 to 23 but feeding
someone else here & there -
this includes water at 70¢ a
gallon + a lot of expensive
bread.) I'm surprised
how hard it is to find
bread made without
sugar. No health
food baker must know
by now that raw &
turbinado sugars are
white sugars represented

with malasse for color.

~~Just a hat for you.~~

~~Why don't they use hats.~~



~~they~~ ~~they~~

Killed a lot of baby cockroaches.

Kill them before they crawl

up to have cake! Ask

myself, is it a bad habit
to kill cockroaches? See

black half way up arm.

Say wanted. Today

hell (cedar) and is there
another way? See image
of cat on floor. Set cat.
Cat doesn't eat them but
~~chases~~ they leave floor
for water (when I feed
2" of water to drown
them. There were
millions when I moved
in - now only thousands
the water death is
insist on me, unless cat

will do. Cat snubbing
every place in place.

~~See~~ rather see knot as

in wood - a note or no sign -

A14
over 2nd eye of TV face.

Concentrate on that part of me.

I need a comfortable chair to

sit in, K having Theron

out so that I can will the opt

Rears deep into sea. While

over left forehead. Yellow

on tabs of head. Cat believes

gate. Red circle on right

eye. White over left eye.

cat ears. ^{hat on} left hat. Knot

seam on 3 left fingers. Green

on spine. Knot on wood spine.

"on the hesser" gap on right

eye. Cat on tea cup. Hat

under right arm. Knot seam

on Wonder Bread. Also big

O-T-a no. Arrow Hat under

right arm. O is no. Not

OK. Hat on middle left hand
finger.

A 14

Smell of chamomile tea.
A Sunday afternoon watching
TV, Navy. Hit on left arm
inside, far left finger, cat
yawns. Nose hit. Yawns.
Not a signal. Cat a dot
of this. Circle on right eye.
Make tea thought, Body leans
to left. Cat climbs ladder
to left. Yawns. Purr at
cat. Hit on right eye. No
to make tea. No sign.

I wonder if anyone who
lives in a luxury apt knows
the luxury of having a
gardstid in a maid in the
kitchen? Tea table. Wash
chamomile. Mojito flask
on it. Big Knit. decides
to help battle on refing
of all the (as)
milk + dont drink. see
to anyone? From dreams
to T.V. Dreams of

hating matter. 2 last night.
Tea bed for knee? Red blood
on wood knee. Cat on knee.

From cat snuffing maybe
10 minutes. My life a
constant zap. No on life.

A white no. is that cream
cheese. Blood on cream. It's
the heads. Don't watch TV.

You have to unprogram
yourself from it as well
as from your memory.

(no)

I think it makes my dreams
more real. Don't hate
maths. Not on chat. 30s
on middle left finger on
maths. Left elbow on
fingers. Meaning?
Knot on meaning.

Things I have done in
my life. Sewing, read a
bicycle, horse. Play
very hard, tennis, ski.
Dance. Play piano.

Bad attempt at guitar,
drawing, ^{sewing} Design clothes.

~~Bad at so~~ Write. Drive
a car. Make tapes, movies.
Edit movies super 8, edit
tapes. take pictures.

Perform in front of
audience - put on products.
Met publishers publishers. Met
clothe designer in Harper
Vogue etc. Met married.
Met divorced. Travel to

England Denmark France

Germany Italy Spain

Mexico Denmark

Virgin Islands Puerto

Rico Canada California.

Wahlepalitien Want to go

to Guatemala Peru

Istanbul + a place where

there are slaves. is?

~~Antigua Trinidad~~

Went to open a lot + some

ballot. Listened to fall music

a long time. Regan was
read Peely + Wood Guthrie
& ended up today with
whenever. Followed the
Seattle Stone & Dylan.
Just here a? with flowers
tied on back of book. Yellow
dresses on no. I cannot sew
but I can knit, embroider
Cordelia hat. Mutton on
ship. Peter Mcorris
Robert Taylor my mate.

would it let me go to
the museum when I was
young.



Said to cat - want egg -
want fish? Just no
good for me. See
haddad stripes on right
arm & fluorescent glow -
the head they use on
skeleton in the tunnel
of law. Give cat fish.

Wonders have helped me learn
to always be strong & honest.
~~personality~~. Even with this
can we do what is right -
in the manner maybe that
not as bright as
color & shape of
red in sugar.

Cat ate cockroach

Last night I dreamt I was home
with my parents & tempted by
large slices of rare roast

beef. I was gadding to get in
I have one when my mother

said she had some feed for me
on the hedges stone, 1 p. I saw

the feed. He let me feed.

He cat plucked flourerent
blue in the dad.

☉ □ ♃ Sun + square Mon.

heable to colds, recuperation

slow

Jupiter opposite Sun - bad for
health

Mars trine Sun - good for health

Message of the Stars

Heindel & Heindel

PIT — Uranus

PIN — Neptune

Thyrod — Mercury

Thymus — Venus

Spleen — Sun

Adrenal — Jupiter

☉ □ ♃ Sun square Mon.

liable to colds, rheumatism

slow.

Jupiter opposite Sun — bad for health

Mars trine Sun — good for health

Saw a big rare bird fact.

Went to a new Rheumatoid -

Naturopath & Calo here I

had lot of gas. New vegetarian

diet to replace enzymes &

minerals. Zap on minerals.

Blended lettuce, cucumber

pepper & celery in a blender.

Had last supper fist stuffed

with fist before quest

must do. He says I'll

have to (!) energy for

a while - the energy will
leave the muscles & go
inward to heal. When the
is I. When it, all I do is
do down and watch TV.

I'm disgusted. Masturbated
for sexual feelings ~~but~~
fast, for left side only.

Side nail a bit. Meditate
less, throat, awake

my ^{mommy} ~~night~~ at 6^{est} ~~0000~~. Day.

Day. Another suggestion

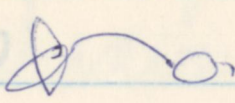
to buy the Transcendental
meditation people. a

Year ago got one I didn't


fallaw up. Spent say no.

Because of \$35.?



add / fist 

head lie back, head back. feet to side
on feet

 hands on ankles

beverage / psychic vampire
color

blood poisoning

(m.h. called psychic)

want love ideas of
blood magic studies

deans

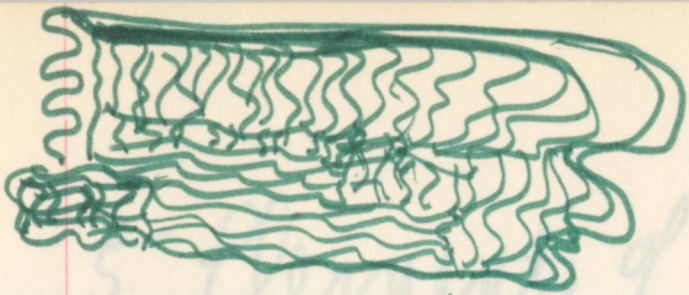
color

galactic astrology

esoteric "

stars

color = endocrine



Mars □ Uranus

head
onset

the of Wood
Saul

between ^{and} psychic vampire

blood poisoning

(m.h. cancer psychic)

want love class of
blood magic studies

Means

Calas

galactic astrology

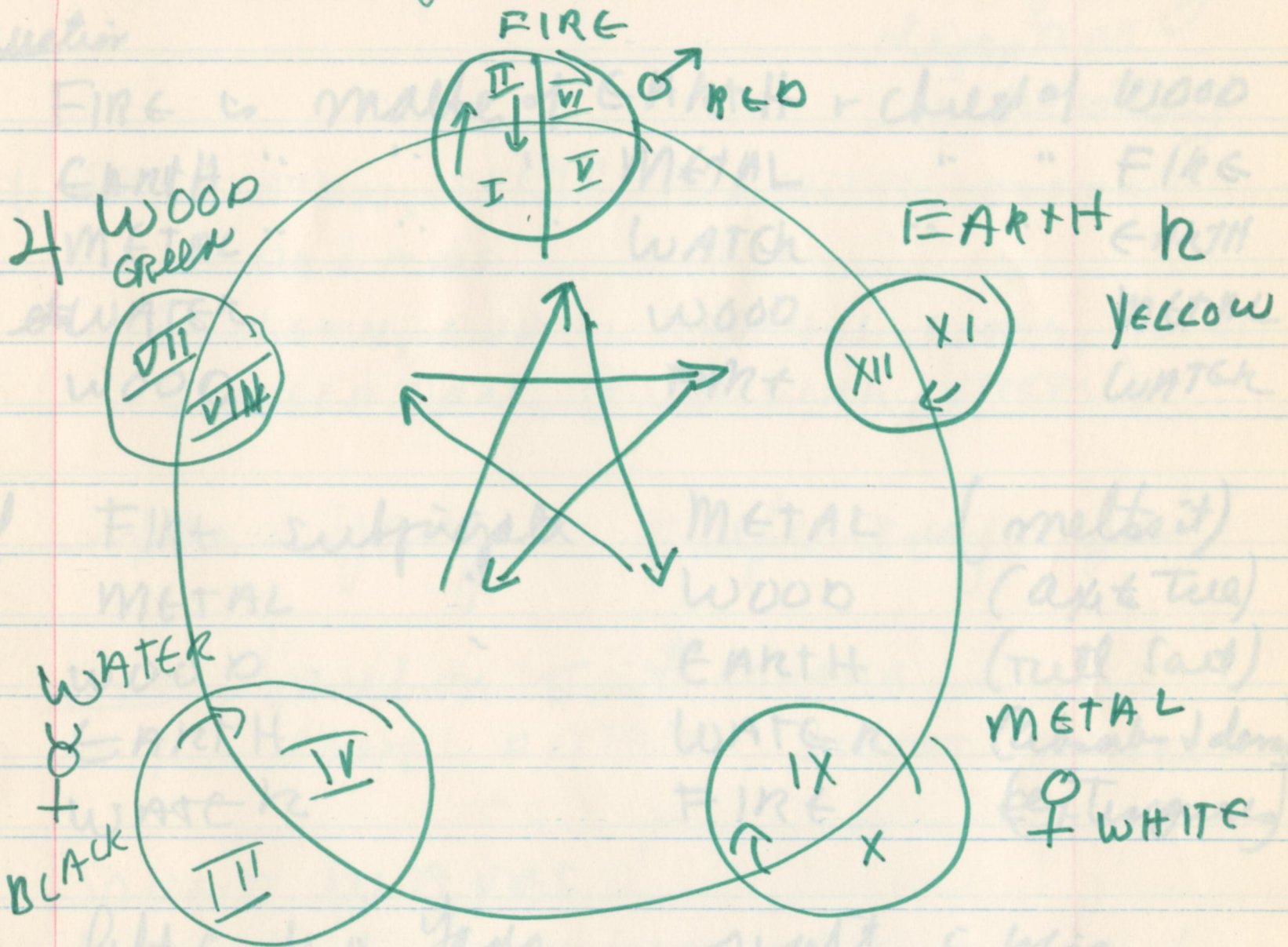
esoteric "

stars

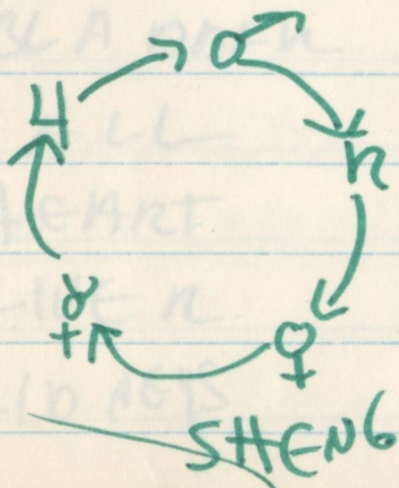
Calas = endocrine

5 Elements of Acupuncture and Chinese Massage

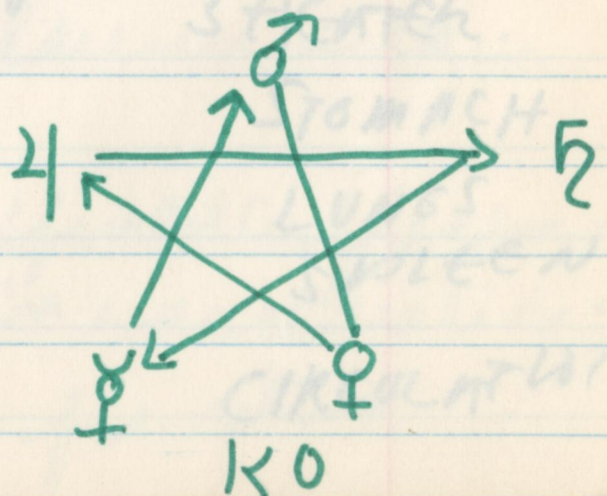
DHJ Lawson-Wood



GENERATION CYCLE



CONTROL CYCLE



Organs assoc. w. elements
 Colas " " "
 arrows indicate direction

Generation

FIRE	is made of	EARTH	+	child of	WOOD
EARTH	"	"	"	"	FIRE
METAL	"	"	"	"	EARTH
WATER				WOOD	METAL
WOOD				FIRE	WATER

Critical

FIRE	subjugate	METAL	(melts it)
METAL	"	WOOD	(axe to tree)
WOOD	"	EARTH	(pull soil)
EARTH	"	WATER	(absorb & damp)
WATER	"	FIRE	(extinguish)

Food

left side is yang - right is yin
 left organ, if deranged, endangers right
 Small intestine endangers LARGE INTESTINE
 BLADDER 3 HEATER
 GALL STOMACH
 HEART LUNGS
 LIVER SPLEEN
 KIDNEYS CIRCULATION

RIGHT HAND
YANG - above - YIN below
had of
3 HEATER = 1 HYPOTHALAMUS, posterior to pituitary

contact temperature units uro-genitaly
digestive
respiratory

ENERGY CIRCULATION, STORAGE & DISTRIBUTION
6 ORGANS
SPLEEN, LUNGS, KIDNEYS, LIVER, HEART
CIRCULATION (= VASCULAR SYSTEM)

YU = yang deficiency - yin

DIET based on 5 FLAVORS
SALTY SWEET BITTER SWEET PUNGENT

SOUND WAVES
KIAI - shout - MINOR, FLAT or DISCORD produces
sympath + parasymp by nerve reaction
which lowers arterial pressure, retard
cardiac rhythm + influence adrenal
secretion

MAJOR, SHARP, HARMONY lack of sufficient suddenness +
intensity induces excitation + acceleration of
respiratory + cardiac functions

	<u>RIGHT HAND</u>	YANGS - ORGAN -	YIN
		above	below
PULSES	^{finger} 1. INCH	LARGE INTESTINE	LUNG
middle	2. BAR	STOMACH	SPLLEN
wing	3. CUBIT	3 HEATER	CIRCULATION
LEFT HAND	1.	SMALL INTESTINE	HEART
	2.	GALL BLADDER	LIVER
	3.	BLADDER	KIDNEYS

NGI CHING.

5 emotions FEAR, HANGER, JOY, SYMPATHY, GRIEF

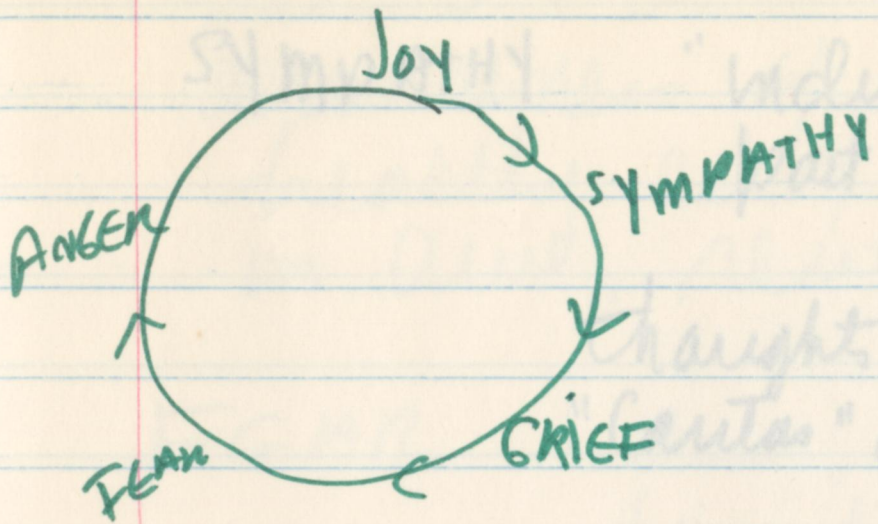
Joy - head, circulation, small intestine, 3 heats

- feeling of inspiration + vitality of the spiritual (psyche) faculties
- associated sense - speed (communication)

- ^{high} expression is laughter

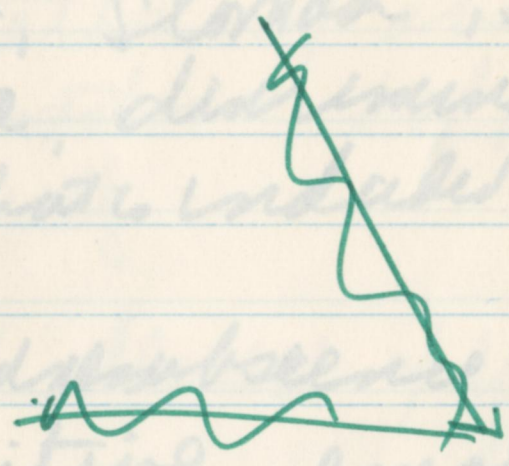
eyes, hysteria

insufficiency, sadness, depression

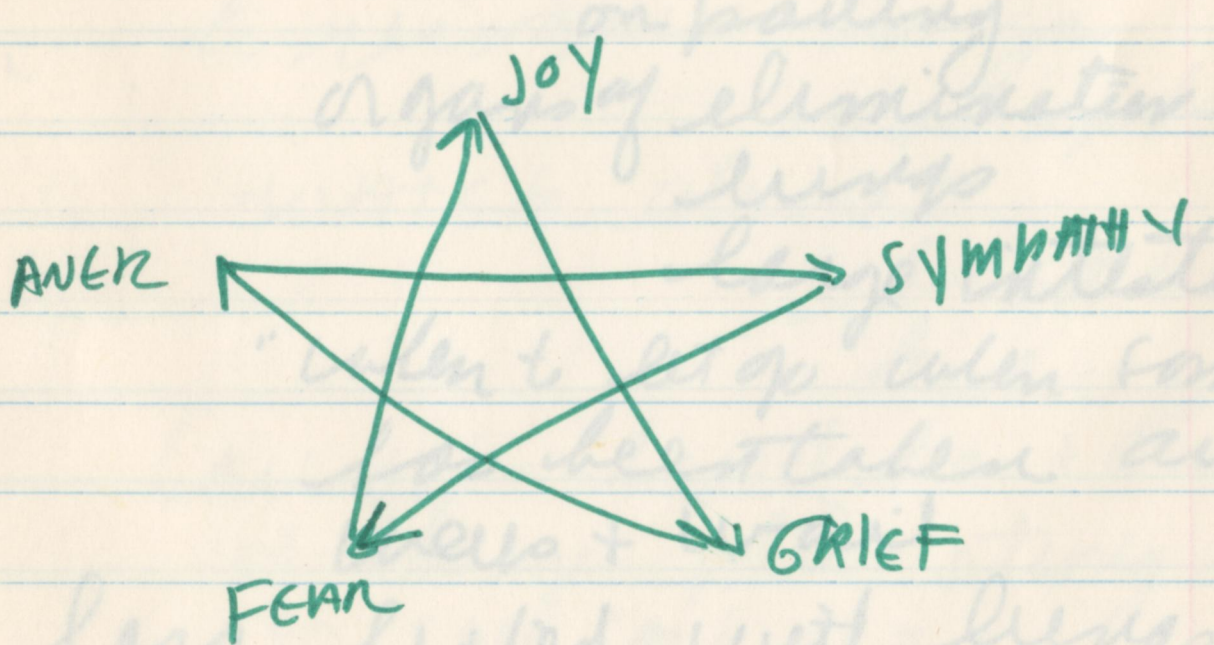


including environment as
 "of me" self
 thoughts, ideas
 "aspects" aspect of love, the
 enfolding aspect

Caith, stored, spleen
 Taste, disintegration
 (whole included in self)



GRIEF - (loss of presence of joy)
 positive emotion, felt



on parting
 organ of elimination
 loss
 "when to stop when something
 has been taken away"
 loss +
 loss, loss of wet lungs
 parmer complex, passion,
 unmet needs, a loss of presence
 loss, loss of intestine, constipation

SYMPATHY

"including environment as part of one's self"

thoughts, ideas

"Cautas" aspect of love, the enfolding aspect

Heart, stomach, spleen

Taste, discrimination

(what is included in self)

GRIEF

- (absence of joy)

positive emotion felt

on parting

organs of elimination
lungs

large intestine

"when to let go when something has been taken away"

weep + wail

less related with lungs

power complex, parsimonious,

unwillingness to experience

loss, - large intestine, constipation

cycle →

awareness of loss engenders
healthy set of values resulting
in awe, reverence, fear

FEAR : awe, reverence, wonder
timidity
healthy fear = awareness of
limitations of ability, strength,
circumstances + of relativity
generally.

belongs to element of Will &
Resolution
to recognize danger
not appropriate

WATER element
bladder
kidneys

Cause = healthy fear + awareness
of danger plus strong FIK
or self confidence
deficiency in water element
lead to foalhardness

~~ANGER~~

YIN FEAR - limp, weakness.

inability to act, urge to flight, no power to do so.
paralysis, diarrhoea, peeing
= depletion of vital energy on heart

YANG FEAR - stiff w. fear. Urge to fight, aggression plus indecision

peeing due to spasm
tense muscles due to aggressive action

ANGER

anger, chieft of fear often aggressive manifestation of fear.

leads to chronic tensions in arm + shoulder

emotion of soul a spiritual faculty in self - urge a bit of a squint of eye. healthy urge

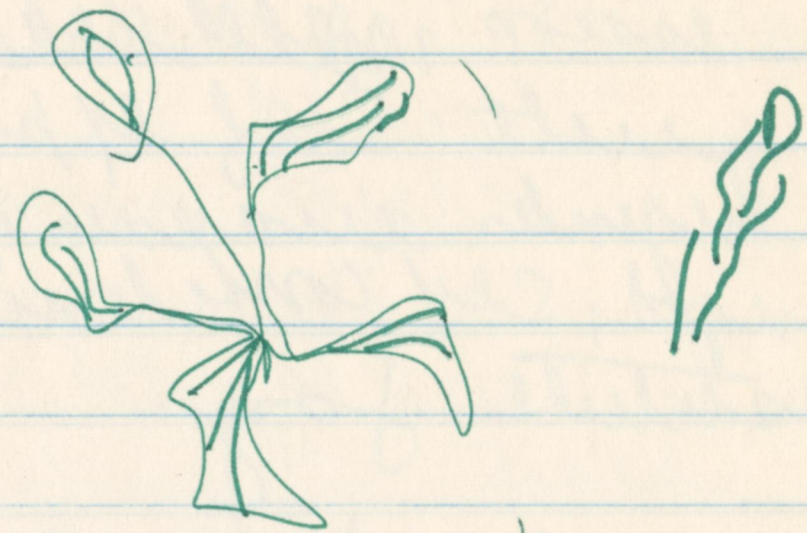
to become something, live, expand
combat restrictive environment
"aggression", ~~will~~ ~~balance~~
adequate self expression + growth
can engender awareness of material
strength, self confidence which
constitute joy.

LOVE - 2 aspects 1) passionate - self
striving of self for self.
expressed emotion.

2) passive, indulgent, unfolding,
making + accepting as one
with one's self
"Cautos" aspect = sympathy

Anger - wood - liver + gall

Cautos a perfected love drive out
(sympathy)
fear



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The Root BIPSWIP

Jenway - Cambridge ~~Mass~~

177 Memorial Drive

Cambridge

~~Cambridge~~