

35

D

1

I have been queer for 10 days.  
 I am sick, unhappy & can't take  
 care of the simplest human  
 relation. I can't write. ~~I hate A~~  
 I am unhappy with A. She is so  
 self centered. ~~She is interested~~ Her  
 energy is active only when she  
 is talking about her / her interests.  
 When we get on some neutral  
 territory she will draw her energy  
 & I feel empty, ~~not~~ not there,  
~~unwanted~~. I should tell her  
 about this but haven't been  
 able to. I want to be a way not  
 to be repressed but also want  
 to be so involved with my  
 feelings ~~that~~ I feel angry & hurt that  
 I can't ~~can't~~ talk about, ~~can't~~ make  
 clear the situation. I feel  
 this failure badly.

2. TV went 2 weeks ago. Difficult at  
first - went to movie what to do read  
more than more. Actually don't read  
more cause I read, write with TV on.

Any withdrawal. Practice at first. Rest  
miss I saw but would like to  
watch some good movies. Concentrate

more. Energy rising. Heavy yawns.  
Saw brilliant yellow green flash  
edged with red on arm. Still

some green - almost 2 weeks. See  
grey on left breast? a lining of  
mucous? Saw acupuncture

article - picture of spinal energy

3 points in body. Reminded me of  
open spine I saw last year in  
silk. All over me, the inner  
spring mattress. Ate bagels +  
cream cheese. Last digest intestines  
+ stomach swell up. Still! ~~off~~

6 months of this gas pain  
bloat burp fart. Colic.

Flashes on color whenever I see  
the word in print. Not on ulcer.

Still can't eat rice. I wonder how  
many donuts, donuts, cakes  
steaks, cheeburgers, pickles  
Rats. ~~off~~ ~~off~~ ~~off~~

4 more I have to go through  
as buried deep in the cell layers  
of my suffering body + I  
have to clear them all out - I  
mean they have to clear  
themselves out it must is  
being done America fresh  
your food diet habits  
preservative chemicals I am  
your suffering 40 year eater  
dransing his body of your  
shit.

50th people who used to live here  
came by, said it nice & peaceful  
here. Simple. No phone, TV, type  
writer just a clock radio I don't use  
the radio its AM too much talk.  
Started to vomitate yesterday  
after eating ~~some~~ but none in  
body to stomach use did I feel  
sick had to stab it. Head betwe  
/ shoulder began to clear  
out felt tingles there. Today  
awake say why intestine why  
feel spasm across whole  
upper large intestine across

6 body like it folded back &  
then tingling <sup>in mild vibration span</sup> in right leg &  
green <sup>(green)</sup> ~~and~~ wavy region. Saw  
iridescent red & blue outlines on  
one side & one green grain.

As now I fell asleep while I was  
still awake. I was conscious  
of the changing to sleep state.

I'm trying not to fall into  
gummy grumpy unaware  
impaired state when phone  
rings or door knock. When I've  
been napping. Why do I keep  
more with people around me.

7. When you ain't got nuthin you  
got nuthin to lose all you  
up of activity on the junk on  
the free local I have nuthin  
here. Guns in hall, ~~some~~  
roads in bed, lower east  
side. I'll be here til they  
it too me down. He pleases  
who name the apt co under  
just asked if I wanted ~~him~~  
him to put in for an apt in  
the low income housing  
project they will build when  
they build this down. You bet!

8 ~~It~~ To have a permanent

70 a nice 3 room home for the  
rest of my life with a heated  
bathroom ~~to me~~ ~~on you~~

I would really ~~say~~ ~~that~~

yes sir & high ~~add~~ up to

see. ~~The~~ law income project is

OK with me. ~~the~~ I thought

I would really be grateful & the  
refrigerator went on. <sup>I washed my</sup> I heard <sup>hand.</sup>

You don't have to worry. ~~A gap~~

I said I don't have to worry?

A gap in my practice & a rose  
bud on the sink.



9 I saw a psychic today who says I have 4 attached spirits: a Master & Leader Spirit, a female spirit, a negative male spirit, & a murderer as elemental.

Elemental / you through / see things from a different point of view, are animal, but fun. The negative male spirit, confusion, perversion, may be a dead soul watching through a time mind who's thoughts are attached to mine. I should tell him to seek peace away from me.

10 It's OK to write. I need

discipline to do it more often,  
every day.

The problem is: how to get  
rid of the male spirit who is  
adding confusion to my life.

It may be my father's thought,  
or a dead spirit, watching through  
my father's thoughts, or something/  
one else. He said the way to  
expunge it is to tell it definitely  
in "as formal manner as possible"  
to go away. Itching in palm.

To tell it I neither have nor had

11

it - I forgive it for anything it  
has done to me, + forgive myself  
for anything I have done to it,  
+ to ask it to go away. I find  
it helps to make a little hymnal  
book.



→ ~~stare~~ I feel very much  
relieved now that I  
know I am dealing with 4  
different spirits, not just one.  
I always felt there were definite  
voices, i.e. no stronger ~~voices~~  
voice, higher, true. ~~no more~~

12

It is six tricks + ways  
there must be ~~tricks~~ ways  
and ~~ways~~ ~~we~~ ~~feel~~  
in bed

to explain

to find

these small companions

of my mind

and rule them

listen I ~~should~~ <sup>will</sup> try

today

you are ~~the servant~~ employees  
of my information ~~with~~ brain  
do not dwell

I want the truth

and ~~not~~ that will ~~quell~~  
the

do gather information

learn the truth

now well I can

don't lie

~~my~~ ~~my~~

I want ~~to~~ to do

my aim is really to do

to get, well, shine?

at spirit mine that's fine

13

So I incant  
shall I wear  
the ~~large~~<sup>plato</sup> striped pant  
the ~~leg~~<sup>broken</sup> flasks

egg.

I ate it

only ~~with~~

at the gate it

~~still appears~~

now appears.

and a large circle

on my rear.

Why it today ~~of~~

~~spirit~~ ~~behind~~ now,  
You tell me, dear!

No nonsense from ~~of~~ today

your narrative ~~of~~ ~~from~~.

Spent of my hair & area

don't you think you really outa

~~help this one on my present~~

way

ahoy ~~Today~~.

Send the ~~most~~ me today

Today

14 a useless day. I have gained  
nothing in trying to separate  
& understand the 45's. It rained  
& I was home alone, not v, to  
be able to write. Had a little run,  
a rainy run. L came over &  
I was going to write a check for  
tickets to a meeting on Angus  
& Kibrian Photography when  
my hand just wouldn't write.

So I said the sheet went  
let me & she said what one

I don't know let find  
out make a case on the

15

had of your red + the  
lababotei was also + ~~at~~  
ty again. I did no. ~~but stopped~~  
why I ask? Picture of book  
over left side of chair. A No  
sign. Because it has my  
name printed on it. Parana?  
Money? Can't go then?  
No on go. 8 1/2 hrs of <sup>work</sup> proving  
is something I know is true?  
wait + see maybe tickets  
later, ~~at~~ day. Yes on ~~no~~ wait  
+ see. of the candle also bubble

16 blue in response. Must  
of the Juliette of the spirit  
when it comes around. It  
always said it was about <sup>similar</sup> me  
every morning & night )  
ask male spirit to go away.

I wanted like to see psychic  
again, ask him - how old  
spirits are, how long will  
I live, what want? Don't it  
better to have only Master  
Teade - higher self? Why  
the ~~phantom~~ <sup>phantom</sup> says. Feel



17 It important not to be  
distressed; ~~and~~ depressed or  
repressed - i.e. give off any  
food for negative thought  
vibrations. It says it makes  
a difference if it ~~never~~  
had thought vibrations from  
someone or a really negative  
spirit. I don't know which  
it is. Not negative. But  
he's not helpful, or wanted  
a peaceful loving & kind.  
I am trying to expect some  
disability + write every day.

18 Dreams

I'm dancing in a low cut back  
black dress close to 40's style  
feeling sexy the guy says lets  
go I say can we bring <sup>at least</sup> sandwiches  
to eat after OK that's the way  
to turn me on slow dance dancing.

He wears a top

I'm carrying 2 coats & run to

see this fellow (who died)  
in the stable? He wears black pants & white shirt.  
but the 2 coats are in the way

I can't buy him so we retake  
the scene & I leave the coats

behind I run & me ~~escape~~.

Aug. I am in W roadstead

19

walking along the stream  
& I come to Big Deep & there  
woods ahead I used to walk  
through to another part but  
now had vested water from  
there so I turn on the path to  
the road wondering if the  
police will find me when  
I get to the road no matter  
a red car in the <sup>truck</sup> driveway  
~~next~~ right next to 2 cars  
across the road. I walk  
back to town suddenly,

20

There are books in my  
arms & no bundle keeps  
slipping off ~~there are~~ it is  
in a paper bag ~~is ~~to~~ a ~~filled~~~~

I stop in someone's apt to  
throw the bag away in a  
wastebasket. When they went  
mind, a fellow is going by.  
I am going after the man  
who died's friend or someone  
else named Larry. I am  
woken up.

I eat porridge with ~~2~~

21 old ladies one says I'll

buy it for you perhaps?

give it her she puts salt on

it I can't eat salt I look

As new porridge the dishes

are <sup>add</sup> called with grease even

though this is the ritzy place.

I can't get out the oatmeal

which looks like <sup>yellow now.</sup> ~~the millet~~ ~~bread~~

My aunt criticizes my attitude

to matter when I come home

I say it's hard after a journey

to be open & loving I need to

be alone go take a bath first.

22. Dancing  
running  
alone

lunch food  
coats clothes  
books

Dancing 2  
running 2  
walking alone

lunch food  
coats clothes  
books

no sex gratification in dreams

I dreamt I washed the floor

Just.

23.

I tried to do automatic writing  
but it didn't work. I want to know  
what he Matt I call him not  
his name wants. Instead I got  
the idea I should fast for 6  
days on water no on water on  
bananas? wear no clothes. ✓

Maybe I'm getting my periods  
or going through another  
people freak out green on  
purple red light on pink out.

I don't want any more pain.

Bananas on me. ate blueberry

24 ca cream liver tonics.  
Stomach Stomach bad, intestines.  
Slept up bump fast. Full moon  
in Scorpio / used tonight 2 burns  
at my dog Jerry in bed after  
arms yelling a body wont go  
shaved I see Dr on Mom? In  
dream he address London. Glad  
on Mom. Not on Mom. Means No.  
am only comfortable Jerry down.  
OK bananas fast. Eat 1 food  
only. Maybe help Stomach  
rest. <sup>full</sup> Helen on help. No good.  
Need blue. Zaps on energy



25

not doing well. In fact,

need help. Maybe no —

want write, wrong thing to say.

HELP. PLEASE. HELP. I look in

the mirror. Don't look so bad.

Look pretty good (it did in

heavy ~~skin~~ - here) He's great,

don't. He's dark. ~~Don't~~ ~~character~~

would like to do salads again.

Feel need for green vegetables.

<sup>STEMMED</sup> Steamed lettuce? Lettuce &

bananas. No on banana.

Must stop all milk products for  
a while.

26 I saw some orange & grey threads  
go by outside the window. A brilliant  
streak flash. Energy shown ~~page~~  
across my light since ~~last~~  
week last week. Fast of some sort  
seems in order, strict diet? Taper  
only? Letters & read get negative  
note but from whom. I keep  
insisting on letters, ~~to~~ ~~so~~ ~~stamped~~, &  
saw a large piece ~~me~~ out of  
my upper ~~digestive~~ intestine, like  
a strip across my body. In trying  
to figure out the ~~mail~~, have  
forgotten about the <sup>air</sup> vmp.

27. The voice or signal from the  
Master Spirit + lady seem to be stronger  
I have all the signals that check  
out in reality. ~~Always~~ I reach  
that to own signal system  
I could figure it out better  
Who sends the little pictures of  
food, clutter, images that  
appear on the velvet string  
attached to the light bulb, the  
cross bars of the <sup>metal</sup> window gate,?  
A man's face appears on the  
halls along with the sheet. B  
I know from experience that

28 holes, metal, velvet.  
Collect & store energy. So  
this energy that is being  
used to signal or communicate  
is not my own (any longer).  
This spirit use useless energy  
hanging around. I ~~am~~  
have to, for the purpose,  
rehearse the image I see in  
my mind, or with my eyes  
closed, or those on the paper  
(when I write. of course the  
ones on the paper caused the  
in the same category

29 . as gates + velvet because  
energy must fall off my  
finger onto the page as I  
write. I saw man face - it  
the same image I saw almost  
a year ago, on my middle  
finger left hand, a finger  
which signals confusion on  
my mind. That is also the a  
finger for an acupuncture  
point of the sex glands,  
which are <sup>partly</sup> glands + need renewing,  
also circulation point.

Considering all my dreams

30 gaps on lungy paint, I feel  
the man has something to do  
with sex. I miss having  
someone to show affection for,  
but who could I see at this  
point in my life? I have no  
sexual desire, no the energy  
for sex, the company of almost  
everyone starts up a bloating  
& pain (not C+D, fortunately,  
whom I see a lot of + are <sup>pretty high</sup> cooled  
out freaks). Right people  
Wend. ~~Was~~ at upstairs last  
night & I ate the blueberry

31 ice cream, which was  
too much melted fat after  
the same cream (I guess) I  
had this terrible bloating &  
pain I could hardly manage  
breath (I ~~just~~ <sup>very</sup> shallowly  
remembering lungs in upper  
chest near shoulder & mouth.)  
& was in pain this way all  
way downtown from the  
Upper East side till we got below  
St Marks place when I began  
to relax & heave & in ~~the~~ a few  
blocks <sup>almost</sup> all the tension had gone.

32. Comman homo always lives  
me up. Some spirit uses the  
candle flame to. It got ~~the~~  
lights, a blue. I saw man  
faw in it last night. Maybe  
he uses that energy, also. He  
cant seem to draw on any of his  
aeron. This is different than  
my vision suddenly becoming  
enlarged & feeling more light, as  
it did last night ~~2 or 3~~ 3 or 4 times;  
on one side of my jaw only.

This I feel comes from  
within me & is ~~the~~ perhaps



33 closer to the truth. Dam  
cold or closer. No truth?

A lump just appeared on the  
left side of my stomach over  
the large intestine leading  
down. It is inflamed?

I went to shit. Such a relief  
not to be constipated. But I  
still can't control my farts.

at the beginning ~~to me~~  
there was a lot of burping &  
bloating & pain but ~~little~~  
few farts, + that didn't  
smell a come happening

34

out. I covered central the  
relax of that gas + then were  
no noise. After I stopped  
the salad diet + tried again,  
now mild product, the fact  
started getting very smelly +  
remain so. Now they also  
just pop out + make a noise.  
~~I don't know~~ It happens  
in public places + I don't  
want it to! I had a weird  
look from a fellow in a  
beach store the other day.

35.

well I just loaded bad.  
Meal alternative I suppose,  
is to stop eating. I like  
to go bad to have blander  
salads but very dull on  
salads something is wrong  
then. ~~Maybe~~ too irritates  
to intestines. Don't need such  
violent cleansing? Looking  
at picture of digestive system.  
Maybe a pancreas letter  
is hot fat & get inflamed.  
It has many body over  
duodenum (last intestine)

36 What only want eat fat?

Rejected by ~~fat~~ <sup>lipase pump</sup> ~~fat~~

pancreas, which also helps

digest could stand which

I have a hard time with also.

that would explain the

swelling across pancreas

region when I eat pancreas

potatoes w. butter. I

should know ~~from experience~~

it helps to have a diet band,

so the appropriate organ

can light up & I know

~~what's hot~~ what is being

37 referred to - Let's the  
Chakras lit up on the Chart.  
Man's face in Walt. The  
face is actually an outline of  
heart of a face, to be referred  
to as face.

Imitating the letter,  
steamed, despite it appearing  
on the light bulb, in the air &  
on my perigonal. The white  
parts of the romance are  
flashing red. + a face appears.  
I chew it well, ~~trusting~~ the  
liquid from the stalls

38 runs down my throat  
I have to find out what the  
thoughts on fasting, not  
wearing any clothes + not  
reading ~~mean~~ that kept  
occurring to me last night  
meant. In a few days I'm  
supposed to get my period -  
missed 2, probably I'll get it  
or ~~was~~ was had to the old  
routine of staying in  
rest by lie down before  
hand to less pain in glands.  
lettuce on bed.

lights from a chapter  
on words on

39 elemental

rainbow or  
invisible

A sylphs of Facinus Cardan  
~~so salamander of Allini~~

under reticulous to the present mind  
of today  
houses

they are composed of a composite of spirit  
& matter

birth in galleis  
~~most those of the highest~~  
composed of ether

walkers of nature

HdHs

(temperament  
mistful, changeable,  
eccentric)

genius

~~at~~ circumstances

The peculiar qualities common to  
men of genius are supposed the  
result of cooperation of sylphs  
whose aid also being sylphic  
inconstant

40

function in a rate of  
vibration higher than  
earth substances

- air longest-lived
- most of a high moral character
- No on most  
point on earth

don't be careful not to confuse  
nature spirit with true life  
waves with of element only  
with other superior forms of  
composite organisms

~~space~~

~~time~~

no on benevolent

INTERVALS

~~smaller than humans~~

Paradises

highest of all elements, air  
is highest in vibratory rate

~~time~~

Eastern corner of creation

- labor with nervous system  
+ gases of human system

will present

rainbow on H HPLYS



41

red on physical

of nature of

~~a manipulative  
explanation of~~

gnome  $\uparrow$  Taurus

Undines - Scorpio

Salamanders - Leo

Sylphs - Aquarius

M on Imagination  
(made to excess?)

11

it - I forgive it for anything it  
has done to me, + forgive myself  
for anything I have done to it,  
+ to ask it to go away. I find  
it helps to make a little hymnal  
book.



→ ~~stare~~ I feel very much  
relieved now that I  
know I am dealing with 4  
different spirits, not just one.  
I always felt there were definite  
voices, i.e. no stronger ~~voices~~  
voice, higher, true. ~~no more~~

12

It is six tricks + ways  
there must be ~~tricks~~ ways  
and ~~ways~~ ~~we~~ ~~feel~~  
in bed

to explain

to find

these small companions

of my mind

and rule them

listen I ~~should~~ <sup>will</sup> try

today

you are ~~the servant~~ employees  
of my information ~~with~~ brain  
do not dwell

I want the truth

and ~~not~~ that will ~~quell~~  
the

do gather information

learn the truth

now well I can

don't lie

~~my~~ ~~my~~ ~~my~~

I want ~~to~~ to today

my aim is really to today

to get, well, shine?

at spirit mine that's fine

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So I incant  
shall I wear  
the ~~large~~<sup>plato</sup> striped pant  
the ~~leg~~<sup>broken</sup> flasks

egg.

I ate it

only ~~with~~

at the gate it

~~still appears~~

now appears.

and a large circle

on my rear.

Why it today ~~of~~

~~spirit~~ <sup>behind</sup> now,  
You tell me, dear!

No nonsense from ~~of~~ today

your narrative ~~of~~ ~~from~~

Spent of my hair & area

don't you think you really outa

~~help this one on my present~~

way

ahoy ~~Today~~.

Send the ~~most~~ me today

Today

14 a useless day. I have gained  
nothing in trying to separate  
& understand the 45's. It rained  
& I was home alone, not v, to  
be able to write. Had a little run,  
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I was going to write a check for  
tickets to a meeting on Angus  
& Kibrian Photography when  
my hand just wouldn't write.

So I said the sheet went  
let me & she said what one

I don't know let find  
out make a case on the

15

had of your red + the  
lababotei was also + ~~at~~  
ty again. I did no. ~~but stopped~~  
why I ask? Picture of book  
over left side of chair. A No  
sign. Because it has my  
name printed on it. Parana?  
Money? Can't go then?  
No on go.  $8\frac{1}{2}$  hrs of <sup>work</sup> proving  
is something I know is true?  
wait + see maybe tickets  
later, ~~at~~ day. Yes on ~~no~~ wait  
+ see. ~~the~~ candle also bubble

16 blue in response. Must  
of the Juliette of the spirit  
when it comes around. It  
always said it was about <sup>similar</sup> me  
every morning & night )  
ask male spirit to go away.

I wanted like to see psychic  
again, ask him - how old  
spirit are, how long will  
on, what want? Sent it  
letter to someone Master  
Trade - higher self? why  
the feedback says. Feel

17 It important not to be  
distressed; ~~and~~ depressed or  
repressed - i.e. give off any  
food for negative thought  
vibrations. It says it makes  
a difference if it ~~never~~  
had thought vibrations from  
someone or a really negative  
spirit. I don't know which  
it is. Not negative. But  
he's not helpful, or wanted  
a peaceful loving & kind.  
I am trying to expect some  
disability + write every day.



18 Dreams

I'm dancing in a low cut back  
black dress close to 40's style  
feeling sexy the guy says lets  
go I say can we bring <sup>at least</sup> sandwiches  
to eat after OK that's the way  
to turn me on slow dance dancing.

He wears a top

I'm carrying 2 coats & run to

see this fellow (who died)  
in the stable? He wears black pants & white shirt.  
but the coats are in the way

I can't buy him so we retake  
the scene & I leave the coats

behind I run & me ~~escape~~.

Aug. I am in W road stop

19

walking along the stream  
& I come to Big Deep & there  
woods ahead I used to walk  
through to another part but  
now had vested water from  
there so I turn on the path to  
the road wondering if the  
police will find me when  
I get to the road no matter  
a red car in the <sup>truck</sup> driveway  
~~next~~ right next to 2 cars  
across the road. I walk  
back to town suddenly,

20

There are books in my  
arms & no bundle keeps  
slipping off ~~there are~~ it is  
in a paper bag ~~is ~~to~~ a fellow~~

I stop in someone's apt to  
throw the bag away in a  
wastebasket. When they went  
mind, a fellow is going by.  
I am going after the man  
who died's friend or someone  
else named Larry. I am  
woken up.

I eat porridge with ~~2~~

21 old ladies one says I'll

buy it for you perhaps?

give it her she puts salt on

it I can't eat salt I look

As new porridge the dishes

are <sup>add</sup> called with grease even

though this is the ritzy place.

I can't get out the oatmeal

which looks like <sup>yellow now.</sup> ~~the millet~~ ~~bread~~

My aunt criticizes my attitude

to mother when I come home

I say it's hard after a journey

to be open + loving I need to

be alone go take a bath first.

22. Dancing  
running  
alone

lunch food  
coats clothes  
books

Dancing 2  
running 2  
walking alone

lunch food  
coats clothes  
books

no sex gratification in dreams

I dreamt I washed the floor

Just.

23.

I tried to do automatic writing  
but it didn't work. I want to know  
what he Matt I call him not  
his name wants. Instead I got  
the idea I should fast for 6  
days on water no on water on  
bananas? wear no clothes. ✓

Maybe I'm getting my periods  
or going through another  
people freak out green on  
purple red light on pink out.

I don't want any more pain.

Bananas on me. ate blueberry

24 ca cream liver tonics.  
Stomach Stomach bad, intestines.  
Slept up bump fast. Full moon  
in Scorpio 1 used tonight 2 burns  
at my dog Jerry in bed after  
arms yelling a body wont go  
Should I see Dr on Mon? In  
dream he address London. Glad  
on Mon. Not on Mon. Means No.  
am only comfortable Jerry down.  
OK bananas fast. Eat 1 food  
only. Maybe help Stomach  
rest. <sup>full</sup> Helen on help. No good.  
Need blue. Zaps on energy

25

not doing well. In fact,

need help. Maybe no —

want write, wrong thing to say.

HELP. PLEASE. HELP. I look in

the mirror. Don't look so bad.

Look pretty good (it did in

heavy ~~when~~ - here) He's great,

don't. He's dark. ~~Don't~~ ~~character~~

would like to do salads again.

Feel need for green vegetables.

<sup>STEMMED</sup> Steamed lettuce? Lettuce &

bananas. No on banana.

Must stop all milk products for  
a while.



26 I saw some orange & grey threads  
go by outside the window. A brilliant  
streak flash. Energy shown ~~page~~  
across my light since ~~last~~  
week last week. Fast of some sort  
seems in order, strict diet? Taper  
only? Letters & seal get negative  
note but from whom. I keep  
insisting on letters, ~~to~~ ~~so~~ ~~steamed~~, &  
saw a large piece ~~me~~ out of  
my upper ~~digestive~~ intestine, like  
a strip across my body. In trying  
to figure out the ~~me~~, have  
forgotten about the <sup>air</sup> ~~vamp~~.

27. The voice or signal from the  
Master Spirit + lady seem to be stronger  
I have all the signals that check  
out in reality. ~~Always~~ I reach  
that to own signal system  
I could figure it out better  
Who sends the little pictures of  
food, clutter, images that  
appear on the velvet string  
attached to the light bulb, the  
cross bars of the <sup>metal</sup> window gate,?  
A man's face appears on the  
halls along with the sheet. B  
I know from experience that

28 holes, metal, velvet.  
Collect & store energy. So  
this energy that is being  
used to signal or communicate  
is not my own (any longer).  
This spirit use useless energy  
hanging around. I ~~am~~  
have to, for the purpose,  
rehearse the image I see in  
my mind, or with my eyes  
closed, or those on the paper  
(when I write. of course the  
ones on the paper caused the  
in the same category

29 . as gates + velvet because  
energy must fall off my  
finger onto the page as I  
write. I saw man face - it  
the same image I saw almost  
a year ago, on my middle  
finger left hand, a finger  
which signals confusion on  
my mind. That is also the a  
finger for an acupuncture  
point of the sex glands,  
which are <sup>partly</sup> glands + need renewing,  
also circulation point.

Considering all my dreams

30 gaps on lungy paint, I feel  
the man has something to do  
with sex. I miss having  
someone to show affection for,  
but who could I see at this  
point in my life? I have no  
sexual desire, no the energy  
for sex, the company of almost  
everyone starts up a bloating  
& pain (not C+D, fortunately,  
whom I see a lot of + are <sup>pretty high</sup> cooled  
out freaks). Right people  
Wend. ~~Was~~ at upstairs last  
night & I ate the blueberry

31 ice cream, which was  
too much melt fat after  
the same cream (I guess) I  
had this terrible bloating +  
pain I could hardly manage  
breath (I ~~just~~ <sup>very</sup> shallowly  
remember way lungs in upper  
chest near shoulder + mouth.)  
I was in pain this way all  
way downtown from the  
Upper east side till we got below  
St Marks place when I began  
to relax + heave + pin ~~in~~ a few  
blocks <sup>almost</sup> all the tension had gone.