

75

Call Nijole she has a too late. UNFIT is a word for chair. DESTROY
this page when you FINISH. Sit sunshine tomorrow UPSET you have a cold.
Big KLEENEX SIMPLE you don't cafeul PAY THE RENT. THIS IS A SURPRISE.
It's just after January 1st. 1975. TOOTS big surprise. You must remember
you can't remember what the surprise is WAS. That's the end. Barbara
lives on toast. COMPLAINING. You went to Radcliffe. 25TH REUNION.
Dont TOOTS. SINGLE. The cat is Nothing. CAT GET OFF see what happens
Nothing gets off. Re TOAST UNION. Toast is bad FOR YOU. The cat jumps.
Nothing slips. Apple pie. BIGWORDS. THE CAT SETS. Maybe this is the
last Toots. Your father calls you be careful. It's a warning always.
Rewrite: when your father calls you comma be careful. You get warning
signals desperatelast night you chased Nothing had breakfast all day long.
BAD ADVICE. You took a librium AWFUL it ANGRYied you. Ice cream helps.
You laugh see Barbara on your forehead, she lives IN A HOUSE. PAY THE
RENT. SILENT. You almost bought a floor years ago sunlight skylights
and a fireplace you wish Bernadette could afford it now. GOOD FOR NOW
a magazine published by Donald Phelps. YOU ADVERTISE A READER. You
palm get Jackson MacLow. Doris is a palm reader TWICE UPTOWN. THAT'S ENOUGH
You want to go again. Malcolm appears under MacLow. He's a gain weight
you know. PHYSIC. INGO SWANN is glad. You practical HANG UP the phone
before it rings, get an answer. SWING. Swing? A new word. vocabulary
changes. BIG GIRL making bread. When this page is ended you can go to bed.
You don't YET KNOW Ingo. Perfect rhyme. TELL PHIL GLASS. to fill his glass.
When you hang up the words appear ON THE TELEPHONE, in the air ON YOUR FOREHEA

YOU GET DIRECTIONS. You ~~are~~ WAITING for a direction. GET WAIT. That means nothing. Don't sacrifice tomorrow. GO TO BED. SAME SPACE.

The middle of the night GET UPS says forehead. EXPLAIN. You don't like to take orders so they put an S on up to make you feel good. Now that you toots STOP in white, the color of correction bottle fluid.

Correct the phone. You get directions. Call Nijole. You call Nijole while you are dialing or just after you finish, before the phone rings, you see HANG UP. When you hang up a WORD or more appears negative giving you a telepathic answer. FOR EXAMPLE: not home, call practical at 3, PAPRIKA dont forget that was when you were eating scrambled COMBINATION eggs and squash the STOP didn't make it worse it AWFUL

~~EXPLAIN~~ ANYWAY. Tell Nijole smoke a cigarette. MAKE MORE SENSE. negative appears in reddish light. It's BOTTLE you don't have anymore IN THE DRAWER. CALL BARRY. Ring once. NOT HOME. QUEENS. TOO SMART says the forehead many TOO SMART. Who is Barry. Dont tell anybody.

Cross your heart UPTOWN UPJOHN. He QUILTS. You type. PUT IT DOWN TOOTS. DON TYPE anywhere. SHORT hair NO LONGER GET OUT OF HERE. BROKE. Please disguise Barry. He wears a PIG and is two inches tall. Enough SEE DANGER. STOP AT WARNING SIGNAL. TALLER. SIX FOOT. That's SAY NIJOLE. COMPLIMENTS. SAY JULY. warning Why? WHY WAIT TURN IT OFF

See Bernadette NO MATCHES She calls. don't underline this. It keeps this afternoon underlines YOUR VOICE. It keeps what else? DONT TYPE. NOTHING MOVES. Downstairs. COFFEE day. Nothing is still here.

Nothing is in the HALLWAY. GET ITS. You GET the FAVORite you get Nothing.

TOOTS. You made a stew. CALL SOUP. You call Bernadette get a recipe
 You SHUT UP. Midnight. CALL NIJOLE NOW. Dial. HANG UP. TOO LATE.
 You knew that 11:30. Dont write. CALL BARRY. Answer: YOU NEED CREAM
 in the air, for breakdown when your head words. BAH says your
 forehead PINK letters as you leave Nero Wolfe for typewriter thank you
 omit THE. Thank god omit phooey. HIS WORD. Hanna H you like plots
 EVEN complain GET YOUR CAT you cant write novels STOP That's enough.
 GOODNIGHT. SIT STILL. Feel the difference when you type the little word ^{voices}
 BIG VOICE doesn't feel like you. MIGHT the little words be yours?
 Some appear on the page in typewriter color, NOT In LIGHT comma
 LIKE RHYS. FAMOUS. How to distinguish underline they nickle Barry
 owes youstamp. underlines appeared in light reddish GLOW. say sunshine.
 NOT YOUR FAVORITE PAGE. GO TO SLEE. repeat BAH says your forehead
 PINK letters as you leave Nero Wolfe for the typewriter. BAH appears
 before you see it on the page, ^{on the book} So did SOMEONE. You read first Sunday.
You reverse it. Tell Nijole. Often when you read something appears
 on your forehead before you see it in the book. reward. make it clear.
 YOUR CAT is under the stove. CALL NOTHING. Eat sugar. Nothing comes
 to the table. YOUR CAT lies down. dont be afraid to say it says
cigarette, call Nijole first. LARGE phone bill. TWO WORDS are left.
 IN YOUR MIND. Playing games. You have to complete THE SENTENCE.
drink more milk smoke cigarettes appears on Nothing. NOTHING HELPS.
Hear Donald Phelps. You feel different YOU HEARD a voice SAY IT.
Playing hard with Nothing. Feel different BED OK. Finish the page.

TYPE says the bedroom, STAY IN BED says the kitchen AIR, GO TO BED says you record the living room. SACRED says your forehead in deep dont describe. DONT FORGET. Get up to leave PHOOEY dont leave. Gangway. You go to bed a voice says work now TOOTS. meditate. THAT'S WORK. You have mantra SAY SO OUTLOUD OM HREEM NOTHING. COLDCREAM Lamonte. DONT. say what? YOU ARE WARNING say who you don't practice enough. FINISH THE PAGE. You are warning PEOPLE from jingle bells SAY IT SOON You meditate SEE WORDS. THIS WONT WORK. DONT TYPE. NOT ALWAYS says your forehead you worry you won't ALWAYS see WORDS. Make a comment. BEAUTIFUL. Oh dear that's simple enough to say mantra DONT REPEAT SILENCE. coffee break. NOT TONIGHT. PAY THE RENT. Seeing that since THIS WEEK. OBVIOUS. You haven't got your rent marty gives out notices. CALL HIM ON THE PHONE. PAY THE RENT. Every month you see AWKWARD. Who is NOA? Noa is a friend who lived downstairs and didn't pay the rent for 8 months SHE'S DISPOSESSED NOW. LIVE FREE. Ann smoke a cigarette did it TOO and cheap apt. city buildings LIVE CHEAPLY. PAY THE RENT. A dream thinks doing a dance in a coat with tails over your nightgown, jumping in the air you float up and meditate levitate. A very big prolem now. Sol pretends he is blind he has a stick, practical, to be more sensitive. UNENLIGHTENED. YOU HAVE MONEY. Reka has cramps. You could be TOOTS. Wake up smoke a cigarette a dream dies NOT SOON. ~~When you see the light of the match you remember the levitation part.~~ DESPERATE, PHONE GIRL. CALL BERN. PHONE NOW. You start to call You were dancing around the floor, you started there's a reason a minuet, not silence YOU HAD A GODD DREAM YOU WAKE UP CALL BERNADETTE NOW. YOU ALMOST DIED. BARRY COMES. 58 years old. ~~There was a man talking to the man you were dancing with whom you liked better than the one you were dancing with.~~ ~~NO MORE.~~ Barry's mother points out that ~~SO WHAT~~ lots of lingerie designed by YOU. DONT HANG UP TWICE.

Jan

five

The next morning Marty leaves notice for rent. YOU KNEW BEFOREHAND.
Leave nothing out. Feel attractive. You didn't have to call Marty
on the nickel telephone SAVE A DIME. Please be careful tonight
when Bernadette calls. You don't forget bring her KALI PHOS a cell
salt HOMEOPATH IT WORKS. CALCIUM have a breakdown SCORPIO feel
attractive that's a signal for washing your hair. DONT COMPLETE.
CELL CALTS, Scorpio's is calcium WHAT YOU NEED a nickel. What is this
OBSOLETE nickel? CALL CHARLEMAGNE. HELLO TOOTS. He has music on
the answering magic. CALL BACK. SEE PHIL GLASS on your forehead.
The music HAS BELLS. Say more you like the music AND HIS VOICE.
COUNTRY STYLE. GET IDEAS. SANDWICH. CALL THREE TIMES. COMPLIMENTS.
HE FEELS FREE. Hi this is Charlemagne I'm busy right now uh doin
some work COUGH Bernadette but I'll call you as soon as ah'm free.
BEEP. DONT LAUGH. save a nickle. it's cheaper to get messages
telepathically over the phone say when to call back. HANG UPS.
Wash your hair, it's fuzzy. DONT CUT IT SHORT, you cut your dress
short, trimmed your hair BECAUSE you saw CUT IT SHORT and NANCY
there's the book. LONG. YOU GET WARNING SIGLAS. DRINK MILK A LOT
CALM YOUR TOOTS. FAMOUS WHO? Bernadette SAY MORE writes laughs
give up smoking hear a voice, takes taxicabs UPTOWN AND DRINKS OVALTINE.
Bruce's voice, feel NAKED, he shaved his beard, JINGLE BELLS means
you can't type what you were going to. STOP. Bruce LOOKS wonderful
THE DOORBELL RINGS. It never does when you see it it must mean the
book by Rex Stout NERO WOLFE be careful where someone ROCKEF don't finish
mails ten thousand copies of a book against the FBI GETS MURDERED.
very obvious
You and Archie Goodwin DRINK MILK save a nickel what do you use them
cigarettes for? KEEP CALM. LIBRA that's Luba, Phil Niblock, Steve
TUNAFISH., say REICH, iLuba comes in. You have space left on this page.

This piece will last as long as it SIMPLE SUPPER tunafish on roll
 and Michael's onion RAW until Bernadette calls. At the zoo UNTIL
 you saw chickens and ~~CAGE~~. the ZERO words arent helping. CONSCIOUS
 MIND says your forehead WHAT ELSE it remembers for you, Bernadette
 wrote MEMORY and everytime you see it wonderful is it happening or
 GET A COPY. YOU NEED THE TABLE Barbara . You're a miracle says
Bernadette your forehead writes small and LARGE, after you EDIT.
 BIG WAIT. feel attractive now what TIME are you waiting for whom?
dont write says the typewriter you repeat it and the words appear
 large in light in the air. What are you thinking says warning
 you are wondering which of the words you ass are your own thought,
you meant to write see. Which are your conscious HOWARD grant you
 applied for thoughts, which are your non-conscious thoughts, which
hannah are telepathy ^{comma} BIG QUESTION which from somewhere else SPIRITS.
dont repeat. Tunafish has vitamin D to absorb calcium. dont finish.
 That's smoke dont forget COFFEE. NOT THE ANSWER. SHUTS UP. Baked beans
 repeats conscious CHEAP FOOD NOT WARNING US to get a complete protein
 eat beans with rice. Food page. Miracle. We're not sure white NOT SURE
 or brown say rice. DONT FINISH THE PAGE. 2:30. That's enough. GO TO BED.
 You already were in bed too early 2:25. say something else you saw
a nickel 2:30 ~~earlier~~ and wondered stop wondering dont write anymore.
What a nickel is. Can you go to bed? NOT NOW. You don't use nickels
 SAY IT is the phone booth going up DOWN. THIS WEEK. BIG NO. Phoebe's
say what is a bar around the corner. You see COFFE TIME when you
 go to bed. Bruce comes. You DRUNK one beer hear dialogue in your
 head GENIUS with a light flashing through it like shock. It isn't true.
 You saw a sentence. Charlemagne helps TYPICAL conerts this TWO. GO.
dont hate yourself. Go is confusing it means the opposite sometimes.
 TOOTS. Always cigarette. HEAR A TAPE. BEAUTIF take care. You read
 Jan not happy and June. You get a lot more words lying in bed than
 at the typewriter.

Jan

page 7 liquor

SMOKE SIGNALS written in the air in smoke IN SCRIPT typing. Gain weight means you have no scale you are gaining weight before it happens. MONEY. WRITE. say something nasty BIG SCRIPT. You'd like more money ALL your life to edit JOHN. BEWARE the SNOOPS. Write a detective novel. UNABLE. Plots secure. opposite. different. You can write a novel. There's no room for TIME novel at the end of the line where TWICE you see it. Connimicut. The retreat was in Newport, across the bay. SAY SO. That appears clearly on your forehead EXPLAIN. on your forehead appeared on your forehead in tiny letters in once corner correct yourself. Over your left eyebrow. ^{you spelled one wrong.} makes a difference. OMIT C Say so took up the whole space. JANUARY EXPLAINS ALOUD. NOT TOO MUCH FUN. CAREFUL. Call Nijole NO ANSWER says the kitchen BEWARE says the phone as you dial, you hang up. DONT WAIT LONGER. Maggie says you should call this Admonitions to Yourself, after dont mention it. MONEY NOW. That's not an admonition SUGGESTION! You have some OLD SHUT UP worthless stocks. SELL THEM QUICKLY. 6 months . CALL NIJOLE FIRST. SHUT UP. CALL LEE. NOT AT HOME. Lee Breuer call Lee later. SELL THE STOCKS NOW. PAYS THE RENT. difficult. Rosemary calls. NO PROFIT. Show soon. Europe NOT possible. There's an answer. You call the broker. DONT SELL. Europe practical. Indian summer. dont underline. COFFEE you listen take a sip. ~~STA~~ HOME no Y. No reason. Actually you do call Nijole back but it's silly Plenty of time because she has patients during the day. She jingle bells MIGHT BE HOME IN BED change your life STYLE. READ. GOOD MORNING. PREGNANT a note ~~KEITH~~ Rosemarie Waldrop coming to NY reading soon you may give a party if your fever be quicker TOOTS your animal ~~you~~ forget what the kitchen said this negative morning as you were thinking about NEWTON'S law of cause and effect and karma and EINSTEIN'S relativity and randomness and synchronicity WHY IT WORKS very simple it seems you've escaped the first to the latter FROM IT.

Jan

page 8 Rinpoche THURS

your spiritual mind HOW ARE YOU and this year no 1972 too late
financial page eall nothing SPEED turns in the air, catches flies,
Your spiritual mind is speedier than your other past mind IT WORKS
is this what it's trying to say, and the trachyons go faster than
light explains precognition YOU ALWAYS KNEW you're an angel
ALL SUMMER thinksof it 3 mos late you have no idea what 3 SELL
mos. REKA late is. TELL EVERYONE. You see CRASH a lot helpful
is the TOOTS say your prayers DO IT Our president who art in
heaven hallowed be thy name thy borrowing mon dont omit dream
about brother it's too late before brékfast WRITE SIMPLY says
the notebook transcribe page on the Providence Zen Center GO TO BED.
A quote from the NY Times Aug 11 1974 " The dematerialized character
SO WHAT of contemporary physics; a science filled with such bizarre
components as advance potential, sugar (waves of
electrons perceived before they are generated), tunneling effects:
(electrons penetrating barriers diagnosed as impenetrable by
laws DRINK GIN of probability) and tachyons (particles DONT SMOKE
traveling faster than light, which would imply the possibility of
a backward flow of that's enough REKA time), no longer offers a
secure rationale for the denial of any paranormal event." END OF QUOTE
You don't understand the Reka interruptions she has stock DEAD BEFORE
thanks a lot. You see READ THE NEW YORK TIMES LATELY but you were
unable to get out to simple get a copy Bernadette uses it for a poem
to Ed Friedman TOAST you don't have a toaster that plugs in only
the dollar kind useful that you put on the gas flame it said TWO
WEEKS ago buy a toasterbut it was 17 dollars TOO MUCH. HALF PAST NINE.
In the dream your brother was president of a public relations firm
he got a job right away cancel. YOU HAVE A CRISES that means your
head words too much backwards and you don't OBEY you aren't even
sure if you saw KITTY CAT. DONT FORGET THE TRACHYONS says kitchen.

Tachyons has no r but you thought it did is it your memory in the kitchen. different type that was small caps. CALL BERNADETTE. You start to dial TOO EARLY TOO LATE you call back she's on the phone Kathy is in town. TOO MUCH SUGAR says Nothing. Confusing day. Ted Berrigan smoke reads tonight and there's a party at Bernadette's and Rinpoche is giving lectures and Charlemagne is playing the piano and the ~~white~~ opaque fluid Bernadette gave you is stuck and you do FLU. SHUT UPS. gain weight. You talk to ourselves says your head as you eat cornbread butter and jam. YOU MADE IT from a mix you squeeze. don't laugh. You have only two one piece. You continue your August notes: YOU MADE A MISTAKE YOU DONT BELIEVE IT. Reaching the POSTUM level of karmic influence? Don't get stuck here PARTY. Beyond karmic influence the party level Phil Glass gave you postume, speedy WITH HIM. MIRACLE YOUR FOOD BILL EAT CHEAP GET INSTRUCTIONS ONE YEAR you aren't cheap COAT LUNCH SINUS INFECTION ALL YEAR, return to NY BEWARE A GALE JUST YELLOW. YOU'RE POOR YOU NEED CALCIUM GET DRUNK you can't you GET EXHAUSTED on one drink there isn't any choice is there NOT WITH KUNDALINI DONT SMOKE. YOU GET ANNOYED. You dream about prostituting your liver ? Kathy arrives mineral oil absorbs vitamins DONT DRINK ORANGE JUICE FOR YOUR LIVER. ONE CUPCAKE. DONT GO HOME BEFORE JANUARY. Listen to it you didn't read your notes and came home in Nov 3 weeks and went right back to Prov. FAMILY. Brad said you get messages 3:30 before your feelings it's probably true the words give you orders before you feel like doing something SMOKE 2 minutes later you feel like smoking 2 minutes is their idea You liked to David. When you told Warren IMPORTANT your cancer father your head said CANCER OF INTESTINES NOT OUT OF DANGER. TESTOSTERONE. CAREFUL. ONCE A MONTH. YOU WORRY if you have cancer of the intestines or was it because you shouldn't have told Warren about your father. That's a weird idea of punishment.

SACRIFICE more August

YOU CAN DIE

YOU ALMOST DIED

YOU WORK OVERTIME

YOU CAN GET SICK

YOU MADE A SACRIFICE PHIL GLASS one weekend

NIPPLES

EAT PEACH

NO MORE REKA

CHEESE PIROGEN

WE CAN CONTROL CALCIUM

YOU HAVE PRONOUNS NOW

~~you~~ YOU COULD KILL your mother

YOU CAN DIE calcium deficiency

YOU HAVE ONE YEAR BEFORE INCOME DECREASES

YOU HAVE CALCIUM PROBLEMS

YOU CAN CONCENTRATE

EXIT

KOL NIDRE

YOU ARE MEAN

YOU HAVE RADIO you learn you have power mental smoke a cigarette

YOU HAVE AN APPETITE

YOU LOOK HEALTHY

YOU DONT LOOK at the page

YOU KILL ENOUGH

YOU HAVE MOMENT

DONUTS THROW THEM OUT

Your father has CANCER POSITIVE NOT NOW YOU WORK OVERTIME THAT'S ALL

Jan

page 11
warning

This GO TO BED is really mother in January. You get Bernadette but Kathy isn't here yet CALL CHARLEMAGNE HE HAS HYSTERICS his piece lasts long CLOSE YOUR MIND PHIL GLASS always sees sentences that phrases dont fit at the end of the line and one word BAD belongs on the next. your line should you get a typewriter with smaller type? ALL MORNING. stay here you are on your way Phil Glass to bed if you can get through the REKA. ~~THIS IS THE PAGE~~ 11 says the kitchen as you too late saw it on your head last night warning. Warning about REKA who is your aunt DIES. Everybody dies sometime. Can it be prevented WHEN. Of what? calcium deficiency interruption. You were in SHUT UP SEPT. in Providence. August: HAVE VISIONS HAVE SOME PAGE 11. Days later. Nothing appears. get Dali on the phone it rings before SELWYN can underline this be careful he's doing some holograph photography for Dali, not Kiridian but someone else is dont smoke you want to see if the words will show up be careful. private knoweldge. Selwyn says to try some negative film, cancel. NOT TOO LATE. SELFISH DONT STAY IN lit up in brown-red letters with blue outline, forehead. Do the colors & lights distinguish thought processes - YOURS. Why are most of the orders capitals. Where are the funny comments? TAPE in bed appears more words lying down dont write. Why? You haven't figured out the orders, not to write this month. cleaning husband another word smoke doesn't fit. why. Concentrate: SNOW. Buy food for a party. The Waldrops read SOON. GO TO BED & WRITE. With this heavy typewriter on TABLE there's not an inch of space in the bedroom a gigantic TV occupies the desk. How do the voices always know what movie you're going to like best, before it goes on. Does it SMOKE? Read the TV tape PROGRAM. Is it achoo beautiful SLEEP it wont let you say anything YOURSELF. YOU WANT TO KNOW how it knows precognition EXPLAIN TAPE. Pre-recorded. Maybe it just jumps ahead in time WHY NOT or back to the recording TOOTS

dont sacrifice call someone else from a para poet group. Have a party. GO TO California. TOOTS. Take name out. Is she dont omit gain weight. Why do they put her in OMIT. Conflict about smoking you watch TV and smoke, the words they say appear on your forehead after they're said. NOT ALL. How does the selection WHY does the selection work. DRAWING HELPS you draw a picture of your head and the forehead lights up and says BATHTUB. Words appear on the difficult left hand side of your face reverse it's the negative right side as you're looking at it. MORE. Pictures appear when you meditate CLOSE YR EYES. PICTURES. you dont feel well enough after five ^{YEARS} hours sleep not the question BAD DREAMS for weeks GO SEE A DOCTOR ACUPUNTURE punctuate HURTS THANK GOD gain weight longer says stomach. WHY. Is it acupunture or punctuation that hurts. A lot of JOHNS. CHANGE YOUR MIND. Call all your Johns YOU KNOW. SMOKE. Your own thoughts appear in little words GET UPS on your forehead. The get ups are large ORDERS. You think you saw difficult.
SMOKE
DONT THINK AT ALL ANYMORE. 5:30. ONE MORE DAY LOST. DIFFICULT. DONT SAY WHERE ANYMORE. WARNING SAVE MONEY. BUY CHEESE TODAY. You put jam on your cornbread and a voice says clearly YOU SEE it also YOU ARE GAINING WEIGHT. SENTENCE. MOTHER. PROVIDENCE call store name. YOU GAVE TAXI ORDERS. PAY ATTENTION cross it out. BUY BELT last summer call Nijole next. SHE HAS PATIENTS. Sew the nightgown on the wrong side TURN IT OVER. A direct instruction instead of warning REKA. THIS PAGE HURTS. CALL BERNADETTE NOW. NOW. Phone busy. Now isn't working right. Neither is next. LITTLE JACK HORNER is a signal for Andrew PAPER DONT CONNECT SYMBOLS. Making sanku this morning got interference COFFEE, and then saw LEAVE HER ALONE, the first time you've seen one voice CORRECT another, feel different, the second voice spoke to the first, not to you, continue, and referred to you in the third person correctly.

Give a party the Waldrops BURNING reading UPTOWN. DONT KNOW
how long the WORDS last TWO YEARS that's all that's AWFUL.
Desperate GET A PHOTOGRAPH KIRILIAN HELPS. NOT WORDS. It isn't
FANATASTIC anymore STOP IMMED. WONDERFUL PERIOD junk DONT SUFFER
you're so what going to write even if it's not NONSENSE. ~~JUST~~ THINK
OF RHYS you see WATCH on his head you forget you pick up your
watch watch television which is it OBJECT. CLARIFY. Barbara
gave you a television you can nickel cant get the odd stations.
Borrow Nothing. SITS AS PLEASE. VERY HARD EFFORTS. CAT WORDS.
Dont overbuy CHANGE BOSTON. Changes help no more periods
be more confident voice HEARD LITTLE JACK HORNER CUNTS ~~mail~~
Wait 10 min for Barbara TOO LATE lies Barbara comes immediately
YOU SEE DANGER NOW WELFARE complete sentance Sharon read
SHARON READ SHORT PUBLIC BECAUSE SIS TIRED DONT WRITE TODAY
CALL JACK KEROAC. Bernadette calls. COME OVER. KATHY SLEEPS
goodnight with Rhys CONFIDENT YOU ARE TOO BOLD. Lewis asks if
you ever see frames you used to and you do again GET A SHOT
in red and blue sweater t shirt colors but you calcium dont.
You are writing difficult without comments Bernadette STOP JOKING.
YOU FEEL DIFFERENT NOW. SLEEPS WITH RHYS. INCEST. SCHOOL.
Nijole is in Tahiti COLD YOU MUST contradict WARM KATHY
This is WARM almost the end of the page also January TAKE
ALSO OUT you are typing the retreat funny ha ha watching
television stoned you are not GRASS ridic dont forget nothing
THIS IS THE LAST PAGE primitive TOOTS your parents Puerto Rico
SEE YOUR PROBLEM they're lady somewhere else THE NEWS appears
ON THE PAGE wants Independence WITH A CAPITAL. TWO NIGHTS HURT.
You hope February complicated made an appointment so see PAUL
MATHIS the IYI people go there he's a physic chiropractor it hurts.

Feb pl

You want to make egg salad NO EGG so you dont 12:30 at 12:30
IT watches Lauren Bacall say curry so you MAKE A DEVILLED EGG
CALCIUM you've had so much you're third voice always has
disappeared WRITING bores you everyone. WATCHING SYBIL LEEK
last night she says there's going to be a war your head says
1977 A FEW WEEKS, different kind of writing which kind anxious
she says "we have a man in the office of the president" your head
says SHOOT, she says "we're all coming back" rein your head says
NOT TRUE, she says "drive out the devils" your mother says BEACH.
You have a dream about your mother driving and black kids playing
chicken in the street lying with their legs out she wont stop
barely misses and suddenly she's not in the driver's seat the
car hits a kid's leg you hear a scream feel an awful sinking
sensation you feel it you dont see it the next day your head says
BAD NEWS you turn on the news a taxi jumped the sidewalk and a man
lost BOTH legs. Paul Mathis says your aura is too yellow, mental
all acid why smoke read the Bible and turn blue ALKALIZE or take
care of your plants you laugh they answer you more devotion or
drink water from a blue glass and wear blue clothes it's the first
Time you've heard spirituality satire being alkaline. Cleanse
the colon you have a cold a bad stomach AND CANT HURT. Your stomach
hurts from the devilled eggs. TOO MUCH. There's so little inter BED
there's nothing to write TOOTS write differently. You even want to
collect three months HAVE A GOOD DAY doctor says YOU LOOK WELL
but you have colds alkalize You meditate on your
plants telling them you want to turn blue they say ANNOUNCEMENT
you call Jill who's doing it she called you earlier. The telephone
isn't doing HANG UPS anymore god speaks is a book Rhys borrowed
some others he Michael won't return conscious breakfast WARNING.
End of the page.

simple after Rhys you made a vow never to lean another book GUILTY.
 WRITE A NOVEL. MOTHER is a word around here she's in St. Thomas
Florida says head you see going to Florida CAPS is that a grant
 or GOING TO FLORIDA. LAY DOWN. Is smoking acid forming also CAPS.
 ALSO. You wonder if you got a Caps grant. When you applied it
 said SEMI FINALS FIVE COPIES although the application said four
 more acid in Providence you see Caps Grant you call you're not
 on the list but they call back the next day you are please send
 five extra copies. SO YOU KNEW. MARCHBBD says the wall. It
 also said 3000 and CAPS GRANT many times you're getting it. 3 mos
 what? a dream about working TOOTS you wish you could collect social
 security you can't OMIT. Are you going to sick in March too?
 No calcium shots available in March. so what you can't even tell
 if the words you see are in caps or underlines. BOO. You walked
 through a graveyard and wondered if you'd see a ghost a big
 outline appears of one side and the word BOO. three months please
 finish your sentence. BEDROOM. The city is coming to put in plugs
today you live in a maze of extension cords AND THE FLOORS aren't
 cold they turned the hat on in the vacant apt. downstairs but the
 cold leaks through the edges of the unheated halls. SLUM. RUGS.
 TALK ABOUT PLANTS. You water them and ask them what they PLANT FOOD
 want see image avodaco bulb partial image the bulb is slimy and
 not splitting like the newer one GODSPEAKS is by Meyer Baba is he
 DONT WORRY. You see that a lot. GET ^th_e BOOK. Rhys has no phone.
 DONT SAY IT. What does the bulb want you sliced off the bottom
 you read an article that said you could PLANT FOOD. OK here it comes.
 It's blue maybe it's alkaline DRINK. In July you wantd to stop
 writing and it din't THE VOICAES re^turn WHEN WHEN YOU HEAR you
 hear when write a novel you din't really see SO. Warning. You're
 not at the end of the yes you are page again.

Bernadette comes you're not bored CONCLUSION THE RETREAT IT'S BORED.
fever persists SUNNY you threw out half page you like Carolee BOOK
 "CEZANNE" call Bernadette she was a great painter enclose write an
article about Carolee sex female predate lib this is SILLY
 You're heading downtown FROM 6th AVE. see DRUGSTORE GET IN THE
 SUBWAY planning to get off at second ave. see GET OFF at West 5th
 it wont tell you why you hesitate get off, get on, GET OFF, CHANGE
 YOUR MIND, walk up see McKAYS go there see B COMPLEX they have your
 favorite THOMPSONS BUY IT. So why didn't it say McKay's CLUES
 instead of drugstore. When it said BOOKS you didn't buy any BECAUSE
 you didn't remember the Aquarian Gospel. PAPER CHASE. Word hunt.
Wait til tomorrow. GOODNIGHT. PLEASE. Barbara COMES says you
 should publish your own stuff March 6 MOS Jan-June that's 6
 offset. You saw OFFSET a lot last year but you typed on onion
 TROUBLE skin Bernadette is ironing complete WRITE. BAD NEWS
 5 HOURS sleep in a fog no different SEE y_r PROBLEM. COFFEE.
 It's 8 o clock and almost time for Augie Doggie and His Doggie PUN.
 11 O CLOCK. What happens then. DOGS. Scrambled devilled eggs and
 OMIT for breakfast UGH SEE NIJOLE is she back from Tahiti YOUR
 GIRLFRIEND WRITE ENOUGH. Kathy comes not true. The filling falls
 out where it said BAD TOOTH. CANCEL. You just made the appt.
 You cancel Elliott, FOOLISH. BE QUIET. At 11 you're asleep.
 See Paul Mathis not so yellow about the dream PUNISH no one should
 drive your car but yourself, your mother is guilty preventing you
 from getting well TRUTH you feel guilty because you had a precognitive
 dream 5 years ago about cold feet and din't bring her warm boots
 to the dock, strike, she got pneumonia ^a witing in the cold. You
 once saw PNEUMONIA 3 TIMES not clear she had it twice recently once
 as a girl. SHUTS UP. The page is ending. NOT ALWAYS.

feb 4

He says toots you can't wish anyone dead because of afterlife and reincarnation, there's no such thing as death. Get it straight. Repeat ~~to~~ forgive and release your Bernadette mother from any harm she has done you in this life or any past lives, this includes in between lives, in the name of Christ, etc. WARNING. More dream: your mother is running around the street like CRAZY much younger woman LIKE YOU younger you tell her to act her age ~~and~~ why doesn't she die and leave you some money. That's bad. You're trying to call the doctor for a penicillin shot and she won't let you. Earlier your voices kept saying call, call and the line was out of order. When you get in the back seat of the car your aunt is bedside your mother you try to persuade her not to play chicken with the coffee with cream colored teen age boy with pants to match - when she disappears from the driver's seat you see her outside, sideways, facing the car, in a sitting position, smaller, in the air. DONT LAUGH. Bernadette says it's about guilt NOT NOW. Why wish her dead Get more money. ALLOWANCE SHORT. Not enough to live on, BIG IDEA YOU LOST yr JOB PART TIME YOU WANT TO WRITE aren't strong WELL enough SMART to do get straight. Mention Lloyd doing movies JOB. Writing for him? HELPLESS says head about dream NOT DRIVING you used to don't now bad HIP. BAD DREAMS. Many the past few weeks tonight you put a silver fork in the electric outlet used SHOCK it didn't a potholder to get it out also about Phil Niblock because you didn't call him earlier so you call he's home NO PARTY JOKE talk you liked his concert THAT'S ALL. dream accomplishes when you get up you broil a steak. NO MORE. BIG HELP. The dream does it. TELL MORE. Mathis said to ask for another Bernadette DREAM. You tell yourself, repeat a few times you wait another dream about mother CLARIFY the first one. You don't dream and you scold yourself TOOTS no first you see NOT UNTIL SUMMER you sleep and don't VERY GOOD YOU FORGET you said well there reply must be something to add to it.

Feb 5

You dont dream you scold yourself how can you admit to Mathis you
couldn't dream back to sleep dream: you're telling your COP OUT
that's what you think this dream is while dreaming mother and aunt
about BREAKFAST ASK LEWIS get Kathy COME and you feel awful about
telling them about wishing you were dead so you could leave me ~~XXXXXX~~
money and your aunt BUT YOU DO tell it says your mother often drives
crossing the lanes warn and you say mother that must be a warning
drive in one lane only be careful and you better give some more
money give me a dime. No bad feelings at all. Only there was a
little added section addenda first with words comment you dont beach
remember dream about beach. That's it. dream sequence at the beach
cover KATHY'S BOOK. hey Hannah Rhys' voice CAPS RHYS VOICE OK
try to remember the short addenda a man YOUNG you could feel continue
many dreams over the years about bed the beach Kathy there was a
man somewhere David ? colorfilm hold some film to your head in the
dark see if the words appear condense if they do they'll show on
Kirlian DO. The beach house is to be rented you're cleaning your
aunt's and your drawers by the bed by the window it hurts WHO ARE YOU.
PAST LIVES. Recently you saw an unfrindly you didn't want to see it
imge of profile aman an Indian maybe not nice man in front of him
an Indian woman, from the east, with short hair and rimless octagonal
glasses not such a nice face either you wonder who they are and the
face gradually changes to your own and the word YOU appears coming
from a distance toward you with force you din't like yourself. This
was not a dream a₁^{ph} You had a dream about your father selling
the end beach house ^ha counting out the money you felt awful and
didn't get any money bad feelings you feel awful see THEY WONT SELL.
THEY ~~TRY~~.OMIT. taking a chance. water air COMPLETE WATER POLLUTION
This ~~is~~ contradicting itself in May long ago 73 you saw KNEP over
Barrington the beach house you like it you need a ribbon.

Feb 6

Earlies it said 3 OCLOCK you expect Kathy it's al^smost 3. Hear Kathy
The muffin instructions clear said grease only the bottoms on the
tin your head said ON THE SIDES you did half and half and the ones
greased only on the bottom stuck. So why does it lety you burn
them dont complete boring THIS IS SPRING call STOP. THIS HURTS.
You ask mother for another dream, she's in a car driving away
and you yell at her why doesn't she give you more money she loved
your brother loves better than you ME FIRST your brother appears
he has just what you want a 5" color TV only it's long fake looks
like black and white with the picture tube at one send SENSE. He'll
sell it to you half price. Typical old style Freudian collapse
you got all that material SHUTS out years ago in therapy material.
Your mother doesn't spek in this dream either. NO ONE ELSE COUNTS.
TYPICAL. RACE AGAINST KATHY. MY POEM better Malcolm the retreat.
SEE YOURSELF. You see MIRRORED image of yourself in the wood
over the sink, small, the right side has gray on it, not clear,
TOO WEAK. You've been seeing the words SEE YOURSELF for some
time but this is the first time Feb. 9 you saw 6 you've seen
your image on the thelephone jokes. WRITE says your head in
the bedroom, BEDS says it at the typewriter CIGARETTES you're
all out MONDAY. MAKE SENSE HEADACHE. DONT SMOKE you're heads
been wording a lot today, HANNAH SLEEP you tell yourself no
more dreams about mother you dont dream but you wake up and buy
a 12" black and white TV ZENITH MONEY \$100. HANNA you really
want color but GRACIOUS too much EXCELLENT TIMING you cant afford
you really want to absorb color wear diferent clothing look at it.
You're sure you bought the TV so you wouldn't feel deprived,
Freudian dreams are expensive LATE movies you can see Channel 2.
BED THURS. NO MEAN IT. You could voices CALL CHAREEMAGNE. CALL
CHARLEMAGNE SHOP NEXT. why hannah you used a period Charlemagne's
number all mixed up is in the air. call please on the phone who'll
take bets he's still in Paris. Bets 3-11 bad girl bet he's still

Feb 7

IN BED. Go shopping ~~SIX~~ you are waiting to see it a 3rd time.
Does BED THURS means yes or opposite. push john very tired
not true looking for boots perfect ha it said HUDSONS they had
~~the~~ right ~~kind~~ boot DUNHAM'S SOFT hiking boot LOW PRICE but not a
~~my~~ huge SIZE 8. Guess who's number appears on the phone. You dial
the answer is: BOOB no answer, you win the bet. more fun your
head is starting to appear you're hungry large lower case HANNAH
you just ate boughtwine watching your black and white tv you
see a gold GOLD and a blue outlined car as Raymond Burr says
blue car. TOLD YOU. Is this to peek you from spending TOO MUCH
on a 14" Zenith color WHY. Money, too heavy to move, BAD VIEWS.
Bad reception ALL you write poetry. A v is an n upside down
without a leg COUNT 1 2 3 4 5 6 7 8 9 10 11 12 13 forgIVE 14 15
16 17 18 19 20 how long does this go on boor you are going to
watch a movie and see if any more clear colors appear. Color TV
isn't supposed to SAFE. Is that an answer OR an answer COMPLETE
style
DONT OFTEN. BIG WORDS GO OUT MEET THEM you meet Kathy and Bernadette
SO WHAT going into the Orchidia meet Peter say hello smoke til
your head lights up outlined in brown cigarette paper says BED
you wait til a big blue BED covers your face go home GET A SHOT
12 days without calcium MORE WORDS NOT JUST whole head lights up
wonderful a pink forever you wonder if you'll have the words
on your head TOOTS always. Last years notes said THREE MORE YEARS
this year says TWO COUNT MORE YEARS HOW MANY LEFT is it about calcium
Kathy has a sequined black jacket your words want you to trade TOOTS
for the blue velvet bedjacket ONE DAY. Yes or no? HELP YOU.
The jacket has lots of energy SEQUINS DONT REPEAT NOW BIG PEOPLE NOW
WOW COMING a big CHARLEMAGNE across the sidewalk HOMEa. TOO MUCH
LIGHT comes from your body DONT RUSH DONT WRITE SIT Luba tells her
dogs to sit LITTLE JACK HORNER HURTS BERNADETTE HELPING YOU ANSWER.
What's the difference between help & hurts OBVIOUS. protect yourself.

hate yourself BACKTIME BED PRACTICAL says your back. TIME FOR REKA.
 BAD FILM. You get some color SLIDE film to hold up to your head in
 the dark to see if the words show, you don't remember if you should
 have gotten black and white. GET IT NOW said your head in negative
 film strip. Jody said if it showed on film it would show on Kirilian.
 The bathroom is dark enough your head is silent. NOT NOW. Stubborn
 head, you do it when it says a BIG NO and your head refuses to word
 only faint very faint letters appear, and one small phrase that
 you hear on the radio next door that appears in tiny print on your
 right forehead. DO NOT THINK. BATHROOM. You wish you could relax
 remember what the phrase was. You didn't try to concentrate much,
 it usually happens without you doing anything at all. ALWAYS.
 It's shy. AVOID PUBLIC back to the drawing board. MENTAL TELEPATHY
 it said as you wondered why only the radio phrase was clear. GOING
 SLOW. BIG WORDS. The next time you'll try it just before you need
 a shot and see if it controls itself so well. ENOUGH TYPE.
 You'd like to offset your book the pages are a mess GIVE IT A TRY.
 4 O CLOCK. Wake a little after, dream about cat biting you
 you're a man you think the cat is energy Kathy it won't leave you
 alone bites your whole fist CAT & MOUSE then there's a picture of
 mother in a 30's blue costume looking pretty TELL KATHY when
 you wake up it says CAT & MOUSE. YOU NEED YOUR BEDJACKET.
 This is BED THURS. so far the bank, the supermarket & the film,
 home for breakfast, TAKE A WALK every TIME you head for the door
 it says NOT NOW or YOU ARE DISOBEYING WHY WAIT. KATHY. Are you
 going to buy a color TV you hate these contradictory days please
Sonnabend Vito has a show GO SEE at 2 it said CALL KATHY SOON but
 she was asleep is soon another JUMP. Phooey the sun is out it's
 beautiful GO OUT. A big GO comes from the window. You get all
 dressed hat coat gloves go out lock the door TROUBLE. Come back for the
 2nd time, take off coat, hat, gloves. When you put on your boots
 it said BUY YOUR COLOR TV. The sun is going in soon. BED SPEAKS.
 SIS STYLE. MARCH 3RD. BED SPEAKS. A color Tv is coming on trial
 tomorrow a BUY appeared off the page. You wish it would tell you
 what to do BUY IT. Phooey the color is awful bad reception you save
 money. A NICKEL. Which is the funny voice. You open the 2nd window
 a crack from the top and it says AIRCONDITIONING. You have your
 period and cramps watching Reel Camp wondering how you'll feel
 tomorrow CAMPS. YOU HAVE A PROBLEM VOICE. And half a line left to finish

Feb P 9

The films didn't come out. COMPLAIN. You decide to do it again before a calcium shot when your head is READING words a lot. SNEAK. THAT'S ALL. New words. DEATH. SELFISH when you drink cream. WASTE. NO COMMENT. The forehead is getting less frequent and fainter DRINK. Even 2 daquiries didn't word it. THIS IS THURS. the day after reading St. Marks. With Kathy ACKER. DONT WATCH the TV is on. That's on the forehead STOP DONT WASTE TIME. That's an order TAKES TIME GET DRUNK TODAY. Lunch with Jeanne LUNCH WITH LLOYD tomorrow helps SAY SO you want some money back CONCRETE is that what you walk on TYPICAL poems OR dont write anytime. DONT PHIL. Two Phil's Sunday, Glass concert, afternoon SEE GO Niblock movie evening This is Sat GO TO PHIL'S. MISCARRAGE. NOT NOW. Mon. Last nights notes: CALL BARBARA NOW. She's asleep. NOT NOW. The phone says CAPS GRANT. Last nights notes watching Yoga "the ordinary mind" REPEATS. On The Bermuda triangle: oil slicks SUCKS, ships HAVANNA, tanker NOT SUNK AIR TURBULENCE, TUNNEL, ASK LLOYD ALKALLODYD, why couldn't the captain see the barge, HEAT TRANSPARENCY. BAD BREATH the magazine ONIONS chew clorets. RODE TO RIO, Hope & Crosby THEY IMITATE THE 30s. . SHORT LIFE -MOTHER is 78, WEAKENED Who? telephone calls spell dont answer NICKEL when it says NOT BEST or DONT large BE SAFE so why not TOOTS answer your father. Dream about caps grant, what will you do for money after that THAT'S ALL. "see a smart girl like you" TRANSFER intelligent Many DEATH, HOME APRIL, drink cream, see SELFISH on forehead in cream color. NOT THINKING ABOUT RHYS. WHO IS RHYS? Nothing is on your back SAY SO. INTERmediate SECRET. DONT TYPE MORE. Hear Alice and Ann read NO E NOT WHY dont WE like it you change type pronouns dont change ME THE JOURNALS STINK thats an awful COMMENT you get five dollars from dont think and spend more put your OUR change on the table WOW. We have WORD on our forehead Nelson dont underline took Anne Nothing is full of fur on our face pictures dont complete nothing hurts this is like last year WHY BOREDOM NOTHING MAKES SENSE. THATS ALL. NO MORE. TO BED. DISGUISE. NO MORE FUR PROBLEMS. See MAKE THE SCENE on the way toots is that the ANNE poetry awful or parapsychology dont intrupt. See it spelled that way nothing's tail is on our face WE SMELL. Cat food. Tuna. PRICE 29¢ the only cat food the store had it's STINKS. The fur is all over the keys make a friend YOU SEE DICK GALLUP. DONT COMPETE. HE HEARS VOICES. Word is on our forehead. wash tonight. THAT'S TOOTS The end of the page not true DONT WRITE. You We dont write personal WRITE ABOUT CELIBACY we see during Anne's reading THAT'S ALL.

Luba is leaving TED's wife says TWO MORE the phone is off CENTRAL
office line the phone said CALL THURS as you dialed your father
We'd it's a good thing you didn't wait WHY LISTEN his bladder was
blocked DR SHARP wanted to put him in the hospital LUCID too much
dope he sideswiped some cars HUDSON said your head JERRY you called
mother just before she was going to call she hurt her knee you
got a bad CUT TWO SHORT PAGES. The Retreat needs retyping Barry says
there are rats in the building get a nice poem from Armand nice
isn't the right poem ABOUT WILL and learning write about George who
lectures SAY SOMETHING BAD you can't ever seem to get across to him
Dick Higgins looks great and gives you an elegant edition of Modular
Poems you suppose George thinks he can't get across to you something
is wrong why is he so critical of your ^{seek} seeing OK you are allergic
to CATS. THE PHONE the air said NO CALLS TODAY RIGHT ON dont write.
You smoke less when you smoke More. That's a brand. It's trying
to cut down smoking TWO MORE. CALL NIJOLE. ha ha. NO MORE.
WED LATE PAT JONES appears 3 times on your THINK. She said she
was having a party WHEN not when dont complete DONT STAY LATE
DONT CALL said head you wonder when WHAT DAY a voice says something
you can't hear. You hear junk HEE HAW Mr. drunk BIG GIRL and the
lion on TV be careful in your EARS DONT. NO PROOF. Congrats
Friday social Radcliffe HARVARD think reunion cocktails 25th OH.
YOU ARE FIFTY GO TO BED class of not your age YET OH SO. YOU CAN
THINK what to wear COCKTAILS SAY SOMETHING NICE YOU HEAR ANNE'S VOICE
SEE HEAR at the back of your head talking to Waldman. That's all
Bugs BUNNY. SEE WHY TAXI BEAUTIFUL the Harvard club is on the TICKET
whose ticket which ticket ^C concert ticket party ticket PHIL'S CONCERT
last June was the last time you bought a ticket for anything EXCEPT
MOVIES no car no parking ticket speeding license what other kinds
of tickets TOOTS dropped half a line TOOTS DONT COMPLETE
SO WHAT this is March WED LATE starts March dont complete
A suspicious amount of space is being left on the margin
JINGLE BELLS maybe you can draw a picture of something
Dream: riding rich people lined up sitting in the sun in leave space
Mexico, patient, you're at the end of the line walk off
into town, it's different Martha's Vineyard or Nantucket
waiting for the good looking Mexican on horseback, you eat
each other on horseback, it's you younger with braids
and a loose embroidered blouse not the one you're wearing
tomorrow the rich people ignore you. You're in a car it's
a Volvo although it isn't really, it says VOLVO out the window

March P 1

you're brother has one there aren't many second handsones,
it's yellow, a mother highway sign, road blocked partyly,
you sWerve to the left but miss the opening, you're a man
now in a brimmed hat old fashioned style the brakes don't
quite hold, you go over the dirt and over the rockes piled
on the side, to the frightened edge of the water you toots
just now remember to use the hand brake, try to put the car SLOW
in reverse to get it off the edge, worry about going into
the water, you're in the water, the car is, you're swimming
and there's a shark you feel it's teeth but it doesn't
bite through, there's a woman, in 30's clothes standing at
the edge REKA reminding you of a date SCREAMING FOR HELP
no she's teasing or taunting you about the date not calling
for help or offereing help, there dont change your mind Radcliffe
THE FOOTHOLDS. Many dreams about brakes not scream holding. Help Reka
she's in Florida with your mother. Walking meet Lewis & Bernadette
home STAY HOME, GO TO BED sit in the sun BED HURTS YOUR VOICE S
a voice OUT SHOUT see HANNAH GO TO BED go to bed see GO you want
to sit in the sun you've been CUT you sit in the sun the sun goes in .
YOU HAVE WARNING SIGNALS. TOOTS. Mar. 12 6 AM dream: the telephone
recivere is off the hook, ~~watxkxTVxmsxssxg~~ hear it ring twice very
faintly dont answer, dont answer because the BUSY know the phone
isn't working, watch TV message about nuclearwar? answer the phone
you might be in danger and hear anyway you can, the phone rings
again, answer it, compalin hear mother's voice choked up "I guess
you knowhe's sick, I had quite a chat with him last night" wake
to CALL PAUL. IN THE MORNING. Explain Bernadette she's in an
earlier dream, in bed LIKE YOU SHE'S SICK, there as a poetry reading
and you get dressed to go out to have drinks with women poets. NOT OK.
The day before, you're waiting for Rhys, hear COAT HANNAH, putit
on WHY you need Michael's address, it said the wong one in front of
Rhy's place, you have two for him PERFECT, put on coat, go out, TURN
LEFT, meet Rhys at corner, gives you the other address, on the
way to work at the Tin Palace, you walk with him GO IN, GET A DRINK
you don't have cash on you, go to the bar, ask for a tab, i's
WARNING a poet you know at the bar, Sue Sherman, you chat with her
she WHY gives you the address of a woman's DONT press in Vermont.
Before you went to sleep or sometime yesterday it said WITH SUE
THE PHONE BEGINS TO HURT BOTH OF YOU. LET GO. And yesterday
waking in a bad mood SEE A PSYCHIATRIST. ADRIENNE RICH. You
sleep through the morning it's 2 when you get up you have another

dream, you asked for it before you went to sleep, you also
 asked to be forgiven for any wrong SWEETHEART you had done your
 mother in this or any other life. It's Ira's birthday but you don't
 see him go out with several other men, your father gets in here,
 one of your dates drives your father home, it's a cabin in the woods,
 they go trout fishing, father doesn't like the guy too much he
 doesn't drive well at night and prints doesn't see too well, you
 gather, mother and Reka come up, mother isn't too well and goes to
 bed, you worry, speak to the doctor, or mother does, HORSEBACK
 no horses in the dream, you wonder who you can go out with that wont
 freak out your folks, Ira is the only one polite and well dressed
 he asks you out for the weekend and you wonder if you should leave
 hem alone in the cabin, tha last part Ira's driving your mother and
 Reak and you, Reka is an added thought, to tea, and being very
 careful about sleecting a table with no drafts for mother. Mother
 sits in the front seat with Ira it's an open sports car and you and
 Re sit in back, father isn't there. Somewhere you were in the
 snow, in a bathing suit, by a lake, you didn't swim. You find
 another KIND bell. HANG IT. Put it in the CUT bedroom, there's
 a bell in the livingroom already HANG and a Mezuzah on the kitchen
 light, light pulls NOT FAIR says the kitchen light, DING. MALCOLM
 MALCOLM COMES. DOWNTOWN SHEET ALTMAN'S GO. CHOOSE BETWEEN Altman's
 and BUY A TOASTER you don't eat bread MUCH. Doesn't make SENSE.
 DONT RELAX. CUT. See CUT IT. TUES MONDAY Charles must RELAX
 Tues Jon at Phil's Niblock CONFLICT DOWNTOWN TOOTS COPY
 WELFARE is a word that appears often WHERE on your forehead. KEEP
 You could get FOOD STAMPS your handkerchief and Medicaid SORRY ABOUT
 WELFARE. You don't CUT. TYPE THIS. YOU EAT APPLE PIE. WHEN.
 CUT IT SHORT it must mean the book. How ^{FAT} short? it's 135 pages now.
 OR MORE. CUT IT SHORT 12 PAGES. The funniest thing your head
 said was GENIUS YOU THINK it was "you expected a message" DONT WAIT
 NO MORE FUN TODAY GODD NIGHT GOOD APPLE PIE FAVORITE FOOD CHEESE
 SQUEAK MOUSE learning. You wonder what to do when you see coat.
 The raccoon OLD and ripped, sewn but it will rip again, give it KEEP
 ANXIOUS you'd like to get two records that DESTROY belonged ONCE
 to you and a friend has but wants to keep NOT A LOAN you had no
 place to keep them TWO YEARS AGO. Everytime you ask for them
 your friend wants to keep them what relax to do class used them
 YOU WANT RECORDS not available to buy, no money anyway toots
 leave them as a gift or get them back or take count 1 2 3 4 5 6 7
headache hurts dont continue

APRIL 3

A new ribbon not really black enough is that possible yes the way we are feeling BAD WEEK And BAD NIGHT and BAD DAY the moon is in capricorn and after seven thousands CAPS GRANTS we didn't get one. There are lots of notes for March most of them say cancer or TERMINAL or something cheerful like that. A lot of REKA after two years you still get stoned on chopped chicken liver except one sexy dream about a tall American Indian with long black hair and a long grey penis while you're getting all excited in this dream see/hear PAINTING. Spend a whole day Easter fantasizing about him and re dreaming about him and fantasizing and dreaming. SEX APPEAL Life is boring beyond and so is the writing so you're not doing any. The words all stop at the typewriter. You are resting your left brain by not writing. Had some write an article alpha theta tests done theta eyes closed even open for the right hemisphere. GET THE VOLTS LEFT HEMISPHERE: 5 cycles (theta is 4'8) eyes shut, eyes open alpha 8/12 (alpha ranges from 8, beta starts at 14, and delta is 1'4) the volts, 40⁻⁵⁰ microvolts. Zen masters do 70-80 microvolts at 6 cycles; After some coffee the microvolts remained the same the waves went up to 14. Right hemisphere, eyes closed, 3-7 VERY SLOW cycles, 30-40 microvolts and at 4 cycles went up to 70-80 microvolts. SO WHAT. Eyes open, 10 cycles, 40 microvolts. With the eyes closed more experiments at theta the words simply stopped on my forehead or were very faint, with the eyes open and words wording we went up to alpha STOMACH PAIN. What does that have to do CONFLICT with brain waves, didn't have any stomach pain YOU KNOW about during the test. As STOP. When you got I got tired the meanings CURSE i think reverse. LATER in the session, it lasted 2½ hours, the brain' went into theta while talking, eyes open and wording, and alphy at rest. tootsie ok i'm not sure this would repeat itself THAT WAY. But I do have a reverse problem with fatigue. The righthemisphere is the non verbal one, the one I dont use as often non-verbally-structured. come again. making some more testing plans, maimonides to test telepathy need an agent to go with me no name appears ASK WHO and T^d Wolff is supposed to call and do some photos? no head today. CALL NIJOLE. Turn to phone DONT. Concentrate on Nijole, see between 11-12. It is 11:15. You were supposed to call at 11. exact Yesterday you called Nijole after many instructions to do so, April 2 2nd said the phone, it was SURE. At 10:30 tonight CALL YOUR MOTHER

April 3.

You dial and part way through your forehead says BEDTIME. That's the time they go to bed, so are you. You don't finish the call. Are these calls on the phone? Or instructions to concentrate on someone, on mother IN BED. CALL NIJOLE. ON THE PHONE says forehead you have tentative plans GOING to hear Steve 's Drumming tomorrow GO TO BED. Trying to read the book URI see READ YOUR TELEPHOOEY get up CALL NIJOLE just before it said MUCH TOO LATE, dial, hang up, see CAUGHT. READ NIJOLES VERBS. Same thing for Bernadette, CALL BERNADETTE, start toward phone HANG UP see TYPE, call again, Peggy is watching the last minutes of the game SO WHAT , interrupted What is going on with the calls. It's not a psychic call, it can't be because it didn't happen, oh peaceful days, when the phone was OFF Speak to Nijole she usually goes to bed at least an hour CLAM earlier. Tunafish is unsettled GO TO BED This is called dial-a verb WORD April 4 reading Uri April 5th correction the book not the person

JOY

READ ABOUT YOURSELF

quote "Here and elsewhere the reader will note grammatical errors in the speech of the extratPEACE beings" He thinks they're extra-
GOOD. STOP TYPING YOU READ HAVE SAKI. You're thinking how disgusting the pillow cases are you haven't done the laundry in six weeks see YOU WERE GETTING DISGUSTED. ^{liquor} Big SO WHATS. It's the Jewish voice. Tense. Oh, past tense. YOU SEE IT. Make notes. It's been saying past tense lately. IHWTU. You called these forces the In Harmony With The Universe. At first you wondered if they were good Charlies or bad Charlies but THEY SMOKE TOLD YOU in the story you wrote they said they were IHWTU. Years later or maybe days you discovered MONTHS that was an anagram for WITHU. So, if you are in harmony with the universe, they are with keep going with you. not strong enough take Nijole out same old question, of the book or to dinner. OUT. Anyway you see the IHWTUs or them as SHUT UP. No caps grant. YOU SAID IT. THE funny MARIC never told you to do the laundry YET. DONT SAY WHO gave you another shot of calcium, after only 3 days, the words calmed down they were flashing lit up through hannah NO MORE. SAFE TODAY. GET SLIM. LOSE 10 no room for lbs. ON THE SHELF. GET OFF. From the book on Uri big OK by "Arigo had extraordinary powers in surgery, bacterial control SO WHATS a psychic surgeon NO BLOOD and anesthesia" SHUT UP you have pain GAS. people misunderstand. Uri can make a thermometer great typist add h

April 5 cont. JOY

VERY GOOD if you say out uri you get you are i. typical POET.
Hurrah noticed Uri couldn't work COME with his hand in a rubber glove
a nickel of water. Confirmation of your YOU WORRY bathing a lot
 SOAK during the kundalini experience. Calm down the electrical energy
 TOO BAD you haven't edited that yet. too much work THAT'S BAD. BED.
 Oh he made a thermometer go up or down, Sharon thought she did that
 maybe she did. SUBLeting your apt. is that four months out of 6
 as in subl and no et. Hannah you have too many systems. that dont work
recluse. You haven't felt like typing in a month. MARCH BAD was
 true typing error false it said March bed a waste of time you were sick.
 A long spike appeared in the planter OUTSIDE of the little pine tree.
 Bruce's tree. How did it get there? THIEF. Someone must have tried
 to climb from the fire escape to the window ledge. Is it time for
 cold cream on the ledge. ^{not safe} You take it out NOT A THIEF says head
 strong wind? Why continue Ricochet racer DUMB you turn on TV
 it says HOLD THE TREE then HOLD THE POLE it's too thin to support
 anyone. QUOTE If Israel entered into a pre-emptive war there was
 the danger of escalation to world war. pre sensitive If Israel
 prevented a war now, she would still have to face a major war in
 the future. ⁷⁷ LOTS OF MONEY with her Arab neighbors but this latter
scorpio SEE THE NEWS scenario there was no danger of escalation into a world war." YOU OMIT
 the chapter Oct. that describes the Yom Kippur war in 73 FIVE DAYS WHY
 GEORGE doesn't like TOOTS You kept getting messages to watch the news
 during the sunset SUNSET which you liked to watch. 3 TIMES YOU GET SICK
 You also had messages: Sinai, Hussein NOT CLEAR INCLUDE THE PAGE
 there are two 0 11 WAKE UP Kathy interferes THERE'S MORE COFFEE.
 A lot of Jews were concentrating their minds on Yom Kippur IT'S SAFE
 SAY SO you thought probably the Jews started the war because they had
 that concentration behind them. Another quote from Uri's hypnotic voice
 this time, in the paragraph before the above quote SO WHAT "I am now
 looking over the flat palce in the nickel where there are enormous
 numbers of tanks. Attack first! " READ YOUR NEW BOOK. APRIL begins
 That's what it said last year TOO. Now the voices add s YES YOU'RE TOO
 SLOW the YES appeared before s. READ URI. You like the book SO WHAT.
 NOT YETS and SAY SO. UNDERSTAND they speak English FOOL in clear water
 STAY HOME appears as you water the plants. TREE. DO IT NOW. Oh no
 nows are QUICK. GO NOW never works. NO Nows it said under the sink
 as you cleaned it up. Think of Rhys VIRGO SPEAKS VERY GOOD INFLUENCES
 Uri is practical guessing numbers, cities and colors LOGIC helps
 eliminate VIBES. Not so many to choose from. DUMB. Say light, see
 JOKE BULB. DONT REPEAT COMPANY HEAR

April jingle bells p2 omit

GO TO BED. It's 8:35. Earlier it said get exhausted 8:30 see Bernade
 you laugh at the timing. 5 min late. CLOCK. You call to check it's
 8:37. THAT'S NIGHT says the phone as you hang up AFTER WORDS GO TO BE
 In bed, pull out plug to lamp not enough light light WAIT-PLUGS IN
 it's not the same s as cat Nothing she used to say show GET ITS
 So you decide this means 3rd person SINGULAR as toots plugs in,
concentrate ITS. You decide to be it. NO MORE. getting clever ITS
 Eating the onions and carrots^a from the POT roast chicken greasy
 are you eating too much ^e ^h NOT FOR A FAT PIG. CALL NIJOLE Lots
 of energy over it's face^r, words in reverse, BRUCE, notcoin coming IN
 TIME CHICKEN dont eat it WARNINGS too much energy TATH'S ALL. it's
 black and orange TOAST the pot bottom and carrot colors enough onions
 DONT SAY WHO. 1st chakra opening printed in apple CALL NIJOLES BAD
 in a curve by the typewriter of course she wasn't in DONT CALL 2nd
 time NOT ALL. Too much 3 drive coffee CHURCH bazaaa BUY THE PIN
 it's a Christ Church 1974 stick scarf. no points. YOU MISS A POINT,
 should have gotten the copper cufflink, did, but got interference NOT
 WHY EXCHANGE for pin. JOIN CHRIST. DRINK MILK. BIG BED. MEDITATE.
 PRIMAL SCENE. no pictures. Brother's sailboat hat, white and black
 CAPTAIN's hat, goto fall river BOAT RIDE to New Bedford AT 11 years.
 CALL BOOTS. PARAGON GET A BAR. DONT. not a message this is april
 incredible amount of BED interference. GO doesn't work, neither does
 WAIT. GO ASK BRUCE, not home, GO SEE BERNADETTE NOT CALL. NOT HOME.
 DONT. DONT STAY IN. Interference leaving. WHY WAIT. DONT COME
 that works, so does STAY HOME and GO TO BED. WINDOW COLD wind comes
 through SAY IT. Hang blankets, towels, coat through call esp term
 for the subject's impression of the target object in an ESP experiment
 You are going SHUT UP. GANGWAY. Chance. An average score of hits.
 REMEMBER. Hit. the subject's correct impression, or call. THAT'S ALL
 Later. YOU CAN TYPE. RELAX. BED. PRAY FOR BED. HARDSHIPS
 JUST TO GRANT LIVE. Kathy please the phone rings DONT you answer pray
 anyway Kathy invites you to a party for her book AT TED'S and Leandros
 THAT'S WHY BRUCE ANSWER. You always answer the dont phone ALWAYS
 What if you hadn't. SHE NOT NOWCALLS toots WARNING SIGNALS. 5 oclock
 SURPRISES CUT IT^{ms} SHORT 100 PAGES. It's now 135. MUCH HANNAH
 A blue light appears on thw OFF TV, wave io it. hello That's from
 reading URI devote QUOTE HARDSHIPS. Later can it see another blue
 light? YOU SEE ME BLUE appears on the blue TUMBLER. GET OFF.
 Nice party for JUMP Kathy MEET KEITH SONNIER NOT LEWIS SHUTUP.
 Talk about hardships. Saturn has been sqaure sun last few days

April p 6

April 9

Father is in the hospital WHO DIES? FATHER DIES says head GO HOME
He dont wait longer THAN MAY THAT'S ALL. WHY WRITE AT ALL. The
words appear large and outlined in gold on your head GOD'S WISDOM
but yesterday they said SERIOUS ILLNESS you thought MAY meant you.
This is too confuing and no logic comes of it. Is my father
dangerously ill? HE IS. NOT THE LUNGS. HE WONT REMEMBER EVENTS
Talking to him last week it said SENILE and tonight talkint to
mother DEATH. You dont want to leave publish 3 months late. You
just got your period and feel sick. GO HOME ok, when? SAT SUN NOT
NOW MONDAY NIGHT ENOUGH? If you had come right home from the
astrologer inseated of going to the chiropractor and to Jerry's
reading you wouldn't be HERE NOW. You would be healthier and able
to travel SOONer. THAT'S WHY. DONT CAPS. FATHER DIES. When?
YOU ARE SICK. You didn't listen monday or sunday or tuesday.
He has blood clots in his legs. CALL DR. SHARP. CALL FRIDAY.
TRAVEL. Rebels dont last. Wait for instructions. PACK WEDNESDAY NO
Now doesn't work. It's too soon. The words are therapy
April 10. CALL DR. SHARP. NOT DYING. CALL CBGB. Cancel WHY
you have two choices to read May 7 said your head in big letters
but it's just when you get your period you get cramps so why not the
21st? WHY NOT? DONT CANCEL TONIGHT. MAKE NOTES You feel you
wasted TOOTS on the astrologers. Meditating you saw a woman
who said ellen looked like her when younger WRITE ABOUT YOUR DREAMS.
ONE MONTH. TOO LATE. Visions of Phil, evolved andclam,
over the CUT WHY WRITE. Steve, relaxed in a plaid shirt and a
reddish vest. one more dream. GUIDANCE says head. COAT. What
SPRING. Watching Ford. Humanitarian aid SUCCESS, military aid CUT.
AVOID. CALL NIJOLE late she's asleep wake her up SUCCESS. no more
call Nijoles . Humphrey REELECT. Many words on Ford's forehead.
And on the CBS newsforecasters. READ. Dream about Charlemagne's
concert, going with Phil WHICH Glass wearing an embroidered blouse
Max and Steve fight over a died bright red fox fur coat, Phil and I
don't have much money you feel left out, Phil sits with another woman
all the women are wearing embroidered blouses, everyone looks rich,
another redream, with Phil, sitting under the piano, best situation
you're not with Phil WITH ARMAND. Go Saturday. Concert also Sunday.
It said READ next to CBGB and A^{tt}ist's Space. Go Thurs. Saturday.
ONE MORE LINE. Usually the go_____ don't work. THEY NEVER DID.
So perhaps Sunday concert there's been so much intereferece lately
cancel May 21 WHY appeared off the end of the page. Too confused.

April 21

Yesterday saw Grief who reads past lives. Not in order, he sees me as Japanese man with puppets and costumes, making children laugh: Guru student in Inida, recluse, Aunt Reka was my guru patience and orderliness to be learned from today make copies: American Inidan medicine man in contact with spirits, healer: Small Indian woman under 4 ft tall, into healing, life of dedication & service, same father he wanted me to have children brother, he has fears, in this life Bernadette was an orphan boy for whom I became a step mother always: 2 lives at sea, one with Roman galleys: stop dont forget Rhys get pictures BUY A FILM, one life as mariner New England, 1800s catch cold, trips to Africa, captain, down with ship, commercial trip to bring back barrels of molasses or honey sweet food (I could send my mind to the bottom of the sea) one more life hurts: poet, English, male, my mother was my sister interested in images, action, reaction, ONE MORE TIME as sister: Crises woman of Mayan, Central Mexico MEET RHYS THAT'S ALL COLLECT : Italian, 1600s, astrologer, magician interested in stars, astronomy patterns MAKE CHARTS time to write YOU DIDN'T PUBLISH: last life English witch, gave myself completely to spirits of dead and lost my mind, Bernadette was in the same convent she had opposite views she saved your life twice help her to overcome. Now chosen to show example of human mind, split levels operating simultaneously no deads spirits, that's closed, so is insanity, not possible to lose insight control or consciousness, no trances or hypnotism completely possible. Karmic responsibility to my mother UNTIL SHE DIES another life together one more Bernadette last life warning dont overdo the spirit influence Father ~~wa~~ is not open, blind, spiritual development begins too late next life not true mother returns as single woman not a problem, works in hospital or some service thing opening. Didn't ask about R^k's next life. NOT TIME. YES. SHE BECOMES A NURSE TOGETHER WITH MOTHER Barry was a satanic influence, used by forces to open mind BIG EGO He was on acid when the picture was taken and Grief read that moment when he thought he was Zeus ~~no pictures~~ no pictures of Charlemagne, Rhys, brother, Nijole past friend NOT A WITCH. Bernadette was also a toots No more until we get a faperecorder. ENJOY YOUR BACKGROUND. You felt you had died drowning in Pierrakis office he didn't concur wanted to deal with current emotional problems, 2 years ago safe. P says get a job feel secure that's all dont get social welfare OR medicaid you're dont certain about medicaid. you wont lie. You have blue cross and Major medical which is useless cramps dont forget

April 23

dream about Bernadette logic. I am a ship's captain, we are about to set out to sea, there is a faint change in the wind which I dont recognize although in the dream I try to tell myself I almost do. Reka I am per describe the wind- the water is shallow and calm but a faint ripple comes from another too late direction, there is the bulk of a sunken spanish ship I see it as a rock A WHALE a smooth almost submerged black mass in the direction we are to sail, but actually I am told somewhere is a sunken spanish ship in the direction we are to sail Bernadette and in a storm mother I may the ship may go afoal on this ship or rock. So I am persuaded to walk the ship, with tow lines, me on the sea side, someone else, tall and slim and neat who looks like Lee on the other we have this rope between us but it's fake mother there is no ship between us lies, I ~~sayxxxxxxx~~ notice the rope isn't taut and say the rope must be kept taut in order to keep the ship in line but I ignore or am not kind aware that the ship is missing. We come to a dividing of the ways, it's all dirt now, and I Bernadette loses want to take the right path that leads nearer to the sea, but am persuaded to take the left one they say it's the you lost control right path to hospital YOU LOST CONTROL. Suddenly this tall slim person and myself are with other people and someone says, we are now under the regulations of the us army and they give me dry boots which I am glad to have, no dry shoes and take off the wet boots, but i am horrified to find toots i am not in control of my ship any longer, in the army the hospital? OK and the tall slim cool person doesn't care. I realize after that my ship will go out anyway, with the seamen book in charge that's why the panic SEE GREIF SAVE YOUR LIFE HANNAH CHOOSE and the ship will go down and I will be responsible. I go slightly mad, am dressed you survive in my sailors clothes with an unshaven face and start to look in all the glass metal hurt me I was allergic to electrical objects or conductors told you I look in the glass, windows, etc. wherever I find them as if they were see as if I could see in them the moment my ship I was a captain went down. I think I do see the moment WHEN my ship goes down, or I know it has sunk and I am responsible for all the men aboard. You desert I wake shaken about Berna was it the dream about the hospital CONFRONT BROTHER WHO, he and my cousin MOE and Bernadette took me too Mt. Sinai and didn't tell my they were putting me in a psychiatric hospital. Bernadette thought dont excuse karma my brother had told me and was shaken wehn I freaked out when I found I was in a mental hospital instead of a regular medical one. You had a chance dont forgive your brother too late book suffers TAPE HER VOICE AND MOTHERS DONT TELL EVERYONE. And what about Lee, the cool logic, brother is a virgo nonsen

April 23 p 2

Also I am a scorpio and should follow, says Emerson, my emotional instincts - then I would have gone to sea anyways and drowned. It is better to drown be sure your death is past dont forget Greif. He didn't say anything about this. You didn't have your ^{Georgette's} brother's picture. get another omit p. 3. After the hospital you worried that the book was lost because people wouldn't believe you weren't crazy because you had VERY IMPORTANT been in a psychiatric hospital. You haven't published. You hate your brother and Bernadette. your mother satyed outside the controversy she told did she tell your brother to put me in a hospital? YES. Watch your lines. Beautiful Take it to Charlemagne ASK FOR CUT another dream? TIMING. Several times. Witch B and I were witches together. quote the tape: Greif: was a witch in England at the time you were and belonged take another picture to the same coven, the same circle but she had different ideas of witchcraft than you had, she wouldnt you believed to totally surrender play the tape backwards die you see the word die as you rewind with Bernadette one month beware your voices said you die together the tape: surrender to the forces, the influences go back CLOSE YOUR MIND IN AUG she believed never surrender always keep your own mind so what happens you become psychic and she doesn't you develop faster that's faint: tape: ~~nixixia~~ keep your own mind intact and always resist any influences or die suggestions that's your problem tape: so that was Bowery the two differences between you. so she was hostile to being totally involved you gain strength ask Charlemagne something else tape says: in psychism or witchcraft marjorie because she felt you would become hurt or you would become lost dont get angry explains the situation go to BARRY change your mind. You walk downstairs and remember Lee reminded you fo your brother when you went with him almost married him. Tape: not yet. Coming upstairs you see MONEY that's a difference you lost your confidence in the hospital and haven't published you think unkind that's why you're angry at moe it could KEEP YOU ANGRY FOREVER After Charlemagne go to Siskind beware money second chance go somewhere else walk finish the tape: no as you walk downstairs it says NOT A EEO Lee was a leo, brother a virgo, Bernadette taurus in opposition to your sun scorpio. play games that's enough try to die dont regret publishing dont listen to Bernadette appears over dont regret publishing. Tape: lost in the process, you felt the not her only way to do it right is to surrender completely and just allow yourself to be used in order to STOP further your own education. NOT HER CHOICE. Learn moderation.

April 23 p 3 see Greif NOT EXPENSIVE TALK ABOUT BERNADETTE THIS DREAM
DONT WAIT. You call Greif the forehead says TOO SOON. Callat 11
Think of B_rnadette you call, hang up, see 2nd chakra. Call Charlemagne
not important the tape continues: you wont die hear the tapes tomorrow
the tape doesn't talk about witch life now. very important cry
The india life that you knew each other when you were the woman in
India who walted to be a healer and follow the gurus in order to do
service learn and you were involved in the worship of Bernadette youth
second chance she at that time was a young boy who had been orphaned
at a young age dont forget moe WHY NOT CRY ABOUT PUBLISHING and she had
nobody to watch her and take care of her, you complete so you devoted
your life and dedicated your life so what play the tape backwards
to being a foster mother to her to take care of her and give her
emotional support and to give her sustenance and food stop the tape
an orphan that you adopted and became like a mother influence.to.
She has the vibrations of a Spanich nun, someone who was put into a
convent because she was too free with sex and too sexual and too
flirtatious liberated she was involved in free sex and emotions and
giving love and getting love so she was put in a convent by her parents
because they were ashamed of her, they couldn't control her. Not her moth
She was a spanish nun forced into a convent against her will to learn
She cannot follow your road, she cannot believe as you do she cannot
have faith as you do god forgives the past because if she ever let
go and had faith she would come apart whe would lose her mind dont
interfere whe would lose her identity she would go insane dont tell Berna
she doesn't have the thread that holds her together hardships the sea hur
ts the same as you do. . Cancelots of cancel for WHY Apt. with
dream lab CUT IT SHORT try to reach Barbara too late she's not with her
parents home.

May p 1 1975 May 7

Something weird is happening around here the last week or so, the voices are talking to me in the first person as for instance: plant see: I DONT LIKE MY POT, trim it, YOU CUT OFF MY HEAD. The letter says PLEASE DONT MAIL ME (voice) the Carbona Wall Wipe says I'd rather not as you go to put some in the floor wash water, the ms. says PLEASE DONT CUT ME, you see this too. It's I. They are I and I am you. Some astrologer said you should have children. ALL YOUR VOICES are MINE. After struggling and struggling not to use the first person LOOK SEE. You call Kathy on signals, she's not home but the phone tells you not to go out today or thurs. NOT PROUD. You still feel bad you cut off its head. BED. I DONT LIKE ME says forehead. The head, Jezebel grew two new shoots leaves it's sitting in a wine glass not Jezebel, Salome. FEEL BETTER. The wine glass is next to the pot.

May 15

MOVE MOVE President dies move see many move's UP Bob is moving on the top floor but Marty and Francis want Jackies apt the one above yours has a leak into the bathrrom it said GET THE KEYS but you called too late you cant move to Bob's move to Jackies? when she moves out? TELL THE CITY. Why should you move up? It's so much work to bed get ~~an~~ apartment HIRE WORKMEN ready IN A MONTH. GET SICKS There's so many words on your forehead it cant be still sorry YOU SHOULDN'T SHOP. You get the keys to Jackies the windows are higher is the apt warmer save yourself for brighter NOT ELSE READING this room is too cold in the winter storm windows could hlep so could quilts to hang over the bedroom five cold windows and the bathroom the place needs painting call friday night and the wíndowsneed fixing and the fbors need scraping and a new sink and work in the bedroom and the kitchen you come in and it sayd MOVE UP and you ~~ans~~wer the phone it sayd DONT MOVE. AAGO TO BED

Dream tell Charlotte You are working with Ruth and want to buy this expensive slip pale aqua with beige lace, Ruth agrees, but then one ets retruned thatsomeother manufacturer made, it's even more beautifl and more expensive you beg her to let you ~~hm~~ have this one, you're hoping itwill be free but you realizeyou have to pay for both ONE is two big and you have to decide which one you really want, you find a corner, this is in a store dont forget Bernadette and a stub of penicl and small piece of paper to figure out the price, there's a man waiting or you to go home, he'll have to wait. There's someone, you or another person dies has something wrong with their thumb they did it in a hospital, it makes doing fine work with that thumb impossible, and it is known only to a few ACUPUN that sorry that thumb nerve is built for fine work. Last night's dream, about sex: you go on this pregress) (note A freind of your's boy ran away from a mental hospital) not Annge yes, Annes. Your MOTHER. You decide to go on this cruise it's a áagge crowdsded one, not the kind you'd usually choose but you decide it's best for meeeting hots of men so you do it, JOIN A GANG, meet some guy with a huge long penis, slip (twice? as in fall) you're angry at John - he tries to fuck you but you've got pants on, you're in a cabin and he's so tall you have to open the cupboard so his feet have room you're roommate luckily isn't there, not strong enough you take off one pair of pants, and you still haveanother on, when you get thatofff he loses his erection and you try to give him a blow job. You feáll asleep with your dungareexs and underpants on. dréss

May tell mother 18

dreams you try to remember the past few nights, or week. One is about Aaron, he doesn't take you far enough, you're on your way to teach school it turns out to be Radcliffe your hip hurts it's damp and muddy on the way and your high heel shoes get wet, you get scared you're going to get sick. You do get sick a few days later. grippe There's a woman in the car with you and Aaron, maybe it's his new wife, there's a baby. toots he is remarried and with a child. warning. When you wake it says HE WEAKENED YOU telling you once before you left him, you fell and hurt the base of your spine and he insisted you go skiing for the first time anyway, so you padded your back and went it hurt like hell to sit in the car going up angry you ~~wennet~~ you ~~dot~~ remember it you sat in the back seat where you had more comfort, you fell a lot learning how to ski and always fell on your right hip as you were protecting the base of your spine. Your right hip gives you a lot of trouble, it hurts often, scitica problem and you wonder if this relates to the 1st chakra producing heat WOW in the body and did Aaron do you real harm by not being kind enough to cancel the skiing trip, or why did you go? Married. ~~This~~ Is this something that weakens you angry now you're angry, for the rest of your life? one more dream about Aaron. How do you get back divorce alimony at the bastard. JOHN HURTS. You saw John P and he told you to go out and get a job SO WHAT but you got sick a week later, you can't stay well long enough to type a few letters. You think he's a typical male pig, get up and work style, and wanted you to see Ad whom you dislike intensify. YOU SEE JOE another psychiatrist, why aren't you seeing David? Hlep me a vice it's Bernadette you need to get well. get strong it says 2 more years you're angry and depressed. GO ~~XX~~ AWAY you wish Seymour were alive. You're furious at John for this hearty pat on the back SHIPWRECK attitude. Your voices say ONE PAST LIFE HURT. You must wait til everyone is saved. Where does shipwreck come in here - go to work he says John you volunteered to help 5 people and not one called, you were sick Call and angry a week later TELL HIM you worked for 22 years Do you see Joe or David? BOTH./ Can psychiatrists ever help? You expected call more of John because he's clairvoyant. He can heal Dont mention _____ ssaid John was lunatic too slow. Call Bernadette it's too early. Aaron was a JOHN how come you didn't tell him so to his face. A face of Ad. whom John wants GO you to see. another psyc.

May 21 clothes help you're packing all your clothes, including the green sweater which you don't like too much, with a friend, moving, return to prov and give away a something you don't like the color of WAIT that mother? gave you. There's a question of why you have the green which isn't good color for you. You're packing up the furniture in your old 5th st home preparing to move out. You have done all your laundry and cleaning very early in the morning, very quietly so as not to wake mother, she's sleeping with your father and the new york times is on their bed, which is a twin bed in your brother's old room, you want the times something to read but you don't want to disturb her DONT GO HOME so you don't ask you are slightly frustrated but pleased with yourself you got all the laundry done, when your aunt comes up the stairs and starts nagging you or just asking did you do all the laundry and the cleaning throw up and you can't argue because you'll wake mother but you can't stand it all of a sudden and start to scream and scream TENSION she's nagging you and want leave you alone you want to talk to mother or get her attention, by this time you're at the bottom of the stairs near the door and mother appears at the top of the stairs, silent, as in so many dreams, you feel her energy, but you fall silent to the YOU BOTH DIE floor, and can't or won't talk you're pretending FIT you're committing suicide and wonder if you'll go all through eternity wanting to scream because you can't talk now. SAY SO ALOUD. Your voice is soft you wake with your mouth open and sore dry. It's as if you die because your mother came to the stairs and you woke her up. You're afraid she'll or Reka is die if she doesn't get all her rest. You wake up at the point where you're wondering if you'll want to scream through eternity. Mother 3 months home this summer GO TO SLEEP REKA NAGS appears more domineering than she seems but she really controls the house. STU. You're quite clear you're wondering if this is what suicide would be like, after cutting your wrists, wanting to talk and not having strength fit could you have a fit from cutting off the calcium too suddenly TOO MUCH. You had tantrums as a child no one listens the point is you did everything so well and early quietly and then Reka nagged and you had no paper. you're afraid to go home. living room no light to read by, mother rules everything lights and you need 2 lights at the beach so you can read your eyes aren't too glasses need bright light your eyes get worse bright lights help. PACK. You had another dream about packing in which you were leaving out all the red clothes. Bernadette helps. don't destroy thurs can joe or david help? WHICH ONE. TIME is passing you should think of leaving NOT BEFORE JUNE 15. then you miss father's day hann at toots COURAGE. SAVE TIME. don't stay late Bernadette helps thurs night.

May 21 another dream ^{p2}

Your at yourparents, yo're palnning to go difficult away for the weekend to a ski resort in august to see joe, he's too busy to see fun in the city GO HEAR STEVE. Then you fealize sunday that you haven't time to go to the city and pack you're ski things, you'll mother dies have to depend on fahter go home he isn't good about ~~man~~ handling money and might blow the whole thing on stocks or sell the business and you wont have any inheritance. 250000 IT IS you always thought mother would die last. because the women in her family live long 85 what about aunt reka you thought you might have to take care of your aunt but the astrologer said you might have to take caare of one parent and Grief said mother aunt as you're talking to Joe you realize it's not realistic to mmet him at a ski resort in august even though there's snow on the ground at your familys summer place. MOTHER DIES. It's been saying father dies all last year and he has cancer and hasn't died negative You are supposed to call joe at 6 to night to make an appt. HE PUTS YOU OFF. ONE MISTAKE. You wake to see HAPPY BIRTHDAY on your forehead you dont want to get stuck inProv til Nov. your birthday ~~huras~~ CALL JOE. DONT HANG UP You make an appt for next quit typing joes voice. You leave the typewriter CALL BERNADETTE it rings HANG UP ~~axfewxminutesxxixaxerxx@alkxBERNADETTExxomxxaalkxbakxtihexpxx~~ you want to call her back GIVE HER a voice shouts HELP TIME give her time ~~YØXXEALL~~ CALL BERNADETTE no answer but the phone says NOT IN JULY. Why is this typewriter shouting at you. Call Bernadett oh, you're head said not home, but you get an answer anyway about staying in NY FEEL DIFFERENT. Why did it coffee you see GO NOW as walk you're calling. You assume the answer is about mother. Oh shut up you're going out. TOHLEP ME FIND BABY CLOTHES. Yesterday you decided to ~~s~~stay home Wed Thurs ~~no~~ today so you wont get ill again. You weigh yourself a voice says 200 mother's voice. Oh a good idea, you'll make some. TAKE A WALK. You got a no zap as you went to put on your bra so you're doing yoga instead. You shouldn't drink coffee even a tiny bit in the afternoon 4-5 you need a calming tea when you get up so the words wont suggest things to do that other words wont let hang up. They word faster than you can PUT IT IN. Another dream about mother buying ahouse sunny, hope st. you suggest an escalator. Call her, she was thinking no wishing they'd never left 5th street WHERE YOU DIED FROM FITS OF STARVATION. Grass Piggy ate chopped liver and herring and sour cream and olives. oh

June p 1

It's the 5th and it doesn't we dont want to lie we dont want we dont
are but our forehead says DONT LIE we do care ait says DONT LIE we want
to get medicaid because ILL pay bills we dont lie. ABOUT THINGS.
Sowhat do our do? Go and lie DONT omit say no when it says do you
own property because if you say yes toots the value will take you
over the limit even though it's worthless it costs you 200 a month
cut it short a year we mean for taxes until we sell it JUNE. And
we have savings we dont talk ~~about~~ because Bernadette is having a baby
and we'll have to be paranoid schiz and IMITATE CHARLEMAGNE and BUMBLE
and put our glasses low on our nose and fumble speak clearly it makes
you so nervous you get your words mixed up you're even you again it's we
CUT. YOUR LUNG HURTS. You had an exray and find your right lung is
bad you didn't listen last zoct when it said RIGHT LUNG you thought
it was Nixon and when it lit up this winter in pale green light and
said RIGHT LUNG you still went on 3 years in this apt. building NO SMOKE
is it because of the furnace fumes ~~from~~ apt. 3 3 years ago you've been
sick every winter you've lived in this building since apt 3 and you
still smoked after the green light but you quit last month may and
maybe your lung will clear up 3 years and you have a high sedimentation
rate which means you have an infection like mother who has a lung
problem gas you haven't solved YEAST YET. You're sick of bing sick and
you are sick and you're you again. We get mad when we take librium or we
hear louder voices and the words come in angrier like hard feelings
unpleasant like someone who didn't like you was forcefully talking to
loud or it's internal you said it so why do the voices continue TAKE
LIBRIUM. It's cCUT IT SHORT not too interesting to write best CALL
NIJOLE she's asleep she's going away so are you you won't see her until
sept the sept appeared after until we wonder if the words that appear
off the page are meaningless WRONG. No proof yet. BUILDING. We see

75
June p 2

MOVE a lot and dont know where although the apt upstairs is vacant
WHY BOTHER so much effort even though this apt is cold IN FRONT ROOM
maybe that would be too. We can't face Barbara. We need sleep. We
need medicaid and are not getting directions TO GO MON. What about
tomorrow which will be here any minute 3 HOURS LATE. YOU LOST COURAGE.
You don't feel like lying or you don't care but you don't know if it's
worth it to pay Goodrich NOT MUCH HELP or see FATHER a psychiatrist or
a chiropractor the one you see is free but not the best NOT TRUE.
But once in a while you'd like to see a psychiatrist because it says
SEE A PJOE. JOE IS A GOOD GUY AND HELPS but is very busy. INTELLIGENT.
CANCEL RADCLIFFE. Does that really appear. Meditating after 4 days
of aspirin, depressed, see TYPEWRITER. CANCEL RADCLIFFE. So why did it
say GO TO RADCLIFFE and make me make long distance 3 times calls only
to cancel now. GO TO BED. The 9th GO TO DOCTOR. You realize PRIVATE
DOCTORS must mean go to the clinic WHY NO it's only open at night HOW
COME it's cheap to free WHY MEDICAID you hate to lie the clinic could
help they take blood tests and you might have found out about the
sedimentation rate months 3 years ago did Ray Hochman do tests then?
THAT YEAR COUNT 8 ALLOW What to do to get rid of it you cant take
any more aspirin you'll commit suicide it's so depressing. DRUGS.
Last July you saw after the retreat, aspirin, took one, saw a funny
man with a weird hat on the left side of your forehead, a rotten pineapple
on a slant on the right, your face went numb and you heard a man's voice
say IT AFFECTS THE PROTON. Why is too much steam bad? YOUR VOICES LIE.
CHEER UP. IT's hard to know the liars from the trakers. WISEACRE.
The land isn't sold you don't want to go to medicaid today. FEEL AWFUL.

Sept 6 1975

Why I must INCOME TAX is because the land darling writing a novel
EXPLAINS I dont believe BACKWARDS. My name is, spelled AWKWARD underlines
HANNAH & I always almost thought the words meant dont when they
meant potatoe chips DONT EXPLAIN MACROBIOTICS which is lodged
INDIGESTIBLY in my memory COMPUTERS. Novels are odl fashioned its
so much MORE FORWARD to tell the FANTASTIC truth. TO COMPLETE THIS
PAGE I have a difficult problem to solve: the words I see take PLEASURE
up less space I SEE IW RITE THEM IN. That explains COMMUNISM. My novel.
begins in A CITYLIFE CAFE where the sidewalk stinks and I whom I shall
awkwardly dont underline call I or we walk in a SITDOWN Hannahs sits
BACKWARDS her beautiful HAGGARD face SPOIL again facing the CORNER. This
is not Phil. This maybe A TELEPHONE PHONE CALL CONVERSATION Hello
AWKWARDLY maybe PRETEND IT IS Phil. Hello RHYS. I am LISTENING. Ill
have DONT COMMENT ON FOOD so serve me right away I want to COFFEE. Rhys
could never write dialogues so the novel DESCRIBES SITUATIONS TELEPHONE
CALLS. I think I see my OUR own thought^T BELOW THE LINES ENJOY. If I
write slowly THE WORDS FIT and I get high printing CHAKRAS. There are
7 and I DESCRIBE THEM HERE. The first is located at the base of the
spine and is ENEMA. The s DONT DESCRIBE ANY MORE. Saved. We are
talking to Phil Corner in a corner of a cafe on the 2nd ave side
but Phil never VISITS. So its LAUGHABLE Rhys and he is read Kathy's
books. Maybe I'll tell Rhys DONT PRETEND about the time in 1970 when
I saw this sort of animal shape appear on our TABLE in dirt and dust -
like a drawing. It was UNBELIEVABLE & prehistoric -then I want to
Gibbels toy DONT EXPLAIN bought AN EXACT IMAGE COPY for my newborn SON
The real one was COLORFUL . It was INCOHERENT. It was a nephew. I am,
and once a slip of paper appeared with navy written on it and some picture
of Barry disappeared for years but these aren't the same i.e. MAYBE
they happened by SOMEONE ELSE by hand and not by mind THATS ENOUGH
TABLES which was a white dresser and the image DONT GET HYSTERICAL
reappears here. So long Rhys I've had ENOUGH CONVERSATION. My friends
are OMENS. I LIKE RHYS this appears on my forehead and not on the page.
Problem If you could see LIPSITCK on my forehead you'd see it backwards
and thats my problem ALWAYS. If you could see THE WORDS APPEAR you
ould see them FORWARDS. BIDE A WEE saves cats vanilla dont describe
is an answer to a quiz question our mind answered hours before our
parents asked it. WHY MOTHER HURTS. We decided to TELLATALE

DONT DESCRIBE Tom Kippur

Sept 6 1975

Why I must INCOME TAX is because the land darling writing a novel EXPLAINS I dont believe BACKWARDS. My name is, spelled, AWKWARD underlines HANNAH & I always almost thought the words meant dont when they meant potatoe chips DONT EXPLAIN MACROBIOTICS which is lodged INDIGESTIBLY in my memory COMPUTERS. Novels are odl fashioned its so much MORE FORWARD to tell the FANTASTIC thruth. TO COMPLETE THIS PAGE I have a difficult problem to solve: the words I see take PLEASURE up less space I SEE IW RITE THEM IN. That explains COMMUNISM. My novel. begins in A CITYLIFE CAFE where the sidewalk stinks and I whom I shall awkwardly dont underline call I or we walk in a SITDOWN Hannahs sits BACKWARDS her beautiful HAGGARD face SPOIL again facing the CORNER. This is not Phil. This maybe A TELEPHONE PHONE CALL CONVERSATION Hello AWKWARDLY maybe PERTEND IT IS Phil. Hello RHYS. I am LISTENing. Ill have DONT COMMENT ON FOOD so serve me right away I want to COFFEE. Rhys could never write dialogues so the novel DESDRIBES SITUATIONS TELEPHONE CALLS. I think I see my OUR own thought ^{BELOW THE LINES} ENJOY. If I write slowly THE WORDS FIT and I get high printing CHAKRAS. There are 7 and I DESCRIBE THEM HERE. The first is located at the base of the spine and is ENEMA. The s DONT DESCRIBE ANY MORE. Saved. We are talking to Phil Corner in a corner of a cafe on the 2nd ave side but Phil never VISITS. So its LAUGHABLE Rhys and he is read Kathy's books. Maybe I'll tell Rhys DONT PRETEND about the time in 1970 when I saw this sort of animal shape appear on our TABLE in dirt and dust - like a drawing. It was UNBELIEVABLE & prehistoric -then I want to Gibbels toy DONT EXPLAIN bought AN EXACT IMAGE COPY for my newborn SON The real one was COLORFUL . It was INCOHERENT. It was a nephew. I am, and once a slip of paper appeared with navy written on it and some picture of Barry disappeared for years but these aren't the same i.e. MAYBE they happened by SOMEONE ELSE by hand and not by mind THATS ENOUGH TABLES which was a white dresser and the image DONT GET HYSTERICAL reappers here. So long Rhys I've had ENOUGH CONVERSATION. My friends are OMENS. I LIKE RHYS this appears on my forehead and not on the page. Problem If you could see LIPSITCK on my forehead you'd see it backwards and thats my problem ALWAYS. If you could see THE WORDS APPEAR you could see them FORWARDS. BIDE A WEE saves cats vanilla dont describe is an answer to a quiz question our mind answered hours before our parents asked it. WHY MOTHER HURTS. We decided to TELLATALE

DONT DESCRIBE TOM KIPPUR

Mar 23/2

See JOAN CALL HER NOW she's not home but see JON BIGSON I mean
Gibson in phone color around hairline. as I hang up. CAREFUL Get a

negative attraction to calling too late NOW now it's 9 O'CLOCK be careful.
Saw JON in the air and NANCY TOPF on the top of my head. Why can't I call?
They're not home. The phone says COME TUES. NIGHT if you lay down WITH
CHARLEMAONE. Philosophy did Bernadette and Nick know
a philosophy professor at Columbia. STOP SKIPPING GO OUT MON
have pancakes

This is Wed PSYCHIC TERMINOLOGY.

"Call" The subject's impression of the think negative target object in an ESP experiment

"Hit" The subject's correct impression or call 1 2 3 4 negative

"Run" mean walk In ESP experiments, using 25 cards, 25 calls, or trials, once through the deck. A minimum of MONEY 4 runs for each individual being tested low energy today why not GO OUT EVEN

"Trial" A single guess, or call, at identifying a target object in ESP experiment
Cigarette (Raymond's voice) one more day

"Target?" The object that the subject is trying to identify month GO TO POETRY enough coming of company

RELAX DON GO ON THE STREET FEEL POWER
CLUES TO POWERFUL PEOPLE The Integral Yoa Institute is having a retreat

in June. Go To R.I. you GO TO THE BEDROOM. I go see DOUBLEDAY

on the PINK quilt. Called Doubleday, see MAHLAMUDE (H?) on the phone coil

as I call, ask if they have an editor named good girl no they used to have

an author named Bernard Malamude no h where is he now Farrar Strauss and

Giroux call them who is his editor Giroux write a letter says his secretary CALL HIM. I never + Sonnabend MAY SURPRISE

do anything to pronouns. Maybe I wasn't supposed to call. WRITE POETRY, go outdoors hang up

Notes: At Phil Niblocks': GO DOWNSTAIRS GO SHOPPING before 3 o'clock
COUNT DOWN not enough JONI MITCHELL buys pants at Countdown, cant afford

her clothes BUY GET A BIG SURPRISE continue typing FRI. LAG BOMER

SIS GOOD MORNING ORANGE JUICE GO ON IN. GIRO

Food list: CUCUMBER get a blender slander GRAPEFRUIT
CREAM, DANDELION TEA not recently dont sit down RIDE HORSEBACK

NECESSARY EVIL in tuna fish and white flour YOU CANT WIN

TWO MORE DAYS YOU RADIO CANT LOSE GIRLFRIEND LES LEVINE GET EMOTIONAL
ARAKAWA CALLS

Sept. 6 1975 p 2

beginning Rosh ACCIDENT when I wished some family member FORGIVE.
 would turn Christian WHY if someone really gets into Christ
 not the church and then you know FOR A CERTAIN TIME they have achieved
 GENEROUS feelings of love and a certain unselfish FORGIVENESS.
 The Jews dont forgive much BEQUESTS or I dont and HANNAH IT WORKS.A
 huge PROVIDENCE WINS WRITE appears as the author above dont worry
 tries to read a real novel. Forgiveness PSYCHOLOGICALLY works for our
 heroine its just she can AWKARDLY do it often and hurries home from
 the coffee house to her splendid BATHROOM which has no INSULATION.
 FORGIVENESS READ A BOOK. On the way home Hannah decide to visit
her beautiful August friend who has long BLACK PIGTAILS sexy legs
 no hips darling & a laugh. Her beautiful friend does not RING A BELL
 CHILDISH soshe finishes the book.

Mar, 22

hardly read it
too much calcium? OMI

get another shot The calcium brings heat
to sore parts of the body, HEAD. What happens if you have
too much. ^{KIDNEYS} ATHRITIS. FAMILY in gas bubbles CONSCIOUS BEHAVE NOW FAVOR

TWO WORDS FIND THE WORD ^{now help} Once I asked what veil of illusion these
words were, BOOK VEIL. CHOCOLATE READ READ ALOUD BEHAVE

ILLINARY ARRY CONFIDENT RADIO The xerox is doing Hebrew (saw grape
last night) Image of GRAPEFRUIT on top of peanut butter jar.

^{GO TO} NEED A DOCTOR The go to is in black rims around glass, ice? 38 TYPE IT ALL
PRACTICE SUFFER stomach hurts cant button the dungarees blue job

get period. PAIN REMOVER. GET A JOB TRUE They're removing the paint
from the kitchen floor. MEAT ME says the meat in the freezer. TELL IT

says the orange juice. MIND CONTROL WORKS enough GASOLINE appears while
the man is using the hear machine. Called Jana last predicate GET UP
wasn't there when it ^{STOP IT} said CALL JANA NOT OURS said the phone called later

in a gesture of mild panic JUST BEFORE she left. what's a predicate
not alright begin SOUP woke up at seven thinking she should drink pea

soup, coming off a fast been drinking vegetable juices, nuts, cheese
OPEN MIND is pea soup her thought ^{SACRIFICE} or its? asked the energy

if I should call her that early NOT THE PHONE CO so I went to bed.
Saw an image of jockey shorts. Whose? LAMONTE. ^{GET UP.}

I'm tired. YOU OVERSLEPT. The floor man came at 9. 4 hours a week
not enough. SLEEPY says sheet everything's in the predicate again.

SHIT the floors are going to look awful. Who JOHN is predicate. What
inform The outside is being washed today. SHUT UP I had another
tantrum that's really ^{CAR} feel negative ^{LEVINE} what they are because

they wouldn't let me edit two pages. Breakkown I said. SLASH it said.
COME. NEED ANOTHER CALL said the bathroom after I called the floor

place: GOOD JOB said phone. Kitchen difficult drink more best typed
ALRIGHT what? more margin? Nothing bites nose. hard. whas a matter?

YIN says thewhite white. WHO IS JONQUIL. WHO IS MONDAY? JOHN says
the phone but not John who. Big LIKE IT in the high gloss but not the

Color of the polyeurathane finish. OK I'm sorry it's not semi gloss like
the ^{DO NOT COMMIT ADULTERY} room WHY because JUNGLE BELLS YOU DONT READ ENOUGH

it said ONE COAT so OK i said do one coat, put a sealer on, was
think of it that the ^{JUMP RAINCOAT} and then POLYEURATHANE started appearing
didn't go on know if negative or positive

it's GLOWING now theses words appear in high gloss SHINE
5th AVENUE

Almost November 1975

MOVE says the head as you put this piece CUTpaper the MOVE has been appearing since last Spring but didn't say where Westbeth hurries Westbeth appeared in Sept. in Providence, for the records and MOVE when I return but I waited too long and now find the city is planning maybe to evict 200 non on sight tenants find out monday that's Val the garbage is still piled up in the c in front of the city office junkies no the patrol board and the apts on 5th st are 325 a month GOOD and Westbeth sublet wanted 100 over the 257 POOR and I HAVENT APPLIED for disability and I havent got a job and I dont know NO CHOICE which to do Ken Rawson szid maybe there'd be some editing work MAYBE that means forget it ALWAYS LIQUIDS help me SMILE keep well I seem to be drinking more than any yoga-macrobiotic BULSHIT will allow only one l in bullshit and I cry because I dont ant to leave this sunny cheap 70 a month PAD. I'm waiting to find a psychiatrist - for Columbia WRONG to apply WAIT 3 MOS. WRONG DAIVD I think I'll aks Bernadette's David to help or Joe and Rosemary is mad at me FORGIVE because she didn't call back STUPID about an apartment and I got mad and panicky at her WHO NEEDS ROSEMARY that's a not nice thing to say. Anyway how come these voices let me type 200 SQUATTERS we may all take over our own buildings hopefully and stay UNTIL SPRIN. The voices did say, call the city, and the answer was, move in july. your mother is not well, caught the flu for you dad was in the hospital 2 weeks, sick at home 3 more. MOTHER DIES was the most frequent phrase. And I'm afriad she will sooner than expecte that is before 5 or 7 years are up. She's only 79. Her mother and sister lived to 88 and 86 so I sort of exptedted her to do.that too. Concentrate the words are faint when writing and I'm afraid lunatic and somehow I thought everything wouldcome out all right IN JULY but I have no reason to tink it will. live in commune bruce just joined the Bible group HOLY children of God and is happy and stoned on the FOOD. WHY WRITE. I dont know the style is awful so I dont bother and I have no desire to write for NOTHING. Im lost I was just trying to Goodrich get well and see doctors and get everything together about intestines, weats, etc. CODS still are a constant threat ONE WEEK and I have to be gonoreah I oncle had it and thd homeopath cured the lesions careful about my health so why work and any other apt would be so much more money. And where would I get a job who wants one anyway? feel defeat. So why did the voices let me get the cupgoards painted and fix the Reka outlets in the bedroom for convenience if we're being july evicted. That's one.

And

really cheap

3/6

I mean I want to get a new pillow but it wont let me get a cheap one
negative
or JULYSTONE NAME where I have thse 2 yr old Christmas gift

certificates anyway walking to have supper with Bernadette it says
GOOD LUCK so I think the Jews can change anything by see PHARISEE.

Alan sits down next to a plant hears the plant say

YOU'RE BEAUTIFUL saw it this afternoon when I woke up so he must be

YOU'RE BEAUTIFUL gives me the name of a Cabalist after I tell him about

vowels CHEAP. JERRY'S APT. JERRY'S HOUSE. Wanted to call him

no administration. RAYMOND. Off again as I take a bath it says

only in a very tiny space from my ear to my shoulder.

The end of victory March called Josh Reynolds SEE who runs

ALPHA MACHINES which is feeling

the day before lecture come in green and white bubble bath April

maybe RHYMS correct the 5th-center and I'll hear who these

words are, began to Jon Gibson's face appears hear

in Jon's toilet VERY HIGH ENERGY LEV. BELIEVE. Went home

PHIL GLASS's telephone in an hour feels like collect

alright Acquarius energy. Not the answer. prego g

POWER TRIP

SEE YOURSELF

NAKED THINK OF THAT

BOSTON JERRY

call a leader

GET OUT NEGATIVE

VERY IMPORTANT DA

JO ANN MUSIC

GO OUT TONIGHT

JUST LISTEN

DONT FORGIVE MANTRA

DONT APOLOGIZE

DONT PHIL

Words over people's names in my telephone book: PROJECT over Maureen

Owen, Poetry Project. Judith Skutch

Graf: LSD not the best aft dinn

Walter Guttman promisifyou 1ST TIME GRATEFUL Leon WHY NOT

CALL RAYOMOND. Need anyone else. Ken returns JULY

GOOD FOR YOU David touch down that is

LOW INCOME BEAUTIFUL

5
h
c
e
n
t
e
r
w
o
r
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time
think
think

Thurs 3/14 COLD OUT CONGRAULATIONS COLORPHONE

SIS SIS Reka and mother must want me to call. ^{CONSCIOUS} 7 OCLOCK at 7 see TOOTS

father calls me that called him not home, phone says CALL YOUR MOTHER.

Long distance parental advice. I almost do although I've been planning

to call later in the week stop at GUILT and just let the SIS's hang around

Hall that's the beginning of U only half ^{awake} mother sent me a check

that did it mailed two days after I bought the pants ^{coffee} enough ^{RIGHT AWAY} for a radio.

coop Joachim says I can get an IBM cartridge machine that will do small

caps and other interesting ^{de} for 500 or a typesetter for 1000

got a little pissed off at ^{vi} the forces underline in red light

for letting me know this after ^{es} I'd gotten this Smith Corona.

To ~~cheer~~ me up little words today in colors of keys, black with white

letters, the brown of the keyboard base, ^{*} the cream ^{eof}

the color conscious casing. It so what matches my living room has

a think of it. Genius in cream casing. AT PHIL'S ^{warm} forgot 10:30

Steve was talking through the movie couldn't concentrate. SAY NO

^T CAT keep her off IN HEAT appears across her ass. ^{give up}

^A ^B ^L ^E ...

THIS IS A GOOD PAGE

PARTY AT JOHN'S POWER a NO slows me on the way, meet Anne

going in, ask her about Rinpoche, she ^{JAW} confident NOT ME he's in town

THURS, this weekend. FOR FREE in cream case a reverse the seminars cost

\$45 3 days. CHE_{EP} BIG DING A LING. CALL YOUR MOTHER. NOT TODAY

says the phone say why don't they argue among themselves REKA leave me

out. The caps are appearing in red should I MOTHER underline.

^T That would make four voices TWO. Charlemagne appeared on the floor a

few inches above the cat SO ITS KITTENS. BEAUTIFUL background music

small caps power not too late. SAVE now they're ^{LEAVING} into saving money got

a negative on the \$1.98 shower spray, TAKE A SHOWER at the discount store

79¢ WALKING GO TO AVE A see a locksmith he says get the part at Fox

GO TO 21st ST get part for negative TABLE which table? The kitchen table

¹¹² STOVE. Table has been a mystery for almost a year. Leonard's

was large but I don't have it. See Lamonte Who's in Boston? My

JOB not working They're being fucks right now and yesterday

they were beautiful on the subway uptown thought I'd like to get some

stamps HANNAH 69TH ST. get off big blue BLUE is there a post office

nearby I ask a person? Yes, get stamps go to appt. with ^{chiroprac}

tor charges less NEED IT FREQUENTLY ^{negative} enjoy YOURSELF

what about the storm windows EXCUSE ONE MONTH? PAYS THE RENT. Nothing is clear, the storm windows wait COPE and raining Sat so Brian WONT help. I asked Kathy and R blank and Alan Sondheim and Ed and Rhys call Nijole about vacant apt.s and also Phil Niblock whose party I missed. PUSH. Back to the voice ads.

THURS 3/14 GOLD OUT CONGRATULATIONS COLORPHONE

THIS IS A GOOD PAGE

PARTY AT JOHN'S POWER a NO allows me on the way, meet Anne going in, ask her about Rindoch, she is CONFIDENT NOT ME he's in town THURS, this weekend. FOR FREE in cream case a reverse the seminars cost \$45 3 days. CHEEP BIG BING A LING. CALL YOUR MOTHER. NOT TODAY says the phone say why don't they argue among themselves REKA leave me out. The caps are appearing in red should I MOTHER underline. That would make four voices TWO. Charlmann appeared on the floor a few inches above the cat 20 ITS KITTENS. BEAUTIFUL backyard music small caps power not too late. SAVE now they're into saving money got a negative on the \$1.98 shower spray. TAKE A SHOWER at the discount store 794 WALKING GO TO AVE A see a locksmith he says get the part at Fox GO TO 21st ST get part for negative TABLE which table? The kitchen table 1.2 STOVE. Table has been a mystery for almost a year. Leonard's was large but I don't have it. See Lagarta Who's in Boston? My JOB not working they're being fussy right now and yesterday they were beautiful on the subway uptown thought I'd like to get some stamps HANNAH 60TH ST. get off big blue BLUE is there a post office nearby I ask a person? Yes, get stamps go to apt. with for charges less NEED IT PREPARELY

Dec 13 1975

Unmuzzled day, Ox you mean, reading at Tin Palace, very disappointed
wotj July 73 no words appear as you type sleep Kathy's suggested
reading with SEXy music and so to bed ETÆ. It wasts you to HER sleep
we try the she person INTER. The words that SEE interrpt the words
that are USUAL. No she sees and writes Upside down oh she never thought
to put down with upside. UPSET. The words appear right usualy side up
but once she saw eefoc as if someone else were looking at her WISE
forehead. Thank you. VERBS. Mention menopause C^arolee says is she
writing about it for the rest of us speed no she today isn't underlines
menopause is sweaty and CHILLS and so forth. Dont make comments. burp.
lunch hour cereal and milk ad midnight AFTER and about 18 needle
marks along her arm where she tried to give herself a calcium TUES shot
and kept missing the vein stupid girl. The words get too large and
bright they reflect the roðls and other things when she gets over three
weeks without shots. Hlep. There used to be 2 shut ups in the bldg
to give her dont discuss. sheets. AWAIT. The yellow of the toilet paper
reflæcts very clearly on her forehead scream and there are more words
standing than typing PROOF she feels that her wordð dont want her to
write Bernadette. No letters even. TV. The words are much larger
than 74 but much less frequent. Now what? DESCRIBE. They cover her
whole forehead, and sometimes, when she's running out of calcium, they
appear in depth, as if not just the front of herforehead, but 2 or 3
inches in were lit up and the words were in 3d. The light is brighter
without calicium too, BACKWARDS and things get too confused, it's
either too bright to read clearly, (sometimes its too faint) or the
words come and mean the opposite, so she fears of what is intended.
Or they Kathy. There is a blue flash off the large avocado leaf.
Subscribe appears often but doesn't say to ST. Marks. Typing has repeats

Dec 14 Slun

Dear Diary it said in print and a read underline this line underneath
WHICH makes it clear simpler and why repeat for the underneath mind
returned from Phil NIBLOCK's great and print GLORIOUS movies full of
luscious get these adjectives color and expanding images and incredible
green you could feel THE ENERGY of the green luscious Mexico movie 1974
can you write and a banana cream pie (that's melvyn) ending in convention
al white light stoned almost in a trance saw phil niblock dont repeat i
ARMAND SCHWERNER read and Michael Heller at the West End SUICIDE weekend
had some delicious stupid coffee and awake NOW. dont continue this page.

Dec 27 Sat

Some years ago, Martha, a leader of a Christain Spiritualist Church in NY told me about social obligations dont call Sharon twice amake it real " told me that at some point I would have 12 friends around me WHO or 12 to protect me and I wondered 12 like in 12 signs of the protection zodiac, or like disciples WHO NEEDS or months but the signs seemed most punish. Anyways it started you tniking of who might be your friends for your entire life or who benefits. In 1973 walking along ST. Marks Place behind or with or in froⁿ Bernadette see ALWAYS on my forehead in the brown ssuede and whiteⁿt of coat you had given her. So that's one. In 1974, ALWAYS or perhaps FOREVER appears for Rhys. In 1975 very close to Christmas Bruce comes, he's with the Children of God now and emanating even more love brilliance than before very strong face and when he leaves you are delighted to see the ALWAYS appear. Some time perhaps in 75 it appeared in relation yo your mother. that's a surprise but nice. The signs are Taurus, Virgo, Gemini, Virgo. I no longer believe in the 12 symbolism joke as almost eveything any psychic besides myself has said tome has not come any specifics here true. That is small immediate things came true, but long range predictions, of which there was even a consensas, have not come true. I havan't finished my forties yet, so perhaps maybe but when I see maybe forget it. One psychic did say to me don't see psychics understand you are more psychic than remark them all together who believes but around that time anything from the outside was less reliabae than information from within. I hear voices. I moved the damn bed north south last hight and since then these tiny words appear, haven't seen much of hem since the 2nd retreat. publish they appear now, underlined, for want of any other way to show them, about half the size of regular type. dontmeat Charles. Nobody sob thinks I'm wonderful and I feel lonely feeling these words are so wonderful and I'm alone this was minute. The always by the way is or seems to be or should or think is a union of worshipers a transcendant relationship beyond periods. At last you think. The forehead keeps saying I DONT THINK. What else is there. Observation? Reading a really good subject quote this is Tina Darragh speaking Murphy is at the rear table. I motion to him, he turns to facee me, and I completely prince ~~frank~~ frock bar mantle tarriff piston gourd etc This is mind and I wont argue The disintegration from sentence structure How much space is left before the naughty bottom of page? I almost lines Stopthinking here. Omit space. I'd much rather write what I see than what I think. who hears go back to you. OR IT. Back to pronouns.

1976

76

THIS WAS A MAN I AM A STORY I AM QUITE! QUITTS I finish period Barbara
beats me. He lives in a house. The boards go AROUND NOT UPS. AND DOWNS H_{se}
He lives on the 2ND FLOOR UPS. He paints his floor. leave more space
between the floor boards which h_h NO FIRST he painted the wall WHICH ONE
the color of sand with the blue sky above, and one wall he painted SEA COLOR
and on one wall he h_hng all h_hs daffodil drawings, all in various shades
of yellow including th_h yellow rose painting which he liked best of all it
was pink unfortunately HE REMEMBERS CUT and he painted the ceiling the color
of the nighttime sky and the door had a big X GO sign on it and fhe floor
ALWAYS painted the gray of the road with a white middle stripe. YELLOW.

thethehehhehhh the

the plutocrat had enough hadvislxowpxjchd8 lsmciapwpv.ddg jhhhhhhhhhhhhhhhh
The thirteenth para type slowly graph.d
EVERY WEEK the florist sent him bunches of daffodils, HE COULD PAINT
the same color yellow, once the florist sent him pink difficult roses
and at first he didn't like the color change, but then he did. AND HE AP
PAINTED. From his second story window he could see the curve of the road
but not where the road went. He could see the post office BUT NOT THE SEEDS
HE LIVED UPSTAIRS. After he painted his walls he got in a car and SECRET.
He always read books in which there were xis backwards six major characters
and six minor characters. He always bought cars that were STUCK. He walked
He got in his car and went for a drive. Suddenly IT WAS NIGHT IT WAS A
SECRET. darling. He stopped in a bar. He drank whiskey. HE STOPPED.
G_#T OFF THE PHONE. It was dark. The NIGHT had a white stripe down the
middle. All the post office boxes went by. secretly. He wondered.
He met his windows. They were in a white house ALL GLASS. The height
was a twice the width, or a progression, or something strict that's all
the furniture was black and white. They served his friends him dinner.
White fish, potatoes, glass clear gin and tonic, white PILLS HOMEOPATHIC
for diarrhea YOU SEE white onions and white coffee. THAT's MILK. That's
pure. The plates were white NAPKINS and they asked him if he wanted to
stay but he said no thank you and rented a room with a YELLOW SPREAD
AND ATE LUNCH. The spread had aquiggles homeopathic on it WIGGLES faded
and reminded him of guess. The glass house was a box. His firriends invited
him Peggy to spend a visit I' M T I R E D. and he slept two days in the bed.
Then he got in his backwards car and drove ahile A DOG strayed in his PATH.

Tues May 11 1976 in New York City. Wallace Black Elk will speak first.
How. Here at Mr. Erdoe's home, we've been recording here songs and sacred
pipe and the powers of the four winds and grandpa and grandma and how the
Indian people as they call us here in the western hemisphere, we are red
people, and we are earth people in Lakokata we call our people living here
in the Western hemisphere are earth people, are red naations, and we been
travelling quite a bit to help our Indian people, as of now we just got a
call from Boulder some lawyers there now want to take sweat lodge through
the court in ? complex Lincoln Nebraska.. The Indian religion and
culture and customs and ways intereããte, ;intertwine together so its not
separate like it is to the white people. To the white people the state and
church are two different things but here we work through two different
states like South Dakotak and Nebraska and now today the task force, we're
rying to get all the national, work with other different different states
where aur people are in prison, help political prisoners,. The other
meetings with the people out there we got some things going on for a
peititon to release our legal prisoners and nationally help some of our
people and nationally we ask for help to fight for our people. We've
been going around here, like tomorrow ~~we take a plane~~ ^{we're scheduled to fly} to California
and in a few days we'll be back we might stop Boulder Colorado,
or Denver, and we'll make some plans, and then we'll fly in to Dakota
and California. There are other plans, we've got speeches, meetings here
and back to Lincoln on the 21st.
So all these things we've been doing to help our Indian people here
Basically the Indian religion , culture, customs, ways the red people
have been neglected for 200 years ç and nationally it's been admitted
by the marjority of the people. . There'a a bicentennial coming.
AT this meeting this afternoon the task force people prison task fõce
want to start something on a national focus attention be ~~xxxx~~ brought
nationally and they want to start a tri centennial instead of a bi
centennial. Basically they want to let the people know we've been ~~xxxx~~
here before bi centennial. And while technically they go way back to Chris
Columbus. Nobody really knows the educators they think we've been here
30, 40 thousand years maybe 500, a million years,

Leonard Crow Dog speaking Tues May 11 NYC At Richard Erdoes' home

height

The drum is four directions, the drum is square, and the ~~drum~~ is at your height and the drumstick is at your height too, and the stick is white elm.

These are the original sacred ways of our Indian people that lived many years ago that lived and used these ~~at that~~ also, ⁱⁿ memory of our grandfathers,

to ~~our coming~~ ^{American} generation, to let them know. These are very sacred ~~and~~ ^{ways} that the/Indians still have ~~them~~ today. But the part that nobody knows is the

sound. ~~The directions is the west and the north and the south and the east and all these directions.~~ The song is really ancient song. This song

was given to the headman, he describes a song when the time of Crazy Horse days. And this song was given to them under ceremonial ways/ ~~The bark is~~

~~here~~ to worship the grandfather. and to honor and respect the traditional and the headman.

He sings a ~~traditional~~ song

April 76 1.

I TOOK A TRIP. I HAD A NAP. WRITE ABOUT PHIO THIS TAKES AN HOUR.
There are four Phils. One is Demise one is Glass one is alpha Corner
one is Glass, MIS take and one is Niblock. I LIKE MY PHILS. SORRY.
I MADE MISTAKE. I dont know how to handle all the LEAVES I see before
Duncan finishes SORRY. Well I did leave before he ~~finished~~ ^{calendar} cause that
LEAVE was in color and clearer MADE IT CLEAR so I left just as he finished
the last line of the alst poem corrract last. Larry gives me a diet
no starch or sugar freaks exercise every day eat breakfast at 1 as usual
and diner before 7 as usual im tiredand notihing else. Thisis your
fatherfirst. I see words on faces, one large word MOTH on the cheek,
a small word on the nose, and another large word ON THE SIDE. TOOTS.
Suddenly I feel I am going to become popular. VERY. somewhere in sixe
between large type and small. laugh. Is there an answer to why I am
not typing anymore? laugh slightly larger and in plant leaf color.
I quote my wrods. Meditation is a plant exercise in growth. I am funny.
What are the implications of my seeing words. Will I see Ornstein?
Will he understand. Does Ginsburg understand completely? Will I test?
What is the QUESTION. dont kid yourself I'm not sure if I saw it?
DONT KID YOURSELF. I saw it. Jack Benny even is funnier than forehead.
Except when it talks MARIE talk I WANTS MY MILK. Bernadette has a party
Monday for her book POETRY from Kulchur linguistic press. I hope to see
Marie SOMEWHERE. Sharon tried to get me to leave and HANNAH around.
How come I didn't know she was in front of me, then in back of me without
looking? STUPID. I am studpid. How come the words said TAKE THE
LAUNDRY DOWN and Sadie Marie wanted it COMFORT upstairs in the laundry
basket? CLIMBING. I didn't want her to carry extra weight downstairs.
Can I follow Mary Hartman. Tonight I saw "getting a grant" after hearing
you need the money on TV. Friday I saw NO GRANT after thinkin I like it
simple. Evening thought. Is simple wrong or just not complicated. WHICH
Maybe all these words like difficult, problem, complicated, and so forth
I get when I dial a number dont mean hang up. If I JOIN when it says
JOIN sometimes I cant.

MY JESUS HELPS

After Jill's performance. Waiting for a BOOK FAIR APPEARED AT WAITS
 FREEDOM appears ON THE BED. bullshits appeared on my head and on a bag
 and accessories in a store window WHERE 8th st. A lot of good speed
 generated from Anne's and Bernadette's collaboration in Unmuzzled OX.
 I'd read it before without realizing how good Ann'e apologize Anne's
 speed is. / Charlemagne has to wind up sometime Everyone speeds a litt
 There I am at the beginning of a bunch of journals, followed by Allen
 ONE WEEK Ginsburg, Gerard Malanga, Carolee Schneeman and the above mention
Lucy I hear this Lippard is before me and Creely and Douglas Wpolf spellin
 before in a section of dont complete. DATE Vjole intelligent IV NO 1 1976
 I thought I was being complimented but I made a mistake. c o m p l i m e
 n t e d. V j o l Vol I imitate Jamie HIS TAPES ON TV H A N N A H leave
 another bunch of leaves tonight, I dont listen Phil WHY leaves I get up
 go out say hello feel a difference no I just wake up outside the air is
 cooler wander a little try to go home but it says DONST take the SCREAM
 so I wait congrat. BORED. After 1 hr. Wonderinf if I should go home
 and call Orenstein. Leave with Bethsee DONST HOME have pancakes DISCUSS
 Indians, Aries, potassium, alcohol, parsley tea, liver, dont get drunks
 Diabetes, blindness from same, B6, astrology of nations, peoples COFFEE
 see ARIES thinking of INDIANS, CRowdog arrested for incident IN JUNE.
 No in Aries, 75. Oh oh, better watach out. SIMPLE. Meet another STRAIGH
 Indian at the book long hair. Maybe more potassium can it prevent drunks
 substitute for sugar, does it turn spiral to the left? like a yin guess
 Dextrose is a right turning molecule or I quote Indians Amber, a hindu
 I know Amber, part Indian, mantra om SHANTI says the light rotates
 through turning right or left, not the stem of the plant. dont complete.
 not the stem MARRY. Saw a lot of BLIND and at the Seneca PLANTS HAVE
 MEMORIES the plants Jana had, and she died, are just beginning to hold on
 I should check I didn't finish the Tibetan Book of the Dead after 2 weeks
 but it must be more than the 49 required. The Indian woman, Cheryll'
 Ray"s YOUR NAME grandmother said her grandmother knew a plant that would
 cure blindness but she didn't know floers help or leaves or eliminated
stems or roots. SIMPLE. KINDNESS. Adelle D₂vis says B6 can help
 blindness from Diabetes or diabetes itself, I take it when I drink too mcu
 much. Do the Indians have a lack of B6. I saw fresh yellow foods Aries
 are they an Aries nation? Can tea of parsley leaves, get stoned help
 get people off FAMOUS sugar? Got that from Berta Brown, an Inia correct
Indian psychic years ago to help strenghten cleanse my liver jaundice imp
lied that's clear. It got Luba off 6 chocolate bars a day. help grand
mother Steve's friend young woman. With more B6? bad bowel complains
 GO ON I use it for gas. Burp.

April YOU MADE A MISTAKE (voice) May 1 page 2 I COMPLETE IT

See DONT DATE.

Beth says take sugar in April for Venus to fight Aries stomach oh I have Mars 9 degrees not quite almost conjunct Pul Pluto in Cancer marriage and an ulcer and ~~w~~weet food helps. SUGAR I rarely take CHEMICAL. What about the Indians, problems with sweets alchchol and Diabetes? toots I asked Goodrich médical to check on research at the hospital for me drunk will parsely tea or potassium keep people from carving d i s a p p i t a t e d that was never mind I had beer twice d o n t m e n t i o n a l c o h o l more clothing I'm bored not getting answers FROM THE CAPITALS UNDERSTOOD but more spacing money a voice CRIES. more INDIANS Some anemic said Sadie Marie. Liver ehlp~~s~~ anemia, nourishes liver, alchohol destroys it, parsely tea cleanses it. avoid POTASSIUM. Silly? DONT DESTROY IT AVOD it cant hurt, it's a mineral, your body eliminates it if it cant hurry use it. march in april. Orange juice has potassium also. I read my page; in UNMUZZLED see THIS IS YOUR IMPORTANT PAGE I quote myself underlines THIS IS a IMPORTANT PAGE ~~TH~~ this is a novel. i eliminated myself. from a CAPS? The fucking consciousnessness of getting or a p p l y i n g or not for a caps grant is stupid I see getting a grant at Jill s maybe she is at Ed's GOT IT, does that mean he got it, or they both did or will this coming keep lists. THIS IS MAY 1976.

FINISH

I am ashamed that you would leave a message telling SONE ONE PUBLIC not to call you back. REVERSE CHARGES. How rude is one allowed to BULLSHIT? Why not discuss, or call me, I am well known as a writer in NY P R O V I D E N C E Call Ornstein later on signal, he hangs up on me. wonderful smallcaps. First dont complain (SC) notice how anger makes me respond with BULLSHIT ego and my life. WEIRD that he doesn't want to TIME discuss P R O B L E M S warnigg time for a cartridge bless machine. WHY. because there are LARGE caprs, small caps and 3rd degree d escape YOU LIKE YOUR SIMPLE MOTHER underlines i e words seen same as I see caps drink your milke underlines take it easy. wonderful mother BUYING If I called and said I Allen Ginsburg he wouldn't RUDE. Very large small letters. not caps. see typography. some disagree half size regurlar type some regualr size fault regulary face. god i cant type on the table spine. After 3 cups of laugh coffee peiple 2 in the binnibun saw red-violet and blue auras on dumb people ane one violet. Fortunately i was with bruce and amber both chirst i c a n t s p e l l ornstein

B I G H U M B L E W O M A N

WRITE EVERY DAY DONT DATE B E R N A D E T T E
 has a party at the Gotham Monday for Kulchel I mentioned it s t u p i d l y
 watch gracietying isnt the same ideas and l b l a n k s p a c e

Dear C¹eryll: Please tell your grandmother that I ~~th~~ see HANNAH I SEE IT what is wrong with me. BAdelle DAVIS says blindness from diabetes blood sugar frequent can be helped by vitamin b6, which is also indicated for diabetes. I take it myself when I've had too many stimulants, such as coffee or alcohol. brave it calms my mind down. if i take too much i get deprese d. than i sleep. An Indian psychic once told me to ake a tea made of parsely leaves brought to a biol then simmered in enough water to make a quart, simmer 20 min. It cleanses the liver. I have given it to friends who crave sugar once and it worked. It is very high in potassium and other which is Perhaps it would prevent or lessen a craving for alcohol as well as sugar? At any rate it is good for liver damage. sufices. B6 works indirectly. I am enclosigg some. You can get it, however, at drug stores.

please tell your grandmother that i see FLOWERS help and stems are not indicated, in the plant she is discovering that cures blindness.

I I dream a second time about Phil Glass. I'm wearing a low v cut warm dress white or a nightgown, very low round neck, he's kissing me on my bare neck where the gown stops frequently. i tell him i haven't written anything new except for 15 min material in 2 years, he is soon stopping writing music and is depressed almost about it. we keep changing aptments it is a close dream. we talk about money, and i wonder how you can get money if you cant go out and work for it. like goods can come to from the street but money cant. i wonder awake if capsgot my ms. i'm following some woman looking a t a house she bought, it looks very built in furniture and uncomfortable as i were going to live in it, country from the robert outside but jerry built and small. there is no double bed in the bedroom, a 3/4 bed and a cot. no room. i go into the kitchen eat bagels and starch from a bag, talk to the woman's husband and his anta ganostic mother she balames the wife but i say the wife is disappointed too. then i dream about a job designing lingerie, trying to fit in, or get a job or keep one, so many dreams on this subject. like houses ^{leonard} im worried about not writing, the voices have changed in 2 years but laugh only on my face. the little notebooks printed seem best for now.

Tomorrow I go to help Jean, Crowdog is in town until the weekend Marynell and I may go to Wesport for the choose weekend monday reading at night.
move the typewriter.

FLOWERS

CROW DOG Leonard Crow Dog is waiting for the Supreme Court o keep him out on bail IN HIS WORDS the 8th district court has asked him to turn HIMSELF in Thurs at South D^Akota have lunch you've been having lunch at the ERdoes Thurs congratulations St night you saw Hannah we win on your forehead after looking at Wallace, in his shirt color, and BIGS VICTORY on his forehead and TUES ME SMILE the next day but you still worry and Leonard and Mary and Wallace surprise Black Elk a great spiritual leader intellectual and a descendent of the Black Elk and you can't reach them on the phone today and someone lawyer from California is going to Blackman of the Supreme Court today to try to keep him out on bail thurs night and Leonard fears for his life Thurs so do I and wants to be EVEN burned in a buffalo skin if he is shot in the head. STUPID. Your head wouldn't lie would it.? You had some peyote too intellectual it quieted your voic^{as}. And you smiled and didn't feel so tense BUT VERY TIRED. Today is the first day in 5 days you aren't with them and with Marynell who you saw and felt turn a bright heat light white and yellow in the back of the car, she was thinking of a man she likes and someone else. The peyote is a gentle surrender one mistake o u t o n b a i l s u n d a SUNDANCE SURPRISE. WRITE ABOUT HIS HISTORY. Y O U C O U L D M A I L the leaflet that isn't printed yet someday at Jeans why work i t h e l p call your family father fainted Firday taking tests for h e a r t c o n d i t i o n feel safe friday. Leonard is a brace confident warrior nad is spiritual leader of 89 t r a d i t i o n a l tribes that is the traditional sections of 89 tribes who want to landback. and maintain the culture and ceremonies speak and peyote religion awful of their forefathers. Leonard is the 4th Crowdag since another chief who fought against and won against the US government banks street I read with Tom. I FIGHTS MY MIND. My reading is scheduled spacing Quilt & with necking Black Elk surprises you wont complain he surprises I LIKES MY MIND. Black Elk surprises us. LSeonard has a two cancel stay thurs he doesn't have to NO BAIL SEX. n e c k i n g w i t h t o m black elk MY MIND HELPS. Has this incredible energy aura dont describe. MY WAITS. I can come home tomorrow. Tom returns. This is Thursday. It's tues. Hannah I am thinking I wear my hat I dont wear possible hat I go to small claims court I am waiting to call Jean I dont know lhat is next the hat makes the words unclear and very bright but I like the looks am I waiting for another phone call wait I saw and how long ridiculous eve Go Soon in a green clear curve under my chin not without hat directions Ill sit here all day bullshit another terrific evening at the waldrops I meet Jaime Gordon who comes with Tom needs an introduction Hannah I call

Who is the I? It is not me. Me is crow dog not Before midnight. unless
 Is it Tom who is going to call or me who is going to call Tom oh waiting.
 What am I waiting for. Rain? clothes? timing? this afternoon hurts.
 where? at Jeans? Are the Indians out? s o m e w h e r e e l s e
 meet at Charlies? I dont get it. I got up at 9 with HANNAH LEAVE and
 now it wont let me out for a while. Why do the voices change shapes underl
 am I supposed to what why wont it tell me what is happening what am I waiti
 ng for. stupid. Im so unhappy a t c r o w d o g ' s i n t e r f e r e
 n c e STOP. Did He stop Wallace from visiting me sunday nervous night diet
I wants Wallace badly and Tom just makes me want W a l l a c e m o r e
 Is the hat silly because W^{ll}ace wears one. I want to leave I cant stand it
 The next day after I finally leave and get there j u s t a f t e r l u n c h
 to hold W^{ll}ace's hand under the table and touch knees a f t e r n o o n
 with Mary was very pleasant v e r y i m p o r t a n t
 and you have a short cassette of W^{ll}ace and Leonard and Mary Crow Dog
 talking and singing and then at Charlies more tapas and W^{ll}ace and Crow
 Dog tape some healing songs and today my head is bright but W^{ll}ace doesnt
 come even though he takes my address and I'm miserable you didn't call enough
 you didn't get Mary on the phone you're afraid to let it ring more than 3
 times late, and once it was busy and the message was call monday night
 but you want to tell Mary the reason she gets upset at you and says you're
 serious or homely of throws something over your face to cover it is always
 because you know Wallace won't come when he said p r o m i s e d
 he would. You were teasing Leonard a lot. Very good news from the Church
 Tues. an affidavit SERIOUS from the head of the plenty of Supreme Court help
 which means the appeal

And my head said NO INDIANS just like it said NO GRANT in a kind of mean
 harsh way and I'm in love with Wallace. GREAT. Why no grant? Or TIME.
 I play the tape over and see PLEASE COME on my forehead. The phone is
 busy now I tried to call a few times not right away and I'm afriad of silence
 I need a taperecorder to transcribe this tape for some magazine Simon
 and I approach the phone and see NY TIMES so wouldn't it be A L R E A D Y
 marvelous take a taxi reading Memory helps in gold light you can live to be
a 100 take care of Pedro. Hannah please be more careful

You dont see LSeonard or Wallace today you c a r r y p a c k a
 ges see Mary briefly tell Jean and s a y h e l l o R i c h a r d Erdoes
 SAY HELLO QUIETLY about Y O U R W A L L A C h e s r m a r y n e l l ' S T A P E S
they agree about Wednesday night after Charlie's SHUT UPS performance.
 You cry and cry and cry and cry becasue it says WALLACE CANT COME
 and you cant figure out why B E R N A D E T T E D I D N ' T H E L P Y O U

May ANOTHER day and I dont know what it means by the HOSPITAL INSURANCE
 and when Bernadette didn't help me and why not and why wont W A L L A C E
 return with Leonard and Mary and David THINK. I cried last night and
 this morning and ~~xxx~~ tonight PLEASE TELL LEONARD THIS
 and I'll probably cry until I see one of them and talk LIKE AN INDIAN
 whatever that means DISCUSS did I really see that IT'S WONDERFUL no it
 isn't I'm so miserable and it wasn't necessary. He lied and cheated and
 broke his word twice and that hurts W E D N E S D A Y NIGHT
 so I want wait til then why wont he come SPIRITUAL LEADER bullshit Leonard
 has a wife and screws other women besides celibacy is not an Indian trip.
 And how did Bernadette WHEN not help? When I was before the BUSRIDE?
 There are no ^Wansers, and not enough directions honesty in Crowdog's life.
 At least he could say AT NIGHT I can't come AND SHAKE HANDS ONCKE but he
 just stood on the sidewalk wondering with his hands in his BLANK pockets
 and wouldn't look directly at me O R G I V E A N Y H I N T S. describe
 Richard said Hannah you get in a cab first, and my voices had said dont
 plan this so I got in and then I shook hands with Leonard but felt so awful
 I couldn't really say goodnight or good~~o~~bye or good luck in California Wed nit
there's a serious and Mary stood silently and Black Elk JUST STOOD.
 And Leonard said will we see you in the morning and my head said DESCRIBE
 I CANT COME so I said I cant Crowdog come and I blush LEONARD READS THIS.
 MYSTERY. ~~xx~~ I even cried Monday night after Tom was necking with me because
 I wanted Wallace THIS HURTS SO MUCH. N_o one will read this passage slowly.
 The thing is it's Black Elk's energy W H E N H E T O U C H E S M E
 and not when he kissed me or touched my clit. that's a surprise BIG WORDS.
 I dont know if I turned off because he was cheating or not promising anything
window I turned to the kitchen window and said JUST please dont mistake
 just is not in capitals dont tease me a n d h e d i d n ' t p l a n t h i
father dies he sound~~d~~ very very weak a n d b r i d g e i n t e r f e r s
rest. Why haven't my voices prevented me from Leonard's death
 That's the most awful thaught finger I could think of even worse than my
 own father's death. BECAUSE. He's younger and has big work to do. Why
 cant I get an answer about making love with Wallace Wednesday night. He wont
ome. Why? He wont come to NY? crash sthats stupid. Because I'm white?
 Because he doesn't get hard? Would it have helped if I had balled back
 last night? TWICE/ Would it have helped if I H A D S T A Y E D F O R D I N N
 E R Friday? on the subway I'm trying to floowo my voices AND I'M SHY
 I wish I were dead I really and seriously DONT WANT TO LIVE DOWNTOWN.
 ERISES. He could be killed. Is this L e o n a r d d o w n t o w n
 I mean if he thought better of not coming the grandfather's wish similar
 then he could have said that CLEARLY. But I got VISIT and VISIT Sun night

We dont have to fuck if he doesn't W A N T T O C O M E
 Is he saving his enrgy for something else? AM I TO WIRTE
 And the worst is I dont even want to help Leonard WHO NEEDS THIS
 I do I do you dont have to read it call Marynell soon I just did
 and she wasn't home. I always fall in love with ^{Malcolm} a healer w h o knows
 waht am I going to do? cry til mondya? corrected father's crises hurts.
 I'm worried about friday . A full moon in Scorpio, two doctor's a ppointment
 is Leonard safe? I see JOHN DIES. Is that giorno? I see GIORNO but I see
 so many lies, like I"LL COME and then Wallace din't CALL TIWICE. I wish
 I were dead. I wish I were dead I wish I were dead quite a surprise
 I hate my words i hate my words I t h i n k I ' l l c o m m i t s u i c i d
 t o m o r r o w n i g h t.

Face reality dont underlines

This is Fri. a message while talking to Jean the supreme court works
 and I'm so lonely for Wallace AND IT HURTS. And there'sno help from
 the voices at all and i'm desperate about monday night and they wont come.
 That's awful i may never see them again speak i cant bear the thought.
 i didn

Sat. YOU DONT WRITE ENOUGH.

LEONARD IS IN JAIL visiting

his nephew, there's a bangquet, this is California. What do you mean
 Leonard is in jail Thurs? He has a stay until the 23 UNLESS THE SUPREME
 COURT appeal comes through before THATS IMPOSSIBLE ENOUGH

Leonard is not in jail today S^At May 15 he has a stay that's enough

I have to type a tape for Ear before Saturday. Tonight I'm going
 to see Steve and talk about math and precognition. I'd like to speak
 to Ingo Swann sometime dont depend. Steve thinks t u r b u l a n c e
 means no precognition but I seem to r e g u l a r l y get
 messages 2-3 days in advance. m e s s a g e s

I think it's reading minds long distance that makes me know in advance.

ILIKE STUPID

Sun nite

Jana calls says Wallace has been kissing her in the elevator and holding hand walking on the street and says he'll visit her. VERY UPSET. Told Jana how I felt and told her to consider it if she slept with him NOT FOR SELFISH REASONS it would cause me pain. She got annoyed but the discussion itself caused me pain t r y i n g t o b e h o n e s t I always consider the total group laugh situation. she doesnt She got pissed thought I was trying to keep her from sleeping with Wallace but I really meant dont sleep with him out of whim dont cause pain am I stupid. I started to cry. She says oh its because you havent slept with anyone in two years. Excuses. Well if he wants her that's his trip, but I've got to make him stop promising to come wednesday night. At least i can confront him Jana objects but why don't people tell the truth. That's just playing games. h e w o n t i n t e r f e r Now what to do? And some confusion about a phone call I dont think she was being completely c l a i r v o y a n t She saw him early Wed morning and he flirted seven weeks silence d o n t r e t r e a t should I go back to celibacy and make it a rule Wallace is probably lost Im giving up on SILENCE THIS WEEK I dont know what to do? continue to smile I hate competition Why doesn't she want me to mention her. I have to confront him Wed. night. Maybe I wont see him before. Maybe Jana will rush up early Tues morning. I had no messages to go Wednesday My voices wont help f l i r t i n g Is he coming here or not? The voices dont know or wont tell or who knows will he sleep with Hana instead that's your Indians who comes first who needs it? I meant Jana? Oh well I give up I cant stand flirts. He'll do as he pleases anyway. stay with Crowdog and flirts

FINISHED HOUR

This is Thurs LEONARD LEAVES

AND WONT RETURN FRIDAY

Next Thurs Blackman discusses heis case

AT THE SUPREME COURT RALLY

Last night at the West 4th S⁺ Church
Laugh

MONEY WAS RAISED we are a pamphlet

MONday IS CLEAR. EXCELLENT. MONDAY WORKS. That means E X C E L L E N T period

Wallace left this morning a and I w o k e u p c r y i n g

because I didn't leave I didn't know h e w a s l e a v i n g early

when I saw WALLACE LEAVES and i missed him and some spacing here at my right.

SIMPLE. I didn't call late last night r e a d i n g l a t e.

I miss W_allace and cried TEMPTATION agin. He s c o l d e d layed Jana

no some other woman in space C A L I F O R N I A

I ironed a lot of Leonar'd shirts for Mary stupid underlines and my back aches

Ho di ho ho I have another voice that speaks slow u n d e r l i n e

YOU DIDN'T NOTICE. K LISTEN TO CROWDOG I heard his voice answer me

as I separated all the white and light colored SHIRTS for the supermarket.

I said goodnight I'll see you EARLY TOMORROW and Pedro kissed my hand and

said goodbye. THINK. Pedro is 3 and just reaches MY THIGHS AND COMPLETES

He is an A⁺ies. Leonard is a Leo, Mary a Libra and Wallace a Cancer July 18.

I kiss myself. I was so tired and Mary got bright pink and yellow glowing

listening to some Peyote songs and I sat in her place and gained strength

think about tomorrow morning dont hassle it it's 4 now and I ATE DINNER.

Ø I cant sleep when I eat late mys stomach hurts LONG DAY CAPITALS OMITTED.

I hope Leonard will be OK we need another stay rhymes he shouldn't drive alone.

Neither should Wallace probably but Leonard has David A GOLIATH THROWER with

him. one more page I am sleepy almost I admire LEONARD MOST OF THE CROWDOGS

space between CROW and DOG. That's a coyote. copy THIS ORIGINAL. PLEASE.

Crow Dogs THINK that means don't do what you're doing and you dont have to

think eather, just wait UNDERSTAND IT IS GIVEN FRIDAY NIGHT WE ARE A PEOPLE.

THAT'S A SONG period underlines. Yvonne also SMILES AND IS A CAREFUL DRIVER.

We might drive out for the Sundance

a gold LEONARD INVITED US IN A DREAM

Leonard has gone west to California spacing stupid
 and has a mandate of stay for some amount of time Blackman
 and now I have to consider the S A T C H I D A N D A
 retreat which conflicts with a reading at Sobossek's and cancels it
 and Swamiji wont be there until the last weekend and I repeat it
 and I dontknow what to do? Cancel the retreat. Crowdog returns soon
 or try to go for the hurry last weekend full of bullshit soon
 CALL & FIND OUT. That omits Wallace. I crave some silence. It's
 expensive the 10 days, 150 now instead of 100 dollars
 and I dont know if I want to go without Swamiji there the entire weekend.
 I had a dream about cancel the retreat Wallace and he rejected me again.
Yogaville can cancel this retreat
 Another dream about being somewhere and going home driving with old days
 father and mother coming up to visit and going to providence, no Boston
 to see Bernadette on the bus and getting schedules all Cambridge.
 I write to find solutions proverbs famous and I need Barbara's advice.
 Mother and I were sharing sweaters, no dividing up clothes for warmth.
 Lots of warm fuzzy sweaters clean yours in the dream. That hurss Ruth.
 Monday night I dream Leonard is in jail again - I saw it earlier and
 when I went to call Jean saw SILLY so I dont type and I type
 I'm sad and see CANCEL YOUR RETREAT no I see CANCEL YOUR READING so I write
 call Neil and today I must call Bruce and everything stopped when I came
 home and din't hear Charlie at Sobossek's and went to bed with the curtain
 over the door, no light in my eyes, and the lights off no reading tv
 and there was so much interference AND ORDERS today I didn't know what to
 do or not and now it's total silence. in the black what about Wallace
 if I hadn't been so shy or strict from celibacy and yoga I might flirt
 and we might have had some love together and I miss HIM IN SOUTH DAKOTA.
You had a warning. I think I saw that. The only reason money dear
 maybe I should Zen Providence instead cheap brother you need a grant and
 it said NO GRANT at the Seneca Nation IN BED and NO INDIANS in bed and

13
Mon going on to already Tues May 25 I REMAIN IN SILENCE I see Jill lunch
and it said NO JEAN and I didn't go HIP hurts to how long A WEEK IN BED
do Jean and NO PILLS but I took some mag phos for the shooting sciatica
and some kali phos and others READ why won't it YOUR INDIAN BOOK. JILL
is having me to EAT and I borrowed an Indian book FROM JOSH REYNOLDS
Richard Erdoes and why does it continually say GET OFF THE LIGHT PHONE
am I tapped like my brothers and why insist I make so many phone peppermint
tea calls. I miss Keenard - earlier at Beth and Michael's reading
it said LEONARD is OK. And this weekend sacrifice a conference Kirlian
I am eager to see if my fingernails forehead will photograph with words
and wonder if this will happen WHILE I LIVE IN JULY IN PROVIDENCE. No
I plan to go to South Dakota like a journalist
with Yvonne and drive even if I miss W A L L A C E
Michael said wasn't Wallace Black Elk read more books FOR HIM
wonderful like the 6th patriarch of Zen and I said yes and he's driving
me crazy by flirting and not fucking and promising and he doesn't visit.
Anyway I'm glad my friends feel him the way I do HE'S GLAD. The fuck.
The question is will Wallace return during the retreat? bullshits
He has a wife Mary says he has two and he wants a divorce and Jana hurts
I try to call Wallace on signal NOTS HOME and he isn't/ Thurs night hits
I'd best not see Ed that night at dinner I want to write to him why does
Jana hurt does he know I'm coming with Yvonne to the Sundance in July?
I'm stupid and should have left early Thurs morning and told him on the bed
some suicide notes. Father sounds awful and insists on playing bridge
and it makes him tired and he has a heart and cancer problem and I cant see
mother sounds awful and I just lie around crying occasionally at night.

Sat May 29

Somewhere in the last few days I dreamt about Wallace again, the 3rd time. His phone no. has been given to the water company and the VOICES SAY WALLACE IS NOT IN PARMALEE. Mary says he has a wife in Boulder or Denver. Thurs. Blackman met with the Supreme Court or a some of them I haven't heard any details, Wednesday at Barbara's reading I saw LEONARD IS SAFE. So I'm not worried, but curious for details. Thurs. night I worried about someone being injured WITH A KNIFE. Jen^a and Reachard are away til Sun. I found Richard's Lamedeer book and am reading it also it said BUY BLACK ELK and they had a second hand copy. I read it years ago but the book went with the loft, etc. I read it and miss Wallace too much so I read Lamedeer instead. I start to fantasy about a tougher man. I miss them shamefully. I cancelled the reading at Soboxsek's and signed up FOR BERNADETTE THE Retreat. I have letters to write HOME and manuscripts to send out to magazines. That's enough. Maybe I can do that before I leave next Fri. I slept all day and night. As soon as I stopped drinking coffee I slept continually. In the last dream Wallace did not reject me but I don't think we slept together either. Maybe the Retreat will cure my sexual desires. Or something else. I still look for a new blue T shirt. Life is dull. I was so tired I didn't even appreciate Phill's movies as I usually do I FEEL LIKE A DOPE. Thanks. Maureen says my voice s WHICH ADD S sound like the Hobbit. I haven't read the Hobbit. BLACK ELK I hear. I sounded like I'm terrifically pleased to think I can imitate a PAGE I haven't EVEN READ. I started a few pages of the book once but Maureen says this part is in the middle. Just to be very specific AND NOT TO CHEAT MONDAY NIGHT. It said HELPS MAUREEN Thurs. morning and I called just in time to get out the mailing for June. S h e w a s s u r p r i s e the spacing is running out of space. I miss Wallace a LEONARD It's a difficult month. If they come into town while I'm at the Retreat Rosebud I'll WORDLESS. I can't even write anymore GET STRONGER AT THE RETREAT

Sun May 30

Depressed, dream about Steve, got this blonde Yvonne pregnant at once
 he isn't home, PROOF there's a conference at the Baptist Church on
 healing and astrology see GOS SOON but I dont feel like it this morning
 I mean this afternoon Everytime I read Lamedeer I miss Leonard so what
 no Wallace so when is the best time for the Church? Saturday night.
 That was last night. A talk on Kirlian photography. I decide not to go
 Jean calls, they got back Fri Richard has a fever and a hernia operation
 coming up soon. No news Leonard returned to South Dakota he was with
 Dennis Banks in Colorado. I need Jeans Tues. I read Lame Deer and so
 it says WRITE so I write. Tomorrow I'll mail Wallace's and Bernadette's
 letter and eat a hamburger on the way to the reading m o n d a y night
 at the church. St. Marks. I wonder about Leonard a lot. ~~xxxxxxx~~
That's Jean's problem. What to do to help in the summer time. August.
 Spoke to Dad today he sounds weak, I MUST VISIT says head after Retreat.
 I'd like to go and stay through Father's Day. Seem sensibele. weak
 Eat a lot of roast beef. D O N T H U R T Y O U R S E L F
 I get this spacing wrong ALL THE TIME

I must write Mel

A FUNNY LETTER

DONST WRITE
MEL

Wed June 2 I come in late CALLS MARYNELL the phone says TYPE and I see
YOU'LL KNOW SATURDAY but I don't know what I'll know OR ELSE shall I
try Marynell ~~WICE?~~ Thas an OPPOSITE A QUAESTION A NIJOLE
Actually I did try Mary Nell before and it said quite clear outLOUD
PHIL CORNER there was a concert of his at Charlie's tonight and I didn't
I went to dinner At Allen Turner's with Nijole and MYSELF SHE ANSWERS
THE PHONE that is I call Mary Nell who is up AND SHE ANSWERS THE PHON
now I am going to bed sleepy underlines UNDERLINES

Things I might like to know that I might know Saturday I'll know
What did Phillip do? under
What will the Supreme or did Court say about Leonard's case Supreme Cour
Will Wallace be there when I WILL
Will Wallace sleep with Yvonne no me
Will I get a grant this year
Will I get cancer again
what? dont make comments
What other Wallacae questions do I SLEEP have WITH OUR
Will I sleep with Tom BEFORE AUGUST PERHAPS
Will I sleep with Wallace L extra letter in the bed
Will Wallace answer my ~~letter~~ I think questions
I give up questions close your mouth I'll know Saturday
gosh.
retype this page honest answers Saturday
Is it about my father's illness or health about Nijole's party
BOKE I ANSWER MY QUESTIONS says the air under neath the light bulb 60
Will I keep my budget
If so how this June
Is the page almost finished yet?
Is Wallace cheating On HIS WIFE
If so which wife? second
Dont mention Crow Dogs

BOULDER

This is June 25 1976 and I am reading for the second time
BLACK ELK SPEAKS. "A medicine man, by the name of Cræeping, went around
among the people curing snowblinds. He would put snow upon their eyes, and
after he had sung a certain sacred song that he had heard in a dream, he
would blow on the backs of their heads and they would see again, so I have
heard. It was about the dragonfly that he sang, for that was where he got
his power, they say" THEY CAN CHANGE THE ELEMENTS STUPID AND DONT SUFFER.
At the end of SILENT Retreat, I sat meditating facing the rising sun and
had a vision just at the ned. end. CORRECT YOUR VISION. I need new glasses
This was of a campfire, the sticks crossed very neatly, on the side of a
mountain which was reddish dirt in color, and the sticks were thick but not
quite logs, there was a lot of smoke over to the right, the mountain was
to the left. Then I saw not as clear in tiny type, the dark image of
large round bushes, tree size in height, with a bright red glow behind
them, as if, there were a fire. I wondered if the sun on my eyes had
created this last effect, and opened them, but there ware no large round
objests to create the tree effect. more later. Thas not complete
I think there was a third part, less clear, but I CANT REMEMBER IT.
LEARN. I gave some B6 to Marynell to take up to Cheryl's grandmothe
and told her I had messages about flowers and I also saw wrong stems.
I did not go to the Strawberry Festival ALTHOUGH I DESIRED IT
because I saw many times CANCEL THIS TRIP. FATIGUE. AND SUNDAY NIGHT.
I still have no reasons. I MUST LISTEN. The sizes of type AND SCRIPT
vary on my forehead. Describe Marynell. She works for Charlie Morrow
and lives down the block from me. Across the street now.
I wonder what happens Sunday night. And why I cant get ½ TRY AGAIN spacing.
OK I got it. No I didn't that's single spacing. Better check the speaking.

June 26

On Saturday the word BOULDER appeared so I assumed Wallace is in Colorado.

On Tues. June 22 Leonard surrendered at DeadWood. THE SUPREME COURT would not keep him out on bail until the appeal comes up NEXT FALL. So what about the OMIT Sundance? * This is written ON TOP OF THE PAGE the LOOK. I did get stronger at the Retreat and visited father who has cancer in the 5th vertebrae CERVICAL that's the neck AND CANT LIVE too long if it goes somewhere else. Then I came back and two avocado plants had died I had left them in pots of water and oversoaked Sharon says they burnt out while in the water and she took them out but they didn't DIE. They didn't? I cut all the leaves off the stems are short if they grow again its just another plant miracle. ONE GROWS SHORT

leave more space

I keep seeing the word TRUNGPA SO I WONDER IF I SHOULD go up to Karmechooling for a 6 day mediatation AND SITTING. Trungpa goes on a year and a half retreat himself THIS FALL so perhaps this is my last chance to hear UNDERST and him. THIS CANCELS AUGUST The word is no sundance. BUt my words did say Leonard would be out on bail for the Sundance. Leonard surrendered where the first Chief Crowdog surrendered. And lived 30 more years. Writing in the little notebooks is depressing so I wont repeat the BAD MESSAGES LITTLE HURTS. about Leonard Crowdog. Is there any information about HOW LONG 3 M0S in jail. WHEW. Is Mary coming this week? HOLD ON A LITTLE ANSWER YOU FEEL WONDERFUL. I feel like a computer and the answers should come out of my mouth like a long sticky tape. AN ANSWER MACHINE. Do you like the large space or the smaller space. THE LARGE SPACE Tomorrow dont attend FAMILY Day Be Careful OF THE CAPITALS OMIT THIS SPACE at the Downtown IYI and Nijole do Phil Corner must HAVE A MEDITATION Sun night. I keep getting messages about something to do Sunday night but I don't know what it is. Do you? Call Nijole She's busy at night.

there's an answer stupid

Mon June 27.

Today I awoke at 6:30 with the forehead flashing GOS AND APPLY so I went.
Tues I awake and lie in bed at six I see you YOU MADE YOUR CAPITALS
MISTAKE. A very nasty voice and I dont know what it was. Yesterday
I applied for Social S^curity, arrived early, 8:15, doors open at 8:30
received number 8 ticket you didn't call Michael late and speak to Beth
I think the 8th house rules money SO YOU DIDN'T APPLY FOR BOTH AND CRY.
You applied for SSD but not SSI because for the latter you would have
to say you had no allowance and NO BANK ACCOUNT for a while
When you left you had tea in a Chinese tea shop and saw the number 38
in front of you and wondered, again, if you ate too much would you need
a large new bra, and walked down the street into a shop, bought incense,
saw a Buddhist Temple sitting room, went in: they had a fortune wheel
no a big box with little fortune scrolls, 25¢ so I took one, number 38:
Chances of success: NOT BAD. Change not that which had been your allow
stable; Listen not to those who preach from a table. from the soc sec off
A day will come when effort will be nil To walk from the valley right up
to the hill. That just blew my mind. Now how did my mind right know
that I was going to pick that one scroll fingers guided
from that large pile. How How How? Sunday Swami THE YOUNG ONE
Vivekanandas said all is known, only our mind blocks part of SUNDAY.
When I also said how could anyone work in a job that contributed to illness
or similar pain said the words ecological awareness
he said yes supposed I worked in a butcher shop AND HE KNEW SUPPOSED he
knew I ate meat. When I came home from soc. sec. at my door I see
YOU MADE ONE MISTAKE. Now what is this mistake I MADE TWICE ?

July 1 good morning last night I saw Raichard and Jean and heard some of Jackson's new tapes and saw Richard's movies of the Indians and Mary didn't come. She flew in ~~the~~ Tues night. I see her Friday. I still must decide, if Yvonne goes whether to ride with her to S. D. The words, a little off, suggested Marynell and I call last night, last week oh thanks and I don't know whether to trust the s p a c i n g that said Leonard would be out on bail for the sundance IN AUGUST. The material from Karne Choling arrived and after many go visit Rinpoche it no says NO ZEN. What is happening to my decision making mind. DRIVE. YOU TAKE A CHANCE. MILK. the words added A GLASS OF MILK to my juice fast, on which I have lost 5 lbs in 2 days. A MIRACLE. Neither am I hungry and have only had a little over 2 pints of apple juice and lots of water in this time. My mouth is fuzzy as all get out but I had an enema to start with and lots to drink so it must take its TIME. I am not hungry and feel good. A lot of gas WHEN tired. I had a headache the first day but it went away after the enema, that should have been done the night before. SERIOUS. I had a little ulcer pain the first darling I am a clothing freak. I have a lot of desk work to do, write the Ashram, send out ms. etc. and maybe try an agent. Barbara is seeing Maxine Grofsky and maybe I should. XOWARD. Ask Barbara first. Second. it's SIMPLE. Happy Birthday. The voices want me to repply Thursday for SSI but I need a note from the family. PUJA. I MISS FRUIT SATURDAY.

July 6

I saw Mary today. Asked her about the CRYSKSundance. Open Only to Whites this is the first year they were opening it to whites. BUT TO SOBOSSEKS. I feel bad Sunday the 4th because Leonard is in jail AND WOUNDED KNEE appears on TV with some dumb comment about SIS how many Sioux died after Custer and his men did. And no mention of the political situation. WHY Well you wouldn't expect it t h e g o v e r n m e n t p o l i c y
leave the spacing alone

Mary says W_lllace Friday I saw her then too, is in Colorado BOLDER no he went back to his first wife who is in Denver with her old mother she is a Xious. He diverced his second wife. SECOND CHANCE.

Also I did get a new blue t shirt at the Retreat describe it has a big green and brown cottown wood Mary gays treet on it, a red sun WITH RAYS and in back a flowering herb in a red and yellow circle. I read the earlier pages to see OMIT Sundance and Leonard IN JAIL IN AUGUST AND SEPT. 3 MOS is what it said end of June. EARLIER in the same journal it said Leonard would escape no it didn't ~~TRUST~~ TRUST it said out on bail for the Sundance. It that is the head says TRUNGPA so often I called and wrote Karme Choling but THINK OF ITS I get WHY interference from mailing a check, after I called and said I was coming I see CANSEL LATE. SEELLING. that was SELLING. Also conflict over SSI WHAT NOTES TO BRING BOTH Silly kdo you want me to go to Trungpa's sitting ON MEDITATION or not? the anser is leave a blank space. Everything MAR is in conflict. I also saw YOU GO HOME FRIDAY NIGHT WHILE EATING STARCH. SO THAT'S A DIET. Trungpa. And tonight, SITTING IS DIFFICULT. Is that my bad hip? family I'm confused and that makes me depressed. When will Leonard come out of jail FOR A WHILE.

1977

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Jan 7~~4~~ pl

I go back and date this the 11th which is wrong

START YOUR NEW MANUSCRIPT

I AM SEEING WORDS A LOT SOON

which is great cause I dont see too many these days. But I do see
WRITE A NOVEL. I itch. SDONT. ~~ixkaxkxkxk~~ cross this out I never
which is what I crossed out understand why an s appears before WORDS.
Like: SHOME. SWORD. SGO. SLEAVE. Or maybe nog SGO. SOMETHING.
replace nog with not. I thought if I wrote S I might UNDERSTAND.

Someone suggested that. Maybe Ingo Swann whom I met Wednesday Thurs
I talked so much I never got a chance to ask him questions like much
or enough right brained hemisphere ENOUGH. I always stop doing what
I'm doing when I see enough. THAT'S LOUSY. Thanks. That just
appeared in pale pink on the forehead. So who wrote this BULLSHIT?
The pink was lighter than the pink paper lying on the table so maybe
I'm fading. Usually the forehead reflects colors around me. I'm OLD
That should have nothing to do with pink. STINK

I wonder what the empty space WORDS is for, i.e. between pink & rhyme.
I wonder if all the sleeping pills and anti-what for the itch
stopped the multitude of words. I drink a lot of FAITH coffee. I ITCH.
I had a sort of argument with Tchouki the other day and said faith
is what you have when you dont know. UNDERS. incomplete. I mean
you believe in something but when you know it faith is concentration
oh yeah I said that too and demonstrated. I did? Then I opened
a book of talks by Satchidananda and there he was talking about
the same thing, just pouring in the devotion he callse it, AND THEN
he calls it one-pointedness of mind. Putting the energy back in.
Not just TCHOUKI taking it out. I think ~~that's~~ how she spells her
name, Phil Demise's SMITH girlfriend or FIND WORDS for relationship.
SHE FINDS IT. REPEATS ITCH. Schatches. Dont know friendship.
Homeopath and both MDs think I'm de-toxifying. I'S HOPE SO. I wonder
if the macrobiotic theory that you cleanse backward in time is true.
I.E. Your body cleanses of your most recent diseaes first and then
goes back to childhood. I had a great allergic reaction mosquitos
in a bunch of pink blossoms bit me. Big bumps. And the local MD
said allergies could develop from that and had hayfever ever SNEEZE.
MENTION STEAM. Except last summer because I steamed my head for a year
and quit starch AND SOME MILK and most of the mucous went away. YOGA
makes the same claim for sniffing water up the nose but steam is less
SQUEAMISH. I WRITE A PAGE. The caps as usual on forehead mostly.
I hardly ever see words in the closet anymore. I see the word
closet a lot. I wonder if I should build one of wood, or empty it BOTH.
I dont believe both. That was just to fill up sapce. PHOOEY. I give
away everything I dont wear. ALMOST. I keep the antique stuff.

Jan 77 p2

I ALMOST SQUITS. See there's another s. Yes I almost gave u $\frac{1}{2}$ that's cute. OK I half gave up writing more. It's not so interesting anymore. I mean the typewriter. I like my little books that I write in cause then I see all different sizes in script and colors too and it's FUNNY. No it isn't so funny anymore either. SERIOUS MIND. FUNNY. Serious mind appears on only the left half of forehead, orange (typewriterpaper folder) on black (typewriter keys) background. SO ID SICUSS. If you're tired hearing about my body I'M SWEATS I should tell you I still have ONLY it. I slept a whole hour. Without pills. I mean I went to bed at a regular hour like 4 and here it is before 7. Shit. So I has enough. The little words appear on forehead too. Just to make it confusing as usual the exact above words appeared on the paper. Correct if you're listening AND READING. The words appear on forehead appeared on the aper. I like to be clear. Ads infinitum. Maybe I should quote Satchidananda he's more interesting. I walked away from the typewriter, looked in the mirror, walked in the living room and see WRITE A WHOLE HOUR SHANNAH. I was going to quote Satchidananda. I want coffee. He says if you're an empty light bulb you'll light up DEMONSTRATE but some bulbs are brighter than others. I'll have coffee. It's readl pretty out it snowed last night. Talk about your theories. Faith is an emotion. I's dont believe. That's true, I KNOW. So maybe it amounts to the same but I have SITDOWNS. So I sit when it says too. Often. Once a month. Shucks. I never use that word, oh Magilla Gorilla does. He's my favorite TV program after Mary Hartman now that Gracie's off the air. punchline. Bob HOLman is waiting for the great punchline. I miss Gracie. Even after all those reruns. My theories. I said the right hemisphere I never said that scientists have said it for years GOOD receives this psychic stuff, Ingo said so too it's nice to have someone start a conversation right there with the right hemisphere I asked him if he still believe in that theory Nijole went to a conference a yr ago and said Oren ornstein said he didn't believe it anymore and I said Ornstein hung up on me and Ingo said he's full of shit. See I mean it's nice to find another psychic except he says he hates psychi psychics, the art world and Phoebes which I walways spell wrong. BARS I mae I made a mistake. I am wl always a little wrong. SHANNAH. Where does the S come from? Maureen thinks it's from the middle of the Hobbit. I never read the middle of the Hobbit. Or either end.

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I was supposed to write an hour. I think I wrote an hour. It's 7:30 and I still have an hour to wait for Magilla Gorilla if he goes on Saturdays. So I'll sit a little. I still have a memory. I wonder where it's stored. Somebody said oh yeah MEMORY if they INGO said it do something to some space in the back of yr. head no Tom said it you remember all the people who attended your 6th birthday party. Enough. I get up and walk away. Read your Memory book. Oh Bernadette. Hello to Lenox AND LEWIS. Bernadette wrote a great great book called Memory which is the best thing ever written since Robbe Grillet wrote JEALOUSY only who will people know about it I mean how will people know about it but who is more to the point. Simon wrote a great review and I should too but I'm lazy although I notice lately I have been able to complete sentences. I ALSO. Don be ashamed. But I am. Everyone can complete sentences ANYONE and it was so much fun being interrupted like way back in 74 PICKLES but that doesn't happen anymore. I don't even eat pickles anymore. I mean I saw the word so much I figured they were bad for you, green dye maybe and preservatives you know and then I found out the acid was good for my system and The Vermont Medicine Dr. recommends pickles but maybe his are homemade. Maybe. I don't correct spelling. Actually I read some stuff of Jim's he's 16 and he can't spell at all and I like it. So why should I even bother to correct it and show I know how it really is spelled I'm just a lousy typist I mean typist. Why not think I'm a lousy speller. Who cares. The printer. The day I get my stuff printed I'll laugh. Did I really see that. I can't think of anything to say so I'll get up and walk around. Something is bound to appear then. I do so, see: I"LL WALK, I'LL SEE SOMETHING. in the colors of my don't remind me unwashed windows. My favorite line from the whole fucking 74 journal is GOD SOAPS and I yell back shut up I'm using brillo instead. Even Satchidananda, oh boy, says Yoga is a soap with which to wash out the other dirty stuff. And then you get rid of the soap DISH too. OFS COURSE. The soap dish was an ashtray but I don't smoke anymore and hardly let anyone else do it here. Snide. Yeah the underlines used to be snide. Snotty mean and bitchy. Oh how I miss them. I ALWAYS PLANTS. I get up and walk to the plants. I repotted some last night. The Wandering Jew looks sick. It always does when it's transplanted. I didn't even bother to let the new roots grow in water, just stuck em back in the dirt. It worked in the spring. When it says ENOUGH I should listen, it's the BOTTOM.

Jan 77 p4

6am mon after a party no sun after a party the DRUNK

I am facing North. To my right is the east, the right side or right hemisphere (psychic dominance) is to the east, India, China, Japan, where Himalayas, the traditional esoteric knowledge, of the east, comes from. To my left, the west, is France, England, Germany, the countries of logic, Greece, and Rome where math, and you know the logic previal, the left hemisphere of the brain, the part of the brain that acquires knowledge, the linguistic, part, the logical, learning part, that faces west. Where am I? I must be in Russia. This is a learning procedure. The southern part? I need a map. If I were in the US, then I would face south in order for the western hemisphere of my brain to face the western countries, and the right half would face east. Why do I automatically feel that facing north is the natural position? Because my ancestors came from Poland, Russia? No, I'm drunk. If I face south, the east is to my left, which is the west and the left hemisphere of my brain. I am backwards. The eastern countries of India, etc. and the right hemisphere are to the west. No wonder we are all confused here in the U.S. America. Actually it shouldn't make any difference, ~~xxxx~~ except maybe the winds, whether one faces south in the USA or north in Russia. STOP WRITING. There is a magnetic polarity. Old quote magicians say one feels better, if one sleeps with ones head to the north, facing south. The magnetic currents are supposed to be more sympathetic to body and mind energies. supposed. a western phenomena Yet many people pray facing East. Of course twice a day. Then of course the sun travels around the right side of the grain, warming it and leaving that old logical half cold and without air dark. stop drinking. The winds from the north^{east}~~west~~ bring rain and cold for 3 days they say in New England. ~~xxxxxxx~~. Just correct.

Anais Nin died today. I was at this party and said to a stranger, it's funny how people in their 20's or so look like mother people who were well known a decade or so ago and he said yeah you remind me of Anais Nin. Then i smacked Lenny H. in the cae because when I am faced with death or some sudden BLEAK loss I absolutely lose my temper at selfishness or maybe its subtidity or lack of sensitivity but Marynewll it's always a person others consider awkward too. BOTH

I AM A CREEPS. And then I cry of course fors hours because ANAIS died And I even dressed like Bernadette tonight tight pants, low neck, scarf.

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Somewhere in this fight was the idea that one must always make clear one's limits, so that other's, who might, without understanding imitate one, would not also make the twice same mistakes. We all make mistakes. I do. EVerything I think is cor thanks half an hypothesis. Mya maybe it's wrong or whatever, or absolutely a genius idea, i dont know but i wouldn't want anyone to swallow it WITHOUT THINKING. Stupid boring way to write I cant finish this sentence. But it's always so clear, John Perreault maybe said it to me of course people imitate you. Like performances. Or they dont. But if you come off and make an absolute definitive DONT I mean we progress so slowly. And for years, the early years of the journal I thought of Anais Nin all the time, like I was somewhat her and somewhat Castandeda, you know, ha ha and hopeful and of course I'm much much closer to B̄rnadette but Nin has published years after years of Journals, and that's what I'd like to do. Just that So there I am different somehow, how did I look like her? tight red hip hugger corduroy pants, Sharon gave them to me and brown leather work boots and a brown leather belt and a low cut antique dark red dress tucked into the pants and a soft pink silk scarf. Much more Bernadette. But the color's mine. Anais Ninkhad red hair she wore dresses though. The words said wear a dress tonight but I didn't want a loose floppy one I wanted to look thin and a little tough A LITTLE BOLD they said just a little cleavage SHOWING and the words say WHY DID ANAIS NIN DIE WHY DID SHE LIVE IN FRANCE and this guy said she was a dyke and I said I avoided the issue I was INS DRAG celibate but who cares which if any sex one sleeps with nowadays that's an old revolution that's not how I look like her careful maybe I just look like someone who writes endlessly. I rival Bernadett for the numbers of pages we have written very ijmp and before this evening even started I was going to say in MEMORY STUPID GIRL on July 30 Bernadette says when you are a woman you make a long document and have a daughter. And she did. When she was 30. So it wasnt a memory fof her then, it was the opposite, looking forward. July 31. No, she says exactly " July 30 When you are a woman you make a great record & a daughter...." with my voices commenting above the text: WHEN YOU ARE LAUGHING. July 31 says "Exactly as it happened like Jack Webb comma and my voices say I WANT TO EAT SUB ZEROS so I dont understand that Journals. And Lenny H said his book was called religion, magic and mysticism and I got all upset about language

Jan 77 :6

and said no that's old terms you've got to make it like science for the ~~the~~ western mind so they will LEARN and even Satchidananda said in the same place I opened to last night about devotion, "religion is science" when we discover it. Nothing is magic. There's a reason, a cause somewhere. Like even when the words say GO somewhere I don't know why, but I go, and I meet someone who says something I need to know, or similar, so, after the result, I find the LOGIC, the inbetween reason. Lik: Rhys has a cold and should ask me about a docotr. OK But I have to get this CALL RHYS or go MEET without knowng why. But there's always an answer to the why. I mean have you got that clear. Like David Antin might say that. The end comes first. Thanks you words.

ILIKES SOMETHING

Oh shit I'm tired and the real point is I had 3 Bourbons, which is even Bernadette's drink but I shouldn't drink and hardly ever so that's enough about Journal writers and I'm sorry Anais Nin died. BBT I DIDNT FUCK. The last time I had too much to drink at a party some guy wanted to fuck (after 2 plus years) so I said OK actually first I said you're an awful poet and he said you're the most honest woman I ever met let's go fuck so I said OK and we got into bed and I lay on my back and SGOT SICK and said oh excuse me I have to go throw up. So I know I shouldnt SOB. And there's was this nice guy Donald who really held me like if he din't I'd knock Lenny out and he knows how to bet the flat races, he says its the high haunches in the rear, and a low back in the middle and a big chest, we agreed, like the trotters I notice chests so he said lets go to the races in the Spring when he was 17 he made 500 a week. 20 yrs. ago. And Ingo said he won 7 out of 9 races the first day at think and nothing the next day and we talked about winning streaks, beginners luck and stretches and Ed Friedman's vocal music with pauses has something to do with this like how long does it take the perf ect right hemisphere or whatever to relax so you keep on starting fresh each time I mean there must be a rhythm FRANK I said as we walked home after the party. The brain must have a rhythm. I walked a lot. Talk about alpha waves. Once I was tested and talking, seeing Lamonte, I was alpha and after 2 hrs. and coffee and sugar and a cigarette and fatigue I was tired. And then I was theta talking and seeing, and alpha just sitting still. I went into reverse MAKE IT CLEAR. The earlyer sitstill was THETA.

Jan 77 7

Jan is important p 6 it's still the same day as what date it is
pages 4 on which is Saturday no 6 oclock S^unday morning which is
almost the time I good wrote yesterday except I havent gone to bed yet.
I HAD A NAP. Theta is a slower brain wave and should be the one
at rest. When I was at Theta when I was talking and seeing I was
not only tired but confused, the words came too often and not clearly,
even in reverse it seemed to me. that explains confusion underlines
UNDERLINE I hear Bernadette's voice. Thank you on dear.
That explains masters. ENOUGH.

Tues J 17 Witty
written by Hannah on beer benedril ahlortrimatine and sleeping pills
who may have scabies hives cockroaches and bedbugs or just scabies
hives and cockroaches
but ~~is~~ still awake and i itch. Somehow lately I've been saying prayer
ok I admit i dont believe in god and i have a reason for faith and
"Rinpoche gave these long talks on prayer is wanting to be like buddha
and meditation is being like him but i cant sing myself a lullaby to
sleep cause my mantra brings bright big words sometimes so here goes
The lord is my shpherd. he has mange. I shall not want. I got
plenty (bites.) He amketh me to lie down in green pastures. Oh strict
maybe that's where I got 'em cause i sleep alone, he leadeth me beside
the still waters, mosquitoes? he restoreth my soul, another year cold
stoarge and maybe this time my old coat to, yeah though i walk through
the valley of the shadow of death, they bite more at night, i shall
fear no evil, just the oppoite, live, boy are they alive, for thou
~~artxwixkxme~~ and all thy thousand friends art with me. Thou settest
a table Before me, i cant handle food i'nm full of bumps, in the
presence of mine enemies, roaches in the stove, the sink, under the table
thou annointest my head withoil, maybe that! will work, my cup runnest
over, slob. Shurely good ness and mercy, and all the other little bugs
shall follow me all the days of my life and i shall dwell in the house
of the a plate falls offthe lord until it is fumigated. Seriously.
Oh I always forget thy rod & thy staff shall comfort me, I didn't
know Rod was had of Channel 5. OR ll Depending on GRacie stupide
bbvioualy the french and feminine form of stupid. Here comes Mary Mary.

I'm noticing something about my mind no my style or maybe it seems
different to you but to me the first da Sat I thought was funny and fast
on lots of coffee and no sleep and Sunday really depressed on account
Nin died and today just forced and angry and dumb. But it sounds the same
But is wrong. I sound a little like Mary Harman which Marjorie told me
about last year, I mean I thought it as big STUPID on forehead
andshe said all the bright people wat cha and now im addicted. MISTAKE

Jan 8

2nd beer. You know i write that psalm almost myself but Charlie for years every time I said the Lord's Paryaer, which I said a lot cause I thought the Christians had a good long mantra or similar it was too depressing to recite the Schma bthough I had a thought about that later, and this was before my mantra or even OM SHANTHI so after Aug. 9 1972 when I was speaking to that big Leo masturbate no Max Neuhaus and saw the beige word wrong neatly printed in grey at 45 % no 45 degree to ny right thigh because I had bought some white pants and dyed them beige i didnt want white pants or even any new pants and Max said he! wanted white pants and i said I'd wish you'd told me so I wouldn't have bought them myself like the time I wante cookies and Barry came home from the store with them saying why in gods heaven did i buy this stuff. So who's mind? TAKES HINTS. So ever since the word wrong neatly printed which made me think, years before Bernadette absolute insited I MEAN INSISTED that I improvey penmanship I figure the printing meant dear no one ill read your marvelous wonderful journals of clairvoyance no one can read your handwriting print so ok I got that or at least the words got it because you see they (very clever) are always printed so even if you cant read what I say in those old notbeooks you can understand what the words say. Then I was confused because yoga notwithstanding, well i hadnt got into yoga yet so i didnt like to feel i was wrong so i figured it was the opposite of what it meant, because my name hannah can be read backwards and mean the same. So that's how. Besides I think I still believe in extra-minds at the time like spirits nr consiousness never incarnate on this JOKE earth so of course that's a Christian tradition and they could heal, some of those sppiritualists so the end of this thought sentence is I said the lord's prayer a lot. That was after I didn't say it at Martha the spiritualisthealer's sessions but what the ehll. But the voices always interrupted with LIKE i hear something funny and i never wrote them down. like: This is in the 74 journal: our father, be right over. our father who art in Providence, they or your kingcom, the city come, the kingdom, tom, in action, hallowed by thy name they religion oh i said that, th y will be made over again in case

I die and some if I have shich I FINEGOLD maiden name help with it, on earth this suffices as it is in NEW YORK CITY give us this day our cut this short it's not criticism see BOTTOMS of pages give us this day our daily breakfast cause bread is bad for me

Jan p9

REPEAT THE BREAD LINE. ha ha and and a ho for the welfare state.
Free whole grain bulky grain HOME FREE is what I thought used to rhyme.
Give us this day our daily PROTIEN and forgive us our PARASITES
as we forgive those who , who do we forgive oh that's a tricki
discivered, a great psychological trick Dchrist invented THE BEAST
and a psychic taught me to say " i forgive so and so who bothers me
for any hamr he das done me in this life or any past life or and
inbetween lives, he was a very careful psychic AND I FORGIVE HIM
and you repeat this he said lots a lots but I did it gthree times
I told this story and forgave my mother who I get angry at every Aries
THINK OF IT and felt deprived because i had a baby brother according
to Freud HANNAH but I bought a TV set and i only had to say it 3
times. and my voices siadh, FORGIVENESSS ACKNOWLEDGES THE HURT
whichis great if you always think you're the JEWISH PEOPLE guilty one.
ANYway it's much quicker and cheaper awx rh i cant spell than what
anything AND IT WORKS. So Forgive us our as we forgive those
not quite oh dear whop'tresspass against THE UNION that's the one
the Bⁿd sings about you know I work for the union because ig
its good tome and i know ill come out on top cause it says that's
where I should be rainmaker can you hear my call please let these
crops grow tall and I mean it's gods union the synchnistic philosophy
synchronistic philosphy i tell cause if you put in it gives it ALWAYS
right back. rough I hope that means rough draft. ats the feet.
if i go put socks on which ones shall i contaminate I STILL ITCH.
And I luckily listedn and boughtsome washable large size scuffs
which id didnt want to spend 4\$ on but the words said do it twice
and im glad cause my fleece lined are homes for the aged or maybe
deadd now and my docotr said he had a dead file meaning out of date
and i said thats awful for a doctor cut this short
as we forgive those who trespass against the union i think it said
its an old form Lead me not into (well, England, once for Naa)
cause she couldn't of gotten back FRENCH TOAST but deliver me
from parasites its not so clever tonight and dwelling OR SWELLING
on scabies , for thine is the kingdom and the policy FOREVER CHILD
It's not great but it gives you a suitable idea underlines.
In case you didn't read Barbara who reminded me these underlines

Jan p 10 77

I put on some beige 65 percent sign somewhere but documents have gone out of style cause i touchedem earlier and who knows and reminded me oh beige socks which i didnt did not did im repeating want to buy but the words insisted TWICE and then a week or so later found some 2nd hand cheap coruduroy pants to match exactly and slo beige shoes so see im color coordinated jto my socks BEFORE i knew it and I used to criticized Anais Nin because she KEEP QUITE well maybe she din't wear socks but i always described mine STRIPPED. It's very important to describe socks. Like last night Sharon Mattlin and Mary Newl HAWK did this piece at the church and each wore one of 2 matching pair of socks, both striped and .I forget which colors. Sharon often wears one color striped and another something STUPID ELSE lots of people and it saves matching and SOCKS. It's ECONOMIC which makes it a political philosophy and you can also tie knots in the long ones someone did and use it as a shoulder HOLSTE. STOP DRINKING LIVE CHEAP. There must be a movie on TV to rescue US. Guess what I typed an hour just like it said to the other day. GOODNIGHT PEOPLE.

In an art school, very late, wearing a warm gray baggy t shirt and dungarees i go down the steps with max neuhaus. a student is still entering the room and i ask that he remove the class sign from the door. good afternoon i say right away my name is carefully giving both names and iz letting them decide what to call me, hannah weiner, and i am your instructor in clas 302. please shut off the radio, as i do not want any third voice at this time. max neuhaus has kindly, hes sitting crosslegged on the floor in dungarees, wxy down to show us where things are kept. large cupboards behind. someone puts the radio back on and it says something relevant, with a xk laugh. ok, i say ill explain synchronicity. at this point i cannot talk about there being one mind ~~xxxx~~ because i dont know it from my experience, but i can talk from my experience about there being a group mind. INTRODUCTION TO PHILOSOPHY. This group mind operates in any or all of us, or in the radio, the newspaper, local agents my underlines. We can all tune in on it and it will say something relevant. it has information for us there is some long cabalistic, etc distinction and probably others TRUTH between information and knowledge but lets just say this in information it is probably right but you should check it out. it knows as much as we know collectively. by some winnowing out process like WHITE LIGHT mostly we get the information that is useful and truthful. that could be knowledge. that is not yet, SHAWN quoted who he, wisdom. BULLSHIT. I can tell that in a funnier way class ended

To begin with we have to assume for current teaching purposes since this is not clearly completely these underlines appear in the air over the keys, proven, a right and left hemisphere of ORNSTEIN the brain. H clearly describes it in the psychology of consciousness but its elsewhere. the left hemisphere is the logical, learning, linguistic, right handed, yang, part of the brain, DEALING WITH WORDS and the right hemisphere is the part dealing with visual perceptions, space, hearing (i hear this) and with the so called psychic phenomena. It works, as a computer i once knew but INTRODUCE knew by random association. the left adds. it stores information. it playback. the left stinks Grey Walter just change that to matter SMith once said, book written early 50's read it, it understands too much that a right hemisphere person would make decisions BASED ON INTRODUCTION, no based on things a left hemisphere person would not even consider. ERROR. Like people. As far as I can tell the information that comes in through the we call it no FOR LACK OF INTERFERENCE the right hemisphere, comes in automatically WITHOUT PRECAUTION

SUCKS says my forehead. not automatically like writing, i mean, oops, well it comes on its own, although it can come also if bidden. monkey business this is no longer the dream and i am no longer AWAKW. THATS CLEAR. WRITE TOMORROW. Shucks. I still dontknow who says shucks, its not magilla goriolla. I transfer a lot of my quotes as well as my TRANSFERED feelings of GUIL, anger, irritation and sometimes LOVE IT humor. I SPEED A LOT. no not tomorrow. i cant tell anyway its the afternoon and i finally had my nights sleep. OFF. the subject. It seems to be that which ill explain better tomorrowis: psychich information comes in without any inbetween cause and effect chains. It just comes in like GO OUT. TURN RIGHT. (it took me a while to realeenough ITS NOT THE PSYCHICINFORMATON YOU're TALKING ABOUT The group mind. and how we all feed into it all thatwhich is stored in our conscious memeory and some other sub un or non parts like toes UNCONSCIOUS MIND and this feeds into a giant SO LIKE ONE MIND computer, that filters out the right answerand feeds it in automatically where's ingos word SSDP IT feeds it in when necessary to the right occupant or body SHUT UP or person or thing (perhaps, i remember an old group of poems DARLING that was always he she it or blank. _____) so he she it or blank sandwich receives this information at the correct time and it puts out. it goes out if its good to do the business OF THE MIND. GOODS GIRL. I AM ITS Thats bettter than he or she, but not blank. quite perfect. no connotations, please, also no corrections just a laugh, prejucdices, habits, egos, SMILE oh the sort THINK think that will like the ol left hemisphere say why where you it or _____ why are it or we DOING IT i dont wanna do it he don wanna LIKE it. and so forth. so we don go and we miss it. or we argue a little and get more information i can do that ONCE IN A TEMPER. But if you go out turn left MEET RHYS and rhys says oh my tooth ache needs a funny dentist OHDAY you know just the destist forrn rhys big smile SO THATS IT. Andkthen after you go home you can put in the logal chain of events LEADING TOS MILE. THATS AN IMPORTANT FACTOR. Inbetween comes faith, religion, OHS BOY ONE MIND. It just, as far as i cna see i date this feb 11 1977 psychich is just getting to the end first without the THINKING inbetween Later you will probably find out the change of incidence underlines or you may not find it if you dont act as ONE MIND ON FOREHEAD says. THATS HOW READ IN PROVIDENCE I DO IT. Its backwards logic. simple I figured it out becuae my name spells that same backwards as forward and the rabbi riding backwrads on his horse thorough town. says to the inquirer, SHOW, not everyone shuld know where im going. WATH CHC THE HORSE. B^uing Jewish has helped me to understand CRAZINESS MINE

Feb 11 p 3. Is DONT KNOW. it said ENOUGH before but whether it was enough said or the end of the page which it was I PRETEND and try smme more. Oh like if you knew rhys had lost his smile and needed a dentist and he called and said meet me and tell me who to go to thats o thats left hemisphere you know what to do why reverse you know what you're doing when you're nickel doing it. also theres a why. once i said a clever mot like bad wording dont reject ib be much happier if i knew what i was doing but it doesnt always come out RIGHT as well. IDIOT I dont know why Max was in the dream MECHANIC maybe he knows where all the parts are brain i mean are stored. Musiciains know a lot about the baqll brain thatats a word WITHOUT knowing they know it, or can beauti no ful chan change its dont joke rhythyms, amplitituted, no. of neurons firing, like meditation stupid. READS PEGGY. Im spped to read this to peggy but i remembered it was talking to max queer school ive had dreams about it before but i was a lost discontent student and now im a confident teacher max i was talking to on the phone and saw my first MISTAKE. word ^W _R ^O _N ^G printed neatly in grey flair pen color grey san seraph GETS IT. ^R _O ^N _G The clothes, the babby grey sweatshirts are 50s style i think with dungarees. i have one at home(parents) A NEW style? CLOSET Antique clothes. laugh. the fifties are now good antique. we are travelling so fast SOMEWHERE. ENOUGH again. I cant read this over i dont have on my glasses. but i am comfortable typing but not making corrections. explained elsewhere. January underlined. Is eee underlines. it isnt the goup mind either oh gosh. MOTHER maybe we were just going to paint LOBAS. I am hungry once a day that time is anytime after dinner that i go into my bedroom to get unto my bed to watch tv and read and work. I LISTEN TO TV after years i hope to assimilate the proper dialague for a novel to support my OLD FATHER Thats more cheerful than 3 years ago when it said FATHER DIES. oh precognition. well. see talking to forget his name CHARLEMAGNE he said sound waves were slower than light nickelwaves and you could exchange them and see sound as color. and i said oh thats a good way to explain to the western hemisphere LOBES that three is something faster than light waves and those who see on it or know on it PRE COGNITIVE. just as if ttime had been measured at sound waves, all those woq who could see light would be precognitive. Then i look for SCIENCE to show mye maybe steve GOOD an anology as to the proportion between sound and light and light and x factor wave. the fastest light wave stupid. then we talked about the white light and he MASTER siad it was a pause and all the little vibrations smoothed out around it AND STAYED CALM

J
V
S
T
R
E
A
D
T
H
I
S

dont date mar 18 stupid

oh my god i just found the illiterate spelled correctly underlined
letter i wrote and didnt send being afeared you would be offen sptray dec
i still cant type all these extra letters get in some how. anyway
despite the laugh over poetry guess what happened LEWIS next. I READ
YOUR BOOK. no i dont dare. last sunday march 13 to be on time it was
pouring rain and i had made this dinner date with an old boy math friend
steve childress and his wife diane to return some book called memory
they ha loaned me and others. it poured and i felt awful having fought
largnytis you know etc to hear charlemagne 3 times and read myself and
go to the kill yourslef thats underlined reading to hear nick and peter
seaton and i suppose terry and came home and collapsed saying well you
btter this is simple until the b & l come NOT INCLUDED MARIE so i cant
decide to cancel this dinner date the head says cancel and i want so
much to go out and eat some interesting food so the words say DONT
no the words say OPEN BERNADETTES POETRY and i open at rondom you know
oh it said stop because the saint is on period I LOVE TO READ YOU KNOW
and ad is on lover 50s please go shit. and she chews gum. SLIPS
continue. so i open yr book and put my finger right on GUESS
"the earth's core & pinned to it a sample of hunger eating the colors of
a line-up of words AND FINISH THIS LINE. so i laugh you having LETTER
YOU CAN WRITE A SOBER LETTER IF YOU COUNT TEN PLEASE I USE CAPITALS.
so i didn t even look to see the title of the poem i just realized you
got at the core of why i wanted to go hunger eating AND THEN IT SAID
"There is a circle of men on this earth who try to helpother people
find themselves in a hurry stupid and dearest." quote my head says
THERE IS A CIRCLE OF HARMONY INSTEAD it says as i lay on my bed YOUR
HEAD. THIS LETTER IS FNNISHED I ALMOST FINISH THIS PAGE BY MYSELF
THERES A W O B L I N WELL I TRIRD BUT I GOT INBETWEEN THE
RED AND THE BLACK DONT COMPARE ME TO STENDAHL, SHPAKESPEAARE HE CDNT SPE
MY FRIEND THE LETER WRITER OH SPOILED WHO TRY HARDEST TO FIND HURTS
when i lie down i see these vreat sayings oh lay down sis its time caps

mar 18 p2

YOU DRINK ALCOHOL

thisisnt cheap OUR FATHER WHO ART IN HEAVEN

HALLOWEEN

SITDOWN MOTHER LIKES YOU on the edge of the bed with the ~~h~~ UNDER
my chin thats enough. the letteris finished no ok the typewriter is
on my lap on the kitchen table OH QUIT UNTIL MORNING
well i have all these terrific thoughts when i fling myself flat on
my bed and then i have to get up and type the phrase that i see on my
head which is brief small head and then i have tl fling myslef
down again and all these big words are pale bright pink. SHEET
probably not my aura. who knows terriffic FINISH THIS PAGE.
~~xx~~ ohs seldom. caps. say it said i should fuck sledom and i CHANGE
the subject i havent in 3 years thats seldom? OH THAT'S TERRIFFIC
i'm waiting for peggy's voice to add old girl. THE BOOK IS. well
after i read bernadettes poem third person it said read Lewis's poems
so i opened his book LONG DISTANCE and find clearly understood
oh shit i cant find it now but it said clearly and exactly "no one
forces you to go out in the rain" or "no one human forces either
you to go out in the rain" so i listened to them and stayed home
and right then ~~ixxiadxxpxx~~ i saw another quote same poem from lewis
"a letter arrives" and i knew i would expect a letter from bernadette
and she wrote it as a matter of fact, that very day. and then i go
back and read bernadette's whole poem and realize it is titled LAUGH
"Human Rain". So thank you my dears its fun more fun I Ching and
H O L Y B I B L E included . say Lewis i mean the other one
what you doin comparin b to shakespeare SOSSOON. what do we say now?
Miss MSayer, who has been cmpared in her earlier works, to Shakespeare
has deviated in this slight volume a little toward Marlowe. HIMSELF.
Peggy and I both laughed and she grabbed Chaucer as well as SHUT UP
for herself and I said I had already written myself in for HOLY BIBLE
and would also take the Iliad on account of theright hemisphere the
people in that book dont think oh its a book clipping Peggy sent me

SELDOM WRITE

mar 18 p4

include the clipping. i got to bed for five min its 515
a poem by ted berrigan and i think ive got it licked when i see
IS THAT YOU STANDING. so i get up and FINISH THIS PAGE
after i read the article on bicameral brain i called the Lloyd
Ritter who said i did some movie work for him years ago on IBM
the two computers were digital, that adds, and AMORAL no i wrote
ir down i always thought it was random its ANALOGUE, it measures.
so counting (like the left hemisphere logical thinking underlined)
or analogue, like the right hemisphere BY ASSOCIATION STUPID
because a measurement could be in the amount of energy not
just length or crazy. So telepathy might work by insistence
did i really see that, i mean a certain forde (seen in large yell
paper twel colors) out of emer need by calling people
oh no you cant get me to explain the whole phone now thats
a really long story/ but just to finish what i MIGHT THINK
of the right hemisphere if i dared to think which the same Ted
said to me 12 years ago what Hannah you still think you're crazy
no just THINK oh shit that shouldnt be caps OH SHIT should.
THATS A STORY. SO THE TR RIGHT HEMISPHERE I DONT LOOK AT MY KEYS
INTUITIVE FORCES OLD GODS BRIGHT IDEAS read the paragraph slowly
I GOES TO BED I THINK. slowly your typewriter works better
alone appeared appeared appeared in light alone appeared to
repeat on the same line OLD STORY as better but i could nt fit
it in and Richard Hittleman the Channel 4 13 yoga guy and
Satchidananda both say the modern brain does not need to repeat
so i explain3d to peggy and should to Bernadette the phobi III
theat sometimes the brain which is a computer gets stuck and
works like a xerox machine instead Krishnamurti I was reading
him when I discovered that and it must repeats and repeats

Mar 18 ^{p6} gosh another page in bed almost 4 minutes and see NOT UP TO WISDOM which is just a joke please but Lewis says about Bernadette's POETRY (its ok the dont joke) dont explain it he says. "IF wisdom is knowledge in its most intimate form, BM, like Shapesspeare or re is the holder of the key. unquote. and I just remember my time at Mt Sinai psychiatric hospital where 12 or 23 eager analysts sitdown social workders etc asked me after a few stupid questions like name the vice presidents backwards WHAT WERE THE THRONES OF WISDOM no they said what was the difference between the throns of a rose bush and the rose and i said, (having given ten y) quote thorns are knowledge on the stem of wisdom" which i laughed no they all pounced and i could hear the keys locking so through oh shit i said i was a poet and somerset maughm the drip even said that i thought it was corny its caballah or suif the rose is the sufi symbol of wisdom and wisdom is higher than intelligence knowledge i suppose on the Tree of Life. and somerset maughm guru said the three paths were service, devotion, andd the path ofknowledge that leads to GUESS WHAT. IGNORARNACE I am really tired and dont have glasses on and am proabably not up for wisdom since i am really stuck somewhere around what truth is. Satchidananda says it goes truth, knowledge, bliss. i awakw. gee i get a lot of exercise i went to put the typewriter on the table and it said WRITE MORE. Well there's information if you want to cnsider that knowledge. BE SURE. I mean information that is true is knowledge. I suppose thats why we have so many sure shots i was going to say scientists, checking things out, like ignor ance. anyway its closer to wisdom on the right hemisphere side of things i think because with me anyway the other side seems to query and worry and aask why and how come. AND I GET ANSWERS sometimes but sometimes i just get to the end directly and its right, and the reasons come later, to fill in so to speak, after the DEED IS DONE. So I know before. But I said this before. ON ANOTHER PAGE. I dont really know before, its just the same logic, WITH THE MIDDLE MISSING

Sun I am lying down

Mar 20 77

SO I CHEATS A LITTLE

I call RBOB Jastrow. he's busy, spelled correctly says he'll call back tonight or tomorrow. I see call me when im awake but dont say it. Then i see, call back and find out when he calls. So I dial all but the why last digit of the phone number and see TOMORROW. Then it says dial again, and I do until the last I omit last digit and see 1 oclock. I ALWAYS WAKE UP BEFORE PHONE CALLS, THATS A LIE. Sometimes I have to dail all the digits AND WHY hang up before the phone rings, and sometimes, fewer and sometimes I have to just look at the phone or even move in its thinking PHONE CALLS direction. THIS IS YOUR ARTICLE. I DONT SPEED. yelp spelled mistake correctly dont underlines. THAT'S IT. I think I see small capitals. DONST UNDERLINE but that darling IS BERNADETTE'S VOICE. PERIOD. This is 1025 sun night in the middle of the WHY TELEPATHY in pink on my forehead in caps. as ususal in little typewriter color buy some colors. donst forget your underlines UPSTAIRS I CALLS NIJOLE. donst underline THATS AN ORDER kthan i underlines. I pick up the phone BUSY says the air. I dial and LIE there's no answer calculating wstch the movie YOU CANT SEE kneeling ROBERT JASTROW ANYWAY THIS WEEK STUPID AND SILLY WRITE DOWN EVERYTHING typewriter on bed YOU SEE THIS TIME no its on the desk by the bed and i dont chair. ok its on the bed and i can WATCH says the BIG CAPS TV screen the TV. THE TV appears on the screen. BUSY Nijoles was a joke earlier STEVE a shout i cant spell inbetween the lines i read correctly. SORRY guess who's in town now actually anything could ahppen at 1 tomorrow why be specific. I SAW IT. (in small letters) WICKED

THIS PAGE CHEATS AND LIES

at 1 in the afternoon i was fast asleep and nothing happened at all at lam mon morn ithink the phone was on the hook, yes it was ditto

March 26

I had cancels but I didn't. Well it said cancel Nijole and then WHY I had dinner and fell asleep and was tired but then she and Allen both called back and urged me to come and my head wouldnt let me undress and it said CALL BACKS so i went and had drepes suzettes with strawberries and talked to Marguerite SIS who runs the gallery I describe Allen shows in and then walking home I see YOU HAVE A LITTLE CANCER IN YOUR BODY just past 4th st. AND I DONT KNOW muscles WHERE or why it sometimes givesme cancer breathe symptoms warnings and I dont SWEAT i do sweat today and i dont know what to do except that my immune system JAIL is rotten. WHERE IS MY CANCER STUPID and then it says IN MY GROIN SO IT CHEATS. Is it Leonard he should I must check and see if hedid get out of jail where is my cancer stupid my right breast was purple when I fasted and the Pap test CLEAN is it starch, liver like my grandfather, or UTERUS like my Aunt Anne CLEAR or it cant be prostate ONE MORE like my father THATS MY FAMILY SUGAR is always dangerous but whould I skip the crepes SO SELDOM I sentences should see Giller YES I DO who has an anti cancer diet NOS JUICES with sugar added I dont drink those I did have one cup of sanko or decaf of some kind and thats supposed BRIM and Sanka tohave cancer pSUGAR producing substances and the wax cartons but I only bought one in the last 3 weeks and only 1 then for months. and I cut out milk this is cancer and all cheese except cottage cheese because JOHN I kept seeing cancer warnings on the milk carton and the guess 3 years ago journal said one more year dont underline said cancerous milk 3 years and on a page i took out carcinoma 3 more years thats my father and sentences. My mother wants me to go home for Tuesday Passover and my head said PLEASE ACCEPT SHOP because I said I couldnt make the Seders WHY i hear Bernadettes voice no Charlemagne Thurs I speak because Lewis is reading at the Museum Mon. and I wznted to go andfelt obligated or committed JUST LIKE and I want to hear Charle GO TWICE

Dec 27 Sat p2

HUSBAND you had a husband you married in 1955 div 1959 keep thinking the words alimony perhaps you should try or ask HINT you're poor a psychiatrist says you should get hooray disability you hallucinate frequently these little words are cute. You could use anything you could get so maybe you'll call WHY your lawyer you're afraid to call your ~~x~~ husband the focus hurts. Is the focus a bar or eyes or? ex husband wouldn't it be lovely to live in an apt with heated halls and bathtubs. That pig will Sharon rhymes with HIM better not finish this mean old words. Try to justify this line with the next friendly old line and dont underlin That's chaeating the and dont underlin ran off the page and anything else it wont justify ~~xxx~~ Guess it meant justify the words not the underlines More about words When the always begin you were John and now you're Rhys thinking about friendships transcending this life to another and then forever but this year you don't believe in reincarnation foolish in fact when you don't believe in it it seems otherwise dont interrupt dont scold typelike it could not possibly at all be, and when you do believe in it it explains everything. stupid. The Christ consciousness, 4th level of consciousness THat's all it said that the other day in ~~were~~ where the air that's an always kind of frèndship level that's benign Hannah means benign ~~xxxx~~ ~~ix~~ TUMORS. Last year you had cold feet and slight sweats and this year really bad swaats and the periods went wild so GUESS its menopause you took estrogen for 8 days a pill with some testosterone in it why bother to wri scary you quit but it helped chlls after 8 pill pills you got speedy, you didn't feel as cold right after, slept better, skin got polished like full of wax, like a Gabor you hated it, bloated after 4 pills you started automatically to fast on raw foods, nuts, fruit vegetables, then cooked vegetables, then a little dont start protein. Fasting on raw foods is one of the irregular cancer preventives. So are the apricot pits, one a day after the pills, with arsenic also a little.

YOU DONT HINT ENOUGH

Pyman, ck 20 m/city
g

Nov 2 1977

TONIGHT WAS A REHEARSAL Lots of people laughed Is that good question mark
WHYS UNDERLINE

Sharon felt bad after dont say who the little words get littler but i can see she spoke to someone and was in the corner and i cant see how in that little spot by the radiator hiding and barbara was taking good KIS care of her FORS A WHILE and I wondered why he had been so creu jackson el to sharon and said goodbye over the phone or why she felt so bad tonight it makes you feel different here i am wr she is writing and gets no repeats no answers though it said write abut sharon whom i love and whose mind ons grass i hear dearily her subconscious mind very clearly THATS THROUGH also the ltters words because they;re complte appear on the ol forehead on sharons shirt colors so i can identify. i lovæd the reading tonight both sharon and shelly were insanely good and laughed and poked and skipped nots too much and it charlie worked real hard boy was that a FREE gift DEVOTION TO DEDICATION WHO WAITS if only everytime i saw words i heard the persons voice id be so mu much clearer i think its all my own SUPERIOR mind i mean my sub or above conscious mind and not someones elses thoughts. like directions. is it to please someone else. is there someone calling me ats another party when it says please lieave like leaving the concert and seeing barry and he was sick but communicate what can i do to help barry except reæl off a list long of doctors hannah he hans helps and i put barbara down when she put him down because i said he was carrying a heavy load dont dare and she didnt know it and why cant i heal by thought anyway or why or maybe i could wouldnt it be wonderful if i could just transmit the t ought of barrys intelligence of his illness so why cant he to some healer like olga worrall or NOS PESSON just healing energy itself so that baryy could I WANTS TO THELP be healed boy all the capital words are smaller than usual likesmall letters. because im insane i get social security i can write and complain til IS DIE. im 75 thats what the 75 journal said when i die. who cares enough. i enjoyed shelly boy she and sharon really go together and may is really greg masters had it right boring to read on im afraid the page or so it seems. oh well its the best of may. sharon is nice. mel is coming MAYBE back to sleep here donst mention annabelle please whom i like and cassia darling and why is there so much trouble with boyfriends. why is everyone ill. WHY DO I SEE can i finish this horror now i didnt answer sharons questions i cant help my dears. so thats it forward. HANNAH I CAN STINK TOMORROW SOS TO BED