

G

38



**COMPOSITIONS**

Name Blue Cook

200 Pages

69¢

The reason the muffler goes  
up in the air is that the  
oil is ranced, or at least  
on the way. Head ranced  
while waiting for cab.

\$ - say - no liver or gall  
bladder problems at all.

Advice: do ~~not~~ must be  
water, ~~don't~~ <sup>no</sup> ~~drink~~ coffee,  
~~eat~~ vinegar, or alcohol.

Great! He last time I  
had vinegar was in 19--

and this week capped brage  
the fest in  $4\frac{1}{2}$ . No  
alcohol since 2 branches  
New Year. ~~but~~ In  
celebration had some  
canned lob, light fish  
Turned purple from sugar  
on #2 knee, down #2  
side. ate manicatti.  
1st Italian meal in yr.  
delicious. Noodle used  
down like a table. Han

can no good in Jan. 5 mos  
go. Meeting held. Went  
to psychic who said channel  
channels get rid of bad  
spirits. Send Rang Po  
who is my Tibetan guide  
~~I have her~~ drop ~~on~~ sign  
on my in Indian Red  
Wing is guides me for  
physical well being.  
There are cross current -  
conflict among spirits.

She told me not to have  
Y type ms, ~~wouldnt~~  
~~under~~ & the light flashed.

Also went down when  
said "sea is emanating"  
wrong load? She said  
meat loaded ground  
me, help ~~aloes~~ ~~pyridic~~  
Channels? make me  
less sensitive to psychic  
force? Lower force?  
Make me stronger.

Suggested I eat same  
thing, roast beef  
sandwich twice a  
day for 7 weeks so I  
couldn't have to  
make decision on food.  
Apar to go on another  
restricted diet, however.  
There still the bread, dressing  
to consider, I had decided  
on whole wheat toast &  
butter but the



Paul  
have, & also spoken up  
about M, to get back  
side of the picture (in),  
so to speak. I am  
unhappy however, as I  
have to be in contact  
with — saw for <sup>him</sup> them  
& he makes me very  
unhappy. If the  
contact does not occur  
in 2 days will give  
stuff back to O +  
explain story.



Danti  
~~Lesson~~ on con. Psychology

says 2 things to do, heal  
body + cleanse channels,  
getting rid of bad spirits.

So I listened to the  
weatherman + took an

umbrella on this sun

shiny day. So I'll give  
up being psychic if it

means I have to ask a

question ~~or~~ when I'm not  
meditating. In now, at  
any rate.

I've given up other things  
before.

Wade ~~from~~ the ~~week~~ day:

~~She~~ Y's face on want. To type

ms? Lin thinking, when

I was away I saw her face.

Called to come to ~~class~~ see

me. I saw her on arm.

did I also come? When

reading see pictures

on part of words tied as

"on" or "no" or "for" or "can"

The world of lower faces.  
Psychic says don't pay  
attention. Conspicuous +  
irrelevant. Too much.  
Resistant to latency E.

He Psychic says don't need it.

Today in mirror saw E + H  
carro out of the 1 side top  
of head. Had H they have  
to be expelled? They're bad?  
They're good? Total form.

Called →  
phone rang. Saw her of  
N on phone. Picked up phone.  
Said hello N. Grew's in mind.

Didn't want to use hospital  
papers this morning so  
listened to weatherman  
who said it was going  
to rain & felt self  
carrying ~~the~~ dry umbrella  
all day.

So the other prayer in

~~Wade?~~

Say, Indian's (male)

name & Sun God &

man in long robe is

called Kattan / Kang<sup>ko</sup>-

are you a Jesuit (Tulstan)

and 1st wife <sup>American</sup> ~~the~~ Indian,

~~then~~ had to be

published ~~the~~ next year.

A little soon, no?

No sense of negative

made shut at all.

But saw a little girl  
called Fay. Asked if the  
was the air elemental  
~~As~~ said yes. Can you  
imagine a fairy  
called husey fay!  
Haw hey! Or maybe  
her name is Fay.

See fay in air. Dope.  
Things seen in air  
must be from air  
fairy. Zap #2 little

fungus (small intestine  
or heart)

Do Do - 2m.

The First Good of

published by Happiness Press  
#1 -

7557 Sunset Blvd

Hollywood Cal 900046

Didn't be clean, my  
spirit like dirt. No  
wonder zap didn't want  
me to shower & eat.  
I had to fight so  
zaps every time I washed  
my hair.

Still so food all over  
hands, body, air.

Tonight, steak over large  
intestine, butter about #2  
brest, dressing & salad



An finger, apple pie  
in air, hatales in air & m  
finger) head on arm.

When I'm supposed to meet  
someone - this has happened  
twice - I don't know it -  
I'm all over doing crazy  
things, like going in stores  
I don't really want to, taking  
taking taxi, getting off  
suddenly to go to restaurant  
not liking it, another

took to - got off suddenly -  
go had to new restaurant,  
red flat, no - go to food  
store, hell time, went up  
at rest. I was going to  
before I got out of #1  
case just as X's  
walking up. ~~Remember~~  
all the time I felt my  
head was leaning me, I  
was indecisive + ??  
But when I ended up

meeting & I knew it.  
Something had guided me  
around to that. But it  
was fatiguing. X has  
described similar experience  
on other occasions. ~~On~~  
these times I usually ask  
spirit if I'm doing correct  
thing. I mean I originally  
wanted to stay upstairs  
but I said # ramp it several  
times.

Winnogalwin OK 13. J

fingers <sup>max</sup> don't flash as

~~white~~ greyish white as before.



~~finger nail tips are orange~~

Not a completely new flash

however, to Jules I could  
go up to 14. Zap # 2 palm.

reddish light on up. Red on red.

OK further zap # 2 arm. OK

pinkish light on up. Like the

clear pink glass with the

gold trim my grandmothers  
had.

felice on train. Bugged & dull.  
not dear & light coming thru.  
Act Delete signs on convey.

I can hardly wait lha to edit  
this.

Started to read. Saw <sup>liver</sup> patex  
for when I found had last  
year on med. T-a medium?  
Fay finds therapy for me,  
tells people I'm thinking of to  
call, reaches others for me)  
can't read myself. etc

Sound like a telephone  
operator. We should as be  
personified. It is through  
JOY air element we  
communicate. See person  
meditation boat, green  
~~meditation~~<sup>design</sup> on de. too  
confusing. Day far so away!!  
comes when I call another  
day. Don't be a pest, get  
some rest, confusion helps  
me from my quest.

Red Windy has arm band on,  
1 feather, moss + g string.  
He stand at my right. So

I gave him arms, + palms  
to rhyme, he ~~communicate~~<sup>talk</sup>  
with me at any time.

And Jay ~~is~~ a fairy of the air  
~~show me~~<sup>show me</sup> ~~the~~ pictures, here + there

Masters, Nathan, + Ranko,  
<sup>is that you</sup>  
when the lights ~~flicker~~ glow?

There was no answer from the

psychic or male figure.

Reading  
See Brannon U (negative)

See delete sign on

"No, but you can have a  
chocolate maline"

(negative)

Jan Feb Mar April 15

May June

Call

write



Vance back. Leaders out.

Go to Vance <sup>name</sup> to see what time,  
hear voice "8". Spent time

time no man at work, really

then I could take holder  
heavy out window, to follow-

to follow elastic all over

place. FVCK OFF? yelled.

FVCK OFF. Didn't have

time for Hehas Hehas

este betulari, Egyptian

for fuck off bad guys.

Mat home. Feel sad alone.

lie down. New meditation

posture. on back, knees

up, together, feet apart,

hands on floor, only side.

Support to concentrate on

3rd chakra, solar

plexus, 2" below

navel. Do that, on back

of head, 3rd eye.

Relax, Bump. Cry.

Go out to eat.

Yowler head. Her. I used wire  
See wire # 2 thinner size.

See head in air. Beat it.

Order small red wire

We'll see. Bat for knee?

Oh is that good. See

head in air. Soft white

part with all the yaller

hulls on it. BEAT IT.

See wire # 2 thru the cone

home from work the

feel chad up - tired, speedy

from coffee, angry

lonely, fuzzy in head.

What is it? Have to

meditate, relax & not

it all out then I'm ok.

But why? ~~Just~~ <sup>is it</sup> the

coffee or sugar or meat?

~~because it like this~~

~~or when I'm pure.~~

When I wasn't taking

that stuff I experienced

headaches, a lot of confused

inquiries coming at me.

~~I ate I felt~~ I ate lot  
of bananas, & date &  
honey & in desperation  
one bacon. Like a band  
to be calm + treated. I  
think my muscles loose  
go hoarse. Is that up &  
down? Anyway face  
is down. (By I haven't  
seen face in a long time.  
Maybe he gone. I'm sorry.  
I should have asked

Prayer for Say Label C # 4.

Why do I always think of  
<sup>some</sup> what I want to say

after? ~~Q.~~ Had to get it  
all to the parent, when I  
then! Here a medicine

mini? man? on # 2

elbow. order ~~was~~ more

line, line # 2 elbow.

eat # 2 elbow

At Guru Maharaj's II Florida College.  
Begin you have to pass through  
Muh  
Jog. Have I not got there?  
Job # 2 little bridge Job # 1  
palm - Have I got help and.  
Does sadder but worse apply  
As to consequences too. He  
come to show us the light  
We love the way want  
open your heart 4th  
Chakra.

Talk about happiness, peace  
security we desire. We do!  
Union, Superconsciousness,  
Buddha Union. The  
normal place. Now you  
An experience of inner  
harmony.

Drinking & eating veg. Juices  
pops out of proboscis rather  
head, #1500.



to meet  
Made plans for dinner  
with S. Saw flash #2  
Side. Today, the day,  
can't read & barren  
head from. Mae Neguter's  
signs. His face in air.  
~~Here~~ What I had someone to  
do today. Hate being alone.  
Go to shower. Hear voice  
"5 o'clock." Come out shower  
5 o'clock. North Nephew.  
Her not home. So what

happened at 5? I came out  
of shame. Voice not  
reliable. Zap #2 eye.

No, but! I don't need to  
hear voices to tell me  
when to get out of the  
shower. Wasted hair.

Charles is next to.

He has. He has este bibeloi.

be far from here oh go profus.

Last today. Did I get fat -

another 5 lb on. Carbohydrates

Support meet sure Zohit or you.  
Deamabad 14/4, ved you.  
Sitting on fence, says to  
Aunt who is lying on sofa  
den of old family's old  
house, "Perfect love  
casteth out fear." She  
says, ever between  
men & women. We don't  
want to tell her her mother  
is dead - The Guru wants to  
talent her. Feb 10.

Went to have eyes examined.

~~Went to~~

"You go through a thing of  
stealing" light flash.

To deal with the anxiety?

2 more light flashes on

~~amblyopia~~ thing I ~~to~~

with no meaning. ~~the~~

Drop sign on "no." ~~Drop~~

~~sign on chair~~ ~~not~~ on 2 days.

Should have written this

down. Phases in book.

Fast was right about  
not staying home today.  
Went out midnight. Fasted  
up + fasted till 6 this  
morn. A lot of drinks +  
hunks but went water etc.  
Felt fine. No weakness.  
Lost ~~4~~ 5 lb., i.e. all the  
extra weight I put on this  
week. Didn't drink water  
either. Total not eating +  
drinking time 36 hr.

Can eat bluffs + mushrooms.

Chew protein ~~calories~~

soothing, ~~meat protein~~

meat, after all the meat.

We started to get annoyed

with aggressive waiter, etc.

+ speak out. I wonder if

that good? I used to. In

not nasty but I don't coal

out the <sup>situation</sup> ~~that~~ either. What

to do? Yoga. Meditation

period. Last time I got

it was after last fast, 6  
weeks ago. The time it  
the new moon. Saw on  
moon. Clear face.

After day of eating, I had  
on.

The spirit don't want me to  
take meat, yet it is  
recommended for

depression, & I need a  
stimulant. He also  
don't want me to take C.

Jau. 1901. I also find  
the Kali phos I was taking  
for the ulcer is good for  
neutricia, so why stop me?  
In giving to continue with it  
plus Nut phos for a while  
for rheumatism.



I feel like an idiot - the  
Chiropractor is  
helping so much,  
I should have gone  
before. At least  
in sections in  
the later the  
correct way for  
the spine.

After a workout  
the gaps are  
~~not~~  
much less,  
proof to motherly  
instinct the  
existence on  
my part  
is very  
disappointing

In beginning to see light  
trap up in the air - out  
of my head? or in the  
air at? Thought -  
I should eat meat - see  
light. Thought - I should  
have eaten that sustenance  
oatmeal cookie - light.

Dream vision. See dad  
red all along #1 side,  
~~finger~~, eye. face.

The light from my body  
are no longer trusted by  
as to side, thought -

A will ~~not~~ be home?

Flash # 2 side. A is home.

Should I see L tomorrow  
at 11:30? Cancel? What?

Later? Drop sign on 11:30, r.p.

downward diagonal slant  
of energy. Looks like faint  
grey or light. So who's  
doing it? & Is who more

intelligent than me?

About what make me healthy? No. Yes. In

Indecision. I don't know

where my Snyder +

charvazant have - as.

In also trying to be perfect

+ men around looking

worried all the time

+ to go or not to go that's the

question. Last time I

got message against

Energy's advice I was  
open for 3 weeks. But  
energy said no chiro.  
also I ~~have~~ have used  
it month ago. ~~Right~~  
~~toe~~ Zap # <sup>toe</sup> big:  
Concentration with a ~~person~~  
~~thinner~~ he she it's —.

Am also beginning to see  
astral work around the  
house. I want clear  
energy! Reminds, well

Can Ed Commae.

A new sign - the persons  
eyed classes over their left eye.  
Also, I see the eyeball turn  
upwards & see a lot of white  
underneath the eye. Sarphaku?

A	S	N
3. today	2	1 -
<del>3</del>	5	4
16. nearby	<del>3</del>	6 -
27.	11	7 -
<del>28</del>	12	8 -
F 32	17	9
33.	18	13
<del>34</del>	20	14
F 40	22	15 -
F 46	30	19 -
49.	31	21
41.	37	23 -
	38	24
	39	25
	42	26 -
	43	27
	44	29
	45	<del>30</del>
	28	34
	10	35 52
	51	36 <del>37</del>
		<del>38</del>
		47 50 -
		48



Today I saw a lot of black  
leavening a man who had  
fasted. I saw bacon on "u" in  
a book while thinking of bacon  
for breakfast - Shall I? Job  
heavy # 2 elbow. I put  
on 2 (~~two~~ hear 3) lbs ~~of~~  
on 2 days after a <sup>1 day</sup> fast by  
eating pastry, blintzes &  
~~blintzes~~ <sup>Calzone</sup> - Hungry for milk?  
Too much fried food. ~~Bad~~  
Stomach bad. Depressed.

Too much carbos? Steel  
tonks. Prepare for next tomorrow.

Well see. Saw green cornices  
and a lot of heat after

cheap treatment. Saw

color stain on shoulder. etc

at airport. Very bad.

Shoulder which is ~~fat~~

~~muscle (muscle strain)~~

There must be no sign.

Decided to try not to eat

anything I see in air.

What was shown of flutes,  
~~at~~ Russian dresses.

See what happens if I

follow as Sept. Don't  
know what to do about

Summer. Must go away.

See ~~flat~~ floaty erase sign

on summer, that is, word

wobbles & fades. Drop line

Cherry Summer - August?

Sept? Oct? ~~Sept~~ June

on August. Not on Oct. Blue

on Sept. Put up signs for  
typhist, ~~Ad on paper~~? Negative  
reaction. Face on typhist, Red

on face. OK whisper. Typhist  
crabbles. Who, me type?

All of this? Are you crazy,  
Sprints type a beyond!

Someone said divide bill  
by 6 and get a 15<sup>00</sup> plus tax.

So I'm trying to divide  
you by 6 and hear 68.

~~I am~~ also trying to

figures what 55¢ to 3.70  
~~an~~ ~~length~~ of ~~bridge~~ by

6 to see "7" other day -

trying to draw 5 painted stars  
on front of no on my

meat got the point all  
wrong. See it in head

I saw a pig on the air  
by the iron gate. I ate 4.

It was OK because I only ate  
a few. When I was eating  
chicken I saw them all

over the inside of my arm I

stopped. ~~They~~ (then)

at some time I got gas

Eating dinner, the head

appeared in an, I think.

at my little. He said was

OK, He straightened down, but

stayed on the plate. I saw

the stool in the air. ~~It~~ )

do when I eat meat. But

I can digest it & feel better

after. Hahaha. After 2

steal and I wake up  
around about the day  
instead of well that at god  
another day bring (well)  
could stay in bed day. The  
is not to lay a meat trap on  
anyone, but evidently my  
net for it at the time requires  
a certain amount. In trying to  
find that. Wain made me  
nervous. I've stayed at.  
The separate Wain hills,

take only the B complex (all)

See the main pit in as

too, a well a 2. Stopped 2

also, I hadn't eaten meat in

(1 day had been a fast)

a week & it took 2 days for

it to take effect. (I ~~had~~ had

White weak for week. Well,

See red flashes over ~~the~~

#2 ~~chest~~ chest on level with

dump pit.

Reading "make her own

decisions" - see blue light



on it - there, to sheets, so you  
want me to make my own

decisions? Zap # 2 dm.  
Yes Zap # 2 holm.

About going away, the  
summer, for example,

August? Look, I want to go  
in August. Feb. Get it.

Red on August. Joint. Ted.

August. We'll see, also

Sept & maybe Oct. Ted out

on Oct. Well if I have to be

back in Oct definitely 2 mos

in country. So I can breathe.  
Tight boat. Will I be bored?

Type pads. No answers to  
notes - Not in ad. pad  
on ad. That on red. Not  
strong enough to stay in.

Playtime at the zoo.

Hear humming on head.

I haven't done my yoga in  
a while hear week & I'm  
stiff. Meat, wine, pasta,  
cheese, ~~etc~~ all add up to  
a tall line along #1  
side, sciatic vein  
from hip to knee,  
& lumbar gland area  
#1 side & urine (protein?)  
of sciatica's probably from  
the fad out of wheat.  
I'm more cheery &

stronger, have gained  
weight & am almost as  
to what I weighed before

I started the Cleanse  
diet this winter. I feel  
<sup>heavy fat</sup>  
~~heavy~~ in the thighs.

If I can't get thinner  
zap # 2 or thinner

instead of light I'll maybe  
fast 3 days zap # 1 ~~fast~~  
perings when my job is  
over what will rest I

rebalance + cleanse the  
system. Top #1 run.  
Maybe we're able to  
do blended salad again.  
That also cleared up mucous.  
Good to do before holiday  
season + stay <sup>low</sup> mucous ~~free~~  
then. Meanwhile I had  
2 2 the man at the cash  
register said the first helping  
I gave you was big enough  
for 2 that's like 3 don't I stick

I already had it with my  
conscience portions of  
noodle pudding + 2  
sanka at the B+H. 2/2

Understand Watson right  
I tend to be a slow oxidizer  
+ low like blood capill +  
sweet rolls in the morning  
to release some sugar to  
from the brain, but I don't  
want caffeine there must  
be a breathing exercise

to help oxidize & cause  
like mine energy also  
releases energy in the system  
but over long run depletes.

So I have Sanka which  
give me some of the luxury  
We quit sugar in it so I  
don't buzz in my head  
behind the ears anymore.

In reading Stephen talk  
about the place between the  
material don't hid your foot

on the table plane + the  
best spiritual we do see  
one I know less about this  
creative plane. Jung's  
collective unconscious a  
you're a total plan he says.  
Speaking of which I have  
less interference these days  
from the coming into my  
conscious - ~~the~~ still gaps  
when I go to phone which  
are always right - &



understand body state. Feb #2 side  
texture of food in air - the  
dinner at Ling Wei's  
granted all over the place  
ugh but the noodle  
pudding & sauce didn't  
just absorb, except the  
beant had appeared inside  
#2 ram (harder to digest?)  
I thought I saw a red flash  
off #2 sauce cup but I'm  
not sure. Everything fainter.  
I presume that's my diet &

unclean body state! <sup>Job #2 side</sup>  
~~unclean state!~~ <sup>tongue</sup> ~~It's all there~~  
have but its there. ?

haven't indulged in food  
this way for a year. If

only eating out want

a confrontation with white

flour everywhere you go.

It's incredibly unavoidable if

you eat carbohydrates & I

need them. Drop sign on

need. If I don't need them I eat

them.

Had a lot of wine & bottles

Yesterday, little in air every  
time. Later, acid taste of

ball. <sup>Not fatty.</sup> Today some pain

out of #1 eye. Fine excretion?

Caught out, showed today -

not hungry. Spinal

activate line legs

Someone. Is that bad for me?

Because I see dark green on

"o". Red on bad. Drop serum

on bad. Mood?

~~test~~ Cooling it ~~to~~ ~~the~~ sup

#2 groin or address ~~more~~

with <sup>to</sup> ~~not~~. Didn't need it, Taking

3 complex. I can see crink

little in my eye over there.

Have been seeing #1 eye

out there lately. It's the one

clear up slaver. Get out

of joint, ~~the~~ circulation,

muscles on. My short

circumfered side. Took 3

doses 3x / Kali Phos.

Prepared to be good for  
meat & ca. Battle flushed  
redder good when I went  
for 4<sup>th</sup>. Pain from hip to  
knee gone. Iron with  
oxidation of blood. Diet for  
1 week. vegetable & salad every  
day! ~~plus~~ 3 days meat. 1 day  
fish. 1 day cheese. 1 day stand.  
~~veg & bread~~ ~~noodle with cheese.~~  
1 day veg only. Coated fruit  
almost every day.

Eye closed, on water, said  
Reverse minus grade no  
grade no flash of <sup>yellow</sup> light  
on grade. Perkins about  
J. He needs calcium. Got  
a light flash on that  
Red on calcium. Calcium how?  
with magnesium, soda  
zab# ram. Spent a low  
performance food for slave  
soldier. Wonder top? they  
also have acid <sup>w/</sup> comb

with calcium to form  
insoluble soaps, what are  
they? but I had no  
calcium today. Curious  
because lot of negatives on  
eddy's spread. Face on  
negatives. Half better?  
Trump. best queens? 28  
so easy to buy a pod of  
organic Sherard. Oh well.  
On to a new leaf. Are they  
gassy? How about <sup>cabbage</sup> steam

only use words with juice in  
them. Light + hit on cheek.  
Now use words that drain  
energy, leave me flat.  
Falling asleep, heard M's voice  
say be careful. A warning,  
wine? <sup>better?</sup> ~~eat~~ apartment?  
~~Food~~ ~~meat~~ ~~trav~~ Light dot on  
wine. Spiced makes me gassy.  
Diarrhea. (also same last time?)  
(fused).



Talbury to J. See had in air.

Mention it. She knows it,

another daughter. I come.

May go to acupuncturist.

Stomach had again. Meeting

typist today. Its really

going to happen. Blue & green

or going - after fast, blue

coming out of #2 side

break.

<sup>neg</sup>  
A right toe is Righto!

A light dot is yes.

A light surrounded by black  
dot is no.

Saw M

By the next day: <sup>gave</sup> wife they needed to  
return food, experience. ~~things~~

3 people of books, 4 typist

called, wrote 1<sup>st</sup> piece of music,

Yoga ease, had ease,

~~head feel clear~~ Psychi

healing. man. to the best.

Hands on head, hands on

back, a pipeline to the

absolute. Call on Divine

Healing power says M,

Sit in our chair.

Meditate by listening to  
breath, then stopped. It  
computable. To get rid of  
bad spirits, imagine claws  
or see a halo over head  
then descending & covering  
& protecting you. Saes I  
was in collusion with  
negative polarity of forces.  
Don't use rational mind.  
Approach with same kind,  
entirely. Wrong concept.

Pale reddish blue gray light on  
trouble. Deep blue red on  
hunt. Sanks in air. ~~but then~~  
~~Picture~~ these pictured on air  
no good. As fairy no good?

M says don't use logic, ~~even~~.

Use intuition. See stick #1 ear

of dog. ~~Is stick bad for hearing?~~  
stick bad? for actual hearing?

M psyching me out - the food  
is too black & white to say,  
more texture, maybe blood.

Too many verbs, adjectives!

See eyeglasses on mind.

Senses, that is, ~~just senses~~

are our experiments. As we feel  
the mind. Mind is an

artifact. We create the mind.

We make it ~~what~~ wine. We?

Maybe creativity more  
important than intelligence.

I feel d. Kim is shallow. Because  
she deals in psychology, not

mind? One life, not all-ones-

lives? One's fulfillment of self

service to the universe,  
enlightened growth,  
energy levels, how to  
deal with, ~~actual plans~~  
none of these: ~~create~~

M says I'm square with my  
mother but still have  
father business. Should  
have sent him a letter I wrote  
Yes? No? See him, talk?  
Job # 2 hand. Who dot job?

~~Start~~. Discuss suffering,  
~~Jesus idea hung ~~on~~~~

~~As~~<sup>B</sup> a Catholic. Don't talk  
~~to me~~ Don't talk to me  
about Jesus. ~~Jesus says~~

Jesus didn't suffer ~~it~~,  
it's the Church's story.

I bet he left his body on  
the cross ~~projected out~~  
so as not to feel pain.

So we've got ~~no~~ ~~idea~~ ~~of~~ ~~it~~.

If I suffer you'll be O.K.



~~It's not on your hands.~~

Can't be saved unless you

suffer. Balls. ~~Mixed~~

~~upside of~~ then the

Jeuneur trip, ~~and~~,

depression, the air vey

syndrome. It's like

being a woman, that a

trip too, a whole set of

behef. Land on you, you

didn't ask for. them about,

or want.

How to use intentions, not  
question with rational  
mind. Tell to S. See  
manicatti in an. Peter  
B says you want I have  
you manicatti. ~~They~~  
No. Young to S's.  
Maybe hungry. See  
~~for~~ S's ~~refrigerator~~,  
no eat. See blue refrigerator  
on in, Pic in. Pic are  
no, unless its something

Im not down I ought  
to - lite sleeping on  
blanket, cold - see  
yellow quilt, suited.  
Quilt warmer. ~~See to 2~~  
See trees on lawn. It  
warm in that county  
back in summer? Need  
a place to go. Walk on  
book. Walk on riding  
negative. Meditate by  
listening to breath ✓

can look at trees.

Boughs flash green  
light. Leaves flash  
reddish brown. The color  
of my aunt, as M said?

or did it change a little  
reddish brown a  
flash off green leaves.  
Saw just <sup>some</sup> off had green  
leaves early spring.

The trunk of hawthorn grey  
also flash blue.

Flower came home from  
County called B, good  
thing to do. Redd ask.

To County now relaxing.

Cooker on V. All the mud  
white flower prop. Gained  
5 lbs! Can't handle stock.

Time ~~that~~ the Odell  
Newspaper 'Satan Returns' -

What about white occult -  
why do they always make it  
clear that the occult is

1  
astral plane or spirit  
world is only negative.

It's either or, like life.

~~It's up to you, who~~

~~is a ~~different~~ person.~~

Q M says they said - hear

that whole org - also hear

intuitively + adrenals. What

left?

If the mechanism is too sensitive to negative feedback, the servo-mechanism overcorrects. Instead of <sup>the coils</sup> progressively ~~from~~ zig zag side to side, a stop <sup>gains</sup> <sup>moment.</sup> completely.

Negative feedback good for critical adjustment only. Too much <sup>n.b.</sup> inhibition - a no response

I got a flesh on the (was born as  
I was calling me to type. )

Suppose she won't be able to read my  
writing. (at so mad at spirit )  
ate an untoasted bean muffin.

Indigestion. Saw engine  
relax some  
pull across nose. Didn't taste

A. Indigestion. Total J.

Food signal. Prob sign on  
signals. Fat + starch digested  
in large intestine. No wonder  
swallow. In <sup>map</sup> book of 9 mo ago



I should read my own book.  
MD says in letter. Negative on  
Sankha. Good woodcut at chips.

Blue on good. Is blue a good  
color meaning good? or did I  
turn blue at chips. Blue  
the color of this pen. Kundalini

blue blue the new T shirt blue  
2 T shirt blue electric gas flame

blue. Scorpio blue According to my  
chart + 1 psych, I missed my  
powers in an earlier life. ~~It~~

rod of investment - a must. No  
vengeance! Clean subconscious.  
The usual picture have gone  
hazy. Cannot rely on  
them. Contrary to desire,  
even  
damn. Zaps. MSaw 5 spent,  
1 negative - still there. He day I  
went to see him, heavy interference,  
anxiety, like today. Can't do  
simple thing like get ms typed,  
ad in paper, ~~was~~ eat, without  
contraindication all around me.

Father? Had too much stand  
last 2 days + repeated it again  
today because zaps said no to  
steak + salad place. In a daze.  
Ate duck + noodles in Chinese  
rest / Good but more stand of fat,  
just what I can't digest. I feel like  
idiot. Big bloated belly. Has fat  
fore. Hate it. No signal on  
signals. Maybe I have to  
give up all signals. Visual  
lottery will I do what I know

body heal, when will my  
energy increase, when will  
I get higher, & to love. Feel  
tender hand on me, love,  
feel in accomplishment some thing  
~~purpose of mankind~~ I mean  
I must I would heal a  
soul. Blue on card.  
M is blue. M could heal  
me. Will you heal me?  
Yes? No? <sup>hard</sup> Zap ~~me~~  
#1 hand on me.

feel to best. Intuition +  
experience. ~~Academy~~ I must  
(think in evil (zap #1 elbow)  
& I would trust my intuition &  
not have to ask spirit, or be  
guided by zaps. <sup>blue gray light on guided</sup> Have I known  
M before? Yes. Bright light on  
that. Also B, B, J + J, M, O, D.  
Feel full of love for these people,  
even if I haven't known them  
twice. I think maybe I knew one  
B, me each of B, D, M. I before ~~with~~

out, hit hard, over, punch  
slap high across at knock  
kicked off B when I'm mad at  
him. But in reality I want to  
have help ~~with the~~ just not  
to overcome or dominated by him.

No not truth. Now that I think  
about it a lot of the women  
I know by a lot, so maybe  
I shouldn't feel so bad ~~that~~  
Zap #2 am on bad that I'm  
a lot. Like when I call my

match them with new BOJM

I = J = 69 = change ==

So I must think I'm evil a bad girl,  
Can't trust myself, an end with a devil  
a no good can't open my mouth I'll  
come someone I'm afraid of my anger)  
said to B vengeance, because he  
careful study myself in the back  
my situated. But it not so now - all  
my anger is in the book - anyway  
not so much except when I get in  
despair want to do, to knock down

