41

ROYAL VERNON LINE

FROM

Between I

19____

TO

and —— (1)

19____

71¾ • 40 LVS.

The Book of Exorcism

Today I decided not to listen to any spirit advice for one week in order to make another attempt a different attempt to rid my self of my aura of the negative the black & white the personal disconnecting destructive spirit, obsession etc.

At 2:30 PM today
I decided not to
listen to any
spirit advice
for one week
in order to make
another attempt
a different attempt
to rid my self
my aura
of the negative
the black & white
the personal
disconnecting
& destructive
spirit around
me.

it started like
this. I went to
the Chiropractor:
~~I told him~~
~~my pancreas~~
~~was~~ I had
this ~~thought~~
pain across
my middle
& it flashed
was it the
pancreas he
said yes it
digests ~~simple~~
~~sugars~~ sugars
~~changed into~~
~~hydrates~~

changes sugars
I said I didn't
eat sugars
except jello
or noodle
pudding he
said also
carbohydrate
~~but~~. he said
~~there was~~
some
the pancreas
produces
~~sugar~~ food
there was
something in
my life?

couldn't break
down,
understand,
I said you
let
you let
that the
problem
alright?
have all
these <u>spirits</u>
one's are good
overload
information
confusion he
said get rid
get rid of it
~~I said~~ let it

to go
to go away
I said I do I do
for a month
more money
I might well
say ~~[illegible]~~
don't say I have
I have este
believe any
more but I
ask for
divine guidance
meditation &
get rid of the
feel I don't
want to be
slated to

~~bedtime~~ upset
repeat what
he had said
I started to
cry I couldn't
take any more
no more no
no ~~I'm sorry~~
~~have mother~~
he said ask
for no guide
only one only
so I didn't
didn't had
any coffee
I feel better
made up my
mind not

to pay attention
to any pictures
8 days for 1
week! What
mistake that
I make can
be worse than
this mess
confusion
beleagured
obsession.
So the book
may be boring
but maybe
it's what
keeping the
spirit around.
I get antsy

on words but
am not telling
what I want
bump some
people for a
week so that
further around
will go
away. So I
bought the
pen notebook
long & slender
ledger never
had one like
this + a purple
pen never
write with
purple ink

I began to
understand
the calls but
it different -
See - I don't
ask what to
do & it seems
weird I mean
I can't ask
myself should
I let's shaved
we go to a movie
or shaved I wish
or call K
see her - here
on phone she
not home by
~~Carpey~~ -

Campers get
urny size
buy another
box super
gets cool
restaurant
waiter menu
fork knife
napkin no
eat. Wait
til 4 calls
again despite
signs ignore
ignore don't
wait til 4 ~~they~~
ignore ignore.
all the zapo
& flashes are

not going
to be needed
the cause
seems to be
only action
I can't reflect
Sven square
moon bump
indension
the basket
I said no
sour cream
I sent it back
they poured it
back I said
basket they
got me
back luck

silence in the
B & H. sup.
2 lb air conditioner
here. ~~#1~~ ?
wonder if I'll
have anything
to write about.
the restaurant
is getting full
better shit
spasm in
#1 calf
— frostbite?
back to boot —
need shoe?
oh god
does me
drinking in

some
comfortable
sack + sock.
there a 75 ¢
minimum
here also
watermelon.
between 11 AM
& 12 midnight
I took my
nyquil pill
even though
it still I saw
it in the glass
of water. I have
none now
for later and
eat - eat -

I'm bloated
& uncomfortable
that the
chiropodists
got rid of
pressure pain
I don't suppose
I should
write Charles
Hunter before.
Find out.
~~Go~~ Hamburgers —
do they have a
leader yes
drained? from
hamburgers
free of hunt.
2 to 3 30 ?

Charles
drained
Cutt
drained

don't them?
can I can?
Think these
ladies are here
better give them
this Salad!
They sit ~~down~~
anywhere
nurses & patients.
the train of
thought is at
another station
that can be
almost anywhere
my cheap
sneakers never
did this the
navy band a

the rubber scale?
can't depend filet
of scale ~~but~~
~~my soul is~~
~~already~~
~~the~~ does my
soul perceive
fewer degrees
of what
less coming
through.
all decisions
this week will
be made on
practical
grounds
practical
what's that

reason no
good oh good
well I have
my own
intuition any
way dont I
~~the last round~~
~~of spirit info~~
last night
I meditate
ast myself
next opt get
ball of light
coming round
each eye
Times I say
all shape
lights up.

Walk when no
about. ~~~
Work. Handwork
so much go.
Tree door.
Pass well
wait turn.
Study. Don't
eat. Close
Immediate
go fast &
Chinese wait
Eg. 2 sty.
Walk everything
Work — Pus do
off & out 9 odoe
the handwork.

B + I are engaged
in similar
struggle — she
want to give
up psychiatrist
& he says
see me 4-5
time next
week I want
to give up spirit
purify channel
they say —
what distance
will I get. Go
away. go. go.
begone. be me.
be away from
here. go there.

Grandfather.
go peaceful.
go away, go!
go! Do you
speak English
you not
welcome here
will me go
to higher sphere
& be ~~[illegible]~~
somewhere else.
Of course?
have in mind
at the end of
the week to be
able to continue
they don't like
I write will

good only
only good.
Bad to gone
to done devil
go black go
slad minded
feeble spirit
of thought
feeling
essence
aura body
why is a
spirit called a
spirit any way
why must
energy be
called in to
this form.

Does it come from within me? Is there something in me that an outside it attaches to? Do I give it a happy home. Or is it as on its own landed here by some astral coincidence of near. It seems far fetched that I should be

attached
that ch since
I dont think it
hardness get
to the or is it
OK, let say
K. Begone begone.
I will not ask
or seek to know
before it I
~~[illegible]~~ turn
which way to
go, + in
seeking peaceful
ways, carry
umbrella in
sunny days.

the hell with
being psychic
if it means
possession too
much price
to pay. ~~Mis~~
~~not coming~~
~~back Allen~~
~~his friend~~
~~say so?~~
~~may have~~
leg feels better.
~~B can't make~~
~~more~~ is busy.
~~Bende~~ to see
more mail in
hope district.
Busy Times.

open to Conquest
of Planet of Apes.
Decide to go to
the Bay, on
Company horse.
See red ant ordered
show but am
gainfully any way.
Send change in
signal always.
2 thoughts "I'll
pay chimpanzee
for 2nd that visit"
& "I'll eat at
the Lunchenette"
Bank got really
chaps ~~St~~
stabs in #1 Grain.

Didn't pay + didn't
eat. Got purple
O on calling S —
called S S not
home. Only
minor objection
to Kep. Boy
Planet Apes.
Movie began in T
mun. Don't dare
popcorn. Smells
great. Sit dead
center 1st row?
Dents on, 9th —
no ~~fumes~~ dents
or changes. ~~Dent~~
Now see seats on
left are here, in

red chair — too
gaudy? worry crosses
mind. Who feels
OK. Determined to stay.
Great silence in
theater. 2 bleeps.
resolution of
the red + green
clad apes who
are telepathic
& human.
occasional gaps
+ pictures during
movie ignored.
Like seeing person
dressing all over
everything when
I haven't eaten &

in weeks.

~~Couldn't find the~~

Decided to continue
movies, did follow
1 zap & walked
more than walkers,
to Elgin as 2 feet some room
Go to chop.
Restaurant See menu
ones ~~left~~ # 2 too.
Spine. See bullets in
air. Just off?
haven't eaten
bullets in weeks.
OK ~~one~~ this week.
Ordered Scallops.
Got zap on middle
finger # 2 hand.
2 spine. 2 spine.

It hard to order
strange food without
help. But I'll see.
By strange I mean
I haven't eaten ~~them~~
scallops since my
stomach trouble began
during ~~39 state~~ ~~day~~
Marie knew begin to
hurt, Cmon
heading. I forgot
about Cmon &
activities - but I see
huge scallops clear
as day in air. Send
it away. I have
noticed a distinct
difference in the

way I feel I must think. I cannot wonder about something, about myself, as ~~[illegible]~~ expressing negative ~~[illegible]~~ ~~[illegible]~~ thoughts. It's more like many straight ahead, or being silent. I'm not sure about this. It seems that doubt, negativity & indecision, if I listen to responses on these I must ignore, fight, query them. The frequency of

signal passed down, certain jobs get faster. I saw blood & white come out of someone's eye. Presumably this means sexual; erotic & objects. I see in people's eyes are signs made by the negative faces.

St Adrian. memory of stumbling tart-trans on corner Phebe? St Adrian, get job #1 elbow on St Adrian.

Shamed out usl wonder hesitate! Come

here anyway
because I felt
like something
different than pecan
pie. Too heavy
I think I'll leave.
They don't have strawberry
tart anyway. Phebes
12:30 jammed.
Funny. I walked
into Pleasant deputy
flash on the comp-
felt like I had
cheated the minute
I went in - no fortu-
ant - no dealer.
I'm convinced if
I'm going to do

something really
awful for me
something well
slap me. ~~[illegible]~~
hot apple pie & cold
water. want to
drink something
cool no
bubbles
alcohol
sugar
caffeine
dye (tea)
water's got it cum
water's got it cum.
the funny thing is
I had no trouble
digesting ~~the~~ the

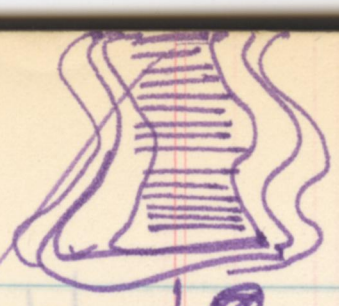
will replace ~~[illegible]~~
signals from
spirit. Today
they will send
see it (~~[illegible]~~,
(as [illegible], in [illegible])
a trail of it, I do
it. Do it anyway.
Shall I have a
2nd piece of pie
yes heads no tail
~~toss~~ tails fuck.
2 out of 3 tails
fuck ~~[illegible]~~.
Check please
of course it is
entirely possible
the energy can

control the chance
of the dice. I saw
she does the I
Ching work.
a throw of the
dice will never
abolish chance.
Un coup de dés
jamais n'abolira
le hasard.
Sit on bed. pain
in groin. MUST
get new matter
2ts 130) have 3
pages left. this
method seems
to be working
better than just

calling on demons
to go, or calling
them out to
identify themselves
& make known
who sends what.
I might even do
a chart of zaps
pics eyes, nose
toes etc just to
make statistics
out of them but
render them
meaningless.
The important thing
is for me not to
relate to them as
the negative spirits

well you up + go
away I have
not found my
a pleasant host
I've been too
abliging so I
~~must~~ must
shut my home
to all for a while.
Tomorrow a chart.
So far OK. I'm
going to avoid
major decisions
like what to do
about the apt for
this week to see if
my mind clears
up on that issue

& the answer won't
have to come to
~~me~~ me in
lights zaps
blad wery n
~~lights~~ ts of lights
is it from my
fingers as I
write. My
consciousness
is changing I
am becoming
more aware of
thoughts & words
maybe this will do
me some good up
off the lower astral
feeling plane please



153 W74 1B

or

153 W14

Prop on 74

~~set a~~

flat on 14

not on 14

deliv tly 74