

6

[Scribbled text]

80 SHEETS

7³/₄ IN. x 5 IN. • NARROW RULING

Idea of March



NAME _____
ADDRESS _____
SUBJECT _____

CAMP MANUFACTURING CO.
BALTIMORE, MD. 21230

No. 5-252

EATON PAPER DIVISION OF **textron**

6

1. Eye $\updownarrow \leftrightarrow \nearrow \circlearrowleft$

2. Breathing (eyes closed)

exhale first

3. abdominal exercises

leg raising

R. 21

L. 21

h. 3

inhale 8 up, 4 hold

exhale 8 or 6 down

4. Plow legs over head

inhale legs \uparrow

exhale, pelvis up &

legs back touch hands

keep head, neck &

shoulders on floor

DOWN SLOW

5. Forward Bend

lie back, hands
over head

inhale & sit up \downarrow

It has forward
grab outside of ankle
elbows beside legs
legs STRAIGHT.
Relax head + head to
knee

6 Pelvic Raise

Set - feet together
hands in back
raise + arch back on
inhale

7. Leg stretch

~~Stand~~ knee + hands on
floor - 1 leg back
stretch on toe -
raise leg

Back stretch

8. Standing stretch

Close hands

feet apart

inhale & bend back

TURN OUT leg

that gaze facing.

- exhale. Arms forward

head to knee

inhale & slow raise to

center

11. neck rotation

12. Complete relaxation

head down

Back Straight

9. Balance

raise toes

arms together

hands touching

below nose

10. Eye closed

inhale arms closed

raise on toes

exhale arms down

11. neck rotation

12. Complete Relaxation
head down

March 15

Today, 4 months ~~ago~~ ^(now)
today to the day I
left, I returned
to the left, trying to
decide whether to set it
to B as planned, a tent
it for the summer.
on the right of the fuel
moon but night water
clear water blue indi-
cated to set for the
summer. But I felt
badly to crosswater
a brother, a man

I respect who teaches yoga.
I would like the left to
continue as a good
place, to communicate
what I have put into
it, IT my teacher &
student, my friend of
the US my friend in NY.
Tonight I realized, again,
that the faint man
people + their vibration
are ~~not~~ muscle tension
- like a too tight skin

that I have shed. I wore
dark glasses the whole
time, & 2 socks, a white
one next to the skin &
a dark one over that over
the knee. Yes. the
purples given caused
change to rainbows.
~~It was physical one.~~
~~that~~ the purple would
fade & the left turn
to a rainbow. Now
there is still the

right eye. opening the
desk drawer & looking
into it brings a rush
of pleasant pain to the
right eye. ~~But my~~
~~friends were there.~~

So I asked if I should
sell the left & heard
the cat meow once.

There is no cat there now
of course. flashes of cat
~~light~~, I mean it you,
before I saw the key

picture of you here

+ the array now just

~~at my thumb, my~~

~~open the~~

phone rings - B - very

happy - jokes +

laughs, new place

to live ~~good~~ day

~~to talk~~

just at my thumb.

Tue. ~~been~~

B says sell left.

I say sell left.

Freedom to bid

a new place to live
& be, maybe country
people! no! I see
blue on the left &
shadows on the
right & that pale
faded blueberry
syrup color on the
pin. Now that
I have no fears,
I want to tell the
story. The only
thing I personally

don't like about the
left is the smell
of wet wood still
there. Lot of rotten
smellings - need a
lot of exercise. B BURNS
Gusman a lot of
smells put so
that's O.K. In
really so glad to
see it go - I lived a
whole life there

~~□ □ □ + more
steps~~

~~I was rescued.~~

I wish I had these
films that I threw
out last summer.

1968 Kitelj at Woodstock

1968 Water at Woodstock

Draw out left

Winkau

1968 Foot at Woodstock

other water films

Any any sal

506

TV tape?

put them again
on TV tape?

I should say I am
at B's ~~place~~. Moved in

yesterday. Very

happy here. Very.

Blue. Love. Think

why again, about
the stand up man

muscle neck (shoulder

tension of holding

up head - B's up

Yoga positions

imitate animals
& birds.

pull shadows white
leave the blanket where
my knee is.

I think the light at
Solo worked on someone

madness no the
darker & ~~the~~

dark and U

having its fun
with collage intensity

Or - have the Unmanned
Intelligence Service
a book with you.

They don't like
that. Big antenna
of grey & white
cat face. Puss.

not puss. other cat

I don't yet know.

Did ~~that~~^{cat} die? no.

She's just wild one

sometimes. of

cause of I went

back to the loft

I suppose I had
be there & all my
thought forms from
the past 4 years.

It rather start new.
& take yoga lessons

once a week from

B - set the loft

his way.

This week I bought

Chamonix tea.

Indication to buy

Cookies I didn't.

(Bought bread) I

best I get visitors!

Flour on that.

ah well, tea & toast!

its 2:30 ~~watching~~

watching cat show

I've been happy

all day. So good

to feel right about

~~leaving~~ left to B.
~~renting~~

at one time I had
3 double & 1 single
mattress at the left.

at the time people
lived there, only 2

double mattresses &

1 single. 5 people.

PLENTY! 3 is better.

Best. Yes I should

like to live in a

place where 5 rooms.

~~Damn should have~~

~~taken that one~~

4 Rooms + garden

0 Day

Discouraging, see ed

all signal correct

nothing of use / left.

sunny. good rest.

If I only understood

all the signal.

3 x 27 black + white

~~given to [unclear]~~ ~~and~~

at ~~least~~ a negative.

Red + blue on black

Private ~~given to [unclear]~~

~~instead of 3x27 (instead
3x27) position.~~

1 Keep left = long green
slamper
nose on →

triple eyelid
line

garden (!) (smelly court
yard apt) ~~###~~. pink
bud + buds nose no stem

Sunny left - medium
ink + pen stem

Bad day for B - no job.

there Blyn, garden apt

1 apricot sour

1 blackberry sour

24 hour heat

No heat here. It's cold 20°.

I have a cold. So I bought
one that has an electric
heater by bed. ~~Even~~ ^{oven}

at other end was
enough for me.

other end is 100 ft

away. Well, it's warm
by the stove. ~~Have~~

~~you ever read the~~
~~Ultimate Frontier?~~

So I asked myself
-or who- if I knew

~~Whether or what kind~~

c/ it he stood on —
(read blank)

know what about

the place I was

going to live in &

got for an answer

a pink rose on a

medium green

skin. So much

for preknowledge.

Read Sybil Lee's I

am a Unitil. Says

nothing except

those nice simple
things no one ever

didn't expect that
sentence (penit

cola ink) ~~I write~~

~~with~~ ~~slain~~. class

~~ball~~ side

later to music

colds flu sore

throat with ink

can't write like a

body can't read

the last day

cant find apt yet.

media TV program

NYPD Treated

and about I left

apart. to give it

up. no security. no

new place. want

large one want

garden want sun

need sun ~~and~~

~~garden~~ want

garden, want

west side, need

to live

muscle tension in
upper back. need
chiropractor. Need
homeopath. need
sun - need love.

♥ need to write
book. Fucked out
of electric typewriter
2nd time - at Alan's
it was stolen - at 8's -
gone to 8's sister
Fuck - well
better maybe

write Longhand.

yes. No. Type
need electric typewriter
need type.

~~Sia 674-7350~~

~~MOTBodner~~

Jace

1













