

21



45

COMPOSITIONS

Country - 1

Spelled

679-9034 - Spiotta Sensei Guts
 Man & Kathy

CLASS PROGRAM

NAME _____ ADDRESS _____

SCHOOL _____ CLASS _____

		PERIOD 1	PERIOD 2	PERIOD 3	PERIOD 4	PERIOD 5	PERIOD 6	PERIOD 7	PERIOD 8
TIME	FROM								
	TO...								
MONDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
TUESDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
WEDNESDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
THURSDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
FRIDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
SATURDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								

THE COVERS OF THIS BOOK HAVE BEEN TREATED WITH A SPECIAL VARNISH THAT PROTECTS AGAINST MOISTURE AND RUBBING
 NOTICE HOW SMOOTH THEY ARE



No. 101 · WIDE RULED with MARGIN

60 SHEETS 9 3/4 IN. x 7 1/2 IN.

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EW

Law at Ahide or Daily Life: Class by Kaethi Tohei

hands, leaning forefinger up & apart, will them together. ~~Left~~ ^{Right} forefinger goes immediately to ~~right~~ ^{edge} as if drawn by a magnet. Try again. ~~Right~~ reluctant finger now moves slowly to edge one. Edge one moves to close at the end. ~~Had~~ Repeat. The edge finger from first experiment remain reluctant while the other one leans to move to center. Now they move more evenly together but still themselves 1/4" apart & must be touched into touching. My aim to have the 2 meet equally in the center with as much zip as the edge finger showed first time round.

I am in the country. Whether or not the spirit appears. I cried a little when I put the deposit in the mail slot one week ago; Please I want to be well. I want ~~both sides of me to be~~ ~~equally~~ ~~full of life~~ I want to be cheerful again. So many negative visual signs on the above paragraph. I am now trying to be guided by my experience in what I've learned from the spirit, instead of just following advice. It is now I who make the decision & the spirit gives a yes or no on all things. He is so active. I do not always listen. For example. I had malasse ^(in cream) with the yogurt leaf this week & it seemed to do OK. Energy & no bad effect on the knee that I could feel. Buyers food today for the summer.

hangs malaise against
a big no. Perhaps it affed me
sometimes adversely, that the
spirit knows, being on a
higher motivational status
level than me. Perhaps I
am dandy myself all by
myself at. The same with
blueberry. Yet there is so
little I can eat. I shall
probably try plain yogurt
for a while & see if I can get
my ~~to~~ mind to the point
where I can experience
these things. Yet it's just
this acute awareness to
pain that makes my
life so difficult. At least
there is a bed in this house
I can sleep in, the little
front room is fine.
Perhaps when I remove

the rug from the lounge
room that will be O.K. I
had a red warning on the rug -
the color is sharp & last fall I
went through a whole theory
of being sensitive to certain
colors & fabrics ~~that~~ (they some
send off too heavy vibes).

Even if I don't always listen to
the spirit there is a constant
emphasis on certain things that
I cannot ignore. I check it out
if I can. Sometimes, when the
spirit is really serious a shot
of energy goes to my knee
like a bolt of pain
goes to my knee. That a
definite no. a shot of
energy it probably is,
bringing me to acute awareness
of the state of things.

I also delayed 1 day in coming
here, also against advice, but
no ~~harm~~ harm is done except
that I ate too much cheese &
tomato (pizza, baked ziti,
cheesecake - my dog in little
2 days!) & the knee hurt
this morning. The bags (3
Shopping) went to the beach
& I took some shopping to
Jans, loaded up with food,
some of which (cheese,
cantal, yellow squash)
I have no's on. We'll
check that out at eating
time. All no's are not false.
Some mean clean up the food
until it is clean. Some mean
not man you're men
balancing. So the get
constant claid for the correct
diet that will give me the

sustenance + energy, I need +
not harm knee. There are
definite no's on rice +
watermelon. I had chills one
night + bad knee next day.
I had been warned. All this
concerns, food + body on no line,
+ the rebelliousness, independence
+ williness to learn on the
part of my mind. It is the
later that luxuries trouble
me most - although it is in
the details I write about it. Also
how to live with a guardian
angel without being a
puppet or sap. Well that the
top. ~~Total faith~~ ^{the} ~~is~~ ^{the} ~~is~~
~~is myself as well~~ that is
If I have total faith in the
goodness of the spirit he get
headstrong + my passive
submission to his will

allows him to be whimsical,
whereas I am only interested in
recently true knowledge
that will benefit me or others.
So after a long period of submission
in which I gave him a chance
to show me (although so many
times I disabeyed my error &
sorrow) I am now putting
my will against his. Using
of course, the knowledge I have
learned from him (her, it.)
It was my conviction, & (it still
is,) when I met de Spirit
a year & a half ago that there
were more than one. My
ordinary, every day guide, &
his master, a higher
master, who came to visit,
to test me on what I had
learned from the guide.
Sometime the higher master

never played games. It was
much shaker, more
definite & the signal were
stronger. I could feel the
presence of a different quality
of mind.

There is peace in the country
house & I am incredibly grateful
for the good vibes, after such
disappointment in Africa hunting
for a place to live. This is only a
short period, & we begin again
but perhaps these 5 weeks will
make me stronger. There is a
TV here, & some good books &
music, so I shall not
have much going on. I'm
going to wait as long
as I need before I can
wrap up. I arrived today at
noon & it is? The only clerk
is unemployed & I shall

leave it so unless I need to
go to N.Y. My last night
in the city, well remember at
the morning when I awake
was full of anger that I still
cannot get over. I wanted like
to accomplish that task this
month, & in writing about
the last period of my time
in the dept & in the hospital
perhaps I shall. The anger was
at B for not asking me that one
day, where I thought I
might go to recover, leaving
me no alternative on the
falling day but to
follow the course of action
to go to a hospital. I must
write the memoir before the
memory runs me down.
It is difficult, I was not
in the hospital

you see but the 2 tabs of
thyroxine that shut off the
energy on the weak side - I
could literally feel it collapse
→ that gave the energy less
chance to reach the brain, less
chance for me to evaluate & try
reach my highest fulfillment.
The Holy Spirit tell me. Perhaps
it is my last test at overthrowing
his dominion in the power of
negative thinking. of course it is
equally true that I did not
say, as I wished, to B that day,
talk to me! It is equally true
that I did not say to myself, heed
the warning on the cream! For
the cream on the second try
is, according to the spirit,
equally responsible for the
~~lack~~ limitations on the
energy. → I spent

knows in anger that I was
so manipulated, to weak
to speak for myself until
too late. So must argue.
So must sorrow for my
self with my ~~weak~~ back
condition that limit my
flow of energy. I have
been told, via a flash of
color in certain words in a book
I was reading, to take the
back slowly. And I have
been informed by the picture
of a clock face on my ~~face~~
many - ~~times~~ weekly that
area, that it will take time
to heal those parts. So I am
left with the task of
getting rid of my anger
& of becoming patient, and
of having faith that
mind, love, good will

must conquer the physical
limitations of my body.
How can I continue to
believe in this when on
a phrase in a book "all her
fears were fearful" I receive
a strong, very strong, no signal.
Am I to believe only what I
want to believe from the Spirit?
That would make me
inhumane, ~~selfish~~ ~~in my~~
~~class~~ & ~~to~~ make useless
the knowledge I receive.
Am I to believe that no. 1 was
it another test of my faith
& spirit. B once said, after
we do, we take all the
sauls with us, that to
leave one behind because of
physical defect would be
fascism. But what
about my adoration

upon earth. For surely my
ability to become fully realized
depends on the greater distribution
of the energy as well as the
greater positive spirit.

While writing this a
young fellow from next
door came in to borrow
something. I asked him if
he went to town shopping
would he take me & he
said he just found matter
would. Then he came back
with the good friend he invited
me to join them for dinner
tomorrow night at the
maniculate restaurant
on town. ~~the~~
So I am happy I will
have a chance to see
what it is like to know
some new people.

young people that sound
stupid but it's not. The
pen is a weapon in my
hand + Anais Nin just
crept in. I'm using style
pass through me after &
I know not (see) what
style I will affect next.

I just let it come out.
It's hard, although the writer
of the angry draft about the
intense heaviness in me, to
experience it now. The
heaviness is like fighting
off the black. As if I
opened to every negative
thought on the planet &
they came pouring through
a hole in my chest to
overwhelm me + push me
back into? My own
anger does this to me.

Nothing can undo the past
except a positive present.
A blue cloud off the good
side, a purple haze off the
bad. When I got back the
other night I saw purple
leaves in head & then he
said, whoa. I'm high. Some
of it is muscle tension.
Psychological, mental
tension. Blockage of energy.
I am gassing for a while
to throw off these last
thought into the air.

I saw a purple cloud over
the house when I left. The
color of love. I am entering smaller.
The house is called I saw
the clear egg & the clear blue
black black hanging in the
air. I saw a black line
clear the room I had

napped in. May all my black
clouds appear into the clouds. I
saw the lighted windows &
got a sign to cancel them out.
I didn't. Then I saw the same
image, light & all, on a rock,
only smaller of course. I know
that some of the images I see
are not meaningful signals,
just the memory ~~clear~~
repeating itself on visual
images. I am writing at the
table. I knew waves be a
good place to write. How I
have to find a place in the
city that will allow me to
feel the same way about
the writing. Positive. So
I can think clearly. Coming
back from the walk I
realized that my battle is
to think positive. no

matter what? No matter.
Mind. Positive mind.
A mosquito, a fly, a ant.
Ant dead. Maybe mosquito.
Fly dead. I dropped the ahido
hook on 2 ants + 1 fly. all
dead. The art of self defense.
How to kill bugs by Ahido, in
Daito Jitsu. I am not so
perfect a soul as not to kill
animal insects, rats. However,
if they were to stay out doors.

I have need of some
casque loose dress to wear
here, the light in the house
would make me visible
through my sheer white
Cotton Indian kumata,
brought against the spirit
advice because of the
little holes in the embroidery.
These holes called the

black & red energy. I saw
little black & red dotted
lines around the neck. I
decided to buy it anyway & use
my mind to clear it up. I
bought, however, the ones
with the smallest holes. No
paint or overworking. I wore it
without washing it or doing
a good "cleaning" job & I
felt prickly all over my
weak place so I took off
the shirt to work on, as usual,
wears the next day. Shopping
is not easy. I couldn't buy
one with colored embroidery
for example, the colors
peel up & hurt the people
like faster than dust white.
I can wear my white pants
after. I cannot wear the
stuck anymore. It is as if

the very steps trusted the
inhibition around my knee.
Both parts same material, a
cotton twill. Fuzzy fabric
ped up bad like like static
electricity. Or perhaps it is static
electricity & my weak muscle
cant assimilate it. The lower
finger was on the good side.

So the struggle is to think
positively, to forgive, to hold
no anger. For the stronger the
mind, the further these
thought influence others &
oneself. It is to have faith
only in the highest & the
truest, in the original
conception of love. In the
belief that the higher one
gets the more love there is,
that the (no) the higher
one get the more one

able to draw on the source of
all love. The more one loves
the higher one gets. I still
believe that true love is true
intelligence. Beauty is truth,
~~Power is truth~~, What do I mean
by love. What the universe at
its creative core is benevolent,
& will help those who aspire
to become better people, better
spirits. How do I account
for the game playing of
Charlie? ~~Is it not discouraged?~~
I don't know. My own
weaknesses? His? Considering
the unlimited weakness of
man what makes me think
any spirit is wholly purified.
Even one somewhat better
than man must still
have short comings. So
must he aspire to improve

I wonder if the living human state gives us most room for improvement. Perhaps it is easier here, after all, & we must welcome every hardship as a lesson to learn while trying to ~~save~~ learn to be intelligent enough to avoid these hard lessons. I know it old religious teaching but it only what I see in myself that I can write about. Sometimes I think it all too severe, too hard too lonely & too perverse. Look at the planet. Look at people on the planet. Who am I to complain. B. mind seems so much worse. ~~It~~ B said to I said of you give it comes back to you. and B said except? and I said except for those who have negative minds. & B

was Right!

Look into the mirror. I am
scowling. There is a wrinkle between
my eyes. I am concentrating on
conversation and the speed of
arguing. Why shouldn't I read
the book? I must learn to
concentrate with a small forehead.
Tonight I could lie on the floor &
cover my feet over my head for
the first time without pain in
the ulcer region. Perhaps the
count is relaxing me. Will it
improve my handwriting? As I
write that sentence, it improves,
just as it got smaller when I
said I am writing smaller. The
books here are all second. I am
looking for another supply.
My last week's indulgence in a
very old portion of music.

In my first night dream I
dream of hiding from a boy's
mother & finding a last for a
friend who plays I have stayed
in & looking for a place to live
then a man I am attached
to who belongs to other women ~~and~~
~~I man who is too for who not.~~
+ 1 single man & 1 single woman
~~or 2~~ perhaps another man
or confusion anxiety circumstances
pressure. A capsule of the last
months of my life. A Danmy dream.
Before I sleep I contemplate
the books in the house compared
to B's. There are no books in system.
No math, science, psychology,
fairy tales, philosophy, occult
thought. I can only find the
Akide book & one by Toga.
There is more native & patriotic
& heavy literature. I see

no lightness + human. Reading
~~at the~~ My own library
brought with me consist of Jung,
~~sample~~ astrology, yoga,
Palmer's numerology, macro-
biotics, Tao Te Ching, a book on tea + a
2 poetry magazine + a mystery.

Healing

with
Chakra, chakra, chakra etc.
I open this latter book to
discover Buddha had a perfect
spine. yoga experience. I feel first

I begin to look through
the book. Various colors set up
vibrations, some heal one thing
& another. I must incorporate
this into my diet. I am
now using for Di's a chiropractor
& a homeopath & a gynecologist (the
last I have ever been to). Recommended
by the homeopath, a dentist, a
gym man, + an eye doctor

Foods in reply

for glasses. I am not happy with
the eyes about my glasses. Eye
In the autumn I must go to a
Dr. recommended by the homeopath
& chiropractor for eye exercises & a
yogi who heats through ~~energy~~
shakti. No colors I will wear
this summer

I am back in bed reading the
sciatica pain I experienced last
night & morning has disappeared
just the yoga exercise. I feel heat
in the area now instead of pain

to bed for
space
to bed in
relax

Big fight with spirit and ~~inner~~
I made buckwheat noodles with a
white onion, beet, green squash
sautéed in soy oil & alfalfa sprouts, &
Beet v.g. onion too cooked. Dinner
Squash too orange? Felt awful
after. W very balance.

banana
milk
orange
rice
got here

Foods in repiq.

YIN ↑

Aug 5/1

YANG ↓

potassium

sodium

blue, indigo, violet → green → red, orange, yellow

centrifugal

centripetal

light, expand

contract

heavy

warm climate

cold climate

hot, pungent, sour, sweet → salty, bitter

vitamin K & C

vitamin D

produce cold

produce heat

more water

than solids

less water
eggs

X = bad for spine

Y = bad for neck

Yogurt

beets

~~cherries~~

blueberries

~~onions~~

zucchini

celery

honey

cashew

banana

mushrooms

cranse

cherry
~~strawberry~~

beets
carrot

yellow squash

buckwheat

x apples

red onions

onion

radish

garlic

rice

soft cheese

Jin Sugar
↓ fruit
Yang dairy
nuts
vegetable
cereals
fish
eggs
animal meat

...
that evening to extreme, I shall
...
found before adding but some
Yang. My taste, at last the desire
for meat which I still sometimes
have, is for your food, yogurt, fruit,
cornmeal. After was, was on a diet
I saw then on the way health. K. ...
one carrot juice yesterday. But I
should drink it. No sugar.

It seems, from the direction given by the
spirit (my higher self, my inner man,
the signal sender) that I am tending
to a very *Yin* diet, perhaps to counteract
the muscle tension & spasm produced
by the *sciatica*. I am loosening
up my body. You a more feminine,
more passive, & my life has been
very active until the past year. Still
knowing my ~~dark~~ *sciatica* nature
that *sciatica* to extremes, I shall
doubtless experience a heavy *Yin*
period before adding back some
Yang. My taste, except the desire
for meat which I still sometimes
have, is for *Yin* food, yogurt, fruit,
cornmeal. After many visits on carrots
I saw them on the road health. K. brought
me carrot juice yesterday. Perhaps I
should drink it. No signal to them.

Feel high again here tomorrow.

No *sciatica* pain here. Mmm

Fast leaf mold for fertilizer. Mensey
grains cured. Can be cultivated. Fast leaf
mold for fertilizer. Shade in summer, sun
in winter as per grape vines (Stacking
the Healthful Herbs; Gibbons) Dock, etc.
A.C. Contains Tannin.

Dreams 2nd night in County. Taking
bus ~~from~~ in county. Moved up
connections. Got off at wrong stop. Stop
around corner 1/3 block away, right one
for express to city. Bus goes by.

Or is this the old dream of same?

County anxiety? Past night (3rd)
dream about taking you ^{down in county}
~~madness~~ B called. Fantasies of

getting high on nothing, but
spirit. Air all colored light &
sparks around me floating in
dark. This morning the curtains
are gone between my eyes.

Called R & J. So happy to talk to them.

Feel high. Denon here tomorrow.

No skulled race beet. Menu

Nuts + Seeds + Carrot juice.
Buckwheat noodles w. ~~onions~~ onions
zucchini + carrots. Tamar
sauce, ~~Free~~ Bananas + cherries +
~~apples~~ dates + raisin. So excited &
pulled out the hidden. Haven't
seen them in 2 yrs. Yesterday.

New York NY 10561
Ivory Snow, Bon Ami, Arm + Hammer
Washing Soda. Ivory Soap. Washing
Soda. ~~Help~~. No cottonseed oil in
margarine.

Against white sugar (all sugar) -
robs body of B vitamins, disrupt
calcium metabolism, bad effect on
nervous system, destroys nerve
coverings, also far out end of your
scale. ~~White~~
white hair bleached by gas.

light brown, dark brown, & Blended
Sugars, made by adding molasses
to refined sugar. In raw sugar a
crystallization process is added to create
raw-like illusion.

from the Museum 53 main st
Natural Life Styles \$3.00
New Paltz NY 12561

Jill Baker's chicken from her dream.

3 cups chicken stock

1 cup brown rice

2 stalks minced celery

2 minced onions

1 cup cooked dried chicken

1 Tbs white wine

1 Tbs ground almonds

Coat rice in enough oil to coat each
grain, stirring till it smells like
popcorn. Pour rice into baking
stock, lower heat & cook till tender

When rice is almost tender quickly
cook ally. & onions in a little oil. Add
to rice. remaining ingredients & heat
1 minute.

to read

In addition to the Mucus Diet, the
Rational Fasting, Carleton Wood,
The Natural Way to Health Through
Controlled Fasting.

R. N. Walker Diet & Salad Suggestions

~~~~~ Raw Vegetable Juice

@@ Catherine Woods Food Book

4 million

Strange Means - I'm in a  
mystery story, in a car Hercules  
& the pursuer is Abelle (Hercules  
Parisot) the men fight, an car  
gas through a narrow trap, but they  
OK & I ask, unpulled a I look  
at it all. impossible the experiment  
when my name be just in

hit hard, what lesson does God  
want us to learn from all this.  
I'm hopeful, but I notice there  
is no anxiety in the dream, but  
self confidence & wisdom in my part.  
I read a Neo Valt system.  
Perhaps I should stop negative  
indications yesterday on readers  
the boat. But I couldn't go to  
sleep by thinking of a house I  
like to live in, in waves.  
I can't remember the dream of the  
night before, but I spoke out to  
someone, & to someone else I  
knew in my the night  
before. Spoke out frequently  
against negative ~~thoughts~~  
being a action against ~~readers~~  
I need to speak out, not only  
when I find catches there  
is something I must say  
on the way I believe in,

but just speaking out ~~and~~  
the trouble I have today,  
the knee, the therapist, would  
have been avoided if I had  
spoken out what was in  
my throat at the proper time.  
It was the throat chakra comes  
after the heart chakra as the  
energy moves up. So I must  
not let my affection, desire  
to be "a good girl" (brought  
from childhood), love, keep  
me from speaking. Yesterday  
I complained to my husband  
that he never called when  
he had used my parent for my  
phone no. a few minutes  
before. I felt better for  
speaking but I must  
remember the power of  
thought, & that he is in  
fact a substitution in his

action than I ~~can~~ ~~stained~~  
my right eye made it purple.  
I can get rid of it by exercise.  
It turns magenta then.  
If I didn't see these colors on  
others I would think it was  
another test of faith but it  
is not. I must remember to  
check posture. I gave me  
a little shock on it. ~~It is~~  
~~using~~ the mind <sup>thought</sup> ~~is~~  
had say "has the subtlest  
vibration", to concentrate on  
the healing power of the  
life energy. As yoga  
exercise tone up the ~~body~~  
to new pattern of health, &  
powerful gear at the base  
to maintain itself, so ~~the~~  
make thought drive out  
negative emotions & fears, &  
to seek to the best of

~~cheat~~ ~~the~~ ~~body~~ ~~as~~ ~~a~~ ~~path~~ ~~of~~  
and put positive thoughts  
into the brain & the memory  
so that the body can obey these  
~~thought~~ directions, as I always  
do exercise & diet, as matter  
learn from them what it  
is required to do to bring  
health so I can do it auto-  
matically when I'm not  
exercising or concentrating. A one said in  
Gloss telling me have to take  
vitamins (things I do  
not follow this) take an  
overdose & see what it does  
for you, what you can read  
with it, then cut back to  
X number & gradually decrease  
~~so~~ your body takes over the  
function itself. I thought  
it was like shaman, but

the body pattern of behavior  
that it must adjust & adhere  
to for it own health & then  
when the body knew what  
it had to do, it would do  
it, ~~and~~ the impulse balance  
~~was~~ <sup>was</sup> ~~been~~ corrected first by  
aid, then by aid plus the  
body, & finally by the body  
alone. Reaper thinking is  
part of this too. I must  
absolutely give up my  
desire over the functioning  
of my body for sure it must  
be more able than I can be  
muscle, place, etc. & I must  
give up what anger I have  
left to me also. I have  
considered I may be misery  
to speak to of about my  
anger in order to feel myself  
at that terrible anger of that

day when they used to say so  
said to get me into a hospital  
but never one asked me  
where or what or when to  
to me at all. I was not  
Cruz's sister. It is not  
being consulted I used  
had I shaken out, and I wanted  
to, to say "I don't want you to  
to me" we would perhaps  
have gotten to some practical  
solution that they were not  
than I realized we needed  
of I speak I may lose a  
friendship I do not want to  
lose. Further I have none of  
the feelings when I  
confront B, further I  
perhaps I can do it without  
speaking, simply on the  
forget & forgive line.

Perhaps I'll be able someday  
to speak about it without  
anger, or perhaps I'll read  
this & understand the long  
radical effect of 2 lots of  
throwing on someone's back  
able to open the <sup>power</sup> channels for  
the best fundation. I no  
longer complain about my  
taking the mud cream. I have  
made so many errors that  
unless I figure myself + forget  
I will be in a people's situation  
of self dehumanization. The  
scorpion tail come round to  
sting. Memory, past, what  
has gone behind, comes  
back at the end of a loop.  
Last 2 story mixes to be  
back (science). I think of it  
as a scorpion problem.  
And one of my real problems



and if I must speak, to speak  
without the story. Not to  
change the story to a torrent of  
tears & tantrum which is less  
directed or it effect but  
violent just the same. The  
latter has been my pattern.  
What I need are a few well  
chosen words to us express it  
that need be of the passion of  
not speaking out. My  
hope self against this  
book, a philosophy it Charles still.  
I don't know. I feel a need to  
write it, to communicate  
what I've gone through.  
Hence I have never read an  
account like this, & while I  
would like to think it comes  
self people. I know of that  
that was under the hand  
a reality. After all, my

which has always come from  
above, ~~so to speak~~ (so to speak).  
Perhaps the struggle to  
incorporate this knowledge,  
a the struggle to learn ~~the~~ the  
care & feeding of athletes, scientists,  
mundo ~~union~~ per circulation,  
~~jobs~~<sup>and</sup> ~~work~~, plus getting ~~no~~  
of 40 years of the american  
way of life. ~~that~~ ~~at~~ ~~well~~.

All I did was have cable &  
orange juice & davis in the  
manner, ~~meat~~, a moderate  
amount of alcohol (plus  
getting squished (what year  
a that word ~~was~~) ~~to~~ ~~do~~ ~~gen~~  
time a ~~plus~~ ~~fallen~~ off a  
horse & hurting my back  
plus ~~fallen~~ off ~~the~~ ~~horse~~  
investing my money plus  
perquity in business  
to ~~be~~ ~~able~~ ~~to~~ ~~do~~ ~~it~~

~~studies~~ getting an idea -  
the yoga & yogis add really  
works. Many yogis I can see  
the deeper colors leave the  
areas of tension & disease.  
(Perhaps I should use the word  
unrest, I mean the same -  
no peace. Please please in time,  
etc.

Thoughts while during yoga.  
He need, as a budget but of for  
everyone to work on himself. Jung.  
Psychology. It built me to see  
yoga student drinking after  
drinking too much wine. Or a  
friend eating too much  
commercial sugar. When she  
professes interest in higher levels  
of consciousness: No she professes  
intent. What is how she said it.  
People who think they can  
tackle fear cannot tackle

self control in ~~the~~ diet & drink.  
People who prefer such  
strong spiritual learning  
still do on egg top of fame &  
denomination, male chauvinism.  
So where is the work on the self.  
He enables self search for  
understanding & clarification &  
purifying of one's nature? I  
spent many years in psycho  
analysis & although the  
Freudian seem hopelessly  
out of date & junky still do  
see fallacies in... \*  
I cooked some frozen <sup>podges</sup> blizze  
but they were a disaster compared  
to plain yogurt, blueberries & the  
ashram date, orange walnut bread  
\*... ah - I didn't find that the  
analysis helped as much as learning  
the technique of self analysis.  
Justifying my ~~existence~~

anon source, my aim in her  
reality to find out what was  
really going on. It was an analysis  
helped me from a lot of parental  
family pattern-history. Harvard(?).  
It also taught me to deal with  
situations from the narrowest view,  
never mind the post (2 diff ones -  
~~scholarship~~ - Freudian + Sullivan.  
But the Freud type is definitely a  
conservative male oriented view.  
I spent much too long on  
Freudian analysis. Briefly I  
went to a Reichen + I was there  
characterable under the gaze of that  
analyst (the 2nd Reichen one) that  
the energy started to flow in  
my leg + pain developed. He  
insisted I see a Dr who said  
nothing was wrong but it  
later turned out to be the  
sciatica: I was fortunate

at the time, I had not yet  
decently met the anger  
at my father, but I could  
not bear the thought that  
something else was wrong.

But that wrong turned out  
to be the base of almost all of  
my other wrongs, creating a  
malfunctioning spine + from  
there a ~~whole series of~~  
misalignment in the neck  
+ etc etc. So I am grateful  
to him + I think Reichen  
Analyse (I only went a few  
sessions) is right in it  
dealing with energy blocks  
in emotional areas. Perhaps  
my inability to speak out  
~~often~~ often + quickly  
enough comes from some  
sluggishness in the throat  
area which can be

arguably grounded - a lack  
of energy in the throat chakra,  
in my childhood I remember of  
he seen not heard or my  
unconscious knowledge  
that in the more evolved  
state of man thought &  
telepathic. Well, you have  
to get it all together as they say.  
Aside from right understanding  
there is right action. An  
emotional de-involvement  
helps considerably. The  
intelligence then rules the  
speech, etc. that part of me  
I want to read out with,  
not some emotional reaction,  
a cry. I thought a cry could  
have stopped the checkpoints  
from twisting the knee.  
No! Stop! Don't! And  
after the surprise, a

Remember that the knee  
has been once twisted &  
shouldn't be again. ~~See.~~

I demand a perfection of  
myself that I find hard to  
live up to. Yet when I eat properly,  
exercise properly & think  
properly I am ~~also~~ calm  
& intelligent & happier. ~~Also~~  
~~said~~ It is easier in the  
country to reflect maintain  
the calm. In the city it means  
~~hesitation~~ working late at  
night, or not going out  
for a couple of days. There  
is no business here to  
distract the mind. I mean  
the initiation of a world in it  
M-F 9-5 routine that  
almost no one like that  
is here with pain &  
anxiety & self-love.



I sound like an old fashioned  
preacher to myself, yet I  
know - I feel I see those  
people at work, darning  
head numbers on one  
another, fighting to  
earn a living under really  
unpleasant psychological  
& physical environment.  
The nastiness is all around.  
I lived for 3 months on the  
barrel, near a man shelter,  
let me tell you, the burros  
are a lot more cooled out  
than the ~~business~~ business  
men (exception granted.)  
It was easier to live there  
than on a commercial street  
where I had lived before.  
I'm not talking about the  
unpleasant & oppressive ~~crowd~~  
out front people.

You see, except for an occasional young aggressive drunk, none of the humans wanted anything except a drink or wine - they weren't down anything on you. The worst thing was a nuisance maybe when you were into your head & thinking. ~~but~~ I found <sup>one</sup> ~~some~~ very gallant & helpful. You see they're chop out too. ~~Only they, like some~~ ~~old~~ ~~peaks~~ ~~was~~ ~~went~~ ~~a~~ ~~little~~ Writing is a lonely business compared to dancing performances, let's say - & perhaps given parenting justice & having someone look at them & give you immediate feedback. There's no feedback to this. ~~It answers to~~ a friend perhaps & new

book of poems. He said  
she did not make me see  
friends from it. That what  
Melanie said after a concert.  
So I would like feedback  
but I shall look for my  
friends elsewhere. It  
clippint because I have  
only recently begun to talk  
of my experience to friends.  
The spirit has always said  
no. But I wonder if that  
is not again, one of those  
psychological clearings.

Just you for into your  
negative trait isolation  
(see) ~~is~~ until I see just  
where that is at & say hell  
with it. Spirit is no, and I go.

On that principle I am  
looking into a ~~small~~ house  
in the county that will be

deeply my parents  
I could buy without a  
mortgage. I don't know  
how much I really need  
the country. I've been here 6  
days & it done me good. But a  
week or a month or even a  
summer vacation is not the  
same as living half one place  
half another.

From Paramahansa Yogananda "  
Scientific Healing Affirmation"

Avoid speaking unpleasant words,  
even if true,

As God gave you will power,  
concentration, faith, reason, common  
sense. He helps those who help themselves.  
A balance between <sup>sole</sup> dependence on  
God (medieval) & sole reliance on  
the eye (modern)

Accompany will affirmations by strong  
determination

Feeling of firmation by devotion.

Reason affirmations by understanding  
(see Sunday)

Intensity, continuity, repetition

The last 2 days I have spent 2 hrs or  
more on yoga & meditation. The  
meditation consisted partly of concentrating  
on positive healing & peaceful  
thought (to compensate for the anger  
at B's hospital) the first thing  
that happened in the relaxed state  
was that my body assumed a  
position (?) (was sitting on a chair)  
to just began to shudder, a heavy gross  
consciousness (& pain) to a certain  
area across my chest which is  
very constricted. I concentrated on this  
area a long while gradually <sup>more & more</sup> increasing  
the pain & relaxing it ~~to~~ today I could

briefly do the success I haven't been able  
to. Considering B I can't take full  
confidence that in order to truly forgive  
her for not speaking I understood  
that I should have shared to her  
to me I must understand  
what prevented her from  
doing so I began to think  
about how she felt during  
that day, what pressures ~~what~~  
personal history of her own  
kept ~~her~~ out nervous, thought,  
relief, pressure, kept her from  
speaking to me. Why did she  
assume I was incapable of  
facing a practical problem.  
True, I didn't want to, but I  
needed to. And had to face it  
certainly enough 2 days later  
in the hospital I was perfectly  
capable of doing so. The  
realization that I must

try to understand her is far more  
in keeping with my feelings of  
love for her, than my anger.  
Perhaps this is where ~~the~~  
knowledge brings ~~the~~ compassion.  
The difficulty is we cannot talk  
about it. Anyway I felt very  
light & relaxed & M & K called  
& said he was coming out &  
I baked an awful fruit cake  
cake & brought good champagne  
& we went to a party & I met T  
& we talked about atoms: the  
nucleus consisting of <sup>pos. charged</sup> protons &  
a neutron & the <sup>neg. charged</sup> electrons going  
round. Now I asked what kept  
the electron at a certain distance  
from the atom I don't know he said  
we were the electron around the  
nucleus said I said yes then  
some electron are excited (unconscious)  
& these are electron waves

attached to the nucleus by  
feet there being no (perceptible)  
space between us & planet  
level & anyway, some electrons  
are closer to the nucleus than  
others so perhaps on that system  
we are the closest to the nucleus.  
Some said the sun needed the  
people ~~on~~ the planet <sup>ours</sup> for its  
energy & we needed the sun  
for ours. Unless enough  
people are added to their  
electron state perhaps we'll  
lose our attraction - magnetic  
field - re the sun. In  
relation to the sun as nucleus  
any habit system <sup>(planet plus people)</sup> is an  
electron. And if we are the  
electron a negative charge  
for the planet then we are  
the negative charge in



relation to the sun also, having  
that large burden. So people  
aware to your higher state of  
consciousness, energy level,  
election state, what you call it  
the ~~old~~ solar system needs  
you, not to speak, fooly, of  
your own soul. ~~of your own~~  
Part thought last night  
elaborated on white clouds  
yoga & relaxing by muscles  
today. In meditation, - the  
problem of charlie, ~~is~~ is I  
know to lower plane. That is  
to receive information from a  
spirit is to receive through  
the sense organ (hearing,  
seeing, feeling, touching,  
smelling) + change on the  
astral plane. Now the thing  
is to know, to use the mind  
on the upper astral level,

information. They can be  
used for pleasure <sup>also</sup> ~~themselves~~  
I know, though on far  
my experience has been  
most hair. (An object) &  
The other must exist.)  
Cultural is a pleasure (I can  
have in a distant way) & feel  
the energy flow. I can  
imagine the body will  
disappear. I have begun  
to take the homeopathic  
remedy for the little  
"chocolate" cut again  
The therapeutic process is not  
of much value (perhaps the  
the method employed in the  
case) of that length to get  
the shoulders & hip bones  
today. This is the end of 8 days  
in the country.

& the truth shall set you free.  
New, minus the signal, etc -  
The truth will be a relaxation,  
& a clarity, a certainty that  
I will experience through the  
mind (I thought being,  
presumably an ever higher  
level) & so it is this I must  
aim for. To try to always  
experience what is true.  
And to try to know what  
that is for myself. On these  
thought I experience (saw)  
a slight flash. So I know  
that in the right direction.  
Isn't it? I still have to deal  
with information perceived  
through these senses on the  
astral level. Much as we  
use these senses on the  
physical level. They are not  
our highest source of

2 cups corn

2-3 cups water

1 packet of yeast

1 tablespoon yeast

dissolved in water

1/2 table spoon salt

3/4 cup water

4 tall heart honey

425 45°