

1172



~~1000~~

30

49¢

Composition Book

72 SHEETS — 9⁵/₈ in. x 7¹/₂ in.

NAME astulony - mc5

SUBJECT

EASTERN TABLET — ALBANY, N. Y. 12204

MC5

TERM PROGRAM

MCS-1

MCS-2

SCHOOL	CLASS					INSTRUCTORS	REPORT RECORD			
	TIME	FROM	TO				1	2	3	4
SUBJECTS	MON.	TUES.	WED.	THU.	FRI.					
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SCHOOL PRINCIPAL _____

ADVISOR _____

IF FOUND PLEASE RETURN TO

NAME _____

ADDRESS _____ PHONE _____

NOTES _____

POS NEG POS NEG
 FIRE EARTH AIR WATER

CARDINAL 4 ♈ ARIES ① ♁ CAPRICORN ⑩ ♎ LIBRA ⑨ ♋ CANCER ④
 FIXED 8 ♌ LEO ⑤ ♉ TAURUS ② ♊ AQUARIUS ⑪ ♏ SCORPIO ⑧
 MUTABLE 3 ♐ SAGITTARIUS ⑦ ♍ VIRGO ⑥ ♊ GEMINI ③ ♉ PISCES ⑫

6 ♍ 9 ♋ 3 ♊ 6 ♍

WATER COUNTS, GIVES NUMBERS

1+7 = 8 ♈ + ♎ = ♊
 2+8 = 10 (1) ♉ + ♏ = ♌ or ♍
 3+9 = 12 (3) ♊ + ♐ = ♋ or ♌
 4+10 = 5 ♋ + ♑ = ♏
 5+11 = 7 ♌ + ♒ = ♎
 6+12 = 9 ♍ + ♏ = ♉

Saturn rules ♎ A ♁ ♏ E
 Jupiter ♋ W ♐ ♏ ♋ W
 Mars ♈ F ♏ ♏ W
 Venus ♉ E ♎ A
 Mercury ♊ A ♍ E
 Moon ♋ W
 Sun ♌ F

Uranus - extreme old age with transition
 to another state of life
 in Aries 4° in 5 house (9)
 ruled by Leo (5 ~~plan~~ sign)

Dawson - 5th house, Uranus
 eccentric, adopted children

Sun	Sun	7	} 4
Tue	Venus	6	
Wed	Mercury	5	
Mon	Moon	4	
Sat	Saturn	3	} 6
Th	Jupiter	2	
Tue	Mars	1	

Chakra 1

Coconut
~~Coccyz~~ - Sacral
unipolar
earth
double - 2 centers
nausea, yellow

2.

Spleen

fed by orange.

duodenum glands

stomach, liver, gall bladder

Stomach

crescent - water 2.5
☺ green

3.

navel

red

△

fire

eyes, anus, sympathetic nerve

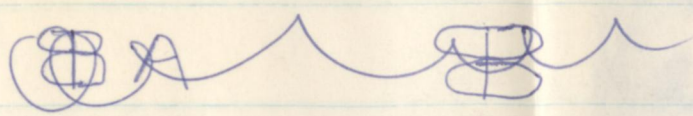
system + emanations



A B

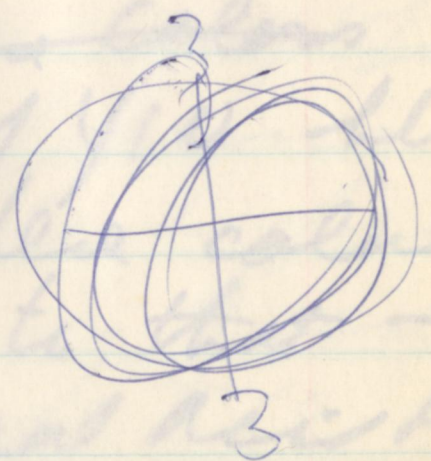
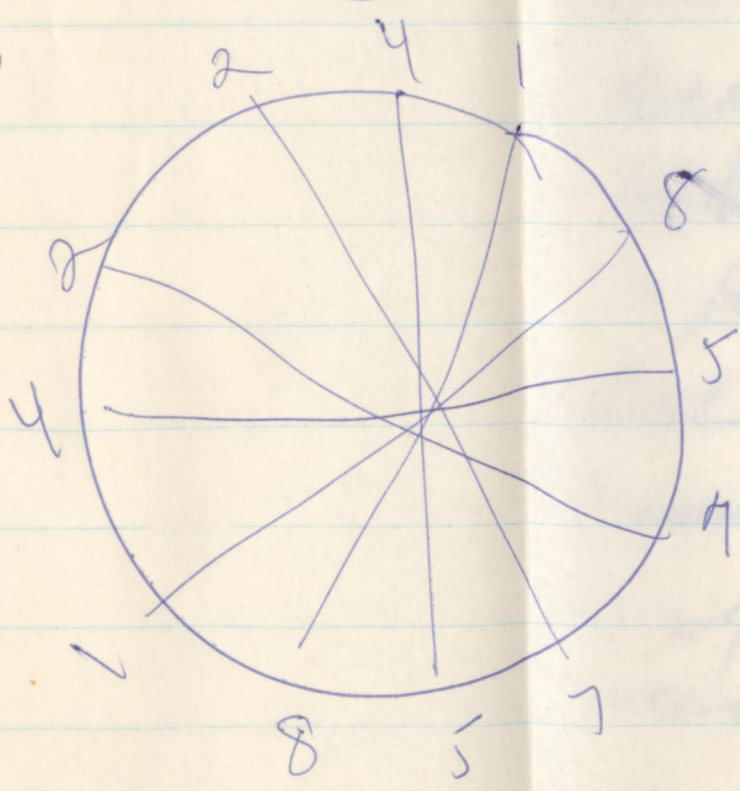
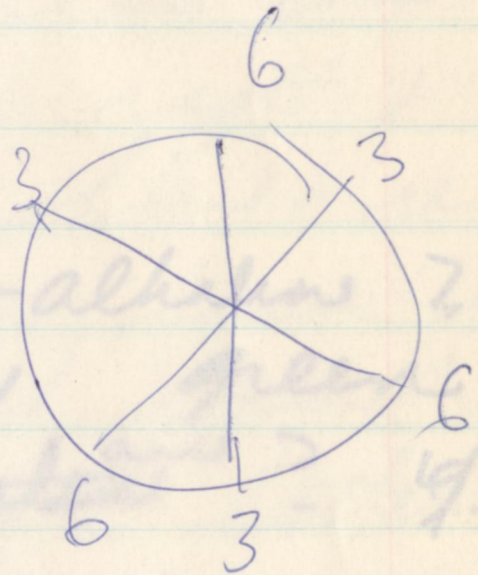
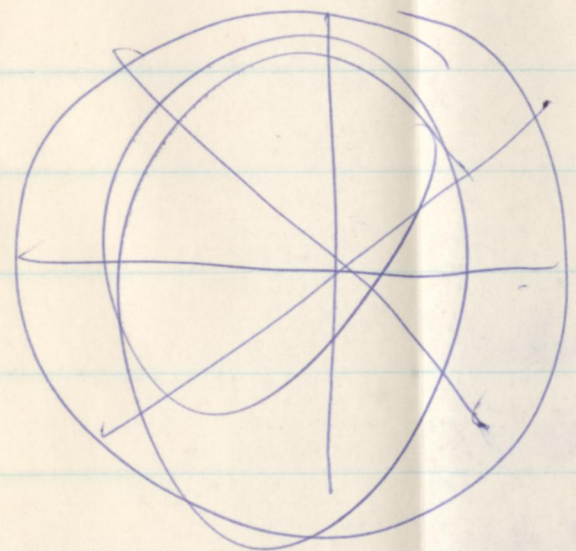
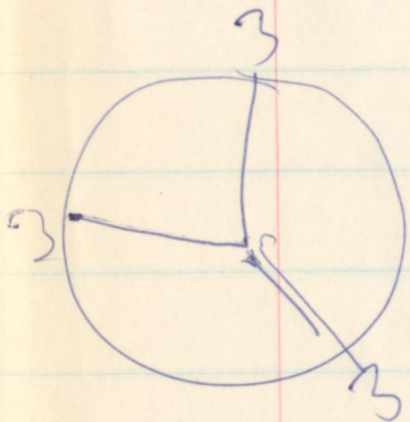
A B

birds moved into
immature Selco Lyde
in des continued
of food & cla.
incubated
for energy -
avoidance etc.



4224 | 1857 | 7581

~~1857 | 7581 | 4224~~



$$\begin{array}{r} 2 \\ 6 \\ \hline 8 \end{array}$$

$$\begin{array}{r} 7 \\ 3 \\ \hline 1 \end{array}$$

= 9

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 1
- 11 2
- 12 3

Pluto moved into
 immediate Lelca Lyday
 as dis continued
 out of food + char.
 appears to eat
 me for energy -
 avocados etc.

- alkaline 2.5*

green

what? 4.5

assume

The colors
 of 4/10 blue
 of blue colors
 say to that -
 not resist

heads 2

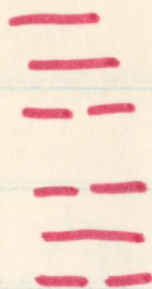
tail 3

6 -X-

7 —

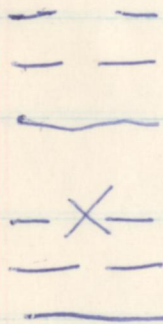
8 --

9 ⊕



59

Huan, Dispersion



51

Chen / The Arousing (Shock, Thunder)

Pluto moved into

on city of country

discontinued

food & class

advice to eat

for energy -

avocado etc.

city on ~~coastline~~ coast

alcohol 25%
green
station ? 49.5
purple
The colors
of 410 blue
of these colors
to that -
red acid

Tues

Planets on Scorpio Oct - Nov 1970

~~Jan 2~~ ♃ ♀ ☉ ♀ ♂ ♃

this morning
I stopped
peas + eggs
kubert
pancakes to eat
for energy -
avocado etc.

peas + blue
eggs red
cheese blue
wheat germ
milk milk

avocado
dried peas
dried apricots
bake

2/2
1/10
where
a who

glowing
red

- alkaline 254
green
19.5
prune

at these colors
of 4/10 blue
if these colors
way to that -
red diet

Tues.

Today, ~~according~~ Pluto moved into
Libra, or else it moves into Libra Friday.
For 2 weeks I have discontinued
this boring account of food & color.
I stopped eating pancakes to eat
fish & eggs & cheese for energy -
wheat germ, avocados etc.

fish is blue

eggs red

cheese blue

wheat germ purple

milk milk blue

avocado purple - alkaline 7.5*

dried peas - acid green

dried apricot - ~~alkaline~~ ^{acid} ? 4.5

take 1 with 1 prune.

If I knew what the colors
~~mean~~ in terms of Y10 blue
& Y10N6 red if these colors
were referring to that -
or what their real acid

glowing
red-pink
red

④

alkaline qualities (we) would
be happier & caused pay less
a more attention to the indi-
cations from the astral & a
mental plane I constantly
receive regarding diet,
clarks to cheer to balance
the YIN // ANO. No result of this
is to bring a balance in
Dune since when the
everything work right & I
am pink & heart not
squeaky (the blue veins
to bleed) I feel good.
But more the leg & better
page I concentrate on it.
The head is clearing up
& the muscle spasm
in the shoulder & face
are starting going away.
I am freed from the

out of all this, since except
 for variety nothing new
 has happened. The energy
 is moving from the
 throat energy center a
 channel to the brain center
 a 3rd eye + I have to keep
 my food + caloric balance.
 It would probably be
 easier if I ate brown
 rice + vegetables - brown
 rice supposed to have
 the perfect Yin Yang -
~~sodium - potassium~~ -
 sodium - balance of 5-1.
 Vegetables are bad for the
 ulcer + I don't know why
 I haven't been eating rice
 that for long - ~~that's~~ ~~not~~ ~~for~~
 constipation? ~~or not enough~~
~~not~~ Mucous forming?

(7)

With all the ~~blind~~ help I get I still feel totally un-
intelligent about what I do.
More clarity please.

My momentary goal is to be more
positive in my thinking - &
that includes writing. So
only positives from here on.
In fact it seems imperative to
think and positively as I
approach ~~the~~ the mental
level. As my mind grows
stronger, I thought more
effective, therefore ~~the~~
constructive ~~information~~
directions necessary. This is a
change.

I have also decided not to
efface my memory for the
personal reasons of my

muscular atrophy problems.
 I feel the memory is stored in
 the muscle. As the muscle
 spasms disappear, if the
 memory comes forward, ok -
 I shall not feel it anymore.
 The fearful trait in me is to
 sting me with my
 memories, creating ~~an~~
 despair which is what I
~~positive thought~~ must do
 away with. I was sure
 would reverse the other
 night for not having
 brought a tiny have
 (that) thought was
 right for me & I - of
 course it was too small
 & narrow & I knew it but
 the IF only thing
 & the Unseen belief

A deopic sting! Sometimes
 I feel I am being forced
 out of my bed & held by
 being faced ~~the~~ closely
 even served with them.
 If I can't learn by a small
 class I learn by a large.
 Regret, remorse, despair
~~words I must repair~~
 - feeling to repair
 Despair more a woman's
 trip than anger I feel -
 it is the rejection, the
 taking to heart, the
 inward turning of anger.
 Did I mention how
 many sweaters I created
 ended up with? ~~the box~~
~~was a store~~ of brought
 several & I found
 some at the ~~about~~ for
 to 2000.

(9)

Warm Pats can jacket LPA for me in
this house (which I am
so lucky to rent - at less than
maintenance cost - I ~~couldn't~~
~~afford the real slightly more~~
~~than~~ if I hadn't helped
a couple of people I met
casually I would never
have met the people
who covered it etc. Good
deeds return manifold.
I just I could put clearly
how much this operates
in my life. ~~As yet~~
You get what you give ~~seems~~
is a reality, not a moral
law. And good seems to
come back multiplied.
I get what I need, even if
it's half a dozen sweaters
so I can change after

enough to have very
 shaded comfortable &
 to examine the effects of
 colors & vibration. Red is
 constructive & blue is
 energizing & blue is
 cold. Purple (lavender)
 sharp has a lot of
 intensity & if you can use
 some of it OK - its a rush
 & I find it tends to
 aggravate it, so I stay
 away from it most
 of the time.

Sometimes I am relaxed, ~~that's~~
~~it~~ I haven't yet explained
 it full meaning but I
 think of the violet toned red
 of Yin & violet toned blue of
 Yang put together &
 softened.

It is interesting that Sodium + Potassium, ^{because} influence the pineal gland as well as the synapses of the nerve endings. When, some think, the permanent memory is stored. The memory stored in my muscles & memory of this life only.

A change in my energies according to days seems apparent. ~~So far Tues, ruled by Mars, is good.~~ Today is a good day (Tues. - Mars). I have noticed that Fridays (Venus) have been good for a few weeks & Saturdays (Saturn) not so good. I have to be very careful on Saturday, ~~not~~ to make any impulsive errors

~~of judgment this Saturday~~
~~was OK because I thought~~
 I must start ~~and~~ be
 careful decisions + to
 control my impulsiveness
~~the - color: checks, with changeable colors~~

About this house - the 2nd
 wonderful house I've been in
 this summer + ~~fall~~ autumn
 I can enjoy the luxury of
 other's possession with no
 thought of ownership to
 buy me. It true I get
 great satisfaction out of some
 beautiful oriental rugs I
 once had but good vibration
 texture + color mean as much
 a scrap of velvet is just as
 pleasing as something ex-
 pensive. Beautiful handouts

+ design, especially done with
 some knowledge as a
 long, thin to look at &
 inspire ~~the spirit~~ - this sounds
 inspired but ~~is true~~ after the
~~the truth~~. Indian patterns for
 example, or those that reflect
 one of the structures of the
 universe. One house I rented
 was quite different than the
 others. In one the vibrations
 were ~~not~~ cooled a bit + a lot
 of love was apparent - in the
 other the vibrations were not as
 high + it took me 2 weeks
 plus some help from 4 to
 really take over the house
 so it was comfortable in
 every room. Rearranging
 furniture, music
 candles, being there,
 in appearance.

positive thought +
feelings of love. ~~Plus~~
~~clearing of the air~~
~~please~~

It is now approaching a year
since the whole thing began.
when, being the last Mon. of Oct.
the sun had already moved
into Scorpio. In addition the
moon, venus, mercury, mars
~~saturn~~ ^{neptune} were in Scorpio some
when in this period (Halloween)?
This year only venus & mercury
join the sun in Scorpio plus
the moon in scorpio on the
19th, but before the sun
moves into the Scorpio.
Pluto will be in Libra instead
of Virgo, ~~Uranus in Libra~~ &
Neptune in Sagittarius & Mars
in Aquarius.

I'm not sure what all of it means -
 I intend to eat, not fast, & if
 the asthma get too heavy, go
 to the city & do some heavy
 work like fixing up an apt,
 instead of sitting alone in
 the country. Today was a
 struggle to eat - everything
 was "no" but regardless of
 legs & round & harm) must
 eat. I'm sitting down on
 fruit. It diffined with
 the above plus the ulcer to
 know first something that
 won't adhere to anything -
 as I can see trace a fast
 seems the only thing
 to do but I'm not repeating
 last year's trip. I'm still
 recovering from it!
 Today is ruled by

Mercury, I feel less well
 than yesterday, but it may
 be due to ~~the~~ not eating
 just yesterday & so not
 having stored energy.
 My urge to eat fast! and
 I saw a halo leave my
 head. I usually see them
 only on girls with shiny
 hair. ~~last year too~~
~~when I was~~ I saw a little
 Cornie figure the other night
 just before I closed my
 eyes, a child toy dressed
 like a friend, or a friend
 dressed like a toy. I know
 for certain it was a boy
~~because of its long~~
~~hair & where~~ ~~did I see~~
~~it on the~~ Sometimes I
 hear whispering voices &

they tell me not to eat green
foods (peaches) + to eat
dry roasted eggs + avoid
what I did today but
had just a little head
ice cream to help digest the
wheat gluten.

While looking at ^{an illustration of the} blue 9th
chakra with a golden center on a book
I saw a yellow ~~flame~~ ^{sunflower} in the
golden center + then a yellow ~~flame~~ ^{sunflower}
in the center of my chest. ~~Just~~

I plucked my eyebrows +
can see energy leaving all
the little hairs where the hair
was plucked.

tried to eat a dried peach today + I
dropped it - sure sign someone
up there is saying "drop it" -
apricot nuts + hot lattes

Tues + Thurs good so far. In yard, saw clouds of different colors leave different rooms of the house. "House cleaning" oh what a little mantra could do. ~~At the~~ ~~alpha wave~~ Wake up + saw huge bright red + green flashes from my body. Said mantra. It went away. These things do not disturb me. Neither did hearing footsteps the other night when no one was there. Ocean of - astral plane. ~~the~~ ~~mantra~~ See blue a lot around, a flat color, like blue ice cream. The same thing happened last year. I saw pink + green like strawberry + pistachio ice cream. The year I ate some pear

I am going to get some strawberries.
 Maybe next year I'll feed on
 ice cream made of violets
 (vitamins A+C). Ice cream
 keeps the energy down, like
 cream. The other day I wrote
 it was raining as I walked to
 the door to pull in a key a
 big pentagon light
 with electric fields in it in
 front of me. Maybe my
 body relaxes when I sleep
 you off this ~~extra~~ energy?

~~forget learning to tea~~
~~clairvoyant. etc.~~

When I wrote today there was
 blue-violet on the sheet. Should
 be some red violet too. (purple)
 Potassium is blue (violet?)

- 4 yellow orange
- 5 yellow
- 6 yellow green

Balchitt

7 ^{intu.} species on outside of atom
 for warm & thermal color. - same
 species pass through axis of
 atom & form mixture of electric
 colors.

largest shields for visible for
 solar ray, called thermal
 (gold light?) then smaller shields
 for red, smaller for orange
 etc. Passing around atom &
 becoming smaller & finer
 same shields form channels
 for electrical color by passing
 into water & through axis, then
 thermal names blue green
 red

- | | | | |
|---|---------------|---|---------------|
| 1 | red | 1 | blue |
| 2 | red orange | 2 | indigo-blue |
| 3 | orange | 3 | indigo |
| 4 | yellow orange | 4 | violet indigo |
| 5 | yellow | 5 | violet |
| 6 | yellow green | 6 | black water |

The life meaning of the Rose

The True Beloved ~~the~~

A seeker after God

One thing arrived on the

garden of Union and all

The traces of deep mysticism

whose heart he expounded

like the rose

I just saw an image
attached to a mouse
running around the floor
of my house

It was merged, ran
with brown & white ~~spots~~ specks
whole ~~was~~ ~~resting~~ ~~on~~ ~~that~~
some cheese

~~was it real~~ ~~was it there~~ - ~~it~~
~~was it~~ ~~what~~ ~~was~~ ~~real~~
mean, ~~warm~~ ~~to~~ ~~eat~~ ~~that~~ ~~fat~~ ~~fat~~

for if you go up a ~~spout~~
a ~~mouse~~ ~~mouse~~, ~~like~~
a butterfly - wing on a grey
mouse back ~~mouse~~
(~~mouse~~ ~~thing~~ ~~at~~ ~~the~~
Ois) imagine, while eating
some cheese? Is it ~~mouse~~
a ~~mouse~~ ~~mouse~~, ~~mouse~~
(~~mouse~~ ~~please~~!

~~add~~ the way or the
whole thing? ~~or was it~~
Is this ~~the~~ meant? The
apparitions, ~~the~~ ~~the~~! A little
clarity, please! Pardon, it
~~was late - I was~~

Well it was late, I was eating a
date. Perhaps the speed was
more than my need. But a
man on a mouse in my
way own rented house? a
lazy butterfly

This poem is called the lazy
butterfly or what's real
anyway.

Last year I asked to see
apparitions & all those roaches
started running around

my stone. So in the country
 we have a little different
 animal. Saw a chodan
 of my car pin pushed on
 me (hear: the other day) when
 thinking I shouldn't have
 paid someone who didn't even
~~deserve~~ it ~~as extra~~ the
 balance of this year. The
 money I wanted but he asked me.
 I like to be honest & pay my
 bills but I ~~still~~ should be
 careful who I give my
 money to. ~~to my employees.~~
~~to keep it~~ ~~if they don't~~
~~own it~~ ~~the~~ don't
 throw it away & if you give
 it away, me, please listen, give
 it to ~~some~~ ~~the~~ ~~right~~ someone
 who needs it & who is in
 sympathy. Onward, evolution!

Ate an awful lot today. I
 have because I fasted last
 year I'm not going to the
 other extreme ~~get~~ the one.
 Venus into Scorpio today, &
 yesterday put on the Jupiter
 blue quiet robe with a
 Neptune red violet lining
 & I got high. The energy
 rose up to my neck where
 it cleared out a gland & fore
 throat on the good side loop
 side but it gave me a stuffed
 head. Have to have a clear
 head, especially after
 my concussion 10 years
 ago. I've had ~~head~~ last
 year. So that (why) was a pain
 to drink with #2. The old
 fear was coming back slowly

used all the other cleaning
operations around here.

The printed pink sign I
saw as a no has changed to a
smooth tomato color one.
Has this to do with the ulcer?

I heard a voice yesterday say
yellow & it referred to a yellow
scrap I had but it didn't
say so I couldn't hear what
about the yellow. Saw

gentle

red & green & gold corners
off vk head - also a piece of
hole colors out of the eye.

I made a chart of my whole
life - notice things happen in
patterns - every 50 many years

I go through a big change over -
~~change over~~

LAST NIGHT: I THINK OF BEING INVITED TO VARIOUS ~~AT~~ FRIENDS FOR DINNER + UNABLE TO EAT FOOD. V DREAMS OF GOING TO A PARTY + NOT LIKING THE PEOPLE ~~SO~~ HE EATS CAKE. V THINKS OF THE GRASS IN HOUSE + MAYBE THE POLICE WILL COME. I DREAM THE POLICE COME, LOOK ^{IN} FOR GRASS + V.

THIS MORNING WE TRY TO FIGURE OUT BUT CAN'T WHETHER THE DREAM OR CONSCIOUS THOUGHT CAME FIRST. ~~WHO GOT~~ ~~WHO~~ ~~WHAT~~ ~~WHICH~~ ~~UNTO~~ ~~ON~~ ~~HOW~~ NICE DAY. BRIGHT GREEN MAPLE LEAVES TURNING RED. SAW YELLOW + BLACK STRIPES LEAVING MAILBOX. VENUS IN SCORPIO.

It's the kind that comes from a dead caterpillar on the road. We had to kill 2 hornets tonight, bad karma or not - I couldn't sleep on it.

I spend a lot of time cleaning out my bag tass, just like last year. Then I did it on the tent, pouring water or dripping on the fatty tissue to see the tiger leap out. Now I just concentrate & see plain little particles of ^{negative} energy beam, sometimes a color. No animals. I can feel the energy tickle my toe when I do it. And today walking on stone I pushed them into my instep to loosen the muscles in the bottoms of my feet. I consider energy negative when it is colorless, a clear, rather than golden. It's the head that comes from a dead caterpillar on the road. We had to kill 2 hornets tonight, bad karma or not - I couldn't sleep in li

room - we didn't feel so bad
after we saw the spider fall
dead to the floor ^{struck}
sucked ^{by} the hornets.

Trying on some new clothes.

Surprising what ^{energy} I get
from a hot print. ~~what~~
Got a pale blue ~~print~~ to
stick ^{to} extract ^{the} ~~color~~ ^{color}.

difficult to be ^{strong}
for when I want to relax
my energies; if they're too
much.

red I can take much stronger
yoga ^{than} I can. The
brown blanket that
drew me crazy creating all
kind of tensions to take to
do the yoga on + sleep
under - I have a sweater of a
similar color which is now all

September 28

red (not gold) flecks I must try to
clear it out before I wear it again.
last year I had all that purple
trouble, well ultra walt - +
this year it red. maybe. Had to
balance them + get to the red
walt - = pined gland ruled by
Uranus = 3rd eye, 6th
chakra energy level.

I saw a pup as thin as air
a pup who really wants there
to night have been there
yesterday

and what I saw was memory

U asks why does everyone hustle.
Fear? Greed? Apathy then
not gonna get enough?
Primitive instinct of
survival? 1st chakra

~~Energy level?~~ No energy level?

Doesn't everyone know they don't have to struggle to survive any more - they're plenty to go around if we'd get it around.

The problem is distribution, not production. We're over-expanded and over-extended - run biggest belly cancer a Yin disease of expansion

To aid the body in absorbing Lion (dissolved only in acid like peatlin / Calcium) = take with Yogurt, cottage cheese made from soured milk, citrus, apples, nectarine with copper (purses).

Food for hemoglobin - apricot, egg

I opened the Tao to the west on
 that ~~perhaps~~ LV - "To try to add
 to one's vitality is called *W-omened*"
 + then "Opened" lot of bean yogurt
 to some recipe for cottage cheese,
~~found about a passage about that~~
 ones 40 needing extra nutrition
 for the endocrine glands (saw
 a list). I've been staying off
 meat product except for
 cheese to ~~see~~ get rid of the
 extra mucus from the
~~area of~~ *Yogurt* ~~from~~ 6 or 7
 weeks of yogurt. I guess
~~now~~ I've been advised to
 take too much ^{milk a year} because
 it's ~~not~~ ^{at the} ~~the~~ I thought
 it hampered the *hurdle*
 by causing fat *accumulation*

3 weeks before today

(30)

contraction, but I guess it
time to ~~eat~~^{take} more of it. I ate
ice cream & cottage cheese
today plus powdered egg +
arrabado with a little cream
& the ulcers feel much better.
I gained a lot of weight
~~when I added protein powder~~
~~& dry skim milk~~
anyway protein for the
nerves seems to be essential.
for me at this point. I eat
fish 3-4 times a week. I'm
going to powder it & eat it
easier to digest. I eat a
lot of eggs + some fruit of
cheese every day but I'm
going bad to a little yogurt
& apple.

3 weeks before Bday

~~00~~

~~11~~

37

I saw the mouse without
the will

So ^{here} ~~this~~ a little song I sing

I must have ^{been} up pretty high
to see a mouse equipped to fly"

V leaves - we are out of sorts w each

other, he not speaking much & I'm

glad because he impassively
pontifical. I don't have, have
some peace, think about how
to start ~~again~~ who is

disillusioned & sad at on some
reading that ~~will~~ might open
his mind. The Tao - with
passage marked? Joe's reply

When I go to bed but dream
of meeting a man ^{more mature} ~~than~~ I

V who can be my companion,

Dream

I'm at the party with a friend
 & I say to my friend, I'm going
 to meet someone - & if I do just
 leave us alone. So the man comes
 over in a business suit ~~but~~ &
 so we loaded and lead & we
 know instantly we're known
 each other ~~before~~ in a ble line
 & are here at the party to meet,
~~last other~~ My sexual desire
 for him are sublimated into
 a profound feeling of ~~Harmonious~~
~~and a prostitution bond~~

closeness & one purpose for he
 is in the service of the universe
 & we go off happily together
 to see a friend of mine &
 try to put a little light on
 his head

Today with the other people
 on my table ~~on~~ left side

a ramped color - the the
 color of the lights I see from
 my body - I like a ~~all~~
 colored head drawing a
 streak of red down the
 outside. I've been wearing
 the same pale pink ^{short sleeve} 2nd
 hand flannel nightgown
 (B1) for 6 weeks now +
 perhaps because of the thin
 worn out cloth I ~~am~~ able to
 sit lawrence I am able to
 keep wearing it while sweating
~~out~~ + still get impossible
 after a ~~short~~ while, especially
 the ones that are very yellow
 colored, have purple like.
 Before this I wore a white
 cotton nightgown, the Indian
 kind with little embroidery
 at the neck for 5 weeks

* Plus shirt are bad because the little holes
in the embroidery of the neck put up sweat

55

but I can't wear it any
more. ~~It's~~ because of the
aunt which does a lot
of hot water into the shirt.*
~~I find~~ while for years ~~in~~
(~~the~~ ~~man~~) has the factory
of law to set up a purification
charade in a house.
Everyone who comes in leaves
their outdoor clothes in one
room, (addition: chairs, their
inside clothes with a wash)
take a shower, put on a
plano white robe &
~~and~~ ~~sledder~~ ~~sarlar~~ &
emerges into the house
what is my simple deities
(I once had a fancy for
darning a studio in all
white with white foam
cushion). ~~the~~ are

no least colors or
 embroidery or ~~holes~~ eyelet
 to attract bad energy pasted.
 I thought I had tried the
 yoyo with a always was
 a simple white garment.
 It seems to much easier to
 handle the vibration that
 way. The light is not
~~disturbed~~ burden up by
 colors. Last night I read
 about the lesson + they too
 wore simple white garment.
 I wish I had one instead of
 the ~~tan~~ night gown. I
~~assume~~ ~~and the Pythagoras~~
~~too~~ I assume it's the best
 way to handle vibration.
 about to rub yourself clean
 in an energy sense. If
 you're a little clairvoyant

The colors stand up best on
 a white ground! I can't see
 areas but I guess they too
 should be seen more
 clearly for a while now.
~~Still I think of the fact you~~
~~can purify white~~ ~~it~~
 cause of your's your's theory
 a purification, anyway. By
 these two colors in white
 I have are distracting -
 although it is nice and
 in a while to run up your
 energy with a red-orange-
 yellow or low it out with
 a blue-green. ~~and~~ So
 in my dream world there
 were a pal pink & green
 where as well as white &
 these ~~who at that~~
 can't but can balance

these ~~you or your~~ ^{enough} conditions
 with a little color. The
 Esoteric philosophy seems
 closest to mine of any school
 I've read of so far. They use
 their powers for prophecy &
 healing & gave money &
 help to those who needed it.
 They lived in a community &
 shared all their worldly goods.
 It seems so much easier
 than now - if I give &
 too much money, I begin
 to feel that he's chaining
 me, & I worry about my
 future security a lot -
 but today under the
 pen a thought occurred
 to me that no one is
 in the service of the universe
 only chief of the salvation.

It's the hardest thing for me to believe. But if you're on ^{em. dip's way} ~~some path~~, someone always will be needed for you to live. ~~At least you~~ ~~ever you~~ there - Not that I'm rushing out to learn more, I make things with some help from my ~~family~~ family to get by myself, but I'd like some to share ~~your~~ ~~tv~~. share with V, who he less, ~~in~~ ~~minimum~~ ~~the~~ ~~who~~ needs it at the moment.

also I decided a few days ago that I'd go to the store for something & we picked up some food items or I got some anyway & when we got back we got into the flight & we got ~~at~~ people

in one eye & I got the puple in
 one eye & it was awful. Last
 year when I was alone I wondered
 how it would be to go through
 a purification with someone, &
 in the county & here I am &
 here husband of 1 year.
 This time it is 3 months
 instead of 3 weeks.
 Some time it came in
 some one else (to do as
 the food shopping & things
 in clutter to get for free
 or for 1/2 or so at some house)
 so I don't have to ~~leave~~
 go into town. I can go
 out doors but I saw the
 clutter problem & of course
 came in for nothing
 late last year was a
 emergency that happened

~~except you little today~~

Sometimes life's shedding
some bad when it has for
me + if I'm not in a
calm state I'll just tell
up. We have no one left
each other in this situation
to explore our + explore our
problems with so we work
out on each other, ~~to speak~~
+ dump some of our
problems on each other.

What is sometimes good +
sometimes difficult. But
we're very fond of each other.
~~Order of love~~ ~~love~~ ~~each other~~
to say the least + recognize some
very deep bond ~~in the dream~~
We're not lovers. Perhaps I
should be easier on him
because he's young + has

to matter. But that's silly in
another way because it's a
very advanced person very
very old soul & ought to act
~~better~~ - in more healthy will,
the Saul's age than his body's.

~~But~~ Today was a depressing day,
not so bad for the ulcer but
not much else either. All the cream
cottage cheese + egg yolk are
constituting + prevent anything
solid in my head from happening.
I should have known when I saw
a pancake on the wood burner +
the ~~meat~~ cheese on the wood
death ~~that~~ I had better quit
those 2. The cheese was constituting
+ the pancake both bad on
stomach + when ~~it~~ sent
those pieces from the enemy
was going to me + hit the

ulcers & indigestion. ~~They say~~
when the energy goes through it
~~intestines & then comes back~~
~~etc.~~ As ~~the~~ it doesn't extend
you find feel what you have
more & then they say it cures
you. It is happening, ~~the~~
~~less~~ but nothing
is completely cured as yet.

I feel this uncomfortable heat
when the energy rise, as if
I want to breathe more & open
all the windows. ~~Heaven~~
~~moves out of Vigo into Libra~~

I look upon these last 3 weeks
~~in the country~~ as analogous
to my 3 week fast last year but
of course that didn't begin
until the sun moved into
~~Scorpio~~. My sun sign & that
~~is~~ still ~~in~~ some days
that's not yet.

B
1944

~~get. for that.~~ About the difficulty
of an ignorant typewriter man
of my predicament.
Some time ago I ~~was~~

One must not confuse egotism
with passivity

+

warning

boat

boat ok

for X

~~American~~ m

X

me ~~on boat~~

me on boat

flash red yald

that's a no

a yes

Pull
Today

7/15

Dep-Bal 13.06

8/11 200

8/25 100

9/15 200

513.06

sv ch. 75

8/15 75

9/15 75

sv checks 60

2.85

checks 149.00

44.52

35.00

10.00

149.00

44.52

432.04

+ 2.85

434.89

font o
tax

513.06

- 434.89

78.17

Bal 10/1

7/15

Depos-Bal 13.06

8/11 200

8/25 100

9/15 200

513.06

sw ch. 75

8/15 75

9/15 75

sw checks 60

2.85

checks 149.00

44.52

35.00

10.00

149.00

44.52

432.04

+ 2.85

434.89

font
for X

513.06

- 434.89

78.17

Bal 10/1

VIT +

FOOD 7-24 - 11/19

Indonesia 17 wks

Depos Bal 13.06

7-24 280

8-31 180

9/15 240

513.06

sm ch. 85

8/15 105

9/15 95

so checks 140

285

23

checks 322.00

324.52

485.00

220.00

159.00

84.52

492.04

+ ~~306.85~~

297.89

(17) wks food
- 434.89

17 $\overline{) 297.00}$
17
127
119
80
68

78.17 Bal 10/1

7/24 49

~~W/B~~

~~W/B~~

~~W/B~~

7/31

121 ^{less} _{phone}

(phone 28) + 622

~~49~~

8/1

42

42

8/14

27

27

8/21

62

62

8/28

55

55

9/4

42

42

9/11

38

38

9/18

68

9/25

62

10/2

30

10/9

60

10/16

48

10/23

44

10/31

55

11/6

33

11/13

43

49

71

~~49~~

386

~~408~~ ÷ 7 =

55 weeks
aw
exp.

49 ¹⁰/₁₂
12 | 598
48
118
108
10

50
week

598

125

17 [723] 42,521

68

43

34

90

85

50

aw (43)

Sept 11 Bal 128

Shend 38

90

Sept 18 Bal 90

Cash check 150

Bal 27 240

Shend 68

172

Sept 25 Bal 172

Shend 62

110

Oct 2 Bal 110

Oct 2 -0

Oct 9 60 Bal 50

Oct 16 0

Oct 23 44 +120

Oct 30 5

Nov 6 33 Bal 88

Nov 13 23

Denver - 212-787-6040 before noon
alt 787-3517

USEFUL INFORMATION

MULTIPLICATION TABLE

1	2	3	4	5	6	7	8	9	10	11	12
2	4	6	8	10	12	14	16	18	20	22	24
3	6	9	12	15	18	21	24	27	30	33	36
4	8	12	16	20	24	28	32	36	40	44	48
5	10	15	20	25	30	35	40	45	50	55	60
6	12	18	24	30	36	42	48	54	60	66	72
7	14	21	28	35	42	49	56	63	70	77	84
8	16	24	32	40	48	56	64	72	80	88	96
9	18	27	36	45	54	63	72	81	90	99	108
10	20	30	40	50	60	70	80	90	100	110	120
11	22	33	44	55	66	77	88	99	110	121	132
12	24	36	48	60	72	84	96	108	120	132	144

Cubic Measure.

1728 cu. in.-----1 cu. ft.
27 cu. ft.-----1 cu. yd.
128 cu. ft.-----1 cord
1 cu. yd.-----1 load (of earth, etc.)

24 1/2 cu. ft.-----1 perch
Note: A cord of wood is a pile 8 ft. long, 4 ft. wide and 4 ft. high

A perch of stone varies in different parts of the country, but is usually considered as 1 rd. long, 1 ft. high and 1 1/2 ft. thick.

Avoirdupois Weight

16 ounces make...1 pound
100 lbs. make...1 cwt.
2000 pounds make...1 ton
24 grains...1 pennyweight

Troy Weight

20 pennyweight...1 ounce
12 ounces...1 pound
Apothecaries' Weight
20 grains make...1 scruple
3 scruples make...1 dram
8 drams make...1 ounce
12 ounces make...1 pound

Miscellaneous Weights

1 keg of nails...100 lbs.
1 bbl. of salt...280 lbs.
1 bbl. of Flour...196 lbs.
1 bbl. of Pork or Beef weighs...200 lbs.
1 firkin of Butter...56 lbs.

Square Measure.

144 sq. in. make...1 sq. ft.
9 sq. ft. make...1 sq. yd.
30 1/4 sq. yds. make...1 sq. rod
160 sq. rods...1 acre
640 acres...1 sq. mile, or 1 section
36 sq. miles...1 township

Miscellaneous Cubic Measure.

231 cu. in. make...1 gallon
2150 cu. in. make...1 bushel
40 cu. ft. make...1 ton shipping

Dry Measure.

2 pints make...1 quart
8 quarts make...1 peck
4 pecks make...1 bushel

Liquid Measure.

4 gills make...1 pint
2 pints make...1 quart
4 quarts make...1 gallon
31 1/2 gallons...1 barrel
2 barrels, or 63 gallons, make...1 hogshead

Miscellaneous Measures.

12 units make...1 dozen
12 dozen make...1 gross
12 gross...1 great gross
20 units make...1 score
Miscellaneous Long Meas.
4 inches make...1 hand
6 feet make...1 fathom
120 faths...1 cable length
1.15 miles, nearly...1 knot
Surveyor's Long Measure
7.92 inches make...1 link
25 links make...1 rod
4 rods or 100 links...1 chain
80 chaine...1 mile

Long Measure.

12 inches make...1 foot
3 feet make...1 yard
5 1/2 yds or 16 1/2 ft. make 1 rod, pole or perch
320 rods, or 5280 feet make...1 mile
8 furlongs make...1 mile
40 rods make...1 furlong
69 1-6 miles...1 degree

Paper Measure.

24 sheets make...1 quire
20 quires make...1 ream
2 reams make...1 bundle
5 bundles make...1 bale
1 bale contains 200 quires, or 4800 sheets.
480 sheets...1 ream
For convenience in counting, 500 sheets are more often called a ream, and the word quire is used only for the folded note-paper.

Measure of Time.

60 seconds make...1 minute
60 minutes...1 hour
24 hours...1 day
7 days...1 week
30 days...1 commercial month
12 months...1 year
360 days...1 commercial yr.
365 days...1 common year
366 days...1 leap year
100 years...1 century

United States Money.

10 mills make...1 cent
10 cents...1 dime
10 dimes...1 dollar
10 dollars...1 eagle

English Money.

4 farthings...1 penny
12 pence...1 shilling
20 shillings...1 pound, Sterling