

~~But~~ the 3×3 make sense to me.

And ~~then~~ another 1 for beyond the

beyond ~~as~~ the del in 1. 3×1 .

3×3 or 1. in the, it. 2 center.

Tell you most I ever get

there.

57

Cinnamon bun
There might with
scrambled & the lex
& cream cheese

A
True
Airs

Revealed

52

Scapio

Aries	Substance	Orientation
Taurus	Form	Capacity
Gemini	Possibilities	Charisma
Cancer	Needs	Means
Leo	Impulse	Goals
Virgo	Assimilation	Substance
Libra	Elimination	Form
Scapio	Orientation	Possibilities
Sag.	Capacity	Needs
Capricorn	Charisma	Impulse
Aqu.	Means	Assimilation
Pisces	Goals	Elimination

Width of Cal C = width of astrological house overlaps

~~He overlaps capacity on means & goals~~
his capacity (C; here elimination)
overlaps Means + Goals (B)

Baloo
on
Task.
15 min
quiet

lie on floor feet together - right &
left hand. Hold hands
- imagine energy flow from left to right
1P healee - 3 groups 6

53

1. feet
energy flows through arms &
legs from left to right

2. say
luminous energy flowing
around group

3. saw hills of energy in arches of
group - flames out through
ceiling

4. saw 18 lights around room,
apparently above each person ~~and~~
lights oscillated & changed color
in time with music

5. Saw 3 distinct entities (human,
nonhuman, luminous, dark)

6. felt entities rushing through
group, did not see

concentrated on Balus - Heigl
nats in head, melody in chest -
low nats in belly.

Group meditation:

hands & feet	consciousness goals
forearm & foreleg	(with relationship) - means
elbow & knee	Charisma
upper leg & arm	Capacity
genitals	orientation
elimination	lower belly
assimilation	upper belly
control	upper chest
needs	mouth
passivity	nose
form	eyes
substance	ears

Oscar Schrago, Chile

- 10 "I am not bio computer
- 9 ~~computer~~ ^{not} programmer
- 8 Self " program
- 7 egg " the programmer
- 6 Metaprogram " that which is programmed

to +6 → (reference to central system)

Lu walks bio computer +

- 4 Brain - Self-metaprogrammer
- 3 Brain above from 1-3 feet above
- 2 Body as body. hummer
- 1 External reality in all aspects

Divides life into 3, 6, 12, 24

stay conscious, remember

Did you see above it (to 12)

3 larger type in

head, 2 see

- 10 Unknown
- 9 essence meta programming
- 8 Self "Fort Heritage"
- 7 ego "Woodstown, New Jersey"
- 6 Meta programming in general
(no reference to central system)
- 5 Programming
- 4 Brain actions
- 3 Brain as physical structure
- 2 Body as physical structure
- 1 External reality in all aspects

27
x7
x
x2

But you've done it — (+12)
2 Erigeron type in
 book, I see

No got to No zap on certain
 foods because of high acid

Composition of and Facts About Foods

by Ford Heritage
Woodstown, New Jersey

a compilation of everything I

went to know & have been
searching from various sources

about grain, nut, fruit, veg.

No egg, cheese, milk info.

Indivisibly confirm zaps.

~~No zap to~~ No zap on certain

foods because of high acid

Content. Zans on toes, fingers,
 etc, point to Meru end
 points lead to organs (see
 acupuncture points, Do-in
 massage points,) It low-

If you play with your toes
 you hit ~~several~~ energy
 points to pituitary gland, stomach,
 brain, liver, bladder, etc.

Solution dichromide look orange
 because complementary color (violet)

Length \rightarrow wave length \rightarrow
measure \rightarrow frequency

Use Spectroscope

transmission - believed luminous shows whole spectrum

infrared - red - - - violet, ultra violet

hard to see violet, ultra violet

Sodium vapor lamps, so yellow light

Mercury vapor, so ^{purple} yellow, green, purple

Copper solution cut out red intensity. Solution looks blue because red portion of light absorbed by solution.

Sodium dichromate look orange because complementary color (violet)

cutting 60

See enlargement of water under
open) berries absorbed

From Jackson Mac Paul

186000 mile in season
light traces

2000 - 4000 ultra water

4000 - 8000 } white red
blue - red

improved - 8000

last air line, water 2000
Seymour Seven

January

Chemical

See enlargements of words when
I read. certain

From Jackson MacPaul
Stanzas for his Lezak
Laiser. color

effective
~~that~~ living? expelled? See
~~for~~ bloodshot in eyes,

effective, as if caused me
not least needs inside eye

Zen pencil on upper lip
one again. One whole

economy so small, caused
cheer with people.

No In Massage

See calms leave body.

Press on one place, calms in another. Big toe are pituitary gland. Eyes has out of

head. Liver? excretion? See red bloodshot in eyes, exaggerated, as if could see all blood vessels inside eye.

Some pimples on upper lip still again. One whale with fat so smelly could not go out with head.

Coconut, congealed starch.

When I was angry at the bank

reared a white grey hair

of light out of a man's eye

I see green coming out of my head -
~~a muddy~~ murky yellow. ~~green.~~

My Blue + red in dots over my
 eyelids. Black + ~~dirty~~

grey like fingernails in dots
 over my belly. The dirty

gray is new, like dusty
 coronet, congealed starch.


When I was angry at the bank
 I saw red + blue grey pulses
 of light out of a man's eye

blackmud
+ ~~blackmud~~ today color angry

out of my stomach.

A band tight across my
middle. Why does anger

cause the ~~adrenal~~

sight? adrenals? 

f. Read first few pages of
book & laughed. I love it.

Probably only part I will

I wrote it for anger, i.e. the

~~anger~~ ~~energy~~ who ~~is~~ released

I was angry + I wrote. Now
 how to duplicate when
 not angry. ^{More} ~~also~~ get out
 of my stomach + take my
 act @ the latest you hear,
 dried pineapple. Main-
 tained I have + strengthen
 me, blast gassy stomach
 to build smaller fats.
 Out, man, not fats.

I lay egg tubers stomach.

Full moon. I see the wings
 of my huge cucumber & tiny
~~mushrooms~~ squash in air.

Good to eat? No fays zap,
 Ned on food. sad to eat.

Ate part of each, gave away
 squash. Pineapple on jaw.

Guess give away pineapple

No silk silk want to eat
 will chase. Help digest peatins.

They ego stubborn stomach.

Want to eat bad food.

10. dried pineapple. banana

(+ V gone, book? all)

How is that I like

I am not sure of that

maltingering spent who

put the face all over

my book. want some

not write, I saw a

pansy ~~plus~~ faced pleasant

napu with a bear.

I saw a palmist who
told me I wasn't honest
(in my book? All I
know is that I like
bananas + bananas are
good for me. What do
you know. A no is a
tree that grows. By 2000
give or take a year the
planet earth may not be
here.

PC, SE, CP, FS, +II, PC, H.C, SWI-6
GT, Y, F, I.E.

Let TV & game hunt & sell

look at the TV guide & see

what movie is on.

Vestigial what?

Imagine an arm, wide,
with a foot on either side.

Send out handwritten thoughts

~~Let me register in~~

Keeps registered out

Reasons to Commit Suicide

as I should

Because my stomach is so

hurts on wood

I turned down the door

aperture door

Because yesterday I turned

ash for mine

my mind & head, & every

I saw my matter as who

Because matter is not I can

do was, her sum, & was

mystery of I had so much

free of her. And now

all the time I am not getting

busy, having to be

I can't watch movie & do

you too shall desire

because I don't see the point of

remember in understanding

my body I want a cure on

nothing happens to my

Reasons to Commit Suicide

Because my stomach is so bloated I always feel pain

I used to have a hole in + let the air out

Because yesterday I turned my stomach open again + today my stomach + bladder + kidney + liver but but but

Because sometimes I eat I can digest + I can relax + enjoy anything + I eat so much I

Can't see anyone + I feel sad all the time + I'm not getting better because I can't go

+ I can't watch movies + do anything but rest about food because ~~I don't want to think of~~

~~me any more~~ I'm tired + my body I want a new one nothing happens to my

head I'm not writing & publishing
 no one talks to me about ~~and~~
~~pretty~~ anymore I feel like a
 nobody my mother & Jerry
 I'm still attached to my
 father the present I'm a
 modest I'm miserable
 I cry all the time I'm tired of
 pain I haven't done work for
 some time I want to ~~myself~~
 mess up my hair in
 an earlier like I'm praying
 I'm praying I don't want to
 pay any more got don't care
 see this miserable name
 appears I'd rather die

After I wrote this I went to the
 bathroom & shot a lot of liquid
 out & felt a lot better.

//
 potatoes potatoes potatoes,
 who am I. I miss my old identity,
 writes, ~~poet, performer, actor~~
~~poet~~ poet, performer, actor.
 Somewhere in there I had an
 identity that lived in a certain
 place & wore certain clothes
 I tried to change everything
 get rid of it all. Wear old clothes
 that belong to someone else &
 don't fit. Live in a new place
 no goods of my own a sheet
 maybe some pants. Nothing to
 call identity on so I can relate
 to people or thoughts, me, from
 9 cents uncluttered & uncom-
 habiting. When I buy one
 T shirt I really like I put
 it on & it's the old me, looking

out of the eyes of the woman
 wearing that attractive T shirt.
 Not quite the old me, OK,
 but some of me, not just
 the looking out of the eyes
 at. ~~I don't want to be ugly~~
 eyes? But then the package
 is here for what purpose, &
 requires a shape & wrapping,
 and last a lot of weight. If I
 wear clothes that fit well I
 feel small & feminine.

Is it spring. I'm feeling
 better. for 4 days I ran around
 with some of the old zap.

Went upstairs even & did a
 pencil from heels, a heap
 a fact unscathed uncreasing.
~~what do I get to~~ a lot.

In almost 2 years I've tried
 to get rid of the personality
 entourage, friends, associate
 activities changed. I want
 back some of what I threw
 away. I'd my friend, my
 career, my wrapping, but
 I don't want it to attack itself
 unless I truly find it useful.
 What? I mean I don't
 want to put it back on with
 a T shirt. Or maybe if I do
 I'll see how little a much
 we changed. ~~Go into some of~~
~~the old habits to see~~ ~~lets~~
 I ask the spirit of it & says
 do not publish this book.
 I want to, very much, I would
 feel more like a me, person
 if I did. Flash of gold

on wall

light from drawing followed
 by blue & yellow light. Yes
 signs. Drawing made by me
 in country, TV gone. Mrs. J.
 Nan always darts a lot.
 Caught cold. When is the
 best place from when to
 approach ~~the~~ a virus. (Lupi
 books for healing) The physical,
~~mental~~ ^{electric judge} [massage temple]
 mental (I have no cold, I. O.
 I am well, ~~no~~ I never am
 anything but ^{well} spent ~~so~~ so
 have (an) (lost myself well)
 Spiritual (I love me from my
 great warm heart ~~well~~) or
 abstract (could not buy, see
 comes a zap.) or that
 physical? (~~the fixed gaze~~)
 (the eye, the eye)

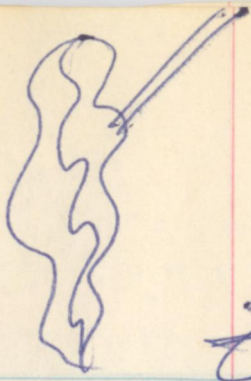
the laying on of gaps. The
 laying on of categories, I tell
 you. Now I can lie down & I
~~feel~~ it all go away & then I come
 back & so does it! So I think,
 well, I have a warm. Hence
 I told you about my hot feet?
 2 night in a row, these hot
 feet & last night a hot leg. The
 palmist says I don't tell the truth
 when I write. I'm trying to
 figure out who I am. My
 glasses hurt the side of my
 head. I have no breath control.
 I had bread twice yesterday,
 or no want when anyone I
 got up so early Sunday such a
 clammy walked street 8:30
 found resin pumped
 after hours & half, sweet belts
 turns to 2 I love you comes.

not again

what haven't had a day like that
 in then went to Naluta 2
 health type peanut butter
 candy bars that give you the
 smell of fat & salt & peanut
 butter pineapple jam sandwich
 whole wheat all organic yum
 listening to some ~~flat~~ ^{men}
 music of the ~~3rd~~ ^{single} eye he ~~for~~
 your whole body be full of
 light. ~~They were men of color.~~
~~That is, no flates & flates.~~
 If your eye be single you
 beery be light. If your
 eye be single you be light.
 If your eye be single you be.
 ready that see throat a
 green lump. Dispasses walk
 from city, 2 was behind in
 rent. Must rescue.

Must new notebook, write any
 way. Sell with spirit, bad for
 style. What the point will I
 say 30 more years or so before the
 whatever + will they save
 the book? And not why
~~not + if not before will it~~
~~drive anyone sane will it~~
 make you more or less sane.
 The only thing a possible lie in
 the back the lump is my
 throat may not be green.

Am not sure of that one. I
~~may be wrong~~ ~~of course~~
~~about everything~~ but the fact
 I'm down is recording what
 happens to me & what I attempt
 to make of it. Don't be a shy
~~sex~~ I may think I'm
 right but that is an opinion



~~There~~ It all seems useless in
the face of oblivion. If you
~~get the rock~~ Noches Squish less if
you hit them when they settle
I notice that I have put on a shield
since writing this from =, that is
I am writing ~~conscious~~ of myself
as a writer. Do not delete yourself,
save the palest ~~meanings~~, red
flesh from my head, cut out
those things that other people will
delete if I don't. I can't bear my own
cute boredom. ~~ended~~.

When the names
glay
kingdom
forever
amen

The Self Song

8/2

only little bit
that selfish ego
can't be way
that we go

I am stubborn perfectionist
miserable over correction of
other, ~~intolerant~~ impatient &
need to be loved, paid attention to
& listened to I cannot eat heart
butcher & devour my higher
self

good after ch

tid ettel jul
one steplaz fait
you et tra
open

Good day

[Faint mirrored handwriting, likely bleed-through from the reverse side]

9pm *Brookli steams*

late

small dinner

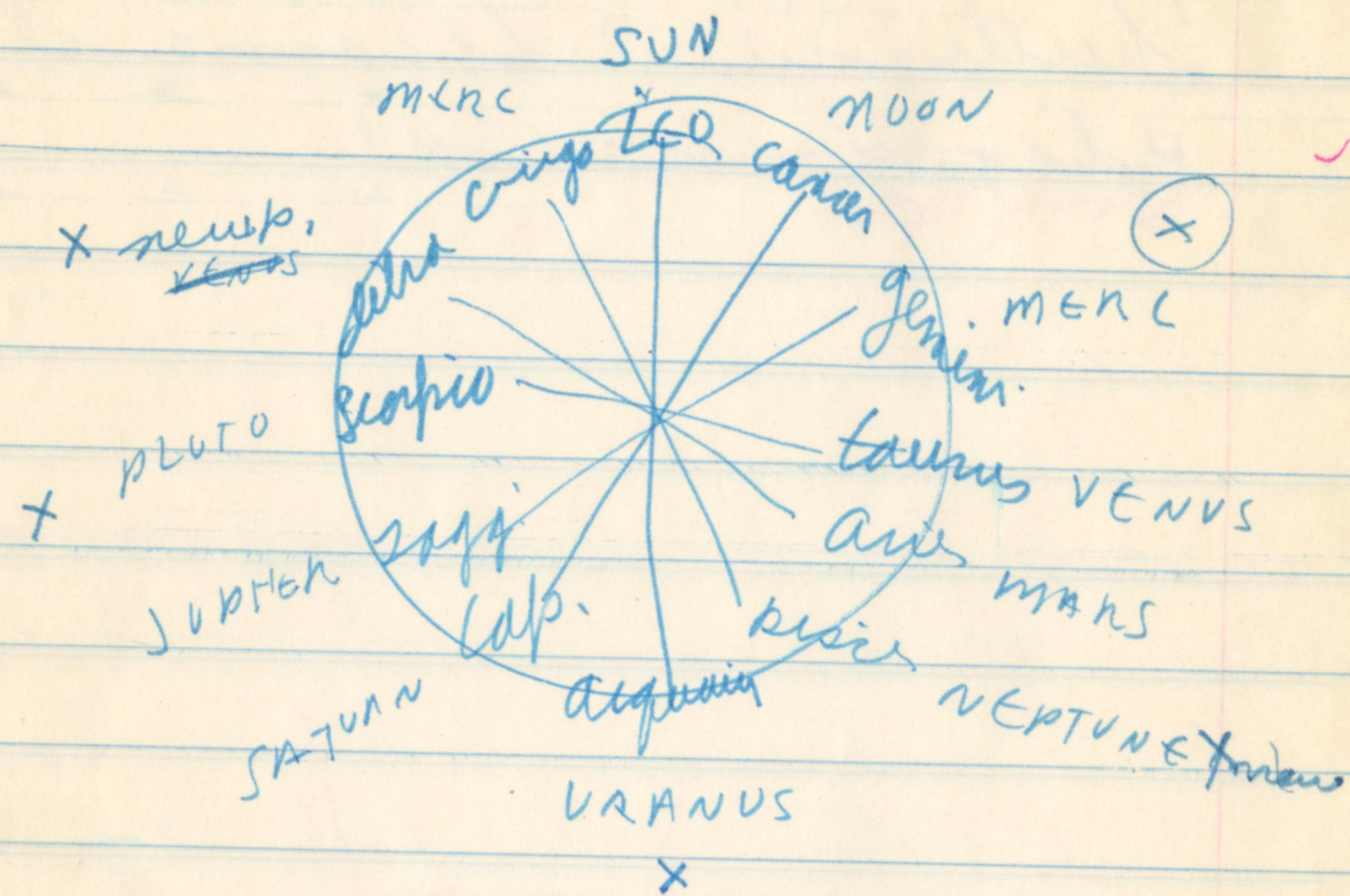
3 small dinner

5:15 1/2 g chas

4 bananas - 3:45

Sat about 1 8 hrs sleep

This + last week - on the 5th day
of either a cheese run or peanut
butter run I became ill,
~~4 days of a kind of~~



13

The refugees

- * I help putting my organs through terrible stress (over-eating work food, etc)
- * It's mucous (grey lining in intestine I see)
- * She's exhelling
- * Heart drain on energy - ~~change~~
- * Tell him I didn't get a chance to wear them (belt + pin)

ARISTA
Compositions

Name

Patatas

School

[scribbled]

Grade

[scribbled]

69¢

9 3/4 in. x 7 1/2 in.

100 LEAVES

New York Loose Leaf Corp. N.Y. 10452

1
The vegetables flash to me
at the vegetable stand.
If I cannot see the flash &
buy it anyway it turns
out to be bad. How me

We caught a lot of potatoes
that looked good but
flashed ~~at~~ to line them
so my quanta are taken
down. I went to a Japanese
massageist - Ste was

benign - characteristic plus
pressure at acupuncture

points. Every time I

spelled she said stomach

point - stomach & had -

I know I know. Explain

hair at both side of

temple I thought from

birth trauma faces

memory - stomach point.

Wang hair right side

Nalth. Maybe storm had

but became frank

Circulation cut off?

Possibly? Children, do
not hesitate to be born.

Met and here with the

rest of us + do your duty.

Whatever it is - joy -

deity, to god + man -

find the place where both

are the same - prevalence

country 0 subs said we
 most realize ourselves
 that come closest to cosmic
purpose when we are
 in pleasure. Pleasure
removable removes me
 above eq level. ~~also~~ ~~but~~
~~anyway~~ super high
 recommend ^{the} ~~disruptive~~
manday. Felt unity in
 place? haven't since

too much. Painful
 country. Spiced pain
 bladder, upset liver
 haemorrhoids. Started to cry -
 at well. She says that
 that releases ~~but~~ energy to
 has plus kidneys stop
 plan into head or left
~~side~~
 side. So cry if you
 don't feel any ^{she} is to
 Very hot all day. Wants me
 endorse system
 to give up raw salads, ^{but} but
 through acupuncture
 Cook fruit + eat milk
^{fruits} ^{through} ^{meat}
 badly. Exacerbated at
 day day on. Much better
 1/2 pint raspberries honey
 results. Eat some
 we mean. Too sweet +

too much. Pain gall
 bladder, upset liver.
 ah well. She says they
 had plus kidney stones
 intestine. What up doc?
 Row think any ^{TIE} can be
 endocrine system
 through acupuncture
 joints through. Next
 day do yoga. Much better
 results. Eat small

Mustard seed, veg. food.

Mustard, later lakini

apple. Much smaller

gas. Pencil drawn
itd

smallest burn. 4/200

seed for stomach.

do more mustard!

Yoga today. then potato

bullet for breakfast.

when can be just find a
rational for that?

What's on TV. a movie?

about angels? Please

As I can shut off my

Telet. We'll do it on request.

Peaceful sleep, yoga

write mornings into

what time. Just another

point. 9 altogether.

I sleep once a week.

Every 2 or 3 weeks, I take

1 hour sleeping bag

of laundry to a laundress
 mat that does it for me
 for Bl. I wear stringer
 pants & t shirt & sweater.
 I must someone wanted
 wash my floor.

Quem with S. In gym

on floor slam raising
 back Isap can you come
 up all the way? I try
 heel, back straight - slight

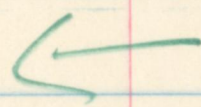
on way up Dash 5 of Jam
goes up at a steady pace.

Dash Time. He says both
yes. Slowly slow almost
impossible. Not over to
make sure. Yes. slow & steady,

strain ^{on foot} but by ^{small} pressure

on feet & will at same body

straight up & standing.



↳ then, for direction of

pressure on feet & feet

raised a few pounds.

straight up at

head level & no floating

I float up to ceiling &

bounce against it.

S & I laugh. I see's

it looks like well but
really my best 4 to
 light just the pressure
 in the feet do it. Then I'm
 with friends at oblique
meets snow. Geneva
 temple. We have always
 sent petition for our
 landlady. We want to stay
 in our apt. I ask for ~~one~~ 1
 year low but see us

and also asks for 11 50

ask for 10. 1-11-10. ?

Then get dressed to go

some when clark on down

each the pop. have now

you always look. does

I say used to but not

now to say. yes now.

Then with friend writing

Some. she was good

but just believe

we

Should remember exact

words + I do not write

down fast enough.

Wake up write the down

fast enough. Dream

no doubt result of low

falling on head last

night. Hit right side

of top and cheaper than

Japanese message. Maybe

from beginning to project

my astral body. Boy was
 I cauped the ever the
 silver and be loosed -
~~of the golden to~~ hang
 in...
 I didn't learn to mess
 about acupuncture
 pressure point from the
 massage because she
 didn't tell all the time -
 but the right arm

immed pain is stomach?

Sometimes I get dead jobs

on organs, or at attrition

joint like fungus or elbow,

a favorite. After eating

we clean at the night

fungus joint lit up.

See liver on up. Must not

eat with us more.

Have began to hunt all

yesterday. See green

Will dot on ^{was} pear?

See pear, without skin on
pear. Did it catch? See

blue on pear. That has

causes I type this. You

tell me. More interference

from the signal cap.

No says zap. Yes say I.

No says two.

The will against the

denial will - the smaller

one will against the

helps me well. The

me well against the
of, knew!

devil well. Yes in

Some last night dream

Some answer good to

a chance the evil

What^{is} have we

Put get the devil

Why on a word for rhythm

By men, Battle E. Mark

for nothing in number

a week from tomorrow is
 Spring. Call as comes in the
 road in my window. He
 said is bathroom i.e.
 toilet is cold. Will I ever
 do a bathroom as warm as
 warm as the kitchen?
 Put on oven hat on wool
 skirt sit at kitchen table
 by men. Bottle E. More
 for supper in mender

Hendon, where spam.
 also wrinkles. Wale us
 annoyed at y. - it a week
 now. It was a shit on the
 phone & I didn't answer
 him bad enough. Don't
 want to call him & hope he
 doesn't call me but when
 I had said just why he was
 a shit. Get he wanted
 embrother (NO) gets ⁱⁿ get
 have apologized & then

Wouldn't be steering
inside. What I could forget.
It's such a small thing.
If I could learn better to
speak up at the moment or
forget something. I've
been thinking of calling
him but I really want not
to - to handle it
internally. Is that my
mistake? Something

have to be banded
outwardly; I want to be
free of him too when he
is away. The roaches came
out of the oven when I light
it - time to spray again
before the labor goes up.
I bought a 3 quart pot
cover for \$2.00 to mold the
set of 3 pots, also a thermos
\$1.19 & a new spatula

The blender checked up the
 after. Still white & blue
 patches over right eye.

Rubbing hollows
 below temples each
 side of face relieve

stomach - I burp. Can
 eat rice. ^{Washed &} Scoured fist - then

took 1 hour on water in
 what Cornhu scoured has
 been looking overnight.

Has was better. ~~Thought~~

No No. for liver. Like

butter. Eat no cheese

a egg this week. I say bit

raw peanut butter can be

digested with difficulty

cravings for more.

Put another pound.

Eat 2 peas & 2 apples a

day. New splender salad

no goat no more laure

distension in stomach.

Coat nice ✓

Coat nice very soft Gevats!

see 1 hour

See notebook cover on wood

published. Very happy to

eat well.

~~How~~

How To Use The 12 Tissue Salts
~~Esther Chapman~~

Revelations

~~12~~
~~12~~
~~12~~
~~12~~
~~12~~
~~12~~
~~12~~
~~12~~
~~12~~
~~12~~
~~12~~
~~12~~

inflammation

chronic

gastric

Kali Phos

constipation

doses

digestive tract

~~12~~
~~12~~
~~12~~

magnetic healing

pages on my hand & I can

feel my mother. So the

write say be published book give

no help to read. Feel

2.7
81

220
870

22
650
870

3/283

dull black + red light flake from

abdomen. net + gold light

flakes from ulcer. ~~Take~~

Another day. black from ulcer.

Grey flash at window.

Just Dream - I ask God to

give me magnetic healing

power in my hand so I can

heal my mother. See lb -

write say he publish book. give

me letters to read. Feel

Immediately discouraged. His

experience much better than

mine, more complete. Higher. [⇒]

Don't like use wood higher.

Simple lower. Objects

& objects to it use ~~don't like~~

agree & turn on o. can

No? or OK. The OK.

~~on~~ well. Wash in well

water. No comment. bad

dream cost reminder.

↑ vision of light came from eye

of man at bank. Why bank?

Net on wheels of truck. Is blue

on right headlight. Oh yes,

dreamt diters fallen away-

gone - have to see Dr. about it.

No sex or desire for it in 7 can

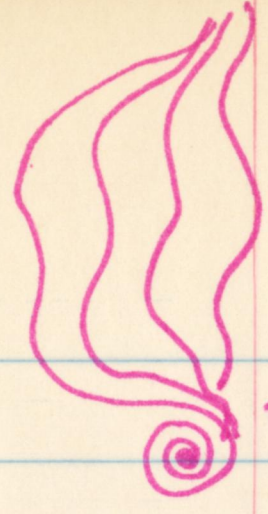
you believe ~~the~~ months. Can

eat peanut butter sometimes

now but indigestion from

it last night before sleep.

Tom depressed by Lilly. He had
had so many opportunities for
~~approval~~ ~~from~~ explanation of
himself, in depth, with
groups; ~~and~~ ~~that~~ ~~from~~
Tom had never for need
to work out. Spoke to A.
We are no longer speaking
A says. Why can't I
handle that? Why do I
get in that situation



~~that~~ when we don't ~~that~~ ^{get along}



together. I need help. I want to
die. Very low vitality. Need
to eat often. No reserves.

~~long~~ ^{long} a lot. Anemia? Got
Kali Phos - takes a long time.

Also herbal stomach remedy.

Mucus forming I think,
no yogurt then. Clean it out
don't cover it w/p.

relationships - hereditary

Mrs Telf had about an
 state +12 - feel best from
 reading it. Not a real +12
 state but a +12 state
 of the normal consciousness.
 calm, peace, loving -
 begin to understand
 relationship with A. My
 consultation with him
 started when our self was
 relationship. hindered

& he threatened to end our
 relationship. Had walked
 out one hr & was I went
 wild. Fear of that again
 I was obsessed with him.
 Fear of possession by
 obsession - ~~anger~~ / disappointments
 at loss of love energy
 coming to me from him.
 I began by hating -
 rebelled against. He

attitude (des I guess I
 to him as he to me) of
 superior knowledge +
 I had to fight a battle
 (checkbook ~~from~~ language)
 for = recognition. He
 saw me less as father.

Long argument A sum as
 of father who won't stay
 & listen to my anger / dis-
 appointment, criticism -

any negatives I feel they
lead out + I'm left
with the feelings. Must
emanate more towards

A. Must have new
relationship (Zaps say ~~all~~
^{friends} ~~is that~~ ended ~~for~~, only
stronger and.) Yes Zaps on that.

Get to +12. Had -12 experience
last year - fear + have an
astral plane.

Remembered sex forget to
 love, but, express it.
 do something like learn
 to knit. 2nd year things
 in 10 days after raspberry
 all learn. I graduate
 fresh! I made my pink
 T shirt. Trying to see
 find from me using
 above pink T shirt. I have
 have again.

Just back I even got some
 definite ^{typed} emanation from
 according to have to use
 feeling. ~~But~~ ~~not~~ ~~about~~
~~to do~~ Long inner of mine
 over this. Want to put out
 positive thought. Get not
 all etc. My shadow being
 you down? Up. Wad.
 Careful have power.
 How can you see this

but one of them to look on
the page ^{typed} after word (the
& written in pink) or up
but everyone consider like
me. It comes to so
must easier someone
wanted know how to
clear an ulcer. Every morning
up to sleep under chest.
Reddish gold blast from there,
rest side of leg. more

gold on inside of leg. Oh

too too sold flesh. well.

I have lost several pounds.

So have you and she

like this I would read their ^{feel}

thought form on ~~the~~ ^{the}

hopes. Enactment confusion =

interference from auto / inner

space as it is. My vocabulary

~~to know~~

Awake, next day, early (11:30 AM)

~~But~~ I had opt. to see ~~parallel~~
to read my ~~data~~ but definite negative

gap in my yard. Why I asked
was it me? Him? ^{Outside car window} ~~How~~?

~~How~~
To answer. Answer. Rain.

Outside circumstances ~~in~~

st trying to converse when

highly ~~likely~~ I don't, out of

I ~~miss~~ unless I have it

agree to. Never have to -

For 2 years the banks
going on - Dikes it to conserve
energy - Maybe I melt?

Summer I met the V the
say they have it rain. Usually

I sleep a lot, ~~some~~ ~~it~~

Maybe all the water seem
on somebody
deep when it rain to make
it rain - ~~May~~ I used to think
something like this but
dont any more.

depression

He wrote a novel. ~~the~~
~~what~~ No. Vel? A levon?
~~then~~ le von. ~~le von~~. lo. ven?
 loven. l'oven. hat.
 love^B in. ~~love in what~~. 12.
 love^A in ~~traces~~ heart.
 at the highest energy level.
 I think of these being 9
 (plus?) causes.
 the physical ordinary (O'Brien)

depression

It was without ~~the~~ as an eye
against A. Desire to write.

I haven't called the V the U for a
long time. ~~Ally~~ ~~in~~ ~~the~~ ~~of~~
Della regarding Ally + 12.

I see the 4th chapter of reviews
at the highest energy level. (mixed)

I think of votes being 9
(plus (?) rounds).

The physical ordinary ~~Order~~

manifestation ~~ideas~~

seeing. feeling energy -
 sounds etc. The mind,
 the ~~energy~~ the ~~mind~~ is
 in a 24 state in which
 the physical has become
 automated & works by itself -
 as self put it, all the
 program do in it runs
 smoothly. You don't
 have to come down to
 program, it's automatic

He says: plan, ~~organize~~
 put together, challenge. You
 no one else all at once &
 you just do it. He must
 be true (new thought) for
 the next part of 3 then.
 Of the emotional plan.
 Work on all emotions
 on self, ~~character~~^{ego} here.
^{self} He says memories. Not
 at all out. Clean it out

So you have a clean you +
when you go to the next level

(12) You ~~don't have to come~~

~~back~~ can feel clear

love all the way through

the energy that are zapping

you don't have to come

back (down) to 24 to

solve any emotional

hang ups. Hang ups

gone - some can then

of ^{experiences} ~~given to~~ ~~knowledge~~.

Pursuing knowledge

(my) the mental level of

the emotional grasp -

needed to, for me, all

the knowledge I can

grasp about what is

pertinent to me + literature

on the universe (~~about~~

cabala, astrology

tarot etc.) There is still

in the realm of intelligence
(am I being heavy?) only
part of it is revealed.

What's revealed more

the direction in which

one should go. Which

books to read. Which

chapters or pages or words

(for me). It would be

the emotional level

of the mental plane. _{1a}

He rest? more later sense to me

He a state into sense.

He beg change between 6 and

9. 3. 69. He turn the

death, period of ego.

2nd ego death. all

emotional hang ups gone.

So he is 12 to may 71 - ~~just~~

mental level - physical

manifestations, experience.