

(37)

~~A~~

F

A1

Home: Coffee on train with donuts.
OK. ~~cleaned~~ Getting period
tomorrow according to calendar.

ate meat last 2 weeks. ~~cleaned~~
Cleaned apt, scrubbed ^{hall + bathroom} floor,
toilet, put chair in left
took down chair from left,
cleaned shelves, closet, deposited
fudge, did dust, ~~dusted~~,
scrubbed, only left to wash
kitchen, bathroom floor &
windows. ~~what I want to do later~~
Wrote letters. Can't sleep. Is
the meat, coffee or period?

How? how coffee. See her.

~~I have few~~

at apper, clean, clean, hours of
physical activity - a day with
no gas.

Today gas, ate too much
of low muffin, ~~ate~~ doughnut
toast lettuce. Ugh

A2

I saw another ^{guy} psych. says
2 spirits, male + female,
rather good. Strengths myself
by eating properly (food)
was brought upon - includes
meat, chicken, fish, little
milk, + take B complex
vitamin + C to strengthen
+ stimulate me. ~~He~~ says
I have sluggish liver
(Chenopods told me that
last year) + low bile secretion.
Gas will eventually go

A3

away & o/k to eat ^{given} cabbage &

brussel sprouts, ~~peas~~

~~if go stimulated it will be~~

Mentioned fruit I should

have what coated? Anamney

male spirit, saw his image

in air, psycher ~~said was~~

didn't see him around me so

we agreed it was probably my

memory putting forth a picture

of this fellow in response to my

own thoughts. The outside

of #1 leg dark, deep glaucous red.

A4

I have been having pain in
finger joints (Sugar, donut?)

+ crushed together feelings
in head plus a feeling of
crankiness (Sugar?) ~~head~~

The crushed together feelings

come after eating sugar &
milk, which?

Psyche said my "out

gives the Negative energy in

comes the positive energy"

rhyme not strong enough.

To ~~ask~~ ask family of

divine mind for protection

uuuu



AJ

against ^{these} spirit forces. Lower
forces! Lower actual. And to
ask divine protection before
meditating & do not to
attract ~~at~~ any & all spirit
hangers around. & I
frequently say ~~in~~ something
on the line of the above whenever
I get a signal. I notice the
body zaps remain & are
stronger sometimes. However not
so many, & not in response to
every thought, I still ask

A6

a lot of questions, like
Should I move, having
come across the possibility
of something else. Answer
was no, ~~but~~ zap #2 thumb

~~Answer was~~ retake; answer
was not to this place.

Another? Yes.

to this place. I woke up

~~awake~~ in the middle of the
night, bad dream about X -
Cred - want to leave this

apt. ~~But don't want to go~~
zap #2 thumb.

A7

But don't want to spend energy
on new place in autumn
get easy chair to read in +
lamp, better table top + TV.
Anyway so eventually I get
a zap or something well not
every I say I use the divine
mind a higher consciousness
in the name of Jesus Christ
or the seal of Solomon to
protect me from + help me
get rid of these spirits from
the lower forces. Try

AF

that while Yavin eating
egg ~~magot~~ zap #7
side, muffin zap #2
side + steamed fruit,
usual images all over the
place on air on hand,
under arm. Good grief!

No wonder I have digestive
problems! I ate same -
~~with steak~~ steak in air,
slices of steak on air, salad
dressing in air, salad greens
on fingers, apple ~~fruit~~

A9

from her on friend ~~at~~
#2 aem, he must in
air. Busy dinner. Very
distracting, dead energy.
Destroy concentration. I
want I command these pictures
to go away. Someone is playing
head games with me, me?
Just together to say I must
be left alone during ordinary
activity, contact only during
meditation. At lecture
by route on astral plane -

A 10

no new info - thought,
perhaps there is a good
reason to publish under
assumed (head) was
going to write other name
& big ^{yellow} ~~gold~~ disc of light
flashed over ~~everyone's~~
heads of audience. Thought
that perhaps people thinking
of you would help you
on the lower actual plane
rather than let one pursue
one's spiritual development
apart from on higher plane.

A11

You can choose fortune or
fame but neither one are
what they claim. B.D.

In mundane life we
are often asked to repeat
what we have done
successfully ~~Atto~~ but
the true artist prefers to
move on to explore new
~~regions~~, further development.

A12

Since I am asking divine mind
protection ~~of the~~ ~~mind~~
certain zaps get stronger,
I begin to wonder if some
come from ~~outside~~ force,
& some use their own
energy, & some use my
own (exhaling?) energy.

Despite my intention the
zaps persist. I wonder if the
above is true, wanted a spirit
using his own energy to a
higher more evolved spirit

A13

closer to wisdom & love. And if
so, how close is it? Close
enough for me? What
close enough when I don't
only suppress wisdom love &
guidance, communication,
information only from the purest
source itself. My own
opinion is that the firmness
Zafu seems to come from
an outside force would be
closer to the truth than the
others. again, how close.

A14

I went to urinate & got a definite
zap #2 side grain. I stopped,
remembered I was to take
urine sample to MD, & got
bottle. It seems strange
now that the gas problem
is cooling out to go to a
regular medical Dr. He
asked me what I thought
was wrong & I said
suggest liver & gall
bladder. Told him my dot.
~~He said I was probably right~~

A11

It said my situation was good & ~~my diet on the~~ I was already eating correct diet.

It ~~also~~ showed me a picture of the gas bladder, liver, stomach, & the little part of g b that is above the ^{flashed} liver line ~~through~~ red.

It ~~also~~ the x-ray showed me full of gas (a gas day) & ~~the~~ I take die pills for ~~another~~ a g b x ray ~~soon~~.

tomorrow. I wonder if any

A16

Anything will be added to my
knowledge of ^{alms} nature or use?
The comparison about whether
it is salt or sugar fogging
my head is the because
eating junket (right!)
which had butter in
it, caused this muddled
my hands ~~to~~ span
in head's can feel the blood
uncomfortably blocked
in head. Just I could digest
that roasting mess, ever

A17

though the chemical taste was
~~preparation~~ + sweetness was
overpoweringly unpleasant
at first. As to sugar for the
moment, since I have had
a hard time digesting I
have decided to ~~to have~~
~~in my own home~~ that it
is necessary to eat ~~some~~
with sugar in it for stomach
sake I will but to keep it as
little as possible. It will
be get out again - I also

A 18

find that the part of my
body where the circulation
is still impeded, little energy,
flaccid, head, shoulders +
hips # + feet - are the parts
that are most affected by
going off a pure diet.
No sugar, ~~salt~~, meat
seem not to pass through
these areas as quickly as
the other - a herbaphilic
diet's sensitivity, flesh #,
by that makes me aware of

A19

what is really happening
all over. The pain in the

hips + leg is bad enough
(food, darkness, walking
lack of yoga exercise?)

dash on food, if no, good.

to keep me from assuming
the full labor. What has
a calming effect on my

mind. ~~Have~~ I'm wondering
about going to the ~~back~~ ~~the~~

who suggested breaking
up the charm with ^{salmon} injection

A19

O has just been here. Everything I thought, he said a few moments later. Of course there were been things to talk about, like breakfast what do you want for breakfast things so it may have been that we had viewed the same way to a simple environment & it may be to record my thoughts.

The spirits went to a party with me. If they didn't like the way I danced, I got a zap in the

A20

#2 arm, a leg has floated in
the air. I assume that means
don't eat them you're getting fat
I ate 2! ^{my ajet on getting} What does it mean when
food floats in the air? No? Zep
#2 finger blue on no. Colas
are muddy. ~~Can't ask a~~
~~neg~~ one of the important
things I have learned is
~~not to ask to phrase a question~~
positively if I want a clear
answer. If I ask No? a
Zep #1 (yes) & #2 (no) both

A21

~~Always~~ mean the same. But
if I ask you? The positive answer
is a definite positive, the
negative a definite negative.
If the signals are correctly
interpreted, these cues given
to me at ~~the~~ the
beginning of all this, ~~and~~
I ^{was} ~~tried~~ to sit in the bathroom -
^{small}
a quiet place away from everyone,
where I used to, & still go when
I'm with someone & want to think
undistractedly for a moment -

A 22

Also the image seems to generate
higher laser in a small space.

So I set on the gilet of
these plates - a red light was
negative, a blue + yellow, etc -
a (eyes closed), eyes open, # 2
also negative, # 100 position.
I as confuse me because it

rhymes with me, its does more.

Rhymes are important things in
important (blue and rhymes) to
look in a thought

Is the rhyme relevant here?

A 23

After signals I used to feel
with my eyes closed but don't
ask me, ~~as~~ I guess I'm not
so high, I was taking medication
^{around} ~~at~~ that time. They were patterns
like brain waves, ~~at 70/80/90~~
shape ~~as~~ to, it seemed,
scrub clean the mind,
I no could ~~think~~ ^{eliminate} one thought
like cleaning a blackboard.
One would then not transmit,
one would set up a scoring
pattern.

A24

I sometimes think I would be
lonely without my spirit.
~~I~~ 2 people have said
better ones would come if I
got rid of them. It's like
finding ^{those} ~~people~~ you
were close to ^{and} ~~so~~ ^{will}
after all & you hear why
& there ~~always~~ a period
of loneliness maybe till you
find new friends. Right
now I'm trying to stay
active & busy socially &

A25

As not to spend ~~too~~ much
time alone thinking & being
zapped. I notice the picture
in the little circles ^{in the air,} ~~the~~ on the
velvet string & on the metal
gate have disappeared. I
saw a large flash of white
light the shape of ^{my} pants
in the air last night. ~~It~~ a
flat white, like ~~it~~ peeling
~~me~~ or dying energy, not
a deep cosmic glow from
a beam.

A26

\$ I don't want to give up being
psychic, ~~and~~ + I don't know
if that depends on their aids.
Red light on aids. Feeling in
nose. Negatives? Spirit
create obstacles. What changed
occurred to me while ago. Who
put it there? ah ah, ~~the~~
the hitched program on
Mendocino gate. I haven't
been here in a while so I
wonder if the energy need
to build up again (# 2 ear)

A 27

before it starts signalling but
maybe, oh how maybe
I'll have some leave.

taking B complex, nicotin

+ E, red on main, spend

say no on E, save it on grain.

What's wrong with it? Odd?

Don't need it? ~~Get it~~ See cannot

muffin on need. Get E from

again? If there were load

be meaningful I could

learn something. As it is -

confusion, disintegration of

energy, lack of concentration &
peace.

A28

~~Am beginning~~ to understand the
necessity for directing the will,
the love vibrations must be
set out with positive force,
not just felt. In a bond
of thought forms

52 Camera rule 74.

Rain ^{sun} ~~they~~ time astronaut too
 off from mom. It rain a lot
 when they're up there?

I saw egg salad across my way -
~~# the paper to stopped some~~

been in date some egg salad -
 have the protein shells - &
 some lettuce across the
 hamper, in the mail
 (for ammonia) 2 on finger joint.
 at some letter, for purification
 of blood stream, long digestion
 (no fat, stable protein) I hope