

(23, 24, 25 FAST)

21

COUNTRY-1 (1)

COUNTRY SECTIONS 21-31

"AK100"

Look at awhile in Daily Life: Clasp hands, leaving fore - fingers up and apart. Will them together. One forefinger <sup>goes</sup> ~~give~~ immediately to other as if drawn by a magnet. Try again. Reluctant forefinger now moves slowly to eager one. Eager one moves to close at the end. Repeat. The eager finger from first experiment remains reluctant while the other one <sup>leans</sup> ~~train~~ to move to center. Now they move more evenly together but still themselves  $\frac{1}{4}$ " apart and must be talked into touching. My aim: to have the two meet equally in the center with as much ~~zaps~~ <sup>zaps</sup> as the eager finger ~~strained~~ <sup>showed</sup> first time round.

I am in the country. Whether or not the spirit approves. <sup>As I read this 10 mins later my ~~anxiety~~ ~~was~~ ~~gone~~ ~~met~~ ~~which~~ ~~is~~ ~~what~~ ~~I~~ ~~called~~ ~~equally~~ ~~my~~ ~~mind~~ ~~at~~ ~~that~~ ~~isolated~~ ~~time~~</sup>

I cried a little when I put the deposit in the mail that 1 week ago; Please I want to be well. 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 advise. Its now I who make the decisions and the spirit gives a yes or a no on all things. He is so active. I do not always listen. For example. I had molasses with the yogurt <sup>(fermentation)</sup> and it seemed to do OK. Energy and no bad effect on the knee that I could feel. Buying food today for the summer I bought molasses against a big no. Perhaps it affects me somewhere adversely that the spirit knows, ~~being on a higher reactional level than me.~~ Perhaps I am doing myself ill by using it. The same with blueberries. Yet there is so little I can eat. I shall probably try plain yogurt for a while and see if I can get my mind to the point where I can experience these things. Yet it is 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 larger room that will be OK. I had a red warning on the rug - the color is sharp and last fall I went through a whole thing of being sensitive to certain colors and fabrics. (Some send off too heavy vibes.)

I can't feel all the time

~~Only~~ <sup>I</sup> 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 pain goes to my knee. That's a definite no. <sup>A</sup> shot of energy it probably is, bringing me to acute awareness of the state of things. <sup>I</sup> also delayed one day in coming here, also against advice, but no harm is done except that I ate too much cheese and tomato, ~~and~~ pizza, baked zili, cheesecake - ~~my day in Little Italy!~~ and the knee hurt this morning. <sup>The</sup> bags (3 shopping) weren't too heavy and I took one shopping so I am loaded up with food, some of which (<sup>cheese</sup> ~~cheese~~, carrot, yellow squash) I have no's on. We'll check this out at eating time. All no's are not forever. Some mean clean up the food until it is clear. Some mean ~~not more~~ you're over balancing. So the constant search for the correct diet that will give me sustenance and energy I need and not hurt the knee. There are definite no's on rice and watermelon. I had both one night and bad knee the next day. I had been warned. All this concerns, food and body on one level, <sup>I was eating meat</sup> and the ~~rebelliousness~~ <sup>rebelliousness</sup>, independence and willingness to learn on the part of my mind. It is the latter that troubles me most - although it is in the details I write about it. Also have to live with guardian angel without being a puppet or sap. Well that's the trip. If I have total faith in the goodness of the spirit he gets headstrong and my passive submission to his wish allows him to be whimsical. Whereas I am only interested in receiving true knowledge that will benefit me and others. So after a long period of submission in which I gave him a chance to show me (although so many times I <sup>OBEYED</sup> ~~discharged~~ to my error and sorrow.) I am now putting my will against his. Useless of course. The knowledge I have learned from him (he~~r~~- it) It was my ~~connection~~ <sup>VI</sup> (it still is), when I met the spirit a year and a half ago ~~that~~ there were more than one, My ordinary everyday guide, and his master, a higher master, who

<sup>It seemed also that I was being Indians followed around a little bit.</sup>

not a guide a  
master - I'm learning  
not too

COUNTRY-1 (3)

came to visit to test me on what I had learned from the guide. The higher master never played games. He was much sharper and more definite and he seemed ~~more~~ stronger. I could feel the presence of a different quality of mind.)

There is peace in the country house and I am im-<sup>incredibly</sup> mediately grateful for the good vibes, after such disappointment in hunting for a place to live. This is only a short period, and we begin again but perhaps these 5 weeks will make me stronger. There is a t.v. here and some good books and music, so I shall not have more going longings. I'm going to wait as long ~~as long~~ as I need before I call people up. I arrived today at noon and it is? The only clock is unplugged and I shall leave it so unless I need to go to N.Y.] My last night in the city, well beginning at the morning when I awoke was full of anger that I still cannot get over. I would like to accomplish that task this month, and in writing about the ~~lost~~ period of my time in the loft and 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 alternatives on the following day but to follow the <sup>us</sup> course of others and go to hospital. I must write the without letting the memory bring me down. It is difficult. It wasn't so much the hospital you see but the two tabs of thorazine that shut off the energy on the weak side - I could like also <sup>literally</sup> feel ~~the~~ <sup>collapse</sup> and that give the energy <sup>less</sup> ~~my~~ chance to reach the brain, ~~less~~ chance for me to evolve and reach my ~~bestest~~ <sup>highest</sup> fulfillment. This the spirit tells me. Perhaps it is my last test at overthrowing his dominion in the <sup>power</sup> ~~pains~~ 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! <sup>zap #1 hand. to throw out cream</sup> For the cream on the second try is, according to the spirit, equally responsible for the limitations on the energy. ~~So I spent hours in anger that I was so manipulated, to weak to speak for myself until too late.~~ So much anger. So much sorrow for my self with my back condition that limits my flow of energy. I have

[9 have  
 been told, by 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 ovary  
Urnay <sup>that</sup> that area, that it will take time to heal those  
 pains.] So [I am left with the task of getting rid of my  
 anger and of becoming patient, and of having faith that  
 mind, love, good will, will conquer the physical limit-  
 ations of my body.] [How can I continue to believe in this  
 when on a phrase in a book "All her fears were fanciful"  
 I received a strong, very strong, ~~no~~ signal.] Am I to  
 believe only what I want to believe from the spirit?  
 That would make me whimsical and make useless the know-  
 ledge I receive. Am I to believe that no. or was it a-  
 nother test of my faith in the spirit. ~~Someone~~ <sup>Someone</sup> said, after  
 we die, we take all the souls with us, that to leave one  
 behind because of physical defect would be facism. But  
 what about my advancement upon earth. For surely my  
 ability to become fully realised depends on the proper  
 distribution of the energy as well as the proper 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 and he said his girl friend's  
 mother would. Then he came back with his girl friend to  
 invite me to join them for dinner tomorrow night at the  
 macrobiotic restaurant in town. So I am happy I will have  
 a chance to see what it is like ~~and~~ <sup>and</sup> to know some more  
 pleasant young people.] That sounds stuffy but it is not.  
 The pen is awkward in my hand and Anais Nin first crept  
 in. [Writing styles pass through me] ~~after~~ and I know not  
 (see) what style I ~~could~~ affect next. So I first let it  
 come out. It is hard, although the [writing of my anger  
 brought about this intense heaviness in me, to experience  
 it now. The heaviness is like fighting off the black.]  
 As if I opened to every negative thought in the vicinity  
 and they came racing through a hole in my chest to over-  
 whelm me and 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 B got high the other night I saw purple leave his  
head and then he said, aha I'm high. Some of it is muscle  
tension. Psychological, mental tension. Blockage of energy.

I am going for a walk to throw off these fast thoughts  
into the air.

I saw a pink cloud over the house when I left the  
color of love. I am writing smaller. This is the house  
in what I saw the clear egg and the clear blue blob hang-  
ing in the air. I saw a black line leave the room I had  
napped in. May all my black disappear into the clouds. I  
saw the lighted windows and got a sign to cancel them  
out. I didn't. Then I saw the same image, light and all,  
on a rock, only smaller of course. I know that some of  
the images I see are not meaningful signs, just the memory  
repeating itself in visual images. I am writing at the  
table I knew would 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 realised that my  
battle is to think positively no matter what. No matter.  
Mind. Positive mind. A mosquito, a fly, an ant. Ant dead.  
Maybe mosquito. Fly dead. I dropped the Aikido book on 2  
ants and 1 fly. All dead. The act of self-defence, <sup>how to</sup>  
kill bugs by Aikido, in daily life. I am not so perfect  
a soul as not to kill insects or rats. However, if they  
were to stay <sup>out</sup> doors. and we must welcome every lesson

I have need of some opaque loose dress to wear here.  
The light in the house would make me visible through my  
sheer white cotton Indian kurta, <sup>red on Indian</sup> bought against the spirit  
advice because of the little holes in the embroidery. These  
holes collect the black and red energy. I saw little black  
and red dotted lines around the <sup>neck</sup>. I decided to buy it  
anyway and use my mind to clear it up. I bought, however,  
the one with the smallest holes. No point in overworking.  
I wore it without washing it or doing a good cleaning job  
and I felt prickle all over my weak <sup>work on</sup> place so I took off  
the shirt to <sup>wash it</sup>, air out and wear the next day. Shopping  
is not easy. I couldn't buy one with colour <sup>embroidery</sup> immediately for

*Handwritten note:* Handwritten that's not very cruel.

example, the color <sup>pick up</sup> red and hold the purple vibes faster than does white. I can wear my white pants often. I cannot wear the stripe anymore. It is as if the very stripe twisted the vibrations around my knee. Both pants the same material, a cotton twill. Fuzzy fabrics pick up bad vibes like static electricity or perhaps it is static electricity and my weak muscle can't assimilate it. The eager 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 thoughts influence ~~and~~ others and oneself. [It is to have faith only in the highest and the truest, in the original conceptions of love. In the belief that the higher one gets the more love there is, (no) the higher one gets the more one is 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.] What do I mean by love. That the universe at its creative core is benevolent, and will help those who aspire to become better people, better spirits. How do I account for the game playing of Charlie? I don't know. My own weaknesses? His? Considering the unlimited weaknesses of man what makes me think any spirit is wholly purified. Even one somewhat better than man must still have shortcomings. So must he aspire to improve. I wonder if the living human state give us most room for improvement. Perhaps it is easier here, <sup>light gets</sup> after all, and we must welcome every lesson while trying to learn to be intelligent enough to avoid these hard lessons. I know its old religious teaching but its only what I see in myself that I can write about.

[Sometimes I think its all too severe, too hard, too lonely and too perverse.] [Look at the people on the planet.] Who am I to complain. So much seems so much worse. [I said if you give it comes back to you and B said except? And I said except for those who have negative minds, and B said Right! I

I look into the mirror. I am scowling. There is a <sup>wouldnt hurt</sup> wrinkle between my eyes. I am concentrating <sup>on</sup> with conversation with the spirit and arguing. Why shouldn't I read ~~its~~ book?

*this*

I must learn to concentrate with a smooth forehead. Tonight I could lie on the floor and touch my feet over my head without pain in the <sup>upper</sup> knee region. Perhaps [the country is relaxing] me. [Will it improve my handwriting? As I write that sentence, it improves, just as it gets smaller when I said I am writing smaller. The books here are all serious.] I am looking for another <sup>mystery</sup> supply. My last week's indulgence in a very old pastime, ~~of mine.~~

In my first night dreams I dream of hiding from a <sup>boy's</sup> ~~babys~~ mother and finding a loft for a friend whose place I have stayed in and looking for a place to live there ~~are a man~~ I am attached to who belongs to other woman and 1 single man and 1 single woman. Confusion anxiety circumstantial pressure. A capsule of the last month of my life. A cleansing dream.

Before sleep I contemplate the books in the house compared to B's. Here are no books on systems. No math, science, psychology, fairy tales, philosophy, occult thought. I can only find the ~~A Bido~~ book and one by Tagore. There is more nature and politics and heavy literature, ~~I see no lightness and humor.~~ My own that I brought with me consist of Jung, astrology, yoga, <sup>numbers</sup> ~~numerology~~, macrobiotics, Lao Tzu, a book on tea, a poetry magazine and a mystery, ~~Ah yes, as yet unread, A book on healing with colors, auras, chants etc.~~ <sup>chakras..</sup>

I open this latter book to discover Buddha had a perfect spine.

I begin to look through this book. Various colors set up vibrations, some heal one thing and another. I must incorporate this into my diet. I am now using for Dr's a chiropractor and a homeopath and a gynecologist (the best I have ever been to) recommended by the homeopath, a dentist, a gum ~~man~~ man and an eye doctor for glasses. I am not happy about my glasses. In the autumn I must go to a doctor recommended by the homeopath and chiropractor for eye exercise, a yogic like head. The colors I will work on this summer. /

I am back in bed reading [the sciatica pain I experienced

last night and morning has disappeared with the yoga exercise. I feel heat in the area now instead of pain.

Big fight with spirit over dinner. I made buckwheat noodles with a whole onion, beet, green squash ~~and~~ sauted in soy oil, alfalfa sprouts. ~~But~~ n.g onion too cooked. Squash too orange? Felt awful after. Wrong balance.

Foods in repig

YIN ↑	5/1	YANG ↓
potassium	→	sodium
blue, indigo, violet	-	green - carrots
centrifugal		red, orange, yellow
light, expand		centripetal
warm climate		contract, heavy
hot, pungent, sour, sweet	→	cold climate
Vitamin K and C		salty, bitter
produces cold		Vitamin D
more water	than solids	produces heat
		less water

*leave out*

*leave out*

- |             |               |
|-------------|---------------|
| yogurt      | cherry        |
| blueberries | beets         |
| zucchini    | carrot        |
| celery      | yellow squash |
| honey       | buckwheat     |
| cashew      | apples        |
| bahana      | red onions    |
| molasses    | onion         |
| orange      | radish        |
|             | garlic        |
|             | carrots       |
|             | rice          |
|             | raisins       |
|             | goat cheese   |
|             | sugar         |
|             | fruit         |
|             | dairy         |
|             | nuts          |
|             | vegetables    |
|             | cereals       |
|             | fish          |
|             | eggs          |
|             | animal meat   |



It seems, from the directions given by the spirit (my higher self; my own mind, the signal sender) that I am tending to a very yin diet, perhaps to counteract the muscle tension and spasm produced by the sciatica. I am loosening up my body. Yin is more feminine, more passive, and my life has been very active until the past year. Knowing my nature running to extremes, I shall doubtless experience a heavy yin period before adding back some yang. My tastes, except for the desire for meat which I still sometimes have, is for yin food, yogurt, fruit, cornmeal. After many no's on carrots I saw them on the word health. K brought me carrot juice yesterday. Perhaps I should drink it. No signal.

*Forest*

~~Forest leaf mould for fertilizer. Sensory grains cured. Can be cultivated. Forest leaf mould for fertilizer. Shade in summer, sun in winter as per grape vines (Stalking the Heathful <sup>Herbs</sup> ~~becks~~; Gibbons) Dock, vitamin C. Contains tannin. Dreams second night in country. Taking bus in country. Mixed up connections. Get off at wrong stop. Stop around corner / 3 blocks away right one for express to city. Bus goes by. Or is this the old dream of same? Country anxiety?~~

*Sensory grains cured*

Last night (3rd) dream about taking yoga class in country. B called. Fantasies of getting high on nothing but spirit. And all tiny colored lights and sparks around me floating in dark. This morning the wrinkles are gone between my eyes. Called R and J. So happy to talk to them. Feel high.

Dennis here tomorrow. No sauteed raw beets. Menu:-  
Nuts and seeds and carrot juice.  
Buckwheat noodles with onions, zucchini and carrots. Tamari sauce. Bananas and cherries and dates and raisins. So excited and pulled out the birdseed. Havn't seen them in 2 years.  
Iced tea.

Ivory Snow, Bon Ami, Arm and Hammer washing soda. Ivory soap. Washing Soda. Lux. No cottonseed oil in margarine. Against white sugar (all sugar). Robs body of vitamin,

there is no anxiety in these dreams, but self-confidence

disrupts calcium metabolism, bad effect on nervous system,  
destroys nerve coverings, also far out end of yin scale.

White flour bleached by gas.

Light brown, dark brown and sugars made by adding  
mollases to refined sugar. For raw sugar a crystallisation  
process is added to create raw-like illusion.

from: ~~Natural Life Styles, 53 Main Street, New Paltz~~  
~~N.Y. 12561.~~

~~\$3.00~~

~~Sue Bailey's chicken from her dream~~

~~3 cups chicken stock~~

~~1 cup brown rice~~

~~2 stalks minced celery~~

~~2 minced onions~~

~~1 cup cooked diced chicken~~

~~1 tbls white wine~~

~~1 tbls ground almonds~~

~~Cook rice in enough oil to coat each grain, stirring til  
it smells like saffron. Pour rice into boiling stock, lower  
heat and cook til tender. When rice is almost tender, quickly  
cook celery and onions in a little oil. Add to rice with  
remaining ingredients and cook one minute.~~

~~To . In addition to that Mucusless Diet, this Rational  
Fasting, Carleton Woods, the Natural Way to Health through  
Controlled Fasting.~~

~~RN Walker Diet and Salad Suggestions.~~

~~Catherine Elwood Feel like a Million.~~

Strange dreams - I'm in a mystery story, in a car Hercule s  
and the pursu~~ant~~ is Achille e (Hercule Poirot) the men fight,  
our car goes through a mantrap, ~~taxxing~~ laughing and ok and  
I ask, I look at it all, the opponant whom  
my by first but hard, what lesson does that God want  
us to learn from all this. I'm ~~horripid~~, but I notice  
there is no anxiety in these dreams, but self-confidance

on my part. I read a Nero Wolfe mystery. Perhaps I should stop. Negative indications yesterday on reading the book. But I couldn't go to sleep for thinking of a house I'd like to live in, in ~~would do it~~. I can't remember the dream of the night before, but I spoke out to someone, and to someone else I knew in N.Y. the night before. ~~Show own~~ <sup>Show out</sup> ~~fuming~~ <sup>finally</sup> against negative being and action. I need to speak out, not only when I find there is something I must say on the way I believe in, but just speaking out. The trouble I have today, the knee, ~~the therazone~~, would have been avoided if I had spoken out about what was in my throat at the right time. The throat <sup>Chakra</sup> ~~bethercomes~~ after the heart <sup>Chakra</sup> ~~shakes~~ as the energy moves up. So I must not let my affliction, my desire to be a "good girl" (hangover from childhood) to be loved, keep me from speaking. Yesterday I complained to my brother that he never called when he had asked ~~for my~~ phone no. a few minutes before. I felt better for speaking but I must remember the ~~point~~ <sup>power</sup> of thought, and that he is less fast or impetuous in his actions than I. Straining my right eye makes 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 think positively. I gave me a little book on it. The book says: "thought has the subtlest vibrations." I concentrate on the healing power of the life energy. As yoga exercises tone up the body to new patterns of health, and proper food gives it the base to nourish itself, so <sup>proper</sup> ~~makes~~ thought drive out negative <sup>emotions</sup> limitations and fears, ~~ix~~ and puts positive thoughts into the brain and the memory so that the body can obey these directions, as it obeys ~~the exercise and diet~~ <sup>see</sup>, or rather learns from them what it is required to do to bring health so it can do it automatically when I'm not ~~dieting~~ <sup>see</sup> or exercising or concentrating. A ~~once~~ said in ~~effect~~ we have to take vitamins (though I do not follow this) take an overdose and see what it does for you, what you can reach with it, then cut back to x number and gradually decrease as your body takes

see

~~over the function itself. I thought it was like~~ showing the  
 body patterns of behaviour that it must adjust and adhere  
 to for its own health and then when the body knew what it  
 had to do, it would do it, the improper balance would be  
 corrected first by aid, then by aid plus the body and  
 finally by the body alone. <sup>Proper</sup> ~~Reopen~~ thinking as part of this  
 too. I must absolutely give up my despair over the function-  
 ing of my body because it must tense rather than relax the  
 muscles, places etc., and ~~I must give up what anger I have~~  
~~left in me also.~~ I have considered it may be necessary to  
 speak to B about my anger in order to free myself at that  
 terrible ~~anywhen~~ anger of that day when they were trying  
 so hard to get me into a hospital but never once asked me  
 where or what or even talked to me at all. ~~It is not~~  
 being consulted. ~~I resent.~~ Had I spoken out, as I wanted to,  
 to say, "B talk to me" we would perhaps have gotten to some  
 practical solutions that they more than I realised were  
 necessary. If I speak I may lose a friendship I do not  
 wish to lose. Further I have <sup>more</sup> ~~more~~ of these feelings when  
 I confront B, further perhaps I can do it without speaking,  
 simply on forget it and forgive line. Perhaps I'll be able  
 some day to speak about it without anger, ~~or, perhaps she'll~~ <sup>read</sup> ~~read this and understand the long maddening~~ <sup>effect</sup> ~~effect of 2~~  
~~tabs of thiazine on someone barely able to open the~~  
~~channels for the Kundalini.~~ I no longer complain  
 about my taking too much <sup>cream</sup> ~~warm.~~ I have made so many errors  
 that unless I forgive myself and forget I will be in a <sup>helpless</sup>  
~~purple situation of self accusation.~~ The <sup>recrimination</sup> ~~sceptic~~ <sup>scorpio</sup> tail comes  
 round to sting. Memory, past, what has gone behind, coming  
 back at the end of a whip lash to sting; misery in the back  
 (sciatica). I think of it as a scorpio problem. And one of  
 my real problems, <sup>if</sup> I must speak. To speak without the sting.  
 Nor to change the sting to a torrent of tears and tantrum  
 which is less directed in its effect but violent just the  
 same. The latter has been my problem. What I need are a  
 few well chosen words to rid myself of ~~the~~ <sup>that</sup> ~~need be it the~~  
<sup>poison</sup> of not speaking out. My higher self is against the

<sup>or perhaps it</sup>  
 this book, ~~and rebels at~~ Charlie still. I don't know: I feel a need to write it, to communicate what I've gone through. I have never read an account like this, and while I would like to think it would help people, I honestly think that's more an ~~ego~~ <sup>trip</sup> test than a reality. After all, my help has always come from above (so to speak). Perhaps the struggle to incorporate this knowledge, and the struggle to <sup>learn</sup> lessen the care and feeding of arthritis, sciatica, muscle tension, poor circulation, bed ulcer, plus getting ~~over~~ <sup>over</sup> more of 40 years of the American way of life. Ah well. All I did was have coffee and orange juice and danish in the mornings, meat and a mediocre amount of alcohol (plus getting squashed (what year is that word from)). <sup>a dozen</sup> times and so plus falling off a horse and hurting my ~~knee~~ back plus falling off ~~skis~~ <sup>skis</sup> and twisting my knee plus engaging in business getting an ~~ulcer~~ ulcer. The yoga and yogurt ~~all~~ really work. During yoga I can see the deeper colors leave the areas of tension and disease. (Perhaps I should use the word unrest, it means the same - no peace. Peace please, ~~in~~ knee, etc.

Thoughts while doing yoga. The need, as Gurdjieff put it for everyone to work on himself. Jung. Psychology. It hurts me to see yoga students clowning after drinking too much wine. Or a friend eating too much commercial sugars, when she professes interest in higher levels of consciousness. No she professes <sup>not</sup> interest. Which is how she said it. People who think they can tackle fear cannot tackle self control in diet and drink. People who profess strong spiritual leanings still are on ego trips of fame and domination and male chauvinism. So where is the work on the self. The endless self search for understanding and clarification and <sup>IFY</sup> purging of one's nature? I spent many years in psychoanalysis and although the Freudians seem hopelessly out of date and Jung still has few followers.....\*

<sup>As I did work on myself until I was almost through High School</sup>  
 I cooked some ~~knishes~~ <sup>frozen</sup> blintzes but they were a disaster compared to plain yogurt, blueberries and the Ashram

~~date, orange, walnut head~~

\*..... ah - I didn't find that the analysis helped as much as learning the technique of self analysis. <sup>Questioning</sup> ~~sustaining~~ my own sources, my own inner realities to find out what was really going on. Its true analysis helped pull me from a lot of parental family pattern-history. <sup>Karma?</sup> It also taught me to deal with situations from the now view and never mind the past (~~2 differs - Freudian and Sullivan~~). But the Freud trip is definitely a conservative, male-oriented view - I spent much too long on Freudian analysis. Briefly I went to a Reichian and it was there under the gaze of that analyst (~~the 2nd Reichian one~~) that the energy started to flow in my leg and pain developed. He insisted I see a doctor who said nothing was wrong but it later turned out to be the sciatica: I was furious at the time, I had not yet dealt directly with the anger at my father and I could not bear the thought that something else was wrong. But that wrong turned out to be the basis of almost all my other wrongs, creating a malfunctioning spine and from there a misalignment in the ~~kneck~~ neck and etc. etc. So I am grateful to him and I think Reichian analysis (I only had a few sessions) is right in its dealing with energy blocks in emotional areas. Perhaps my inability to speak out often and firmly enough comes from some sluggishness in the throat area which can be organically grounded - a lack of energy in the throat <sup>chakra</sup> ~~awaken~~ my childhood <sup>traumas</sup> traumas of be seen not heard or my unconscious ~~knowledge~~ <sup>thought</sup> that ~~in~~ <sup>in</sup> the evolved state of man <sup>zab # 1 am</sup> thought is telepathic. ~~Well you have to get it all together as they say.~~ Aside from right understanding there is right action. ~~An~~ <sup>e</sup> emotional dis-involvement helps considerably. The intelligence then rules the speech. Its that part of me I want to reach out with, not some emotional reaction, a cry. Though a cry could have stopped ~~the chiropractor~~ <sup>that man</sup> from twisting the knee. No! Stop! Don't! And <sup>all</sup> ~~with~~ the surprise a reminder that the knee had been once twisted and shouldn't be again.

I demand a perfection of myself that I find hard to

to live up to. Yet when I eat <sup>properly</sup>, exercise properly and think properly I am calm, <sup>more</sup> ~~and intelligent and happy~~. It is easier in the country, ~~to maintain the calm~~. In the city it means waking late at night, <sup>ok</sup> ~~in~~ not going out for a couple of days. There is no buisness here to distract the mind. I mean the vibrations of a world in its M - F, 9 - 5 ~~routine~~, that almost no-one likes. ~~That in itself means pain~~ <sup>to</sup> ~~trips~~ anxiety and selfishness. I ~~sound like an old-fashioned preacher to myself yet I know - I feel and see those people at work doing head numbers on one another, fighting to earn a living under really unpleasant psychological and physical environments. The nastiness is all around. I lived for three months on the Bowery, near a mans shelter, and let me tell you, the bums are a lot more cooled out than the buisness men. (exceptions granted).~~ ~~It was easier to live there than in a commercial street where I had lived before. You see, except for an occasional young aggresive drunk, none of the bums wanted anything except a dime or wine - they weren't doing anything on you. The worst thing was a nuisance maybe when you were into your head and thinking, but I found one very gallant and helpful. You see, they're drop-outs too.~~ <sup>out</sup>

Writing is a lonely buisness compared to doing performances, lets say - ~~and perhaps even painting pictures and having someone look at them to give you immediate feed back. There's no feed back to this. A friend published a new book of poems. She said she did not make one new friend from it. I hate what Melanie said after a concert. So I would like feedback but I shall look for my friends elsewhere. Its difficult because I have only recently begun to talk of my experiences to friends. The spirit has always said no. But I wonder if that is not again one of those psychological cleansings. Rush <sup>me</sup> you far into your <sup>any</sup> negative trait (Isolation here) until I see first where that is at and say hell with it, spirit or no, out I go.~~ <sup>light get brighter</sup>

I needed to. And had to face it certainly enough 2 <sup>November.</sup> <sup>I was always OK in crises</sup>

On that principal I am looking into a base in the country that I could buy without a mortgage. I don't know how much I really need the country. I've been here 6 days and its 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, ~~xxxxxx~~ even if true."~~

"God gave you will power, concentration, faith, reason, common sense. He helps those who help themselves. A balance between sole dependance on God (medieval) and sole reliance on the ego (modern)."

Accompany will affirmations by strong determination.

feeling affirmation by devotion.

reason affirmation by understanding

(see Gurdjieff) *et al.*

~~Intensity, continuity, repetition.~~ [Hannah the boy drunk.

The last 2 days I have spent 2 hours an evening on yoga and meditation. The meditation consisting partly of concentrating on positive healing and peaceful thought (to compensate for the anger ~~at B re hospital~~) the first thing that happened in the relaxed state was that my body assumed a position (I was sitting on a chair) ~~to just begin to stretch,~~ *or bring* ~~aching~~ consciousness (and pain) to a certain area across my chest which is very constricted. I concentrated on the area a long while gradually moving and increasing the pain and relaxing it and today I could briefly do the exercises I hadn't been able to. Considering B I feel that in order to truly forgive her ~~for not speaking~~ (I understand that I ~~should have spoken to her~~) to me I must understand what prevented her from doing so and I began to think about how she felt during that day. What personal histories ~~of her own,~~ *across* neuroses, thought, beliefs, pressures 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~~



SKIP THIS PAGE

later, in the hospital and was perfectly capable of doing so. This realisation that I must try to understand <sup>is</sup> ~~was~~ in fact more in keeping with my feeling of love for her, than my anger is. Perhaps this is where knowledge brings compassion. <sup>Heavy no. 2 on compassion</sup> The difficulty is we cannot talk about it. Anyway I felt very high and relaxed and B called and said ~~she~~ <sup>he</sup> was coming out and I baked an awful birthday cake and bought good champagne and we went to a party and I met T and talked about atoms: the nucleus consisting of <sup>positively</sup> ~~pre-~~ charged <sup>pro</sup>ton and a neutron and the <sup>neg. charged</sup> electrons going round. And I asked what kept the electrons at a certain distance from the atom and he said we were the electrons around the nucleus earth and I said yes then some electrons are <sup>inert</sup> (unconscious) and these <sup>we</sup> electrons <sup>were</sup> ~~were~~ attached to the nucleus by feet there being no (perceptible) space between us and Planet Earth and anyway some electrons are closer to the nucleus than others so perhaps in that system we are the closest to the nucleus. B once said the sun needed the people - planet earth - for its energy and we needed the sun for ours. Unless enough people awaken to their electron state perhaps we'll lose our attraction - magnetic <sup>(no)</sup> field - re the sun. For in relation to the sun as nucleus <sup>our whole</sup> ~~is what~~ system (planet plus people) is an electron. And if we are the electrons or negative charge in relation to the sun also <sup>bearing</sup> ~~heavy~~ that large burden. So people awake to your higher state of consciousness, energy level, electron state, whatever you call it, the solar system needs you, not to speak, booby of your own soul. Part thought last night elaborated on ~~what~~ while doing yoga and relaxing leg muscles today. In meditation - the problem of Charlie, I know is lower plane, that is to receive information from a spirit is to receive through the senses again (<sup>hearing</sup> ~~hearing~~, seeing, feeling, touching, smelling) - (though on the <sup>actual</sup> ~~actual~~ plane, <sup>now</sup> ~~man~~ the thing is to know, to use the mind on the upper <sup>actual</sup> ~~actual~~ level, and

\* for the planet then we are the negative charge

[ the truth shall set you free. Never mind the signals etc.-  
the truth will be a relaxation, a clarity, a certainty that  
I will experience through the mind ( and through being,  
presumably on even higher level) and 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 thoughts I  
experienced (saw) a light flash. So I know that's in the  
right direction isn't it? I still have to deal with infor-  
mation perceived through these senses on the astral level.  
Muscles use these senses on the physical level. They are  
not the highest sources of information. They can be used  
for pleasure also I presume though so far my experience  
has been mostly pain. (an opposite, the other must exist)  
Certainly it is pleasure (and it is a pain in a diseased  
~~man~~<sup>area</sup>) to feel the energy flow. I am confident the blocks  
will disappear. I have begun to take the homeopathic remedy  
for the little "chocolate" ~~rash~~<sup>clots</sup> again. The champagne pro-  
duced a lot of muscle tension (perhaps also the maple syrup  
in the cake) It took longer to get the shoulders and legs  
loose today.

This is the end of 8 days in the country.

I WAS ARTIST VERY WILD WOMAN

\* \* \* \* \*

STUPID

<sup>where</sup>  
 Sometimes I read the unenlightened man may have inspired thought, but the fully enlightened man has illumined thought. A scale change to a different quality. To knowlwdge:

Paramahansa Yogamanda

agents	person
imagination	imaginative
reason	intellectual
faith	aspiring
emotion	emotional
will	volitional
exertion	striving

*cut*

Autosuggestion for chiefly emotional people. Attention vs memory.

*we are working on ourselves*

Repeated, deeper effects ( to a scale change).

*letter*

The thing I want to write. I am lazy I am stoned.

B and I smoke hash, grass, so nice quiet evening in country ~~last night~~ wood stone ~~tonight~~ canales. Want

to buy house. Conversation (2) 2 - lack of interest in sex ~~me too~~ is change of energy levels, is no

(2) ~~meat~~ ? Spirit doesn't want me to write (2) ~~hand~~ gets oh so heavy, lights ~~now~~ stops hand almost almost.. ~~body~~

*Palmit*  
 body said write don't listen to what others tell you

keep a notebook she said. Ha! All fish ~~get some speed.~~ <sup>speed.</sup>

be willfully misleading. I'm (+) ~~breaking~~ training

In the country I can just be. Spirit advised ~~against~~  
~~house at first~~ now zap yes. If it works in reality and  
 I can get the \$ together I will do it. Gay people are ~~gay~~  
 gay, they're fun. Can't be too serious. Keep it light. ~~But~~  
 Its not that I always ask, though I often do, the in-  
 formation, if thats what it is, comes in anyway. I go  
 and eat something and get a yes or no. B says I should  
 publish the book under another name, In the old days  
 he says they would have burned me for a witch. To think  
 like that now is paranoia from some post existance  
 (mine or other) How many are trying to explore con-  
 sciousness. Well. T said ~~is~~ the ~~(3)~~ devil in the un-  
 conscious. What you don't know can hurt. About your-  
 self for example. I remember something <sup>the combination to my</sup> The right way. <sup>beige lock,</sup>  
 It just popped out loud without thinking and I heard  
 myself say it, ~~(3) ~~under~~ clearly.~~

I would like to think that the signals come to  
me from my higher self. That self which, when I ask  
myself will B be home for dinner always answers correctly.  
If I go to phone someone and it says no, that person  
is not home or the phone is busy or I havn't thought  
out what I have to say, or they're tied up. You must  
know people who call at the right, or the wrong time.  
 Still ~~many~~ information like that must run the interpretation  
 of the astral plane, ~~of noise~~, of too much information  
 happening around (~~thats noise~~) not to mention it might  
 be willfully misleading. I'm ~~(4)~~ <sup>breaking</sup> training-

eating before doing yoga, to write this. *gurus guide*

I figure the spirit guide *Ajahan* could have *any* nay level of goodness and intelligence from that of a human to that of the d<sup>iv</sup>ine center. I don't know how else to say it, since I don't know what the center is like. But the center would be true love and intelligence - So whether it is a fault of communication, and a less than d<sup>iv</sup>ine attitude of the spirit, *is* an attitude of teaching through misguidance (i.e. learn to use your own powers of mind in dealing with guidance, don't be a puppet - not unlike zen teachers) I find myself in a different position. for a long time I thought I was being guided by teachers from the mental plane. I didn't know if these teachers were alive and astral projecting to me, or whether they had reached a level of existence where they were without bodies. I also thought I might be hooked up to the one mind, where true intelligence lay, and that the responses were automatic, like hitting the jackpot if you get to the truth or did the right thing (proper food, thought, exercise) because part of the information comes in a manner to stimulate the diseased part of my body that needs a little help. I also thought I might be linked up to my higher self - that eternal soul of mine guiding the body through this existence and that in asking questions I was talking literally to myself. There was no-one else there. Of course I have now read, but not

then 1½ years ago when it started, that gurus guide from the mental plane but B still says, lower plane. Of course when I first mentioned the guide(s) he said what d'you mean of course they're good spirits, what d'you wanna do, blow it? And then later he said they were bad spirits and later he said don't be a puppet. All of which advise I frequently thought I followed at the wrong time! And the worst of a lot of it was my desire ~~to~~ for perfection and my hideous self re- crimination when I made what turned out to be an error.

~~I~~ I am not very intelligent this morning <sup>I</sup> ~~having~~ turned on a dryer to dry a coat and awakened my friend.

One thing seems obvious to me - there is more than one spirit around. It seemed even at the <sup>beginning</sup> ~~beginning~~ that I had my friendly <sup>lights dim on friend</sup> every day spirit and a higher teacher who came once in a while to see if I had learned. I've mentioned this. However I can see no reason not to write about this struggle, even though its the very one thing the spirit has always advised against and the reason why I havn't written or spoken about it ~~x~~ sooner leaves me in a state of isolation not to say paranoia, with a conflist between feeling special and totally dumb. I would so much rather look at it as my problem to solve on the path of knowledge.

Noted from the overground. <sup>from the shot appears</sup> ~~on~~ color, on words I read I must stop worrying about future. (where to ~~is~~

live, job etc.) I must be very thick because for 9 months the right thing has appeared at the right time and this means 11 places to live. So now a cheap house appears and despite negatives from above and the fact that my family will have to pay the monthly mortgage a small one I think it is a good thing to do. Being ~~COZY~~ ~~COZY~~ going into cramped but a place to come to to see if I like coming to the country often. Reading ~~(8) Ram Dass~~ on attachment - I think I can do it without desire, I could certainly not do it - but then I'm always hassling a place to live so its a possession or a procession, and I don't think - flowers - vegetable garden - furnishings would totally consume me. I'm not one for resignation - off to the cans - I believe that true enlightenment is possible right where you live, and if not ~~only~~ <sup>why</sup> not! Then lets find out what the ~~(9) risks~~ are - make it so. Going to India may work but home is inside and we're just keeping the body comfy for that is ~~any~~ <sup>our</sup> pleasure. Why be a manifest creature if we don't enjoy it. The difference between hanging out in a house and being hung up in one. [Besides it would be fun. And a place to invite my friends (the small ones) A beginning is a beginning. And even though I overheard, even a small house is responsibility (in another word) and I knew I was meant to hear it, so I'll take the responsibility. The spirit also says this is the wrong place. No? Testing me? Where's true love,

STET

STET

~~What's true love~~

if I am to be guided from above. (Within, without, without a doubt, its he from we who speaks to me.)

I said to ~~m~~ eating too much cake was my sin and he said and I said eating more than I needed, eating out of want was the sin though its too heavy a ~~wer~~. More than the body can profitably use and assimilate.

According to Ram Dass

Reading Ram Dass about the Chakras

- 1. Chakra - survival                      answer
- 2. "                      sex                      answer
- 3.                      power                      answer
- 4.                      heart, compassion                      balance
- 5.                      seeking god, that                      faith                      emotion
- 6.                      3rd eye, wisdom                      reason                      will
- 7. full enlightenment and union.                      mind

So this is what I've been thinking, that the answer to the problem of one Chakra is in the one above it. The answer to survival lies in sexual reproduction. To ensure sexual reproduction we have (11) power beauty is wealth is fame is housing for the above. All of this can be done, by an act of will or by natural inclination, with compassion. Compassion is the answer of how to deal with power. One uses it for all, for the other as for the self. The change from the 3rd to the 4th Chakra ( ~~room as we~~ <sup>oversees</sup> call it) is the change from the physical to the spiritual path. whether one seeks an answer to ~~power~~ power, or uses



it for the services of the lower chakras is a matter of free will. If the individual chooses to serve his fellow man and god then he advances to the next level, the 4th. Each ~~chakra~~ a position for a higher level of initiation than the one before it and is therefore in closer harmony to the universal center of being, a center of love intelligence, truth<sup>4</sup> and peace. Therefore existance with emphasis on the higher ~~chakras~~ helps to solve the problems of the lower 3 ~~chakras~~, indeed no problems are seen because if one acts in accord with the universe one gets<sup>3</sup> what one needs. It is of the 4th ~~chakra~~ that ~~that~~ Christ said caste your bread upon the waters. That is when one begins to get what one needs. And this seems like a miracle in a society based on greed and competition. Work on the illimination of the ego goes ~~wixk~~ along with this ~~chakra~~, because in order to think of others as oneself one has also to do away with "one's self" and to do that one must understand oneself. The leap from the 3rd to the 4th ~~chakra~~ is one of faith. "Oh ye of littke faith" are those who have to make the leap to the 4th ~~chakra~~, the beginning of getting out of the survival ~~sex~~ power cycle which creates so much hardship. (~~Re (13)~~ <sup>Kanna</sup> the cycle of birth and rebirth.) Once confirmed in the 4th ~~chakra~~ and love for fellow men one begins to see that love is returned to you from sources unknown. Answer to needs. One then

sees misery as a microcosm of the universe. Only begin to see the beginning of "magic" although life is really acting on the principal of the DNA chain. As it splits it draws from the (13) *environment* what it needs to complete itself again and go on splitting, If ~~the DNA had no faith it could reconstruct itself it might never split!~~ But it can recreate itself endlessly. So one begins to get what one needs and at the same time if work on the ego self has been done the "wants" have disappeared. The fulfillment of needs is of such great relief, for these advance one along the path as well as making ones physical life easier. Thus at this *chakra* ~~chakra level~~ one also has a decision to make. If one wants to go on he can continue to serve ~~man and god~~ in the service of man and god, or he can withdraw with the principal to serve only himself. [The phrase of Jesus "after thou my mantle and my life shall displace thy praise" is a promise of the person in the 4th Chakra that if the energy should rise to the next in (14) *the next* chakra he is determined to speak on the path of god. This Ram Dass calls the *chakra* of seeking good. This requires a decision and a determination to continue to serve god (that is the other and the Big One as opposed to the individual self) to work in Harmony with the Universe. So then the answer of what to do with compassion is to use it in the service of god and ~~replace~~ man who is each a piece of god. And the answer

was with  
to  
biography  
tell tales

to how to serve god and what to say when you speak out comes from the next and 6th chakra, the 3rd Eye, the chakra of knowledge. So "seek and ye shall find" is a natural propulsion of energy from one chakra level to another. For the answer to the one you're in is in the one above. And each step along confirms ones faith in the infinite love and wisdom of the universe. That's what's such a knock-out. And it all seems so simple if you keep the final goal in mind which is union with the infinite. For the answer to what is true knowledge and which knowledge can best serve the universe comes in being one with the universe and so really knowing. Knowing is being. One gives up the knowing for the unknowing and goes into pure existence out of which, in the small experience I have had, come the answers to ones quest for knowledge. And "magic" is the mental level or the third Eye chakra, is ~~not~~ to be reached unless one has at the lower level dedicated oneself to ~~serve the universe~~. Though there have been many who have forced the energy and so reached that level without going through and absorbing the 4th chakra a level of compassion and so contribute evil again for on a higher level they merely repeat the round of the first three chakras of survival (perversion) sex and power. This is a guess, the last statement, for knowledge without heart can be used for selfish and evil purposes

so I guess that's how it happens. What amazes me is having reached that level, how one could turn ones back on the wonder and beauty of it all, the relaxation that comes from ascending higher and higher and the sense of well being that true relaxation brings when one is in harmony with the universe. Beauty and truth. I shall have to read Ouspensky again - because of his description of the 3 lower forms (+17) *plus* more thinking of analogies between the higher and lower planes. I always thought "as above, so below" should read "as below, so above", but just because I have more knowledge of the physical plane. Nevertheless tis so. Naturally it is easier to ~~change~~ from above because the level of vibration is higher, but also one has more difficulties (it seems to me) in that the problems unsolved at a lower level of vibration become ~~more~~ intense at a higher, level of vibration and more difficult to deal with. So that is why work on the self at the proper level is important. Pushing the energy too far can result in ~~madness~~ madness and ill health (as it did for me, weeks of pain, months of dealing with the "purple"). Had I solved some more of my physical problems and not ~~take~~ *taken* ~~took~~ *took* so much acid (th last *4* trips) the energy would have ~~blown~~ *groom* gently through a more ready vehicle. Alas the acid which brought me so far (and ~~this includes~~ mescaline) was my undoing at the end. ~~One~~ *Two* mescaline trip in the summer too much (I'd had ~~one already~~) and

2 acid trips in the autumn. Perhaps my body could take care of the 2nd mescalinetrip. That seemed ok to me although I know the U didn't want me to take it. And the 2 acid trips were definitely ego-initiated against the advice of my spirit guide which was trying to protect me from forces I as yet knew nothing about. And a further warning while I'm on the subject, it wasn't during these trips that the illness began to manifest, it was a few weeks later.

Chakra.

1. ~~Sacral~~ <sup>SACRAL</sup> plexus. Muladhara nourished by yellow
- \* 2. Prostate plexus - Swadhishatana nourished by orange. Stress chakra. \*
3. Solar plexus nourished by red. manipura
4. Cardiac plexus - Anakata nourished by violet
5. Laryngial plexus - Vishuda nourished by indigo
6. <sup>CERVICAL</sup> (20) plexus - Ajina nourished by blue
7. Pituitary-cerebral plexus - Sakasrara nourished by green.

orange, calcium, cyst, anti spasmodic.

\* spleen, stomach, liver, gall bladder.

<u>region influenced</u>	<u>gland</u>	<u>spine</u>
<u>SACRAL</u> <u>social</u> 1.		
pelvis and spleen	(21) CONAD pituitary	base
<u>splenic</u> 2		
left side abdomen	endocrine	first lumbar
<u>solar plexus</u> 3.		
upper abdominal cavity	adrenal	8th dorsal
<u>heart</u> 4.		
thorax	thymus	8th cervical
<u>throat</u> 5.		
throat, base of nose,	thymus	
upper thprax	thyroid	3rd cervical
<u>brain</u> 6.		
Basal ganglion, mid and	pituitary	1st cervical
hind brain		
<u>cranium</u> 7.		
master channel	all	atlas

plus: Foot absorbs currents into body  
Knee regulates amounts of current to <sup>ENTER</sup> cover body.  
Hand absorbs radio-active waves.

we are a perfect microcosm is that we are bio degradable! Harry invented while walking!  
 Harry Krishna wrote the Mishna

This is the 2nd day of the 3rd week. There is considerably less tension. The city problems I brought with me, memories and fears, anger, anxiety, have just fallen away. The one friend here I feared I might not want to renew our friendship has shown that fear invalid. Every old friend I have seen again, a new one I have met, to a person I want to be close to. Their heads are all in and above the 4th chakra. It is such a relief ~~not~~ to have to contend with selfishness, ego and power. Not that there aren't problems left but everyone seems to be working on them and the higher ones too. ~~The house seems to be happening without my pushing it. My parents can help, without strain, though it means a bank loan they say they can swing it. I appreciate and need it.~~ Walking down the road I heard someone say he wants to sell his car. It blew his mind when I walked up and said I was interested. Don't think that one <sup>is</sup> indicated, <sup>as I saw red nail polish on</sup> but still things are happening easily. I am never lonely. Someone always appears at the right time. Went to hear a singer last night with friends, sitting around drinking tea and talking. wrote an old story yesterday. 3-5 hours meditation breathing exercise hatha yoga and writing before breakfast. today decided another example that we are a perfect microcosm is that we are bio degradable! Sorry invented while walking!

Harry Krishna wrote the Mishna

3 toes on bad foot

Tell me more! He wrote the ~~(23)~~ GUMORNAH

And the Caballah?

Written by Allah!

All is one.

All is one.

~~sh well.~~

I have a need for yellowish orange foods. Yin Yang is beginning to seem too simple. Potassium vs. sodium.

This book ~~(24)~~ ON COLOR healing included the elements

I find earth air water in food, the color it vibrates,

as well as Yin Yang<sup>4</sup> acid alkaline. It says rice is yes <sup>for hot</sup> ~~but continues,~~ wheat for cold, a basic food. I would

like to get into color more and more. Though I rarely see it now, a lot of signals have gone. I got a strong negative on the ~~(34)~~ car ] ~~though. I think(!) Better~~

~~to have something I can check out here - this car a visiter. No. ↑ knows. Car no good. 5 year old volvo~~

~~\$550. Can do cheaper car. Perhaps old ~~(25)~~ GREY~~

~~sedan seen in pizza pit. [T can read mind pretty well.~~

I try not to think when I'm with him about taking a douche or when/if I'll see him again. ] Such is life!

However there's no paranoia. Good hearts make good

fun. No one <sup>does</sup> draws a number. The world can be saved.



If only everyone knew the pleasure of the path. Oh ~~ye~~  
~~of little faith!~~ Said to D, thought the reason people  
 didn't break from the first 3 chakras of survival, sex  
 and power to the 4th chakra of compassion was because  
 of memory of the struggle to survive. <sup>They didn't know the</sup> Too much memory  
 going round and round, the repetitive (25) ~~XE K OX~~  
 machine of a brain going repeat! repeat! Copy after  
 copy, groove after groove getting deeper and deeper.  
 These anxieties and fears and struggles all remembered  
 too well. Still the brain! Meditate. Thinking of the  
 house interferes with my meditation. I'm trying to buy  
 it without "attachment". That is, the ~~first~~ <sup>just</sup> a place  
 to live, a sensible thing to do, to have a place in  
 the country to come to. I don't want to get my ego  
 or energy involved in it. Must go sit there for 2  
 (26) HRS check it out. Make sure its not too small.

*secret was  
unselfishness*

This morning saw some purple come out. Heard my own  
 voice say inside my head "acid". <sup>[</sup> must eat more alkaline  
 foods. Clearer skin too, with alkalinity. <sup>]</sup> Wish I could  
 do grapefruit for a day, or breakfast. They work won-  
 ders to restore the alkalinity. Millet most alkaline  
 grain. Or corn? Still sleep a lot. Since I came to the  
 country I write small, and on every line. I am grow-  
 ing in confidence. <sup>[</sup> I enjoys life, found the place  
 again though he hadn't taken my phone no. Why not, he's  
 awake. Its so much easier to see things work perfectly  
 in the country. Loaned the big bedroom to K and M

again, on account of parents, she brought me delicious home-baked bread.

Book on healing says last illness first to go.

I'm getting back into the <sup>ulcer</sup>war now - tight bands across chest and back, healing up though. Place 2 days in a

*(See headst whole across window when chase)*

row. think I need one chiropractor session for (27)

and its attachments i.e. spine. wonder if this book

is more or less interesting written in country.

Ch'ien ==

6 conflict

K'an --  
==

-x-  
-o-  
-x- --  
→ ==

39 Obstruction 56 the Wanderer

== ==

threw these on house, very depressed. today called L,

he won't let me in to see house for 2 hours, doesn't

think I want to buy. So. Obstruction. Keeping still

is answer. will try to see house with friend. En route

to 28 someone stopped in driveway, wrong turn, as I

walked out, so I got a hitch from door (4 rides).

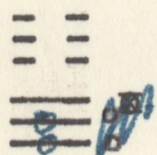
Pretty good. Mostly young men. At chiropractor.

Baba Ram Dass! Book "Remember. Be here now" is the first

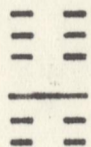
really good yoga book I've come across because it em-

phasises work on the self. Sadhana he calls it. The

Gurdjieff, Ouspensky tradition. What psychoanalysis sought to do ~~but failed so much in doing~~. Ram Dass also gives a few Asanas, breathing, eating instruction, ~~and some sound advice~~. There seems to be something for almost everyone I know in it.

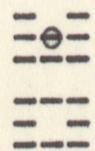


11 Peace

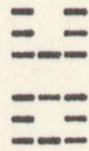


15 Modesty

On the house.

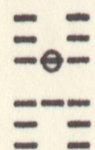


49 Revolution



55 Abundance

On the book



62 and → 15

Preponderance of the Small --> Modesty

0 out goes at Top

JUN 5  
p 5

267

[ I continue to be amazed at the beauty of it all. And how easily it all happens. ] I haven't written since I finished <sup>the civil story -</sup> 4 days ago. The next day I wanted to go to movies all day long, couldn't of course, went to town in the afternoon. Came back. Sat sulkily looking at the table. What now? 10 minutes later T drove up. Went to movie, movie. Talk. etc. - for 24 hours. Just what I needed. ] Then I spent some time at the house -- too noisy. feeling sad but went until 2 had pizza and wine came home read a mystery. Today still in the I want to be engrossed mood -- really wanting to be with people in some meaningful way but nothing to do but finish a mystery. Decided since nothing presented itself to walk up the road with same mystery and borrow some more. So I ended up having 1/2 hamburger/well. My period should be coming on so we're trying a little bit of meat before it) 1/2 glass wine and staying on into the evening -- a couple came over and we got into a heavy discussion about how daughter should be allowed to have lovers in their own home where their parents are. As K says, they love each other, why can't we love each other? If people could talk to each other moreoften -- get the shit off their chest and get to their hearts. Where the real love is trying to find a way to come out despite personalities, practicalities and society's codes. Yes it is difficult for a father of a daughter to accept her lover in the family in this

society. but not in others. Love always brings good  
 vibes I said thinking of K&M laughing and enjoying each  
 other. running around. I had coffee cake and a cup of  
 coffee. With T I had wine and lox and bagels and tomatoes  
 and grilled cheese. I'm a little acid feeling in the  
 stomach from the coffee mostly and it was good to know I  
 can make street training. so to speak. [ My knee hurt a  
 little from all the acid foods. Yogurt tomorrow. Doing  
yoga at night sun shadow on wall. blue light in chest,  
red at throat, ~~make~~ green on face. Also saw black outline  
of part of one side of head and bad eye on pillow where I  
had been lying. Just where the circulation's been  
 hampered -- where my "short circuit" ]

A flash on the 3 Jung book. The Natural Foods  
 Cookbook, Hunter.

Whole wheat pound cake

1½ cups honey

1½ cups oil

¼ tsb salt

6 eggs sep.

6 tablespoons orange rind grated ?

¾ cup orange juice - unsweetened

2 cups flower

¼ tspn more

Blend honey, oil, salt and egg yolks, 1 at a time. Beat

until well mixed. Stir in rest of ingredients except egg white. Beat them stiff and turn into oiled pan. Bake at 300 1 hour until cake springs back when touched gently in center.

XX depressed again. The pain started. Begin with last week/Synchronic flash of argenta light on Jung's 'Psyche and Symbol' I began look at random to page dealing with synchronicity. That's synchronicity

he is blue -- repeated man comes back as aim energy grows

Add 1st to last no. & move to center

2  
2  
4  
4  
1  
1  
8  
8  
5  
5  
7  
7  
leans out  
3 6 9

add  
1  
2  
3  
5  
8  
4  
3  
7 =6  
1  
8  
9  
8 ..... 1/2 way  
8  
7  
6  
4 =6 =9  
1  
5  
6  
8  
1  
9  
1 =6  
1

3 sets each add to 6 total 3+6=9 each set of 8 nos. 1 3 6 8 9 each set begins with 1 3 sets of 8=24=6  
add  
first half second half  
1+8=9  
2+7=9  
appears on 15th no. or 6

therapy. Pills. Heffedine and Goodman. Good food. Trying to explain own anger at mother, forcing me to eat egg at 2. and soft-boiled. Don't feed me anything else til I ate it. Maybe the clear egg I see means "clear the egg." anger at women. Never directly worked that out with my mother. Worked out anger at father last year. Can't

edit 5-16

The way to check out signals is with math. Like I know  $1+1 = 2$  so if I get a signal on that, that signal is a yes signal, or the signal system is fucked. the signal system is fucked.

I'm depressed again. The pain started. Begin with last week. Synchronicist flash of magenta light, on Jung's "Psyche and Symbol." I open book at random to page dealing with synchronicity. That's synchronicity. Out of the 3rd comes the one as the 4th. Maud the Jewess (or Capst). The number of the ~~best~~ is 666. T comes.

heep

The next day - on renting house?

XXX	---		---
X	X	X	---
XXX	X	X	---
XXX	---	62	preponderance
	---		of small
	---		
	---		
			39
			obstruction

Gestalt therapy. Perls. Heffedine and Goodman. Good book. ~~Bell from hospital~~ reawaken anger at B. Trying to explain own anger at mother, forcing me to eat egg at 2. and soft-boiled. Didn't feed me anything else til I ate it. Maybe the cleaar egg I see means "clear the egg." anger at women. Me never directly worked that out with my mother. Worked out anger at father last year. Can't

speaking up to women. Must. Gestalt therapy experiment.  
Chose a pillow. See what happens. D's face.  
Last night pound pillow imagine I'm choking B  
saying today the nut people in a mental hospital but  
they used to burn them as witches. Suddenly I see flame  
all around B, who is in black. I think. God, did she  
burn as a witch in a former life? I think of her interest  
in Salem and fire. I had at the window. The image of a  
large black bird with glossy wings sit there. It is B.  
a vulture (beak too small- raven?) large crow? The last  
I think. I know this is B. There is no fear. I feel  
neat compassion for her. Was this her revenge taking me  
to hospital? 2 thorazines for a burning? So small  
vengeance. I imagine telling her this. My anger is  
gone. It is not possible to be angry in this situation.  
I ask my spirits if it is true. They he she it say yes.  
Do they tell truth? So I think about anger w. math --  
does this come from another life -- our relationship.  
Now I'm sure I wasn't there when they burned B, but I've  
always felt I've known B before. Maybe this B too. And  
my mother? It begins to feel like our present this life  
psychology is only part of the riddle. We must clear  
this before we can really see the whole. Now a clearing  
and told me about my past 3 lives and they seemed real  
enough -- my literary interest deadly expires  
2 of them. Of course I suppose if we solve the problem --



no -- if B is waking off anger with being burned it would explain the devout way she came with me to the hospital. and cared for me and came every day while I was there -- guilt -- don't make it too hard on me -- but still. I felt I was in the stream of some greater force. I thought it was just everyone thinking it was the last place for me to be -- I was upset. I'd get pneumonia. God knows what my mother and M thought. I rely too much in institutions to solve wise - so he wanted me in the hospital too. Institutions like hospital, ~~xxxxxxx~~ values, lawyers. Doctors all represent the old society of conservative forces and outdated information. They can't help but be behind the times unless you get someone very hip.

[ Like the psychiatrist I went to and said sometimes the radio talks especially to me and he said, yes sometimes it does. Well, I've heard my own voice through the radio when on mescaline, so why not the spirits? Clairaudience is too old fashioned m'dear. Turn on the radio and stereo. rewrite your own songs. Last year I saw on TV the words "Poet to the World." Did I put that there? Or my spirit? The spirit says the spirit did it. Well, naturally. I take credit! No, he says, me! Clear your ego, says he. ] So it goes. [ After opening Jung to synchronicity I decided it was time to do the serious part of the book: How to check out the spirit. I don't call him Charlie anymore. He was a bumm. He B says I

So still what did I think last week? [Desire bad word.]  
 have a bad spirit and I get a yes from the spirit on that.

Cooking pancakes for B. turn on electric stove too high  
and see a burnt pancake on the dial. Turn heat

down. First lesson from spirit was year and half ago on

making pancakes. Gas stove. I mean I turned around and

the gas was turned down and the extra oil was gone from

the pan and the pancakes were cooking nicely without

burning or sapping up oil. From Muncie with India to

Brandenburg. Hmm. But I haven't written much since the

Jung. Signal all fucked. But I'm going to get the house

I go to see tomorrow. Definite yes on that. [Pain again] --

yesterday was awful, period. Since, leg and man and

shoulder. Muscle spasm one side, non circulation another.

[Now knee hurt from maple syrup on pancakes.] What makes

me sneeze. You see how I resent those 2 thorazines?

Shut off so much. even my sex was felling for he B.

B beat doing yoga now -- told him he should do it at least

once a week to check out his body and particularly the

weak areas of his sign. If I had worked on my shins and

pelvis from the time I was young I'd be fine now and see

an astrologer for your illnesses. Going 6 A when finished

with homeopath on charts. Take Scorpio salt maple. [Calcium

for muscle spasm today. Calf bad. Must eat more more

yin foods. [God. It was a salad and dressing that

threw me into yesterday's fit! Wine no good either.

Fuck. Would anyone like to trade bodies?

So still what did I think last week? [ Desire bad word.  
 Conference between need and want. Need is of the self.  
Want is of the ego. [ OK to desire need, in accordance  
with universal principle. Ego trip to desire wants.  
 Better to be clear to say need or want. ] Then you know  
 where you are. [ Food problem for me, separating wants  
out of the needs. ] I'm not on a diet either, too tricky  
 to lose weight now though, I would love to. Maybe  
staying off a lot of wheat will <sup>help</sup> keep. B makes me  
 eat fish but I hate it. More energy from say pancakes  
 and syrup (real maple). shouldn't take syrup on account  
hate but what do you put on a dry pancake? Honey  
 worse for me. [ Reading Jung of course I realize I should  
 do a real treatise on signal. When this is right,  
 how often etc. ] Like I once wrote a note to myself.  
 [ Document and record my entire life! ] Well that what it  
 will be. Would. I'm too lazy. But I see what for me  
~~to do~~ living day to day what color shirt to wear <sup>or</sup> brunt  
 pancake event is still non-existent not to say  
 believable to others. [ Of course the more I understand  
auras the less I need the signals. ] [ I don't need a spirit  
to say "no" to a pair of sneakers when I can see the aura  
of the sneakers is purple and I am a nice balanced  
magenta. ] I now know - or clear up, if I can, the purple  
 one. [ Wore old fuzzy sweater yesterday (only worn once  
 before but I was purple and in pain and cold - came  
 home early that day to help me he knew I was in trouble)

Maybe that 's why so much pain yesterday. Too bad.  
 Pretty cerol color. [Cant wear fuzzies too  
 much static electricity.] [Anyway sitting crying and  
 writing last night T comes with friend. Forgot to ask  
 if friend a mathematician. I want to talk to one.] [Dinner  
 at J's last week. So much salt! Magenta elastic blue  
 shirt the next day. The blue shirts coming out of  
 weak areas.] [Then I drank a lot the next night and upset  
 ulcer. Very acid sangria. Got all fucked. Too red. too  
 purple. One side one, one side another. All too intense.  
 Help. Eat yellow - corn, cheese. Muscle spasm, pain.  
 Help. Back to yogurt. White food. White best is  
 blue. Do yoga maybe 3 hours in morning. Include breathing,  
 meditation and exercise. Working muscle spasm out, I  
 hope. On Saturday was bad day -- enabled a lot  
 of ~~hash~~ - constrict blood vessels, Friday night. So -  
 Tuesday salt, Wednesday wine, Friday hash, Sunday salad  
 and vinegar, Monday agony! Tuesday sleep all day read  
 mystery write this. Last week. From Monday food and  
 snacking. Notice: constricting element (salt and rose)  
 and acid element (wine and vinegar) OUT.

Need new clothes. [Doing yoga saw red spot just below throat  
 when finished.] [Practicing listening to myself learned from  
 Gestalt book. As way to silence. Now I hear my thoughts  
 that I don't even know I'm thinking.] [Are these happening

now or are these on the memory tape? Seeing yesterday was pain day maybe the memory tape. It always helps me to cope with the pain to have someone else's vibrations around - someone to talk to and focus on. Glad T came. So for that reason it was good to be in hospital. Also numbness when I awake is only in little finger now -- instead of the next one also -- so I guess the numbness is going away. The thought probably got me in the pelvis though so that will take some more time.

I can't tell you what my signals are because I don't want any more interference from other spirits or minds. Big flash from me on that. I don't want anyone sending to me, you know. I have a traffic problem already. Witness the phone co. Saying NO to egg. I heard my mother voice say NO. I also started to laugh and made a game with U, of it

Sing Noel, Noel (forbiggen in my ~~Jewish~~ child-<sup>hood</sup> - ouch ulcer <sup>must</sup> bust - house) and to laugh. ~~Past with~~ <sup>Part of it</sup> U was a game on my part I'm sure. Alas salt <sup>soft failed</sup> basted eggs are so arid and <sup>and the</sup> yolk so indigestible, I wouldn't eat it, I knew what I was doing, but my resentful mother listened to the Dr. (See, reliance upon old and conservative and primitive institutions) and used that information as an excuse to vent my own resentment and anger <sup>her</sup> on me. I mean who wouldn't feed a kid at all because

Does this reflect the amount of ego I have in me? The willingness to play games on my part, or my susceptibility?

they wouldn't eat a soft boiled egg? So I wonder what she had to put up with to do that to me? Or had I done something or had someone in a former life to her? Are there former lives? I know people who remember their deaths, but I don't know anyone who remembers a life. Now that is interesting. I think I died once by drowning.

Had brandy last week-- fucked knee so it bent when I tried put a phone <sup>heart</sup> graft on set that wasn't working well. Going to town Fri. Thunder. I ask do I need a new coat. Later flash on road ahead. Means OK. Go ahead. But I didn't believe (oh ye of little) and carried a useless rain coat all night. Back off. India on again. Doesn't come down. Problem of comic book. I mean to write funny. Live joy. [J interested to find <sup>p.24</sup> chakra have to do with endocrine glands.] Going for check up. [Astrology chart says Scorpio: purification by fire. You bet.] Why should one remember deaths? The great transition. From knowing to unknowing or vice versa - more likely from unknowing to knowing. He says greatest fear to overcome is fear of death. [As I understand synchronicity it is not a causal relationship, but one of information or relationship.] It can also be an amusing comment a head trip by a <sup>p.25</sup> spirit. These latter I consider interference on <sup>p.25</sup> raise -- the ego trip, has good or bad, of the spirit, or mind or? Does this reflect the amount of ego I have in me? The willingness to play games on my part, or my susceptibility,

Anyway now I am very confused about what food is good for

my willingness to swallow the egg, be a good girl, and be loved? Hmm. One must really know oneself. Interjection -- Read Gestalt therapy. Do it.

Derided lack of discipline in writing. Must incorporate with morning yoga. Otherwise I hold yesterday's memory. In example. Yesterday, following Gestalt therapy example,

pictured saying NO to ~~matter~~ about eating egg. Shouted loud. Banged feet. Threw out arms. Heard ~~mother's~~ <sup>26</sup> voix say NO. Then downstairs on to eat. Heard ~~mother's~~ voice say eat that apple! In a heartless DON'T eat that apple

voice. ~~I was confused.~~ Should I eat the apple I had peeled the day before? No. It was dried out. Should I eat any apple? Bad for knee? Need fruit? Cheese gone.

What to eat with yogurt. Haven't been eating apples. They seem to hurt knee, but then I hadn't tried them with yogurt. The confusion over eating I attribute to

my mother. Conflicting command. Eat. Eat! But in hostile tones. Do you listen to the words or the tone of voice? How do you eat with bad vibes going down?

Further as I understand the egg thing, eggs are arid and the cooked white indigestible for me. Scrambled with milk is fine -- or poached on French toast I like them -- but I still don't eat them boiled. So I must have been listening to some inner guide when I refused the egg, as well as playing 2 year old child NO game. (an attempt to shit out all the accumulated-so-far NO's of my childhood?)

Anyway now I am very confused about what food is good for

me to eat - what will give me nourishment and yet not  
~~free~~ <sup>hurt</sup> muscle contractions, ulcer, arthritic knee. The ulcer  
 I had 10 years ago and ~~to~~ <sup>is now</sup> up for purification.  
 My diet is limited, to say the least. Too much fresh fruit  
is very bad for ulcer. ~~is~~ <sup>is</sup> Yang ~~is~~ food bad for  
muscle spasm (wheat) cheese bad for outside of one side  
where the black lines are heaviest (energy can't flow). So  
I eat yogurt every morning and then some and a little here  
and there of the rest. ~~Om head, an ashram product with~~  
~~whole wheat. Yogurt and fruit in it had been a standby~~  
~~but suddenly got too acid for my stomach. But yesterday~~  
~~I ate it with yogurt, not listening to anything, still~~  
~~afraid of going to Yang and having another painful day -~~  
 after I ate <sup>head</sup> it I said to myself well I guess I blew that!  
 (I'd had a pretty thick slice) then I heard a voice say,  
oh boy in a sort of chiding slightly nasty tone. So I  
said to the voice fuck off. You could speak in a nice  
tone, or don't talk to me. Then I realized it was my  
father's voice that had spoken. A voice you can't tell  
whether is chiding or sympathetic. More confusion. More  
guilt. So my confusion over signal and my faulty  
 communication. My little devil is no more nor less than  
 ma and pa. Still inside telling me what to do and making  
 judgments making it so I can't think clearly nor forgive  
 myself for errors caused by ~~their~~ confusion they originate.  
 Very neat. The screens between me and myself are they.



Well I suppose that's how it is. At least I know more clearly who my demons are and how to handle it. Before all this I wake up angry. B <sup>p. 31</sup> because of the times wouldn't massage my back or neck. After all I've done for him, etc. etc. and all he has to do the lazy bum is relieve me of some pain. But he doesn't want to spend one ounce of energy on ~~energy~~ ~~wxxx~~ on anyone else. Etc. This was true but outdated since he had massaged me both days he was here. So was thinking of him in anger and his <sup>his</sup> face turned to fire, like a devil's ~~mask~~ <sup>mask</sup>. I write all this boringly down because dealing with anger is a problem. I don't want to have it all in me -- hearing the burden of it only makes me angrier at the people who originally made me angry, and what bad vibes am I sending them by these angry feelings? Have decided today I must speak to B about the hospital trip, if friendship goes I can't help it but I hope it won't. As for B and the massages, well, I'll make it clearer to him some time about my resentment. But I speak much more more directly to him and he probably knows it already. I spoke out about my anger to my father last year to him, kicked him in the pants as a matter of fact (slipper on) because he wouldn't listen to me (talk, care, love, etc). But I've never told my mother off about the egg -- and I have to, or I'll never be able to speak up to ~~women~~ women on the appropriate

still hanging around but I talk back to him. Last night lying on  
 occasion -- they B talk to me - etc. - and so avoid  
 all these problems. I have of non-communication with women.  
 So I have to speak to her. My mother's birthday is next  
 week so I played with the idea of sending her a present  
 she wouldn't like - hard to do since I didn't find anything  
 much she would - (ha!) - so I sent a great big funny card  
 asserting the superiority of my being over presents and a  
 scarf which come to think of it is not the one she would  
 like but still not ugly. I ~~further~~ bought myself a sash  
 that cost \$1 more than her scarf. Amused at these little  
 games but deriving no satisfaction at all. Except at the  
 card, which I know she will like. Because when you come  
 down to it, there's all that love still. But I notice I  
 never have the duplicity about presents for my aunt -- for  
 her I always concentrate on what's the most beautiful thing  
 she'll like and if there's one for her and one for  
 mother, aunt gets the prettier. It's repeating the matter  
 the confusion of giving - not giving I got from her. I do  
 this particular thing only with her. But sometimes I do  
 give her something I consider really beautiful, like an  
 embroidered shawl. She didn't like it I think -- too old  
 fashioned. I wanted this year to send her a pretty tie dye  
 scarf (modern!) but couldn't find one in soft colors. So.

Matters <sup>is</sup> are difficult because I see my shape compared to  
 her, my voice <sup>36</sup> ~~had~~ <sup>had</sup> ~~36~~ #1 arm ~~red on 36~~ a  
 is sometimes hers. physical reminders,  
 as well as the psych. I must clear out matter. Father is

still hanging around but I talk back to him. Last night lying on sofa looking at candles wondered if B would come this weekend. Sound in left ear. Like musical eeee's. New signal? Saw beautiful aura around candle. Narrow red orange yellow wide green narrow blue violet ~~red orange wide yellow wide~~ around flame. Lying in bed thinking of sound it came back but eee's do not really describe it. No anger today just determined to write everyday so I can do morning yoga with up to date notebook. Oh yes, all those signals on house were negative ones. It had been rented day before. Fuck. What to do? Crumby apt? Yes says signal - ugh say me.

Yoga - It occurs to me it would be unfair to complain to B about ~~the hospital~~ - because her matter is dead and she can't solve her problems by taking them directly to the source. So then how to solve? My spleen hurts, and the ulcer, 2 days ago and yesterday the intestines - sharp pain on left side and on stomach.

My hayfever - if I try to refuse a sneeze I immediately feel muscle tension in shoulder., neck and arm.

Randrandias Das Hermes Trismegistres Egypt his to 5231 (dawn of Kali Yuga)

band aids (thorn time)  
couch, <sup>h</sup>sell, flute, drum, thunder

the heels. outside, some heels. any certain times. Signals?

thinking: magic is controlling the energy of the universe through  
 patterns. forms. Bells ring a lot, also hear a whistle! Hiss  
 (just then), O, dryer. Sounds. Big trip this morning. To eat  
~~or not to eat pancakes!~~ Came downstairs - chair by window glowed  
purple - saw plate of pancakes in front of it on table. Ate yogurt  
 and grapes, determined not to bring muscle spasm to neck  
 and shoulder with Yang wheat food. But not enough. Hungry craved  
 wheat (bells) as I do early morning. ~~(Won't either Om head or~~  
~~granola or say - pancakes.~~ So I made them. Fighting off all negative  
 signals because I really felt very deeply a need for them. No syrup  
 or honey though, had a bad hau or 2 yesterday from sugar in  
 bought cheesecake. So no sweets. Pancakes OK but ate a tiny bit  
 too much. I usually do, and have a hard time digesting the last bit.  
 It was OK. The wheat and yogurt and grapes balanced and I came out  
 a whitened magenta going on to pink and cream. Very pretty  
~~remember~~ I wanted to be pink - so i could (bells) become yellow?  
 Must be: yellow, a very softened yang (from red to orange to yellow)?  
 ? and blue tinged pink to dawn from purple. I don't know. I just see.  
 Have to get to my intuition through years of mom and dad and society.  
 Conscience also too strict - too much recrimination (repressed anger  
 says Gestalt book). More contentment. Large contentment on eating  
pancakes. ~~Then I took a nap. Mistake at supper - Can - Old and~~  
~~tough and I feel sick. Should have mixed cashew butter with yogurt~~  
~~and eaten that.~~ Conscience. sting of Scorpion tail. All  
 the things that rhyme with no's are no's.

Thinking of east and west - guru and scientist. how to evolve in one's own life to enlightenment without dedication to either - using information ~~OK~~ from either source, obviously also from friend<sup>s</sup> and bells ~~come info too~~ (bells). My conscience take the form of ~~respect~~ if only I hadn't done this, this would be OK. Recrimination and causality. If ~~forget you'd~~ A been a good girl. Reproach. Pine smell. Scent from corn. Say non stomach, it was quieting down too (bells) reinforce reproach (fatter)? or just a yes (information). Here lots of voices in morning after yoga (mine) cried because I don't want to come back to earth again. All that want money and greed and selfishness. Must give up signals (bells). Must unlock process of guilt. Bells. Bells on phono joined by hello. phono-bells flute and drums. (bells). Then voice. Sweet smell and bells. Also sweet taste before.

~~Lightning strikes on these thoughts~~

~~Thoughts: 1. express trip~~

- 2. Chanting of someone's music piece. cymbals, reed voice and percussion. Thought want to in the wrong place, you don't hear it tell the end. Flash.
- 3. Thought - unless of Louise. You're listening to Stereo - Flash.
- 4. Which is whats freaky because there are a lot of people wondering ~~if the flash signals with their toe.~~

So I eliminate act of weather from my info system and rely on something more personal, like signals and bells. (lights drum)

→ \*  
next page

Lightning strike on these thoughts.

4. ~~How much I love B. Flash~~
5. How much I love B. flash
6. Do these flashes mean me? color
7. We're slum hicks. flash  
color

\*

About two weeks before the pain day I saw a flash on the calendar for that day. Thought it referred to finding new place to live.  
Good planting day.

Talking to J about male-female. Said I didn't want to make love to women but I thought we were all moving closer to a male-female center in ourselves away from the extreme duality of a male and female style relationship. Bells. Style means old ideas of male and female roles go. You are just a person of one sex *in* another living with and having sex with whom you please. But trying to keep away from the extremes (male chauvinism, women's submission). I think women's lib, an extreme in itself, is necessary to bring about the consciousness of how much sex plays in the roles and attitudes we have. In that sense we should be sexless. **B** thinks the perfection is to be bi-sexual, like he is. The whole world *could be* for a lover, not just half of it! He is guided by attraction, not which sex someone is. I can't be that way (smell of skunk! or coffee?) so I just try to cool it. I don't worry about having lovers either, if I do, I do. If not, no. But then I'm not into sex like I used to be, or possession either. I'm not jealous. Told T it was

because I'm not sure 2 is the best number anyway. It may be, and it may not, depends on persons and situations.

Read something good in the ~~Woods~~ Woods took Acquarian Vol II, no I by Ranhandras Das about the School of Hermes Tresmegistres and cosmic

Sadhana and psychotherapy. (Yogic way and western way of self knowledge.) Both seem important to me. The west has always been interested in how the individual ego emerges from the unconscious and strengthen itself and its environment. The east is interested in how this individual ego loses its self in becoming one with the one self, what is not back to (although through) the unconscious but to the greater conscious. Both east and west trip take you through the unconscious- for the east it is on the way to the super conscious. For the west it is often on the way to adjustment to the environment of the conscious.

Self knowledge is a big trip. Both are right in one sense - the microcosm and the macrocosm. But the west has lost touch with the whole ~~awesome~~, the big picture, and the east lost touch of the individual need to express itself on the ~~material~~ material plane, to make manifest all the knowledge there is.

Spoke to B. He said next I would understand who the pain came from. why. Thought about band of pain around forehead. Fear it energy hit that I'll bang my head against the wall or jump off a ledge and land on my head first to heal the pain, Thought about being born with forceps. Thought about banging my head into birth canal trying to get out. maybe that where those come from. Let me out! Can I get out? Fear I can't. ~~bang head. Trip around head. Uch! Out! So maybe that was it. Fear gone.~~

~~Moved to i room back dump. Purple. No yoga. Eat a lot. sleep a lot. some pain in knee head and shoulder. Bad. what can I do? one week. then up the mountain again. town exhausting. Going to make pants. Buy shoes, socks. Saw clowns. Sticks of colored paper fall like colored energy. I only see energy in white color. 3 tabs (2) ~~would~~ on good side. Little toe and 2 next. I've seen more. Like sheets of rain. Happened twice when I was on the phone.~~

~~10 DAU ENOHP!~~

I feel a distinct sense of failure in dealing with my spirit. I still ask questions, to the right (4) *salvia* for pants? I bought some rose parsley and I saw a carrot sign on it at the knee - too yang? So I returned it and got a yellow print and that set up a lot of pain over the sciatica. Maybe its the largeness of the prints.



don't say anything about  
it aloud

a fault? Now the (4) refrigerator seem to come on in relation to certain thoughts, just as it did at the beginning. When I first met the Universe. I'd think a thought, the refrigerator would go on, as if in confirmation. I should be checking it out here. There's not much else to do. trying to buy shoes with no metal parts that are not clogs or moccasins. I want tie ones that will stay on firmly - ~~out a country~~ TEKRAIN with a grip bottom. Also soft and light. ~~sent mother card for birthday - "you're a real friend" or something - in case she feel guilt about taking me to the hospital~~ Can't work up any hostility or anger, Maybe I'm not facing my true feelings. Tired of psychology. Maybe the pressure is off with parent birthdays being over. Maybe its being in (5) tam here - activity vibe and pant get into my head. Movie, music, shopping, seem into more people though thats what I wanted. Didn't tell M about a poem we wrote. Signals said no - oh fuck signals (Refrigerater goes on) (6) - conditioning Learn more on intuition, B sounds good. I'm in between - I'm more intelligent in country.

I am angry at J. She promised me a sweater and didn't bring it. She was cold and wore a wool vest but didn't bring me a sweater. She wants to think about god all the time. I want to say to her: I am God.

God <sup>is</sup> and cold. ~~God needs a sweater.~~ Bring god a sweater. ]

The and it. Its heaven (if you'll make it that) We need every god to make it work. "I think of god all day. W Which god do you think of, me, your husband, you?"

~~Wake up.~~

I should have said this to J when she came without the sweater thats 2 people I didn't say something to I should have - Wake up!

So then I go off and ~~imaginextalking~~ tell myself everything I imagine telling others. Like why can't god light a candle and eat grapes?!

Dream:

WORLD MAP

Picture of beige-yellow (8) ~~shop.~~ I've seen young Young man in light khaki ~~maxx~~ before going to shop. Getting orders. Open s his, happily goes off to meet make companion, ignore<sup>s</sup> me. I say wait, don't you want to see what I get? (content anyway). Open letter. from near Eastern Potentate.

"As you have declared your allegiance to India.....

And I would use power? Ask him if I had it,... I see

no reason to protect you. You will sail on this boat.

Knowledge it will be bombed (sunk). I say ~~AVARY, VARY.~~ (young man's name)

~~Water~~ Picture of women on ship dressed in eastern

(and in harem) costume. Talk to other women in same

dress in Arabic. show moon above. I go to edge of

boat, look at water. ~~VO~~ VOICE says ironically.

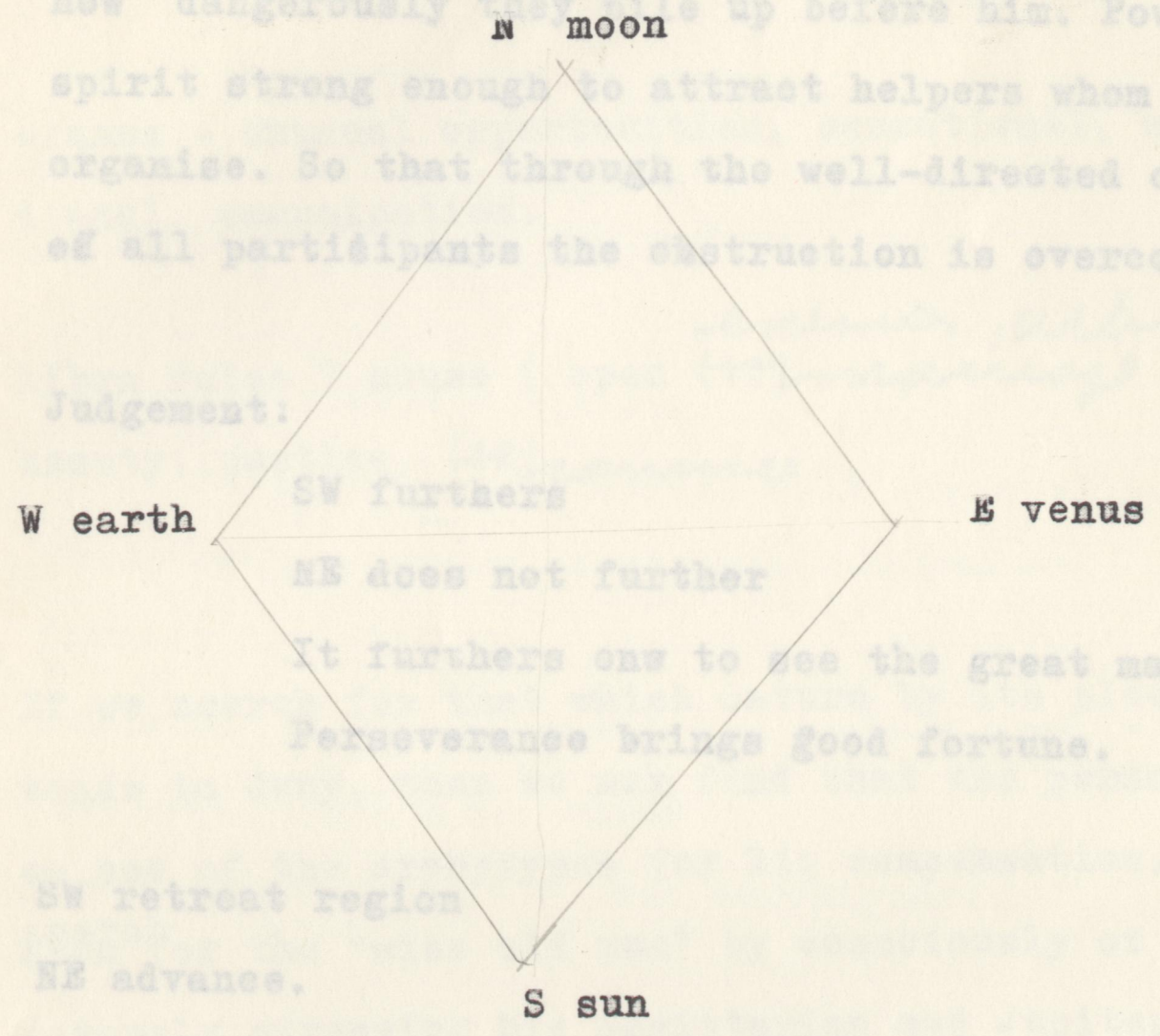
And so she has a chance to spend Xmas whichever way

she wishes. Date 1969. Last 9 changes. ~~I want to try~~

aut

27 (5)  
27 (4)

95th In the midst of obstruction friend come.  
~~on service costume.~~  
He should not seek to evade the obstruction no matter  
how dangerously they pile up before him. Power of  
spirit strong enough to attract helpers whom he can  
organise. So that through the well-directed co-operation  
of all participants the obstruction is overcome.



SW retreat region  
NE advance.  
One must join forces with friend of like mind and put  
himself under the leadership of a man equal to the  
situation.

Image:

Water on the mountain  
The image of Obstruction  
Thus the superior man turns his attention to himself  
and moulds his character.

Pluto, change, regeneration, rejuvenation, life force

95th In the midst of obstruction friend come.  
 Here we see a man who is called to help in an emergency.  
 He should not seek to evade the obstruction no matter  
 how dangerously they pile up before him. Power of  
 spirit strong enough to attract helpers whom he can  
 organise. So that through the well-directed co-operation  
 of all participants the obstruction is overcome.

Judgement:

SW furthers

NE does not further

It furthers onw to see the great man

Perseverance brings good fortune.

SW retreat region

NE advance.

One must join forces with friend of like mind and put  
 himself under the leadership of a man equal to the  
 situation.

7 yrs. 1968 Changes into Libra til 1975.

14 yrs. 1970 Neptune into Sagitarius

1971 (005) Pluto into Libra.

Pluto, change, regeneration, rejuvenation, life force

out

Neptune - receptivity, take on quality of in which it is found.

*has* ~~less~~ spiritual and *(+2) moral* qualities.

Uranus - unusual opportunities, sensational, unconventional, emancipation.

Libra rules 7 house ( open *(+2) marriage* )  
*enemies, arbitration*

beauty, justice, *(+2) romance*

If we search for that which Saturn by its placing tends to deny, then we may find that the person depends on one of the archetypes for his compensation. He will ~~search~~ <sup>search</sup> for the "wise old man" by consciously or unconsciously stressing his Sagittarian and Jupiterian qualities. For the "Great Mother" through the Moon and Cancer, for the "father" through Leo and the Sun, for the "Animus" and "Anima" through Libra and Venus.

Margaret Horne. "The Modern Textbook of Astrology".

Moon Myths and Man. H.S. Bellamy. Sun worshippers

Aquarian Age 2000 (2740) actually 19+

*(+4) austerity* of Saturn and disruptive changefulness of Uranus.

Science, flight, *(+4) Uranus & ray theories* ruled by

Uranus.

out

The week of the apt.  
Piscian AD 1 (into 60 B.C.) - New Aisæ of Zodiac

Greatest Change

Buddha, Zoroaster, Confusius, Lao-Tze, from between  
660 to 560 B.c.

\* "Towards Aquarius" Vera Reid.

Arian Age 200b.c.- 1.a.d.

Ram- lamb, worship of golden calf (Taurus) gods changed  
(14) *names* under cosmic (14) *pressure*

Taurean Age 4000 b.c. - 200 b.c. - Egypt Bull worship

Geminian 6000 b.c. - 400 b.c. - Kali (~~14~~) *Yuga* 500 b.c.

Cancerian 8000 b.c. Blood

Leonian Age 10000 b.c. Sun worshippers.

S.A. tense when faces. Golden Age of Sun worship.

Sepher Tetzirah - "creation by number"

Isaac Myer Kabbalah.

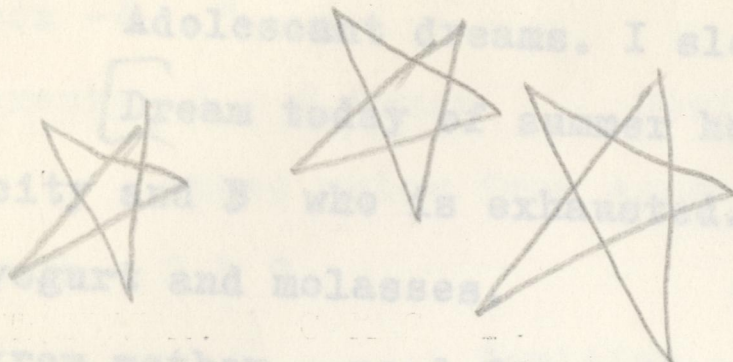
Houses: Fire 1,5,9  
Earth 2,6,10  
Air 3,7,11  
Water 4,8,12

Houses: Cardinal 1 4 7 10  
Fixed 2 5 8 11  
Mutable 3 6 9 12

The week of the apt.

See 5 pointed star in forehead eye closed

I week later star unfolds



3D

Get fever. B comes up.

rub shoulder

picture of mother

effect of

He won't shut up

mother

I hitch to him, contrary.

I get head on astrology

not my subject

move up mountain

great fatigue

dreams:

eating mutton chop, baked potato, and <sup>butter</sup> ~~hettles~~,

watercress.

sex dreams

back at work with old boss dreams.

eat bacon. I need B12.

Nice sex dream in which I conquer over some woman. Am pleased with myself. Get man. I am flat chested in dream.

swim through water like it is air, remember not to kick and hurt knee. (water feels like air when I am high)

Contrast to earlier sexual dream when I do not acknowledge man's penis, go off with girl friend. Dissatisfied dream about wanting a job bad (I don't)

Adolescent dreams. I sleep in adolescent's bed.

Dream today of summer house and 4 room apt. in city and B who is exhausted. I wake up exhausted. Eat yogurt and molasses.

From mother - need for extra iron and B 12.

Going to tape Yotu Kola.

Disatisfied with B. He keeps me from speaking up.

The old trouble! I am weary with the fight.

Jupiter opposes Sun, River?

You really have the best opinion of yourself of anyone I ever knew!

It was Grey's wedding present to me.

- Eternity, never ending, spirit <sup>PRIMAL</sup> (21) power
- beginning of emergence of that <sup>(21) POWER</sup>
- ☾ ½ cirche signifies soul
- ✦ material world.
- ☾ moon mother
- father

Cardinal

Outgoing

action, faith, restlessness



out

fixed Resistant to change (contained?) traits of stable

Sun - 5 house Leo ape of person

Moon -4 " Cancer mana and behaviour

Mercury 3 & 6 house Gemini and Virgo mental nerves

takes color from aspects rather than giving

Venus - 2 & 9 Taurus and Libra

feminine - relationships attract persons

Mars - 1 & 8 Aries and Scorpio <sup>Courage</sup> cause and (22) ~~to a ripe~~

masculine energetic, heated

Jupiter - 9 Saggitarius cheerful, expansive

12 Pisces (with Neptune)

Saturn - 10 Capricorn control, limitation

11 Aquarius (with Uranus)

feel insufficient, chilled

Uranus - 11 Aquarius - freedom, break apart

Neptune -12 Pisces - non-material, non confined, unconscious.

Pluto - 8 Scorpio - transmutation, eliminative, submerged

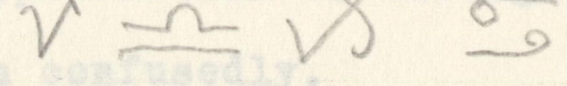
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Positive Fire ardent, keen active, cheerful

Negative Earth practical, cautious

Positive Air intelligent, communicative

Negative Water Emotional, unstable, sensitive

Cardinal Outgoing  action, ~~fant~~, restlessness

Fixed Resistant to change

*Handwritten scribbles*

(contained?)

stable

fault inertia, lack of adaptability

Mutable Adaptable

*Handwritten symbols: II M ↗ H*

desire to serve faults, lack of stability, over diffuse

positive - self expressive

negative - self repressive, receptive

Diagnosis of Man - Ch 3 - Kenneth Walka

Modes

A planet will show its nature in a sign as follows:

- In 1 Aries assertively
- 2 Taurus possessively
- 3 Gemini communicatively, with alert versatility
- 4 Cancer sensitively, protectively
- 5 Leo creatively, joyfully
- 6 Virgo critically, detailedly
- Libra harmoniously, unitedly
- Scorpio passionately, secretively, penetrating
- Saggitarius widely, deeply, free-ranging
- Capricorn prudently, coolly, aspiringly
- Aquarius detachedly, scientifically
- Pisces with appreciation of intangibles, often confusedly.

cut

1-6 personal activity

7-12 function in wider, fixed, related and nature of  
opposite

against the wall or jump off a ledge and land on my  
head first to heal the pain, thought about being born  
with forceps. thought about banging my head into birth  
canal trying to get out. maybe that where these come  
from. let me out! Can I get out? hear I can't.  
~~my head. This around head. Ugh! Out! so maybe that  
was for fear gone.~~

Moved to 1 room back dump. Purple. No yoga. and  
a lot. sleep a lot. some pain in knee head and shoulder.  
Sad. what can I do one week. Then up the mountain  
again. now exhausting. Going to make pants. Buy shoes,  
socks. Saw Glens. Sticks of colored paper fall like  
colored energy. I only see energy in white color.  
~~the left hand on good side. little toe and 2 nails.~~  
I've seen more. Like sheets of rain. happened twice when  
I was on the phone.

I feel a distinct sense of failure in dealing with my  
spirit. I still ask questions. to the right (4) *fallin*  
for pants? I bought some rose parsley and I saw a  
carrot sign on it at the knee - too yang? So I returned  
it and got a yellow print and that set up a lot of pain  
over the sciatica. Maybe its the largeness of the prints.

~~Section~~ act  
H10

28

MC3-1

Eat & Grow Younger by Lelord Kordel.

MOUTH - alkaline: Digests (well-chewed) fruit, grains, vegetables (starches & sugars). Saliva is alkaline.

STOMACH - acid: Digests chunky protein (if too well chewed, a soft-boiled egg or ground meat, passes into intestine without breaking down into amino acids.)

Those who advocate chewing thoroughly are vegetarians.

To stimulate hydrochloric acid for digestion of protein, first fruit, vegetable soup, or one glass of wine.

UPPER INTESTINAL TRACT: Digests carbohydrates and fats (not milk fat).

COMPLETE AMINO ACIDS:

- Lean meat, fish, poultry
- eggs
- cheese
- milk
- sunflower seeds

Grains, soybeans, nuts, and vegetables - amino acids not in balance.

DAILY SERVING 75 GRAMS OF PROTEIN:

- 1 average meat, fish, or poultry
- 1 egg

*(Handwritten notes in a large circle)*  
read -> fed that on  
grads  
also on...

B1: Millet, sunflower seeds, liver, heart, brains, lean beef, and lamb, egg yolk, sardines,

- 3 slices whole grain bread
- 1 pint fresh skim milk or equivalent in cheese
- 1 serving lentil or whole grain or seed cereal
- 1 serving cooled green vegetable
- 1 serving green salad
- 1 serving egg custard
- 1 serving fresh or cooled fruit

Molasses has copper as well as iron, for anemia.

*Falvon, liver,* kidney, apricot, egg yolk

Endocrine glands

PITUITARY	E, A, manganese
THYROID	Iodine, thiamine(B1), protein
ADRENALS	Protein, C, A, magnesium, silicon
PANCREAS	Sulphur, zinc, chlorine
THYMUS	Phosphorus, calcium
PINEAL	Potassium, sodium
PARATHYROIDS	calcium
GONADS	Iron, copper, A, B1, D

Derangement of pituitary causes craving for sweets

PITUITARY: E and A stimulate pituitary; also manganese (citrus, green leaves, outer coatings of grain, egg yolk, and fish (*Salt water*))

E: Wheat germ.

THYROID: Protein (high-grade)

Iodine, sea foods, vegetable (*— ocean*), *(red blood on ocean dark on seaweed)*  
seaweed, kelp

B1: Millet, sunflower seeds, liver, heart, brains, lean beef, and lamb, egg yolk, sardines,

I remember I wanted to be pink and yellow. Sodium-potassium balance (pink), and acid-alkaline balance (cream color). Don't know how to swing my system off alkaline. ~~Soltanoff~~ suggests grapefruit fast for one day; Vermont folk medicine, apple cider vinegar. Both terrible for knee and ulcer! Help.

Eating a lot of corn pancakes (dark mix) with soya and wheat and protein powder and a bit slippery elm (that too alkaline and constipating). [Have to stay off blues (alkaloid) and reds (Yang, sodium). Colors very intense. Have stopped yogurt for a while.] Causes cataracts if too much. Try eggs. Sun drying out skin. Or lack of yogurt? Note mother needs both iron supplement and B12. [Aunt needs apricot juice (iron). Doubling iron supplement and ate eight slices bacon (B12) last three days.] Depressed and angry. Boron? None today. See tomorrow. Kordel says potato starch OK with protein. Dream! Mutton/~~steak~~ chop, potatoes, and lots of butter and watercress. Chop and cress yang; potatoes and butter yin.

Fenugreek tea for sluggish liver.

Sunflower seeds: A, iron, niacin, pantothenic acid, calcium, B1 (thiamine), silicon, magnesium, fluorine, phosphorus, D

CONADS: roe, codfish, chicken, whole grains, fruit,  
 vegetables

ADRENALS: Protein  
 C: Citrus, melons, rose hips, apricots,  
 strawberries, green vegetables, tomatoes  
 A: Copper: with iron plus  
 B-complex  
 Magnesium & Silicon: Citrus fruits, green & leafy  
 vegetables, yellow vegetables, walnuts, and  
 egg yolk

PANCREAS: Sulphur  
 Zinc  
 Chlorine: green vegetables, berries, coconut,  
 egg yolk, cheese (except roquefort),  
 dairy, lean meat, salt water, fish,  
 lobster, crab, mussels, & shrimp

PARATHYROIDS: Calcium  
 Meat, eggs, dairy

THYMUS: Phosphorus (molasses)  
 Calcium

PINEAL: Protein diet  
 (Behind midbrain) Potassium (potato peelings)  
 Sodium: eggplant, celery, green vegetables,  
 berries, melons, (*flax above*),  
 citrus, and fruits, beef and lamb,  
 cottage cheese, dairy, lobster,  
 and oyster

GONADS: Protein

Sesame Iron: Beef liver, organ, dark poultry, beef and lamb, egg yolk, apricots, prunes, raisins, molasses, grains, lettuce, beet tops, leeks, radishes, pineapple

Skin Copper: with iron plus almonds, dried beans, whole wheat, prunes, liver (calf & beef), shrimp, egg yolks

A

B1

D: sunflower seeds, fatty fish as tuna, salmon, sardines, cod, and halibut liver oil (?)

1 grain calcium lactate for each year of age?

(Just mixed egg yolk and molasses - delicious.) Acid-producing. Next time mix with yogurt? Slippery elm?

Have seen deep blue like mussel shell inside blue and white circles. I think this is an overalkaline condition. I caught cold two weeks ago, fever last week, still feeling tired. Tired. I sleep four hours a day! A long way to go! Bloodshot eyes, cold sore in mouth.

Hurt knee swimming. Two planet changes today. Hope things quiet down. I must get better.



Good for rheumatism (because) of calcium

Sesame seeds: Lecithin, calcium, phosphorus, iron  
B1.

Lecithin shortage can bring on chronic fatigue, which  
rest does not ~~keep~~ <sup>HELP</sup> shortage means nerve exhaustion.

Skim dry milk:  $\frac{1}{2}$  cup more nutrients than one quart  
fresh skim milk.

Alkaline reaction in stomach. Do not take  
with protein.

$\frac{1}{2}$  cup 50 grams protein

calcium, phosphorus, potassium B-complex with  
natural balance, riboflavin

Honey for heart

for constipation (?)

Thiamine destroyed by cooking and is soluble in water.

Insufficient hydrochloric acid cause of iron deficiencies  
in older body.

Medulla oblongata at back of neck for thought  
affirmations.

Concentrate on spot between eyebrows for will  
affirmations, on heart for devotional affirmations.

Medulla and spot between eyebrows positive and negative  
poles. [When gaze fixed bet. eyebrows, current from two eyes  
goes first to point in forehead and then to medulla.]

28-7  
~~28~~

MC3-7

(appears is wrong)

Single astral eye of light then appears in forehead, reflected from medulla. *Reflected is not correct (comment)*

Electricity can pass through a solution of salt and water, but not through water or salt alone.

The secretions of the ductless glands, hormones, enter the bloodstream in tiny amounts as catalysts and control intelligence and growth. ADRENALIN. THYROXINE (65% iodine). ESTROGEN, female sex gland. TESTOSTERONE, male sex gland.

~~Biotin, vitamin H.~~

~~Mendeleff~~ believed in ether as a material belonging to Zero Grams of Elements, and made up of particles a million times smaller than an atom of hydrogen.

*(the flute. Some queer notion of his own)*

I have an "irregular" spirit, and the only way to truth is through my intuition. *(red on intuition letter)*

The young, soft, smooth, glowing-alive skin is acid in reaction. The pH factor should be 5.5 or below. Ordinary soaps have 8.2 to 9.0 pH or higher. Skin needs acid mantle. (All my cleansers are alkaline, including the fresheners, which should be acid to restore the balance.)

Millet - B2, good for eyes, cataracts. If bloodshot, more B2.

2 tsp. sesame oil  
 2 tbs. honey  
 2 tbs. millet meal

Combine into paste and leave on face 30 minutes, wipe and dash cold water.

Muscle cramps due to lack of calcium and magnesium.  
 Magnesium helps muscle tissue relax, prevents loose muscle and wrinkled face and neck.

Pyridoxine (part of (B<sub>6</sub> Vitamin)), good for muscular rigidity, leg stiffness, paralysis, and hand tremors.

The older, the more B1 needed.

Lack of magnesium: irritability.

Calcium and magnesium relax nerves.

I guess the bottle of calcium with magnesium I bought yesterday is right! One for the spirit who said yes to this (maybe it was higher-up me).

Iron dissolves only in acid. Take iron pill with plu m yogurt, cottage cheese, citrus fruit, apples, and tart fruits.

Spinach combines with calcium in body and forms kidney and bladder stones. Eat kale, good iron.

Apricots, egg yolk, good iron.

Fruit, wine, vegetable soup, bouillon activate hydrochloric acid in stomach, pouring in large amounts essential for digestion of protein (meat) meal.

Chew vegetables, fruits, and sugar-starch foods; digested in alkaline mouth.

Mayo Clinic discovery: Meat eaten in good-size hunks digested better than ground meat. Don't chew proteins a lot. Small valve, pylorus, at bottom of stomach triggered too often and empties stomach contents whenever food reaches certain pulpy state. A soft-boiled egg leaves stomach before it is broken down by digestive acids into amino acids, which are used to rebuild protein. Bite ground meat. Fruit whole, juice go to intestine undigested.

Vegetable juice same - fermentation gas in intestine. Too (heat) producing (ferment).

Calcium, lactic acid, B1, and C, help sleep?

#### Ten Amino Acids

ARGININE: Lack of, loss of sex instinct.

TRYPTOPHANE: Wards off cataracts, baldness, and sex gland deterioration (vital for women).

Necessary to utilize vitamin A.

(Vitamin A starvation: eye disorders, colds, respiratory disorders.)

VALINE: Lack of makes one abnormally sensitive to touch and sound, and one has trouble controlling muscular movements.

HISTIDINE: Tissue repairer, normal blood supplies.

LYSINE: Lack of: pneumonia, acidosis, headaches, dizziness, and anemia. Female reproductive cycle.

METHIONINE: If lack: hardening of liver, nephritis (kidney). Necessary to keep proper nitrogen balance.

PHENYLALANINE: (Related to efficient use of C.) Lack of: susceptibility to disease and other things related to insufficient C.

LEUCINE

ISOLEUCINE

THREONINE

And two more!

Green tea has 17.8% tannic acid, much more than black tea. Double quality of producing excitement, and astringency comes from yellow and blue which combine to produce green.

Blue light cures sciatica.

? Lilac light cures sciatica.

Blue glass best. Thin blue gauze curtains next. For sciatica, nerve debilitation, rheumatism.

Alternate panes of clear and blue glass heat a room.

*Begin  
Here*

Goethe on color.

~~Austable.~~ *Austable.*

daVinci.

Optics.

Sugar of milk changed by rays of sun through a prism.  
When charged by thermal rays - positive odor magnetic sugar.  
When electrical rays, negative (blue and violet).

Sunlight contains thermal and electrical rays. It  
is heating and stimulating - putting sleepy systems into  
action. Overexciting on sensitive brains.

Cobalt blue used in margarine glass.

Babbit, Edwin S. Principle of Light and Color.

University Books, New Hyde Park, N. Y.

*Allows* red heating rays to pass. N.G. for  
sensitive brain or inflammation.

Deep blue glass colored by cupro-diammonium sulphate  
( $N_2H_6Cu$ ) $SO_4$ ; or called cupro sulphate of ammonia.

This obliterates rays below green.

*negem* → There seem to be some objections to my settling down  
*Here* and writing today, whereas yesterday and the day before  
the spirit was urging me to write.

At any rate, it's this way. I am tired of the spirit  
-- this "irregular" force that is totally unreliable. Yet  
as I think it sends me signals, yes or no -- and I ask

*out*. myself questions all day -- "Is it OK to eat this for my knee?" and so on.

It is hurting my arm and knee to write, so I guess I had better stop for a while. This is crazy. I am at war with myself. I want to write the things I've been thinking the last two days -- about what I know that is related to my own knowledge, and not notes from other books. Also this matter *is father's* spirit says I have not yet learned to be free of them. Yet when I really ignored them <sup>spirits</sup> and had ginseng tea the other day I got, after 1/4 cup or less, such a rush of heat that I had to take off not only the sweater I had put on a few minutes before because I was cold, but the sweater under that, and ran out into the porch to cool off. Better not to get heat rushes. Later I was exhausted. The next night I slept under a purple *quilt* blanket and got the heat again -- woke up with electricity in little pieces around me - the knee is pictured like that. Electricity and yogurt all mixed up together, like straw going every which way. So I had to do yoga for quite a while to cool that out. It's better for the blue fire to come slowly. I was warned about the gray blanket too, but it also seemed to say I could handle it, whereas the rush from the ginseng was just too sudden and too much. The only solution is to find

me -- my intuition and my sense of myself that was destroyed by my parents as a child. [To find the real cravings and not the learnt ones.] Last night the spirit said it was ok to eat scrambled eggs, and I didn't feel like it, but I'm tired of corn pancakes, so I did, and got indigestion. So I'm beginning to believe in me -- but still, if I don't ask what is the correct sheet to use, I don't get flashes on the auras. [Last night I heard a voice that was neither my father's nor mother's nor me. It was a woman's voice that said, pleasantly, "Relax." It's the only voice that ever said that to me that I could listen to and do it.] [But the protein must have given me a rush because I got up around 6:00 to eat ~~cheese~~ to quiet my stomach, and the kitchen gleamed as bright as if I were on mescaline or acid.] So maybe the protein or ( ) is, how much rush can you use? I am eating corn meal pancakes (Fearn's), the whole corn meal plus soya flour in it, mix with egg and oil and milk and sometimes protein powder. Fruit, cheese, oat cereal (millet I'm not sure about -- too yang?) and no vegetables because it hurts my ulcer and they're too much heat. Last night I thought that Chinese vegetables (all green and white) would be ok -- I really want vegetables, but aside from cooking lettuce which sounds horrible I don't know what to do. One of the important *stet*



cut

things I've discovered about food is that chewing well in the mouth relates only to grains, vegetables, and fruit. Fruit juices I mush around with the saliva first. It's filthy, disgusting, so I try to eat the whole fruit and chew it well. After a while you want to do this, the food just slides down your throat then in a very sensual way. I do not chew it to liquefied form -- just so it slides down nice and easy. ~~What a boring book.~~

I learnt from my own heat<sup>d</sup> -- the magenta color is a mixture of yin and yang, red and purple, and can soften to a nice easy glow. This is a healthy aura, according to Ledbetter, and the one I feel best in. It allows the turquoise blue flame to appear. This calls for electric energy. Yogurt, for its use in cooling out the purple, is mucus-forming, and I do not eat it now.

I saw a five-pointed star in my forehead, and when I hit upon a truth I see a bell if my eyes are closed. The endocrine glands relate to the planets as well as the

(Chakras). As far as I can figure it out, beginning with the lowest (chakra):

- |   |     |            |
|---|-----|------------|
|   | ( 3 | 1. Mars    |
| 6 | ( 5 | 2. Jupiter |
|   | ( 7 | 3. Saturn  |
|   | ( 2 | 4. Moon    |
|   | ( 4 | 5. Mercury |
| 1 | ( 6 | 6. Venus   |
|   | ( 7 | 7. Sun     |

ant

Pain around chest and back. Woke up with outline of car ('30s car) in head. Shine on it. I am in car behind, 4 years old. Going to stay with aunt, settling beside her in car. Father in car ahead. Going to court. (Mother in hospital having baby). Father's car turns off road. I cry, "Daddy, daddy." I guess I thought he was leaving me too. Valid?

Tell J about sweater. She laughs. ~~Also tell her what part of her ( ) is bad. I must speak up, to protect her (and me).~~

I had salt on my food the day before I got the heat rush too.

Yes, I guess it was valid. Today some sharp pains in my back and in front in the ulcer region -- like little sharp things leaving the body, no muscle constriction. Then my chest felt much better and I can lower my head onto my chest without causing the pain to reappear. Usually stretching my head down had done this. Any relaxation of muscle and I belch. [Rubbed knee a lot and belched a lot. Had one corn pancake made out of water and ~~Fearn~~ corn mix and a little oil, and the heat begins to rise again. Corn is the most yin of grains! I'm flushing! Yellow light here, blue there (or was that a sock?) It's purple now, the sock. Heat's gone. I got stoned on that pancake. All is quiet now. I feel very

limber this afternoon, working out tensions in head muscles. I'm beginning to feel loose and limp, like I did when I was in the (Slink) and got all the tension out of part of me. The other day I scratched a tension spot on the ball of my foot and the heat rose. Today I got a blue flash of a yellow leaf and a yellow fruit! Imagine when the leaves turn yellow and all flash blue! Far out. I get red off the green and sometimes blue energy. But the blue off the yellow is deeper and not so greenish.

The chest feels very transparent and loose, but the head muscles are tight. I wonder about these books on color. Natural color. Contrast color. Aura color. What is most important? Which operates? Everything is very bright tonight. I took two calcium with magnesium tablets and have felt better since then (about two hours ago), but actually I felt better out on the porch after the pain left my chest and I could work on the head. Earlier today I felt crummy. Crummy even after the spasm of back pain left me. Venus went into Libra today. Perhaps that helped. The other night, when my chest hurt (a little cold), I kept sending love to the congested area. I coughed a few times and felt much better. Sending love to a certain area is different than looking at it and demanding it get well. It feels smoother and

one vitamin B pill, two vitamin C (altogether 1250 mg.)

the tensions go away faster. I'm wide awake. No nap. Getting better. I think I made my need for afternoon naps go away by just earnestly wishing to remain awake all day. Of course, I may have slept myself out. I'm sleeping less at night too. It's hard to be certain of things like that. Earlier this summer I was glad to nap in the afternoon. (Eating-yogurt period. With the yogurt I ate wheat and fruit. Now I have dropped the yogurt and added eggs. Corn instead of wheat. I also eat some cheese every day. I just said to myself, "I'm a philosopher," and heard a voice say, "Genius." It was the faint voice, however, that's been saying lots of things, but I haven't -- *long pause* for buzzer on dryer, ~~on~~ some people who aren't crazy already buy gadgets to drive themselves so -- listened to this one. I can't hear it very well. I think it's clearing out the brain or memory or something. It's easier to ignore than all those visual signals. My mood is exceedingly cheerful tonight and I am able to write these details.]  
[Usually I'm so bogged down and depressed I can't lift the pen.] Is it the corn pancake? The calcium and magnesium? The one dried apricot and  $\frac{1}{2}$  dried fig?  
Eaten also today four corn pancakes made with two eggs, two small plums and one cube cheese. One iron pill, one vitamin B pill, two vitamin C (altogether 1250 mg.)

early in day. Perhaps it happened while I was massaging the knee and commanding it to get better (nicely, with love), and belching like crazy -- that's when I saw the yellow leaf turn blue. Or was I rubbing my head? ~~That was shortly after the knee.~~ Either way, a lot of tension left, and the energy is flowing more freely now. I heard the 'maw' + wrote it in. I wasn't going to put it there. I just saw the black from my two legs in the doorway. It goes further up the side with the bad knee. Two days ago I saw an entire black outline of my profile by the phone. I should stand up straighter and get thinner under the chin.

[Does this all come from realizing I really loved my father when I was four, and I was afraid of losing him whom I loved, and I tightened up in the chest and stayed that way ever since?] Things got worse, not better, in relation to parents. Ah so.

Great yawns now working on tension outside part of calf on bad knee leg. Foot flashing.

I think there's now a possibility of the signals not playing games with me, and of my controlling my body with my will to get well.

About two weeks ago I had my head bent and I felt the spot at the back of my neck get really warm and relaxed. ~~It was just before the (apt .).~~

Slept under the gray blanket again, but switched a cotton quilt for the orange basketweave wool. The latter was very red in aura and I experienced a headache upon going to bed. After I switched, the headache went away, but I had some trouble with the knee and pelvic area under the blanket. I concentrated on this for a while and the pain went away and I fell asleep. When I awoke I did not have the burst of electricity. My mind, however, never shut up talking to me, and as I would think something it would add a useless phrase, such as, "for the time being" or "now." It was difficult to quiet my mind and I made no attempt at yoga other than to work out the neck muscles a little (I hear some of this as I write it). I decided to wash my hair as B is coming up and I haven't washed it in two weeks. All the spirit indications were against it. This has happened before. Evidently the magenta and blue turn purple and green -- which is a lower energy level, or something. I still have that old fashioned idea that one must look nice for a friend,] whereas a high energy level is really the nicest look of all, and I would have washed the damn hair in a few days. But I washed it and ate two corn pancakes made with water (only I heard) and was still starving, so I made another with egg and milk and oil, had a piece of cheese, some raisins,

two plums, and the iron, B, C, and calcium pills. I feel better but like taking a nap. I haven't felt like a nap (heard all week). So maybe the water does wash away something. My left shoulder hurt so I must stop.

[ In a little book by the Rosicrucians they call the spinal fire the blue of a gas flame with the softest pink and yellow through it, and the blue is, of course, the electric blue I described. I see it lighter than a gas flame, and with ~~me~~ turquoise in it. The pineal is behind the 3rd ventricle, and the pituitary in front. The pineal resembles, they say, a male organ, and the pituitary a female. ]

[ B ] didn't come today. I'm sorry I washed my hair. I feel ( ~~and weak~~ ) ~~and weak~~. Very weak. Enough to

cry. The magenta is gone. My cold returned. I feel sick inside. I ate a Tiger's Meak candy bar because I was so washed out, and all the sweet hurt my knee. Pain.

I can't go on this way. I can't go through another winter of colds and depressions and low energy. I just can't. It's going to take three more weeks to get the knee better. All because I said, "Water can't hurt you."

So I went in swimming <sup>red on swimming. water on e of red.</sup> against my own judgment and against the spirit advice too. [ I'm angry at him -- he's always projecting -- and I'm a fool to listen. A ( )

fool. [ Water wipes out my energy and prevents it from

rising and growing stronger. I've had a cold for three weeks. I wish it would go away. I got a signal some time ago it would take four weeks. I'm tired of waiting. ]




J brought me another sweater! I even asked her for one back (that I'd given her!) I hated to do that but it was the wrong idea and the wrong aura too -- purple aura and last year's color. She returned it with no resentment.

Just read earlier most of this book and started to laugh, so I feel better.

It's incredible the difference in yesterday and today. I felt like this yesterday. I was feeling lousy and resentful, and then the energy came on in the evening and I felt wonderful and no longer resentful of B. So ( I should have consolidated my gains and not washed my hair. Besides, it was a lousy day and I couldn't do it outside. So I lost most of the afternoon outdoors too. I should have waited till ~~tomorrow~~. I bet anything it's a sunny day. If only I didn't rebel at the wrong time to the spirit instead of trying to figure out what it is telling me! If I would let down and ask it as many questions about what is going on as I do about some future problem, I might get somewhere! Incidentally, I wouldn't have washed the black velvet jacket in the washing machine if I'd



listened! The velvet is OK but the shoulder pads fell apart and now it is a droopy 50's look instead of a bold 40's. Besides, the lining is all raggedy now and I have to sew it.

Yesterday when I woke up the red leaves were brown and the tree turned blue. That only lasted a bit. Today I slept in the water bed with the electric heating unit on. I woke up in the night with little bits of electricity-like straws and a red warning light on the wall, so I went upstairs to cool out. Saw the diagram  with  lit up, and then the  lit up.

Doing yoga today, all kinds of flashes. I ate part of a Tiger Milk bar again, and the sugar does bad things for my knee. I keep seeing it on my knee, so I have to recite my mantra and make it go away. Whenever I see something like that or a *circle* of blue and orange and cream *(the same)* and cream or deep blue and white or dark red and blue, I concentrate on the area till it goes away. These signs, I have to assume, appear on places where negative energy is stored. Sometimes a piece of clothing, or the lining of a jacket appears, and by reciting the mantra or concentrating I send good energy to it to drive out the bad, i.e. negative, diseased. ~~So we rebuild.~~

<sup>W1571</sup>  
I went so I could understand the signzls. Perhaps  
the book would be clearer too. My life would be. The  
knee ~~feels~~ <sup>is</sup> up everything. But I can take more of  
the purple ( <sup>riches</sup> ) than I used to. ( <sup>no it says</sup> )  
Not so much pain as there used to be. Still, some  
signals seem to mean OK, some no, some clear up the bad  
energy. And they keep ( <sup>crutching</sup> ). Perhaps it's all  
a low vibration trip.

Wanted to eat chicken -- saw thumb with all  
wrinkled chicken skin and yellow fat along fingers.  
Didn't eat chicken.

Apples strong alkaline

Apricots "

Bananas "

Blackberries

Cherries

Gooseberries

Grapes

Guavas

Lemons

Oranges

Peaches

Pears

Pineapples

Strawberries

Tree tomatoes "

29 - 1

*(Faint background text from another page)*  
 Cabbage  
 Carrot  
 Cauliflower  
 Celery  
 Leeks  
 Lettuce  
 Onion  
 Parsnip  
 Peas  
 Potatoes  
 Pumpkin  
 Spinach  
 Tomato  
 Turnip

Acid

Plums	Acid
Nuts	Acid
Almonds	Neutral
Brazil	Acid
Cashew	Neutral
Coconuts	Acid
Peanuts	Alkaline
Walnuts	
Asparagus	Alkaline
Beans	
Soy - complete protein	essential amino acids
Beetroot	
Brussel sprouts	Parsley
Cabbage	Parsnip
Carrot	Peas
Cauliflower	Potatoes
Celery	Pumpkin
Leeks	Spinach
Lettuce	Tomato
Onion	Turnip
Wheat	
Barley	Acid
Oats	
Rice	
Rye	
Wheat	
Wheat germ	

SWISS  
CHEESE



Corn	Alkaline
Butter	Neutral
Cheese	Acid
Cream	Neutral
Eggs	Acid
Milk	Alkaline

Foods with all amino acids:

Soy and sesame together

Eggs

-9-

-9-

99-

4

13

22

31

4

4

4

4

Every 9 days - numerology. Birth date.

Babbit -- principles of Light and Color.

Violet rays go easily through sodium, magnesium, in which yellow is active. Blue rays go easily through hydrogen in which red principle is active, as well as carbon, nitrogen.

I agree!! What is this word?

That swiss cheese is awful.

SWISS  
CHEESE

My sun is in the 12 house? OK?

Can I see your poems.

" " " the chart



with the signs -

Where are the trines

That is 60° right?

120

Sextile also good.

B		H	
Asc	trine	Venus	
Asc	trine	Uranus	Rest unknown
Moon	trine	Moon	

DOUBT IT.

I'll probably be in bed when she comes.

I'm tired.

IF SHE COMES I AM BEGINNING TO ( ? )

Pluto leaves Virgo on the 8th of October. Wow!

I didn't know that before!

It rules you.

5th  
I think

(my what)

Your sign

remember

PLUTO - SCORPIO

Excuse me, but we are WRITING TOO MUCH.

A to Z Delineals.

Pluto, ruler of Scorpio, rules subconscious body, flux contest between acid and alkaline, burns out dross,

all regenerative processes that bring dead people to life (rebuilt) the (*fundline*), energy).

Pluto moves out of Virgo, into Libra, October 5, 1971.

Pluto rules conscience, subconscious activities.

*lights dim*

Well, that's me.

Knowledge of need of vitamins became known after Pluto discovered.

Aspect - washing, steaming, and purifying, beneficent auto-suggestion, overcoming habits and imperfections.

Bad aspect - "getting stung."

Look at chart. Two trines to Pluto. No bad aspect shown, but flash on Saturn. Perhaps a bad aspect not shown on chart. Must check. Signals say it is a good aspect.

Got period. Ate two slices very well done bacon. Tired. Discovered knee injury revived after I kicked my father in the ass (gently, with soft slippers, and sending love). Guilt! Therefore (1) I didn't speak up to prevent someone twisting it. (2) I listened to someone and took that to mean I should dance with very fast dancer. And (3) took what that same person (same sign as my father) said to mean I could go swimming when I know exercise is bad for it and had many negative

signals. I punished myself. Now I have to tell knee  
 I won't kick anyone any more. I concentrate my "words"  
 (mantra) on it. This mantra raises the vibrations to  
 a smoother level and sends in good energy. I haven't  
 seen any butterflies leave it, but I did see a many-  
 petalled lotus below the knee a few weeks ago. There  
 is a chakra at the knee. Controls amount of energy  
 entering body through foot. What kind is that?

\* that means  
 the  
 statement  
 is not  
 true

[det 1/21]

B and I are silent. We write what we need to  
 each other. Will see what happens. His purpose, self-  
 control. We both aim at better communication.

Read the third eye appears to some as a tiny  
 snake coming out of the forehead, which can magnify  
 or make smaller what you see. Last year I had the idea  
 I could adjust the focus of my eyes by concentrating.  
 Could a little, I think, but evidently applies to astral  
 eye. Trying out different colored clothes and different  
 materials and auras. Today wore avocado green sweater  
 of acrylic with purple aura. Felt OK on back, although  
 I could feel slight muscle contraction in shoulder,  
 but knee really hurt. Had gotten my "carrot" signal on  
 it -- means too constricting. Knee felt better when I  
 took it off and put on an all-wool rust sweater with a  
 red aura, and a yellow shirt over it.

with B, we had decided to go to talk to the  
 so we decided we'd write in a journal  
 all the while

Sleep on green sheet with purple aura, gray blanket  
with purple aura, orange blanket with red aura, yellow  
blanket with purple aura. Orange and yellow make pink(?!),  
and gray to tone down colors, but what I see in the  
morning is red and purple auras on shoulder. As far as  
I can tell, if the aura is strong it is more important  
than the color. The gray blanket, which is fuzzy,  
Peruvian and book print design, has a very energetic  
purple aura. I intend to blend all this to a nice rosy  
pink. Ho hum. Blue on hum. Pink on hum.

Can now put legs over head and touch toes to  
ground without pain in ulcer region. Begin to feel  
great armor plate over chest, neck, and chin. It's gray  
-- I feel I could remove it all at once like a plaster  
cast.

One lung hurts - in back and shoulder region.  
 Realized it was from smoking twenty-odd years when talking  
 to friend about smoking and started to cough.

When I saw the black outline of my profile  
it was as if there were just one line which incorporated  
both front and back. No hollow place.

Thoughts on ~~Silence~~ *the period of Silence*  
 Is not talking walking out on a situation verbally  
 instead of physically?

*with B, we he doesn't want to talk + I do  
 so we decided we'd write or I would  
 talk + he'd write.*



Isn't it avoiding the situation rather than handling it?

Where are the nice friendly vibrations that come from pleasant conversation, a "hello!"?

Does it clarify your ability to communicate if one person asks questions and all the other does is answer?

The person who asks the questions then never receives anything freely from the other.

Where is the interplay of minds on the intuitional and speculative level?

Would we have gotten to the numbers if we had to write it?

Does writing take more or less energy than talking?

Not talking saves a lot of energy, but to me writing uses a lot (not in solitude, as a book) but in notes to someone who is standing there.

You have a habit of dealing with all disagreements with me by walking out or not talking. This has happened often enough in the past for us to consider whether any more understanding of ourselves can be reached this way, especially by a silence that was engendered by hostility.

On the other hand, I am curious to see the patterns

back in hell again, and he must deal with affect (Jung),

and let the worry go while I can deal with causes.

Anyway, it does free me to realize being walked

of what we write. Is there a significant difference from our verbal conversation, other than quantity of words? Can intensity be read in the size of the letters? Can tone be read in by size? *oh my - I read this on the night of dealing with the war!*

I can hear my inner voices better when I don't talk. Would I rather listen to them or to you? Isn't silence a bottling up of hostility rather than an expressing of it and working it out?

Importance of gestures to convey emotions (expressions on face).

Comedy element of silence.

Rigidity element of silence.

Effect of silence on raising of energy to or from throat (*chakra*) or from any one (*chakra*) to another.

Yesterday lay on water bed for 1/2 hour. Felt chair rock under me for another hour.

Today woke up, sore throat and chest pains -- started to cry. B came up and we talked - all OK - he said Orpheus couldn't look back to hell but must move straight with the light. While I said Pluto could explore the region of the unconscious (Freud) with safety because he'd been there so long. So it frees me to explore my psychological history, *deal with causes* where for him it would put him back in hell again, and he must deal with affect (Jung), and let the memory go while I can deal with causes (Freud). Anyway, it does free me to realize being walked

out on, not listened to and belittled were ways my father treated me, and I lost my self-confidence as an intelligent being (the mind, as opposed to the intuitive faculties, my mother upset). I also got the idea that learning was good and I could please him through brightness, but that was expressed through book learning rather than developing my mind.

I got this all mixed up with being a woman, too -- that women

"Emotion indulged in for a prolonged time actually creates tissue changes in the organ or organ system involved." - H. F. Dunbar, Emotions and Bodily Changes, New York: Columbia University Press.

~~In Mother words it~~ gets in the permanent memory. After one hour's thought on one subject it goes into the permanent memory. (Grey Walter, The Living Brain?) Witness release of childhood memories and muscle spasm at the same time.

Blood renewed every 21 days.

11 months for a cell to be remade from beginning to finish.

Another year of positive thinking and I should be well. With exception of liver? Something is saying because of the yogurt. I see liver spots mixed with

(not now store)

white over year. ~~That's how that thought.~~

I just read in "Who's the Matter With Me" by Alice Steadman, CSA Press: "I like to think that when there is a physical reason why a soul cannot be born to its true soul parents it takes a roundabout way to get to them. It goes to a mother it knows well, releases it to its 'true' mother." Which makes me think of my aunt, or B and me.

"A person doing what he knows he must, and allowing no one's opinion to short-circuit that plan, is not bothered by the aches and pains that dog 'those who bury their hurts and fears within Paracelsus.' Man dervies his spirit from the constellations, his soul from the planets, and his body from the elements."

( *Chakras* ) or center, studied by Greeks, Egyptians, Hindus, Chinese.

Seven different worlds. Level of consciousness on astral plane.

I have to report great progress on the knee in the last few days since I discovered the cause of it all. Whenever it hurts or I need to concentrate on it, I see the suede slipper boot that I kicked my father with. Of course, I wonder if he had sent bad thoughts to my knee, but decided even so, common sense,

to say the least, would have prevented any real harm, plus learning to speak out immediately when I have something to say, plus not doing everything someone you love and admire tells you to do. The best voice is within, also, and comes from higher knowledge through my higher self.

SLT  
Last three days been eating fish and fruit and eggs and wheat germ. For two nights slept only four hours each night plus short nap. Woke from nap today and feeding like crazy on fish, two prunes, two apricots, plus 1000 mg. vitamin C eaten before. Too much C. Saw beautiful brown and red bird where it had been on ledge while it was on porch, eating (after image of before).

I can now wear some sweaters with purple. A sweater made of acrylic with purple aura is now OK to wear except it gives me a little trouble on right shoulder. The shoulder is clearing up now, and the muscle tension in my neck and head area is easing. I'm 1/3 of the way into throat (Chakra) according to how I see the (Chakras) on the chart light up when I look at it.

During nap had gray blanket with purple aura over left side and woke up speeding - perhaps that had something to do with speed. Ate pancakes and went for walk. Swept floor and did dishes, ate some cheese to cool out. Good grief. Every time I write "speeding" I speed! Help. (Am on bed.)

First night I rested only four hours. Had weird trip.

29-  
MCA-13

Isabel Heeney, Astrology: A Cosmic Science.

Signs - parts of body.

Planets - endocrine system and ductless glands.

Each ductless gland has psychic center ( ) behind it, and each secretes a hormone into the bloodstream which circulates energy from one organ to another. Proportions of secretions govern nature: of sympathetic, energetic, etc. I wonder if changes in consciousness can accentuate or restrain natural tendencies.

Opposing sign important.

Sun: rules constitutional strength, related to ( *prana* ) or ( *etheric* ) energy.

Strong sun ( ~~etheric~~ ).

Moon: lymph glands and pancreas. Moon rules ( ) - functional strength of body.

(Antidote for Mars ) because one part of pancreas secretes insulin. Storage of sugar works against the adrenals.

Saturn - brakes - (impedes circulation in house and sign)

Jupiter - liver and arterial circulation.

every energy on three levels  
physical  
emotional  
mental

Moon force sustaining and nurturing. With Jupiter controls liver and food digestion - against Mars (adrenals) to dampen too much fire. Dampers on furnace.

(I fell on ♃)

where I have mine

Retaining water dampens energy. Moon (~~~~~) moody, passive, fluctuates.

Mercury: thyroid, breathing and metabolism. Iodine, sea salt, kelp. If upset, slow down breathing and you will calm down, wait to keep food from being used up at once. Impulsive, thin, restless.

Venus: parathyroids, tissue-building and increase in bulk - veins, and return flow of blood to heart.

Mars and Saturn: adrenals (two parts). Medulla hormone ruled by Saturn. (Fear or flight sensation produced by this secretion.)

Mars: (chell & cortex) secretes hormone giving (aggressiveness) and (combativeness) (Self-preservation and animal nature.)

Antidote for afflicted Mars is Moon.

Saturn " Venus. (1945).

Mars - energy - Fights infections.

Saturn - brakes -(impedes circulation in house and sign)

Jupiter - liver and arterial circulation.

- every energy on three levels
- physical
- emotional
- mental

Sagittarius, ruler of Jupiter.

Rules sciatic nerve.

Uranus rules pituitary and shares rule with Saturn.

Two ( ~~2~~ ): One relates to abstract reason and thought.

Anterior pituitary type is long-boned, strong body, oversecretion = abnormal growth, especially extremities = strong saturnine type with ability to have self-control and rules his own life.

Rodney Collins.

Uranus rules sex and gonads.

- ultimate principle of two sexes and joint power of creation in art, aspiration.

Venus - sensual. Parathyroids.

Mars - passion, martial. Adrenals.

Saturn - Dominates anterior pituitary.

Material affectation of posterior pituitary.

Uranus. Masculine phase ( 42 ) years.

Feminine " " " (1945).

Neptune - pineal gland - single (others in pairs).

Illumination planet of obligation, service.

Third eye. Pineal operates when personality sacrificed to wisdom.



29

Secret Science at Work, Max Long.

Fellowship House Bookshop, 35 Maple St.,

Watertown, ( *Mass.* )

- ARTHRITIS - Repressed antagonisms.
- CANCER ASPECTS - Fear, hidden selfishness, resentment.
- DIABETES - Upset in sugar imbalance - holding in bitter feeling and thoughts.

BACK - Misuse of will, ego, and pride.

OBSESSIONS AND PSYCHIC DIFFICULTIES - Neptune afflictions.

Ascendent sign shows conductivity or resistance which physical body offers.

Fire on ascendency shows best ability to conduct life force.

Air next, but nervous, intellectual mind, wears out body.

Water on ascendency, especially cancer; overactive lymph system, too much liquid retained.

Earth, resistors, not good conductor.

Gemini ready conductor, active.

Cancer takes on conditions around them.

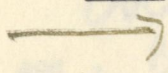
Emotional blotters.

Taurus - static, most.

Opposing ( *skin* ) Tie up. Imp.

~~Taurus throat + Scorpio regenerative  
 femme - cause of ↑ in ↑  
 Cancer in lung (Gemini) - cancer in leg.  
 (Sag.) Heart Leo + circulation Aries.~~

Sun



~~Planets are agents of sun force - as light goes  
 through prism and breaks into colors.~~

*Leave this*

YIN

YANG

Pituitary

Pineal

Blue

Red

Ida

Pingala

Female

Male

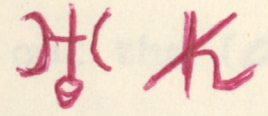
Potassium

Sodium

Anterior

Posterior

(in front - 3rd ventricular - in back)



Expand

Contract

Negative

Positive

Water

Fire

Cold

Heat

Mother principle

Father principle

Dura mater

Pia mater

Female-looking organ

Male-looking organ

Adrenals located above kidney area.

Knee much better - about one week after realizing  
 only I persisted in hurting it. My mind is stronger  
 as my energy approaches and passes through the (throat  
 chakra) so I can use it to concentrate and fix the  
 knee. <sup>BAD</sup> Massage helped clear out part of the good side  
 of my head. The fat from the yogurt is leaving that  
 side. I only see the little white spot on the other  
 side of my face now. I turned bright red after eating  
fish for 3 - 4 days and eggs and fruit. I stopped  
most grains for that period.

M  
O  
R  
E  
C  
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N  
T  
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L

Two nights, when the moon was in my sun sign,  
 I rested only four hours each night and had lots of  
 energy. I'm resting more now, maybe 6 - 7 hours, plus  
 nap. Got my period when the moon in my sun sign.  
 Cleaning out the (ovarian) "chocolate" cysts. My  
 smells persist, ~~but so what~~ - also lasted seven days -  
 good, I guess, to clean it out. Blood redder and not so  
 dark. I still have a slight sore throat and chest cold  
 and I'm trying to figure out what to do for it besides  
 keeping warm. Mammals lymph glands - I guess that the  
 throat (and perhaps is that why I have a craving for  
 a tiger's milk candy bar?)

Ate part of one without the carob coating tonight  
 and hope it will be OK on knee. Some days the nails

are clear and it makes it easier to figure out what I'm doing -- all I have to do is figure out where they're coming from (who they're coming from -- and then I know if the advice is sound. If it feels good it's OK -- if I see a light come from me (*in response to it, if*), the light is on the correct side.

I'm eating a lot of apricots (A) for eyes and also for exhausted adrenals (Mars rules (*cutty*)).

I must take more C.