

43

1136

Between

29¢

I and — (3)

# Composition Book

36 SHEETS — 9<sup>5</sup>/<sub>8</sub> in. x 7<sup>1</sup>/<sub>2</sub> in.

NAME

SUBJECT

EASTERN TABLET — ALBANY, N. Y. 12204

# TERM PROGRAM

SCHOOL	CLASS					INSTRUCTORS	REPORT RECORD			
	TIME		FROM		TO		1	2	3	4
SUBJECTS	MON.	TUES.	WED.	THU.	FRI.					
Chil	/	/	/	/	/					
2383	/	/	/	/	/					
please	/	/	/	/	/					
return	/	/	/	/	/					
found	/	/	/	/	/					
	/	/	/	/	/					
	/	/	/	/	/					
	/	/	/	/	/					
	/	/	/	/	/					
	/	/	/	/	/					

SCHOOL PRINCIPAL \_\_\_\_\_

ADVISOR \_\_\_\_\_

IF FOUND PLEASE RETURN TO

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

NOTES \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Call me please re  
 a light green notebook

1  
 light green pen 2000

for book to write

Don't go ~~to~~ I started

for another set of

+ letters of 2000

having egg plant

parmesan cheese

of meat to get

slaps. Chicken 9

Should have had chicken

I bought the notebook  
 + light green pen I'm  
 too tired to write.  
 Don't go away, I started  
 for another restaurant  
 + listened so I'm  
 having egg plant  
 parmesan - crusts  
 of meat too for  
slaps. Chicken I  
 should have had chicken

Iron running on  
Coffee special 3 cups

8 hrs veg still. Maybe

2ll sleep. Went to the

spiritual healing -

prayer meeting sun day

~~about 10:30 to the~~

~~me later late~~

~~all the matter here~~

Good energy.

Message from

spirits surrounding  
everyone. ~~I still had~~  
~~my epile~~ I question  
to me did you know  
someone who had  
difficult breathing  
like an epileptic. So  
he I must I loved  
nuncle, he name  
is still around me.  
a lot of amusement

from 2 new ladies -  
step on way to  
learn to separate  
good spirit from  
bad so learn learn.

Mr. [unclear] [unclear]

It was in a good  
[unclear] <sup>in says</sup> spirit now

to learn from me,  
I should tell them,  
teach them. I next

energy zaps with cold water. I'd need a traveling rehydrator.

I'm going to create

something golden  
Heating season at work - that is fit.  
I'll hope it's this book.

I'm tired of putting glasses  
with ~~over~~ fat pen.

~~A woman that next to me~~  
Met A  
who has the same sun,  
rising sign & moon as

the telephone was  
+ at ~~the~~ ~~mission~~ as.

It is developing psychi  
~~on~~ ~~turn~~ ~~to~~ ~~had~~ ~~say~~  
psychic timing there.  
A hand crossed ~~at~~  
Words fail me.

Common spirit  
body around  
fewer zaps it



I'm in a bad mood  
 again ate a pound  
 of pounds like god  
 the sugar I'm  
 bloated can't get  
 something done  
 I planned  
 tomorrow I shut  
 party around  
 fewer zaps it

true but the picture  
 when I eat avoid  
 over the place  
 impossible see how and where  
on with possible No  
 more history.  
 Just a muffin  
 for breakfast.  
 It's all tomorrow  
 no more this  
 I want a week

off - line up  
had gap # 10mm  
behaves me

Monday to  
goodness spirit,

I want you

all in a

straight

line.

The water pool  
 makes me  
 write large  
 very - I'm  
 hat I hate  
 my apartment  
 I hate slums  
 & the roaches

As all over in  
my sneaker  
my bed at  
mo. July. in

July ~~As I have~~

to am I here  
of not in some

nicer place  
Coaler with no

roads for a

heated zotes in

the winter.

Am writing this in P's  
where I thought of it over  
a ~~steak~~ dinner - the 5<sup>th</sup>  
chakra, coming up - a choice  
between good & evil  
must be made here -  
so there good & bad  
spirits around me -  
I have to choose  
between these, set them  
out, choose the good

ones, (bad stems have  
zap # theme (no?)  
It was with no a

learn, get rid of  
recognize + get rid  
of no good ones, send  
~~them~~ to the doctor -

on way with love &  
never send hate  
peace. Never send hate

So its on this particular  
level I have to deal with  
good & evil, to choose -)



have to learn how  
to choose, to distinguish  
sort out, make clear,  
be clear. The <sup>more</sup> ~~fact~~ the  
task, although on the  
same perspective, a little  
less burdensome. It  
doesn't seem so heavy,  
is it only me? It just seems  
more ~~just~~ like the  
next thing I have to do.

There have been  
considerably less injuries  
since I put my foot  
down, although still  
present. Tonight only  
the salad dressing  
jumped around,  
not the salad or meat.  
~~I had the latter without~~  
One of the new ladies said I  
was a bit but a lot of years,

I don't feel that so much  
 as ~~disappointment~~  
 discouragement, she said

I'd been let down. Sharp  
 pain in #1 grain.  
~~at full. ~~at full.~~~~

I'm watching myself change  
 from 4th chakra to 5th -  
~~4th-5th chakra~~ - not all  
 spirit are good spirit -  
 not all help is good help.  
 Some is annoying, interfering &

combustion &  
wavy.

kind of light off the  
water glass. Blue flask

from people. Pie crust  
in air, not filtering

wonder if a lamp as I

persist in eating things  
that aren't good for me

Will see it in the air?

2 up at 2 palm mile.

as long as I persist will they persist?

When breast was getting  
well - ~~after that~~ it  
flashed bright red-gold  
then gradually changed  
to pinker gold -  
as it gets better the  
red leaves. It is now  
dull grey purple,  
breast doesn't hurt any more.  
at healing service the  
other day I thought

I'll pray to God, light  
 got dim, thought, I'll  
~~just~~ ask for clean energy,  
 light got brighter.

~~No more Russian business~~

~~the wayward in it? No~~

~~for good.~~