

cold. I feel like a prisoner
to my body. I want to go to

you. I worry about it.

Need it. Rather write on loose
pages than notebook. Need

table. Need chair, need
2 chairs.

staying in. K paid new
apt for me in exchange for
living there + food. It
has a bed, ~~mirror~~ shower,
toilet in unheated room, +
kitchen. Dark. I wanted sun
+ didn't get it but this place
only 170 ms. Must get a job.
Havent been in 2 1/2 weeks. First
they fixed the floor here, then
negotiated for the other apt, then
they fixed the place there, then
I was tired, got my period, + a

city - wake up 4:45 - anger
& resentment at R. for all
the things he said & when he was
in town. I have a cold &
feel cold at these times.

~~From~~ From here I read
something. Is it a drawn strain
on my body people that
make me feel that way then.

Got high on mushrooms (Agave).
~~Had~~ Got cold last week. No
pain or sensitivity during period.
Watch TV movie endlessly. ~~Had~~

* practice ↓
 receptive ↑
 practice ↓

one is receptive to
 higher forces &
 acts (practice) down
 central

Step	Stals	48	-	3	
		24	-	6	9
		12	-	3	9
		6	-	6	
		3	-	3	3

from here on does not return

TRIGRAM
 First ~~Trigram~~ I Ching Ch'ien
 2nd Receptor Creator ↓ B'un
 ↑

+ balance. In this way food is unable
to act for good because its energies
are depleted. I shall test this
~~substituted~~ turkey. If it were organic
I would. No signs all time on turkey.

Bad for leg ~~athletes~~ ~~athletes~~ -
leg muscles. ~~athletes~~ I suppose
the hits have sugar in them.

Been wanting to try turkey for
2½ months just to see what it does.
I may ched out turkey like when
I see it & see.

At turkey. delicious. / Litty fasted.

Same water bug in Japan &
and image on hand. These
displacements of image did not
happen in the country. They
happened last year when I was not
watching TV for months. Dream
Someone asks me how does good go
over to evil. I answer when good
gives over to evil it gives evil its
power. Good over could mean visit
of the friend or associate with
also good goes over to evil by
destroying its ^{own} health & its harmony

Saw a figure in black
cloak, haunted beard
& hairiness but ~~was~~
~~hidden last night~~ -

few melodramatic
costume: - after he
disappears at a glance
a big dead blue pup
in his place. Saw dog
on TV sitting on ledge - so
I ~~think~~ maybe some of the
afterimage stuff comes
from memory in eye.

to expect "well known" i.e.
act against the force that
surrounded me - hopefully
the man on the way to my
own
magnetic field - my
height self? ~~the lower~~

we don't like Scientology,
~~scripture~~ ~~scripture~~ ~~scripture~~
a friend talk to you
~~against the natural p~~

I need well known to
write something - the
spirit do I see active in
NYC.

Headed on TV "Even god can make
a mistake; look at evolution."
Heb 6th chapter on Judg 1st or
2nd Septuagint - the dom - the
man image - the one
male-female god split in
2 - the yin yang-like single
cell split into 2 single cells.
"I see well" - "I would want to
write" "well known" her
fore-slay me - I'm sure of
) wanted to go to a scientific
meeting I would have

4pm ~~chase~~ - Read Nether's

Kabbalah Unveiled & water

Seeps Sunny, ^{BB valent} See inverse

image of black kitty. See
black caped figure with

hood on back, no head. See
over? food lit up under

shoes white dandy jazz

Deciding whether to eat turkey

tomorrow. ^{Gas} ~~Stomach pain yesterday~~

~~Steady.~~

What is the point, the point is in
the circle. No micronom + don't make
a big thing of it. No eg. example of Ben
submerge. In the city I water + v
instead of nature - ~~is~~ sometimes
foot to thought ~~but not as much~~
as what comes with my feet ~~don't~~
depend on movie. Not out to
look at - something beautiful
fabric to explore nature - a century
dence - music + words both places.
How to deal with cognition - (pre d).
~~How~~ the idea of picture comes home

About apt I saw. ~~It~~ What is

wrong with it. What is actually
there? ^{now?} Parquet floors? Bad
for ~~Diabet~~ leg? Bad for 2nd eye?

~~As time the street become more~~

Or to do with future. Will street

become violent? Local building

fall, burn, plumbing fail,

baile burst? No heat this

winter? I don't know but

something is wrong. Or No sign.

Or is it fear? See it.

Woke up from nap. See
turkey or light hell. Went
eat turkey. ~~Call~~ ^G ~~in~~ ~~with~~ me
for thanks. Turkey. ~~Because~~
Get best & superior to combat
with fatigue. Too much food.
See more energetic troops

on R's energy I don't call up
to him - say everything on my
mind & I can get on to next day.
She's right. Why should I give up
who I am to play plastic
passive little girl. Because
my father same type as R,
must face up to strength. I go
to sleep. Be neither ~~an~~ oppressive
nor passive. Be authentic.

City -

Saw red flash off entire ~~side~~ ^{one} side
talking to B - I got angry because
I missed present when I got
angry at bus on phone.

Many sex dreams - before & after city.
All night talking to set freedom
Still not following intuition!

~~Shaved~~ I didn't tell R I

didn't want to leave keys with

I because I didn't know why!

It turns out ~~this~~ ^{is} morning
~~am~~ tomorrow I ~~do~~ M says this a

game I play if I don't just look

29-2

reading, or writing or getting or
going out & less just sitting &
~~thinking~~ I seem to blame my
feelings more on the environment,
than on myself. Changes in the
country, I knew had to be so, the
country, I know where,
stayed the same. Wood like Moon steel
samoseem. Cant find village voice
but it somewhere!

1st day more 2nd day depression
3rd day filthy!

27-1

I don't like it anymore. I went to
look at apt & my knee started to
come in & I got very depressed.

I need a place to live. Went
food shopping & looked at quilt.

Cat in cupboards. Head on foot.

Is my joy of the city of 1 day
only? Not being able to find a
place to live cheap enough I can

afford is hell. And I want light.

Please god? Light in my apt?

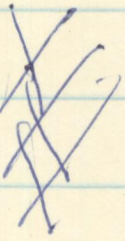
I feel my old city need coming bad
to be always doing something -

26-5



onatae to release tension - ~~the~~
~~walk~~, reddist pink fire. No more

pink fire in sky. Gellunkey



Salient, ~~dark~~ chocolate color on

WALK. red or chocolate. Dist walk?

Taxi. here we come. Magenta on

taxi - ~~number~~ blue on walk.

Tall - @ Here we are

Headed right side - Set to

city start to laugh. City self.

Feel high by food, ~~out~~

entirely ~~with~~ ~~the~~ ~~water~~

TV. Feel good.



26-4

Air gets thicker, feel sicker.

Saw red chit in candle flame

Last night. No red chit. You will

~~help~~ help me get out

ready? No say to. Spirit now

~~6/10~~ correcting my language.

Prayer adjust to settle. Don't

like. Superfine. Want accuracy.

Bump on bus. Do some yoga

this am. Lot of tension in

Shoulder again, Dig up nail

Release tension. Bump Fat. I

still bump every time I pass down

26-3

Light from air, numbers,

In rainbow colors of yellow

Gold light, ~~Color~~. See

create ^{pale} bands of colors around

canals. That's all ~~done~~

See bird eat seed. See image of

red bird ^{very} buds head. Later see red bird.

~~to black~~ white bird above

of red bird? Does have legs

my actual vision? Had to look

to chest every day for smell from

lottery man. Rank road!

Pink white line. Part of the ~~road~~

26-2

foam like snow I say to Law.

at 50° he says in red ~~at hand~~

jacket white sky I say baptize

no snow cloud to say. It was.

It rains. Light in grade ~~to say~~

There

is a rock with hair

Here

that's weird

is a rock with a beard.

I dream about using long last

muscle. Look for Foster on way.

now. Last night sitting at

table see light over shoulder

flash in answer to thought

25-1

Thinking

"Tomorrow I leave the country!"

~~Thinking~~

I got up to get the paper saw

"Back to Eden" on the table.

Washed hair against all

advice. 3 weeks! Ho. file

last year. Hm. Thea mint

last Amore. Pal. Paet.

Orate middle now left

hand ~~at~~ cleaning fridge.

Sit in sun. Veg tried yesterday,

wheat germ, egg, & yeast,

apple, 2 shells used &

helped. Meat today - Mom

done at 35-40-45 min

use regular size bread pan

can add wheat gluten eggs milk

put yeast in 1/2 cup water
let it sit for 10 min
stir in the rest of the ingredients

to make with so you need to knead
not too much
then stir in wooden spoon
knead

shaped into rolls
should be moist

oil or fat on top of pan
1 tablespoon

put dough in pan in warm
spot - 1 hour

brush paper
oil doughy pan
bake at 350-400 min
- 1/2 hour

Corn Bread

2 cups Corn meal

3 cups white unleaded flour

2 cups yeast

put yeast in $\frac{1}{2}$ cup water -
teaspoon salt? $\frac{1}{4}$ tsp

4-5 tablespoons of honey - put in water

As much water as you need to knead
not too much

~~Use~~ stir w wooden spoon before
knead.

knead until pliable
should be moist

oil in bottom of pan
1 tablespoon

put dough in pan in warm
spot w towel over it - $1\frac{1}{2}$ hours - 2

knead again

oil baking pan & put dough in -
let stand $\frac{1}{2}$ - 1 hour. Bake at $425 - 450$ min
30'

24-3

2 days ago

~~The other day~~ I was so
exhausted from my
period I ate from. It
scented funny. I felt a
lot better though that
night. My sweat stinks.

24-2

going through some anger
remorse until I was dead
shit again. How long will
this go on? It stopped. I
got a candle + went to bed.
Soy candles burn ~~also~~ used
through exhausted until
I was dead this Saturday.
Today I'm exhausted.
Funny - I can't wear the
red + brown + shield stripe I
look like anger.

24-1

Last night, angry I went to the
bathroom mirror. I saw bright
red veins shooting out of the
right side of my head & a reddish
brown mark coming out of
the top. Anger is ugly.

I let a good few thoughts
after looking at that slit
in the mirror I went to
sleep & forgot all about it.
Actually I've I did that I
looked at me in the mirror
& saw more on Scorpio.

23-4

~~At the time of the trial I was
at the court house and I drove~~

the truck & parked up my
leg & I said god says?
don't believe in there or not any
I in this man because
put me up a state me
dead!

23-3

- We spent an evening on the 20
to see what goes to see - sit
around quietly at 8 I felt
him together to do not
really have had it to for me
a few more feet that
then I have a few more
of staying alone because my
feeding by hand when I
walk two more a lot for
note I don't know for sure
but ~~it is not~~
~~it is not~~

23-2

shit him about me. I'm
insecure. My leg hurt. I
can't do yoga eat a lot of my
food to train. It too heavy.
It hurt to carry that much
weight. I want I needed them
and my old pants. I want to
publish a book with my
name on it. I want God to
put my leg a go away. I
want my hand by other. I
want to sleep up when I
shave. I don't want to sit

23-1

I'm angry. I'm angry at me. I'm
angry at god. My leg hurts?
I should have driven the truck.
God why did you let me drive
the truck? You have seven million
dollars telling me not to eat
anything else but when it
comes to the truck. I know I
should have driven the truck. I'm
a fool. What a fool for
letting me be a fool?
Don't believe there is god. Just
some gluttony diet of energy
that doesn't see a fuel

Heaven on Earth a Book of Change

Energy

Rebirth

Utopia is Now

"Search for
Reflection within
Himself"

transfer of energy - character
work on project

crack is magic space

LSD

like yin yang death

culture

tube

clans

earth on earth

shaman resources

respiritualization of psychedelics

miraculous events

22-3

6. - 1 - relax skin & body parts

3 or 1 - picture yourself in relaxed
skin, mouth, tongue -

then rotate hands til feel fear

heat - heat begins to be solid

See energy up arm ^{downwards} - See it

go around wide - see it go out

naval & to center shaft - get

inside shaft & ride it up.

get out through ceiling & into

space.

where that?

~~22-2~~

Jan 22-2

MIND DYNAMICS

Sit in circle. right hand ^{down} up. left up

down. ~~mes~~ in another. * Count down

? from 7 to 1 visualize 7 colors?
 purple violet

at one is alpha. Eyes are closed.

visualize light green from nasal

to center column. See center column

of light. Rise up in it. find

comfortable place.

* after count

more in decrease fashion. do

and everyone in whole.

7 relax head down

22-1

Huge Witney is the sum total
of a self important person, given
to grand ideas & unwilling to
accept sharp criticism. With
the importance however, these
strict integrity, He very
emphatic given to huge Witney
indicate a person who will
back up his convictions.

21-7

I am trying not to think of how
I feel. To concentrate on what
I think. To look at a candle
flame, and see the colors around
it. To feel the rocks in my
body. To relax & become clear
again. To concentrate on the
pituitary gland, the medulla
oblongata. To feel these
places, the back of the
head, the back of the neck,
to smooth out the tension
in my brain.

21-6

Belief will pull me out of this
depression - exhaustion.

Belief that I can attain
wisdom + then the being
one with all, the cosmos.

I don't know what powers
I will have or not but I
want to be vitality + a
useful life that gratifies
my soul. Is that desire?
To desire to be one with the
universe, or what ever
you call it - god? good?

21-5 Testament of the Becht
Ba'al Shem Tov

Maya set gadluth hamaphim

greatness of brain

minor set
gatmas

smaller or lesser mind, the
compressed consciousness or depressed
emotional state

like a ~~light~~ ~~light~~ ~~light~~ to a ~~wise~~ ~~man~~
if he will derive ~~from~~ wisdom



promith

advent to the wise ~~hump~~ wisdom

21-4

Now

once

The gardener of that garden
knows

needs

I love you

So I said

I love you

and then now laughter

So I said

seek to right these wrongs

My good life I give to you

long life

✦ speak with a few elegant

alchemy he gives the greatest
precedence

when

Spurny open + sicut

might squash

and they tell each other parables

From knowledge to word

can be saved

21-3

I don't like so much clean
but the smell is very acid
to my stomach. What

wrong? Drain on energy
from used last night?

period? T-shirt? Yes not shirt.

pants? Also ate no honey today,
contrary to usual. No desire for it.

Took Lion u.c., 0 complex +
Calcium + magnesium.

Had T-shirt off T-shirt.

Waiting for something to
work.

21-2

energy during yoga, chanting.
ate pancreas. felt exhausted
at noon. Couldn't walk. Slept 1
hr outside & 2 1/2 hrs in lying
in sun spot. 3rd day of
period. Only thing different,
I wore many pairs pants, worn
by 3rd washer, + J's + shirt,
unwashed. Did the clothes
have any effect on me?

Had wheat germ + apple & 1/2 + 1/2.
~~with~~ + late cannot find a
2 egg yolks + 1/2 + 1/2.

21-1

Well a yr ago I had to leave the
cabin because the seat stopped
up & today I thought I'd have
to leave too! ~~The seat went~~
off at 4 this morning I was
pretty chill & I noticed the
seat off! ~~So then~~ He
aid to have night workers
so then said they to be
this morning & it o/c just to
move from 1 tank to another
but I had fancy. ~~So~~
Felt good this morning,

20-35

If one is able to hear & obey
words of the wise, one would
not be insane. The root of
insanity is the inability to hear
& obey the words of the wise.

Make a ~~Metty~~ letter in
full consciousness of
personship. My hand
rides along the table.

My y m who m
e is or you oth
er ~~the~~ Be he
who m m u

20-34

"Every day one must begin ^{re} a new day"

Bury out your wisdom potential.

Make it actual. Use wisdom +

get ~~more~~ wiser. ~~Believe~~ ^{stop} desiring

anything so that everything ~~may be~~ ^{becomes}

equally unaffecting. When the

consciousness is clear, the requis

great effort, a mercy or faith.

When the mind is at rest & no ~~desires~~ ^{no longer}

desires anything in the world in

order that everything may be

apparently unaffecting. Words &

thought can accomplish a great deal.

20-33

I want to live the life of my
soul. My true life. My
meaningful life. My life
in accordance with all life,
the universe. "Continue to be
a seeker." "God does not require
the impossible." "It is extremely
difficult to counsel & help anyone
having free choice." "Walk with
people to bring them to themselves."
"The word has immense power."
"The word has power" "Money
does not exist"

20-32

But you don't trick someone
into it - a dominate them.

Mercy is the worlds possibility.

Mercy = love on tree of life.

The 4th chakra. Despair as in.

God what do you think of me

when I ^{nap} sleep in the sun & walk

in the road. I saw a male. He

face is a cat. What do you think

of me when I think of you.

Clarity for energy. a ~~whole~~ ~~new~~

body, clarity, a better mind.

20-31.

You on paper tips you do this.
What is different from advice, or
pointing out errors or what
you think errors. I mean are
you aiming to help the person
find himself or to make
him do ~~over~~ things your way?
What I like I want my father
to eat healthy foods & I tell them
about the good foods & show
them but I can't make
your way better? You eat health
foods want to show way - ok.

20-30

to someone else, a boy, a man, a
woman. When someone else
clatter for a week. Can you
identification. Just exactly
enough head for that day.
What does it feel like. Are
you still you? Who you?
Do you boss any one around. Do
you tell someone else what to do.
You head trip someone? You put
your head on their head? You
control? You control them. You
feel good? You no good.

20-29

Is it worth saying? How do you feel about not saying it?

Show up your favorite food for a week. Wear the same clothes all week, ~~even to sleep.~~

~~Do not bathe for a week. Do~~

~~sleep in the same clothes~~

How do you feel about you?

Don't bathe for a week. Do you

like your smell. Do do the opposite of what you always do.

Wear no makeup. ~~Do wear it.~~

Do not. For a whole week

20-28

We ^{home} stay again, we at so long
palm. From that most high time
which passes all understanding.

The song of silence. Spent 8 days
silent last year. Talk to now.

Little printed cards for travel.

Voice much softer after.

Saved lot energy. Capsule

vacation. Try it yourself-

a week, or a day at a time or

any time you like. See

what silence says. See what

you would say but don't.

20-27

We no call no one master.

We no call no one guru. Please
what it does to their head! Your

head. OK you got info. Position.

What info. Position. You good

energy? We need some today

help me for trip. OK. You

friend. Please help after friend.

American Indian. How they

do it? oldest man found in

Arizona, not Africa, last.

We here, home. We begin

again -

20-26

So what's the difference. Different bodies.
One with, one within. I should
have thought that for my Freudian
psych. Yoga trip. Full of masters.
Mistresses? No like - kind of
servant, slaves. Not enough
attempt self understanding.
Too much dependence. Devotion
to Guru. How about a do it
yourself with friends, brothers
& sisters. Yoga, deviant, divine
when drunk, off ~~the~~ trip me
no being that trip.

20-25

Rescued with a male chauvinist trip
of old occult traditions: Hebrew,
Greek, ~~the~~ eastern Yogi trips
with exception of some textuic
philosophy + female goddesses.

Still very male oriented. Old sages
all male. ~~Women~~ Enlightened

Women called witches. A witch
yet had name. Really mean

"old religion" - So name me a
few enlightened women. Was

Mulanpa a woman. Was
Lao Tze a woman? ^{not to mention the obvious} OK. Men.

20-24

~~the~~ us. Maybe them too. Before
we leave. A place to grow on. You
did along with me the best is
yet to be. Were and the planet
is prematurely aging & the
folks gotta get to their souls
while there's still time / space.

~~If I were to make a place for~~
~~you to your own folks it~~
~~ain't all that bad. As a~~
~~matter of fact (?!) it's the~~
~~only get to go~~

28-23

today wrap in fur + blanket.

Can't stand being inside too

~~often~~ 4 ~~times~~ Lie on pine needles in

wood. ~~Thermos~~

Read time. ~~My~~ Squash. Do not

have more children than you

are. Adopt. ~~Adopt~~ babies 123.

Save the planet. Who what are the

white green red lights ~~in the sky~~

last week stationed 1 east side of

sky. ~~Weather~~ Not stars. Not

plane. Weather balloon? or

whom? Make room here for

20-22

Just name but I doubt it.

She's certainly too into fame. Let

book be by itself. Who am I

anyway. I can always say

oh have you read that interesting

new book etc & have much

more interesting discussion that

way without self of author's

interesting. Or I can tell some people.

See head we learn on discussion.

He is not going to be at any.

Squash? Mushrooms? Ice cream

and ~~off~~ Fatigue. ~~Slap~~^{up} on hand

20-21

people will say oh ^{du} you're the
one who's mute — & then to ~~to~~
tongue tied to say anything.

People I know will well
probably know it's me anyway.

Hear how. Anyhow. Fear of
having no one attached. Fear of attacking
evil forces. Tending out little things.

I do all to ~~to~~ keep from evil
spirits. Like Pythagoras always
spratted out his bed & rolled up his
bedding. Get rid of energy outlets.
Yet still. I don't know. Maybe

20-20

~~or recognition~~ but feel same

is a bad trip laid on us by
history, culture?
~~story~~. ~~Doesn't matter~~. Like

Riches. Don't need. Need some &

need recognition I guess that it.

Need to know I'm reaching people

hard when you write book, to

isolated while doing it. But like

idea book will be divorced from

me and it gets out. It could get

out. Spirits say yes. I say yes.

I think of not putting name on it.

Why attach it to me? So Hayden

20-19

As possible. Then you don't have to
spend your life learning 18 to
live your life with no time to
learn. Now learning less
learning. I've got ~~2222222222~~

Being well long never burn. Getting
to want to see people every day now.

Hope city OK. Apt OK. Lol OK. ~~Learn~~

OK. Who will be my friends.

Despite ~~the fact that~~. Desire for

gratification, to have books

useful. Sometimes desire fame

but it's hard to attract

2018

Twenty few loaded depressions before.

not day of period. / You not to

feel like this all time in city.

Whenever we discuss, I don't

have to realize realization in your

own home where you are, live,

the. How to ~~the~~ show changes can

take place + outside + revise any

system. Even our economy no.

Get rid of conspicuous consumption.

Just make what you need. Antiausterity.

Sell as cheap as possible. If they

can't be free they should be so cheap

20-17

College alumni may arrive.

Went about 2nd reunion - soon - wonder

if I'll look old. How compare.

Will part, friend to century younger

than me. ~~But~~ little 10. No

husband ~~on the~~ ~~black~~ family.

~~How say old souls friends~~

I'm lonely, I feel useless. I want

more friends. How to communicate.

Can a woman at her 2nd reunion
start to seek self realization, god,

~~the cause~~ the whole trip.

20-16

Last year I also went on fruit foots.
mixed bread for a day.
Aspart juice for a day. Grapefruit for

a day. Saw dog apprehension at door.

Saw ~~many~~ material made on ~~floor~~ ^{floor}.

Saw material tuns of material

made every morning.

Byrdman ~~with~~ cut down

my desk for variety & quantity
of food.

20-15

I wanted like to add some leafy greens
when my stomach permits

I would like to add when I

one I had eggplant, noodles from
whole wheat, buckwheat, dried bananas.

I'd like to know size.

The rice was acid forming, & the
noodles. No eggplant too

much oil. I'd like to add some

leafy greens when stomach permits.

A salad with oil & wheat germ &

chopped hard boiled egg yolk is

really good for energy. At least

it was last spring. The water we

been drinking is pure, in the city it

must be bottled water.

dehydrated sun mill

yogurt ~~blended~~ (lots of)

Cottage cheese

raw milk ~~cream~~, dadda
milk

~~that~~ figs prunes date

dried apricots peaches ~~peaches~~

~~bananas~~

eggs

frozen fresh water fish

apples

bananas

avocado

grapes

plums

squash

mushrooms

carrots

~~eggplant~~ onion

carrot juice

soy oil

soy oil margarine

seed butter

20-13

the concerns of civilization. My diet
here for the past 3 months has consisted of
the following - not all at one time.

Flem's corn bread mix (kaurau)

Kam's soya & wheat flour kaurau mix
~~no other ingredients~~ (flour box)
millet

haska

~~hasker~~

wheat germ

protein powder (soya & skim milk)

slippery elm

honey

papaya mint tea

camomile tea

milk

$\frac{1}{2} + \frac{1}{2}$

cream

ice cream torbels w honey

20-12

lost my appetite, a rather disregard
it, by cutting the quantities in
half. I pretended I would eat the
other half to after bed. When I
was drinking wine I after made
sawpion by adding vitamin C
fruit like orange, lemon & it,
to counteract the ~~the~~ dullness
of & C discharging after of the
alcohol. I couldn't eat a diet
like this anymore. Sugar & wine
& coffee I gave up. I had a little
rose wine this summer & I'm
wondering if ~~that~~ a glass will
be possible. Red wine is alkaline
forming soap bases. ~~But I~~

20-11

tuna

I ate Chopped ^{tuna} egg + lettuce + tomatoes
sandwiches on ~~whole wheat~~ ~~whole wheat~~ ~~whole wheat~~ ~~whole wheat~~
white bread (Italian loaves, etc. no
preservative) + put half in the
refrigerator + ate half. Lost a lot
of weight that way. Then I discovered
mercury in tuna. No more tuna.

I ate this diet, plus toast + butter +
jelly + coffee + cream for breakfast,
~~very small~~ ~~quantity~~ $\frac{1}{2}$ usual
quantity for ~~the~~ a couple of
weeks. I was still breaking
away from the all American
diet + I needed the energy from
fats, ~~fat~~ ^{fat} coffee. ~~It~~ I did learn to

20-10

last evening for Avocado. Saw
red on Avocado. He red I see a
shining red with golden over
tones, the color that emanate
from my stomach, Panicle
on stomach. How I long to sleep
Yoga no says spirit & eat pan
Lah name. no says spirit. So I
assume the red ^{on food} means I will
make more red in stomach but
still if I have to eat something
& I's ~~own~~ bread half corn &
half unleavened white flour
delicious, gets me high. Last
year I ate ~~the~~ yogurt & honey & wine
for 8 days straight - I later

20-9

foot with my little mantra about
of blessings before meals ~~to~~ raise
energy level & get rid of the
energy cued like blowing
dust off ~~a rubber mat~~ - &
then I eat what my stomach
plus my ~~has~~ really want
guided by my experience
of what good for muscle,
bone, stomach, etc & what
needs fixing now. A lot
of the muscle ~~the~~ ~~cost~~ ~~shams~~
are going away so I feel
stomach mostly now. ah
soft banana mashed I haven't
eaten you in days. entries.

208

How's yours? So many on hand
on yours. ~~So~~ So cluttered and
as pure for returns to city as
I would like yes yes I say
fines. Glad on fines. well
who? Spirit. I want intelligence,
clarity, wisdom. please please.
No m'pleas. YES on please.

I finally decided there wasn't
no single thing ~~pancake~~ on
single OK ~~pancake~~ today? I
could eat according to the
spirit so I just clean up the

207

I did & they're OK. No fears
the faces. Will they feel OK

[see brown parts] a little speedy
but that kept my feet warm

now maybe I wore them

when I was puppy gray +

I should have waited til

after my period or something.

Is that right? Yes says the

force. Same for brown

parts I suppose I should've

have tried them on yesterday.

Black or tried. This is my life.

20-6

from the position (no seat back to lean on) & my seat got stuffed

from the same I don't know

what happened from the

apple but I wanted to buy

socks & the farmer said no &

I said yes so I bought socks

& picked up some ^{people} but Mike &

had a fight with B. Basket

then I was always ~~hanging~~ by

Mike's arm ~~and~~ Is this

because of the sock? I want

subscribed to wear the socks but

20-5

Wear the brown pants? A short
history of my life. The Story
of the sack + the ~~thawman~~^{apple} + ban
I try to ~~be~~ follow the hints of
the Universe, if there are hints +
not mind traps + if it is the
good forces of the Universe + not
evil spirits. A sometime I is +
sometimes I isn't. So I ate the
~~thawman~~^{apple}, no said the forces +
went in a car + sat on the
back ~~seat~~^{floor}, no comment saw the
forces, but my god but

20-4

quilt - base I can get close to
white ones & favorite color
hassle! ~~Waldemar~~
Pent is sad for uber - as
her pants + shirt. Are brown
see purple pants ok. are
maroon pants ok. Is yellow
T shirt ok. See light on brown.
See yellow + shirt on brown.
See red on brown. See purple
on brown. See blue on brown.
Now what would you do if
you were me. Would you

~~21~~-20-3

The car was more like an Indian car, i.e. its cheeks were not so fat & it had 2 little bumps between the ears. A fire in the fireplace makes a nice smell & heats the room, using dead wood. But does it pollute the air? #
Hesitant to use fireplace in city - ugly air - wooded tracts with chemicals. # Hate idea of return to city. Must set up the new apt. ~~Do not~~ Buy

20-2

a crown, an American flag
+ a fest hanging from a
flagpole / when is the Chinese
New Year? ^{June} a tunnel cut under
the cold water faucet, ~~run~~
~~found~~ ^{with a} tiny bit of warm
water to take the chill out -
~~cut~~ through coming out,
~~wrapped~~ placed over my stomach
& wrapped with a dry towel
& left on at night took away
the gas pains when not
even an ~~embolism~~ worked.

20-1

I don't see flashing colors so
much. Just a little to show me
what ^{color} something is, sometimes.

I'm not frightened, either. Merced
is not always a warning - it's
the color of the theory - I blue -
is alkaline, I think, but a
mixture of the 2 is needed to
get ~~to the red violet~~ a
green yellow balance. A lot
of the colors in clatter I can get
rid of by concentration - a mental
activity act. Last night I saw

19-5

They - patch, trade, pins
clothe in street, ~~wear~~ wear
old ~~of~~ sweaters, velvet...

~~Don't have the same life anymore~~

I wear the same clothe wherever

I go except velvet for fancy.

I wear ^{changes} ~~that~~ no ha to look. you

don't need a lot just enough.

Learn what is enough for you

Enough is all you need.

It is money Calas.

19-4

Weather is ~~so~~ hot too high snow.

Fatal experience, waste valuable

So far looks ~~like~~ ^{old fur} coat ~~the~~ must

heat - free snow soil forming

from sister, can't use - ~~exact~~

heavy coat, ~~weight~~ ~~rule~~ by

Whichever ~~the~~ ~~best~~ ~~is~~ ~~best~~.

Pass around your old clothes

if you can't use 'em someone else

can - style is a hyst -

just helps you learn to

keep buying so they can keep

producing. Well, any & every

19-3

buy your best down like
white sugar, white flour,
candy. the society is killing
our mind with polluted

food stuffs & aluminum ^{the}
put very fast & ~~at~~ all ~~the~~
components have
to come out of your body

as the energy will so
start cleaning it and make
live longer, be younger &
granda head. Two books
arrive in mail gift sister
cant use them. O.K. for me

19-2

is outside the dog yelling.
I have my pen and feel
desolate. Well a lot ~~but~~
want to be outside here in
country one more week only.
Toe says more. Under red
light see all many! pen in
leg. Hat dogs have sodium
nitrate / sodium nitrate one
~~colouring~~ ^{grey meat} colouring agent for
me embalming pens to preserve
it like all preserved meats
both mental depressants

19-1

Dreams about mother: In yelling
at her about a dog I'm afraid

~~She'll get hurt &~~ she doesn't know

what she's doing it mechanical

like a bicycle she it eat stars

tangles & squeal for energy

she asks me why, I yell I don't

realize I'm ~~not~~ yelling I

wake up ^{up} that she didn't want

me to be told her no to when

I was ~~upset~~ ^{scared} ~~scared~~ a child.

~~My~~ ^a younger ~~brother~~ ^{son} to be in the

shower he's come to help she

18-10

2-4-7 are Pillar of Mercy

3-5-8 are Pillar of Judgment

1-6-9-10 are middle pillars of
mildness

18-9

①

CROWN

③

INTELLIGENCE

②

WISDOM

⑤

JUSTICE
POWER

④

LOVE
MERCY

⑥

BEAUTY

⑧

SPLENDOUR

⑦

FIRMNESS

⑨

FOUNDATION

⑩

KINGDOM

18-8

10 Sephiroth

Trinity of triads

CROWN

1. Spirit - Crown ①
Intellectual (mental) world
~~highest degree of being~~

2. Soul - seat of good & evil &
moral qualities

SACRED
KING

Beauty ⑥

Moral World
(emotional)

astral
Sensual world

3. Cruder Spirit, instincts, animal
Body. life

QUEEN or
MATRON

Foundation ⑨

Change from 9 to 6 69

→ then to 1

18-7

7 Double Consonants

	<u>In The World</u>	<u>Man</u>	<u>Year</u>
Beth	Saturn	Wisdom	Sat.
Gimel	Jupiter	Riches	Thun.
Daleth	Mars	Common	Tues.
Laph	Sun	Life	Sun.
Pe	Venus	Favour	Fri.
Resh	Mercury	Progeny	Wed.
Tau	Moon	Peace	Mon.

12 Simple Consonants

	<u>In the World</u>	<u>Man</u>	<u>Year</u> ¹²
Aries		Sight	Nisan
Taurus		Hearing	Iyar
Gemini		Smelling	Sivan
Cancer		Talking	Tammus
Leo		Taste	ab
Virgo		Capulating	Chul
Libra		Dealing	Tisri
Scorpio		Walking	Cheshvan
Sagittarius		Thinking	Kislev
Capricorn		Anger	Tebet
Aquarius		Laughter	Shevat
Pisces		Clapping	Adar

18-6

"Kabbalah" by CD Ginsburg

22 Hebrew letters

3 mothers or fundamental letters

In the World In the Year In Man

Alph	air	mild (center)	genital heart
Mem	water	cold	body or abdominal
Shin	fire- ether	heat	head, intelligere

18-5

^{pink}

The enema bag has a dark purple-black aura & I turn that every time I take one.

But it's the only thing that relieves the gas pain & the size 000 stomach.

I used to be ~~myself~~

a red/blue combo (heard yellow green) that my

complexion looked at least is turning pink from

all this cleaning and

I wanted like to shut after every meal etc

18-4

Havemy polished my glasses
I now proceed

wondering where

my thoughts will lead

an energy that

leaves my right eye

my shoulder lights up

but does not rhyme

18-3

ah worried said

have you heard

I need a lift to city town

~~could I~~

not actually but

physically my

baggage weighs

me down

How nicely

+ thrifty

if I could just lift

the whole load

to the city

18-2

I get high from good people.

Mood is. people who try to get rid of their ego - don't always succeed maybe but try.

I don't feel energy specifically as a force but from people but I feel ~~where~~ they're on a high level of feeling.

Just ~~that~~ mental energy
don't ~~do it~~. get me high.

← Wandering if I wanted ever

actual project while walking

~~that~~ saw book Painted Bird.
on road.

18-1

I got this no sign on cutting
my hair with the big scissors.

So I cut it with the small.)

Got the no sign on cutting my
hair with the bad so I cut it on

the top only. I'm getting the

funny curls on top, curly

~~curly on sides~~ on back curly

on side cut, curly on the

thinning, a very pretty hair
cutting self. It looks

good + I cut only $\frac{1}{4}$ - $\frac{1}{2}$ " off

top, no energy loss or pain.

17-2

Mercedology

Birth no. is no. of personality

Name no. is no. of development

no. The full name is early life +
used name later

no. No. of names used later is

no. of attainment

vowel no. is no. of underlying influences
(in name used)

frequency not used when a no.

occurs often in a name + predominant
vowels is

no. of added influences

Birth or name - higher no. dominates

17-1

"3 accounts for all time:
past, present, future."

Realized I said all my thoughts
to I but didn't follow ~~up~~ my
intuition. Must do both. Same
thing, different form. Make
real on material plane. Talk,
act. Act upon thought, talk.
Act upon intuition, act, talk.
Bring both forward. Be
a passer thru for the thought-
intuition toward reality. Receive &
be active upon the reception.

17-3

The other day I saw an round
image of the Sun, ~~empty~~ with
radiant all around it & a
brown core in the center.

~~horse~~

~~at~~

how now brown core.

where was I. But it wasn't a core.

I must I could see it now. Or

had written it up on a page.

a light medium brown

facing left

16-6.

liked to like

eat mushrooms loaded in soy oil

sea salt delirium. alkali excess.

~~substitute for meat, eggs~~ A, B,

kalamansi, sodium, sepher.

Found out why I'm not supposed to

eat melted - chausert berg soy

strong acid excess. ~~also~~ oats.

also no sign on oats. Acid excess.

mix ^{pound} 1 ~~lb~~ butter + 1 ~~lb~~ cups oil.

16-5

~~That's the way it is with me.~~

Emma before red last night - not
much gas ~~was~~ this morning. Bumping
from wheel. I'm tired & discouraged
about body. From car. Don't

Want to return to city. Dream
about a new apt. No air. No
sky. No trees. Small beige

curtains. Dark. Ugl. a
lot of big rooms w/ wood
paneling. Want to live in

Country. Spread information.
Help younger children.

16-4

Gaining through tantrums of tears
~~Images~~ after day with 3 picture
kept coming in front of me. ~~It~~
From childhood, adolescence.

Id relate to them, find out
why I'm fucked up. Must
speak "Speak out. Speak easy.

Said to I - we're here to pass the
information around - that ~~the~~

one important thing we do - if

Someone is in front of you talk

to them, & listen - someone

may have something to say to
the other

16-3.

Last life. Act now. Speak now.

Don't wait for someone else to say a
do it. Why let them bear the
burden, use their energy.

Use your energy. Be out. Be.

Passivity of female role, don't

want to hassle. I've tried to talk.

Oi vay attitude. It won't

work anyway. Why bother.

I'm tired of all this. Been

through this before. Negatives.

Speak. Be heard. Good children

are silent ⁽³⁾ but god's children ~~are heard~~.
Speak.

16-2

have to return the sheet I gave
him in error - I will have to
find out something another
way. Wasted time & energy. End.
Den of omission. Persuasion -
selling & not saying. Novelty
one's intuition & will. Action.
Being alive. Being there.
Communicating. Being
Counted. Being counted upon.
Reliable. Responsible, Intuitive
Profound. Understanding. Short
Cuts. Busy. Time is short.

16-1

Saw a 4 across my chest. Didn't
Speak up yes (er day . to hell to
T about food. spoke up today but
didn't follow intuition. I must
say out loud everything that
comes to thought (except which
wisdom prefers not said) & act upon
every intuition, otherwise I
am not act - not contributory
my share of knowledge or
information or prefer action to
the ^{working} ~~summary~~ of the universe.
Energy get wasted - K will

15-9

too much information & confusion.

Confusion no help.

Golden Seal tea no help. people.

Contracts made bad of

need. Make me angry. feel

bad. Say down. B says

so too heavy tea. Yes on book.

People. Gellukken Now no

ask say to self. This feel

OK. I do. Not yet sign something.

Must who me am. What need

me. ~~⊗~~

15-8

T rap spirit trap. Check signs.

Must boat in winter Yes

Must ~~call~~ sun batle

Alaska

no

must sun batle now

no meat

yes

Stomach hurt speech
yes.

yes.

Green squeak on hunt.

purple, on hunt.

Ask enough questions get self

Answers.

no.

black on no. red on blood,
white pill on red. purple on red.

15-7

Today I shake up & said everything

I wanted to. Today it snowed

of flurried ~~again~~. Yesterday I

shook the map & it continued

those little white clust

was snow, ~~snow now,~~

now boots for foot ~~snow~~
boot.

Still wear sneakers. Must

boot. ~~Must~~ Must hat. Must

more sock. Must underpant

socks. under thin pant.

~~Must~~

15-6

of my environment came to
visit me today. ~~at left yesterday~~
~~at talked about the~~

this year is not last year. ?

have stopped comparisons.

Heat gas on. B said to me ^{I am} ~~from~~

~~the are~~ ~~the all~~ ~~both~~ getting to where
I was ^{me say me too.}
~~the will~~ 2 years ago, Heat

went on. Now went on. ~~at ten~~

won ^{ten now} ~~the now~~ ~~1~~ 10 now.

3. your guess is next. ~~at~~

~~at~~ ~~at~~ I know now

I nothing know now. ?

15-5

makes skin yellow. Enema
make it pink. Got red of acid,
alkalize towards paradise -
Agh to years of meat + booze whose
useful acids left me yellow
skin purple skin. See broken
black line outside right
margin. Cartoon image. Some
Colas I see emanate from me -
some imposed. From whom?
That arget that can't do anything
else but draw picture on
me + my environment. 2

15-4

Not so. Good for stomach. Soft
Stuffing. Yummy tummy. Crawls
for potatoes good but had that also
good for tummy ~~and~~ yam ~~and~~.

Coak apples no water just barely
hot + soft until $\frac{1}{2}$ + $\frac{1}{2}$ good for
tummy. ~~Homoeopathic~~

Also ~~is~~ travel wet from used
faucet ~~spring~~ out + covers with
tub travel hot on tummy a
night we'll see. Warm hat
enemas + baths good. Give
rosy cheeks. Acid condition

15-3

Pauls asked people earth come
from the 7th heaven.

I wonder if Im ever going to make
it clear about how I fight the
spirits, now = won. They
didn't want me to have carrot
juice for the week but I had some
just today & it tasted I felt so
good I could cry. You know
something feels you want so long
is right. No they say. It is
purple. Got for gas. Not so,
I guess had for shaved?

15-2

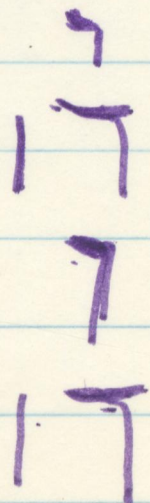
alive & used again.

The superiority of man who can
do many things over angels who
can do only one.

The reluctance of souls to enter this
world. Forceful delivery.

Head 3, arms + shoulders 17, heart
7 + 2 legs plus back second 17

Shape of man.



15-1

Reading on the ~~Shabbat~~ the
GABRI-~~lah~~. Satan descends &
reduces, he then he ascends & accuses,
then he ~~down~~ descends again & kills.
Works in me like, one slip below
~~as~~ ~~little~~ ~~wisdom~~, intelligence
is love to perform an act — then
one's conscience accuses one &
one becomes guilty — the guilt
& remorse eat you ~~up~~ ~~up~~ ~~hill~~
you — ~~phew~~ ~~phew~~ "eat you
up" — & these patterns are
defined to overthrow & become

14-10

didn't like & I wanted my
math to love me & I did
call, & ~~the fact is too~~
~~long~~ I don't really
believe it as simple as that
but there a lot of truth there.
Cause, I tell myself,
emanate, initiate act,
talk, even. Why are you
only receptive to pain, &
sawp? ^{Brup. F art.} Why don't you feel
good with? Brup. why do
~~trusting machine & cast~~

14-9

chauvinist pig novelist
profess friends of my
fathers. So I didn't write
either. The only thing I did
was listen to bad advice.

Can you imagine being
that stupid that young!

I should have said to
myself let just you
pig & go home to write
the great teen ag melodrama

but I wanted my
fate to know me (s)

14-8

learn to talk. Here's a terrible
writed to overcome all thoughts
should be telepathic I am
lazy depressed lonely & tall
a lot when I have the
opportunity because I am
very bright & have a lot to
say & it's not true I shouldn't
write because I am 14 &
just should grow up to
many & have love &
not use novel fair
the fuckin' make

14-7

never let me talk ~~My~~
to do all the talking. My
~~mother~~ thought mother
said yes dear children should
to think not mind the thought
good children are loved & good
children are quiet & so I was
very shy & didn't have anyone
to talk to, anyone, & the
little girl father next door
put up talked with her
I was ~~from~~ another
religion & so I have to

14-6

When you caused down the
car & I wouldn't have to
& hurt my leg & this ^{maybe}
wouldn't have happened if I
had said don't put her in
at least it would have been
your fault & I would blame
it on you with a clear
conscience instead of
accusing you in your idiotic
~~stupidity~~ ^{stupidity} was my own.
Captain I don't speak up the
whole subject. My father

14-5

didn't have anyone to talk to
when I was a child until I
~~was~~ ~~that~~ was 8 I didn't have
a playmate. I have to learn
to speak up. ~~all~~ speak when
you have a thought I tell
myself. Say don't pull here.
Then you won't pull here & the
pencil won't ask for your
excuse unless you don't
have because you
parted in a plan when you
As shouldn't had &

14-4

I appeared with a friend just as
my birthday was coming to an end.

We went out to eat bread & soup
vegetables & bread & butter. The

next day I had terrible stomach
cramps. I cried a lot because I

knew the car & the gun were bad.

~~I should have~~ I knew I shouldn't

do it that because I'm too tired

of not doing things. I should

have shot up & said if I

did it may hurt my leg.

~~I didn't fail to say I~~

143

and I mean the same problems -
only the details are different. That
what I feel about the sexes. Only
the details are different. Otherwise
we are just people. Minds in
bodies. Look at yours! Look at
mine! ~~or~~ or bodies in
minds. Minds in minds.
Mind your mind. Mind
be kind. I drew a ~~man~~ ^{man} &
became bright green. Bright
green is mean. Soft green
is hearts.

~~15~~ 14-2

is tense like a larder. Are you
undulging this loaf & making
~~excess~~ notes? Are you old
enough to vote. Vote for people
who like to help people. Vote
against people who are against.

Opposition creates opposition.

Are you in a good position? Bees

if (i.e. keep) your neighbor
a friend. Do not be afraid
of a friend. A friend will mess.

A man. Womens lit taught me a
lot of women have the same

14-1

I boiled a squash & it burst. I read
a book & it said "burst". A picture
of the squash appeared on the cover.
I saw a peel on "trouble" and "5".
Does that mean I peel will false
my trouble? I have indigestion
from eating the squash. I
have a bad ~~head~~^{leg} from driving
the car. The front foot bursts,
where it is attached to joints,
traveling up to mid - one
plus & including the left
shoulder. The back shoulder

11-9

stunt of the wife! Stunt of
shankley in a dept store. Who
needs to contend with all
that. ~~Meddles have to cool~~
~~and before you can wear~~
~~them~~ + Now wearing some
shabby tight little girl
Sweaters + I believe that look
very much.

11-8

Went an ^{interesting} Betty's lab. I'm going to
get an old velvet + cut it off
to wear my pants. That way
I can still wear one pair of
boots + not worry about - well
maybe I'll get something to wear
with a velvet dress. I used to
like dattes a lot but I
still do but ~~a pretty color~~
It must be needless. Fortunately
I can wear in my "hanging
ant dattes + don't go to the
mid town urban scene.

11-7

cheeks, I don't know. I hate
to look made up but a face
skin on the city just collects
what seems awfully fresh ~~to~~ on
me, ^{even} prurist that I am, ~~under~~
like some friend who are
younger + shinner in face.
get away with nothing, lucks.
It just collects people, too. Time
will tell. I only have sneakers
now, I want + I think I sweat
how the life I live you can
go anywhere in there -

11-6

need a liquid cleanser
appropriate for my delicate
blond type skin so I've been told,
~~for winter winter~~ I wear no
makeup at all in the county,
but I know I'd want some
when I return to ~~even out my~~
skin make me look like
I do in the county without
any. Gelid color, mascara,
lip gloss with color in it &
something for the face -
maybe a blusher for the

11-5

helping it from getting too dry.
A sesame oil shampoo is the
best I've found so far but it
could be less dry. I use a
conditioner but it hasn't helped
much. There isn't such a variety
in the health store but chemical
products are impractical for
me now, they smell awful
& sting. I've found a wonderful
Nigama "scrub" for my
face & a moisture cream
by Yugen but I really

11-4

I recommend none at all.

of course when you wrap your
bits around your waist you
may want a left one in a
white. So I compromise with
my favorite but maybe
I want hair to anyone.

Best help. My hair is exploding

and I just turn it myself -
had no traumatic haircut

this spring & I don't want that
to happen again. The only

problem in the cut is

11-3

It's impossible for me to wear
anything but the most comfortable
& casual clothes; I've had for
old blouses & velvet dresses for
parties. I do wear a ha one a
while to haul up the books
for utilization of her that
only because they ~~is~~
hang a lot - if I could always
wear just the right clothes
I'd never wear one - it had
for me circulation. (When I
do they're pretty much nothing

11-2

visiting a friend + 2) his father
died (I heard that). The first
idea was right. I had all sort of
fantasies but I didn't feel
anything wrong, only that he
wouldn't come - I'd been
sure of that all week. I must
be remembered & called though.
I hope we'll see him long & talk
him. Reading all Glanville &
Madame de la Fayette's Women
Lith sex & clothes & makeup.
Thinking of return to city.

11-1

Billie's summer say (Billie's life).
of emerging from the work into
this life, planet earth, 20th
century. The candles are pretty & the
dishes just a little extra special
but presents & calls from family.
Mist of money tree (saw it on tree
this week) - Billie tried to Xmas
tree, fake cake, gloves & boots
needed, checks for whatever.
I didn't show up - The idea had
occurred to me ~~to be~~ earlier
this week 1) that he was

10-9

had a bad feeling about it before
it happened. Like falling off a
horse when I was a kid that hurt
my back - I didn't want to go
that day - on Friday I met
~~the~~ a guy I really didn't want
to so much I was almost
mystical but I thought
I was set & did & got
ganked. I should always
listen to my intuition.
Please, please do. I say to
myself right now.

10-8

Mass helped the paranoia, but
I needed it to get high. Now I
don't. I said he got high on corn
bread. Now I've had a dream
about my father running
after my mother & I've got to
tell him Walk! because he's had
a coronary. I don't know how
to say it without putting the
idea in his mind to run. Maybe
I should tell him the dream.
I look back on my life & see that
almost everything that hurt me

10-7

An increase in energy & consciousness
in those days seemed to bring about
an increase in fear & paranoia.

The synchronicity of things feared
me & even a suggestion to go
a head ~~at~~ a go ~~to~~ somewhere
left me feeling scared, harassed,
unable to really do it on the
physical plane. I'd just
sit home & be all uptight.

The Yogi way of knowledge says
fear is the first enemy to the
realization of man. Smoked,

10-6

warm ~~blinds~~ boats. Really feel
if I had thought about dream I
would have gone to meet but
possibly ^{prevented} saved the pneumonia.

The thing is now I don't remember
whether I thought of ~~the~~ taking
the boat down before it happened
or not. I think I did but just
didn't do it on the day she came
in because it seemed too far
fetched & I was too frightened
even by the energy level I was on
when I dreamed ~~about~~ it.

10-5

~~Walter~~ Walter Mayhew the magazine
is better than bad. Thinking of
dream I had last year + 1/2 ago!
Walter's feet Mather's feet
very cold. I wake up terrified,
feet cold. A few days later she
~~comes to NY~~ comes to NY
from warmer climate, feet get
very cold. Weeks later she gets
pneumonia. If I had only
understood dream as warning
I would have gone to meet
her with an extra pair of

10-4

Here is a beautiful clip on my candle
& I am reminded of the Unicef's
present to me last year on my
birthday, a candle that burned
into beautiful wax leaves, ~~and~~
other ornaments - bumped my
head on the bed frame in a place
I bumped it last year. Got a
saw spot on my leg (other side
though) during yoga face on rough
mat. I got a lot of negative
signals on the speech but I ate
it anyway. We'll see.

10-3

He calms to cure digestive disorders.

Felt heat inside left after enema.

Dream last night a return to reality - i.e. cheap movie

Usual & I was bitching about money. Also I still have fear about it though I saw a bill on a tree yesterday. Maybe I do grow there. I guess if I earned enough to cover my expenses plus vacation I wouldn't worry so much but I have to take some from my family & that bothers me

24
7-~~18~~17
head. It made easy if you
want to make money but God
helps you 2 be well ~~if~~
You want to ~~live~~ ~~live~~ ~~live~~
your mind, spirit, self, ~~and~~
~~of man~~, head, ~~if you want~~
of energy - if you want to
evolve yourself & you can be
as much the best you can
can be, and from there we may
begin again a continuation
~~hope~~ So I cried a lot, + I
still do, but not so much

23
7-16
They'll put me down - I have to

ask ^{in a} positive ~~then~~ manner,

like - I am important, aren't I?

Then they say yes. So who

knows. Is this my last life?

My first life? My only life?

That seems impossible. Maybe

they're all negative, maybe the

best is yet to be. How old

along with me. But where?

Here? And there he is?

Life is made so difficult because

if you want to expand your

17-²²~~18~~

~~Other things happened then too?~~

I remember thinking a lot about
myself at the beginning of the time -

anyway I let me be understood, let
me be my last life, I don't want

to come back, the same as the

accident, we've missed it, ~~at~~
thought I sometimes still feel.

Just today I asked my friend

am I immortal yet? & they said

no. of course they always give a

meager answer to foolish

questions, (if I give them a chance

7-21

so I began that then too. -
also I had to cover up all the
metal, haent d a tape it - I
didn't know why, when I did it
but later I found out the
energy harnessed all the
shiny metal. Pakaya tried
led. God the gas pain was in
my shoulder. I so much

young help help.

Trying to figure out why I'm so

tried last few days saw load

has - worked it 2 days ago - does that
draw energy?

7-20

food then + I could experience
enjoyment I put on my body
right away. The negative
health loss such as not
and of fantasy, ~~ideas~~, &
what my body tells me. I

want to stay as light as
possible without drugs.
When I get home from vacation I
found I was very sensitized &
certain colors & flavors gave
me pain in my scrotum,
~~but during some~~

7-19.

I had some men by the ocean
that summer & nothing
happened, I just ~~forgot~~ had
a lot of hot water with my
knee during a car, that
what. I had some ice cream
(made with sugar that day &
Chocolate sprinkles) & that didn't
help either. The sugar ~~frustrated~~
~~me~~ right down depressed
me - as did some birthday
calls I had a few days before.
I was just learning about

7-18

- If you are, to break through -
cut it out at that point. I

haven't seen it do anyone, I

know any good after that.

It needs to feed in the
hundreds + either your

body or mud pass for it.

The pattern is even grain

hugs, no hair now - but

one take of had will buy

no up a little - one only.

Well, it my experience.

7-17

I was taking too much

mess at this time - I. P. &

both within a period

of 8 months after I really broke

through to the mental plane

I had 5 trips & didn't need a

one. One put me into

convulsion & now did any

good for my head but they

helped with my body. I

wasn't against that stuff up

to that point but I know

now, me you're used to

716

checked out but I got too
entire about it all. I had no
one to talk to about what was
happening to me & my own
intensity that over I lost
my perspective & whatever sense
of humor I'd had. It's OK now -
but for a few months there I
was pretty scary. I finally
rebeked at too long men
clats & ~~state some pretty~~
~~thats~~ - took some too - experience
pretty off the market.

7-15.

Images I saw in one place
reappeared in another - light
flashes off the moon ~~stars~~
The radio called to me - I
was afraid of caps - I ~~forgot~~
~~my shell at dinner~~ I got over
some fears about dinner
by having richies there,
Seemingly, but all well
times for safety - ~~at least~~
~~OK~~ something was telling me
when someone wanted to then
if I called a rat & it always

7-14

That was just the ~~image~~ of
the pumpkin reduced &
transferred to my stomach &

~~It~~ appear on a bit of light
that left my stomach.

The light that appear on
a leave my body as not
hallucination, a creation of

my mind and of the
energy. They are just

whats there. But I was
differed then, before, to

distinguish what I saw

7-13

to read a friend mentally
I communicated all day but saw
another one instead. Prune to

send love to friend. Terrible

gas pain - prunes? ^(cheer) hashha? <sup>(see
lunar)</sup>

Carrots? (see nurse). & take 2 papers

tablet. more perhaps mint tea.

I actually traveled without speaking,

a note for toilet window & taxis.

Last year, I saw little cucumbers.

Today I saw a pumpkin

pass from my stomach but

that wasn't a hallucination

7-12

up but I never did & I'm
sure not doing it was part
of my trial. I always was there
there in my mind & late
myself for not speaking up at
certain times when I should
but in glass I never did
lay blame on perhaps imaginary
events. Or real. So what.

Be here now. I had a period
of silence then & ~~tried to~~ a
~~sort of~~ sort of ~~fast~~ fast -
that is, limited, very, diet - it's

711

Class upbringing to learn?
Came live by the ~~street~~
front of the land not afraid of
I had to, + more important, to
break down those fears of
what would happen, etc.
I acted out so many fears
threw them all away. I was
also self tempted to confront
~~my parent~~
~~some people~~ I knew via
the therapist my issues was
telling me they had done to me
when I was little to push me

7-10

too. And I threw out all my
grass & ~~and~~ men.
~~State~~ a few times I was

very paranoid about carrying
a few joints on me. I actually
lived out a whole underground

life & did it OK too except I
got caught stealing finally
but I want to make that

clear. If you I don't believe in it
& if you don't need it & I
don't do it anymore, things more
come to me for now a day to it -
but it was good for my mind

7-9

travel (I was going on vacation)
as if I were being aud. It was
like living a ~~maple~~ shy
man out. I did most of it,
feigning I'd lose my legs on
the way - giving up lawns
how I looked, trying to
feel what it was like to be
the other sex, seeing how
good I was at disguise. I
refused banners to ~~any~~
buy & steal a wig. I did a
lot of stealing at this time

7-8.

In one night they gave me this
mantra. I sat down & concentrated
on this thing & these ideas came
to me. It was the one I use to induce
the alpha waves, delta, and the
beta, concentrate etc & then a lot
of strange things began to
happen. I started getting
these paranoid fantasies.
I was told to wear men's clothes,
too large for me, cut my
hair shorter, show my
pubic hair (I didn't) ~~and~~ &

7-7.

part to the world appeared.

Dreams as sweet my teeth feel em.

Heavens. Anyway things like

that went on for a few months -

~~when they got a chance I got~~

used to have my constant

company + I got used to do them

the spirit's question. Or

my friend a dead or higher

self. Something you see here

the future. I submit my place

for I was 2 they told me only

to let it for 1 + they were right.

7-6

So I went in & they showed me
this transistor with a name so
appropriate I had never
mentioned it in it so I bought
it & he didn't show up in
person in vain. That felt like
more than I've gotten to
straight. But nothing
surprise me any more.

A few months after that
I was Avalon concentrating
on a blank TV screen with
the set on 2 the words

7-5

On this point stop always long a
transistor radio I'll contact you over
it & all I knew was I heard his
voice on the phonograph, I mean
he came through, & so did I
you see, when we were back
here in Moscow so I knew
it could be done & I used to
meet him Thursday, he might
not be there & I went by the
radio store & I was literally
stopped in my tracks, I
mean pulled him behind

7-4

the meal & as I did a tired went by
that had a sign "good luck" or st.

See picture on good. Got another 2
picture. So that blew my mind,

like coming in from shopping

at I mean on the door with these

new blue cloths (wooly

color?) & this ~~was~~ particular

was singing on the radio

my bag is blue today & I was.

I was the same name that

met something about a

Shastri god. I got my back.

7-3

My father says its from the old
county. V says it a little grain
than me. I wish I could shit.

Eat prune. ^{plus including} Food today 2 eggs,
wheat germ, banana, figs, date
nut apple, half bag. Sculley &
met the shirt, grade. friend
died & what his funny things
began to happen to me. Like?

was doing a show & the friend
hadnt ~~met~~ called to visit me
God died & I was pissed & I ^{thought about}

had this story to go down to the

7-2

that messes murder spam, still
there. Clear and them next + ^{neck} head,
face, head, heaven! Ho!

The energy may be cleaning out
my bed but that all it doing.

I sleep 12^{or more} hours a night plus

a nap. Eat + ~~sleep~~ rest. The

way I eat ~~haha~~ it comes out a

mess. Some mess of the separate

but equal grain school.

I eat it with carrots + soy may

95 meat better depending on how

meat meat I want in me that des

7-1

Urine 7.5 alkaline. ~~Testing it~~, saw

7.5 light up on chat before I tested

it. Trying to figure out what

~~it means~~ and is alkaline urine

means. Moon in air ~~yesterday today~~

Wells writing. Cold in legs during

plough. Bursitis + farting. Stomach

+ intestine ^{polluted} with gas. at

least I don't share a smell, panicked

period like I did 6 weeks ago when

I also smell of liver - getting rid

of fat. Did yoga by candlelight

at night. Saw ches on shoulders.

613

I'm going to sleep easy tonight & I look
at the clock & here ^{is} my voice song
in my head just before. I see the
clock 10:after 9, when it is:
~~the other day~~ I saw my ghost
figure near table. ~~Some~~ ~~feel~~
lousy these 3 days.

6-12

true statement I drew a response
from the energy in a burst of

"The truth shall set you free ^{heart} ~~but~~
philosophy. Oh now I get ~~back~~

~~at~~ ~~back~~ gaps from the
energy in my body regardless
of the year no quality of my
thought. No struggle now I

do believe is that intuitional
truth beyond & before duality.

More confidence in myself.

~~But~~ the spirit also through
my intuition

6-11

It was changing. I could ~~truly~~
see ~~the~~ light of
different colors when my eyes
were closed & there also had
yes or no significance. I also
could feel energy hit my
body in various places in
response to ~~thought~~ & desire
the places it hit were places
that needed mending, like
my ^{organs} ~~wants~~, I assumed the
spirits meant to aid me,
or that, when I hit upon a

6-10

habits + ego clothes can the
craving or real need be present
+ be clearly recognized apart
from an old habit or indulgence.

What my wife + I have made
itself very clear with food.

At that time the spirit also taught
me how to change the

^{What was} vibrations in the house by
moving things around + using

Colors - i.e. I was instructed to

do these things + later + only
now realize it was vibration.)

6-9

don't know it, but later & this is
almost 2 years later, I wonder.

at that point the ~~the~~ later he said

had spirit, & then don't be a

puppet & do what you want.

all of which is good advice at the

appropriate time & that. What

I've been trying to figure out

ever since. Deep intuition &

drawings seem OK & I under-

stand the ~~logic~~ phrasings

of denial, ~~for~~ ^{only} ^{when} you

are stopped back at all you

6-8

gone from the pan & light
pancakes cooking looking
quite different than my usual
overdone, heavy, oily ones. ~~I laughed~~
~~& replied~~ & I was quite astounded
but amused to realize I had a
feminine spirit in the kitchen.
I wondered too if the
the spirit began to indicate
what clothes & what colors I
should wear. Later I asked
my friend if they were good a
bad spirit & he said good one,

6-8

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what clothes & what colors I
should wear. Later I asked
my friend if they were good a
bad spirit & he said good me,

6-7

hear voice in my head then
as I do now & I didn't know
the lights meant. I had ^{some} ~~some~~
degree of damage but I did
know I was in communication
with higher beings on a
spiritual plane. I assumed
they were good spirits & were there
to help me in my ~~spiritual~~
development. One day I was
making pancakes & turned
back to the stove to find the
fire down. The extra oil

6-6

radios seemed pertinent to me
then & the lights flashed on some
of them & ~~reflect~~ sometimes the
songs were not commercial ~~songs~~
but ones sung or made up
directly for me because they
referred to things I did or
clothes I wore, saw I felt.
I realized I was on a mental
plane communicating with
^{body} ~~body~~ mind into use using
the pho radios to ~~communicate~~
amplify their voices. I could

6-5

Went to a printer on 2000 BC" & I went
to a bookstore & got a flash on
a book & opened it to the story
of a Tibetan printer or teacher
~~was~~ teacher who was born
half in the sun & half in the
shade & who had a ~~young~~
brother of ~~fundamental~~ Yoga
study with her & I thought
the friend's name of who's name
I heard had also taught me
some yoga then & it was very
freaky. Many songs in the

G-4

~~at the moment~~ I keep
meaning to write more about my
struggle with the spirits, how
I first met them, after a mesalin
trip & the lights started responding
to my thoughts. I then perceived
definite feelings of yes & no
in response to these lights. The
light behaves differently & some
seemed hostile, & some negative.
I also heard a friend ~~voice~~ in my
chest at that time singing me a
the popular song then "Jau

6-3

sprint of I shaved & got a

negative + confused answer. I

opened it anyway & was glad I

did for it was a little punishment

and what I can celebrate tomorrow.

Reading I thought, the request is

done, take it out. I asked myself

if I could & got a negative answer.

Later I went to the request & it

was almost buried. The first

time was right. I get negative

response on the land juice but drink

it anyway (diluted) as it seems

to help the stomach. ~~Rest~~

6-2

I find my intention to operating better
now, so if I ask myself the spirit I
~~get~~ after I feel what I want to do
I get a mixed up answer. I was
feeling ~~down~~ & wanted to open one
of my birthday presents which are
sitting out on their packages.
When I decided upon one that
jangled & sounded like a toy. I
saw a picture of the wrapping
on my left arm. Then I asked
I felt I should open that one.
Then I asked myself for the

6-1

Reading Isaac Meyer "Gabbalab" who

~~says~~ the doctrine says each human

accompanies by a good & evil spirit

which influence him spiritually

but is free will which he uses he

uses the divine ~~power~~ power of judgment

that allows him to choose good or evil.

I was thinking today I definitely had

a good & bad spirit. Why should the

spirit say don't go to the marketplace?

A man from a religious

spiritual ~~organization~~ ^{group} warns these

warnings ^{reads} of evil forces.

4-11

I keep when I pass my big toes
~~thought that I heard: I was down~~
~~when my~~ I was higher last
week before my father came,
I wanted self because I was of
9 I am tired today. A year
~~ago today the super came to fix~~
~~the tube & today the morning~~
the yellow trail tip flashed
purple. Was it a year ago today
I ran into my purple &
yellow & black monster
~~at my door?~~

4-10

been going on for almost 2
years now. Someone out is
pulling on the electric current.

Beside me, I mean. ~~That~~,

~~that~~ written in slate blue

The candle or tapers, green or shows
a blue flame (it is not lit) in
response to my thought.

~~about~~ I see green lights on my

shoulders. I ~~hadn't seen much of~~

I asked myself if all I had to do

was ask to see things, & I would see

& the lights flashed brighter.

4-9

I ate the avocado but I did not eat the eggplant. additional

food: bulghur wheat, had for stomach, ~~scrambled egg~~, ice cream,

squash. The electric lights are

responding to my thoughts, just like the bells did 2 months ago.

The bells tinkled in synchrony to certain thoughts. The light

got brighter [or: possible: when

I doubt: my eyes open + see

more light] in response to

certain thoughts. The how

5-2

Sounds.

gonads: oo as in you ~~two~~ two

kidneys: ü as in über

stomach

liver

diaphragm

lower lungs

upper lungs

thyroid

parathyroid

pituitary

pericard

} : ö as in beer or fur

o as in home

ah as in ah ha

} ea as in heavy

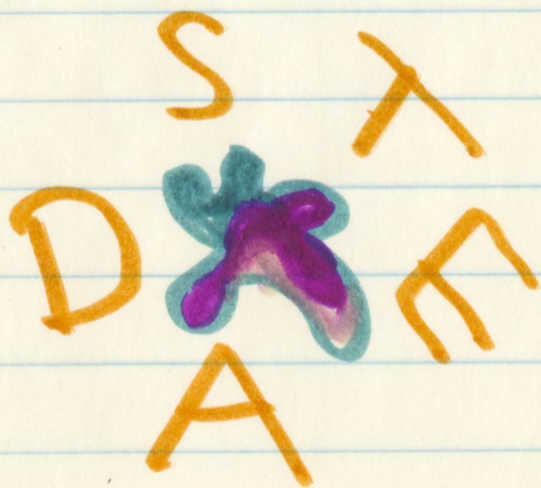
} ee as in he

5-1

The India Devi's book, Renew
your life through yoga seems to work
for me. Tonight I took it to the
patron because I'm constipated
from too much cream ~~fat~~
& cottage cheese ~~fat~~ & I opened
it to exercise for better elimin-
ation & the attending ^{I opened it to}
answer a ~~question~~ ^{it answered}
~~another~~ question on ^{poetry.} I usually
open books to what I need to
know.

48

I hope those of you who prefer
to write your own book on
your own pages or cutting
this to your friend draw
pictures instead. Here is a
picture in stead.



It is a tiny little thought
form. Think about thought
forms. Are they formal?

4-7

Mid Blank page

4-6

Perhaps rather than write
your own book you would
prefer to criticize this. ~~So~~
Do so. Here is a page in Latin
to write comments about
how it happened to you
or about what you know
that is more accurate than
what I know or anything
you please. Please.

4-5

blank page

4-4

Is this book boring to you.
If so why haven't you been
doing something about it,
like writing a letter one
of your own. Here is a
whole blank page in
which to begin.

43

See on me are red waist

with ~~more~~ pink in it and

a dark purple blue
~~purple~~ blue

like this but
~~this but~~

not exactly
~~not exactly~~

no no do do

not have the

right blue

4-2

not that picnic table

I am on a green blanket

sun bathing in the park.

The trees are getting bare,

leaving more room for the

sun to shine through.

I am not depressed. Maybe

this is the first autumn

I am not depressed. The

left channel is clearing out

I think. I have muscles

in my back. The plough

is getting better. The colors?

41

I opened an avocado & lick. Perhaps
it does stop my development. I

ate 2 eggs instead & am not

speeding. Before the eggs I ate
apple & fig in the 1st & 2nd

cannot finish for the container

thought parcel delivered my
birthday present. I cannot

see through the package to

what's inside. A man came

morning for ~~my~~ ^{from} ~~my~~?

supervision? & left a car

window scraper on the

3-6

every night, play music - classical
so I don't get busy up on messages
in the woods - ~~light~~ ~~voices~~ to
smooth out the notes & change
the ~~house~~ what's around. I
think my drawings are of thought
forms, spirits? Spirit's say
Spirit. Spirit's flesh from
toe. No tiger. Shoulder
chased up when father here.
Went away when he left.
From ~~what's~~ ~~the~~ food or
abandonment? How?

3-5

9 Discuss with O - whether she should

concentrate on ~~calling~~ someone so they will visit you? ~~nonverbal~~ How not to



influence an unconscious ~~to~~ ~~to~~ conscious

person if you think your thoughts are

too strong - recite a mantra, song,

think of flowers, ~~to~~

Send love. O sends love from

the 3rd eye, he feels warm when

he does this. ~~with the chest~~

I haven't seen the yellow turn blue in

a while but the gray branch flooded

with red violet today. I burn a candle

3-4

Black sheet, old + new, give ulcer
pain. Yellow sheet OK. also J's

old magenta - head - white these suit.

Try dark green - head - white still
suit, makes me uncomfortable,

too yang, too energizing. It
makes J high. I see blue light
come from ~~the~~ J's head.

Burgundy makes me feel

slightly sick to stomach.

What about dark brown

parts? I see carrot color on

magenta striped shirt. Too yang?

3-4

I comes. Bump me. I have had
negative Dupon me but try some.
It pain my scrotia, is
slightly acid in stomach after
eating. She say it ~~clears~~
~~out by bedsteps~~ take water
from her system. I try
Carrot juice for ulcer but it is
bottled & is terrible. I spend
on it ^{but it clears my head a little} Get papaya enzymes
to try with meals. Stomach
& gas better.

3-3 with sheet has come
in. He unwanted get is in
back of him ~~that~~ he not
only keeps the dog sheet with
~~that~~ he will but makes
her turn around & go away.
He goes through the door
to the other room. His hand
with 3 purple fingernails
remains outside. He hand
seals the door all around
with a white ~~plaster~~ substance
with purple in it. Then his
hand goes through the door.

3-2

②
~~Strange~~ Dream. ~~Last night~~. I come
into a room, a girl I don't want to see
comes after me. ~~She "I" is another~~
I close the door ~~but~~ it does
not lock but I tell the girl
to stay out. ~~She does shut~~
I go into another room, by
disappearing through the
door. This I is not me,
barney, who is ^{now} sitting
on a sofa reading a
child's book watching
this happen. Then a man

3-11

~~Before this~~ I dream I enter a room
I want to help 2 ~~for~~ people I
know out but I can't look the
look. ^{I humble.} They come in + spread a
table full of food I can't eat.
I watch them from a sofa,
wishing I could join them
but I don't eat that ~~the~~ food
any longer. They are not
~~at~~ my friend any
longer either.

2-8

Are my spirits my subconscious
mind? Could my development
be stopped by an avatar?

I saw half of my image walking
ahead of me ^{on} the road ~~to~~ ^{road} ~~to~~ ^{road}.

Today. It is difficult to
become who I am. Getting easier?

Drawing pictures is fun. I
remember my dreams &
fears.

2-7 went for a long walk
today, & am wearing clothes
I didn't think I could.
The shoulder pretty clear
now, just some work on
the head ~~neck~~ plus building
up the muscles. I feel
much freer than I have
in almost 2 years & feel
I can go outwards again
without fear. My father
being up here ~~has~~ gave me
that. Went to visit ~~the~~

2-6 I'm not listening to
my warning signs any
more. They said don't answer
the phone to / when I did I
was B.V. saying let passed
he left school equivalency
the first time round. He
left school at 15 & has been
educating himself in his
interest & for his own.
Numerology helped him
with the math & the geometry
he said he just figured
out.

2-5

fructure (as de apples) &
ulcer. The deep breathing &
exercise help the ulcers.

I brought me a ton ~~of fruit~~,
of apples, grapes, bananas
squash, avocados, eggplant
cucum, half half honey,
ice cream plus the kasha
millet, bulghur, wheat dots
& figs I already have in
the house. This year is
first year as opposed to
last year's famine!

2-4

are really good for my whole
body + all its cells. I don't have
to concentrate mentally on
the weak areas, or have my-
self with fingers +
hands on the these spots.

The muscles get rid of the
tension + felt build new
tissue [muscle tissue] + I can feel
my legs + back get

stronger after 2 days.

I ate a lot of fruit + cereal

I wouldn't ordinarily do,
considering boat food (that

2-3

who arrived the next night. I
& I solved some of our communi-
cation problems too. I also ate
some grain & vegetables
for the first time in ~~the~~
several weeks, (except for the
corn pancakes) & I felt a lot
of energy from them so
I continue to eat them.

My father went home. I
stayed, staying on how
to do my yoga properly
& to breathe properly. He
wanted to show me

2-2

or difficulties in communi-
cation stem from our relat-
ionship. I think I have in
fact, when my spirit, I
finally came to the ~~idea~~ get
the ~~signals~~ I could if
I wanted to. I did so I did
it was the right thing.
We both were trying hard
to show ^{our} love for each
other & I even said that
we did love each other &
depended myself of ~~the~~ a
~~dis-ago~~ discussion with L

2-1 ~~2-1~~

Day 2 a year after it all began.

I was counting the days to my birthday but it has all changed & I'm doing it differently now.

5 days ago ~~on~~ I overcame my depression by realizing I should have invited my father up to stay with me, as he had twice asked & I had twice refused. I wish at 5 & realized I should invite him - I wanted to, but I was afraid. He is critical & intense & many of my fears & my

1-6

So I figure I learn from
the spirit or sense or my
higher self's ~~intuition~~ my
own hallucinations, but
from when ^{ahorn} do they come?

Oh ok I must develop
my own will & intuition.
I'm still a little gushy
to it ok to eat etc, go out, do
this, well to do. Is it ok to

live; to enjoy, to be who
& whatever feel is right for me
to be. Is it ok. Is it? ^{is it?}
Is it? Yes, yes. OK. ^{is it?}

15

So far seems only to get correct
information from the dreams
& ~~thoughts~~ ~~even~~ ~~from~~ ~~per~~
presentiment ~~I~~ ~~suppose~~ ^{only}
one who develops clairvoyance
goes through ~~some~~ of this?
Is that kind of ~~me~~ I feel
before me a suggestion?
eat it, a stay away? or
is it just a sign to get rid
of the mental image or the
desire for it, or its action on
my body, or I've already
eaten it? He? I ask all time.

1-4

I find it hard to believe that anything could operate on me if I weren't weak & let it in.

The obsession & fears are all weaknesses. Some had to be

overcome with a long

purification of the body

as well as the mind. I'm still

doing it & I always will -

proper diet & ^{yoga} ~~exercise~~ are

important. ~~as well as~~

And I know the ~~same~~ ~~truth~~

as well. But I envy I who

1-3

I think. No I have some
difference. He thinks they are
spirit readers no less & I
think it my indolence
obsessive former self - the
old fellow who is hard on myself
& want to reiterate the pain
frustrations made up
thought of my first 40
years plus & including the
mode of being of my
parents & ~~near relatives~~
~~relatives~~, mother, sister, etc.

1-2

I know enough about my
body to try certain things
(negative sign on energy)

If they don't feel good stop
it. What a, the effect was

so slow any more & I feel
now cannot bear pain.

I am already still getting them.

~~Last night I drew some~~

~~pictures~~ ~~Some~~ Drawing some

pictures & ~~the~~ I kept seeing

colors before I fell down in.

The pictures look like my spirit

Oct 25

H
a year ago today it all began
& today I am on a physical
bed, not a pay the one.

I gave megora & I do the
place right for the first
time. It feel great & I

know I can get my
body in shape (then) now
at Cook 12 years

I leave & I determined not to
listen to spirit any more.

It did the Tera for me &

the High Priestess was the
Caret for the post. I figure

THROUGH WORRIED

SPASMATICALLY

heart

STRIKE

WORD

VERY INTERESTING FROM NOW ON

CHARALIST
WORRIED

WEEK

2 OF 11

FRANKENSTEIN

BLACK MAGIC

WITH

VENGEANCE

HOSPITAL

2 PART

SPASMATICALLY

WORDS 18000 ON

STRIKE

SWORD

VERY INTERESTING FROM NOW ON

CABALIST
WORRIED

WEEK

2 OF U

FRANKENSTEIN

BLACK MAGIC

MYTH

VENGEANCE

HOSPITAL

SPASM

SPASMODICALLY

WORDS I BURP ON

~~Change~~ Change 10/24/21

61 → 15

We are nothing

and everything

till

our

nothing

and

everything

know

they do not

know.

Hannah That's Charles

72 ~~W~~ In 2 cubes at say: I have

shall love thy god with all your
heart, all your might, & all your

Soul & these commandments
which I command thee this day

shall be on your hearts

Conscience (?) when thou walkest
with thy way, when thou liest down
^{when thou art in your house}

when you wake up, & you shall

bind them upon your hands & they

shall be printed between your

eyes & thou shalt smile down on the
dewdrop of thy eye

7.1 TEFELIN

Wrap 3 times around middle finger

Left hand: "Be thou consecrated

be me in faith [EMUNO AH], righteous

living, chait [IZEDOK], justice

[MISHPOT] for mercy [RACHAMIN].

"I thou I will know my God."

Wrap around left arm 7 times

cube over elbow, to travel heart

when arm held across body.

Cube over forehead (Zibage) on

circle. (a separate piece). 2 heights

hang down from circle when it is

tied over head glued in back
of head.

6-1

Shell told! Make ^{delicious} thin egg
omelet. Feel very lightheaded
all day. Moon in Scorpio tonight.
Feel weird. Depressed ~~after~~
Sheahery to ^{uncle} ~~father~~ who is
depressed, old, lonely, etc.

~~Because~~ See green on me.

Need milk cream. All diet.

All better ICH. Purple on

outside of face. ~~check~~ Red ICH.

Need shoes. ~~clothes~~ after

~~Winters~~. Need movie, mystery

hook, @ bread. ^{Nettle} ~~How~~. ICH. ~~Hats~~.
~~call v. bus~~

5-5 I see a the boat I was when
hided red paw ^{say grand} on
my leg so I say good leg a
something need to ~~but~~ make
boat go away. a few
months ago I unconsciously
wrote a poem relating to
the - ~~the~~ - you see boat?
I sat no boat. So mind set is
on the unconscious level. When
it get conscious it seems to
be information. ^{Harold F. H. Johnson knows that} I suppose
you could make one out of that,
& conscious out. ~~It amazes me~~
~~though I suppose I'm hardly~~
~~conscious things now that~~
I

Tyler I ate squashed eggs, I saw
half eggs half beat, so are

Finally get I after calling after
She not feeling well, happy?
Call her. ~~the~~ See little
white light in center of forehead
tonight

5-4 pretty conscious of how
their own minds, example. I
was thinking of I wish I could
buy cookies to get some lady
made wheat but couldn't because
they're made with sugar. Was
shopping for me & say ~~you~~
~~you know~~ I walked to the
cookie counter, almost bought
cookies & then I said what
what am I doing here I don't
eat that shit. So I do be
said please tell me all your
thought about food because
I don't know ~~if you or me~~
~~I am very conscious of~~ ^{I know that I did it anyway, cheap buying}
~~to eat~~ ^{just a little bit} ~~and I still eat them~~
But I said I was just
thinking about things
because I got this thought I
needed some & I don't want them
I to eat yes.

So I didn't get my food & ate
scrambled eggs & burped a lot but
I guess it helps for boat foot because I
saw half eggs & "half boat, or you joke
Speaking of boat foot -
Whenever I say I had knee pain

5-3

Needed food. Thought of calling K.
Heard voice say Right Now. Didn't
like tone of voice so didn't call.
Called one hour later K had left
one hour before. ~~Could~~ Should
listen separate information from
tone of voice (personality, ego ^{Barry Watten})
~~Tried to concentrate on the~~
~~letter~~ ^{distraction} ~~word~~ & it better to
call & ask someone to do you a favor
& give them choice of saying yes or no ^{like Charles}
& to concentrate on ~~answers~~ ^{them}
think of it & call your answer yes.
~~Beside the other doesn't~~ If you
concentrate on them they might
not know if it your thought
or theirs & if they get ~~the~~ ^{your} thought
& think it their own, confusion - a -
you're ~~doing a minute~~ on the
beginning to control them maybe?
Or they don't get it at all ^{never} If they
get it & know that it might
be your thought they still
have free will about what
to do & you're not controlling them
but in this case they have to be
^{get up our apples}

5-2

Why do these 2 fish ~~left in in~~
my hedge ~~on a pensive to Neptune?~~
~~you old fish sale, you~~

Dear Neptune
How do you like
peke?

I saw a sign ^{with} on my ~~wandering~~ way
Cross Children Walls
He sign der boy
But I still am pondering why
Cross children wall
I ~~should~~ children fly.

Food to order	Cottage cheese -	2
	half + half	1
	ice cream w honey	3
	avocado	2
	yogurt	2
	milk	1

5) = 1, Mom in ~~the~~ ^{my sun} tonight

I left a parasite on the floor of my house

for the wingless little grey mouse
And when in gratitude ~~was~~ left
no turds

all over my ~~slaw~~ & I'm distressed!

So last year there was the rat, I see, who
just excrementated, of them (the rat,
mad call by dying under my
seat with an awful smell, which
~~leaved a stain~~

Headquarters to last year's
hallucinated brown mouse that
ran around my slaw & that
they did ~~not~~ leave turds, I went
away when I spoke words.

The advantage to hallucinated mice
is that their ~~total~~ habit as my mind
last year ^{for} on my slaw they ~~leave no~~

^{go} ~~leave~~ no turds ^{say}
I ~~went~~ away when I ~~spoke~~ words

4-4

but a rape fear fantasy
complex.

Fear + desire

come in one door ^{one}
desire ~~out to~~ runs after
the ~~other~~ ^{door} runs before

Be not attacked, as the sage says
or you will get stuck either way.

~~be not attacked
the sage says
a yard long running
either way~~

4-3

creating + fantasy as the a real need
grows to be ~~fulfilled~~, I'm being
satisfied to reach by T us. night.
To be continued,

Also thought that I will stay in
the city 3 mos + leave for 3 mos.
+ possibly again for 3 mos.

I have had benevolent dreams
about my family for the last
few nights. Sleeping upstairs
I awoke with the idea after a
dream that the FBI wanted
about the FBI (thinking I heard
voices outside of panicked I rushed
down to look all the doors. Considering
the voice I do hear I'm surprised I
listened to one that went there.
Witness effort of ~~resistance~~ (FBI)
dream plus childhood female rape
fantasy fears. I think Grace
Milled was right when she saw
the commercial hangup of women
was not a penis envy complex

4-2 made with honey & I'm sure, I

swear that when I finished it

the jingle in my stomach ~~so~~

~~sounded like~~ ^{spiced} delicious. I also

heard a voice say be prepared

to leave early Wed. morning,

~~It's~~ a note with ~~of~~ ~~to~~ ~~advice~~ to

city. I had already heard a voice

some time ago say be prepared

to leave early. So is this my

desire (ah, separate your wants

from your needs, my dear, or

you won't be able to judge what

you hear!) & is this my desire

879-1634
Mette Sunde

31

RBI
R72

4
A-1

260-0273. Chel

~~So~~ Sleeping in room with red
light - ~~the~~ I saw colors yellow
green blue & purple in response
to my questions. Lying on bed
trying to figure out what to eat
for dinner, ~~having~~ that dinner was
currently being reviewed to be
raised (out) having already eaten
~~with honey~~, waffles, honey, cottage
cheese, honey, yogurt & honey, & avocado
& cream or honey. I saw a picture of an
ice cream cone & immediately left out
of bed to have some vanilla ice cream.