

VERNON
VR
ROYAL

20

COMPOSITIONS

Mary Agnes

Cherry

CLASS PROGRAM

NAME _____ ADDRESS _____

SCHOOL _____ CLASS _____

		PERIOD 1	PERIOD 2	PERIOD 3	PERIOD 4	PERIOD 5	PERIOD 6	PERIOD 7	PERIOD 8
TIME	FROM								
	TO								
MONDAY	SUBJECT	Wed Jul 21							
	ROOM								
	INSTRUCTOR								
TUESDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
WEDNESDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
THURSDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
FRIDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
SATURDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								

THE COVERS OF THIS BOOK HAVE BEEN TREATED WITH A SPECIAL VARNISH THAT PROTECTS AGAINST MOISTURE AND RUBBING
NOTICE HOW SMOOTH THEY ARE



No. 101 • WIDE RULED with MARGIN

60 SHEETS 9 3/4 IN. x 7 1/2 IN.

S. E. & M. VERNON CO.
Elizabeth, New Jersey 07208
A Division of THE MEAD CORPORATION

12

profession

Yopet
Columella

compression

magenta

people

deep blue / black

feet

clear egg

clay

black dot

hegropie

yellow egg

± coral sulfate

± green orange leaves

hicks

leaves

rewarded

long beige dress

accident

black dot with

wedge out

person/alt ^{completing} ~~jump~~ also

dash for an equivalent

to the lions skin ^{attaching} attachment

dash to my left side & the

2 purple eyes on the ^{poster} poster

as I determinedly got up to

make a call about a

county house in W. No

answer. I have defied the

spirit & taken a name

for August. The spirit

does not ^{cause} ~~me~~ me to
 write & ^{hold} hold fast my
 hands so that I ^{do} ~~do~~ ^{this} ~~do~~
 with great effort. Nevertheless
 I am attached to literature,
 it seems to be the only
 valid connection I have
~~with my~~ between
 the spiritual & spirit
 happenings of my life &
 the ordinary reality of

life, work, friends, etc.
Peter also has to contact in
life as I have known it +
although in many ways
I could succumb to a
state of dreaminess, non
action non communication
I fight it as much as I
fight my own commitment
to the world of ego + activity.
To consider what is life

(Question)

gaining on in my mind +
 around me, directed by
 whom? is the ^{is} prime
 object of my life at the
 moment. To sort out the
 signals that come to me. To
 make intelligent ^{use} use of
 them - or that possible - my
 intelligence is rational & the
 rational intelligence cannot
 cope with the ^{foreknowledge} foreknowledge

(variation)

Learning knowledge of the

Spirit. Still in order not

to be a puppet or to give

myself up completely to

forces I cannot understand

I am taking a part of

consideration. What in

some cases means obedience

& in some cases rebellion.

W. is rebellion. Or ^{perhaps} rebels

the first step in a year 20

half to ^{exalting} exulting my own
 will in a direction that
 has proven to be good for
 me in the past. Some
 courtesy ^{has} always
 been a happy necessity
 for me & it is the able thing
 (writing ^{was} the first) that
 I have [?] carried for in
 supplication to divine forces.
 Please let me go to to

Country. I want to get well.

It according to the spirit to
 and are not synonymous.

I could not get better in the
 city with the ^{exception} of

fresh air in my lungs.

I am mending the spirit

however & we shall see

what the month brings.

There must be some return
 to my ego self.

I went to a lecture on Kundalini
 Yoga & asked the Yogi what
 to do about the heat & the
 pain & he ~~go~~ led me to
 chant Satnam in the
 mahamudra posture
 every day. I can ~~hardly~~ get
 in it & I ^{can't} chant but I
 breathe out & concentrate on
 my little mantra & shen a
 but seems to break the

line of? in my leg. The first

time I did it I saw a thick

^{black} black line about $\frac{1}{4}$ " thick

appear down my entire leg.

Then I went to see the Yoga.

I had seen the previous

week & said the spirit was

still around & he said you

not getting rid of him

seriously enough & why

don't you ask the spirit

to make you well. Look

what he done to you - it be

even wrong 2/3 of the time

how can you fall ac

his advice. Get rid of ^{him} ~~him~~

so better shirt will

come in. Then I said,

Couldnt use any of the

same cloth, as steep in the

same place I had ~~is~~

when I got over the fault

On Nov 2 he said go to
 Canada. So I look upon
 his advice with doubt. I
 do not wish to flee but
 to conquer my reality
 here - to get some money
 So that, for example when
 I am at B's, when I am
 now, I am able to use a
 blanket I used in ^{March} March!
 In March I would use

the spread but not now!

A ^{fore} bore to drag. So I went to

W to load for a haul of
nothing but heavy tiles

ditto for the knee + back

(which is when I am sensitive,

plus eye) - lit on the phone

^{info} info about another haul

I saw a clear blue spot in

the air & a broken black

line. (little now at all of the
course)

^{so} so we went & the house
 was clear - a clear blue
 & a blue clear egg
 in the middle of the
 air so I thought it over
 for an evening & decided
 to do it, even though now
 car is shabby & makes
 a problem. I ^{driving} driving is
 definitely no good this
 year. I ^{had} had ^{rides} rides for the

Knee & pain & I'm too
inattentive still to drive
safely. So I'm driving the
house & will see what
week I have on hitting
to turn & back. Perhaps
this bad may be construed
as blackmail, the
spirit - ok, I challenge
the spirit to read me
only the best knowledge

the trust - or to go away
 entirely. Last night against
 advice I ate too many
 sesame cookies & exercised
 hard on the knee muscle
 knees I saw a sesame cookie
 on the spot. I made these
 images go away where
 they appear by concentrating
 on the spot. Every time
 I pick up a rather

book, Jung, Borges
for today I am convinced
of the appropriateness of the
book. Whether as a
discussion of my ~~physical~~
physical problems ~~and~~
the energy, ~~and~~ the
or as a description of my
dealings with the spirit &
how to understand the
incorporate & use this

miracle, I don't know.
 But no one person's
 experiences are such that
 unique so it seems to me
 that if anyone person gets
 any one piece of information
 from her that encourages
 him ~~on his part~~ or elucidate for him
 some experience or situation
 then the book is worth the
 effort on my part for it.

earnest behavior in my
 communication. Someone
 sees it as though God
 speaks to himself. We are
 all carriers of information.
 All I ask, that Charlie go
 away & true more intelligent
 fare does to be diminished
 used, i.e. to unite of intelligence
 & knowledge, speak to me of
 a spirit speaks to me at all.

Some of the errors are on my
part. I must cleanse
mentally everything I eat -
chew off the people who -
~~of~~ it of my lake or sea
2 of I sometimes mistake
the signal as no not to
eat. Mer I sometimes think
the cleansing is obsessive -
but when I do not do it, more
people + that gets in to the
weak side

It is good to read in Jung
 some corroboration & explication
 of spirit influence for example
 in "The Phenomenology of the
 Spirit in Fairy Tales": "The
 archetype of spirit on the stage
 of a man, hobgoblin or an ass
 always appears in a situation
 where insight, understanding,
 good advice, determination,
 planning, etc. are
 that way, etc. supplied

needed but cannot be at
 mustered on one's own
 resource. The archetype
 body of the direction on food
 compensate the state of
 spiritual deficiency by
 content designed to fill
 the gap." In trying to come
 to an evaluation of Charles
 & the information he offered
 certain things are evident.
 The knowledge I needed,
 & that was to be supplied

to me. is primarily that
what will cure my
body. The direction on food
for example, and the
cleansing operation a man
can be clear. Certainly
negative that I consciously
drawy but up in pain
in some area, the searing
crack on the knee muscle.
The other things to information

I am supplied with, since
 I am sensitive to, but
 cannot always see, the
 vibrational line, & what
 to avoid or to accept, in
 food, soaps, clothes, & in
 furniture, medicine &
 houses, streets, etc.
 An obedience to these
 directions had no safety
 through them, I can

handle, & not receive
 pain, or ^{such} people's vibrations.

Sometimes, time I have
 discharged & found pain.
 Sometimes rather consolation
 seems more important to me,
 or ~~perhaps~~ my self-discipline is
 weak, but however, a
 tendency to consolation & cheer-
 spirit forcing me to none of
 it, I must fight that

often. The spirit also has
in the past pushed me
very far in the direction
of my weakness, so that
by its indulgence &
experience I am free of
them finally. The one of
isolation - I have dreamed
many social dreams lately,
a party, receiving some
one back, friend who

I haven't seen in a long
while happy to be with
me again, loves & companions
men. I haven't moved in
any of these directions yet.

I do not fear these
temptations from any
spiritual path as I don't
believe in isolation or
any old fashioned eastern
traditions of hermits.

existence. Nevertheless
time of retreat as necessary
for me, to get myself
physically well, to reach
deeper into myself, as perhaps
I do slath & my old history,
childhood pattern of
isolation. I have to be
careful of me while experiencing
the other. Living with us
for 3 months I did little,

I lived somewhat vicariously.
The minute I got here I
started to read a few medicinal
books, deciding to incorporate
some of that knowledge
into my dietary considerations,
I also to have more knowledge
will want to get off the
molluscousness of my
spirit & I had known
rice & onion with k

last night, & tonight
I was hungry later on it
was delicious. The yogurt
is working well, & some
block that releases
(indications no.) better stay
with the you pills. I really
don't know any more about
the advice I get. Perhaps
going to the country will
clear my mind enough

so that I can experience
what I eat, & will not have
to rely on an intermediary
intelligence - which so often
seems to be a messenger between
one part of me & another -
between the awakened & the
unawakened parts. To my
dear dear to me, though
I may be wrong, that the
whole eye is only partially

after & that to open & further
 require physical health so
 the energy will rather be
 caught in certain areas
 no need to stay there to
 repair them.

I have for some days now
 been seeing coaters on my
 body. They first appeared in
 a line, i.e. several at once, on
 various places on the ~~right~~ one

side of my torso - I
 thought they were like the
 designs for chakras in the
 book it had been read, but
 they were in the
 opposite side & in the
 wrong places. They have
 appeared since I also thought
 they looked like crabs so
 that's what I call them. I
 think they were placed

over the various organs in
my body that need tuning
up - there were several! I
just supposed to eat cookies,
even health food ones, or
even paradox up the curve
or sweet breads ~~and~~ bread
food again - but I do ~~not~~
because of the sugar &
because they're packaged,
processed & yuck. But?

ate Chinese - had $\frac{1}{2}$
 duhonnnet or rocks (shouldnt
 at all, forget about kidneys-
 bladder-~~infection~~) - chicken,
 (or) 1. he duck + oh to
 some pork egg for young -
 oh 3 table spoons + not alone
 small pork - fruit anise
 product used from yogurt
 cheese since "4 days".

I wanted to see if the protein

would cheer me up but
 it seems to be possible that
 do that. It did take away
 He had depression of the
 morning. After concert & lunch
 w friend
 went along to Broadway 20's &
 hated it, weather & busy along.
 Saw ~~L~~ & M in restaurant
 M looks wonderful a clear
 yellow egg over her head. She
 said the sun in India was

marmelades & anach. clear
yellow egg appeared.

ok of the whole in getting

off me's ^{note} blue circle surrounded

by red purple ~~red~~ ^{depression}. color

of the day. today was my

halm said I live to 80

but that was the left hand -

also I had a guardian angel.

I should carry a notebook

write down every thing I

thought - ha! I was
 going to be successful
 with my books - well
 that means I write them ~~total~~
 & they get published (some are
 not published) ~~well I don't~~
~~know what good it does to keep~~
~~this information to myself.~~
~~What good it would~~
 Be in play (it might - long
 day) but you get no more

no less (hit on that) than
 you deserve. Guilt over using
 Phary card that passed
 trap for Dennis (Jody's best)
 some dates. ~~But~~ ~~me~~
 and James ~~and~~ says that
 yoga guy not so hot no say
 Charlie go home. But still
 want my best guidance. I
 think I let Charlie handle
 my weaknesses. Guilt ~~was~~

food health fear of
 death. again for in not
 leaving to go well I don't care
 I might as the years get
 on but most of it determines
 me to ~~but~~ just myself
 more - writing + going to
 country. ~~one of them~~ she
 said I had no willpower -
 otherwise I've given over a year
 to being devoted. ~~to see~~

~~the~~ - I'll see play - black

man - I wonder about

presenting the opposite

side to get the goods

messy, the one of

awareness of

competition the time

way of making a man

it said. Yeah. yellow

egg on Maltese falcon

app to read.

Appt with new astrologer,
 known M. also Valerius's
 name but late? or no for
 that. Future cookie?

did say want to be
 accomplished today!

~~Appt on yoga, ~~today~~~~

~~as later~~ Appt on yoga.

? constant did myself

for self-interest. I think

doesn't want me to have

quest is caught, but
 how can I have
 have I not share
 need at's upright friends?
 well asked D the weeks.
 several times, or spirit!

(He starts - knows)
 Theyll have to do their own
~~cooked~~ food cooking of
 course. So what. Rice
 + veg + peanut butter.

my father Nagyon for
 the house - he offered
 last winter - I allow
~~me to consider~~ ~~could~~
~~a little for the winter~~
~~pressure?~~ ~~the year.~~
 me not to get into
 saving which I expect
 to be for where to live.

