

39¢

Marble Composition Book

26

Name Mae Caenly 1

Subject Synonymy

No. 4906

6018

66 SHEETS SIZE 9⁵/₈ IN. x 7¹/₂ IN.



ALLIED PAPER INCORPORATED, MARION, IND. 46952

Friend Mr. male ^{next} ~~(stayed)~~ unleashed
hat now peculiar abroad Sun
lighthearted together spot same
making travel forty Mrs. thought
peaceful yourself, whole about
James fell tossed ~~overboard~~ interior
gold every one, ~~Herzog~~ ^{slavely} curious
James ever ~~spotted~~ at man body
French toughs show

I continue to be amazed at the beauty of it all. And how easily it all happens. I haven't written since I finished "The Little" 4 days ago. ~~When I finished~~ The next day I wanted to go to snow all day long, could not of course, went to town in the afternoon. Course bad, sat sulking, looking at the table. What man?! 4:10 minutes later T drove up. Went to snow, snow, tall, etc. - for 24 hours. Just what I needed. Then I spent some time at the house - too raining. I feel very sad but what with I had pizza + wine came home + read a mystery. Today still in the I want to be embarrassed engaged mood - really wanting to be with people

1a

in some meaningful way but
nothing to do but finish a supper
needed, since nothing prevented
itself. to walk up the road with
some mystery & borrow some
more. So I ended up having $\frac{1}{2}$
hamburger (well, my period
should be coming on so we're
trying a little bit of meat
before it) $\frac{1}{2}$ glass wine & stayed
on into the evening - a couple
came over & we got into a long
discussion about fathers &
daughters & how they should
have daughters should be
allowed to have lovers in
their own home where their
parent are. As K says, they
love each other, why can't we
love each other? If people
could talk to each other more

2

after - get the shit off their
chest + get to their heart.
When the real love is trying
to find a way to come out
despite personalities, practicalities,
+ society's ~~stupid~~ ~~traditions~~
codes. Yes it is difficult for a
father of a daughter to accept her
lover in the family in this
society, but not in others.
Love always brings good vibes,
said thinking of K&M laughing
over + enjoying each other,
running around. I had coffee cake
+ a cup of coffee. With T I had cheese +
lox + bagels + tomatoes + green beans.
I'm still above I'm a little acid
feeling in the stomach from it all
the coffee mostly + does it good to
know I can make short training.
So to speak. He had sent a

little, from all the air food.
Yogurt tomorrow. ~~the~~
the ~~lines~~ but from ~~with~~ the
milk ~~from~~ ~~latter~~.

During yoga ~~at~~ ^{with} night saw
shadow on wall, blue light
in chest, red at chest, ^{make} green
on face. also saw black
outline of part of ~~head~~ on side of
head + fat eye on pillow where
I had been lying. I supposed it
was the just when the circulation
been hampered - when my
"short circuit".

at a time. Beat until well
mixed. Stir in rest of
ingredients except egg white.
Pour this stuff + then into
oiled pan. Bake at 300
until cake springs back when
touched gently in center.

A flash on the 9th of June from
The Natural Foods Cookbook, Hunter
Whole wheat pound cake

- 1 1/2 cups honey
- 1 1/2 " oil
- 1/4 tsp salt
- 6 eggs sep.
- 6 tbs orange rind grated ?
- 3/4 cup orange juice - unsweetened
- 2 cups flour
- 1/4 tsp more

Mix honey oil salt + egg yolk, 1
at a time. Beat until well
mixed. Stir in rest of
ingredient except egg white.
Beat these stiff & turn into
oiled pan. Bake at 300 1 hr
until cake springs back when
touched gently in center

ADD INT
T. LAST
L. MOI
T. CENTER

1111

1111

19 approach

36 Darkening of the light

TOTAL 3x6 = 9
EACH SET OF 2 NO.
3 SETS OF 8 = 24 = 6

has blue - repeated comes bad as am energy mass

1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
21	21
22	22
23	23
24	24
25	25
26	26
27	27
28	28
29	29
30	30
31	31
32	32
33	33
34	34
35	35
36	36

1/2 way 1+8=9
2+7=9

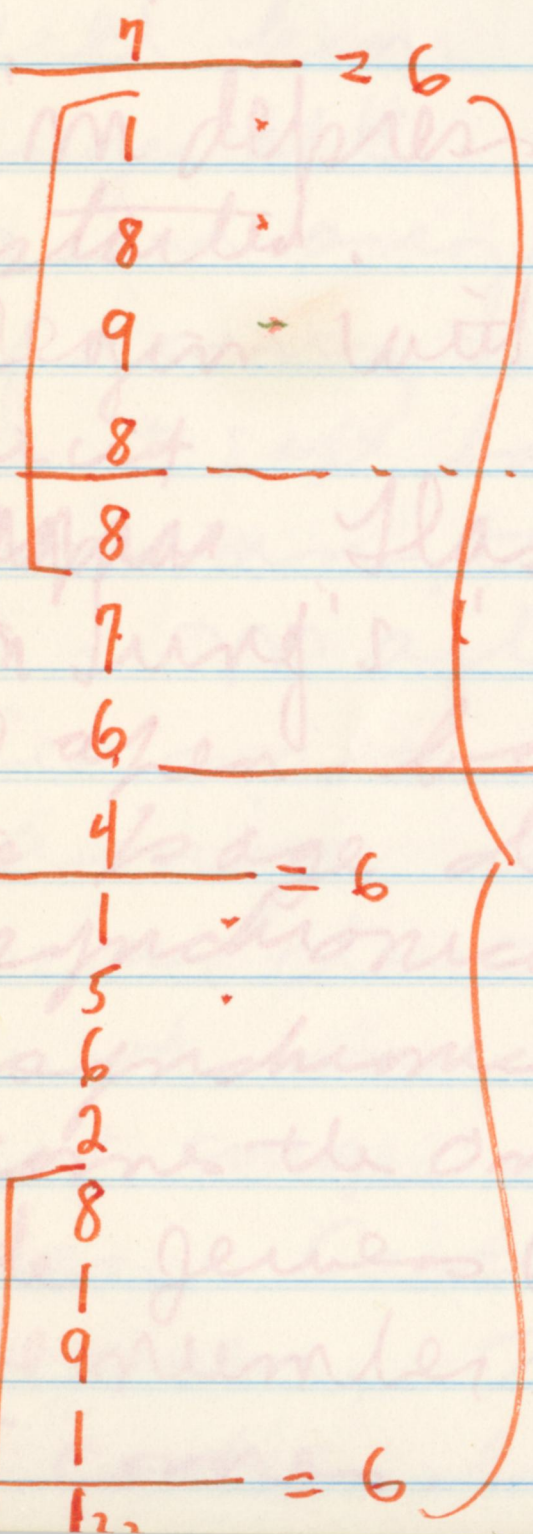
appears on 15th row

ADD 1ST
TO LAST NO. TO
2 MO 16 TO
CENTER

ADD

- 2
- 2
- 4
- 4
- 1
- 1
- 8
- 8
- 5
- 5
- 7
- 7
- leaves out 3 6 9
- 5
- 6
- 2
- 8
- 1
- 9
- 1
- 12

The way to check out signals
to 2 units math 3 SETS
1+1 3-2 so if EACH ADD TO 6
on that, that signal TOTAL 3 x 6 = 9
signal of the 5 EACH SET OF 8 NOS.
is finished with 1 3 6 8 9
system 5 EACH SET BEGINS WITH 1
3 SETS OF 8 = 24 = 6



add
1st half
2nd half

1/2 way 1 + 8 = 9
2 + 7 = 9

appears on 15th no
or 6.

The new day - or returning home.

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

I'm depressed again. The pain started.

Begin with last week.

Synchronicity

Flash of magenta light on Jung's "Psyche & Symbol". I open book at random to page dealing with synchronicity. That's synchronicity. Out of the 2nd comes the one on the 4th. Mailed the jewels (a loot). The number of the least 5666 T comes.

The next day - on returning home⁸⁷

--
--X--

⊙

Palpitations

--
--

62

1 small

39

--
--

--
--

obstruction

Metast therapy, Peels, Hefelene & Goodman. Good book.

Red from hospital drawal
anger at B. Trying to make
own anger at mother,
of seeing me to eat + egg at 2.
R + soft based. Didn't feed
me anything else til I ate
it - maybe the clear egg.
See mean "clear the egg":
anger at women. We
never directly worked that out
with my mother. Worked
out anger at father last
year. Can't speak up to
women. Must be Tact
therapy experiment. Choke

a pebble. See what happens.
 B's face. Last night I imagine
 round pebble I imagine
 I'm chattering B saying
 today they just rears in a
 mental has mental but they
 used to burn them as wretches.
 Suddenly I see flames all
 around B, into a in blood.
 I think. God, did she been
 as a witch or a farmer life?
 I think of her interest on
 Sallen, + fire. I look at
 the window. The image
 of a large blood but with
 glassy wings, sit there.
 It is B. a wretched (beak
 too small) raven? Large
 can? He had I think.
 I know this is B. There
 the ~~thoughts~~

There is no fear. I feel great
 compassion for her. Was this
 her revenge? Lately me to
 hospital? 2 throgs
 for a burning? So small
 vengeance. I imagine
 telling her this. My anger
 is gone. It is not possible
 to be angry in the situation.
 I ask my spirit if it is true.
 They do she it say yes. Do
 they tell truth? So I think
 about anger w. matter -
 does this come from
 another life - an relationship.
 Now I'm sure I was +
 there when they burned +,
 but I've always felt
 I've known B^{the} before.
 Maybe this B too. And
 my matter? It begins

to feel like our present the life
 psychology is only part of
 the whole. We must clear
 this before we can really
 see the whole. Now a
 clairvoyant told me
 about my past 3 lives &
 they seemed real enough -
 my literary interest too
 directly express 2 of them.
 of course I suppose if we
 follow the process - no - if
 B is withdrawn off argument
 being burned it would
 explain the devoted way she
 came into me to the
 her petal, & love for me
 & came every day when I was
 there - quiet - don't make
 it too hard on me - but
 still. I feel I was in the

steam of some greater force.
 I thought it was just
 but no thinking I was the
 best place for me to ~~be~~
 do - I was afraid I'd get
 pneumonia. God knows
 what my health + in things.
 I refer to medical or
 institutions to solve case.
 so he wanted me in the
 hospital too. Institutions
 like hospital, nurses,
 lawyers, doctors all
 represent the old society
 of conservatism, force +
 out dated information.
 They can't help but be
 behind the times unless
 you get someone very
 wise. Like the psychiatrist
 I went to 2 times sometimes

He radio took special to
 me & he said yes sometimes
 it does. Well, I've heard my
 own voice through the
 radio when on new values,
 So why not the spirits?
 Clairaudience is too old
 fashioned in' deas. Turn
 on the radio, a stereo, rewrite
 your own song. Last year
 I saw on TV the words
 "Poet to the Walls". Did I
 put that there? Or my
 spirit? He should say the
 spirit did it. Well,
 naturally. I take credit!
 No, he says, me! Clear
 your egg, say, Clear
 your egg, say he. So
 it goes. After opening
 Jerry to sign chonit)

decided it was time to do the
 second part of the book:
 How to deal out the spirit.
 I don't call him Charlie
 anymore. He was a bum.
 He B says I have a hot
 spirit & I get a ye from the
 spirit on that. Cooking
 pancake for B, turn on
 electric stove too high & see a
 burnt pancake on the deal.
 Turn heat down. First
 lesson from spirit was
 year & half ago on cooking
 pancake. Gas stove. I mean
 I turned down & the gas
 was turned down & the
~~pancake cooking~~
 extra air was gone from
 the pan & the pancake was
 cooking really well

Pat

burning & sapping up out.
 From Mexico of India to
 Brandenburg. It's in. But
 I haven't written much since the
 July. Signal all fucked.
 But I'm going to get the
 have I go to see tomorrow.
 Definite yes on that. Pain
 again - yesterday was awful,
 present, knee, leg, + now I
 shoulder. Much from one
 side, has circulation anode.
 Now knee hurt from
 maple syrup on pancreas.
 What makes me sneeze.
 You see how I resent those
 2 therapies? Shut off to
 much, even my sexual
 feelings for he B. B. But
 during yoga now - tell
 him to shovel do I at

least once a week to dead out
 the body + particularly the
 weak areas as he says. If
 I had ^{WORKED} ~~worked~~ on my spine
 + pelvis from the time I
 was young I'd be fine
 now. See an osteopath
 for your illnesses. Mary, 6 A
 when finished with homework
 on cards. Take scapula
 salt maybe. ~~from head of~~
 Calcium ~~at~~ Calcium
 for muscle spasm today.
 Calf bad. Must eat meat
 more you foods. got. It
 was a salad + duscany that
 threw me out yesterday
 pit! Were no good at all.
 Fresh. Would anyone
 like to trade bodies?

Worked out on ~~minutes~~

Expects

~~the structure of the structure~~

So still what did I think last week? Desire had words. Confusion

between need + want. Need

is of the self, want is of the

ego. OK to desire need, in

accordance with universal

principles. Ego tries to desire

wants. Better to be clear +

say need is want. ~~at least~~

then you know where you

are. Food problem for me,

separating wants out of

the need. I'm not on a

diet little, too tricky to love

inevitable now though, want

love too. Maybe I'm giving

off a lot of what will

help. It makes me eat

feel but I hate it. More
 energy from ^{say} than take
 syrup (real maple).

Shouldn't take syrup on
 account price but what
 do you put on a dry pancake.
 Honey worse for me. Reading
 junk of course I realize I should
 to a real treatise or signal. When
 they are as right, how often
 etc. Like I once made a note
 to myself. Document & read
 my entire life! Well-what
 what it will be. Wants.
 I'm too lazy. But I see
 what for me & a library
 day to day what color
 sheet to wear burnt
 porcelain event is still
 non-existent great to say
 believable to others.

of course the more I understand
 about the less I need the
 signals. I don't need ~~to~~ a
 spirit to say "no" to a pair
 of sneakers when I can see
 the aura of the sneakers &
 people & I am a nice
 balanced magenta. I
 now know to put on the
 magenta sneakers - or clear
 up, if I can, the people me.
 Was all fuzzy & sweet
 yesterday (my worn one
 before but I was purple &
 in pain & cold - I came
 home early that day to
 help me be kinder I was
 in trouble) Maybe
 that why is sweet pain
 yesterday. To now.
 pretty cool color. Cool

Wear fuzzer, too much
 static electricity. Any way
 sitting cross-legged
 last night I came with
 friend. Forgot to ask if friend
 a mathematician. I want to
 talk to one. Dinner at J's
 last week. So much talk!

Magenta with ^{electric} blue shirt
 the next day. He blue shorts
 coming out of work area.

Then I drew a lot ~~that~~ the next
 night + upset when Ulysses
 sang. That all failed.
 Too red, too purple.

One side one, one side another.
 All to intense. Help. Eat
 yellow - corn, cheese.

Much shame, rain.
 Help. Had to yogurt.
 White food. White best

blue. ~~Heater~~ No yoga night
 3 hours in morning. Includes
 breathing, meditation +
 exercises. Working much
 Shamanism, I have at,
 Saturday, we had day -
 smoked a lot of hash - Coarcted
 blood vessels, Judy night.

S - Tues salt, Wed wine,
 Fri hash, Sunday salt +
 vinegar, Monday agony!
 Tues slept all day read
 mystery, write this. Last
 week. From wrong food
 + smoking. Notice:

Constructing element (salt +
 hash) + acid element (wine
 + vinegar) O U T.

Met new doctor.
 Doing yoga saw red spot
 just below throat when

finished. Practicing listening
to myself learned from
Mestalt book. As way to
silence. Now I hear my
thought that I don't even
know I'm thinking. Are
these happening know or
are there on the memory
tape? Jerry yesterday was
pain day maybe the
memory tape. It always
helps me to cope with the
pain to have someone
else's indication around -
someone to talk to & focus
on. Glad T. came. So far
that reason it was good to
be in hospital. Also
numbers when I awake
is ^{only} in little fringe now -
instead of the rest no also -

so I guess the numbers
 is going away. The things
 probably got me in the
 helms though so that
 will take some more time.
 Found on base (no sig
 tomorrow) maybe first
~~light one) & ~~electrical~~ ~~which~~
 light ~~after~~ & ~~signed~~ to
 order for later also
~~one~~ (is that on the
~~quitting~~ ~~try~~ ~~to~~)~~

I can't tell you what my
 signals are because I
 don't want any ^{more} interference
 from other spirits or minds.
 Stay flat from me on that.
 I don't want anyone leading
 to me, you know. I have
 a traffic problem already.
 Writies de blame co.

saying NO to egg) heard my
 mother voice say NO. I
 also started to laugh + made
 a game of it, Jesus Noell,
 Noel (forbidden in my
 Jesus' childhood - and
 later hunt - house) + to
 laugh. Part of it was a
 game on my part I'm sure.
 Also said that eggs are
 so sweet + the yolk so
 indigestible, so ~~rough~~ I
 wouldn't eat it, I knew
 what I was doing, but
 my vented stale
 mother listened to the
 Dr. (see reliance upon
 old + conservative +
 primitive institutions) +
 used that information as
 an excuse to vent her own

re-entment on eggs on me.
 I mean who wouldn't fear
 a bird at all means they
 wouldn't eat a soft boiled
 egg? So I wonder what she
 had to put up with to do
 that to me? Or has I done
 something a lot someone
 in a former life to her?
 Are there former lives? I
 know know people who
 remember their deaths,
 but I don't know anyone
 who remember a life.
 Now that is interesting. I
 think I did one by
 dreaming?

Had brandy lot used -
 pudes here so it hurt
 when I tried a bit a phos
 or set that wasn't working
 well.

Mary to turn Fri. thunder. I do
 do I need a new coat. ~~My jacket~~
 Lela glad on road ahead. means OK.
 go ahead. But I didn't believe (at yr of
 little) + carried a useless
 rain coat all night.
 Bad off. India on again.
 Doesn't come down. Problem
 of comic book. I mean to
 write funny. love joy.
 I interested to find chakra
 have to do with endocrine
 glands. Yarnig for check up.
 Astrology chat says I can't:
 purification by fire. You
 bet. Why shaves one
 resembles death? The
 great transition. From
 knowing to unknowing or
 vice versa - more like from
 unknowing to knowing.

^{He}
I suppose greater fear to all come is
fear of death. He says he doesn't
know about death.

As I understand synchronicity it
is not a causal relationship,
but one of information or
relationship. It can be seen
as an amusing comment a
head trip by a spirit. The
latter I consider interference a
nuisance - the egg trip, as god a
host, of the spirit, or messenger?
Does the reflect the arrangement
of legs I saw in me? The
willingness to play games
on my part, or my
susceptibility, my willingness
to swallow the egg. Is a
good girl, & he loved?
Human. One must really
know oneself. Intuition-

~~Reflected~~ Near the last breath.
Do it.

Decided lack of discipline in
writing. must incorporate w.
morning yoga. otherwise I
hold yesterday's memory.
For example. Yesterday. Following
Meditation, example, picture
saying no to matter about
eating egg. Shouted loud.
banged feet. Then an arm.
Hear mother voice say no.
Then daughter on to eat. Hear
mother so voice say eat
that apple! In a heartbeat
DON'T eat that apple voice.
I was confused. Should I eat
the apple I had held the
day before? No. It was
done out. (Have I eat
any apple? Had for three?)

Need fruit? Cheese gone, what
 to eat with Yogurt. Haven't
 been eating apple. Confusion
 about they seem to hurt
 knee, but then I hadn't
 tried them with yogurt.
 The confusion over eating I
 attribute to my mother's
 conflicting commands.

Eat, eat! But in hostile
 tone. Do you listen to the
 words or the tone of voice?
 How do you eat with bad
 vibes going down? Further
 as I understood the egg
 thing, eggs are acid & the
~~eggs~~ cooked white indigestible
 for me. Scrambled used
 milk to fry - or breaded
 on French toast I like them
 but I still don't eat them

barked, ~~on the road~~,
~~with~~ So I must have
 been listening to some
 inner guide when I refused
 the egg, as well as playing
 2 year old child no game.
 (An attempt to spit out all
 the accumulated - so - far
 no's of my childhood?).
 Anyway now I am very
 confused about what food
 is good for me to eat - what
 will give me nourishment
 + get rid of my muscle
 contraction, ulcer, arthritis
 knee. The ulcer I had 10
 years ago & to never let go
 purification. My diet is
 limited, to say the least.
 You must give fruit as very
 bad for ulcer. Gassy food

bad for muscle spasm (wheat)
~~chicken~~ chicken bad for
 outside of one side where the
 black line are heaviest
 (energy can't flow);
~~I don't eat yogurt~~ So I eat
 Yogurt like crazy every
 morning & then some &
 a little here & there of the
 rest. Am bread, an ashman
 product with whole wheat,
 yogurt & fruit in it has
 been a standby but suddenly
 got too acid for my stomach.
 But yesterday I ate it with
 yogurt, not listening to
 anything, still afraid
 afraid of going to yard
 & having another painful
 day. After I ~~ate~~ ate it I
 said to myself well

I guess I blew that. (I'd had
 a pretty thick slice) Then I
 heard a voice say, ah boy
 in a sort of chiding ~~or~~ slightly
 nasty tone. So I said to the
 voice, just off, if you
 could be ~~sure~~ about it,
~~that's a please~~ speak
 in a true ~~voice~~ tone, or
 don't talk to me. Then I realize
 it was my father's voice
 that had spoken. A voice you
 can't tell whether it's chiding
 or sympathetic. More
 confusion. More guilt.
 So my confusion over
 signal & my faulty
 communication, my
 little devil is no more
 nor less than ma + pa.
 Still inside telling me

what to do & making judgment,
~~also~~ making it is I don't
 think clearly no forgive
 myself for errors caused
 by them ~~as per original~~
 confusion & other original.
 Very neat. The screen
 between me & myself are
 they. Well I suppose that
 how it is. at least I know
 more clearly, who my demons
 are & how to handle it.
 Before all this I was up every
~~at the get~~ I believe ~~to~~
 of the time. I wanted
 massage my body, a red.
 after all I've done for him,
 etc etc & all he has to
 do the lazy burn is
 relieve me of some pain.
 But he doesn't want to spend

one ounce of energy on anyone
 else. Etc. The was true but
 outdated since he had
 massaged me for days
 he was less ~~strong~~ ~~strong~~ ~~strong~~.
 So I was thinking of him
 as angry & his face looked
 to feel, like a devil's mask.
 I write all this roughly down
 because dealing with
 anger is a problem. I don't
 want to have it all on me -
 bearing the burden of it
 only makes me angrier at
 the people who originally
 made me angry, & ~~get~~
~~messes up~~ what had
 written down & sending them
 by these angry feelings?
 Have decided today I must
 speak to B about the

has mental trip, if friends help
you I can't help it but I hope
it won't. As for 37th message,
well, I'll make it clear to
him some time about my
resentment. But I should
mind more directly to him
& he probably knows it already.
I spoke out about my anger
to my father last year to
him, he'd told him in the
past as a matter of fact
(slipped in) because he
wouldn't listen to me (talk,
~~communicate~~, love, love, etc).
But I've never told my
mother about the egg-
f I have to, or I'll never
be able to speak up to women
on the appropriate occasion -
My B. Talk to me - etc -

& so avoid all these problems
 I have of non-communication
 w. women. So I have to speak to
 her. ~~at~~ My matter is built by
 to next week so I played with the
 idea of sending her a ~~copy~~
 present she wouldn't like -
~~but~~ had to do since I didn't
 fear anything much she
 would - (ha!) - so I sent a
 great big funny card
 asserting the superiority of my
 head over present & a
 scarf which come to think of
 it is not the one she would
 like but still not to ugly.
 I further bought myself a
 sock that cost ~~a~~ more than
 her ~~present~~ scarf. Arrived
 at the little game but
 deriving no satisfaction

at all. Except at the card, which
I know she would like. Because
when you come down to it,
there all that have still.
But I notice I never have this
duplexity about present for
my own. In her I always
concentrate on what is the
most beautiful thing
she'll like & I have one for
her & one for mother, don't get
the prettier. It's repeating the
matter the confusion of giving
not giving I got from her.
I do this particular thing
only with her. But sometimes
I do give her something I
consider really beautiful,
like an embroidery & shawl.
She didn't like it I think - too
old fashioned. I wanted

this year to seem to be a pretty
 to do say / modern!) but
 couldn't find one in soft
 colors. So, matter as difficult
 because I see my state
 compared to her, my voice
 & sometimes her physical
 reminder, as well as the
 psych. I must clear out
 matter. Talk & still
 hanging around but I
 talk back to her. Last
 night lying on sofa looking
 at candle wondered if I
 would come this weekend.
 Sound in left ear. The music
 elle's. New signal?
 Saw beautiful area
 around (land) to
 narrow red orange yellow
 white green narrow blue

Meant red rays with
 yellow and orange
 flame. Lying on bed
 thinking of how I came
 back but she's not
 really discuss it. No
 argue today just determined
 to write every day so I can do
monetary yoga without up
 to date notebook. Oh yes,
 all those requests on how
 were negative one. as has
 been related joy before. Fun.
 What to do? Coming apt? Yes
 says septal - right side now

Yoga -

It occurs to me I cannot
 be unfair to complain to
 about the hospital - because
 her mother is dead + she
 cant solve her problems
 by taking them directly to the

source. Do they have to
salve? No sleep, hunt,
the ulcer, 12 days ago
Yesterday the intestines -
sharp pain on left side & on
stomach.

In hospital - if I try to
repress a sneeze I immediately
feel muscle tension in
shoulder, neck & arm

Randhau Das
Hermes Trismegistus
Egypt para to 5-231 (dawn of
Isoli Yuga)

band aids (thru time)

neck & shoulder with yagya
what food. And out
enough hungry (cannot
what, 1/2 do every

conch, bell, flute, drum, thunder
the bells.
outside, some bells. may certain
times. ~~the~~ 5 conch?

Thinking: magic is controlling
the energy of the universe through
prayer, forms. bells may a lot,
also hear a whistle! This (first
then) on dryer. Sounds. Boy trip
this morning. To eat or not to
eat pancakes! Came downtown -
chairs by window glass people -
saw plate of pancakes in front
of it on table. All yogurt &
peaps, determines not to
buy more to share to
red + shoulder with Gary
wheat food. Out not
enough hungry. (wheat, gas) do early

morning. ~~Had~~ Won sides
 Own bread or gando or
 soy-~~tub~~ flour pancakes.
 So I made them. Tasting of
 all negative signs because
 I really felt very deeply a
 need for them. No syrup or
 honey though, had a bad hang a
 2 year day from sugar in
 hangover headache. So no
 sugar sweet. Parents ok
 but ate a try but too
 much. I usually do, I have
 a hard time digesting the
 last bit. It was ok. The
 wheat + yogurt + grape
 balanced + I came out
 a inhibited majestic
 gassy on the lunch + cream.
 Very pretty memorable I
 wanted to be pink -

I rained (bells) become yellow?
 Must be: yellow, a very
 softened gray (brown red →
 orange → yellow)? + blue
 tinged pink → brown brown
 purple. I don't know. I
 just see. Have to get to my
 intuition through years of
 work + dad + society. Consciousness
 also too strict - too much
 reversion (repressed
 anger says the last word).
 More contentment. Large
 contentment on eating
 pancakes. Then I had a vsp.
 mistake at supper - Can -
 Old + tough + I feel sick.
 I have some mixed broken
 butter with yogurt + eaten
 that. Consciousness + flow of
 Scorpan tail.

All the things that rhyme with
no's are no's. ~~... ..~~
~~... ..~~

Thinking of east & west - geese
& scientist, how to evolve in
one's own life to enlightenment
without dedication to either
using ~~... ..~~ information
OK (from either source,
obviously) also from friend
& both come up too (sells)
my conscience later the form
of respect - if only I hadn't
done this, this would be OK.

Recommendation & causality.
If you'd been a good girl.

Repression. Pine smell.
Set from com. Say man
struck, it was pulling down

too (hals) extra reinforce
reproach (fallen)? or just a
jeu (information). Here lot of
vase in morning after yoga
(mine) ~~over~~ Cues beads,
dent want to come back to

3. each organ. All the dent
money + greed + self-love.

Must give up sexual. (Bell)

Must unblock process of
fruit. Bell. Bell on throat

joined by bells. phos - bell ^{let}

flute + drums. (Bell) Her voice.

Sweet smell + bells. Cho

eyes taste before.

Lightning

Thought: about last year + first

trip up on new chain slings

working up again uppers trip

was

2. Cheating of someone's mind here,
of both ~~exactly~~, ~~perceptions~~
of ~~exactly~~, need ~~word~~ & ~~perceptions~~.
~~change~~ ~~word~~ & in the wrong
place, you don't hear it till the
end. F-lash.

3. ~~change~~ - unless of course
You're listening to stereo - F-lash.

which is what's freaky because there
are a lot of people wondering if
the flash cards will then too.

So I eliminate ~~out~~ of ^{weather} ~~your~~ from
my info system & rely on something
more personal, like ~~books~~ signs
+ bells.

4. how much? love K. flash

5. " " " " B flash

6. Do these flashes mean me? color

7. We're stuck here. floor.
color

About 2 weeks before the main day I saw a post on the calendar for that day. I thought I referred to finding new place to live. Good planting day.

Talking to J about male - female. Said I didn't want to make love to women but I thought we were all moving closer to a male - female center in ourselves away from the extreme duality of a male + female ~~sets~~ style relationship. ~~Style~~ Bell. Style means old idea of male + female roles go. You are just a person of one

sex is another thing with
 having sex with whom you
 please. But trying to keep
 away from the extremes
 (Male chauvinism, women's
~~domestic~~ submission). I think
 women lit, an extreme in
 itself, is necessary to bring
 about the consciousness of
 how much sex plays in the
 role & attitude we have.
 In that sense we should be
 sexless. Anybody can do
 anything. I don't think
 the perfect ^{idea} is to be bi-
 sexual, like he is. ~~He is~~
 The whole world can be bi-
 sexual, not just half of it!
 He is guided by attraction,
 not sex someone is. I can't
 be that way I smell of skunk!

is coffee?) so I just try to cool it.
 I don't worry about having lanes
 either, if I do, I do. If not, no.
 But then I'm not into sex like
 I used to be, a passionate either.
 I'm not jealous. Told T it was
 because I'm not sure 2 is the
 best number anyway. It may
 be, + it may not, depends on
 persons + situation.

Read something good in the
 Woods to the Acquisition Vol II, not
 by Raghunandan Das about the
 School of Herms Trinitarian
 + combining Sadhana +
 psychotherapy. (Yogic way of
~~self-knowledge~~ + western way
 of self-knowledge.) Both
 seem important to me. The
 west has always been
 interested in how the individual

The Unconscious

ego emerges from + strengthens
 itself + its environment. The
 last a interested in how their
 individual ego loses its self
 concern when in becoming
 one with the one self, which is not
 back to (although through) the
 unconscious but to the
 greater conscious. ~~What means~~

Both east + west trip take
 you through the unconscious -
 on the way to the Super Conscious.

For the
 east + c

For the west it is after ^{as the way to} a firstment
 to the environment of the conscious.

~~After the firstment~~ maybe

Self knowledge is a big trip.
 Both are right in one sense - the
 microcosm + the macrocosm.
 But the west has lost touch
 with the Messianic, the
 big picture, ~~the good~~

~~of it all~~ & the ~~lost~~ last touch of
the individual need to express
themselves on the material plane, to
more manifest all the
knowledge there is in
So all we have to do is get them
together, and ~~then~~ in ~~the~~
right?