

H. HOUST & SON
83571
WOODSTOCK, N. Y.
Phone OR 9-2115

4972

Paper King

MC4

2A

Composition Book

Name Mae Country 4

Subject _____

9³/₄ in. x 7³/₄ in. — 50 SHEETS — 100 PAGES

EASTERN TABLET — ALBANY, N. Y. 12204

no
it
sap

I must so I could understand the
signals. Perhaps the boat would
be done too. My life would be.
He will feed us every thing.
But I can take more of the muscle
rule than I used to*. Not so much
pain as there used to be. Still
some signal seems to mean ok,
some no, some clear up the
bad energy. And they keep
switching. Perhaps it's all a
negative law law retraction
trip.

Saw wanted to eat chicken - saw
thumb ~~turn into~~ ~~cut~~ ~~skin~~
all ~~muscles~~ ~~skin~~ chicken ^{skin}
yellow fat along ~~frump~~. Didn't
eat chicken. When I ate ~~to~~
~~saw~~ ~~of~~ yellow fat ~~globules~~

Apples strong alkaline

apricots "

bananas "

blackberries

cherries

gooseberries

grapes

guavas alkaline

lemons

oranges

peaches - complete protein

essential amino acids

pears

pineapples

paralytic

strawberries

paralytic

~~strawberry~~ tomatoes "

peas

cauliflower

potatoes

plums

acidophilus

leeks

spinach

lettuce

tomatoes

onions

turnips

Nuts acid

almonds acid

hazelnut

cashew

coconuts

peanuts

walnut germ

~~acid~~ alkaline

asparagus

beans

Soy - complete protein

essential
amino
acids

beetroot

brussels sprouts

cauliflower neutral

carrot acid

cauliflower alkaline

celery

leeks

lettuce

onion

parsley

parsnip

peas

potatoes

pumpkin

spinach

tomatoes

turnip

wheat

barley

oats

rice

rye

wheat

wheat germ

corn

butts

cheese

cream

egg

milk

acid

soy & same together

egg

alkaline

neutral

acid

neutral

acid

alkaline

wheat

barley

oats

rice

rye

wheat

wheat germ

corn

butter

cheese

cream

egg

milk

acid

soy & sesame - together

egg

alkaline

neutral

acid

neutral

acid

alkaline

foods w all amino acids

4 soy & seame 2 2 together
eggs

4 4 4 4

may 9 days ~~apart~~ - neurology. find
date.

Rabbit - presents of light & color

neat soap go early through
liver sodium / magnesium,
etc on which yellow is active.
Blue soap go early through
hydrogen in which red presents
of a active; as well as carbon, but
nitrogen ~~present~~

paper. What is this word? SWISS
CHEESE
that I mean cheese is awful.
~~Swiss~~ cheese 12 hours? OK.
may be

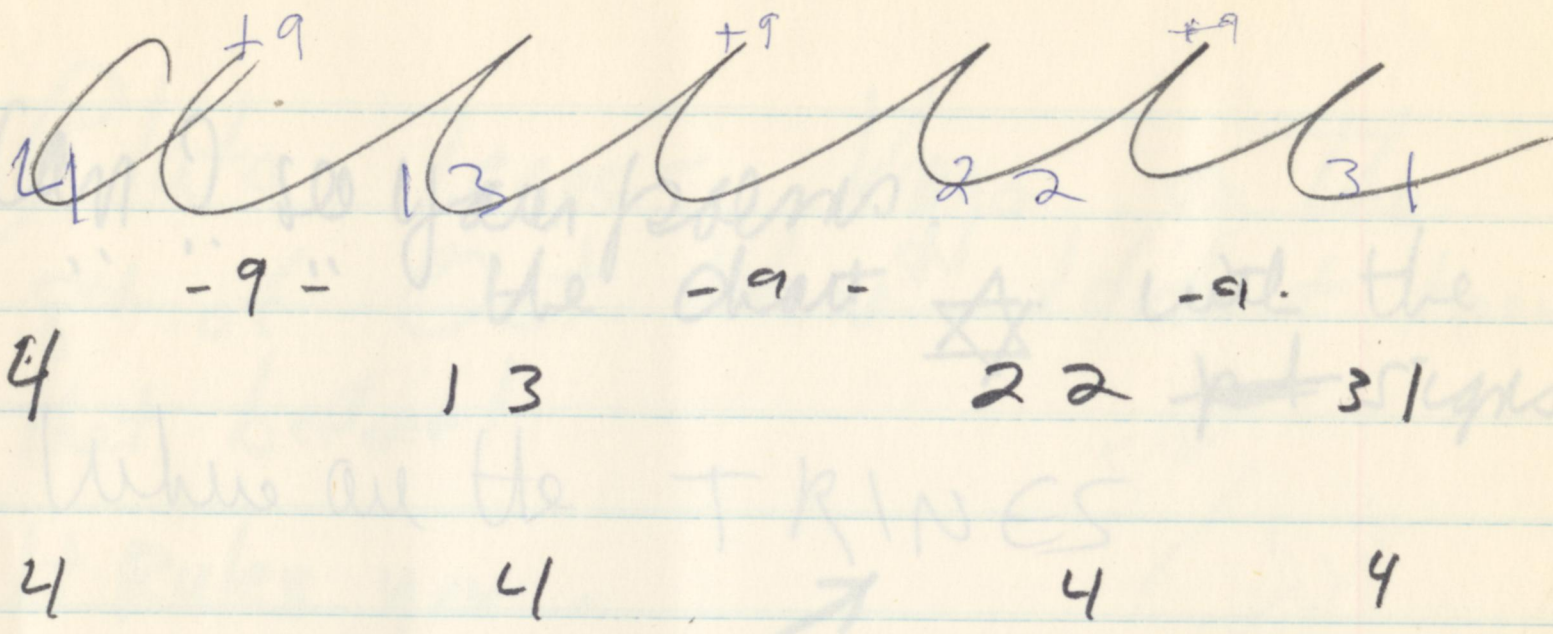
$4 \xrightarrow{+9} 13 \xrightarrow{+9} 22 \xrightarrow{+9} 31$
 $4 \quad -9 \quad - \quad 13 \quad -9 \quad - \quad 22 \quad -9 \quad - \quad 31$
 $4 \quad \quad \quad 4 \quad \quad \quad 4 \quad \quad \quad 4$

every 9 days ~~apart~~ - numerology: find date.

Babbit - principles of light & color

Warm rays go easily through
~~lenses~~ sodium, magnesium,
~~etc~~ in which yellow is active.
 Blue rays go easily through
 hydrogen in which red is active
 as well as carbon, ~~etc~~
 nitrogen, ~~etc~~

"Page 11" What is this word?
 that Swiss cheese is awful. SWISS CHEESE?
~~Can you~~ fun in the 12 hours? OK.
 my




every 9 days ~~apart~~ - numerology: find date.

Rabbit - principles of light & color

white rays go easily through
 lenses sodium, magnesium,
 etc in which yellow & active.
 Blue rays go easily through
 hydrogen in which red principle
 of active, as well as carbon, little
 nitrogen, lithium

agree. What is this word? SWISS CHEESE?
 that Swiss cheese is awful.
~~Can you see~~ in the 12 hours? OK.
 my

Can I see your poems.
" " " the chart  with the
~~pt~~ signs.

Where are the TRINES

That is 60° Right? 120

B
Asc trine ^{Sextile} Venus. Rest unknown
Asc trine ^{also good} Uranus.
Moon trine ^H Moon. IT

I'll probably be in bed when she comes
^{I'm tired}

If y he comes,
I am beginning to to

Pluto Leaves Virgo on the
8th of Oct. Wow! I didn't know
that before!
It Rules you ←

5th
thru

my what
your sign
remember

Pluto - Scorpio

~~yes~~

Excuse me, but we are
WRITING TOO
MUCH.

W to Z Delivered

Pluto, ruler of Scorpio, rules
subconscious ~~location~~ of body,
flux, ~~influence~~ contest between
acid & alkaline, burns out dross,
all regenerative processes that ~~renew~~
bring dead people to life
(rebirth) (the ~~last~~ Kundalini,
energy)

Pluto moves out of Virgo into
Libra Oct 5 1971.

Pluto rules conscience, subconscious
activities,

Well, that no.
Knowledge of need of vitamins
became known after Pluto
deceased. I didn't speak up to

Ashtu - Washu, steaming & purifying

beneficent auto suggestion, curiously
habits ~~of~~ & imperfections

Bob asked "getting strong"

Look at chat 2 times & Pluto.

No bad aspect shown bett of last
on Saturn. Perhaps a bad aspect
not shown on chat. Must check.

Signat say it is a goat aspect.

got period. ate 2 slices very well
done bacon. tired. ~~Stomach~~

Discovered knee injury reined
after I kicked my father in the
ass (gently, with soft ~~and~~ slippers
~~resembled~~ + ~~and~~ sending love)

Guilt! therefore ~~on 3 separate~~
~~occasions~~ 1) I didn't speak up to
prevent someone from trying it
2) I listened to ~~to~~ someone + took

that to mean I should dance
will be my first dance & 3.
Listen to what that same
person (same sign as my father)
said ~~about~~ to mean I could
go swimming (when I know
exercise is bad for it & had
many negative signals.

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

But I am silent. We write what we
need to each other. ~~Present~~
~~head on collision~~ Will see what
happens. His purpose, self
central. We both aim at better
communication. ~~Time~~

Read the 3rd eye appears ^{to some} as a
tiny snake coming out of the
forehead which can magnify or
make smaller what you see. Last
year I had the ~~idea~~ idea I could
adjust the focus of my eyes by
concentrating. Could a little, I
think, but evidently applies to
astral eye. Trying air different
colored clothes + different materials
+ auras. Today wore ~~of~~
avocado green sweater of acrylic
with purple aura. Felt ok on
back, ~~warm~~ ^{air change} ~~because~~ I could
feel slight muscle contraction
in shoulder but not really hurt.

Had gotten my "lariat" signal on
it - ~~which I thought~~ means too
constricting. Knee felt better
(when) took it off & put on an old
wool vest underneath with a red
aura & a yellow shirt over it.
Sleep on green sheet with purple
aura, gray, ~~no~~ blanket with
purple aura, orange blanket
with red aura, yellow blanket
with purple aura. Orange &
yellow make vest (!!) & gray to
tone down colors but what I see
in the morning is red & purple
auras on shoulder. ~~Blanket has~~
~~colors again~~ As far as I can tell
if the aura is strong it is more
important than the color. The
gray blanket which is fuzzy,
Peruvian & has a print design,
has a very energetic purple aura

Thoughts on Silence

I intend to blend all this to a
nice rosy pink. Ha hum.

~~They say blue skin is~~

Blue on hum. Pink on hum.

Can now put legs ~~to~~ on
head & taud toes to ground without
pain in ulcer region. Begin to
feel great armor plate over ~~total~~
~~front~~ chest neck & chin, ~~but~~
it's a gray - ~~but~~ I feel I could remove
it all at once like a plaster cast.

~~They~~ I see lumpy lumps - in back
& shoulder region. realized it was
from I making 20 odd years
when talking to friend about
smoking & started to cough.
When I saw the blood outlines of my
profile ~~it was~~ it was as if
there were just one line which
incorporated both front & back.
No hollow place -

Thoughts on Silence

Is not-talking walking out
on a situation verbally
instead of physically.

~~Is~~ Isn't it avoiding the
situation rather than
handling it.

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

Does it clarify your ability to
communicate if one person
~~to~~ asks questions & all the
other does to answer.

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

where is the interplay of
minds on the intuitional
~~for~~ or speculative level.

Wanted we have gotten to the
numbers if we had to write it
by hand, ~~it~~
does writing take more or less
energy than talking.

not talking saves a lot of energy
but to me writing uses a lot (not
~~I do not want to talk - to a man~~
~~in writing~~ in solitude, as a book,
but it notes to someone who is
standing there.

You have a habit of dealing
with all disagreements with me
by walking out or not
talking. This has happened

after enough in the past for
us to consider whether any
more understanding of
ourselves can be reached
this way, especially by a
silence that was engendered
by hostility, ~~with~~
~~the~~

On the other hand I am
curious to see the patterns
of what we write. Is there
~~a~~ significant difference from
our verbal conversation
~~other~~ other than quantity of
words. Can intensity be read
in the size of the letters.
Can tone be read in by size.

I can hear my inner voices
better when I don't talk. Would
I rather listen to them or to you

Isn't silence a ~~bottling~~ ^{BOTTLING}
~~bottling~~ up of hostility
rather than an expressing of it
& working it out ~~completely~~

Importance of gesture^s convey
emotions, (expression on face)

Comedy element of silence

rigidity element of silence

Effect ^{of silence} on raising of energy & a
from throat chakra ~~of silence~~
or from any one chakra to
another.

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

Today woke up sore throat + chest
pains - started to cry. B came
up + we talked - ~~was~~ all OK - he
said Ophers, couldn't look back
to hell but must move straight
into the light. While I said slute
could explain the region of the
Unconscious (Jung) with safety
because he'd been there so long
so it free me to ~~for~~ explain my
psychological history where for
him it would put him back in
hell again + he must deal with
affect (Jung) + let the memory
go where I can deal with
causes (Jung). Anyway
it does free me to ridge being

walked out on, ^{listens} not ~~talked~~ & belittled were ways my father treated me & I lost my self confidence as an intelligent being (the mind, as opposed to the intuitive faculties my mother upset) ~~because of the lack of knowledge~~ ~~decisions~~. I also got the idea that learning was good & I could please him through brighter ~~but~~ that was expressed through book learning ~~which was~~ ~~more~~ rather than developing my mind, ~~toward the intuitive~~
I got this all mixed up with being a woman, too - that ~~was~~ woman

If you think too long on one thing you change the tissues in the organs

"Emotion indulged in for a prolonged time actually create tissue changes in the organ or organ system involved" - HF Dunbar
Emotion + Bodily Changes. NY
Columbia U.Press

My mother would get in the permanent memory. After I had thought on one subject it goes into the permanent memory (they Walter, the Finery Brain?) witness release of childhood memory + muscle spasm at the same time.

Blood renewed every 21 days
11 months for a cell to be re-made from
beginning to finish

Another year of positive thinking
I should be well. With
expectation of liver? Something is
saying. Because of the yogurt.
(~~too much fat~~) I see liver still
moved with white over year. That
how that thought.

I just read in "Who's the
Matter with Me" by Alice
Steadman CSP Press, that of a
~~soul cannot be born to its real~~
~~mother, it is born to a woman~~
mother. I like to think that
when there is a physical reason why
a soul cannot be born to its true
parent parents it takes a roundabout
way to get to them. It goes to a
mother it knows will release
it to its "true" mother. Which
makes me think of my aunt,
a B + me. "A person doing what

he knows he
he must, and allowing no reservation
to that circuit that flaw, to not follow
by the act & pain that "log" those
who bring their hurt & fears within.
Paracelsus "Man derive his spirit
from the constellations (fixed stars)
his soul from the planets, & his
body from the elements"

Chakras a center studied by Greeks
Egyptians, Hindus, Chinese.

7 different worlds, level of consciousness
stays on actual plane

I have to report great people
on the scene in the last few
days since I discovered the
cause of it all. Whenever I think
strong change it hurts & I need to
commentate on it I see the suicide

~~I need to be prepared of~~
~~the way~~

slipped boat ~~with~~ ~~fringe~~ that
I needed my father with. of
~~It was not all~~ ~~but~~ ~~no~~ ~~it~~
~~did~~ ~~I~~ ~~cause~~ I wonder if he had
sent but thought to my knee
old leg but decided even so
common sense to say the least
waves had prevented any
real harm, plus learning
to speak out. So I'm immediately
when I have something to say I'm
not doing anything someone
you have to admit tell you to do.
The best voice is within, yes
very easy + comes from
higher knowledge than
my higher self.

Last 3 days been eating
bisc + fruit + eggs + wheat
germ. In 2 nights slept
only 4 hours last night ~~that~~
~~maybe~~ ^{short} ~~to have~~ nap. Wake
from nap today + speeding like
crazy ^{to} fish, 2 krunes, 2 apricot
plus ~~the~~ 100mg vit C. ~~of~~ ~~two~~ ~~meat~~
~~obviously~~ eaten before. Too
much C. Saw beautiful brown
& red bird where it had been on
ledge while it was on porch
eating (after image of before)

My total I can now where some
sweaters with purple. A ~~purple~~ sweater
made of acrylic with purple and
is now ok to wear except
the cool so it gives me a little
trouble on right shoulder. & the
back to shoulder to clearing up

stare + the muscle tension
~~on the left side of my neck~~

in my neck + head area is easing.

I'm about $\frac{1}{3}$ way into throat

chakra according to how I

see the chakra on the chart

light up when I meditate

look at it. ~~that's not, I'm~~

During nap had grey blanket

in purple area on left side +

feet were up speeding heels

that had something to do with speed.

Ate pancakes + went for walk. Script

flour + diet diste, ate some cheese to

~~can do~~ cool out. Good grey

every time I write speeding I feel!

Help. (Am on bed).

When I script able. First

night I ~~got~~ ^{right} of 4 hours

had weird trip. Went

moon rules for sub - functional
chest & body
artistic & musical Hefty produced

Astology of Cassini Science
into great sense over but
has

Segs - pairs of body
planes - endocrine system & ductless
glands. End ductless gland
has psychic center (chakra) behind
it & end secretes a hormone into the
bloodstream which circulate
energy from one organ to another.

Proportions of secretion govern
nature sympathetic, energetic
(~~etc~~) ^{more of} ~~change~~ change in consciousness
~~can~~ can accelerate or restrain
natural tendency

Opposing segs important

Even rules constitute counterweight related
to prana or etheric energy

Strong sun overcome / 115
Moon lymph glands & pancreas

Moon rules from side - functional strength & body

antidote to Mars because heart of pancreas secretes insulin. storage of sugar work against the adrenal

Moon Force
sustaining
& nurturing

with Jupiter, controls liver & food digestion - against Mars (adrenal) to dampen too much fire. I fall in to

retaining water
dampens energy
Moon moon
moody
possibilities
fluctuates

Mercury - thymus ^{dampens or burnase} - breathing metabolism

- iodine ^{of upper} slow down

breathing & you will calm down

& weight to ^{now} feel from being held up at once
IMPULSIONS & HIGH RESTLESS

Venus - Parathyroids - tissue building & increase in bulk - veins & return of flow of blood to heart

Mars & Saturn = adrenal (2 parts)

medulla hormone ruled by Saturn
fear (fear or flight sensation induced by this secretion)

Mars - spell & letty secrete hormone giving propagandism & combustion (self preservation + animal nature)

- antidote for afflicted Mars is Moon Saturn - Venus

MARS - ENERGY - fights - infections
SATURN - BONES - (impedes circulation & have and sign)

JUPITER - liver & arterial circulation
energy on 3 levels
physical
emotional
mental

Sagittarius, ruler of Jupiter
ruler sciatic nerve

URANUS ruler pituitary & thalamus
ruler w SATURN

2 lobes: 1 relate to abstract
reason & thought

Anterior pituitary type is body toned
strong body, over secretion =
abnormal growth especially
extremities = strong Saturnine
type will attempt to have self

control & rule to own life

~~Adrian~~ to Rodney Collins
? Uranus, ruler sex + gonads
- ultimate principle of 2 SEXES
+ JOINT POWER OF CREATION
INC. ART, ASPIRATION

VENUS - SENSUAL PARATHYROID
MARS - PASSION, ~~THE~~ MARTIAL ADRENAL
SATURN - DOMINATES ANTERIOR PITUITARY
~~URANUS~~ - MATERIAL AFFECTATION OF
POSTERIOR PITUITARY

Uranus masculine phase 42 years
feminine " " " (1945)

NEPTUNE - PINEAL GLAND - SINGLE
(OTHERS IN PAIRS) - ILLUMINATION
PLANET OF OBLIGATION, SERVICE
3RD EYE. ~~THE~~ PINEAL
OPERATES WITH WHEN PERSONALITY
~~IS~~ SACRIFICED TO WISDOM

Secret Science at Work Max Fordy
Fellowship House Bushshole 35 Maple St
Watertown, MASS.

ARTHRITIS - REPRESSION
LYMPH SYSTEM ANTAGONISM
RETAINED

CANCER ASPECTS, FEAR, HIDDEN
SELFISHNESS, RESENTMENT
UNSET IN

DIABETES - ON SUBTLE IMBALANCE -
HOLDING INHIBITED FEELINGS
+ THOUGHTS.

BACK - MISUSE OF WILL
EGO + PRIDE

OBSESSIONS + PSYCHIC DIFFICULTIES
NEPTUNE AFFLICTIONS

ASCENDENT + SIGN SHOWS
PLANETS ARE CONDUCTIVITY OR RESISTANCE
WHICH PHYS. BODY OFFERS
FIRE ON ASC SHOWS BEST ABILITY
TO CONDUCT LIFE FORCE

AIR NEXT BUT NERVOUS, INTELLECTUAL
MIND WEARS OUT BOX

WATER ON ASC. ESP. CANCER OVER ACTIVE
LYMPH SYSTEM, TOO MUCH LIQUID
RETAINED

EARTH, RESISTORS, NOT GOOD CONDUCTORS

GERMINI REABLY CONDUCTOR, ACTIVE
CANCER TAKES ON CONDITIONS
AROUND THEM

EMOTIONAL BLOTTERS
TAURUS - STATIC, MOST.

oppose in SUN TIE UP IMP.

TAURUS THROT. + SCORPIO REGENERATE

female - cause of ↑ in ↑
cancer in lung (GERMINI) - comes in by
(SAB.) Heart LEO + circulation ARIES

SUN

PLANETS ARE AGENTS OF SUN + BREAK
UP LIGHT INTO FORCE - AS LIGHT
GOES THRU PRISM ↓ BREAKS INTO COLORS

MOON YIN

YANG

PITUITARY

PINEAL

BLUE mixed with -

RED

IDA

PINGALA

FEMALE

MALE

POTASSIUM

SODIUM

ANTERIOR

POSTERIOR

(IN FRONT - ANO VENT RIKU - IN BACK)

☯

☷

☰

EXPAND

CONTRACT

NEGATIVE

POSITIVE

WATER

FIRE

COLD

HEAT

MOTHER PRINCIPLE

FATHER PRINCIPLE

DURA MATER

PIA MATER

FEMALE LOOKING ORGANS

(MALE LOOKING ORGANS)

... I turned the set
... after eating pest for
3-4 days & soft & fruit
I stopped on 1st grain
for that period I must

Adrenal located above kidney area

1/2 no med letu - about 1 week
after realizing where only I persisted
or building it. My mood is
stronger as my energy

approach I pass through
the throat chakra so I can
use it to concentrate & fix the
knee. ~~The same the~~ Massage

helped draw out part of the
good side of my head. The
fat from the 1/2 squat is
leaving that side & I only

see the little white spot on
the other side of my face
now. I turned the diet
up after eating peas for
3-4 days & eggs & fruit.

I stopped most grain
for that period 2 night

When the moon was in my
sun sign I ~~stop~~^{rested} only 4 hrs
each night & had lot of
energy. I'm resting more
now, maybe 6-7 hours
plus nap. Got my period
when the moon is in my sun
sign - clean away dirt the
ovarian "chocolate" cyst - my
smelly period but so what -
~~that~~ also lasted 7 days -
good, I guess, to clean out.
I look redder & not so dark.
I still have a slight sore throat
& chest cold - I'm trying to
figure out what to do for
it beside keeping warm.
Moon rules lymph glands - I
guess that the throat (I presume
is that why I have a lump
for a year in my carotid?)

ate part of our retreat the
Carol Coating tonight & to be
it will look on here.

Someday the waves are clear
~~again~~ & it makes it easier to
figure out what Sunday -
all) have to do is figure out
where they're coming from -
(who they're coming from)

of them, I mean if the address
sounds. If it feels good it OK -
if I see light come from me
or someone to it, if the light
is on the correct side.

Apparent from my chest, well
that OK.

Apnea

I'm eating a lot of apnea (A)
for eyes & also for ex. paused
adrenal. (~~attention~~ ^{man} rules center)
of for sun long used - protein 10

I must Eat more.