

JULY 1
Sun. July 1

She wakes up, words run off forehead into air. GOOD MORNING her forehead says. THROUGH. ROAD CLOSED. BIG BEAUTIFUL 9 in front of office that rents apts. (joke it has for rooms) COMPLIMENT appears on store that sells beauty aids. She is cross roaded. BACK AT ONE. NOT BEFORE. In the restaurant BEST IDEA on forehead in coffee/cream. On other people she reads: SEE WELL INSIDE, BEST INSIDE, PUSH FORWARD, MISS BEST PART (theater people?) AFFORD IT paying check. "Tendency to be despondent" on white flour rolls. BEST WAITER she sees feels his energy, under his arm it says SEES (his jacket). BESIDE IT, TIME NOW in the middle of eating, she remembers the office she worked at, not enough time to eat, got an ulcer, boss interrupted her. She relaxes and continues to eat coffee and rolls. D's voice: INHERIT Marty's voice: Paprika. PLEASE FORWARD MAIL. Memory cleansing, (Amber's thought) She writes well. ASK BEULAH ASK A PSYCHIC. What is she doing? WRITING A BO (on forehead) OK appears on table. WORRY. There's not enough room on her head! OK appears on left side of forehead. She goes out, street fair INTELLIGENT in gold shirt color of man looking at books, energy exchange. REALITY IS ELECTRICITY. She FIVE DOLLARS buys a book The Last Husband- hers was a pessimist, real professional, BUY spend a quarter. She starts to cook, burns oil, CAREFUL, terrible cook, BEST AVAIL says pot. She makes parsley broth for her liver, 2 bunches how much water, ENOUGH says water as she puts in pot, the fire's on SIMMER. She trims her plants where it says HERE, simple enough. At Noa's COME, TROUBLE (d) out of Tony's eye. AWKWARD says Noa. COMPLAIN. HER(E) TONIGHT says Tony's pizza. "Noa's thought controls it" Many BOOK IS AWARDED and BOOK IS REWARDED. She didn't think that herself. Where did these thoughts come from? Now that she is home and relaxing, sleeping alot, she is beginning to separate the people whose words she sees. She realizes the difference between her father's REACTION and aunt's they both influence her actions, her friends words do not have such influence. She doesn't ACT on them. She is understanding herself. Last chance tonight to write... introduction. Car ^{ate} accident. CAR ACCIDENT POSSIBLE

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HIS POLICY

JULY 2

HOME. A big NO appears as she starts to type [redacted]. She thought it was the accident she had years ago in her father's red car, when she borrowed it and had a concussion, allergy to tetanus.

[redacted] Whose car accident? Past? Future? FUTURE lights up. Whose: BRAKE FLUID, WHITE CAR DRIVE WELL. FLUID DRIVE.

She fears someone may have a car accident, she heard this, picked it up on the road to the retreat. Or she will, or someone and she can prevent it by knowing about it but HONEY. HELP. Think it is impossible. She sees this. NEW THOUGHT. CAR ACCIDENT CONFUSION WHITE CAR PERMISSION GRANTED SATCHIDANANDA HELPS HER. TONIGHT BEFORE BED REALIZE YOU. She remembers: "father dies in a car accident" GLORIA. She sees large waterbug, sprays it, sees it gasp for breath, tears come to eyes, she closes them feels awful HELP says forehead. Image of BUG running around keeps reappearing. She holds DONT WORRY Leonard's plate to her head, she gets a rush, her hand says SAFETY. AN HOUR. He drove a taxi. She meditates on car accident. Whose? YOURS says forehead. When? THIS YE Negative choice. No choice. When she had this accident, the driver had had some antihistamine and got sleepy, not ALERT.

MON PARAGRAPH. HIGH ENOUGH, BIG IDEA, GOOD GIRL, DRESS UP, (parents words?) PUSH FORWARD (W) David comes to door, she doesn't answer but feels depressed, thoughts of his PRONOUN dog, PREPARE, BEST BRED, V DOG TIRED. She remembers seeing David's head on hers, and then I David's dog's. No words. JONI. LUBA lives upstairs, has dogs. I Congratulations. Protein. SHE HAS WORDS. She wakes, 2nd dream about chiropractor:

S MAKES IT INTERESTING (the response to her thoughts, or instructions that she types in as she sees them) Muni is touching her back, she is crying he says neither he nor Satchidananda can help her she needs a chiropractor, go to the one she used to go to. She wakes and her forehead says ALLEN CHIROPRACTOR. In the dream she goes and Howard is there, he has MOVED. She also sees CONNECTICUT across her chest in Scorpio's sweater color. She is unhappy, her head isn't clear any more, the words appear across the top, and then across the bottom of her forehead, not centered P in field color. Satchidananda, CALL he is not HOPE LEASED FAVOR pleased WITH YOU TRUE. True appears above the line does that make a difference? BES says her notebook. Miserable

JOHN

JULY 3

HEAR. HEAR TUES. she saw coming out of her ear. she saw
 coming out of the picture of Satchidananda's mouth ^{INTUITION} on
 the INTEGRAL YOGA HATHA book. His words were always slanted
 and spoke the opposite. TWO WORDS. Need complete sentence. ^{ENOUGH}
 (Opposite?) She agrees. DESENSITIZE. W She is destroyed
~~she is hungry~~ she is hungry R she goes out to eat she
 M
 has so much interference she hears Richards voice say HELLO very
 faintly she cries there is no peace INSIDE says her head
~~She cannot continue she cannot relax whatever she does~~
 is wrong, wrong time wrong place wrong person. MISS BEST PLACE EDUARDO.
 Where is he? Columbia. Who has his address? LEONDR0. REKA she sees
 in Satchidananda's robe color. TUESDAY. Wait too long, I

TUESDAY. Wait too long, in Noa's voice. RAINCOAT in mother's
 voice. HURRY in Reka's (not sure). Check arrives from father:
 it says: ^{type}GOODMORNING in clear letters, TRY over IN THE COUNTRY
 Well it's clear, see through, slight gray cast. She doesn't like the
 energy rush, ^{early} it makes her feel angry, resentful, she wants to
 cry, hurts ~~side~~ side. Mother's letter: words in gold, also oppositions,
 she didn't KEEP UP WITH IT, keep the letter. ~~BBStit~~said. CHIROPRACTOR
 OH MY GOD FIRST, when she got up. FATHER says check in E clear letters, eat
 with it, he drives it, condescend, TIME, EAT T (on her head: too
 early, love affair) CLO(cash register) L O V STAY HERE. Need im-
 portant in check O color. RESENTFUL. E Bitter man. Barry's
 head says IMPOSSIBL E ~~Pol~~ says Marriage, House. YOUR MOTHER
 Father: hospital, I stay well, safe (the one in his office not she
 T
 is NOT safe see Luba from the ceiling falling on her) George says
 hotel, throughy~~et~~, well enough, Clarence says terrible, new office,
 new furniture, Betty Grable dies of lung cancer, father says hit, now
 unemployment insurance (David). Cancels it, (the Sunday Journal)

YOU BELIEVE IT

JULY 4 YOU WONT BELIEVE IT

Mother complains (father). New thought. SECOND BEST as I go to Noa's. Second best on Raymond's hand. BE THOU CONSECRATED in alright now front of St. Mark's Church. Her father's words are translucent, her mother's gold, Noa's pale skin color with dark hair and her father's paler arm color with dark hair, Barry's deeper skin color with dark hair, these are pretty subtle variations in white skin and dark hair! They also appear at different places on the forehead, higher or lower than center. She MICHAEL reads clear words on Bernadette's forehead but forgets what they say. She says that is no one "says" these are the words that appear from them or in their colors. She says "now tender" and "not now crazy".

LEAVE JULY 13 on head, ...have my period if I go then. STA WELL says Dad EAT WITH HIM she had breakfast with Barry he had lox and bialys and E dinner went to Noas had delicious vegetables

A
T . Left too early so had to wait

A
L IMPORTANT said the gate in front of St. Marks. SAW BERNADETTE OTTE

thought she N had been a nun in first life. Follow directions says E forehead but tonight it was having an idiotic conversation with her.

REKA written in Satchidananda's color across back. "She clings" Now a master. She doesn't understand masculine quality in her, says AW.

What is masculine quality? "Agressive" GET EXCITED. Now a typewriter.

Policy appears in gold on chest as she holds up father's note. Self important, he is. Puns with words. Now against transportation. Who is now? (Hear YOU as I type it) Leonard is now. She

turns on the radio to CBS, red CBS. She turns off the radio. Who is listening it says. NOW written in reddish light on her forehead. DAD.

WEDNESDAY. PLEASE FORWARD. She sees this on her forehead in the color of her bare stomach. She is doing hatha. Everything is meditation

NONSENSE again in stomach color. Whose voice is this?

HAPPY DAY

JULY 5

Leonards. He doesn't believe. She is shocked to realize this. Is it because she didn't really believe in her father's love that she loves men who don't believe her? Last night she slept really well, in a sleeping bag to see if it would be warm enough for the Ashram. Red w . Warm appears on the red key on her typewriter. Another r ^a warning. Warm clothes. Why doesn't it just say cold weather dress warm. ^m ^{YES} Rainy weather bring raincoat? Or does it mean it will be warm. Oppositions confuse her. Cold weather dress warm appears in air. Leonard's voice. She feels more secure today she begins to believe that her father really loves her, that he means it when he says STAY WELL. That his negativity is not personally directed at her, his character. Character appears on wall. It said TRUTH earlier on wall with little blue light. FIRST TRUTH. If she ~~o~~ doesn't accept, her masculine principle, yang force, if she doesn't use it, she doesn't protect speak up act for herself, afterward feels humiliation, resentment. She is afraid to use her power, destructive force? A psychic once told her she had hurt PAIN someone in her first life with her power. Anne ^{ANNE}'s thought the other day, inherit house on ~~o~~ street. KEEP POETRY ALIVE. ANNE MASCULINE she sees between herself and the keyboard. Last night she dreamt about Malcolm, they were at a conference with another man, he said this was his third life and she said it was hers but she thought he would have had more. She explained her dilemma and he said she was on the 5th plane, or 5th circle of consciousness. This morning she begins to think that psychic forces are not completely conscious forces, ^{NO JOKE} ^{REALITY} limited information. conscious appears in air. FORCE FIELD. ~~She~~

JULY 6

NEED PEOPLE.

She: better rent and sublet

Head: no need, AVOIDABLE

Sees: need interruption

Head: interruption

Chest: see people best id

She: wonder why words are incomplete

Liver

Chest: not completely cured

Sees Need get up

Head: she lies down, finish it.

Head: intermediate

Sees: need work

She is getting the idea she is supposed to go to an ashram this weekend
7-8, or 9-10 (best not complicated call Joe? JOE CALLS)

Head: Beginners. Does she go to beginners class. YES

She: How long does she stay.

Head: 2 days

Head: Beach open

She: Where does she go in August.

Head California

Head. Head closed.

The eyes of the man who taught Pranyama class last night are on her
weak side stomach and head.

Head: Be with Tues.

She: something's happening

Head: something else (

She hear's Boss's voice say B. Her phone is busy. She is sleeping
with it off the hook. No she was on the phone and is busy tonight.

BIG IDEA. Douglas

JULY 7

July 4.

GET A MEDIUM ONE. She hear's Rose's voice say 8. She calls then phone is busy, she is sleeping with it off the hook. she is on the phone and is busy tonight. BIG IDEA (Douglas) INTERRUPTED (he's sweeping the street) TREE HERE HERE HERE says the street, there are fireworks. She missed the big blast on the Hell's Angel's block but it says EAT IT in imaginary fireworks there, and then in the other direction the fireworks say Here in this vest pocket....heroin. First choice say the fireworks south, COME says the house down the block, RETURN. BEEFEATER in the hall in front of her, Suzanne just walked in she drinks it. He goes by: "warm office"; and the old man, "unemployed."

NEED ANYTHING MORE appears over Leonard's contradictory voice.

Now she realizes that the voice that said 8 meant meet Douglas on the street at 8 NO MORE. She got Douglas's energy, saw these big words: CALL JOE so she came in it said TIME at 8:30 fooled you and CALL he had just finished eating he is going to the ashram this weekend NO appears very large size of 4 or 5 no's. The people in New Hampshire are putting NO's on their cars against the oil refinery Onassis wants to build. thought about whether there were beaches in New Hampshire I saw "Change your mind" printed in oil slicked waters.

SEE RICHARD 9 o'clock. While she was talking and undecided she saw the word GO. SLEEP. Buy a raincoat, she never seems to be out in the rain, a light sprinkle for a block or two enough to curl her hair. Tonight she saw UMBRELLA started out with it but it felt ridiculous so she took it back, it didn't rain. Last night she took it and used it, not really necessary so she wonders why she needs a raincoat. Part of the avoiding rain GET WELL is directed and part seems integrated that is she doesn't have to see the word MOTHER she just knows it. For her seeing clearly is seeing words

JULY 8

written in clear. If they are written in solid, like TAKE in umbrella it means the opposite. CLARITY it says in clear over her typewriter. She never thought it would be like this, when she read The Teachings of Don Juan about fear clarity power and old age being the four (circled) enemies to a man of knowledge. KNOW says her forehead. She is successful. She writes it. PRETTY it says in firework colors on 11:15. 'Now' in hall color on 11:10. She chants Om. She GINGER ALE BURP ALLOWED. It is not pretty it is loud and bangy and 11:20 not 11:15. TRUST CLOCK says satin cover. She forgets, although she has just written it that she can only trust clear. PEACE. She is not sorry to add Douglas to her head as his skin is really pale and his hair is a very light brown. No conflict. ^{SAY SO in his pale blue dungarees.} Color perfect. She is beginning to understand the meaning of "he shows his true colors". She lies in the dark and a golden COME pops from her forehead. Who has this golden light? Where is he and when where do I come? ^{THURS} THURS. over come in blue workshirt. Is this Scorpio, who wore ⁰ blue workshirt? SCORPIO IT IS in very large letters. H E IS. Not a love affair it said at Nijoles. That's where it said 10 AVAILABLE so she believes ^{TRUE} it. SLEEP 1-5. When she got up early it said SLEEP in gold on her forehead so she told herself to get up in time to see Richard and she woke at 9. OUT over 9, with this heavy ^{COWBOY} energy on her, it was a deep orange skin tone with black outline, strong, her head said OPENING. When she woke it said BEFORE 3 on her head. Then EAT, she wan't hungry, then it said TEN. It is 5 min to ten now, SLEEP. What happens at 3? Something is happening here she doesn't like it. As she types it she sees SEE RICHARD. She should have left at 9 or something her head said PRACTICE. Miserable, it isn't clear enough. There is an opposition force here/ ^{Leonard}, she can't stand this 9-10, 10-11, 1-5. 3 business. It's impossible to live with and she refuses to accept it. When can she go? 3 oclock. ^{MONTH} She needs shoes, raincoat, Opening Line. See Richard. She wants advance notice. Last night it said 9, now it says 3, it says VOICE on lock at 10:30.

JULY 9

She can't stand this hour by hour shit, she screams. Between 1-5 says her head. Opposition. She is tired and can't sleep because of this. The phone doesn't work she can't call. She smashes her clock. ^{MORE ATTRACTIVE} T come late 3-4 she sees. Too many contradictions. She tries to call I to check this out, line busy, her smashed clock, face to wall, still R says call in deep blue where it would be between the half hour and 3/4 D hour. OBVIOUS says clock. She feels opposition today. Believe in it says plant. She calls, he is there, he is going to be there for an hour GO. (it's near 5)

We, that is, she, her father, Aunt Reka, moth, Barry, Noa, Leonard, George, Joe, Douglas, David and David's dog went to see Richard, who was the teacher at Rudi's New York kundalini yoga ashram. What do you see in us, we asked? Tension. (At this point as I'm REtyping this

I lie down which is weird I take a nap) We have all these words we are putting together with people, phenomena said he, understand yourself. ^{LIE DOWN}

Open your heart center: we see the picture of her when she was GET AN ERASER two years old and happy in his chest. He is sensible, he is in her head too, he is SEE ME PROJECT TUES and CHOICE (for the name of his store,) On the way over we see CHOICE NOW in the doorway, ^{POWER} previously one of us had interpreted CHOICE NOW as meaning there wasn't any choice now, and this caused anxiety, but now we realize it meant come to Dealer's Choice now. ^{happy} Then we who? buy a lilac jacket and yellow rain boots wondering whose choice these colors are, having been stopped by some positive or negative not sure which across the street from Hudson's and another alright but practical green (ugly) raincoat. RIGHT NOW also said time was unimportant which relieved us considerably ANXIETY. However we got to the Kundalini class a little early, the breathing exercises were good as they help us concentrate. We saw father's head in part of her stomach, is he part of the BURP NOW. We feel the heaviness in our upper chest BEST HERE it said on the teacher in the same place, "talk freely" and the heaviness in the head J NOW MORE said stomach we beginning to perspire a little so U after a moment's HEAVY ENERGY hesitation and a negative disobey we P get up as the doorbell rings only to find out we are a little early again, as the class now moves up RICHARD, upstairs PUSSYCAT. We go to Hatha yoga because we can't breathe any more, that calms us down, though we are very tired from

JULY 10

the Kundalini class, EMOTIONAL says forehead and we struggle with various interests over where to eat, she preferring blintzes, and someone else ^{in her overcoat} not fried food but the forehead says PHOEBES so we go there eat fried chicken and on the way home she finds this terrific cheap antique chair and realizes that's why she ate there, to find the chair. It supports her back and is good for meditation and this morning she tried the breathing exercise at home and everything started to dissolve into little golden lights, soft and peaceful BEAUTY. So she feels better even though her throat and heard are still not clear. Practical, Richards approach, COME, she was able to talk to him freely, She sees the words CONTEST and BET and instead of trying to eliminate to find out who is talking she realizes these words cause anxiety and doesn't want to take that in (3rd chakra said Richard, anxiety and fear). Once she wanted truth, then complete sentences, then ~~whos~~ who SPEAKS, now she doesn't even care about that, just to recognize the feeling and handle it from there. Concentrate on your heart center, he tells her, it helps to relieve the busy computer in her head. Hears MEMORY. After she bought the lilac jacket she went through a trip SPINE about whether it was large or long or warm enough, she didn't the words did and a similar thing about the chair, until she realized that these words were (her own on wall) reliving past experiences in the anxiety of buying something perfect. She sees "something perfect" on the window ledge as she types this 6 mos later the jacket wasn't useful. She doesn't elaborate. She doesn't think, whatever that is, feel that way now, but she has to deal with the past experiences. Reaction, timing not perfect says the right hand side of her typewriter. Her pillow was lilac when she lay on it so she wonders if she bought the jacket to match her aura, which she can't see. ^o pink in air. So now she has to deal with her old self ^{pink} more confident. REMEMBER IT TOO LATE NOW CLASSIC ^p Everytime that NAKED she is typing naked word appears she thinks she is writing a classic. MORE EGO. COMPLETE YET. INTERR Douglas only. PROOF. GET DRESS (ed)? Now that she realizes what she sees is ^{HANNAH} phenomema, the product of her mind, her family's mind, her friend's and her friends dog, she will stop looking for proof to whether there is truth in them or not. MORE TRUTH said the top of this page. Sage.

JULY 11

It is the unconscious, says Richard. She keeps hearing Satchidananda's voice saying "don't worry". ^{more milk} Rose worries ROSEMARY about being HUMBLE. IMPOSSIBLE is her thought. @O HOME. At PROGRAM the ashram GO AWAY she saw NEED HER on her forehead written clearly in sneaker. She had a dream about going over to the house and arranging for a trip to the country ashram this weekend, BARRY IS IMPOSSIBLE she sees in the air, or she could go home to her parents and visit her family before she visits Satchidananda's Ashram. She feels anxious. SHE REALIZES IT. She feels anxious in Rosemary's energy. ^{EAT ICE CREAM} Nervous tension. Exhaustion. She feels insecure, not sure. ^{HOME BY HERSELF} ONE MOTHER ^{GOOD ENOUGH} SLEEPS.

Country Ashram. ^{I M M E D I A T E} WELL THOUGHT OF ^{B E L I E V E I T} She feels Rose's head on hers, ^{S U C C E S S} considerate ^{F A M E}. Why do they refer to her as Mary ^E Catholic child hood. She gets a rush from her new ^{S U C C E S S} used dungarees. ^{I T} SPAIN. She remembers. Transference. Stay on 9:15. She doesn't see ^{W A N T} the clock it says t_i she leaves and gets to the store with the notebooks ^{m e} she needs just before it closes. She sees CREAM and MILK TUES ^{n o w} in front of a grocery store. NOA NEEDS HELP in front of the store. The phone said Noa. Call Noa. Noa is called she has a fever. ^{F R I E N D} GOING HOME FIRST. BIG WEEKEND Earlier it said GO HOME WELL. GO HOME appears on the words "not often, seldom" Should she @O to the ashram this weekend. HUMBLE. She thought this was about her, that she wasn't humble, so when Rose said she'd been thinking about it ever since her first ART SHOW she talks about her feelings, how she shouldn't be either humble or proud or power trip but its ok to feel important or take your place among LEADERS, REALIZATION of self, neither one is UNTALENTED, neither feels secure.

The word FAMOUS appeared at the door, she thinks of it. ^{self} retyping these notes, ^{air} words to be omitted appear in big pink letters HA at the edge of the paper, is this ^{paprika} energy color? Words to be omitted in ^{self} air

But now she sees a BENEFIT (this was in small case in the original and appears in pink caps now) in understanding what her friends are thinking about, even though she thinks it is herself.

Problem solve. NIGHT. Tonight the clock said ENOUGH in telephone at 10 Joe wasn't in, at 10:10 her head said NOW CALL in dungarees TRUST DUNGAREES she did he still wasn't in.

A GLASS OF MILK

July 12

Can't digest milk FOR YOU in red. COMING TRUE. In faint smoke the words are outlined in the air. What is interesting to her is that even though she called Joe ten minutes early (heard early in Satchidananda's voice) her head said CALL NOW at the YOU WON'T BELIEVE IT proper time. Her head, that is her forehead, must be programmed and cannot cancel. YOU WON TIME NOW. Joe called last night: we leave at 1:30. The phone said 1:00-3:00. Time left 1 hour 15 minutes. (It's 11:45) prepare for me. She left early, she arrived at Joe's ashram just as it said LEAVE on the front door. We leave at 3. ~~The clock was right~~

Joe's words: UNION FIRST, keep telling you IMPORTANT. DEGENERATE across the rug. ASHRAM. In the car: concentrating on the man in the front seat, BEST VIBRATIONS across his shoulders, she wishes she could see the scenery, then it appears, lake, trees, in the upper corner of her forehead. OH BOY and his wife appear on her leg in light. She sees white fluff coming from Joe's head. ~~Like the words in the air~~, At the ashram meditation session the same POWER white fluff looks like smoke comes from the COWBOY teacher's thumb and then from hers.

Flies crawl on hands, she feels them they don't tickle she doesn't move. REKA gold August. Words in head not reliable. EXHAUST in beach house. REKA. Not alright. Chest: YOU ARE INTELL She: Who

Left Nostril: You Right nostril: ME BIG DISAPPOINTMENT COMING HE SOLD THEM the oriental rugs Kurt had stored. Forehead writing: need considerate, wrong person, Hannah be considerate write now (neg) Who? Reka. Should she pay the ashram fee the whole seven dollars REWARD reading down. 10 breakdown. THIS IS IT. FABULOUS. She

looked at the previous page saw a gold HANNAH over compliment. FORTY Now weak. At the ashram someone asks her to help in the kitchen FIVE where it had said PREPARE LUNCH in the air before so she stands at the sink washing lettuce worried about how much to pay NOT NOW at 10:30 she

BAD HIP sits down to rest Joe thought she could go free she is tired someone says go to the office and pay now. She thought 10-11 meant after 11 so she continues to wash lettuce, maybe they won't difficult eat lunch here it says pay seven in dirty water. She overtires she doesn't like words written in dirty water BAD HIP worries about money C she hurt

her hip she goes to her room and cries she forgot the Reka R warning. Leave before lunch, pays \$5.00. She overestimate s her A strength M she is considerate of others and hurts herself. Her aunt is over considerate. She is her. Now helping. Back in NY. Nauseate in lettuce. Sees image of ass across room where she had walked, fat ass NEED THIN mezzuzah says: figure it out. Thyroid cleansing. difficult alright

New figure. New home voice.

13+
JULY 14

BIG BRIGHT VOICE, in big bright letters. She reads Rudi's book, concentrates, sees picture of Leonard in her head with some manilla folders at a large table which [redacted] looked like the one he used to have: HE WORKS AT LIBRARY. EAT. She takes her third Kundalini class for the day, the teacher does something she hasn't seen, touches third eye, it relaxes her, causes mild contractions, falls backwards, gently, [redacted] stomach relaxes, releases negative energy by these contractions, a touch on the right foot. YOU her forehead is clear, less extraneous words, the clear ones are really big and one side of her body feels [redacted] loose. The teacher is intelligent says the mezzuzah, Rudi is conceited. HOPE. Let's be funny says the mezzuzah. Now contrary, please hope it's possible she reads, ensure health, be a mystic, to be continued good night, good sleep, GO TO CLASS Mezzuzah is finished speaking, she kisses it it says OK.

Next day, BIG IDEA, MILK TUES, CLEANSING. MISS KUNDALINI. Match out window, PIG IDEA. Mother's letter: WRONG NUMBER. Headache Sept, Oct. Robe and blue quilt spell Sept? She feels negative bangs head, pituitary gland stimulation, she can't stand on her head, neck vertebrae out. Mother's check says: MONEY H K HIP tomorrow, smile with a spiral around it, no the word T E itself turns. SMILE. Describe it, negative: this words starts out straight and ends in a spiral painting pointing up. She thinks of BEST COLLAGE and hopes she doesn;t have to ART WORLD illustrate these, how to describe the pictures? WORDS. She can't feel the energy from ICE NOW the letter. Feel Tues. She felt the vibrations last night as she lay down all the way through her MARJORIE LUNG stomach but only on one side. Resentment. Sorry she stood an hour and a half. Nerve pressure. Reka is fastidious, She is severe with herself. Everytime she DUNGAREES STOP IT MORE POWER SHOUT: GIVE HER MORE POWER as I get gloves or gloves written on wall or mittens for Bernadette, RIMPOCHE in gloves and green t shirt that was Bernadette's and I gave to Joss. HAPPY NEW YEAR. CELOPHANE says the window my father [redacted] celophane paper shortage is celophane better to cover cold windows with than plastic? YES IT IS Bernadette wanted to go to Bloomingdale's STOP IT not clean right NOW (january) I had been last week TESTING COURAGE AVE B the antique store was closed Certain words appear on the wall as I type, gloves did, but not mittens. h e a v e n

JULY 15

She is severe with herself, ~~she cries~~, she doesn't want to avoid work she feels old helpless she can't stand worries about money she can't go home she can't VERY DEPRESSED handle her aunt or father she can't get clear. Everytime FATHER CLEAR NOW she does what Reka would do she is miserable for days after. NOT CLEANSING ENOUGH Father criticizes. It must be his voice, REMORSE, BOYHOOD that makes her feel terrible and see reverse thought ~~when~~ she wakes up in the morning. She has been crying since the top of this page. FATHER FIRST. Worries about it says hip. All morning it said she couldn't climb now. It hurts to walk. RESENTMENT. CLEAR VOICE. Reka is opposition. Reka is hurting her, how does she get rid of her. Know it. Meditate. It hurts to sit. If she hadn't mentioned it or if she had realized 10-11 meant inbetween now IT IS CHANGED but it doesn't tell her about the change she would have worked half the time and not overtired her LEG HERSELF. Three days it says she'll have to stay home ~~and~~ she is miserable when she is inactive. NOT SIMPLE. CONSIDERATION FOR OTHERS. Reka is overconsiderate. She hates to be considerate. She is considerate. Now she is drunk she is drinking 7 UP, She is down, she hates being considerate. She loves her aunt, she hates being her aunt, she feels good when she works with people she feels ^{accelerated} accepted she doesn't like to be alone she had no one to play with until she was eight that is why she washed the lettuce. TYPE TODAY ARM EXPELLING. WEAK SIDE SHE IS MOTHER complaining.

Barry's voice: BE HERE, IMPORTANT

Parent's home: GO TO WORK

Joyce: TAKE FOR GRANTED

8:30 HAPPY NEW YEAR, advice

Breakthrough, go ho

When she came home Sun. night she saw SATCHITANANDA on the wall, at 8:30 it said Connecticut July 13. 13 on phone. She saw that on her forehead last week at class. Why does she hesitate, words aren't big enough? "hesitate" Leonard's window says BELIEVE IN IT, LOUD VOICE. SUN NIGHT: The rest of sun night. WRONG TURN. CAR VOICE. TURN ABOUT, She wonders is there more turn. She is listening to music, LOUD VOICE it says, When it is finished ^{hear} she laughs because she thinks it is a pun on ^{here} ^{now} ^{now}

JULY 16

meaning leave the music is finished ^{and} then she realizes it was so loud she can't hear. Other sun night words: Aunt Reka worries she is anxious, too anxious. NOW TURN. BEST PLEASE, TIME, 3RD PLACE, NEED PREGANT, AMBER'S VOICE, MUSHROOM (in white out of hip) BEST ASHRAM, BUY VOICE. Mon night at the movies, on the screen she sees: CONTEST, PERIOD. Bob's words: GO TO WORK, TIME IMPORTANT. What will she do in her next life? Teach. When will that be? Spring 74, Where? New School (didn't come true) She remembers ASK (don't) REWARD. The tenants where she lives have house meetings, buy whistles, after they get the whistles she is lying on the bed and sees REWARD. Then a face appears at the window. From fire escape. She blows whistle. Barry blows his whistle, Bob blows his whistle, the men in the house chase the fire escape intruder. Tues. She feels better, less interference, heat wave gone. OUTSIDE. She sits outside, sees Barry's car. Wheel says: TURN RIGHT, RIGHT TIME, GO HOME, NEED FURNITURE, THREE PEOPLE, BE IN MEDITATION. Bob's voice: INTERRUPTED, BIG PEOPLE, MORE FUN, BUY (kitty for sale). Kitty says take me home. JUMPING. Phone: VALUABLE IMPORTANT. See Gil. Bob: SEVERE, BE A FRIEND. Aunt Anne PLEASE REMEMBER WORRY. Anne broke her shoulder they couldn't set it, pain. There's energy in Bob's place, orange, not deep, not pale. He drinks pep up she GET OUT OF HERE. His words, IMPORTANT on stamp. She is directed, she is interrupted, she is considerate she is DON'T LAUGH, she is popular, she is rich, she NOT OK she has a deep well, she needs furniture, she is in meditation, she is famous, she is believed, she is rewarded she is Aunt Reka she is everybody, she is here now she TELEPATHY hears loud voices, she triumphs she is writing, she sees, she controls it, thought process, envelopes, she is important, she worries, she is a friend, she dies. Consideration for others is important. GET THE LAUNDRY. BE PRACTICAL. The milk she bought on Mon is sour on Tues. She remembers MILK TUES NOT BEFORE. New delivery. two poets visit, Lynn's voice, INTELLIGENT, Lenny's, FENCE. "Lose" says one sock, TWO FEET.

She goes to Kundalini class -this weekend unveiling of statue of Rudi's master, "his image appears" "know it" BUY VOICE. GO in blue workshirt color. KNOW WED. BEFORE NOON, DIDN'T DO IT Don't SORRY know what it was she didn't do. GO HERE, she goes to bar, ^{SIT HERE} gets beer, the people next to her have a pizza, she tries out

July 17

PLEASE RAYMOND

her mental power thinks "give me a piece of pizza" they give her a piece of pizza. "Give me a second piece of pizza" They give her a second piece of pizza. Now they start to talk about yoga and spiritualism; - out of control, - they give her a third piece of pizza. Overuse. Bernadette's words: safe now, Satchidananda: BEST LAUGH. The kundalini class : MISS IDEA, LOVE IDEA, ISOLATED YOU ARE. GET INTELLIGENT. MISS INTELLIGENT. She misses intelligent. Bernadette's class: KNOW IDEA, GO NOW, IT'S LEONARD, SAFE STREET S^A LOVE CONTROL. Throughest. GO NOW BELIEVE. Noa is intelligent. FIVE YEARS ago, she sees FIVE YEARS in the air, she can't remember because of all the acid she took she started DEVELOPING. She hears, sees, EAT LUNCH. Where? S RATNER'S. She got the voice just before 12, no hip. KITTEN T A appeared on it, no more. How can she get a kitten when she Y is planning on leaving the city. Where is shesupposed to go this weekend? H This week? Plan ahead F (choice). Eat out. UNIMPORTANT. R SEE YOUR PROBLEMS R E E Gil's voice, import, intell, bes E idea (incomplete) E ARICA says phone, ad in Voice for tonight CALL she doesn't go. She TELEPHONE BE HONEST had breakfast with Barry she said can I have a button for my dungarees OK but don't take a celluloid I know every button in this box LEAVE A PENNY, he said don't complain about your YOUR HEART you're like my grandmother an old Jewish lady I REPLIED you're and old ANTIQUE DEALER. NOWPOOR, GET A BUTTON when I OPEN the button box hear Barry's voice say "don't take a celluloid". ASgoldone said GO in gold on the door, she doesn't take it. She doesn't go, RAYMOND COMES. Timing perfect. CONGRATULATIONS. She looks for an extension cord in the cupborad, god what a mess. NOT EVERYONE IS NEAT says shelf. MESSY says mother's card. She finds the extension cord attached to another extension cord. SAFE NOW. Who's word? I^A OVERTYPE. Retire, reheard, get release, don't worry, get^R valuable, knew, past tense. (words) pleasant day. Meditate^J on avocado plant, green leafy head, long green stem, orange bulb appears on her whole body, arms, she looks like an avocado. Astral image of woman she doesn't like, she wants to leave body but prevents herself, doesn't like feeling of what she might get into. SLEEP. GOOD MORNING says the bread on her forehead. 10 not available early. MOVE. "Early Nov" says Mezuzzah. Truth? NOVEMBER. (it was

S^A F^E STREET

MASTURBATE

July 18

Confusion. WRITE IT ABOUT. TOO EARLY.. BANK BE CALM. REJOICE. SHOES.
BOOK EARLY. CONFUSION. TOO TODAY. IT IS PERIOD. GO OUTSIDE. GO TO
SLEEP. She spoke to Val on the telephone his voice is all over
the place in clear medium size block letters. NO LARGE. WORRY NOW
says forehead RAYMOND. Apt. not ready early enough. She can't
concentrate. SIT HE says chair. CLOSE OUT. TRANSFER. Bank
thought. COME UNDECIDED. FEEL WORD. FIELD WORD. FIELD WORK. GO TO
WORK. Leave said clock in pink check color, that was 15 min. ago.
"Leave" says clock in blue check color for 15 min. from now. I in
pink and blue check colors. Interesting. Need money. Tues. E
FURNACE BLOWS UP. NO HEAT 3 WEEKS. (Hasn't happend yet it's Jan.)
Is this truth or a fear thought? JUST SEVEN. ~~There seems to be no truth, only thought. 10 will be~~
~~available she doesn't know when. MOVE QUICKLY. Temperance. Street~~
thought. Hears her own voice. Blue period. Discuss it. EAST
WEST JOURNAL out of man's eye at the register. She buys it,
spiritual practices by Michio Kushi. Remember backwards. TRY IT
She does. She ^{SUN} sees tiny fragmeneted pictures, not whole. Yesterday:
bed, - last week; wordweek in boots she bought, - last month; lilac
underpants she wore at retreat; - last year; CLEO sitting in the basket
chair where it used IT WORKS to be - two years ago: her in a black
cape - ^{five} years ago: house in Woods - ten years ago; house
in East Hampton - 20 years ago, beach in Nantucket, sea, the house
she stayed in, the girl she stayed with, the blue Brooks brothers shirt, the
the man she was attracted to - beach now, 14, the trees, the car
fender she cut her leg on, be afraid, the reddish bathing suit she wore
some boy touched her breast underwater, gasp for breath her head was
under water 9, not too clear, another bathing suit, two piece - 12
discontent, period cramps, 13; the book she tripped and cracked
her ankle on, now 10-11 best camp she remembers the snake, was it real,
a dress. 3, the fire next door, ^Wmemory open, the car, the polka
dot dress, now she sees them in orange light, city lights, joke,
the seashells, muscle ones, blue, the black rocks of the seashore, a
tiny picture of her grandmother's house, dark, of a large black muscle, seem
so large IT IS ominous, muscle, now she sees the inside beige and
orange EAT IT written in muscle this is ridiculous "comment now" she sees
this while she is typing grandmother's house, the rye bread with butter
and sugar on it, Bertha, her grandmother, pearl necklace she wore it,
she sees it on her grandmother's neck over a lace edging it is a

July 19

good thing she can touch type USE in pearl necklace she uses it, now can she, finished still free, the outhouse, her father's black and purple image, HEAR REKA, how old was her mother when she was born, she says 24, her father 32 ~~she is 32~~ 28 appears on BORN her forehead, father lies? mother lies? TRUSTWORTHY appears in her mother's gold and father's transparent greenish color, half and half, NOT NOW, she dies first, now birth, she can't remember it, but she is sitting cross armed and thinks of the womb and suddenly feels as if a large bubble were wound around her and she becomes almost a fetus, she sees the fetus, cross armed, WAITING PERIOD comes out of its eye. She laughs, she can't get back any further. The future: polished floors WAX THEM, be afraid 7, (apt) BEACH HOUSE she suddenly realizes her Aunt Reka whom she thinks of as an old woman is 30 years older than her, not much when she thinks of Barry who is TWENTY FIVE years younger, She is getting old, NOT MUCH TIME, tears, 3-5. PLEASE BE SILENT MEDITATION IS A PLANT EXERCISE IN GROWTH. She puts on her grandmother's pearl necklace, BLESS IT, she puts her hands together and asks it protect her and bring love to her and those around her. She takes her hands away. Orange light around it. A tiny cluster of pearls at her neck. FIFTH CENTER. NOW OPEN MORE INTELLIGENT. She focuses beyond the wall, first avenue appears, clouds appear on the wall, her mind is not travelling the clouds are, they get larger as she writes, this, imagination. She is 48, GREAT REWARD written in sand and HEALTHY 52, yellow sun, 56, 61, dies, 65, satsang. She says out loud ^{blue sky} WRITING A BO hears book. Getting bed appears as she thinks about getting ^{writing} READY for bed. Why do I cover up my eagerness? TOO EAGER. PERIOD. HURRICANE. ANXIETY says asshole, money.

~~she is 32~~ QUILT VOICE: "hug me tonight", pillow "bring it" "need transfer property to Reka reward circled

Quilt: Miss kundalini, - electric heater: best period,

Mattress: be with me, she is sick, Reka

Bell: GO NOW light in brow.

BEST CLASS in orange across shoulder. Heavy energy. Sit far back. PEACE HERE. Moves closer, energy heavy, overstimulates.

AT THE KUNDALINI ASHRAM

JULY 20

The statue is behind the curtain, SHE FEELS POWER. ^{The teacher} ENERGY appears on corner walls of room. CONSISTANT, father's color DIS (gold) CONTINUE (red) at corner wall. Bardo after Bardo.....thought plain. Large words appear on her right

TYPING

MISS, oh, not "you didn't get it", MZ (big TRUTH, it ain't it means missed). OBJECTIFICATION. She wonders what would happen if she were with Satchidananda instead, she concentrates on him, his thought voice: YOU ARE TIRED. GO TO SLEEP. She realizes her parents have helped her with money for years POOR COMMA. She gets her notebook, if she doesn't it writes itself anyway. BELIEVE IT. BEST ISSUE INTERVIEW

JUNE -SEPT She sees 'MISS' S She goes behind BEHIND curtain BIG letters and sees the statue of Rudi's master. It;s words are: MORNING THOUGHT, GOOD MORNING MY NAME IS, I HEAR IT THIS MORNING, GO HOME IMPORTANT SEE A DOCTOR (angle) YOUR HEART IS OPE

YOUR HEART in words MEMORY, CONTROLS IT, BIG HOUSE GET BED READY IT IS IMPORTANT, EAT OUT, BELIEVE IT YOU DO MEDITATION ALL THE TIME. BRING WORK. Someone is N says curtain.

PLEASE COME IN, less opposition TAKE says pillow she's not looking at itbut sees it STOPay She's not behind the curtain. SIT ON RAINCOAT

she DERELICT hears own voice. How does it appear? APPEARANCE clear with little gas bubbles. Gold HURRY NOW, small caps. BEST ZEN COUNT NUMBERS. YOU ASK, HE ANSWERS (statue). Whendo I leave? Tues.

OUT OF CONTROL, ANXIOUS, STIMULANT, NEED COF FEE. FEE circled Huge LEAVE THURS. Fly touches 3rd eye. INITIATION. FLY THOUGHT: BE IN CONTINUATION. LEARNING TO BE IN CONTROL,

COME says curtain, shegoes behind it. Statue: it's left finger seems to move, it's right shoulder hikes up, left side turns blue, it imitates her. LIE DOWN. She feels very heavy energy andlies down.

FORGIVE ME. Later: FLUSH THE TOILET BEFORE YOU GO, destroys thought. NO She feels heavy energy she is on the side, there isno ROOM to stand in front. LIE DOWN. She lies down. LEAVE at curtain, she leaves from behind curtain and sits in meditation room in front of statue.

's VOICE. COME, (SAYS CURTAIN, SHE RETURNS, LIES DOWN BY STATUE, HEARSGIRL COME IN) SIT BESIDE HER

She hesitates but leaves just as the teacher walks in, sits facing the statue, the teacher draws the curtain. FUNNY INITIATION says eye of statue

July 21

BREATH, HEART, 3RD CENTER, Curtain closes. END HERE in gold
TOMORROW. Don't listen to parents! Fly walks across forehead: NEEDS
STIMULATION. During class meditation they open the curtains and she
sees an image of Rudi on the statue's chest, ^{LOUDER} one in color and one in
black and white, like the pictures on either side of the curtain SAY
ALTAR, then she sees the image on 3rd ^{TRUE} chakra. TIME ENOUGH. YOU GET
COMPLICATED. TIME IS IMPORTANT. YOU BLEW IT. NEED LEAVE IMMED.
10 IS IMPORTANT. NEED GRASS, grass says ~~HE~~ YOU ARE ^{THROUGHOUT}
ANSWERS says forehead, SUN IS IMPORTANT. TIME SAT SUN, YOU GROW OLD
BEST ENOUGH, TRY, LEAVE IT OUT. TRY TUES: Think of Tues: GOOD
MORNING says table. (still there Tues.) She smells the tea before she
drinks it. Why do you do that asks Beulah. To make sure it isn't
coffee. That's impolite says Beulah. On wall see: GO HOME ^{WH!}
in pond color. GO WITH MICHAEL HE LEAVES TUES MORN. (not ^{WH!}
~~the~~). FOLLOW, INSTRUCTIONS, FOLLOW, FOL. Indecision, anxiety,
to go, stay. PEACE says grass PEACE HERE, REALIZATION. TUES WED.
STAY HERE, RENT AN INDIAN. On the full moon hear voices each one
saying a single word, mother, grandmother, spirits, etc. Thought
control, rent control, to be complicated. GET HELP. Kitchen voice.
GET HELP WITH YOUR HIP. Water voice: MISS INITIATION. Blanket voice:
GO NOW. THURS. NIGHT MISINTERESTED, GET INTERESTED, HEAR VOICES
TONIGHT. It's Tues. she is still here working about renting an apt. N
until 10 is available. TOLD YOU. ~~GET~~ SEVEN. SEVEN IS IMPORTANT, ^W
GET AN INITIATION, WRITE ~~IT~~ ABOUT, GET SEVEN INITIATION PREVENTED, ^R
INTERESTED TROUBLE. TIME IS IMPORTANT, TIME YET, TIME NOW. ^E
CLOUD WORDS: TIME FOR PEACE. NEED BLUE WORDS. ^N WORRY in
When does pond get hot. NEVER GETS IT HOT. NOT NOW ^T 10¢ white roll
FATHER'S VOICE. NOT NOW CRITICISM. CIRCLE IT. ~~HE~~ CAREFUL,
I'm a cowboy. Shit is needed. Goodmorning (statue voice). I'm a
running PEOPLE. TIME TO TYPE. SHIT IS NEEDED. NO MONEY COMES BEFORE
YOU FINISH. IT CORRECTS ITSELF. Thinking about the first word that she
saw WRONG, wondering if she told Max, these blue words appear on rock I DID.
USE FIRST. A medium bright blue. Sunday I was a smoky blue, like the t shirt
She is a combination 3:30 of the 3rd person singular blue SHE, we, FIRST
PERSON PLURAL DISCONTINUE EDUCATION. A pansy appears at the pipe where
SHE did. Get SUFFERING. Get LONG IDEA. S THURS. HANNAH PANSY. PLURAL.
2 pansies appeared at the pipe. GO NOW, ^E CLASS LATE. She left early.
RUDI DIES. TOO INTENSE, the vibrations ^P T in the meditation room,
READY in pale green across the statue she cannot see (behind curtain)

July 22

INTENSITY. It didn't feel ~~WRRO~~ when she went behind the curtain and noticed the brush strokes in the bronze body, ~~It's~~ looks furry. ^{FURIOUS}
The face is smooth ^{D_I} The curtains and stage get brighter. ^{be alpha}
Red light. Preparing ^S for class. TAKE on the ~~red~~ ^{NO LUCK}
cushion. TAKE lights up ^N on the floor. ~~DO NOT~~ DONT GO BACK.
The statues eyes turn in ^{I_N} ^{U_E} her direction. COME says floor she
moves up close. Curtain opens. She coughs. GO OUTSIDE. She
doesn't. "You are terrified of interfering with objects. You are
terrible. You are outside. He is outside" MISS IT. AUTOMOBILE.
Hear "dark green, you wouldn't believe it" in my pants pocket. She
wears her own thoughts. Now complete sentence. Don't worry about it.
New York City. OUT OF CONTROL. What is. HER DRIVING. GET INTEREST.
HOME THURS. Twice COMPLAIN. What should she ^{m.OTHER} complain about? OMIT MOTHER.
(pink) THE BLANKET. It's electric she doesn't use it often. LACK OF
INTEREST. CLOSE TO DEATH. ENOUGH NOV. RENT A FURNISHED APT. GET AN
INITIATION. RENT CONTROL IS OFF YOU ARE BECOMING A NUN LISTEN TO IT
GO INSIDE OUT OF IT GOD IS IN CONTROL GET CONTROL NO SEX INTEREST. TIME NOW
(hear) 6 OCLOCK. WRONG DINNER. THEY DID IT (hearing started here).
MISS SALVATION. The army is singing outside. YOU NEED HELP. POTASSIUM
BROTH. She makes parsley tea. HER OWN FIREPLACE. IT IS ^{kitten} WRITTEN
One man in the ashram says she should have left, her energy disturbs him,
undecided person. "Advertise" is his word "Money here" Her stomach
SWOLLEN talking to him PLEASE SAY IT What about spiritual things she
says, she's getting well here, the first day she really feels well in ages
he asks her to leave She is not leaving until the weekend. The fresh
air SPIRITUAL EXERCISES raise energy. He is severe. REKA ^{muji} she sees
in salmon color over the beach where her parents live in the summer.
GO THERE. NOW OPENING 2nd CENTER. (The salmon color is Satchidananda's)
~~IN LOVE.~~ She escapes to the pond, she avoided
conflict. DESTRUCTIVE FORCE in reddish light along edge of blanket ^{NOT TRUE}
TOO LATE INTERFERENCE ~~YOUR MONEY~~. DESTRUCTIVE FORCE in
flash of light, curved shape on tree. KNOW YOUR ENEMY. These words
come on a slant parallel to the ground. DESCRIBE THEM WELL. They are at
an angle LEARNING EXPERIENCE of 45 degrees, not straight across.

UN^{RELI}
E^A
LB

These words go in a circle. TOO LATE.

PUBLISH DEC

July 23

23

POWERFUL CLOTHES

GET SOME CLOTHES. DISAPPEAR. MALCOLM. PERMISSION IS GRANTED MONDAY IS SECURE, PERMANENT PRESS, GET A PERMANENT SERVICE, SERVICE CHARGE, 100%. She plans to deduct ashram expnses from her income tax. RESEARCH AND DEVELOPMENT.

LUFER SUN NIGHT ALONE

YOU WON'T BELIEVE IT. Advice from MALVOLM IS POWER new clothes, get a job in a library. Home. Visit Barry: "Here is style" Please help me. Be clever, chest.

Inellegant. Be your friend. Annesvoice. ECHO. Survival of thefittest. Last chance. PARANOIA. GET A JOB NOW. Unconscious people. NOW PEOPLE. Her typewriter was stolen tonight she left UNLOCKED, didn't return on signals. HER ENERGY. Now

Smile. She smiles. Trust, it says, head. the centerof her forehead going down, not NOT EVERYONE CRIES. What would Beulah say. SMOKE A LOT. She winds 4 out of 5 card to psychic forces. So why didn't she save Not JULY. CAREFUL. COLD NOVEMBER. What 2:15, hear 3:15, 2:15 on Mezzuzah, it is 2;15 Be clearer. NO COUNT. Trust them. Obvious. Arms of chair: "city is a problem". BEST VOICE POSSIBLE. Miss me

Aug. 1-15. S O 3 MONTHS DANGER E C colored leaves P T DON'T TYPE.

Marthassays Wait for go, for god.

Your pineal gland. You see it. Now well developed. Home is development. She is going to visit her family. PACK FOR A WEEK. GO FOR A MONTH.

Necklace: wear this for a spell. Reka first. REKA OVERSTIMULATES IT.

Blouse is a stimulant, it said GO when she bought it.

BEAUTIFUL and tan. in a flash of white light at the door. the hall floor. No snow. Peace here. playing Bach. BATH. Home from the ashram, she's deep blue on one side, Aunt Reka. RENT SEVEN. She doesn't. FIRST

hair, WRONG PERMANENT comes out of her eye in tiny capitals 6 inches long. LAST. Stomach is terrible says stomach, didn't heal. TOO TIRED TOO LONG says stomach. BUDDING LOVE AFFAIR. MOVE. She is afraid to fast. FAST DEVELOPMENT. GET HEALTH FIRST. The table in front of her typewriter says GO. GET WELL PERMANENTLY. Tues. GOOD MORNING. Mother's prhase. TAKE A FIRST CLASS BUS. Where is she going?

August 1

NOW IN BOSTON GET A CAB GET ONE GET HELP

Family: LEARNING, MORE ENERGY

GET SEVEN.

SLIPPERS on head, Her father goes to the store GO WITH HIM. She sees slippers. GET WORKING. The left side of her head CLEANSING repeats BIG and ONLY. HIGHER MIND says forehead. Wealth here, dies first. Leave it only. BEST POLICY IS HERE. WORD HUNT. WAIT. INSTEAD in Reka's colors, curved, TRY . Reka is her aunt, they share a room at the summer house. Her mother and father are there also. head: GO THERE DECEMBER IEXPLAIN in father;s colors, hear "be a good girl") BREAKSTONES, (hi) 3 MORE. PEOPLE

D
OO
T
H
I
S

E
A MOTHE FEVER PREVENT CAR ACCIDENT

T
MOTHER SECOND. NEGATIVE.. BE IN CONSTERNATION. Hat says:
O
U
T SAME PUBLISHER, SAME SURFACE. Cover face. Too Hot."Get a damp towel. Wear it out." It writes in the water.

SUN SOON. SEPTEMBER. Take it off. Negatvie written in sand pebbles, the beach is full of little stones, why negative?

BEST POLICE
BEST POLICY

REKA SHE DIES

O
P
P
O
S
I
T
I
O
N

B
E
F
O
R
E

=BEFORE (in stones)
A dog:" LOOK INTO HIS EYES, see

BEST PLEASE

CLEARANCE says head, you are having a sale. DONT. Useless phrases. WHISTLE. Unidentified words, other's thoughts. Reka's thoughts appear on her forehead in blue and pale blonde, her hair and blouse colors. You will find her on the TYPEWRITER. GET IT. upper most. WALK ONLY says the sleeping bag, ONLY FIRST. You arenot using the typewriter, that's what's happening. NOTHING. INSISTENCE..

M
YOU FIRST E
E
T

August 2

A voice: Tomorrow morning hear a woman's voice aloud.

APRICOT JUICE, says Reka's chair, she drinks it. You meet David,

INSISTENCE IS HERE on a 45 degree angle along the floor of his den.

GET IMPORTANT, his father comes, HE IS IMPORTANT. BUY says the tower. HE EXPECTS IT. PERFECTION. Your father wanted perfection.

OVER CRITICAL. Lost confidence. REKA NOW. You overestimate

yourself. Depressed. Too much liquor. HIS PHRASE. NEED LIQUOR SHOES.

KNOW NOT LONG

TONIGHT N IS IMPORTANT

HAVE SOME CHEESE

EAT WITH THEM D

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R

NOT MUCH TIME LEFT BEFORE HE DIES TRY TO UNDERSTAND HIM. THIS

IS IMPORTANT. Reka dies this ^b e WRONG. Her father's

typewriter F ^l glows. CONFUSION i It makes her stomach upset,

gets swollen. CANT HANDLE IT. v CRIES "You can't take it"

Father's ^e N voice. Don;t write anymore. SEND IT BACK TELL MOTHER.

This is CONFIDENTIAL your mother's age MONEY. Father's typewriter:

TAKE A CHANCE, THIS IS IT, DO IT NOW. Best Sept. (Oct) circled.

GET A JOB

EMERGENCY@

GET IT NOW

JOB JANUARY

The typewriter flashes

FRIENDLY

now
REKA hearing

DONT USE IT TONIGHT.

WASTE DO THEM

DISHES
YOUR DISTRESS
IN THE MORNING

RANDOM HOUSE

TYPE NOW DISTRESS IS IMMEDIATE. SHE WANTS IT. BUILD ON IT.

Huge gold dot letters rear up where her father's car is on the vacant lot. Heavy opposition. NO HELP (voice) HELP YOU with the typewriter in the house. Your forehead flashed pink. Lit up words.

August 3

HEADACHE. YOU GET IT SEPT.

Wake to HEAT PROBLEM

Pink halter spell help. Eat problem. No joking. Father is still angry) ^{energy)}

Your knee and stomach become transparent in the intensity of his

or his typewriter's energy. ^{LET IT GO} NOT STRONG. YOU SEE IT. Write

Leon. Hearing (You don't) ILLNESS David has a fever. He doesn't.

S
A
F
E

DON'T WORRY, YOU GET IT. UNAVOIDABLE. CLEANSING. FOREVER says Leon's

wallet. NOT TRUTH. TOO SELDOM. EMERGENCY says shower, GET CLEAN.

FEVER You awake with SHE a sore throat. ^{WRITING} TYPING The typewriter is
UNEMPLOYABLE.

back at father;s office. 100% PURE FOOD. NOT POWERFUL.

COMPLICATED

~~STAY-ILL~~ COUNT ON IT. L ^{E T} TOO SELDOM
GET TRUTHFUL

IN A MINUTE. FATHER:S ^{A H} V U IDEA She delays. Her psychic forces

ENEMIES PREVENT ILLNESS @ ^{E R} S YOU DON'T TRY HARD o om

in Chole bread TOO FAT EAT OUT. Shut her eyes, n
l
y

Hannah

Hatha see purple spot on adrenals, purple and white

stomach. Big blue cloud where she was meditating, doing hatha yoga.
EXERCISE

HELP YOU

Anne's voice DON'T ELP YOU. This came out of her ear

She wakes to: MONEY

Neighbor (hears this word as she types it) COME SHE IS UNEMPLOYABLE

W THIS T SHIRT GIVES YOU A HEADACHE CHANGE IT. NOT NOV IN PROVIDENCE
A SIS

R (on an angle, not on a slant) Wny isn't she STRAIGHT TODAY?

M 8:00 COLOCK says throatis. (inside, at the back of her tongue,

E words appear there) Dream: She sees a neighbor in a blue dress

O and eats oatmeal and peaches with her. ^{Mrs H.} comes over in a

U blue dress, at 8 she is eating oatmeal, but not with ^{Mrs. H.} Dorothy.

H IMPORTANT. Should she have gone to eat at ^{Mrs. H.} Dorothy's? To read her?
invite you.

August 4

She sees her Aunt Reka's astral body sit up while Reka is sleeping.

What is Nirvana? CARTOONS appear on the wall LIT UP. Menstruation.

Tues Morn. Green FIN on toe nail. FEEL IMPORTANT W YOU ARE IDEAL"

She is at the beach. She should be. FEEL O ILL N
necessary G H E
E C
R E
E S

RED on the sun. She gets up to go. LIE DOWN.

Interference. Too many thoughts at the beach.

SCORPIO. ONE MORE SUCCE of succeeds.

Reka. Before. SEVE Her mother is 7-

exercising, mother
being yoga, An astral image of her *self* appears in front, standing, it looks like her but has very short cropped hair. Her inner hearing is

improved when she cut her hair. NOT ENOUGH. IN STYLE. BECOMING.

She seems to be healing out toward the edge. The very far side of

her head, right ear, is not clear, but it's further to the edge'

than it used to be. She's healing from the center out. W appears

at the left of her head but not all of the letters F appear,

negative there isn't enough energy to complete it. She hopes. S She

worries. She wants to go to Vermont; hears don't worry, E to

Connecticut, "to Vermont" in air. There's a seminar N at

Tail of the Tiger but it's a long trip, she wants to go to Satchidananda'

ASHRAM it said in her cup at the retreat. Is her hearing clearing? U

Her real hearing is not as good in her right ear. She doesn't

think that makes a diff in astral hearing. B

words print out of her right ear? Sometimes T O she sees the

words and hears them at the same time. Y CONFIDENCE.

There are not many instructions here but she doesn't follow ALL.

Every night she promises to do it the next day, did she miss a

party tonight because of not following? TELL What would have

happened if she had sat in the yard? A red TUES appears at the

bushes on the way to the beach. Words that go in a figure 8

around a neck are lies.



August 5

REKA DIES

TWO PERIODS. She gets one Monday Morning. Not Tues. FEEL PROBLEM.

BUY ^{buy now} says tower. "Wanting him in on it" SEE 0 25 See mother.

Wrong turn. They get lost. Today was another ^{day she did} FEEL WEEL TUES

not follow instructions. LOST FRI. Carolee writes to ask her

if she can take care of her cat. ^{NO} New Paltz across door.

SEE HIM THURS. Lights dim. Negative is written in pink. light on

her forehead. She has terminal cancer. You get terrified. Siegfried

tripping ^A of following instructions not ordering. She is smoking.

FEEL ^F TERRIFIED. The worrier. MEN NOW ⁿ . Be clearer.

Learning. ^R She cried because she didn't ^g get up when it said

GO WITH HIM on her forehead and if she had gone she would have

been ALONE. 3 0 CLOCK ^E Her head is doing words in funny places

again. WORRY. ^F SELLING. ^b GET DRUNK

^R **CONSENT** HAPPY BIRTHDAY DAY ^e CANADA

^E ^v ^e

Wear the navy blue. WRONG. TOO LONG. SUN SUNDAY

COMPLIMENTS (David GOING ONOW (neg) MONDAY MORNING.

Hollering (hears). Fri. Night. Thurs. in 2 blue sweaters

wear them on tip of tongue, negative says tip of tongue Saturdaynight.

When she drinks her timing is better, less hesitation, less confusion.

Aunt Reka she hears. Confusion. 'MORE NOW'

Potassium. Her mother says let's shop. 'SINCERE' says mother's

forehead. GO SHOPPING her eyes, big letters. her chest and head

light up. She doesn't want to go ^W A . She wants to make love ^R with

^F attract love with on curtain ^M (a no sign) SEXUAL. GET MORE

^E David CLOTHES. She saw SEPT, OCT at the edge of her own desk in NY.

^L Will she be there then? YOUR MOTHER abstraction complete ^F

SEE YOU NOW ^S ^E ^L ^O ^F ^T

August 6

(NOT) CLEAR OCT (NOT) BEFOREHAND. The pink is negative, these words are pink on her forehead. Last night she saw pale green words in light MONDAY NIGHT as if the writing were cut out and the light shone from behind. Are the green positive? She doesn't know. They seemed both. Halfway THROUGH. DIFFICULT. WRITE A LOT. RIGHT CROSS (the energy cross that goes from left hip to right shoulder NOT COMPLETE) COMPLETE@ MUSTARD SHOULD TENSE. The words are bright GREEN she had coffee. Potassium tea made from 2 bunches of parsley FLAT if possible and 1 quart water simmer makes head glow, words easier. WARM EXPLAIN THURS. NOT FREE OF IT. not David Mon Pink T shirt not secure. What does secure mean? Tongue not secure. Thurs. night not secure. Fri. NIGHT D W

R d o FRI.
I a r
OFFENSIVE N y k
K

7:30 WATERGATE says the tower. BUY. She asked Jerry about it, SELL, no land. WELL e in front of neighbor's. M

e p I S T
E LEVISION

8:00 Review of Watergate. PRESENT. Seven, indicted. U

C L Mrs. Dean smiles. U
O E N inherited from Dean's eye. D
L O O G
L N W TROUBLE E
E N
G T
E DAVID'S RI. MISS JERRY MONDAY

'EAT @SUGAR NOW. NOW SUBJECT. TWO NEW ONES. Dean's plea, from his eye

HONEST //// MONEY says Mrs. Dean's eye. NOT LONG F KEEP COMING.
GO WHEN IN. GET CLEAR. MR. PRESIDENT. GET A PRESENT.
I

GO OVER NOW HE'S HOME. not true. Hear 'Fri'a R
l
o
n
e

August 7

FEEL SECRET SERVICE. WEAR HAT, says hat, YOU ARE UNWELCOME HERE.

B
E
S
T

P
E
A
C
H

WELCOME NOW. She sees David Thurs.. NEED HELP

She sits where it says that. WEALTH says the lifeguards

back. Carolee has found someone for Kitch. SMOKE. She

hears little voices, little words, words that printout

of her ear. SEES in a streamer. Some nasty voices were

saying Thanks. TYPE please. She wants to stay at the

beach, go to Conn. a MOTHER? Shewants to live here. Sept. & Oct.

Raining early Sept. Cloudy SELL THE HOUSE. She sees David

Fri. GO OVER NOW, She hears.

She walked, the house said COME on a slant, and then a grey-green

NOW, ugly color she waited, he was working, her head said 10 oclock,

so after a while she got bored waiting for the large pink moon

and went to see David it was just 10. His head said MON NIGHT

WELCOME . His house said BIG DISAPPOINT. WORKIN N fades

She feels a nerve? muscle? spasm down the right side of

her head, shoulder, what for it? CALCIUM. drink milk. SUN MON, IN

in air. HE FEELS IT. DAVID SEPT.

favorite
in pale milky white,
INK ERASER, 2 bottles
have disappeared.

Sat Sun on grass R David Sat Sun

I correct

Say urge. She K says urge. URGENT. What is?your

health secure
development

Secure in vaginal suppositories. EAT. Swim? E

She sees David Sat briefly she istoo tired to talk he is too

tired to stop talking. Hannah hurry. She doesn't understand. Write

more. Her head is fading the INITIATION zap it must be too late

REKA she hears unconfidential. Help me. PROBLEMS says her head.

BE SENSIBLE. DAVID NIGHT. Help them move, go to NY, Conn,

STAY here? Sept. written in green water. What first REKA.SHOULD

she leave her alone over labor day? DIES BE WITH HER. Stay here

another week, Stay here written at GO HOME. It is Aug 19 TOO SOON.

August 8

R REKA Over considerate? She sits on the toilet writing and
E thinking
K GO BACK TO
A

Conn. Today it said GO IN OCTOBER. She has to go to the city,
JOB W
send in teaching application. R MISS HIM. The words are blue,
O
not all the letters appear. N for N NO and RO for romance.
G
HIS BLUE PERIOD. GO DIRECTIONS. A boring day. INVESTIGATE.

Best Dean. DROWN TODAY. A boat is on the rocks. Green HELP? FAST
WEAR P
TUES. NO ONE drowns. She can't get anything WHERE written GO
O
IN Castaneda's book. Should she go to Tail of the Tiger V for
a seminar? red BOOK blue NECESSARY. NEED WEALTH (lifeguard?)

SEPTEMBER, says the phone as her mother discusses her staying
here B
at the beach. ASK ROSEMARY. CITY NOV. E MOVE. AWAKE. SEE SUN.
Mon F
Now a week. @ O NOV 1
LEAV SEE ME R ANSWER
MORE SUBJECT. SEE SUN. WASTE TIME E Mon night on David's

C
head O 'NOW' Hear, Mon. GO VERY SOON. CONNECTICUT. IS very
M
E soon clearer than not now? THIS WEEK. She has her third

N
dream about men but no sex. SEE DAVID O She should call
W
Conn. Conn in air prov but phone says OPEN Mon'Thurs. CALL WED.
S
(They say this as she types, but not E then) SEVERE
X
Go to Prov? Oh good she wants some sex. "Lover secure"

SWIM
says her head in white fuzzy script. Gloves. Shoes. GET THIN NOW.
ONE
Mon night secure. NOW ENOUGH. Where does the now come from? Leon?

TOO SOON. Where does that come from HISTORY. Please don't be funny.
DAVID
BE SURPRISED NOW
OPEN THOUGHT

Last night SELFISH and talked to David too long before he had
an important meeting drank too much LIVER DAMAGE WON'T KILL his
thought very large letters: TOO SOON. She interrupted his evening

her tongue said SMOKE in the colors of his car, she did,
WRONG SELFISH. (Ben Franklin) ^{appears as she types} and all the words stopped being

visible on his head and hers, SMOKE in red. (grass). Smoke appears in
red as she reads it.

August 9

RELAX her forehead is yellow. TROUBLE DISAPPOINTMENT. David's car is yellow he isn't a lover TROUBLE in pink REVERSE. ICE CREAM. She thinks of an affair ONLY GOING she dreamt she left a man for a concert, to stay longer WOMEN at the concert SEX she hasn't had any in so long Jesus WANTED HELP REKA. CHEST SECURE@ HARI OM. If she goes to Conn. she can't help them move. SEE DAVID NOV. CLEAR NOV. His head said TUES WED. NOT THOSE. BUSY NIGHTS. YOU WERE. She is sorry she smoked that ~~fucking~~ interference. She is so tired of things interfering, telling her WHAT NOT to do JUSTIFIED some times she does it. She wasn't going to smoke Monn, THURS. CRIMES she feels rotten Call Connecticut. FRI MORN. SEE CLEARLY NOT A LOVER. DIVORCE PROBLEM. He won't invite her in the house WORRY she keeps him up late. SUGGESTION BEST NOW. What does that do SATCHIDANANDA NOW@ in a wide@. DEVELOPMENT SECURE WRITING TELL HER PHONE FUNNY BATHROOM SELFISH NOT YOU HANNAH PLEASE GO UP BE SERIOUS. She dreams about looking for an apt. Calls Connecticut. Satchidananda there Saturday for Satsang. Leaves Aug 30 returns Oct. GO WEEKEND. BIG MEETING. LEAVE THURS. A day of remorse. THANKSGIVING. She heard "Friday" Should she leave Wed? Her dungarees will be wet. Beach: WED THURS. LEAVE THURS. BIG WEEKEND. David's head said TUES WED, leave Wed? Toe says leave Thurs Fri @ MISS BOSTON (they say that now but not when she wrote it) she left Frid)) THURS says water Satchidananda? THURS. LEAVE BEACH. GO NOW. She wants to swim. "COME" she hears as she puts the August sheet in the typewriter LISTEN she's had interference on typing up August all day. TYPE

M	T	N	LEAVE THURS. MORNING. MISS THURS.	F	T	N
I	H	T		I	H	I
S	U	G		N	U	G
S	R	H		I	R	H
S	S	T		S	S	T
				H		

August 10

Her father's head says GO THURS and hers says FRI MORN. WRONG.

Zap on wrong. Hears 12:30, while doing the dishes. Her brother

passed SEVEN architectural exams at once, her shoe size is SEVEN

her grandmother had SEVEN living children. SUN SUN. MON SUN.

SEE HIM THURS. DAVID. His fence says SEVEN NIGHTS

She hasn't visited the MONEY neighbors. ^{children s}

MISS PEACH. LARITY on head. THIS IS IT. MON. ^e

WRONG NOV. REKA FIRST. Hear "Reka", FAITH ^r

David's eye says TOO SELDOM

^{negative} is that how often he had sex?

She hears his ^t h voice say "dog food" at 7 this morning. FIND OUT.

Was it a shopping ^r e list. SINAI. Call: ^{green} FRI on quilt,

LEAVE THURS MORN. ^{SINAI} e in gas bubbles. CALL ^{Leave} Fri. She is

afraid to call. Yesterday FRANKLIN it said Thurs and today it says

Fri. PLAN. Is this a Franklin Stove? WARM. She is still trying

to decide when to go to Connecticut. She slæps she is tired she needs

help she drank LIVER. THURS POSS. ^W E NOT LONG "DYING" She is confused.

She hears FRI and sees THURS. ^E ^U

THURS by phone. Is this what BEST ^{.....} VISION means? What does MISS

THURS NIGHT MEAN? Where? FRI on tongue. CHAN E is that a C or G

on her head. Confusion. She wants to cry. GO AHEAD. COME. THURS in

water. Ridiculous LEAVE THURS on an angle by door. THURS in water.

FRI in orange ^{cover} of the material SHE COMES written at the retreat.

THEY HEAR YOU. ^{ALL OF THEM} Who does she hear? She is obsessing. Her signals

are too many. She doesn't believe too many on head. THURS NIGHT

at top of head large SEE ME letters who is me? DAVID it didn't

say that then. BEST IDEA on top of father's head. CONFLICT. BELIEVE

in father's colors ^{YOUR OWN} on her arm. Difficult Thurs. @ She doesn't

feel well, she drank too much. Is ME David or Satchidananda? There are

more Thursdays than Fris. Is hearing more reliable than seeing. WRONG.

THURS says phone in water. Hears DAVID.

August 11

It said WED THURS on lifeguards chair, lousy weather WED. It said
MON TUES on whitefence. ^{SELFISH} Too much. She resents she thinks her
forehead. She wasn't selfish said David he didn't THURS NIGHT mind
she kept him up it wasn't late @ GRANDMA she feels guilty now her
family is moving home PRACTICAL they say they don't need her
help she wants to stay here at the beach house. She is confused.
Should she go Thurs, see OR FRI hear FEEL TOMORROW. She tends to
believe the hearing more than the vision partly because Fri. was the
first answer COMPLETE NOW mother's voice says Friday ^C She's
getting embarrassed and self conscious COMPULSIVE ^M writing this
decision. She thought the water was a negative, ^N her head
^{FART} said FRI MORN. CHANCE says phone in red. "Dont ^O
MISUSE POWER it says as she types it. FEEL FUNNY to call about ^W worry"
Fri. She should go tomorrow ^{WRONG} and be safe 'safe' COME THURS
the little dots over words are negative says the setting sun.
Maybe it's not possible GET REST. FRI ACCEPT YOU says phone,
she calls and makes a reservation for Fri. Satchidananda is there
as she speaks. She can feel the energy over the phone. ^{DIARY} LOW
ENERGY FIELD says her bedroom. HE KNOWS SHE listened to the voices
instead of what she saw. SIMPLER appears out of ear. They could
meet her on the 1:30 bus Thursday hear FRIDAY but she is not ready
to take it now. After she hung up it said MISS BEST IDEA. SUN WRONG.
BE HAPPY. Is this sunshine on Sunday? Negative pull on Sunday.
Life is disgusting. When she reads this again she will be unhappy
because of all the Leave Thurs she didn't obey. THURS says the lamp
shade and she feels a push-pull she interprets as negative. BEST
FEEL. She doesn't always feel the difference between a u ^{s s} LEAVE TUES
She isn't there yet and it's telling her when (not) to leave. ^{t n}
Why doesn't she feel more? DESCRIB in red said the lampshade
so she is. ONE says the phone. Hearing clearing. **NEXT LIFE.**

August 12

David's head said TUES WED and she saw him Tues but not Wed. Feeling.
 She didn't want to and he wasn;t there. CURTAIN. The white mesh u
 curtains over the window shade are negative. The problem is not f
 the ruffles. Too much energy. Dust? CREAM. DISEASE NOW f l e d
 In Curtain. She feels better. She realizes she D I E F R O M I T
 has been feeling bad since she ate meat, and drank.
 MEAT TUES in pink on her head. Negative. GO NOW in
 curtain on her tongue. SHOW UP in pink on her tongue.
 The tip of her tongue OFFENSIVE white colored lies. The
 curtain isn't sold and the window shade has a hole in it. tongue
 Call. IN AN HOUR says phone, see 3. In an hour CROSS REFERENCE
 is during lunch ' call during lunch'. She calls to SAFE HERE
 arrive in Putnam instead of the other town, easier to be picked up.
 Curtain on tongue. OPEN WINDOW. Gets high from call. HAPPY
 Bright images, energy NO CALL says water "call from Putnam"
 MOVE EARLY, LAND NOW WEALTH. LEAVE YOU says police car. 4 nights
 on tongue. She will stay REKA 3 and return Mon or 5 and return T L O O N G
 Wed/ MORE OFTEN She eats ice cream. MORE NOW. IMAGINATION S
 ice cream
 When she met David it said LOVER on her forehead so strong P R
 she thought it might be an opposition. It was in pink I
 IMAGINATION. Success, a picture of David's groin. SCREEN N
 in pink. She sees her door in NY;GO HOME. Thurs she is at
 BEAUTIFUL beach. The awful Southern Comfort Jaundice color
 isn't around today E R HEARD YOU. EYE CONTACT. Much confusion
 as she packs. PACK WELL. u s ONE. TOO HOT. Explain well keep
 TELL YOU. CANCEL. f f leave there MEET in red blanket.
 e s TAKE BLUE
 r u
 take blue it says now but not when n she wrote it. She
 repackes. She goes. NOT A LOVER. big WRONG. ONE. Hears 3
 chance
 Mother's Birthday, PLANNING A PARTY. SEE SILVER FOR YOUR BACK.

August 13

(LOCK IT. THE DOOR. It is.) It ought to say DR. Silver so she knows it's not the color or the metal. SLEEPY explain enough. She's sleepy a lot. CONTEST UNFINISHED. The one her father invented for newspaper subscription no one won TOO DIFFICULT. She wants to sleep with David. ERECTION in pink . MENTAL INVALID

She doesn't know which t shirt to wear w c BASIC BROWN
Brown is the college here. T O e l CONFERENCE
Call NY and find out when O a o r t h e s

C
A LOVE NOV
S
U B
A R
L E
L A
O K
V W
E I
T

SATISFACTION

A bring H CALL CALIFORNIA. W
F I T I says the form at the
A T N ashram; NONSENSE appears
I G
R She dreams about men with desire
but no sex. She dreams about a
RAINING bathroom with bright lights
she tries SUNDAY MONDAY to turn off, they
get brighter finally the switch says
DUMMY. The man has a bed she wants
to go to bed with him he pours water
on it. David wants a water bed, his
bathroom has HEAT LAMP she wants to
make love PROVIDENCE

Special abilities:
At the Ashram
everyone has their
hair cropped short the
'heavy now' way she
saw herself in her
astral image. She was
heavy in that image.
She's overweight.
THYROID.
DOCUMENT NO MORE

SEE WELL f u
a well with water^se

Fissure liver pressure
WRONG
X RAY
WORK

August 14

When she got to the Ashram Friday she discovered everyone was going to Boston to hear Satchidananda speak, if she had gotten there Thurs. she could have gone. Go to the bathroom he is communicating. Blood pressure. Friday Reka, pee now, she pees o 'EAT' She is confused by EATS and drinks. EAT JUICE. Satchidananda's face appears on her notebook. WORRY h e OPENING. Small "terrible" in a spiral over opening. WRITE a v EXPLAIN DAVID. She is at Satchidananda's ashram his face y true appeared on the house, it's a newspaper image face in black and white VILLAGE VOICE ad. MISS LUNCH EAT TOMORROW. She isn;t hungry. TOO MUCH CONFUSION. EAT LUNCH. She eats lunch. SIT HERE. She talks to someone about the 2 ways of the mind, do it and don't do it; He says you can't always feel it. EAT BRUNCH. SHE LEAVES. GO WITH HER. She doesn;t. Her stomach hurts, much gas. REST. MORE NOW. Her tummy T SHIRT S E GET IT. The envelope with the material about the retreat. HE COMES EARLY, BELIVE. GO IN NOW a flash of jaundice color parsley tea on GO IN NOW. BE OBSTINATE L Satchidananda is at Satsang Saturday night E A HEAL PROVIDENCE UPSET. She gives him the retreat transcript. V E "Poetry" he asks. KEEP CALM. BE UPSET. He tells her you T U can't always get all the information at once. She asked E S WED him about "don't worry" she heard it in his voice, but it stopped being his voice after she mentioned it to him. TELL IT POWERFUL His presence heals her, she is sitting close and much of the gas pain goes away. MISS REKA CONFUSION. TIRED. LOW ENER They are going to a fair. She hears" LEAVE AT 4:30". HEALING says stomach. INTELLIGENT FOOD WRONG. 4.00 early meditation GET UP says forehead in light. DO IT NOW. SNOW. Writing e b i GET IT ALL s e t a

August 15

Her head has gone haywire NOW says light as she approaches meditation room. TRY IT ONCE. DON'T DO IT. "necessary" YOU NEED SLEEP

"answer" ^e a Hear "Bastrika" (a breathing exercise) money, raining. ^r 'DISEASE' says Satchidananda's head. PROVIDENCEw THURS. SANCTUARY. ^y GETS BETTER WED in **Tiny** letters.. Rhyme. TV ^r o

Right ear don't worry. He tells her in the morning ⁿ g

SNEEZES VACA her head doesn;t finish the words REMEMBERIT ALL.

^{PAY} She can't always TROUBLES SOMETHING. She tells Satchidananda get strong TOMORROW

she burps a lot and he says gas. HELP.INSIDE? in the color of honey.

OUT in red, she goes inside andsets the table. Eats a small piece of lettuce "blessed" by Satchidananda, feels the energy increase

immediately, sees and hears "feel the difference"! Head clearer,

more confident, hearing and seeing same. GO HOME WED NITE ^b e says yogurt in back of throat. That would get her home for ^l i mother's

birthday. LEAVE TUES in pink on edge of tongue, 2 nega ^e v tives. ^e

Herstomach is getting better THIN whistlc she has yogurt twice

a day WE EAT FRUIT. IGNORE says knee she decides to sit still during meditation hour and half legs in agony half lotus STAND ON IT right one

relaxed but kneew weak her body started trembling and sucking in air,

she got hot she made grimaces with her face which she realizedwas

part of her body but she didn't move her legs. PLEASANT. POWERFUL ^{easy}

Satchid^{da}anda got on a horse that bolted. Red DESTROY. Does David

miss her? expect her Mon WORRY. The words that appear in pinkish

gold when she has her eyes closed are NEGATIVES. It said GO HOME

SUN but she didn't ^e believe it. IMPORTANT DISCUSSION. TELL TRUTH

Someone mentioned Yogananda and someone else was sick for three years

she hopes she won't be sick more. ^E L FEEL SURE OF YOURSELF

^S W
^E R
O
N
G

August 16

HE FEELS SURE negative. It rains Mon aft. WRONG. Now she knows why it said RAINCOAT and leave Tues in pink. Prov is in the same pink but she BEACH how does she get there - circled: Wed night here. CALL HIM a HIM NEGATIVE. GO FROM PUTNAM. Indefinite pronouns must be negative, as him, them, her. Move Wed, Fri. 10 SURE. hear first, circled. L CLOUDY (hears). SECOND NOW). She pictures David's A R house, FEEL SURE, TOO LONG. she is nervous, doesn't E know when to leave, picks her toenail. 'MOVING' 'SACRIFICE SUN t NIGHT' T DRINK MILK in robe color. 'SEE HIM NOW'

WRONG DECISION. GO WELL. MISS TELEPHONE CALL 7 0 CLOCK.

HE COMES TUES MORN. R 11-12. The ashram is a big house with large grounds, peaceful, morning meditation at 6, hatha, morning beverage, tea or juice or hot milk, people work at jobs or around the place til lunch, VEGETARIAN, great cooks, meditation before lunch and in the evening. Fruit for supper. Guests She couldn't eat raw food they gave her yogurt, homemade.

Satchidananda was there Sat. HEALING POWER night for Satsang, Sunday they went to the fair, TONGUE CLEAR, he handed her a chocolate TONGUE, the tip lit up in bright reddish glow, opposite. She thought of David the first two days she was there but had no Tues.: GO HOME. In the evening Satchidananda came for Satsang again. LEAVE WED. There was much confusion about when she should leave. IMPOR. She wanted to see Satchidananda as much

as possible, his presence heads. BOSTON. Leave Tues. Leave W^d. GET UNDRESSED. Wrong. LEAVE REKA Sacrifice REKA David GO NOW BOSTON wrong

August 17

LEAVE. She has tea. TAKE A SHOWER. MISS INFORMATION. TAKE A HOUSE IN THE COURT. SHOWER. "WRONG" GO HOM." COLLATE NOW.

She sits outside GO NOW in girls colors, she is directed to door, girl is collating, needs help, NO WORDS. GO IN THE KITCHEN, she helps get the floor set, they sit cross legged. All of these directions are on her forehead in the air. When she left someone remarked how silent she had been. "MISS MICHAEL DAVID"

OPEN HOUSE. ^{wrong} HESITATE. NEED YOU KEEP A DIARY. LEAVE IMMEDIATELY ^N O
contradictions. ^{David now} MISFORTUNE T TUES WED FUNNY H WRONG COLLATE. ^{W 12}
I PEOPLE YOUR thoughts E U
N It says NO on the door S
E sweater
S leading to collating. GO IN NOW FOR COLLATING. She goes in,
T there's no more work. SIT IN THE SUN. The words COLLATE
SELFISH

NOW appeared between an open door and the jamb, not trustworthy.

home a friend, circled. She didn't need the sweater. The Satchidananda words WRONG COLLATE were large and yellow and appeared in the air.

The words GO IN FOR COLLATING NOW appeared across the steps where she was sitting NEGATIVE. The word appears in black and white of a house, not this one. This house has a red roof.

Hear his schedule. PLEASE BE CONTENT. She feels happy here and doesn't WED NITE feel like leaving. Her stomach is calming down. ^{twice}

She sees this before she writes it in the blue pen on white paper.

The people here ^{wrong} SOUP are celibate....WRONG appears across her vagina, she has been getting messages there lately, the last one was a red PROV. which she interprets as no lover there. The black and white picture of Satchidananda appeared on her own SATURDAY face. ^{F C T} I I L RED HOUSE appears on yellow dandelion. ^{D F U} as she thinks. RUSH

OF David. STAY OVER FRIDAY. This word she hears and it appears large across the trees. NAUGHTY NAUGHTY. COME TRUE.

August 18

Hears and sees LAUGHGRAPEFRUIT GET SOME...DAVID hears

and sees the word in blue on the page NAUGHTY E E

COMES FROM ERECT in black and white on

R R
A E E
S C
E T

HARVARD
brother's school

dandelion. ERECTION in grass, block

letters, on forehead. DISCOVERY SHE SLEEPS WRONG PANTS.

" GO IN A HURRY" W GO in light flash COMMENT big green letters
across the trees. E Yards long. WELL she feels good. GETTING
petticoat

WELL. S I TWILIGHT. The least interference happens

in D S HAPPIER David's house. She wrote HAPPY but as

she typed it she saw HAPPIER. Leave at 4:55 she hears, and 4:55 WED

5:50 appears in the tree branches. CALL at 5:50 . Days ago

when she wrote the ~~sch~~edule TIMING (bus) REKA in her notebook

M she walked into this ENVIOUS mansion with marble floors and

I S coveted the typewriter. Write discovery. She wins. This
S cook

appears in the bushes. Sleep now. Sleeping. Sleeping appears

T M across the trees. GO INSIDE go now S LE in dining room

B E tile colors. GOOD MORNING. E She sets the table.

O W set in air. WRONGSays door P NECESSARY WORK NOW.

R I WRITE BIG BUSINESS. ENOUGH TIME @ in black and white.

W E R Please explain black and write
white

HEAR THURS. MORN. TRANCE. What does that mean. She never goes into

a trance. YOU. UNCONSIIOUS.O TRANSLATE. TYPE. GO IN UNCONSIIOUS.

WORK LATE. GOOD WORK says R K yogurt bowl. RECEIVING ORDERS.

LAKE MENTAL

She can't plan, she confuses her own thought words with orders. The

orders are necessary to accomplish what KITCHEN HELP needs to be done -

MENTAL CONTROL. HELP OTHERS. She should be there at the right

time FOLLOW. Mystery, negative, use a minus, left side.

little

Aug 19

PROVIDENCE

THIS WEEK. 4 O CLOCK. She is napping, MAKE GO INSIDE on her forehead as she wakes abruptly. She is sleepy doesn't want to can't get up. BIG LOVE. GO IN THE MORNING in colors of Castaneda's last MARRY HIM PROV book WEALTH. NOT LONG NOW BIG LOVE AFFAIR. OUGHT across her vagina. Annoyed at being awakened to GO INSIDE withoug knowing why. At 4:45 she gets up goes in GET NOTEBOOK. She almost didn't have time to set the table, pay for her stay, she can't do ORDERS both at once, PAY THE TABLE. MISS DAVID THURS NIGHT. Sneezes HORSES DIFFICULT DISCUSSION) IN THE HOUSE. HE DRIVES YOU. See weekend BIG SUPPER NOV FORGET TUES. Satchidananda comes to Satsang Tues. night 3 TIMES She's seen him GOOD RECORD. BIG SUPPER. SUFFER. FRIENDLY PLACE PEACE She eats watermelon NO MILK 'SNEEZE NOW' TELEPHONE. NEED to call, ^{SEE DAVID} decides to call ^{quick} beach NOT HOME says phone. SHOULD CALL zap, SHOULD lights up on wrist, negative. SNEEZE IMPORTANT. "Wear white" NO she has on a blue T shirt h it says SNOW under the right armpit. CHOOSE says the doorknob of t the closet in NEGATIVE color. HOT ENOUGH says white & pink shirt. OPPOSITION. GO HOME LEAVE WED AFTERNOON she sees as she ^{tooheavy} cheerful ^{LITERARY} types this now but not then, it's what she did RIDE AVAILABLE Satchidananda came to lunch Wed noon She goes into dining room, wants to sit near him, Hears a clear even toned woman's voice say LEAVE ONE PLACE, she doesn't and has to get up and move further away, guests expected. She LISTEN is pissed off at herself if she had left one place she would have been nearer MORE POWER LEAVE THE TABLE. WALK ARO says phone. She starts to burp again the minute she is ready to leave the Ashram, Wed aft., just in time to get some presents for her mother's birthday. She worries what the bus will say on it! PROVIDENCE appears on her forehead in the gray and white of the bus sign, just as it is on the bus when it appears 10 minutes later.

86PT1

TYPE

HOPE FOR YOU. I wonder if the ^{HAPPY} ~~IP~~ ^{SELF} projections are all from my
mind. If so why so much opposition. The only time they were
quiet was when I was talking to David. FEEL. MILK. ^O hear & see.
This is always terrific ^{terrible} ~~HEM~~ calmly finishing a meal ^U T it tells her
~~me~~ to go out. It must be Reka who interrupts. MISS NERVOUS
INDIGESTION. BECOME ONE . BEST LOVE. ~~BE~~ Concentrate ^D E on
David feel the pressure in his temples. "wish dead" on forehead.
BRANDY. POISON. FIELD THEORY. In yard: LEAVE. GO in grass
color. GO OUT. LEAVE. This is awful. CITY BEST. BEFORE 6:30
BEFORE 7. EAT HERE. REKA IS IMPORTANT. ^{POWER} S
Diane's voice: HELP ME. CALL HER MOTHER. ^U C Meditating: Hear
be thou consecrated. Who is that. BE THOU ^t ^C SILENT.
MIS BEST. POWER IS AN ENEMY. DRINK YOUR ^h ^E ^S
get a job. HERE. BE SILENT. ^D I ^r ^a ^p ^y ^S ^F ^U ^L ^L ^I ^F ^E
MILK FORGIVEN across water image. ^S ^G ^U
Help yourself enoug) around neck. ^S ^T
FORGIVEN at beach. Didn't ^w ^A sim enough ? Hear Reka in circle.
BEST SWEM TOO COLD. I can barely see the words. Mother hasn't
forgiven father. best bleach circle. WASH PANTS. BEST PERMANENT
MOTHER COMPLETE. TELL EVERYTHING. SUFFER. FORGIVEN. ^{wig now} COINCIDENCE.
GO BEFORE SUN. SEE HIM MON. RENEWING. GO HOME. TONIGHT. ^{GO OUT}
GO OUTSIDE. It/s raining. Please telephone him. GO SUN, says
the wall. TONIGHT says head. GO FRI says head but it's wet, doesn't
make sense. Stomach bad at home, with parents. AUNT. ~~WEST~~
DECISION. SEE HIM SUN. GO SUN. FORGIVE FRI NIGHT. KEEP. TELL. ^{GO OUT}
GO ON. GET NEWS. "FEEL WELL" KEEP ^{WELL NOW} ^{FORGIVE}
RIGHT LUNG. GO OUTISDE. ^L ^U NEWS CO ^U ^O ^Y
GO. GO OUT. ^U ^O

Going crazy. "feal well" parents confuse you. Don't know if
I'm sick, grey purne. **CHEST**

Sept 1

G
O
I
N
G

O
U
T

AGE 81 74 (aunt's age) reka
more angel

GO ON
papers on strike

red REHABILITATE along
the nerve in neck and
shoulder.

USE
money

MOTHER DIES FIRST
shit: A BIG ONE
OM: PLEASE BE SILENT
OM SHANTI-PEACE
POETRY
MON NIGHT SAT FEEL
SURE
CLEAR ENOUGH
TOO SHORT reverse

ENJOY E
TOO^{no} A
S
Y

T Y P E

FRI END TELL ALL Leon: absolutely, dear, prefer
LESS INSURANCE TELL ALL PEOPLE
NO GOOD GO FOR BREAKFAST

M I
I M
L P
E L
E

The little words started at
the sides of my head again
PLEASE GO MAD across the teacup
MILK TUES. MILK THURS. These
are the days FAMILY kosher eats
milk meals.

LIVE LONG
MONEY IS IN IT ^{hearing} (drawer
with wallet)

USE HIS MONEY NO
L
A
S
T
L
O
N
G
E
N
O
U
G
H
(\$4)
TRY IT

T
E
M
P
L
USE IT GET MORE

News, Sinai: WIN IT

REAL LOVE
B
E
S
T
S
W
I
M

INSIST. lifeguard: snail bacteria
WATER POLLUTION. ivy like pimples

SCRITCH H
R O
better people N new england
D E
Y

GOOD LOVE
'INTERESTED" l
3:30h el not
e ao now
a vv
r ee
DAVID'S HOUSE

CAPRICORN STUBBORN
M HUSBAND
O
TOMORROW R HAP I
N 10 OCL N

go so go

Hear Reka: WRONG TELEPHONE

"INTERESTED" W
2:30 GO IN E
n E
dies o K
w

RETURN.

KITCHEN BEFORE HE EATS
GOOD LUCK
NEED FOOD
MISS HIM 7 OCLOCK

hear own voice say HUNGRY
in many mind voices

MOON IS RETROGRADE

satisfaction in dreams:

TRUE SOFT

1. unknown
2. riding horse following
Ted Berrigan H T
E A
S T
3. placement of I E bed
4. MORE REKA
5. sex
6. talking to women

HEAVY says scale

m
i
s
s

PEE OFF says toilet

BRUSH says toothbrush

COMPLETE YET: shoulder

doesn't HERE in the dream she
telephone, she has sex instead
IMPORTANT

"continue": hip

TOO MUCH SUN

GOOD IDEA
BED
SHOWER a yell "now"
40
SEE OFF

she leaves

the house the room the words

DON't WORRY
HE IS IN IT - thought of
John Perreault

it is hot she mops REKA she
now

sees a voice say clean the house

HIS VOICE
LEAVE THE HOUSE

house

PEE OFF

After her successful dreams ^w r b she feels free to pee and

brush her teeth SHOWER

now YELL TYPE GO WASH

concentrate TOO OPEN says back of throat

WORDS: FEEL SURE WALK NO OFF NO LOVE

ON OFF LOVE ANOTHER FRUIT DISOBEY

TRANSPARENT IN THE OFFICE S

FEEL SURE

INTELLIGENT

SEE HIM 1

DAVID e

DISOBEY v

she goes in and rings bell SLEEPING says head as he answers the door

and why didn't YELL tell her before.

CLOSE ENOUGH

TOO CLOSE

TOO SOON

erase

TOO OFTEN

TOO ETC any TOO is an opposite

"obscure" "resist" SECOND

NOW SECOND RENT CONTROL HIT CONFERENCE

success

MOVE OPEN

F
E
N
C
H (didn't find it)
NEED FUN

TOO MUCH, bang head

TOO MUCH SUN

GO SOON MUCH TO DO IMPORTANT CRISES
prices

INSTITUTE SECOND
TOO SOON

consumer buy second hand 3rd vertebrae

10 GET IT 'NOW' w b

NOW A SECOND ONE

SCRITCH ITCH

SEE HIM NOW

BECOME A ONE

NOW A SECOND

TOO SURE

FEEL DOSSING FOR IT

THE NEWS: TV
immediate says
face of commentator

confess out of eye
of prisoner

S H
H O
O R
E T
S S

w b
i r
n i
t g
e h
r t

BECOME A ONE
 NOW A SECOND
 TOO SURE
 NOW ONE O CLOCK
 IN THE LIVING ROOM
 IN A SECOND
 two
 NOW A ONE
 monday
 ONE MORN
 COME SUNDAY GO
 POVERTY ON
 GOOD MORNING
 MOTORMAN
 WE'VE STARTED ^{morn} TUES
 FOLKS BETTE DAVIS WED
 NO ONE
 DAVE SURE NO WHEN
 LATE GO ON H
 GO WHEN IN E N
 NOW MOVE
 ONE SECOND ONE O CLOCK

NOW ONE Truth, the opposite of truth
 If she could always feel the differenc
 read
 fifth center, chakra, choice between
 good and evil - to her truth or David lies
 SURE
 GUM SHOES
 thick soles
 as in heaven this is it NEWSBOYS
 The truth is smoother stomach
 a voice, the right: the lies pull
 on the left side HARMONY
 smoother in skin color? tan
 or too light GET DARK The lies
 are sharper, a small explosion
 sort of a whistle, a whistle is
 stop, a whistle stop.
 Words appear across the television
 GET UP BEFORE 11 O CLOCK

O
 B
 J
 E
 C

MALE CHAUVINIST
 EAT

P
 O
 S
 I
 T
 I
 V
 E

T EAT ENOUGH EMPHASIS

BEST WISHES

NOW WHEN

HEMOROIDS THOUGHT CONTROL

VISIT l t
 m o h
 i c u
 l k r
 k s

10 OCLOCK INTELLIGENT

CLOCK

ALONE

miss
 DAVID FREE

CURTAINS

F
 O
 L
 K
 S

55

GO
FRI END

'DAVID FRIEND'

GO HOME EARL
mother's end of table

'TELL'

FRI END

'TELL SURE'

i
m
p
r
o
v
i
d
e
n
t
P
R
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E
L
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RETURN

GO SOON weeks later she sees
this on his head

PROVIDENT
TELL YOU EN
RENT (neighbor's house"

BIG i
m
p
r
o
v
e
m
e
n
t
T
O
O
L
O
N
G
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COME BACK

CALL VAL

L
E
A
S
E
E
f
u
s
e

RETURN

'SEE NOW" GET IT ALL
come Hilde

MOTH
EAT OUT NOW
EAT OUTING GO HOME
useful) e
now) r
l

GO ON OUT
SETTLEMENT
NO MONEY
6 O CLOCK
BRIGHT
COMMITMENT
GO ON OUT

M
I
S
S
D
A
V
I
D

mother's side:
all this time she thought

large image of skunk outside

go home meant for her to
to to NY, not eat out, her
head was making a big improve-
ment it was house improvements
her mother isn't going out

David feeds his dog Hilde at 6 o'clock,
is separated, his a bright orange light,
wants sex with no committment, go on
out is for the dog, is he thinking of
a settlement for his wife perhaps he
has no money, his friend rents a house
next door

large image of skunk outside

DECEMBER PROPERTY LONESOME ROSE VOLVO ROSE

DAVID SURE OF YOUR
RESPONSE

f
f
e
n
d

QUARREL

HAPPY BIRTH

F
FRIER
I
MSEE
E N
D
SEE
N
ALOUD

hear it on radio (third ear) see it at 45 degree angle

B
U
S
I
N
E
S
S

LEON FALL
H
E
R
E
GO HOME
'VERY SURE'

coming

M
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DAVID

TV FOREIGN
FORGIVEN

GRAND ST

smell disguise
EAT WELL

F
O
R
G
I
V
E
N
S
U
R
E

lunch

she sees david
before he goes
away fri end

s
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b
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b
e
seendavid
s
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r
e

TOO SHORT NOT YOUNG STAY YOUNG SATURDAY STAY

THIRTY

DAVID'S AGE

Not a love affair, no sex. They want her to her. H

TROUBLE they interfere with

editing) E shy? GET AN EDITOR O
necessary) S prefer W

NICE BE PRESENTABLE TELEVISION GET ONE

IN THIS WINT READ ONE IMPOSSIBLE color)circled
necessary)

DESCRIBE YOURSELF
PROJECT

5'2 113 see 110 she must wear a petticoat LOSE 3 lbs love
MORE
ANGRY

They tell her to talk longer to her mother after she has already
said goodbye. It's always after she does (OK not always IMPORTANT)
sometimes they tell her to do the OPPOSITE. Life is a drag she'd

like to commit suicide I BODY a BEST DISGUISE EAT FRUIT

She can't digest ^{raw} fruit JUST GETTING IT She wants go to bed circled
STOP

TIME

They are in control STRUGGLE LEAVE she can't go to bed if they don't

want HURT her to she is angry depressedd oh the NEWS she has
a pain in her PREGNANT she hasn't made love FEB what a drag

BORED NOW SHE LIKES WRITE eat now OVERCOME 10. No news on 10.

This station e r MARS INTRUSION on ten. GO NOW

They don't want me to go to bed SNOW IN PROV. HEAR SPEED LIMIT
INSIDE

Hear: RIGHT OUT TV on in the morning TRY mother

MASTURBATE R "INSIGHT NOW" CLEAR FATH... DAVID

WONDERFUL I E COUNTRY IS IN IT @CLEAR NOW@

NOW HELP

FIGHT
Anonymous phone call to mother, she's carrying on with the man
next door E David u 'of himself' Tell him? 'NOW' When NEVER I
EXPLAIN says ulcer e she's going crazy with all the
TELEPH negatives. She talks to him over the hedge, the fence, visits
TOUCH. They don't. Don't trust incomplete words, orange words,
kitchen light, mother. DAVID TUES. "TUES" TUES across the door
means don't go out Tues. Flash on don't. Don't use the front
door tues? 'WRONG' Use the backdoor and avoid snooper. NO
FIRST OPEN HIM E e event now. Hear Martha's voice say
'come here" and v "drink your milk" 'NOV'.e Reka has fever.
6:30 L 'USE' cheese t 'conspicuous' d 'DISGUISE'
TELL HIM HOW OLD 'LEAVE e THURS' FEEL OLD-SECURE ENOUGH HAWIFE
DISOBEY F OUT FRONT-FRONT h OFFICE-REKA 'FIRST'-'FRUIT' A
David's O mother is at his u house, hear 'getting heavy' A
she has T headaches. NEW E Sheer marmaladed "BEST BED" or H
'BEDSIDE' BED ALONE

GOOD NIGHT

LEAVE

ALPHABET

NIGHT PERSON

The third Thursday she missed a GO, ruled by Jupiter, in
opposition to her sun "he who rules the opposing forces rules
himself" Bacteria poison on her write hand hear SIGNAL .

This is the first time she's heard that word/ @keep writing

Big energy increase.n

FLAVOR PHONY WELL PAPRIKA EAT THE CORN THIRD STREET
cat third

LIVE ALONE @ money

Should she move e kitty? MEOW

e BELIEVE
p

BEST SUCCESS WED BIG LOVE

ONE LOVE

YOUR BRACKET

STONES

She finds seven stones, one for each, concentrates on them, words appear.

HANNAH

HANNAH	TELL IT ALL	K	W	BEST
E		R	O	HEALING
A	NO ON OFF	O	R	
L		W	S	
G	ISOLATED	ME	H	
O			I	
			P	

BARRY	ISOLATED	PLEASE
NO	O	S
	W	I
T	ISOLATED	M
O		
G	PAY	
E		
T		KEEP
H	SELL	
E	LOFT	
R		

DAVID	GO TELL EVERYTHING		
	BIG NO	TRIES TOO HARD	J
			U
B	P	PRIDE	S
R	E		T
I	O	BIG OM SHANTI	
D	P		I
E	L		M
	E		P

LEON	BIG PRESENT	LEON	TRY	SEE ME ALIVE		NOONE
				'PUBLISH'		
	sure					H
	"MONEY"			TWO MORE		E
						A
						V
						Y

REKA DIES
MOTHER 'collapse now'
FATHER 'father first'

Things are CLOSE getting worse the spirits are worse no peace
 at all smach worse if she's in it says GO OUT if she's out it says
 GO INSIDE. SEE HER and SEE HERE. ^{refuse} See Reka She told her
 age to a neighbor, got resistance, when she said it the neighbor's
 eye said BEST ECONOMY NOW, things flew off her right shoulder,
 skin colored, with words she can't remember, on them. Editing
 early material is (necessary) "She isn't in it,,, see her now"
 (impossible)
 Her hearing is better she heard "CHERRY & WEBBS" what does
 she need ^C L H GO HOME TO NY She prefers to stay ~~at~~ the
^{O E} beach RELAX
^{T R} house. PURPLE AND GREEN: NOT ENERGIZED.
^H THIS IS ^E HANNAH big words straight across the eyes.
^S GET ABRA says he GET A BRA says her right tit

meal in a pouch, meal in a grouch^S tell it all
 psychic forces make her cry once a day, words not complete
 BARRY thoughts not complete, sentences not complete, book not
 complete. get dressed. Interruption. She wishes she could
 burn it she wishes she'd never started to read the voices aren't ^T R
 ANGER OK they help a little they ^{C L} don't come in colors or ^U E
 directions just tones. ^{H R} She hates psychic forces
 The only laugh today ^{Y N N} S I O is BIG LOFT. Why? SO MANY OF US.
 DRINK MILK CRAZY. they're driving her. HER FIRST MEETING
 ALONE

GO ALONE GET POPULAR (in clear, is this Reka's voice)
 GO ALONE says her right arm in skin color, is she too tan or not
 tan enough WHITE PERSON. DESCRIBE YOURSELF. It was Martha's ^T R
 voice that said Cherry's. Her mother ^U mention age two ^S T
 years out of her eye - to be read in the negative. The words
 that come out of eyes or on angles ^{pretty enough} what does she do about
 pretty enough, is it her? kitty, who? Her hair is short and
 curly she stopped seeing cut enough after she cut her hair,

her shorts CRY ENOUGH

TELL IT ALL YOUR FAMILY HISTORY. Father: HEART ATTACK
 is 69. His brother died last week. She didn't go **hurry**
 to the funeral she didn't understand BELIEVE the words
 listen about going GO NOW to the funeral she didn't have a dress.
 TELL IT ALL. Her forehead says POWERFUL. BARRY PLEASE SEE HIM
 Hear MARRY. Light on MARRY. Once she thought sheought to
 marry Barry becasue it rhymed. She ran outside had a terrible
 pain in her stomach it swelled up GAS BE DISAPPOINTED BEST THURS
 BIG EVENT. She smells funny her ^{SUN}mother'sroom smells funny she
 smelled the same funny smell two years ago cleansing her grand
 mother smelled this funny smell EATING MEAT. DEOD says half
 of VAGINA, BEST WASH. Maybe the smell is OLD PEOPLE

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H
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DESCRIBE YOUR DAY DESCRIBE IT ALL "ALL"
 TIME
 BREAKFAST
 P
A
R
F
A
I
T
 BEST DRESS
 GET HOME
 BELIEVE
 CHANGE ADDRESS
 YOUR HOME
 BIG OFFICE IS IN IT

SEE THOUGHT WRITE IT NOW. The thoughts are not all her own
 OPEN MIND they are thoughts of neighbors friends family people
 who pass by they seem to be thoughts that connect to her own
 thoughts, feelings, GRATITUDE. She worries if she isn't grateful
 enough but to whom and for what the word appeared first in
 Satchidananda's presence, is she not grateful, or is she to find
 someone with that word in his MOUTH ^M Her whole I life is
 a puzzle finding people **!NOW!** LISTEN to ^S
 figure be happy natural feel it (BE OBVIOUS) OUT she ^R Y goes
 on the porch KEEP TYPING REKA why the interruption all day
 the spirits drive her mad from MEDITATE the moment she gets up.

SUNDAY

Exercise. DONT. Coffee. DONT. Pants. DONT. SHORTS s
 wear these (circled) on pink t shirt & blouse e
 Put on blue t shirt: objection. OUTSIDE. She h
 doesn't want this. "SCREAM OUT LOUD" She goes outside. i
 WALK RUN D She goes to the beach walk run lie in the sun. m
 BEST FRE S H MILK. HEALTHIER S Back from beach, see a u
 friend and get some milk SEE U G get milk, burp . PROFIT. r
 EAT ANOTHY ANOTHER says the R bread. She puts another slice s
 in the toaster NO. She takes it Rout. This is crazy. This
 goes on all the time. She gets no's E on O tea, milk, sank
 she had coffee, better for hearing, bad for F stomach, LIVER
 CLEAN. MILK pain. BE HARPIER. HA. She E had a dream
 about Barry T WE WERE AT ARM'S length. SUGAR FREE across the
 coffee cup F N CHEW Eating 2nd half of 2nd piece of toast MUCH
 DISOBEDIENCE I D Fairly quiet during meal. TALK SUNDAY GOING
 OUT FRI. David H S is going out to dinner Friday. WEIRD. DRINK
 MORE OFTEN a satisfying dream she didn't listen to any spirits
 and stayed in David's house all day while he was away LEFT OUT TELL
 broth mistress
 HIM NOW LOGICAL. She felt left out. She wishes LONG he would
 take her to dinner Friday. She washes 2 t shirts LONELY
 SHORTS she didn't wash . She wants to go to the beach A in the
 t shirt. USE. crazy if they don/t like these what C
 do the mothers want no no no CALL. She puts on the bathing H
 suit. They don't like the pants they don't like the towel
 the beach blanket she wanted to wash her hair they said NO
 she bangs her head on the wall it's no use she doesn't know
 what they want her to do what difference does it make if she ONCE
 takes a towel or blanket to the beach. SEE HIM it says now
 as she types but not then. They don't want her to go to the
 beach oh god she wishes she were dead BREATHE.

W
R
O
N
G

No freedom. She washed her pink t shirt ^{necess)} blue) hear David she
once heard him say ~~can~~ Hilde her t shirt smelled all she
has is this used tie die t shirt she got free THEY don't like
it USEFUL TO YOU she supposes she doesn't hear with it she got
it at the Mahareshi's free store right now she's typing they
want her to outside and HEAR. USING IT PROPER. They are
using her.

S
U
P
P
O
S
E

USE
in tie die t shirt it's faded so it has a hole what's wrong
with it pink and blue no wonder she's getting an ulcer she
didn't bring pants to change into after swimming cold "NOA"
because she gotwiggles and oppositions WARM they don't like
her to use underwear to swim in NAVY blue FORGOT kleenex hayfever
she blows her nose in the towel she sure would be pissed
if she had to use the blanket so much
for AUNT REKA what does HOWIE mean? D How can she relax get
well WORK ON THE BOOK instead O CALL THELMA she has
a typewriter. TYPING says right arm in red glow. MUSCLE SPASM
RELAX PEACE says the used free tie dye t shirt in the sky.
CLOTHES DESCRIBE THEM shorts, used \$1, dungarees used
new blue mens t shirt, new pink women's t shirt, Leon's
deep blue t shirt, Noa's white pants, from Barry, 40's blouse,
pajama top 40's blouse, new clothes from Cherry's: blouse,
sweater, free men's cashmere used, HALTERS, new, Cherry's her
family AFFAIR paid for them AFFORD new clothes herself. BRIGHT
red long sleeve shirt family paid they said not a spiritual victory
tight BRA she doesn't wear one but has been getting GET A BRA. or
USEFUL in tie dye t shirt across sun. She's glad she
masturbated with her left hand the right one has poison ivy.
Muslin used pants, halter top, reindeer sweater she's getting
bored with this list the bathing suit is an old one of mother's.

O
F
F
E
R

CLEARANCE

r
y

DESCRIBE A STOR (more) INTENSE

She goes to the shopping center, two choices, Chell's
a small store EXPEN with Columbo yogurt or the big super
market. BEST CHELL'S and as she goes in a red N but she goes
in anyway perhaps she should use skim milk yogurt YES
It sad BEST COLUMBO the other night she thoughtT they meant
the mystery movie she prefers Macmillan & Wife. BREAKSTONES

has a plain skim milk yogurt. Anyway she goes into Chell's
with father which is confusing gets a lot of interference
USE in blueberry jam and borscht. She gets both uses the jam
not the borscht. No fresh spinach, in string beans with almonds
COOKED SQUASH FROZEN she hates cooking needs vegetables. USE.

NEED pink prefer WORSE
Her stomach swells up when she goes in a store it hurts.
She wishes she knew what to do instead of exercise WALK
but she likes Hatha yoga. Young Hannah Hatha in a @ circle
It relaxes her spine brings the energy to head sometimes it
hurts her stomach. So does walking. ISOLATED WRITE ELSE

THIS BOOK BOOK ONE USEFUL. Doesn't make sense.
MI lk in red. Not hearing.
TIME ENOUGH in sky clouds Scream: TIME OUT y y n RELAX
GO BEFORE 5 O CLOCK. Hear DAVID STAY NOW
house F h W e
O o I l
R YOUNG u GO WELLN l
E s D
e O
W

Close eyes: see David's door, and orange OPEN in front of it.
Orange letters are OPPOSITION. Too many words. Walk. Tell him
dream, take his dog he goes to work PRETTY, if she had gone when
it said STAY NOW she would have had more time TALKING. Hears
his voice say "here Hilde". BEST BUY says Hilde's forehead.

DOG

BEST CREAM says her chest. CHICKEN OUT. Go to the phone, feel
the opposition, don't call 'home now' circled

SHORTS Hilde sits on her lap GO IN. Get
notebook. GO OUT in kitchen chair and light COMING
BES FRIEN says Hilde's head
MISS PLEASURE BESTSGOGINSIDE as she dries her hair

in the sun on the porch circled WINOUT. 600 CLOCK. It;s time
for Hilde's supper. GO OUT 'WIN' (DOG SHOW) TOO SOON. SHE
put on long pants took them off put on shorts COLD OUT more energy
in shorts WEAR she sees wear as she types this wear what when.

ON long pants again socks GO ON if she's in it says GO OUT
if she's out it says GO IN DOG VOICE. No peace.
STAND. She was peaceful on the porch. GETS COLDER EAT

SOMETHING WIN NOW in dog's hair color on her forehead a
ABC SPECIAL TU TURN IT ON UNDERSTAND BIG MIS

UNDERSTAND 10 CBS SPECIAL (hear)
PLEASE RUN. coffee, milk. Goofed didn't follow. NO
GO SOON as David leaves the house. "more coffee"

GO ON HILDE. GO ON MILK says his house. 'WRONG' RETURN.
GO SOON "ask" David for milk? TOO MUCH MILK

Radcliffe, BA MAGNA Eng. Lit PROUD CLASS 'SEX THIS YEAR'

INSIDE

BIG LEAVE

LEAVE OUT

PLEASE

IN

NEED LOVE on tongue (opposition)

TASTE ENO milk sour NOTICE
(shedidn't)

A lot of opposition words appear PLASTIC CONTAINER for dry skim milk
skim in air. EAT FRESH. RUN BIG SEPTEMBER

pink
words
on
forehead

RUN

HOME RUN

DO EVERYTHING

NOW YOUNG

USE SICK LEAVE COINCIDENCE

When David drove in she could feel his energy green NOW on toe FEEL

COLD. She experienced this energy as more tension on her tense neck and shoulder. REKA she calls home to see if Reka is feeling better

interrupts she no need to call INTERRUPTION Reka hasn't figured Reka's voice yet.

David: WELL OFF SATURDAY COINCIDENCE

sex energy circled

MORE MILK ENEMY MORE COINCIDENCE Was that an ad it went on

forever thought it was the program IT WAS DRINK MILK MUCOUS

All this time she was being plagued with drink milk

AUGUST Beulah had told her not to drink milk but it's

PETTICOAT now ULCER 52° but don't feel it headache COLD OUT

HEAD FIRST, HEAD HURT GO HOME MON? Hear Marty's voice call her

name LISTEN TO VOICES...PAST TEN YEARS DESCRIBE THEM.

DIVORCED. NO TIP RUN ENEMY

Designing underwear, APT. HOUSE-NOW IN BARRINGTON RI appears

on tv in the same type face between the credits. Doubted,

and then saw YOU SAW IT. Sneeze SLEEP IN THIS ROOM over

bedroom door, saw it in her mind. SLEEP IN THIS ROOM (tv)

Mother's room: "BEST UNDRRESS, FEAR ALSO, BEST WARM,

BE GRATEFUL." PLEASURE says liver in dark liver color.

MARRY she feels energetic now took off the tie dye t shirt & put on the blue one, she sees clearer in it her stomach relaxes.

She wore it at the Ashram, ^{dis that} how it got it's energy?

CALL THE DENTIST GET AN APPOINTMENT ^{too long l} e s e APPT
r e a s e GET SHOES

Her stomach is ^{THIS WEEK} swollen the same PERSON happened yesterday

BEFORE 5 0 CLOCK RELEASE SIT OUTSIDE FIRST OFFICER GO SOON

GO SOON ENOUGH FIRST INTERFERENCE ISSHERP these words come up to the fence and fence

there's no room for the E.

DAVID NOW HOME big words across the living room, he isn't.

W YOUR MOTHER NOT NOW Wanted to call mother but got
E t
L interference e MOTHER USE Is her energy field good for her
L l e good mother

E E
E M
R
F F
O
p h o n e
need interference

How does she get rid of this interference. She hears mother's voice "SIS" in a tearful way TWO D "COMING" T

I N

T H E E N V E L O P E

PREGNANT

who

Her mother and aunt are coming she's worried they're late because she heard the tearful voice

'CAR' here they are. TOO MUCH MONEY "KEEP" on check

KEEP WRITING FEEL OLD HER GROUP THERAPY JAN.

WISDO says mother's forehead. Fresh air. Jam. SEE HIM

STAY IN THE HOUSE GLAD RUN SEE HIM TONIGHT INSIGHT ONE

HURRY MAIL IT TOMORROW

10 years ago she was living near but not in the village CIVILIZED
doorman EXPENSIVE CLOTHES 9-5 career BIG JOB going to East
Hampton in the summer skiing winters working for the ~~re Form~~
democratic club Marty Berger president GET SLEEP. Where?
IN THE BEDROOM. The minute she starts there's interference.
get undressed.

L	'GET A CHEST COLD'	Y
U		O
N		U P
G		N E
S	WIN	GG R
	I	S
N	N	P
O	T	NOW I COLD
W	H	R
	I R	EE
	S O	
	O	
	SEVERE	M ILLNESS
SLEEP IN IT		
COMPLAIN		

She doesn't know if this refers to her or it's her mother's
room talking - her mother had pneumonia twice CAREFUL was very
ill. Whenever she sleeps in someone else's bed she gets their
thoughts her mother worries about her health. Watching TV
BIG COINCIDENCE GO OUT GETTING IT ALL across
the front of her nose BIG RETURN OFF PLEASE
COME INSIDE GET PANTS on the screen: K sees: OK
on the screen: A sees: OK

GOES TO SLEEP

She wakes to the words GO TO PROV. 'NOW HELP' in kitchen bulb.
'kitchen now' MOTHER IS ILL R Did she catch Reka's fever?
CALL THEM She dreams mother N is OK and Reka is OK, she's
shopping with mother to buy a present for Reka. Call: they're OK.
Anxiety. MOTHER'S ROOM. DRINK MORE COFFEE. MORE INTELLIGENT.
More milk, more calcim, no cramps for period. COFFEE
LISTEN
KEEP

TELEPATHY

HANNAH says theradio

New Jersey

free him Tues

ON

WISH

RECOVER

ON

GO

300
his salary

J J MITCH

Dentist: FRI MORN TOOTHACHE SEE HIM FRI AFT. CALL BEFORE

THURS MORN. Call get an apt. Fri. morn. See whitish outline

of David's side by the fence where we talked. TOO MUCH SILVER

NOT ENOUGH GO. CONFERENCE JUDITH. Call, conference Oct 27 on

healing. Jack's words: COMPLICATED. Listen to Band album

see GOOD SHOW rhymes with song, see @ best game, rhymes with fame.

JUDITH said ^{WOOD} OUT the publicity yet for the conference what do you

say the word? ^{CONFERENCE} has been hanging around in my bedroom and today

there was a pale blanket blue JUDITH printed across the sun.

So it isn't warm ^{WARM} she likes to wrap herself in it and meditate

in David's SUN yard before it sets. The red one she used at

the Ashram glows. 'DECIDE' in the yellow and orange colors

of the clothes at the Ashram. ^{see him} WHY CAN'T SHE SEE DAVID Jack is here

David won't invite me in alone she feels like 11:30
FORTUNE

TIME FOR SECOND Alone she doesn't burp. PRETTY GET CLOTHES

did she really see that, a weak thought ^{SEX} THOUGHT TRANSFERENCE in

skin color. 'DESCRIBE' HEAR DAVID TONIGHT 9 OCLOCK. All she

ever hears him say is "here Hilde". OCTOBER SUNSHINE TELL ALL

First she saw MISS OCTOBER SUNSHINE, talking to Noa she was

going to stay here "2 MONTHS" printed across bed . Stay here in

air but here she is. NEW YORK in throat ^F CALL ROSE .

Get information on CAPS grant ^D ^A ^L

b i
e s d e
t a

V
I
D

FULL FRONT

A picture of me. GO INSIDE. FEEL WELL TOMORROW across throat. 'MILK'
MUCOUS. Bette go home - a voice. PLEASE LISTEN, INTELLIGENT - NOW
RIDE - Leon's T shirt: a rush, GO OUT. It's hot out, swim? FEBRUARY
NO. in front: HEAD COLDS: BEST GO IN 'COLD FIRST says throat.
Take off halter, t shirt, dungarees, WOULD HAVE RUN' hear "bathing
suit" HOT not complete thought, not hearing well. Why are all the
NOTS left out. GET SOME SUN. Something wrong: 'COLD' 'going out'
says throat GET SOME SUN. She leaves. GO HOME. She goes home.
GET SOME SUN. She goes toward the beach. GO HOME. She lies in the
front yard, she's going crazy what "happens at 3:30" why not beach?
why not swim? Go to David's yard? wrong choice. GO ON.
In David's yard. FEEL. It feels funny, heavy, opposition? NO in blue
blanket. NOT NOW. TELE in orange. At 3:25 she leaves the house
again WALK to beach. GET A RIDE. See Mrs. R. Ask her for a ride
to dentist? GETTING SICK. She could have been on the beach and seen
SWIM there. FIRST POLICE OFFICER. Meditating in
David's yard, hear: car, sees a vision of black car, hears a car,
opens eyes, it's a police car. Later black car comes by. TIME FOR
SECOND. She doesn't know what the second one is. FATHER. She wishes
it would tell her more. USE IT. Yesterday she stayed til she
froze and nothing happened WIN. Nuts on psychic forces. She
wishes she were normal, nothing she does is right, depressed, she
goes crazy waiting for 3:30. DRINK, STAY SOBER NOW. Too cold
to swim. "FIRST PERSON" she cries YOUR CHOICE says water she
can't use I it's a game she doesn't know the rules SURPRISE she
is supposed to be objective. Why did she have to leave the yard?
beach necessary circled. She's a prisoner and she wishes, she
wishes she were a banana instead. She's tired of half
knowing, 3:30 what, where waste time, wandering around, can't relax
ENJOY

BOREDOM

She hasn't had any fun since she met those fucking forces so she gets us mad SEE JOHN 'WRONG' BEST, SIT HERE in David;s yard. 'CROWN' 'BELIEVE IN IT' John has a psychic connection to a friend, BELIEVE. She was crying because, she was at the beach and should have been talking to him, he glows, he's interested in ESP - RE GET THE RIGHT INFORMATION NOW, on a slant. FRI NITE STAY TOO LONG NOW MORE COMFORT. She was rally happy when she got up til she went through all those 3:30 changes, what the fuck was wrong with David's yard, SEE JOHN, her day is mapped out but she doesn't see the map, one clue at a time, she goes around in circles like a dog ready to shit until she lands at the right place at the prescribed time. If she could only use the inbetween time properly instead of getting upset. It seems foolish IT ISN'T to meditate. John's presence is all over me GO. Concentrate on David, see fluff on his side, blue SEE by stomach where it hurts. Doesn't heal with people? She doesn't burp when she's alone. telev Monday. A SIT FOR AN HOUR. Hear Martha's voice: TELL HIM YOUR AGE . 45 Minutes later it;s cold she wants to watch the sunset, goes to fence, GO it says. She hesitates, WATCH the sunset, MISS THE PARTY. it says as she types 'LISTEN' popped off her forehead she figures thats an negative she stays, sees David's car JUST GONE TURN AROUND her head said when he blew his horn , she didn't she doesn't know what to listen to. She didn't FEEL him, SPEAK, GO ON said sun, SEE him. Walking in yard, GO IN, she goes to her house GO OUTSIDE. She doesn't understand what's happening. 'STAYING HOME'/ Who isn't? ME. She feels bad, EAT STEAK. Why can't she watch the Wed. night Mystery Movie? It isn't on. GO ON. WRONG NOTICE) DAY NO) She's upset it won't let her watch TV her stomach is swollen.

C
O
N
F
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D
E
N
T

GO where? GO ON says head. This feels awful. She doesn't
know which is THOUGHT HERS OPEN MIND. It doesn't want her
to wear shoes but it's cold in slippers. HOUSE IMPORTANT. David's
house used to be a gambling casino for the big red mansion. The
house says WINDOW, WIN OUTSIDE REka interrupted again
the house says BEST DEAL, DAY, BESQ 'CHOICE' BE OBVIOUS, WIN
ALL THE TIME, GAMING TABLE, WIN IT ALL, TELL IT ALL TV. Cancer.

PREVENTABLE. JUICES. Is this true? TELL HIM ALL
BE OBVIOUS NOW
OPPOSE

Shesees cards at the window of the breakfast ROOM P MISUSE TV NOW

BEST GO LOSING REFUSE WIN
W O N
E F E R

B
E
S
T
D
E
C
I
S
I
O
N

HANNAH TELEPHONE GO GO HOME
GO TO NY

W
I
N
N

'WINNING ALL THE GAME'

E R Mother's

At dinner it said GO HOME THURS. She has a dentist appt.
Friday in Providence how can she go to NY? She goes to her parent's
home Thurs. WIN IN PROV. FEEL SECURE. 'WINNING' OBSCURE WOMAN.

PAPRIKA. ^{Mrs. H.} ~~Dorothy~~ uses paprika on the chicken. Best Gl David's
house, his Coast Guard Hat: TELEPHONE. RENT NOV. ^{or} i a

She tried to avoid David, passed his yard just as he was going
out told him she tried to avoid him no time TALK so we spent 3
hrs. FEEL SURE. WIN about the house, told him her age he may
go to Mass. FEEL. She wishes she had seen the apt. here, ENJOY HIM
obvious

TALK FIRST, she gets energy from him can't sleep after she

sees him. THURSDAY. WIN BE COMFORTABLE RUG, BROTHER
sleep outside

READ THE PAPER. no paper here, MILK THURS says the milk carton

WIN OUT. RELAX BRAIN says milk carton. Eat jam, hear "elevator"

RECORD ENOUGH, see this in big words of kitchen table and light .

MO
MORE MILK

PETTICOAT

SHIP
enough

'wearing them'

NOW ONE ON

drowning, she thinks she was once a ship's DARLING, responsible for men drowning at sea, she wonders where the guilt comes from, is it true? are the people she meets men from that ship, or was it a lighthouse Ellen once suggested she MARRY had been a lighthouse keeper in the north, did SIGNALS wrong, a ship SAFE on the rocks REMEMBER any past lives.

WEARING THEM

appears out in front of her head, an opposition. They say she's petticoat HELL telling it well some words like HELL appear on the page, leaving blank spaces TANKS Sometimes other words appear and sometimes she fills in the spaces herself. She wishes she had a typewriter BORROW David was going to get her one - Thelma's selling) now) she isn't. GIVING IT in orange and yellow words that appear ANX in orange, partial anxiety? CALL ROSE, she's home, been trying to reach her. David's light on WINDOW. GO OUT NOW in orange light in front of her, not on head level, she goes out door says orange NO, porch door orange NO, which does she follow, the GO OUT NOW or the NO. OBVIOUS. She didn't hesitate she went over he is unpacking car JEALOUS COME NOW in orange letters at right angles to his door.

TYPE

She's "CONFIDENT" should she be there, HILDE "go Hilde" David's voice TRANSPARENT GO she keeps worrying when she should. A lot of words she sees are words she should edit from her first ms. The words are way ahead of her. STEAK. She took some out of the freezer, not hungry MAY. Hear's her voice "not hungry" h 9:45 work enou, if she a n overdoes anything the words are d k oppositions, eat too much, heavy, e r climb, run too much, sun too c h much, fear anxiety all throw the woe words into f opposition. DULARITY. Can she call it evil? it gets her into doing wrong things, at the wrong time,

HEL

CONFI she can't always recognize the opposition. ition appears off the page. They tell her she can't feel the difference, another trial, that's a trip on her head, FEEL BAD she feels that often enough.

Language should be clear by itself, she shouldn't have to feel if a word is reverse or not. She doesn't want ^E N book enough, opposition.

DISCREDIT said head once, psychic forces? ^E M She'd like it to be all ^I TELL truth, she thought it would be easier ^E S that way FRANKLIN, Ben or

a stove? Or a third? ^{FUN} DONT WORRY in huge letters over the typewriter thinking about this book fuck if it's not godly maybe its literature.

Everytime she hears DONT WORRY she wants to cry she worries MEY she'll go to a Meyer Baba place when she returns to NY it's hissslogan she

can never figure out why people suggest things they DON't want you to do, the word ^{ELECTROGRAM} gets in your head, not the negative, and starts

operating. She thought THEORY ~~is~~ ~~this~~ ~~why~~ ~~she~~ ~~is~~ ~~having~~ ~~PROBLEM~~ with negatives? The forces don't use don't. Meyer Baba says

BE HAPPY, DON'T WORRY. Now be happy is a positive thought, and starts the happy cycle, but worry just starts don't repeat. Once there was

a cat in Woodstock sitting on the table, and she mentalled to it: GET OFF THE TABLE, it didn't, then she ^{FUNNY} ~~mentalled~~ ^{THOUGHT}, GET ON THE FLOOR,

and it did, so she figured you had to give ^{positive} directions about the thing to be done. ^w NYr LatNotntooemany people here at FRONT.

Half words are appearing, ^O N tonight WASTE, ONLY ONE, TWO WORDS. At David's worryng about ^E LL leaving, playing with Hilde, GO SOON,

on throat, GO HOM on door David says he's taking a nap ^S E, it says GO OUT. ^E SEPT

GO OUT

She sees and writes these then looks at the door OPEN to see if it really means GO OUT or if it's an opposition. Door says nothing

but OPEN means the opposite. She's going to get up and appraoch door., nothing stops ^w r ME at front door, porch door says GO OUT across jamb

which is an ^O n opposition. She doesn't feel an opposition, so ^g

FAVOR

525

She goes out, feels an opposition as she leaves the yard and goes toward David's, she looks back at her house, GO ON says her forehead, she walks by David's house ^{C O M} says front door and 10... "INSIST" says Jack's house she comes home it's 10 o'clock MILK. ^E ^{too much} drink MILK ^{WED} circled. Please be careful ^{WISH} say the pages ^{WASH} too set as she flips them WRITE A LOT she's alone here GET WELL. HOT OUT TOMORROW BE GOOD GO OUT. It's 11, is that a serious GO OUT it was the electric ^{help} cord. ^B GO OUT INSIDE. David is in Jack's house, GO IN NOW. ^{GLAD} INSIDE ^r across the door as she left in pink (neg.). She doesn't ⁱ feel welcome ^{WISDOM N} before, rejoice, she went to Jack's house describe ^{I N} because ^{T O} it said DON'T WASTE TIME as she hesitated. David ^E ^I and Jack look a little OBVIOUS ^{JEWISH} ^{COME FRO} no she looked

INTELLIGENT flashed on her head which she felt as opposition, weird there, she thinks the psychic forces YOU ARE overdoing it, David said REPUBLICAN Jack thought it strange she came over without an invitation, she must like Dave she's there ALL THE TIME when he's there, and she said DAVID Jack's there whenever she is. ^{WED} MORE DO IT NOW HOP 3:30. She hopped on one foot talking ^{INVITE} he didn't into his house ^{cold} GET BERNADETTE YELLOW FOODS Bernadette's grandfather died call her decide 3:30. Not getting ^{WHEN COLD} clearly enough. DAVID REPUBLICAN in red van, ^R ^E ^K is this an opposition she doesn't think he is. ^{CAN'T HANDLE IT} GET BRANDY VIS ^A said the quilt and JEW the shirt she's Jewish what are these half words. Her full maiden HAF ^{name} initials for half. Hannah Adelle. breakfast. NEW LOVER Hear January. NEW MEN is she keeping her hair short? ^{FIRST PRIZE. PROJECT. NEPHEW.} Her brother is an architect won a prize designing project for elderly in Nantucket, opposition to building it from Ted Kennedy. ^{NEWS} HALF over HAF. ^{WASH IT.} WEAR SA OR "FINISHED" across top of coffee cup, why does she enjoy life with a cup of coffee. OPEN THOU. STREET LEVE. COME IN OUT NOT INTELLIGENT as she sit circled down. FULL FRONT.

TOO MUCH SUN

MON. P 1

WORDS USEFUL. I see them everywhere, but the most reliable ones appear on my forehead. I show them in capitals.

Everytime I sit down at the typewriter I hear WEAR A PETTICOAT.
^{wonderful}

I should take off my dungarees and put on RUTH (hear my aunt's voice she isn't here call my mother's name). A sweater I saw at the store appears on my forehead in the word petticoat

USEFUL ^{now} pretty. The words in red, on a slant, and the ones that

^{no} read down are to be read in the negative. Seeing the MASTER sweater on my head makes me want to buy it, "hearing aid"

(my astral hearing isn't too good). "Buy it" appears in air,

a negative - I figured that out because the air isn't clean

enough. I try it on FIT WELL doesn't look good brings words

to my head I thought it was for hearing EXPEN didn't buy it.

Got a red scarf and saw a green WIN on its edge. ^{useful} If the sweater

was useful why wasn't I supposed to buy it? CONFUSION. I

can't tell the suggestions from the reverse. From the ceiling"

a bright light, large words, ~~HEAR~~; SEE THE PROJECT TOMORROW.

Also a large MISS ME comes sharply down from the ceiling.

On the phone my mother across the ^{secret} table ^{worry} talking to me I hear

her voice amplified through the phone. Only part of her phrase.

Alice says there's always tension in the house. When there is my

stomach blows up. WEAR A PETTICOAT. Alice doesn't in my

parent's house, thick wool rug, too hot she walked by, a smell.

INTERCOURSE appears on my forehead. If I don't get to the

beach today I'll just GET A SHOT' FRIDAY. GET SKIM MILK.

I try it, gassy. COMPLICATED. B12 SHOT. I wonder how many

times I've been on the phone and others have heard my voice

or thoughts. SECRET. PROGRAM

MON p2

At the Beach.

Put on a straw hat: read inside the crown: (I can see the words inside the crown even though I'm wearing it)

NOT NOW SUN

I wish to do the right thing

WEAR THIS PETTICOAT

GO OUTSIDE

SEE HIM RUN

F
O
O

L (words on a slant are to be read in the negative)

Door bell rings, Reka answers it, I feel I've got mail from

Raymond in NY, then I see R F E C

R
E
P
BES RAYMOND @ just as pleased

in a curlycue spiral

represented by @ and the

word twice circled. It is mail from Raymond and I hold the envelope terrific energy, alugh, glad he is in my apt. HE IS TOO. I see these words on the typewriter, above the keyboard, and type them in.

TOO LONG

RAYMOND why is there no t on perfec on bes? Are you telling

DRINK

me not to T. The words that appear in capitals are the words I see.

Also the words with @. I took off my bra and my new 'husband' petticoat'

and I still feel like my mother. MARRYING and HONEYMOON appear

in the color of posached eggs on my forehead. Is someone getting

married? I'M NOT. (heard) GO OVER. I sat on the lawn in

OPEN

my father's chair and felt like my father. GO NOW IN THE MORNING

USEFUL petticoat says my forehead. COMPLAIN says the typewriter.

HOME ALONE. I'm eating poached eggs.

Mon. 9/18 p3

DON'T

I think of visiting ^{DAVID} next door. PLEASED COME OVER NOW

FELLS off my head
FEEL SECLUDED

PREFER ALONE.

GO.

SEE
I hesitate - LEAVE IMMEDIATELY across the bedroom door (words that appear across openings are negatives) NEED SLEEP. See his eyes. getting it now in a curve above eyes. GO OVER. I lay down. OUT. I go to ^{DAVID}'s who COME early tells me to write more. Transference. sitting on the lawn she saw her father's image on her, her face felt like his she TYPE felt his depression, the words on the side of her head went wacky again.

LIVE LON leave out the last letter? FEEL SURE. GOOD SHO something not complete. I'm using the radio. INCOMPLETE.

DEVELOPMENT)

EGO TRIP) comes out of my eye. G time yet. CONFESS

What's the matter with you I say to the radio GO TO SLEEP.

Trying to sleep in mother's room. NIGHT LIGHT. Left DAVID

a note in car about typewriter - unpleasant evening DYING. This TOO MUCH

word appears here. Who is? Well thanks a lot its terrific to think someone is dying and you dont know who or when who in air.. Feeling like mother again, put on blue T shirt and sweater OWN IMAGE don't like that either. "GET A HEADACHE. RIGHT EAR NOW WELL" " " are oppositions.

TUES. 9/19

I wake as ^{DAVID} drives off. His face appears on mine "angry" and "prefer note" appear on forehead in red & negatives. NEV Losing letters. Right ear fine, left temple congested. Big red PREFER on plate for toast, on butter. Red is opposition. USING IT across cup.

TUES. 9/18 pl

I hear DRINK MILK. It's 8:15. ^{FUN} said get up at 8 and work -
the muffler on his car made sure of that ENJOY IT by the butter.
Decided to let my body do what it petticoat wanted today a lot
of flashes on the raisin bread. COFFEE. I have ^{ABRACADABRA} sanku. PETTICOAT.
PLEASE USE IT. Am I supposed to buy a dress to go over the petticoat?
Are people wearing petticoats again - can I get a design job in NY
WRONG NOW. HE in blue boots and 2 pr of dungarees that are in my
NY apt. ^R Stay here or go ^B O. Managed to sleep in mother's
bed ^F U without ^R R feeling ill. Bright yellow
(hear) ^S E glow. ^O W Resistance to milk. "hear the
NEWS program". Im happy to be at the beach. cloudy. WEATHER IMPORTANT
in faint prefer sun now. Who are my enemies? Milk in coffee.
SUGGESTED across the opening of the cup. EVERY MORNING I throw
out at least 1 cup of coffee, coffee and sanku, sanku alone, with
or without milk, or tea, because it isn't "suggested" - that's
7 choices to make - for it to make - before I can ^m drink. That milk
is written in very faint white letters. These ^l k started last
night - I saw cream on my image in the bedroom, on littlefinger.
Saw ^{du?} 's image in his house. USE YOUR ENER across cup. Don't
drink black coffee? My stomach rebels at the thought. ^{BLACK} PREFER MILK.
Prefer is a negative. Negative in a glow of orangelight on my
forehead. Wouldn't it be wonderful if prefer meant pfer and
not the opposite. But it's often in red, and on a slant.
OK I have to throw out the sanku/milk, put more water in the
kettle SEE CLEAR want my body to behappy never mind my head.
for one day ^{ENJOY} ~~please~~ FINISH. The sentences aren't COMP
not complete. HEAD CONGESTION written in pale milk. CONSTIPATED
MILK across bathroom door opening. No openings. Don't open people ^{purple}.

That's how I love the old oak tree. FEEL SILLY NOW.

16 years younger should I omit the stuff in circles.

They changed, got fainter, NO MILK began to think they weren't oppositions any more. PREFER SUN "GO OVER TO SEE JERRY NOW"@

I test it, Jerry's not there. PREFER PROV. it says, and WIN.

Haven't found the source of WIN yet, it's a negative.

The words outside my head are getting faint. TURN THE WATER OFF said my forehead clearly in the colors of Jerry's apt.

An opposition, since I don't want him to turn the water from the well off while I'm still here. "TOO LONG" The old oak

tree, the old oak tree, how I love the old oak tree, BELIEVE CONCENTRATE

ON ME says the 3rd chakra, center. It's the center located just below the navel. NO Red "PREFER" on AM radio. GET HEAD

in TV colors on my forehead. Prefer 10-12 B Words that read down are negative. Sometimes they E F appear right

on the page and I type them in where I see R them. E on 6 and hear

Prefer 1012 meat stations 10-12 so I turn The Lord's Prayer". forgive) "DONE"

	h					
	e					
	a					
n		v				
o		e				
w		n				

Hear "help me" as I type this. EVERYt time I say the Lord's Prayer I get a correction: heaven scent, thy kindgom come we will be one, deliverme from England, INSIST BREAD (depends on my diet.) PRAY.

LISTEN @DOING IT RIGHT" CALL. Mr. D's name appears in TV screen color across the front door, he doesn't come in.

Flying Nun/ "Prefer nun". Prffer is negative. YOUR THOUGHT appears on forehead.

TUES p3

SUMMER OFF. more coffee now OVERSTIMUALTE across the cup.
My dungarees smell. REMOTE CONTROL
SEX THEORY. I'm getting the things

I can't do and the rest is up to me, like it said beige TUES
about coming here and it rained. WEATHER. DOUBT in radio
color. Negative signal on "Agnew is about to resign"

SECRET KNOWL across radio dial. WEAR A PETTICOAT. If I
hear that one more, I bet there's not an underwear job
on the market. BELIEVE. SECOND NOW. "FIRST BOOK ON THE
SUBJECT" "CLASSIC" in chair and table color (a negative)

Jesus I feel awful I've farted around for 3 years with this
material and haven't published it yet.

DAVID told me to start working

on the book, not to keep
GET FAMOUS
it to myself. "GET DEPRESSED"
ANOTHER
Whose publishing. "DOUBLEDAY"

j L
o O
b b N
e G
s n
t o
e w
nergy

Is there another book on open thought, another book in air.

FIRST ENEMY. these words out in front of head and on telephone.

JOB MARKET. I designed myself out of ladies underwear, I
did it for years but they finally didn't need me at my last job,
not enough design, I get negatives on designing. WELL ENOUGH.

HOWIE. Hear his voice say Hannah ~~Wainer~~ Howard ~~Seltanoff~~

was my first chiropractor. I never called him Howie. I feel
pushed back at certain times today, like I can't go through a
space, or I'm talking to Mrs. R INVITE and feel pushed into my chair.

I was doing the dishes and heard GO very loud so I went out
and saw GO on her house so I went in, assuming that the matching
go's meant go there, or here. I've complained that I get GO

TUES P 4

GO OUT

with no where. After a while it says GO again but it took
 me a while to say goodbye, F E no for her to say goodbye.
 I go home. David has left I N the typewriter. I see big
 orange GO IN NOW beside his M U house so I goin. I'm
 wondering why it said go when I could have stayed and been
 here when he brought the typewriter. MIS PLACE here ME.
 I'm in bed thinking of this and my head lights up with a
 very clear GO OUT NOW. I'm angry what who the fuckis in my
 head tellingme GO OUT NOW I feel invaded possessed furious
 SEE YOURSELF. INVASION says head. I should really getdressed
 INSIST
 go out its crazy, HELPING says forehead how do I get rid
 of my head. That GO OUT NOW must be David's dog's thoughts.
 So I get dressed go out I don't want to miss anything, see The words
 NEWS -- PUBLISH (the paper is on strike) fart and realize
 if I don't pull the shades down whoever is on the road NAKED.

HELP

ENOUGH HEAD. This appears
 at the middle of my forehead
 and goes out to the right,
 in the colors of the typewriter.

ENOUGH on head in colors
 of wall. I'm at my parent's
 summer home using a rented

FORE HEAD

electric, alone. I used to see a lot of confused little words
 on my head but after I went to Satchidananda's retreat he it
 straightened it out so I see big words, clearly. I used to
 see little picturesometimes but now only words, ENEMY
 on my head on
 in the air,

WED 9/19 P 1

PREFER OCT said Jerry's head, OPEN his right ear (cotton in it)
GET HIS NUMBER. I did. PREFERNOV. SILENCE. Best Issue.

@First publish. FIRST SECURE. FEEL SECURE in milk and butter.

"HEAR". My diet, where I sit, stand, wear a petticoat and casual love
is based on haring. That's Ok the hearing is clearer

(sometimes) than seeing there's "bite your fingernails" less of itt
"clear" ^{NEED OPERATION} Astral hearing, or as they once described it: h i n k

now hear third ear. DESCRIBE YOUR DAY. NO PURPOSE. The

weather is beautiful and the purpose is well. I usually

do some hatha yoga in the morning, a leg vibrating exercise

I learned from the bio energetic people, maybe a little

jogging, sometimes mediataion, that's a combination of

meditation and mediation which is what the rest of the day is,

between me and the spirits trying to do the simple things I

do properly and learn theirpositives and negatives, to be CRY
patient. Impatience is an enemy. TIME IS ^{ENOUGH} IMPORTANT. I'm

trying to perfect my timing. I saw jam in the sky I ate it
mescaline

but it probably meant no. GO. I'd like to get my hand on the

go thinker. I'm washing my smelly dungarees and want to wash

my t shirt it says WAS THIS beginning at right shoulder and

going out to the side I take it off and everything goes nutty
CHEST CLEAR

"LOS IT" so I put it back on. My clothes are soaking while I

write this SEE pale blue t shirt. I'm sitting outisde

the CAPS application comes in. GET IT appears over Oct. 1.

Walking along beach, resistance to going home, I pause, "wrong
MY AUNT

go now", SEE CAT, all wet, follows me. "Now home" says

kitty's head, feel well now outof her right ear, COLD OUT.

Kitty comes I dry, feed kitty, but don't believe, and let

him out to find his real home. @Best idea. I feel bad.

THURS P 1

DON'T WORK says head in curtains. I open the front porch door
 and feel pushed back, back to the bed. What's going on. I put
 on shorts. G OUT NOW ^{not}ete PREFER NUDE. BE HAPPY. NOT AS
 WARM. I get ^{comp}sweater. SWEAT. They don't like
 this free ugly blue MENS cashmere GOOD MORNING image of man's
 right side by woodpile. Maybe I should take ORANGE JUICE. I
 wonder if I should continue a sentence they interrupt. Pass
 by a resistance field. After 3½ years I still don't know who
 "they" are. Introduce YOUR OWN Mr. D. is next door.
 HE COMES OVER. I don't believe it, he doesn't. On my
 way to the beach, ^{LAUGH} the words GO IN are faint, "Insist on curly
 hair" @ INSIST ON RUNNING. GET MONEY free delivery. W I get
 these AT THIS MOMENT ^{YOGURT} coming out of my right ear O in
 the color of the road I'm standing on. SMOKE appear G rs
 far down the road. I go home for grass. ORDERS NOW N
 at an angle close to the ground. I've had an ounce W
 for months, used to smoke all the time, almost nothing now. S
 WIN OUT. The house next door called the CASINO, used to
 be a game house for the mansion, built 1848. Kitty on roof.
 David has a new fat black chair. YOUNG ^{NEW} PREFER YOU.
 I go to put a 2nd slice of bread in the toaster a pale
 green TWO pops ^{of the} butter. MORE MILK says kittys head.
 PAY What FUCK is this word appearing on my page for.
 Hear clearing says the sun. Dungarees and yellow sweater
 under appear. I change to my red corduroys and blue T shirt,
 leave on the yellow sweater. A faint INSIST in sweater.
 It's not that cold. That ^{old} cold. Image of car on gate. GO IN.
 I suppose I can't sit on the lawn. TOO COLD. It is not too
 cold

SUN GOES IN

THURS P 2

OK the sun went in and its cold and I brought in the chair

just as the phone rang. GET IT. I get the table from the

NOW ONE

yard. b What do I do with cat. GET LADY in cat color on

fore e f head. GENITALS across his balls. I always preferred

collabo o r ations. NO MILK. KEEP ONE ON so I put the blue

T shirt back on, SMELL NICE. It stinks. There'sno peace.

Weather: rain possible. Negative on possible. ^{Aunt Re} HUNGRY out

of radio in pale jaundice color, also HUNGRY in half balloon

I'm not I ate chicken. Maybe that means turn the radio off

after the weather (it rains that night) big pink MUSIC

across the dial. David comes home, the energy color changes

no help to orange. FEEL BETTER. Hypewriter "working"

Hear MONEY. ~~He wants more~~ was that an orange COME above more,

and through the hedge opening on the way to his house? GO OUT

NOW. TAKE HIM OUT (kitty). Hear "OU" See WEAR A COA.

"DRINKING" Hear CALL RAYMOND. GET DUNGAREES. BEFORE 8 a

At 8 the phone is busy. USING IT PROPER says cup. t

GET WARM ONES says leg cold N floor. No effect from a

grass except DAVID a pink I blob and a smoky dizzy c

feeling in me. INSIST milk T on kitty's dish. TUNAFISH. t

The window shade went up next door. Is someone there?

NO ONE IS. CRY AT NIGHT (does CHILDREN cry at night?)

MEOW. SUMMER. I wear petticoat H E and L come by,

garage sale, old petticoat there, E better go see. IMPORTANT

GO INSIDE DISOBEY. DRINK MORE MILK. B Hear help. S

HEAR says my forehead in milk color. L GO OUT. GO NOW says

garage sale sign its not complete E MEET so I visit until

TIME

V VISIT ME
E LOVE WITH GRANDMA
BIG ISSUE

Thurs. p 3

GO NOW. ^o p TIMING. The w of now wasn't complete. ^{NOAH'S TYPEWRITER} NOW. G L
 MORE MILK ^w LIVE HERE. PETTICOAT. It's a hoop, N A
 nylon mesh, ^e r holding it helps me hear. I get this E
 yellow sweater USEFUL, BUY THIS says 10¢ hat, HESITATE S
 says scarf 25¢, GO says petticoat and tree, BEST USE OF MON
 jacket
 in colors of sweater, scarf and hat. Didn't get the \$1 jacket,
 ugly, Now I hear ^{MOTHER'S VOICE} BUY A RAINCOAT. GET A COAT (heard)
 PROVIDENCE.U

The hooper petticoat said ^o GET KITTY LITTER, "PREFER
 CAT FOOD", YELLOW CELO ^R E PHANE, GET PAJAMAS ON, PLEASE LOVE,
 PREVENT. Father arrives ^F E CLEAR ENOUGH NOW. NOW I FEEL LIKE IT.
 I've thought of coming ^L R back here for a couple of months
 and working on the book, ^M E ALL
 I don't, negatives on ^N E family HALLOWEEN
 wants me to live WITH ^N O RENA, no, here, work at his office,
 REFUSE, I did, no I couldn't live with Rena, she lives with
 my folks. I have to go to aconference on healingin NY the
 end of Oct. and I know I'll stay, the water goes off here.
 I'm just getting these freaky GOOD WORK ^{USE} feelings someone work well
 in my family YOU isn't well this year. I'm still ^{DYING} trying to
 type (hear Rena) and it says DYING. I want to know who.
 NOT NOW OPPOSITION@. GOOD PROGRAMS in TV color across head.
 Bonnie and Clyde on. During the news the words SNOW IN OCT.
 appears on headin pale snow color (where) and WATER LONG
 on TV screen. Will David let me use his john? ^{hip}

FRI.

Awake to WIN OUT, car accident. WIN OUTSIDE, GO ON SON,
 father and I sitting outside I saw the words GO OUTSIDE

in little brown letters out of his eye. Before he got there it said GO INSIDE in the colors of my sweater and shorts around the edge of my tongue, which is supposed to be a certain negative.

So we're talking ~~and then he says~~ and I get this big GO INSIDE on my head so we go inside. Inside I get this big GO OUTSIDE. Kitty wants to go outside. By this time I'm confused and we sit on the porch which is the closest I can come to inside'outside. So something has to be cleared up his energy confuses me. Or his mind. Or his thought. OFF. COMPLETE

Says the typewriter. . My stomach is starting to blow up now. Sun out now @. Yes it is. I asked my father to come down often

and wear his hearing aid. Maybe if he hear's more, I'll hear more. Confusion. I need a ribbon for the portable. If I type too long on the electric my stomach gets full of gas - just like using the telephone too much. Jerrys apt. 175 a mo.

MISSE said head on the 65 a mo. one. Call fathers office, see WIN OUT, YOUNG. LEAVE in skin tone at 3:45. PREFER OUTSIDE NOW. Why. At 3:45 I hear COFFEE. Drink some. Hear fathers voice say "keep an eye on him" Hear MORE COFFEE drink some hear father's voice "we'll manage". FRI END. I PUT

on this petticoat, the energy increases immediately, goes to my head, also warmer. HEARING NOW KEEP DRY in petticoat WARM color on head. I take it off and feel CLEAN slightly sick to my stomach. SEE CLEARER. A salmon streak by mothers deer- BEDROOM. Doris comes over, a streak of luminous blue from her eye GO WITH HER shopping tomorrow, the energy increases with two of us, but my stomach swells up. TODAY written in petticoat on calf. My feet aren't cold anymore. I put a rug under them.

friday 9/2/ p2

PREFER ALONE. GO OUT NOW. Where? feel cat now. Cat not here.
Turn right I hear ^{MRS. H} Dorothy's voice. GO HERE. I see HEAR DIRECTION
come out of right ear. I go to ^{MRS. H} Dorothy's GO IN in pink, GO IN
HELP on stomach. ^{AIR POLLUTION} In front of my house, near David's, intense
energy field, very bright light - I go over, he has company,
WOMAN says head, I shouldn't have gone over, why doesn't it
just say STOP when I'm about to interrupt someone. There was
some interference about going in that direction earlier BEFORE 10.
Went after 10. Not true, I did see an orange NO, off center
it wasn't clear enough. By ^{MRS. H} Dorothy's I heard HOT DOGS in an
echo voice. NOW ECHO, NOW LIGHT. ^{BE A FRIEND} PARADISE across the TV in orange
letters. David's energy. ⁱ n PARTY. PLEASE TELL. What I
don't understand is it was ^t e alright to follow the GO IN NOW
Tues when I saw it beside ^r c David's house but it wasn't
alright to go in tonight when ^o u I saw it between the hedges.
It's too complicated, color, ^r s placement, direction.
It should say what it means. ^e GO should mean go and DONT GO
should mean don't go. I think I'm being punished for doing
all those signal poems, with semaphore signals, flashing lights,
morse code and colored alphabet flags. So it wasn't always
accurate when they waved the flags. Maybe this is what Karma
is, as above so below if this is above or below. Or maybe
INVENT in another life those signal codes and ships sank
because they were too complicated no radio in those early days
and I'm responsible DROWNING. DAVID INTERESTED the only one MEN
around to talk to, the best energy around, the only PREFER
I'm pushing to hard, not the first time I've done it but that
doesn't tell me why the signals are so complicated. RUN
ok so Sri Chimnoy runs, I only tried a little to get the
energy into my AUNT RE. TELL ALL says intestines.

FRI

p3

I PREVENT CAR ACCIDENT. HEAR VOICES. RETURN. See GO TO BED
in color of hair in NY apt. Half a black hurry under return.
TIME. Sometimes I seem to be directed to concentrate BEFORE;
now it says CONCENTRATE in large letters off my chest. When I'm
with people I don't know where to center my attention - on
myself, above my head, heart center, be natural ~~ixtkinkmthix~~
appeared on my head sometimes I've tried concentrating on
parts of them that light up, or hurt them. That just seems
to accelerate some energy thing ^{get upset} and my stomach feels worse
so I don't do that. I was sleeping ~~in~~ the same room with
my aunt who has similar digestive problems and I was trying
to teach her to meditate, to meditate in the room myself
and sometimes to concentrate on her weak areas. BES or
just to invoke the healing energies. KITTY. He/s gone.
I feel like I'm being punished my stomach is worse and the
smelly farts are back I don't think I can go through that again.
EAT YOGURT. BECOME ONE. I go into my old bedroom and get
an energy rush HEARING AID See flashes of the colors I'm
wearing as if an aura. It's really intense in there. GO OVER
in David's house colors. That's a negative. wrong. ^F ^R ^O ROOM
Have to use the back door. THIS IS IT PUBLISH KEEP ^N
WRIT says the typewriter. TURN IT OFF. SAY ONE. I say ONE ^T
I see two three four five six green seven at the corner of the table
not enough room for sev. TELL IT ALL. Sometimes I tell
people like Reba or the ^{ee} n man next door to meditate by
counting breaths. Someone told me it was a Zen technique
and I find it calms me down. Hear GET HIGH DARLING. GOOD
PEOPLE in sort of red along the typewriter. THIS IS IT was
in red and ^{N G} PUBLISH in the colors of the house next door
they're n ^e well tht makes me feel better. Earlier it
said ONE OCLOCK. NOT EXACT TIMING. I didn't get the messages
on the typewriter til somewhat later.

FRI p4

It said GO TO BED NOW in front of the bedroom door so I went to bed, like it's 2 o'clock that's late around here T as I approach the typewriter. publish that came H A after as. So I get into bed and I see they typewriter N flashing a picture of kitty and red return so I forgot to S say kitty won't return I'm not looking at the typewriter, A I can't even see it it's in the other room and I'm nice and cozy in bed the house isn't winterized and I am refusing to get up and write. T Besides typing on the electric does hideous things to my stomach but I see some more words none of which seem important like orange THINK and red GO SLEP NOW says head it's all lit up this was supposed to be in black THIN I'm being plagued with YOUNG and CLOTHES and THIN because the man next door has a woman there and it's not me well instead I don't seem to be getting well MUCH FUN so maybe I should be in NY MISS EVERYTHING it said in the bedroom and I really want to get this book out and I can't type., well not an electric.

SAT.

I decide to get an Olivetti portable because it's \$90 and the other day I got "Pay more than \$90" and I can't continue on the electric without my stomach blowing up and the borrowed machine I didn't listen it said BORROW but I still wasn't clear enough he doesn't have to unpack the machine. I got a little NO while I was talking to the typewriter man but I don't know what on because it had already told me orange CHOICE across the phone and green petticoat SORRY on forehead. USE IT NOW in pale blue across my legs does that mean take it off? I'm confused about color and contrariness.

Sat P 1

HEAVY, MONEY, YOUNG. I have to write about these words or
 they won't go away. ^{WIN} Blue under young. It always plagues
 me about young men I'm 4- well it never wants me to say exactly
 I don't know why MOTHER sometimes I think maybe I'll have a
 hard time getting to bed with people I was interested in
 David he's 30 but my forces said no sex before January and
 nothing big for 2 years and nothing until I publish, Jesus. 2
 years on the window, a negative. Does that mean more or less ^{T E L L Y O U}
 These messages get me down, them telling me I can't keep well.
 So mother wouldn't tell her age, she's 77 my father is HURRYING
 I'm 44 the hell with them not wanting me to say ~~RE~~ (I hear
 this word in blue pen and red leafe lying on table) mather's
 voice. EXPLAIN IT ENOUGH@. This sensitivity I developed 3 years
 ago from too much LSD, then I couldn't walk on deep colored
 oriental rugs, wear hot colors or artificial fibers. I just
 got some red clothes but the bright red acrylic sweater BURP
 The burping can get really bad, it got better at the retreat,
 but it returns when I'm with people. So does the gas
 distension. That's made me a hermit for 2 years, I don't
 know how long it will continue SLEEP, I can't go anywhere ^{ENOUGH}
 when it gets really bad PAINFUL. I'm oversensitive to people's
 vibrations, tensions. The only time I was with a lot of people
 and it didn't bother me was at the retreat, or an ashram, with
 everyone working on their development, in a high energy field.
 NOW EXHAUST. At least I don't get tired now, ADRENALS they
 must be working better. "get well" says the typewriter. ^{ACT}
 MORE It's about time these mothers did something useful ^{ACID}
 like telling me I'm coming to the end of the page.

DSAT p 4

GAY

COLD OUT in winter I got all these times I didn't know what would happen I'd burpor fart and then go see DAVID
Went to ^{MAS H} Dorothy's and got SUCCESSFU but I didn't get inside she's supposed to shop need yogurt and slippers.

And slippers in air? Getmothers stadium boots instead

R to write everything down ^H but CLEAR SLIPPERS maybe she

I SHOP A . I'd rather "petticoat this turb electra

C L M confidence no more room ^{EXHIBIT IT} high enoug @ douglas@

U A C enough disturb" all the stuff in "" were not

O S mine - but is David like Douglas DIFFERENT

S a man I met in Yucatan, we never had an affair but were

really close. MILK FAST OXIDATION@ every time it says YOUNG

I think I oughtto take some iron, I'd get silicea if I were

in NY. a cell salt I think it has something to do with. I

am now underling the words that appear in the opening between

the door and the doorway even though the door is closed. W

I opened the door hear a little bit hear save money I

which is at least better than ~~just~~ hearing money now it makes

me feel bad Im getting the Olivetti this ttpewriter sin't

making my stomach blow up so much now. I don't have RE ^{USED}

any remorse about it if I used a used machine I'd type

all those machine thoughts REKA. My aunt Reka is over

conservative, a maiden aunt, ⁷⁴ a Libra GET SUCCESSFUL

this is in small type and pinkand beige but I don't have

too much choice on a machine do I I thinkjof those as

mother's petticoat.

DAVID SUCCESSFUL

in the colors of his house and windows he has no curtains he

did the whole house over it was a shell ^{ARCHED WINDOWS}

ATTRACT

He put on ~~of~~ SIZE modern ones

sat p 6

IMP. VERY SMAR says door SMELL. GO OUT. Hear mother's voice "it's raining" It is. ON. FEel energy in chest as I walk @ heavy clothes.

NO MILK. There's tons of mother's instand milk in the house, 1 quart plus homogenized not raw milk and a little yogurt. I've been hearing 'raw milk' lately .

10 o clock said the grass at my feet. S says the TV it comes on but says nothing news. T R Return BED.

I go to the bedroom, Dorothy's husband, I K slip, goes by COME OVER appears on my forehead in the colors of his hair and sweater,

HEARING BE HERE. He has hearing difficulty. E I close my eyes, see the word GO, wash the dishes, hear 'milk' W S leave the room,

@second choice across the zucchini dish, I have to turn the electric bathroom machine off 'crazy' to hear. CRY AT NIGHT. HEARING COMPLETE, RUN

OUTSIDE neighbor's children. Neighbor's sugar says USEFUL. Loud enough (not) cry inside, destroy yourself with it. W Win second.

At Mrs M's: BE HERE, HUNGRY, HEAR 'DAVID! It's not my voice. n Whose? wife's, it's not his mother's? Girl friend? hemisphere

This afternoon's walk, I follow the words: WALK GET FIRST appears on the grass I stop there on that spot, wait til I see RE FIRST on the road.

Walk over, TURN AROUND. Another word, I stop at that place until @be here now, then a big red 12 feet long DAVID COINCIDENCES

HURRY at an angle along the grass. I walk along coincidences to JOIN US. @NOW LEFT TURN, so I turn right, go toward the house to where I saw

10 OCLOCK POLICEMAN FIRST HOUSE "CRY". Stand there, an energy spot, us (The word David I heard as I was typing INTERCOURSE.) I move to

another word, ENERGY CRISES. Later it's on the news. DRILL HOUSE appears on TV, oil subject. Bett's coming @not a new friend.

ENTERTAIN. TYPE.MO these half words appeared out of Cli's eye, energy hearing difficulty he wears a hearing aid I wish my father would. favor

SAR P7

BEGIN AT 10

USE ME NOW

THE NEW TYPEWRITER COMES

BIG NEWS ON

NEWS ELECTRIC

USE IT NOW OPPOSITION BEFORE 10 OCLOCK

COLLEGE TOWN REFUSE

EVERYTHING IS VERY BRIGHT, BETTY WAS HERE WITH

VERY BRIGHT LIGHT BIG LETTERS.

Tried the new portable. Depressing. I think it was a mistake.

It was terrific when it first came in the room. Something's

wrong. Betty left 9 o'clock watched TV for an hour

Bob Newhart should have turned him off when it said @watch

me now DESTROY YOURSELF said the new typewriter. It was

bright and friendly in here for an hour the words were big

and bright ^{WPRO} did I hear Betty and everything stopped at 10.

WASTE TI in TV I wanted to type before 10 and it said not to.

I was lying BIG IMPROVEMENT on the petticoat when it said

GET UP NO the w disappeared I wondered if that were an opposition

or not petticoat I hesitated got up the front porch got very

bright, it glowed, and then Betty knocked on the back door

I thought it was her energy but then David's light went on so

it must have been his on the front porch. Very bright.

It didn't want me to give my mother's suede jacket back to her. ^w a

I don't know why. ^k I feel I didn't talk enough to Betty. ^t c

JIM IS IMPORTANT ⁱ d JIM IS A FRIEND. (NOW) Dim lights. ^h

Wearing it now) I put ^d i it on. I prefer an electric

typewriter. STOMACH ⁿ g DOESN'T.

glad in color of new typewriter

FOOLISH. I could have had a virgin. NO thoughts. JIM IS OUT

says my new typewriter. This is silly I wanted to write down

what it was saying all along but I got @ before petticoat.

848

SAT p9

Do I feel silly with this ^{USE IT} petticoat over my dungarees. Burp.

I keep hearing David's name. YOU LIKE HIM. The trouble with David began with GET SHORTS. I was shopping with my father is this the Friday night we don't forgive? and we left Cheery ^{and Webbs}

~~the way~~ I was nervous we couldn't find Grants so GET AN ICECREAM CONE I din't went back WASTE TIME to Cheery's GET SHORTS I din't but then I got an ice cream we got back to the house it said MISSED David had been over I didn't meet him til a few days later and I never did get shorts when I went back the next week they were too large or too small so I wore the baggy blue second hand #1 David one all summer ^{SEX} so they were too big and din't flatter me. I'd been getting WEAR JEWELRY

CUT YOUR HAIR (I did ~~not~~ myself not a hairdresser) GET THIN and GET CLOTHES and YOUNG?. The first time I went into David's house the word LOVER appeared on my forehead very strong, so strong I thought it might be an opposition, it was pink I was getting a lot of pink words then was it the sun ~~is~~ I thought that would be nice but I didn't really believe it, yes I did believe it although the pink was usually ^{NEGATIVE} opposition. Anyway it

made me very self conscious about my baggy clothes ^{MEET SOMEBODY ELSE} no bra, age etc. I finally told him my age and it became clear we weren't going to be lovers lovers on the window but I like talking to him anyway he's the only fun here ^{friends figure}

I can't help it I started to gain weight this winter it kept saying THYROID and I should weigh 107 I was wearing #7 pants ^{TELL} this winter but I was sick 104 went on a gaining campaign and it never stopped. Not til 117 hear 19

SAR p 10

now it's just as difficult to lose as it was before to gain.
 I assume it will get straightened out out in air, but eating
 almost nothing I still don't lose anyway that's the
 weight thing I'm not fat WAY but IHELP GO OUT. David's
 cars are in his yard but the house is dark, i@ doesn't
 feel like last night so perhapshe is at Jack's wrong
 maybe he left the house at 10 oclock and thats why the energy
 level over here dropped. BEFORE 12. I see DAVID's
 image where he got out of his car., but only one side.
 USE HIM NOW it says. OUTLET. IT owns station 10.
 COMPLETE NEWS. SEE HIM SUN said BET^{secy.}'schest. God I
 feel so depressed MEEER I don't know why. Nothing said

GO OUT. ^FE IT just stopped being happy at 10
^E OUT
^L

Stop plaguing me with the fact that I can't hear. goddamit.
 OUT

I scream at the cat. Something is wrong get ^{IT} out get out
 I hit my head David. ^sc out. TELL IT NOW. I run
 to the beach screaming ^re no no and see OUTLOUD across
 the door of Davids house ^am in red and green lights.

As I passed Jack's house it said INTELLIGENT (Hear David's
 voice say Hilde -his dog) and GO OUT NOW so I assume David
 and Hilde are at Jacks. ^vi I run into the parking lot SEE THE WORD
 MEN stand on ^sIT for a ^ri e while suddenly decide to
 climb the hill and go home as I get to the top David comes
 out of Jack's house. No directions, n o directions on
 window - maybe there are THIS MORNING so we talk til 12
 I hadn't expected to see him til 12 because MORNING PAPER
 BECOME ONE at 12 he goes in for a beer and I come in for
 a warmer coat as I leave it says HEARING IT NOW across

the ^{OPEN} door

SAT 11

door opening so we laughed and talked til 12:45 when I came in it said TAKE THE LEAD NOW. VERY SOON on his head and WELL SOON on mine, beginning at the middle and going out to one side. That is usually negative. Usually isa cop out itis negative.. He did have a woman with him last night but I didn't need confirmation. I don't know what out loud meant I suppose I should try and mental something to him so TRY. He had left the house shortly after nine milk so it wasn't his leaving that changed the ^{ENERGY} field at 10. NO milk. I wonder what happens very soon. love suffering@. I asked David if he listened to the news often. His TV doesn't work he doesn't like it anyway.. I tried saying NEWS to him mentally ~~HEAR~~ didn't wait ^{HEAR} INTELLIGENT in radio colors. WEAR A PETTICOAT NOW appears on a slant so I recognize it as OPPOSITION in light bulb. Cartoon:

" My mind is totally controlled by what the mass media feeds into it."
FREE THOUGHT

SUN. I wake up realizing THIS WEEK all those big letters in front of the TV were oppositions. I don't wear a petticoat it's about half as loud as it was before B
Before he came it said J F I R but oh e t Polyana here
thought maybe it changed. M I E Pollyana ON THE closed door so
I opened it GET SOME AIR. D . SLEEP NOW lit up on my head.
Why do I persist in believing what it says. Why don't I realize it's the opposite. Maybe all the time. WORDS NOW came out of a man's eye when I was screaming at the beach and feel enough out of Kitty's ear. Now help. HOWIE. Heard DONT WORRY that always freaks me out Martha's voice say TELL"EM WHERE YA LIVE. Who you I live on East 3rd St. opposite the men's shelter for \$70 a month the ceiling fell in

SUN P 1

MY APT.

There was a flood in the kitchen the furnace smokes fumes all winter

the toilet isn't heated, nor the shower, the floor is falling in

haven't had a warm toilet seat in 7 years SCIATICA LUCK PUT AN INFRA

RED BULB IN there are bums all over the street. The floor needs a

paintjob it's NICE OUT and a high brick wall Cool in summer damp

in winter HEAR THE RADIO. L I think I was supposed to tell

all this to David. Right. O There's a flash from the

refrigerator. EAT AN EGG. S The flash is from the eggs,

not hungry but I suppose

T E R IMPORTANT IRRELEVANT GET MORE MONEY

PROTEIN. Yich the eggs aren't good R I petticoat. Hear "HEAR

YOUR FATHER NOW" David " OPENING F HIM UP" E in

sunset colors. The sunset talks C U to me.

Usually it says GO INSIDE. What should I do S E with the

words that appear in door openings even though the door is closed.

There's a funny energy field in these places. You have to

walk through it. HAVE in air. Dematerialize? Go out the back door? BACKWARDS C H O I C E

HANNAH Hayfever. O SEX Kitty meow. Sun. night open.

BREATHE

I'm working outside T trying to edit some material. THEY

keep editing it - not N clearly enough and then say don't

use it. I don't know what E what to do milk in the coffee and

then they say NO MILK. N O DAVID. NICE OUT. FEEL ATTRACTIVE.

U GOOD CLOTHES

G NO MONEY

H ROSEMARY

SUN P 2

NOW INTELLIGENT. SIT OUTSIDE NOW. Not now opposition^{out} OUT.
I've moved everything into the sun in David's yard^r e new.
NOW HIS THOUGHT: BELIEVE. Turn around, see the ^a d round. SEE.
GO INSIDE. NOW ONE. WILL says the stove. STAY HERE ALIVE. USE YOUR
OWN. I come inside. INSIDE DAVID'S HOUSE. No, inside my own.

M I don't know if SEE HIM SUN means @ physical. ASTRAL
O
T PROJECTION. NOW. Continue in this world
H
Now E electric. Complicated. W^R SUN MON WED^A V
R
These S words are all outside. I T I walk and I D" stand
E
on the T spot I see them on and wait til the next
H
event O or word NEED SELF N SERVICE. FREE. W O NCE NOW.
U S R
M G U L
I H N D

K THREE OCLOCK. NOW IMPORTANT NO(tice). GO ON. FEEL FREE
WE V
GO ON IN SEE HIS MOTHER INTELLIGENT. Her Friday. I
L N
L C HER WILL

See David's mother's image in her car her head says N "TROUBLE"
T

BE OBVIOUS. She is having an examination. G ON NOW. NEW T
H
C TOO LONG NOW. MOTHER WELL NOW. MEOW. I
S
O
M INTERESTED FEEL SURE OF IT FEEL SECURE BIG DECISION W
E @ go to Springfield. GOING THINK OF IT COME CLOSER EE
E
K

INTELLIGENT SERVICE GO ON NOW. PLEASE GO IN
Hello Nat

HELPING HIS HOUSE NOW STRIKE ON
YOUNG BIG CAR INTENSITY

NOW BE INSIDE. Hilde is at the door. NOW MISS DAVID.
SPEED. He drives a yellow car fast. HAPPY YOUNG. The truck:
THIS TIRE NOW. BE PREPARED FOR IT. David says it goes flat often.

SUN *py*

*see huge words as David's
or by David's*

GO. I leave , IN THE LIVING ROOM. WATCH TV. *David* in the living room watching TV join him. HAPPY LI over his head funny fat black chair. LOVE SECURE. He has a *big* date Tues. COMPLAIN ABOUT TUES. NIGHT. BOOK SECOND. I *wonder* what is winter first I hope it DAVID. YOU LIKE HIM. He's fun. SECURE ENOU. *JAN* How do I get well? STAY IN THE WO.

MON. IN THE MORNING. I wake up with a head cold, furious at David because he likes to talk outside, furious at myself because I didn't listen when they *Told* me not go out the other night that must have been the 12 oclock ' that is return to talking to him outside, furious at them for not giving me a clearer warning. I don't know what's wrong with my head this year but HEAD WELL is all I get - earaches, stuffiness astral hearing shot *head* other peoples thoughts in it nuts. SEPT OCT *I* WELL they've been telling me not *To* apply *g* for a teaching job in the Spring *GET IT* it doesn't pay much anyway 500 I won't be well and if David I'm really pissed off at him he won't let me use his *hower* they have been saying he's not a freind but I have fun talking to him now he's on a sex kick what a great cocksman he was in college looking forward to Tues night I don't want to sleep with him now @ intelligent and nothing interesting ishappening except when I wake in the morning without a typewriter all kinds of little phrases appear or are heard. The kitty's gone. BX NO over clear. I've asked the mother's a million time totell me if I'm going to get sick if I do something.

MON p3

Two years but the love lasted only a few weeks, months. I took acid with him and first met the them and he told me about the radio, he could project his thought into it and I could hear it ~~clear~~, he told me about the news and I wonder how well that's been working PEACE IN VIETNAM lot of people thinking peace into the radio HEAR THE RADIO I only see the words that come out of it ~~not~~ not the ones that are said out loud but the thought words, TWICE I heard them but "hearing clear" ~~and I heard~~ I still don't know how much control thought has, sometimes I think it's everything, that consciousness controls it all but how many people are really high enough to do it like Satchidananda controlling the rain at the retreat I assumed he did when it only rains during things and not on the way to them, at least not hard. But then there are all those directions on TV RADIO the news on Channel 10 is not complete. I'm beginning to think everything but directions are negatives. Martha said be patient and wait for go, god she corrected herself but go is more important. More important on the telephone I'd better make a call. RE OFFICE HURRY TWICE They also taught me to clean up the phone after I used it so thoughts wouldn't be hanging around it ~~and I'd~~ and I'd pick up the phone after I used it and think this mantra they don't like "them" DAVID they don't like David NOW into the phone. Im lying down resting from this my stomach hurts again I see the words LOW ENERGY, RE OBJECT (off center) for objective I suppose I should write in the 3rd person These letters are in pink and yellow I think the yellow is from the butter I ate I'm not NO. (That was a yell RE's voice?)

Mon P 4

An orange "necessary" in front of the Olivetti since I seem to be using the electric even though it hurts my stomach. So now I feel bad I have it ^{enough} I get just as many cramps from using it. Maybe it isn't energized yet. ^{BELOW}

[redacted] I just got a @ in light bulb color on the ceiling @call Mr. J the typewriter man now" NOW I was going to ask him for the packing case so I could ship the Olivetti to NY it's [redacted]

[redacted] carry it. ^{IN} across the door in typewriter color. I opned it, Mr. ^{VALID} D was next door, school principal I wonder if 'LEAVE THE ROOM' was for me not to, or his thought. THOUGHT COMMUNICATES in a slant from D^Avid's door to my front yard. I was lying down and got TUNAFISH on my head so I got up and ate some not hungry then wondered if Mr. D had tunafish for lunch ^{hungry} if I was supposed to maybe I was hungry to tell a few years ago the information sources told me not to buy tunafish before the news became public about the mercury in it. So its a good

^{LIVES NEXT DOOR} DAVID I keep hearing that name explainenough. And why suddenly did I get a @ call Mr. J now when I wasn't thinking of doing it. ^{sleep}

I'm eating a sweet jelly roll against the them who when I first met thought they were all good forces and called them IHWTU In Harmony With The Universe or WITH U's but ha ha only if you can tell if they're lying or not. ^g I hear wear a petticoat once more and this is the last time I am writing it down.

Is this thought in the air, is the underwear industry trying to revie^v itself, is there mo^e energy if you wear a petticoat under a dress they didn't in the 30's they wore those nice lose pants maybe its better to wear a petticoat than underpants ^{CHOICE}

MON p 5

MORE ENERGY. I put it on. SICK UNTIL FRI. STAY ALONE.
 I don't feel REMARKABLE with the petticoat on it looks
 terrific over the dungarees and unless the them will explain
 @miracle in petticoat color more-sick until wed@-I am not
 going to mention petticoat one more time. The wear a _____
 thought is not coming from the TV or the radio. now help)
 in radio color. LISTEN. I think MORE ENERGY is a negative
 I spoke to Mr. D it had said PRINCIPAL in the same color
 and he's not, head of a dept. high school He didn't have
 tunafish for lunch nor did he think of it. HEAR DONT WORRY.
 When I saw the words heard them HOMEMADEⁿ g about clothes I also
 saw a partial picture of I think Yogananda^r y and the other night
 when I wasn't feeling well I saw Yogi Bahjan's picture
 that h is in the wrong place even though there was electric
 red refuse between the a and j I saw his picture and got out the
 healing mantra someone had gotten from him and gave to me. It
 goes GURU RAM DAS RA CO SIR NOI protect us but I always get
 negatives on the SIR NOI. So I use the rest of it it's very
 soothing and puts me to sleep which is a good way to heal also.
 BEWITCHED it says in TV guide I was on my way to bed but what
 wants to get written needs two hands, MINE, I don't need to
 use the TV guide I just ask it if it doesn't tell me what
 station to turn on I saw 10 and got Bewitched it amuses me
 ENJOY out of eye ENJOYMENT on door knob . TELL CALL HIM
 over the phone. answer the phone@ blue CALL wrong number.
 CALL HIM NOW. call before Fri. says the phone. Too late
 he's gone. No, he's home I'm angry^{AT} him for making me^{milk} talk outside.

MON P 6

TYPE; Coming soon GO SOON Pick up the phone "fell ill
this week" @hearing now@ WINDOW shades are up. I didn't
hear exactly fell ill etc. whose prose style is that not
mine. I pull soqn ahSWA LL RHW Q

DOWN THE WINDOW shades all the way NO says one I raise
them half way. THIS SUMMER. cool says the bottom of the
shade heavy TELL ALL David thinks its pushy of me to want
to use his whoer the one here is outside and it's late
Sept. David intelligent in a balloon shape) that's

ALWAYS either yes or no. come over. unlock. I unlock
the door and David brings some beer. BEACH Im at the
beach why is it in read , parents in city INTENSITY he
doesn't want me to use his whsex whosw forget it. BED

I'm lying in bed and see USEFUL NIGHT in front of the typewriter
which I know is an opposition because I didn't do any work
so I feel bad so I get up so I should be editing the first part
because I saw WOODEN SHOES in the dorwry and IT doesn't want
me to use wooden shoes "hear yourself" across my forehead

if all the capitals I mean all the words I see and hear are
realy projections of my own mind All of them? H I don't hear
her^Wo we've been over that why does it repe A t. How does it
figure^rt_h out this spacing in advance. POET I saw in bed and BEST
SUBJECT that was in the 25% yellow sweater and E the dungarees
poet was in typewriter color, not the electric one. One in

doorway. I should just cut the word out instead of saying where
I see it. When DAVID came in there was a big NOW ONE in the air
and I saw FIND ONE on a house down the road. Visualize one.
I get Barry's apt. but that's obvious if it
were about Barry it would say Barry.

SSS

HEAR YOU NOW

MON P 7

What I'd really like to do is

go to bed

because of

HOME ALONE. Begins at the middle of the TV and goes to the right. If I see it out there I might as well do it here.

HERE. I get up to go to bed see

BORING the typewriter went wild that's how I got down here

The idea that this might

not be boring is so exciting

I turned the machine back on

I lie down again , see

the word USEFUL eyes

closed and "naked"

open the words are

pale yellow pink don't

SUGAR

knowere that comes from

CUP

USEFUL appeared on the

paper full of sugar I

got from the neighbor

Is it her word, or is

sugar useful. I'm not

sugar free this year

I give up honey when

I'm constipated.

COME says the door in

red COME in Davids green

rug I see green words from red objects but never the other way round.

BELIEVE I believe in the opposition@ opposition OPPOSITION so its boring. Some of the words appear on different parts of the page and I write around them. That happens more when I write than type.

HERE So I wrote on the left side and had all the space to see HERE

USE and TYPE it's so clever now

I can TYPE ^{Be}giⁿ DONT WORRY

I mean the ^{ere} space was blank WARM

I don't use sugar I wanted to read the cup but I have a jar of jam and and jellyrolls and they have sugarin them. REWRITE. TOO MUCH in strawberyr jam deptresses me.

MON p8

COME

David Isplaying **CHUCK BERRY** very loud at 12:45.^{di} ^{ner} Maybe my perfect spacing the ^{er} shower got there first. It said HERE on this column that's how I know which one to use. the lecture on sharing what you have with others and the ELSE revolution in gneral.

Halloween and Hasidism over Beatles..

TOMORROW

GO TO BE, Not time yet. Not here until I see the d of bed.

The red here means not here.

USEFUL

Drinkorange juice. Could I please see a d.

sunshine

TUES **COME** D

come

WRITE IN THE MORNING. Why does it say that when I don't get up til noon? The Olivetti doesn't workwell the lines wiggle I get red CALL TUES today , orange juice CALL WED and CALL THURS on phone. Terrific. CALL HIM on head. ^{WI} _N says phone

THURS what does that mean I don't want to keep a machine I can't use. Xerox by phone, ^{Too Heavy} the type is too light

~~_____~~ **T** **E** **H** The simplest heavy is difficult. HEAVY ENOUGH in typewriter color I guess

I really like the electric even if my stomach doesn't. Every time I go to pick up the phone I get interference. BEFORESAT

I cant get it back before Sat because of the holidays. CALL

TUES THURS. So why did it send me into the house with BEST CALL.

NEW YORK 557

TUES P1

I slept out in the sun and came in the house at 5:30
it said before 6 at the gate (I was in DAVID's yard)
I thought of getting some more beer it makes me sleep TUES
he said don't come after dinner he had a date this was before
I didn't want to see hhm walked to the beach came home
GO OUT GET SOME I went out but didn't want to go over
it was cold by then and I have this awful head cold so I
came back in. Watching TV it says BETTER on an angle and
I don't know I thought it meant ^{BEN FRANKLIN} to go
out feel cold I didn't need the beer alcohol's not good
for my liver NEED in beer can so I don't know if I'm being
tested for my own intelligence or not. I don't need a lot
of beer, just some to sleep on. if I had been really
intelligent I wouldn't have gone out at all. I forget these
forces test you. If I'd listened I would have had beer.
But I don't think that's important, is it? CRY OUT LOUD.
This seems so confused anyway. Discouraged. Is it better
to listen or not to listen, . COME THURS. What does
that mean, also alot of GO HOME THURS. LEAVE SUN. GO
FOLLOW says the typewriter. Martha said not to use my sixth sense
if my other five would do but I don't know. This morning
was different, I got up and the only word I saw was @before
7:30 at the door. Hear Monday. There were no words across
the toilet bowl as I went to pee, none in doorways, or
in the kitchen I looked at the clock it was 7:35 or in my
head when I went back to bed. ^{EDIT} None. ^{HOME} That's as amazing as
going into the living room and not finding any furniture.
TRUESOFT. FEEL SURE. SHOES. "FEEL YOU" Keep seeing the
image of the checkered rug in the house by my leg, wherever
I am, outside, in bed, ~~EYES~~ closed. fri when DAVID had a

TUES P 2

woman over I imagined the bāack chair and saw INTERCOURSE written across it in pink, later he said the chair wasn't good for sex, it was either the bed or the floor. "WIN THURS. NIGHT" my father plays bridge Monand Thurs nights and Wed aft. but I only get WIN THUR. GO TO BE. A big red GO TO BE across the watch TV chair.

feel sure

HEAR HIM THURS.

HEAR ME THURS. FEEL SURE. SEX TODAY. Vampire movie. best

Best seems to be another of those words that means the opposite.

I thought of going out to ge more beers and saw a pinky orange OU in the air. What is this missing T. An ad on TV

HANNAH what else? I automatically crossed myself before the vampire appeared and then remembered the gold cross I had seen on the chest of the Priest at the retreat, and the green maltese cross on the whole body of the rabbi in a book.

I lock the door after the vampire movie. SPIRITSCHOOL. The Image of the movie vampire, one side outline only, appears on the porch. SEE YOUR INTERFERENCE. Saw that earlier today when I wasn't looking, across my front door. TV off, screen says @ free Thurs. I want to go to bed but IT says BEFORE 1 oclock, on the screen. MOVIE in TV color.

BEST X 6, 10 across the screen. I turn on 12. The strike is gver so it will be a happy new yearfor my father.

I heard it again today. On Tv I noticed BEHOLD said it was better than Pledge I'd never heard them mention the losing competitor before NEW RULING prints across TV.

ALONE THURS. USE ME SUN. (TV).

WED P 1

PREFER OPPO says the typewriter. REVERSE in dungarees and yellow
sweater. I^L In the nature of duality I suppose it's clearer
to think S^E of these phrases as reverse since they mean the
opposite of what they say, mirror image, but I personally am
very unhappy with it. Not that I have a choice. Reka's
birthday is Fri. Half words make me unhappy too I
don't know what it is trying to tell me. Masters in pale
milk color over trying. The masters. They have a funny
way of teaching. PREFER WED in dungarees. PREFER WEAR
THESE but incomplete lettering in corduroys. Too COLD
for shorts so it must mean the mail has come with my
dungarees from the city. It has. PREFER on these pants.
It's at this point ^{RAYMOND} that I'd like to unprintable.
WEAR NOSE
The GO OUTSIDE order came after the toast was done but
before I ate ^{Sept.} it. It's not tragic because I can butter
the toast and heat it up and maybe I was supposed to get
the ME package out of the mailbox before the next delivery
or take a walk. Who knows. Find the other half. So I
reheat the toast and eat it, put a little milk in over
objections, still head congestion, take belt loops off
new dungarees, they fit better, sit on front ME steps
in sun, prefer outside. WHY? The sun is beautiful.
A good chant gets me through the house in a decent mood,
USE ME says the mailbox out the other end. It's a pale
green ich color, a reverse. PREFER OUTSIDE NOW on a slant
so the other thing to do is call my mother. CALL THEM.
But the number appears in orange slant on the phone.
I call. Hear "hurry". My mother had just said, I wonder
when I can call Sis, she was worried about my cold. Timing.

WED P 2

I would have preferred to call Wed night and say Happy New Year to all of them, father I was almostgoingto say father home now meaning father not home now, but I suppose consideration was so my mother wouldn't worry. Or was it her thought to call.
"worry"

Worry and hurry. The nice thing about a chant as opposed to REKA is song is the words have no meaning for me, a very small measure of freedom. Pick up phone, hear :go ou" sounds REKA. COLD. My head is open, whatever that means, it means I'm going to gethead colds and thoughts. PLEASE FIND ME. ENOUGH FRI NIGHT. It's my aunt's birthday I don't know if my cold will be over or the work finished if I should go to Prov well thatdoesn't make sense so the new pants are oppo I mean reverse. **MAKES SENSE**

in the pink t shirt and blue shorts I put on

because Im going crazy they are drving me absolutely nuts everyting absolutely everything hasan objection. the dungarees and long sleeve hear a shout HOT shut up its not that hot theres a wind goddammit does everyone and khere mother fucing brother REKA interferes in my life. GET OUT. my capitals. HEAR REKA it said on the top of my head I don't I'm cursed absolutely cursed it's days like this that make me want to kill myself. PREFER WED NIGHT on a slant in do I have to mention what in for Christ sake its enough to make one want to go nakedall the time but then they use skin color I don't prefer to call them master's if and I don't care who the fuck they are don't mind. It's nice out it's 2 oclock they've been keeping me in this house since noon or 1 or some idiotic i"m a slave and I wish I were dead. CRY I pry outside Jesus I come in for a sweater more interference.

H My stomach swells up if I go in the kitchen the only
O thing I think I'm supposed to find kitty. Did she
L thing I think I'm supposed to find kitty. Did she
L T die? pink thirst. I'm going crazy since I
E T
R E N talked to my mother and aunt. U My
mother does nothing but complain and if I sound T like that
myself guess where I got it from just another old Jewish
Yenta. OUT I hear that shout again. The keys are I had some
brandy it doesn't take long I had it just before HOLLER,
and I can't type. I don't know what they want of me today.
I was going to bring some stuff outside and read it over
but I got so much shit I just ran. I'm in again, I
rested on Mrs. H's sun porch until it said PLEASE in kitty
color so I came home put on some warmer clothes it's windy T
out. Now it says I won't know before 3 where kitty is. E
Well if that's it they could have said that an hour or 2 ago.. ONE
There is more than one spirit this should be in black
around me. I don't know how to get rid of the negative forces
accept by going to some healing place or other, an ashram, PERSONAL
Martha's spiritual Church DESCRIBE IT, a lot of older
Christian ladies and some FREE OUT or NOW women, she has
a worship and healing session on Sunday's and Thurs nights
there's usually very good energy there my neck relaxes
but I often cry when I leave, I can't understand her messages
from the spirits to me she always seems to be yelling at
me but "that's not true" it's just a firm voice I seem
to get criticism wherever I go, well it feels like it
my body heals, and some awful spirit voices go away like
something was plaguing me with "THANKS" until I saw Martha
it's the same with Satchicananda, there;s no personal

WED P 4

ACCEPT in new dungarees, satisfaction but personal approval doesn't seem to matter if my body feels better and my head clears. I cannot tell you why there is so much negative -

HANNAH

cross currents Ellen calls them, she's a psychic who helps

me too. I'd like to find the son of a bitch of a spirit who

leaves off the last letter. WHO FIND. I just saw my hand

my name in the red shirt I was wearing so I took it off

if they don't want me to wear something why don't they

PL reading down in pale blue T shirt don't they just

say wear these. Instead of no, no no no no. It's 3 o'clock

and it says I won't David find Kitty out. out on ledge.

I go David 's yard start to cry GO OUTSIDE in clothes,

GO INSIDE in clothes WRONG CLOTHES, Jesus who cares I come in

and see a funny thing that looks like a yo yo WIN IN PROV.

go down and up by the left arm of the rocking chair. I'm

going To change my clothes for the 17th time today FIND ONE

OUT as I come in.

INCEST

EXPLAIN WED

I sleep, feel ill, Maybe they were trying to keep me

in to keep me warm. HOSPITAL ONLY PLACE. No on

hospital, have I permanently lost last My nephew

is ill. Is it he that needs the hospital? PREFER SUN.

OUT

says phone, what happened today. I went out against

orders, CALL BRO. He/s not home. GO OUTSIDE in sunset

colors. Stay home then, or REKA. win outside. I

can't hear outside. Lying down I was reciting the Lord's

Prayer and got to give us this day our daily and heard an

DAVID hysterical voice say CUT. TELLING. David's home

can I go visit, get some more beer? GOOD NIGHT.in

sunset colors. I put on a hat. GO OUT NOW. IN THE HOUSE

across David's door.

WED P 5

I've had an incredibly desperate day and I don't know ^{ALONE NOW}

CURSE OUT says the sunset. I go out. GET SOUP GO

prefer. Was that a red go? ^{intelligent} FEEL WELL THURS. FRI.

GO ALONE. Prefer company. ^{OUT} Just wisdom

says the door opening. COME OVER. I suppose I should YELL

have no that's a TELL BE ALONE. Broof out. What do

I do? "Feel well tomorrow" I got chilled from 4-5

drink milk in pale white . This whole day had been a failure

and my head feels awful "HEARING". I,m supposed to hear

DAvid's voice tonight. HEAR ENO. Please don't plague me

it's like I start to cry Jesus I cant help it if I cant hear. ^{punish.}

DAVID STUBBORN. ^W I Take some Maalox (Rekas voice)

is that her thought ^N Or and order. 8:30. hear, its

very faint. ^H T feel success now. GET WELL NOW ^{NOAH DESTROY}

All it does is ^E tell me ^S I I'm going to be ALONE

Big orange come ^R over. ^D E On my front porch.

now it says go ^O over FEEL WELL. What did the big orange

come over mean. ^T The last time I saw that he came here.

GO OUT. I go to ^I D DAvids and talk for an hour, get

a beer and some soup, ^E feel better. (on window shade.) If

I had waited til 8:30 he would have been out. I try to

explain this day to DAvid, absolutely everything I did

had an oppositin to it.

PREFER RELOCATION. ^{sun tomorrow night} Thanks a lot.

TONIGHT WED NI what got straightened out. GET SOUP. DRINK THIN.

LEO. @prefer call him. I don't understand why it's better

when I talk to DAvid. YOU LIKE HIM. TV says "eyes feel

tired" see EYES FEEL TIRED across the room "YOUR THOUGHT".

I don't have a head of my own. I wonder how long this

will last. I could beer myself to boblivios

564

WED P 6

SUNSIDE. After one of my acid trips I went into a bookstore and had pointed out to me by the forces YOUR OWN a book on Tibet with the story of an Indian princess who had been left half in the sun and half in the shade - I opened to this story as I usually ^{now} open books to relevant information. I thought about my bad side with the sciatica and the pinched nerve in the neck etc. and wondered if something similar had happened to me, like being left in a carriage facing one direction only and the shade coming over one side. It's not important now, I was once going to ask my mother about it when I felt like blaming someone, I didn't and I only mention it because I can't think of anything else to go with sunside. HARPER. I once wrote 30 or 40 pages of a book and sent it to Harper's they didn't like it and I realized it was the wrong book and threw it out. GET INSIDE. "inside the house" . I was at David's and saw an orange GO OUT come out of his forehead. On the first page of the book I started 3 years ago I wrote a fantasy about a lady inside a tiger. She went in through the orange stripes. Every time I try to edit that ms. I get so much interference I can't go on. Sentences get left unfinished, I can't mention Halloween, cookees, wooden shoes, silk, best, velvet etc. FANTASY. So I give up. They tell me not to edit it myself do they want to do it or should I find a publisher? It can't all be my own mind. All the psychics I've seen agree there are a lot of forces around me. CALL ELLEN.

WED P 7

(the spirits)

I wish theyall weren't literary. FEEL SELFISH. FEEL SMELL.

I used to think my mother was a selfish woman. SHE IS.

NEED HARPERS BA. ~~...~~ Once I had my picture

in Harper's Ba. Restless out again, No on DAVID's door,

feel certain about it, come home. COME OFTEN.

THURS.

OPEN TOO SOON. I woke upset meditated, became calm. Perhaps

I shouldvisit Jack more often? MORE COLLUSION. Not wanted.

The forces get me where I want to go. THAT'S ALL. Walk,

see beige coming from DAVID, tht color allover me Sunday when

I was sitting in his yard, a brilliant yellow color where

he had gotten into his car. The sunrise said, NOT A JOYFUL

CENTER. Too much head energy- energy concentration? on the

wrong center. Joy comes from the heart center. See green

flash off red. Large bright flash of red off green.

Leaves: PREFER EATING, a reddish flash. ENOUGH MILK.

RAW. The milk truck goes by. Whose thoughts are JUICE

and MILK at the table edge. I have negatives on tea, black

sanka. "GET COLLEGE TOWN" Hear "help me". Mrs. D can't

drink milk. WASH. My hair, HEAR CONTROL. Last night

it said FIRST SENSE and heard Leon's voice say ABSOLUTELY.

Does it make sense to wash your hair @warm in the house

just getting over cold. Or is Mrs. D washing next door.

I wash my hair. DRINK MILK HEAR BETTER. TO BE COMPLETED NOW

I feel well today. I cry rereading yesterday about kitty,

I'm worried he's dead, KITTY OUTSIDE NOW. KITTY HUNGRY in

pale pink. The food outside gets eaten by other cats.

THURS P 1

TURN

SITDOWN. I sit outside. Prefer 6 o'clock across the sunset as I think of leaving, a long pause and then 6615. I wait. Jackie's drives by, his thought appears on my head: MAKES SENSE. YOUNG. I go in it's 6:20. "Hear "in the cellar" don't know which one/ I see if kitty is in David's cellar, he isn't. There's a deep maroon and blue color on the rocking chair. MOTHER'S. I see the white collar of my T shirt under my sweater so I put it on. USING IT across the typewriter table. I think it wants me to go to Jack's and ask about Kitty, get his words? Young person. I go outside just as David leaves his house. I must make contact with hear "here Hilde" "let's GO OUTSIDE" only I get the GO OUTSIDE. Didn't see that tonight, no instructions, HEARING. But it didn't want me to type BED so I asked him SCITUATE in the yellow an orange color, of the Satchidananda ashram clothes he says he's going true he feels sick but I knew that because I heard David well and knew it meant the reverse. Heard it from right ear. WRONG PROV., saw PROV in the black of his window in the sky. Earlier I saw GOING TO PROV on my head in window color. Reka's birthday, feel guilty, work to do. CAN't go with him if he has a cold my mother gets sick too easily. His energy field is really heavy my stomach blew right up, ~~and it felt like it was inside.~~ There was a raddy aura from his car and an orange FEEL WELL. INTEREST. PROV. Hear "continue" TOO MUCH CONFUSION says my swollen stomach, it's the large intestine highest up in the diaphragm.

c
o
m
e to me says my pillow.

Thurs. P 2

I can't believe how swollen and gassy my stomach is, I wasn't near DAVID. His energy. He's pissed off at me because he caught my cold ⁱ n so I said it was karma, or do unto others as you would have ^s i them do unto you and I meant like not make me talk out ^g h side after I'd ^t night asked him not to to it twice. I shouldn't have had him bring the beer Mon. Maybe I can give him a lecture *on what you do come NOT ALWAYS* back on yourself ^l CLEAN and get a shower at his house. ^l (orange) on the power return. I'm trying to go to sleep, ^w a sort of meditating, and the words BOOK FIND appear on my ^y s forehead, guaranteed to disturb my peace, like the other day I was walking and a car drove by and I got the word PULITZER now I never think of book clubs or prizes or even translations I was getting that this summer, I just worry about a publisher, and before that whether it was a book in harmony with the universe and ought to be public at all, and I still worry about that so I just blush a little when things like Book Find appear. It seems to be I'm dealing with so many negative forces and have so much "stamina" physical discomfort that anyone reading this would get discouraged about a spiritual trip. Or trying to understand oneself, hear Reka, or be in harmony. Like ~~that~~ this morning I was really pissed off at my mother and had to meditate it out and I did and then David got up and the thought and feeling of resentment came over me that he was resentful to his mother for putting plants in his window and little icky pillows - they weren't his style at all - so I asked him tonight and he said he liked it so it was pure projection on my part, absolutely projection. *I don't like* The pillows ^{aren't} they're not comfortable and the planters are silly.

RI P. L
RIP OFF PAGE L

Fri p 1

THIS HOLIDAY

What I want to know is why there are so many GOING TO PROV
in different colors and directions, the last is a @ in typewriter
color when it is obvious that I am not going. "Ignore signal
poems." Am I being punished for writing them for for not
publishing them because I want to tell you it's plain and
simple hell to have to figure out that the blank windows
of Daavid's house are negative, and the white blue and blonde
outlines are negative, it's plain mad. I can't publish them'
this minute they are not with me and I'm not going back to the
city hear 3 weeks. But it's insane. For three years, maybe
four I did poems based on the International Code of Signals
for the Use of All Nations. I discovered these code books
written as far back as the early 1800's but the one I preferred
to use was the one printed in 1924, the language was beautiful
and very polite, person to person. The current manual
published by the ^{Mary} Navy was written in oh I don't remember
it was war time communication, the language was terse
and had to do with airplanes, they were using radio then anyway.
The earlier system was before radio, for communication at sea
between ships, originally cargo vessels. The signals were
made by colored flags, one for each letter of the alphabet
by semaphore, someone waving their arms in different directions,
at different angles, by flashing lights as well as morse.
I did some performances using the coast guard and all their
paraphenalia, but why should it come back to haunt me in
this fashion., if that's what it's doing. IT IS. Something
is getting timed weird around here because I put on the kettle
on the electric stove pushed the middle button which said ON

BEATLES

FRI P 2

ON

I usually use a hotter one, had time to do my Hatha Yoga and write about the Code Poems, put the toast in the kettle whistles I bet the toast is done now. IT IS. A moment of indecision as I remember my intestines saying DRINK COFFEE . The red isn't different than the black, I think I must be going to get an all black ribbon. In cases of indecision I have one cup of sanku and one "cup of black coffee" it had milk in it. I want to know who does all this timing, if it is my higher mind, why does it hide it from me, ~~so that~~ "hide" on window ledge if I open the window all the papers will blow away. so that I feel like a puppet to something someone. As far as defining the forces go my favorite phrase in all the code books was He, She, It, or _____. And MEOW OW it sounds like sums up what I can call the forces. Someone once said that Alan Watts said that the self hides from the self. I once thought of doing a performance in which everyone's voices were taped and they had to act out what they had previously spoken.

I feel like I'm doing it now. ^p Right on I wear, now is meaningless
^e like later, or once. Although ^e the forces say they can't give ^T
^e me exact timing, if they say ^r 3 oclock it may be after but ^M
usually not as much as a half hour. "BELIEVE IN IT" @STUBBBORN ^E

I think I am, if I could do things properly, follow properly, life would go smoother, get more things done, be clearer. I think of Castaneda and how it took him 3 books to believe in reality and I wonder if I'm not doing the same thing. MORE COPY. I've thought of that. Also a free advertisement for my Code Poems if this ever gets published. Someone is behind all this. PUBLISHING. Everytime I get up to go to the bathroom and wash my face a word appears. This time I looked

571

FUN

FRI P 3

No words. I wish they'd let me know when the end of the page
 is coming . They don't like the word they, indefinite pronoun
 It can't all be my mind. HER MIND. She doesn't
 know what to call these thought forms. She doesn't know who
 BELIEVE they belong to, some friends, neighbors, family, people
 who pass by, other plane DEAD spirits. LIKE GUIDES. These
 are not acting like guides, but some are friendly, helpful
 and some are enemies. FRANK. Can't tell the difference when
 she's being, precognitive, ENERGETIC, telepathic or clairvoyant.
 Like why can't one of these forces or abilities tell these pages.
 her when she comes to the end of the page? Where is her instinct?
 OPEN says the opening to the bathroom. SEE WELL that was
 barely visible. They say the Essines used to look at the
 rising sun and see Hebrew letters. I'm absolutely sure
 these said leave in an hour, take 3 camels, plenty of water,
 talk to the person in the blue fez and get to the market bef

this day

@ arrival time

~~BELIEVE~~ BELIEVE IN IT NOW. I can't believe it, his truck's
 A not there he didn't come over and ask me if I wanted a lift
 V to Prov. GET IT I told him I might want to go in Aunt's
 I Birthday. MOTHER PROVIDENCE. I thought he was sick
 D ass
 H I suppose he expected me to come over and ask again. I
 O don't understand people who don't offer you a lift when
 M you don't have a petticoat I haven't had one in two weeks.
 E
 N
 O
 W DEPEND ON IT

FRI P 4

WEAR A CAPS. At the beach, sit here a blue flash, but it's
a damp spot. A car drives into David's yard, I try to get
up to see who it is, the energy is so heavy I can't stand
up. Everything flashes, the man near me, his ^{fore} head lights up
and says WAKK. I can't move. Finally I walk, try to go home,
COME, now this direction, etc. so I wait and finally
I get a rusty PREVENT on the steps that lead from the beach
I get as far as David's house and am absolutely pushed
behind a hedge going to another road. I lie down on the grass
until it says COME BACK in rust. It wasn't as heavy then.
I haven't experienced anything so heavy - it gave me sharp
b b shot pains in my intestines, dizziness and nausea -
since 3 years ago. Even the dog was howling . NO one
in the house. Whoever it was was only there a few minutes
not five. No more coffee for me. I can't even go outside
now, too much opposition, or heavy energy. I don't know
how to protect myself from this. I had some yogurt.
The typewriter went off. My stomach is in pain. Noah
calls, she was really upset on Wed., cried tried to reach
me I didn't answer the phone. They said it wasn't Providence
but they didn't say where from. Hear petticoat. Bastards.
Yesterday I didn't answer the phone either. So I told Noah
please to let it ring a lot when she calls and if she wants
to cry over the phone please do so I'll know it's her who
is kitty. ME. Anyway I invited her down to visit and then
it said CALL THEM so I called my family I'm going in for
my aunt's birthday, probably a big mistake my mother petticoat
wants to know if I'm having a male or female guest I'm not
telling.

FRI P 5

DRINK MILK. SHE DOES. Thought of calling Noa yesterday but had
 decided "decide" not to talk to anyone on the HURRY UP phone ^{peppermint}
 so I could work undisturbed. ^s u Oh, so that's why I wasn't
 supposed to GO OUT Wed. ^c c Noa UPSET called I wasn't
 here for the call, ^e ^s ^s OBEY

Man you've got to obey. You fuck up your petticoat if you don't.
 Oh I OK maybe I'll just explain hear "detail" my designing
 career ladies underwear and I will stop hearing that word. FUNNY.
 says the water faucet I hope they're not turning it off soon.
 BREATHE

It can't be worse than DAVID the rust colored job. HEAR DAVID NOW.
 Well I'm sorry BE UPSET. CALL. Who? ALL. The energy is
 getting heavier here. YOUR OWN. GO. Finish Thurs. TAKE IT BACK.
 TRY. Hear father's voice say "yellow". I change my blue sweater
 for the yellow one go to family's for dinner. Shopping at
 the supermarket I hear voices telling me what to buy. "Fresh
 vegetables." I didn't hear that and didn't get any. Had a problem
 with jam, it said ^{OMIT} ONE and I got two, the raspberry color flashed
 off the jar, wondered if it was artificial WRONG. HEAVY NOW.
 Shouldn't eat too much sweet food. Going to get Minute Maid orange
 juice got a "NO" on it of some kind, can't remember if I heard or saw it,
 SAW, got the other brand. Was going to get Hellmanis or Miracle
 Whip, could see the separation if I concentrated, suggestion to
 get store brand, LIKE IT. HEAR VEGETABLES.

FRI P 6

Noah on window ledge, money, I'm always afraid I'm spending too much money, too much food I three vegetable soups and after I left the counter got a negative on three, but I hate to keep going back, obsessing, hearing is quicker than seeing. I was with my father and I suppose the easier is in yellow sweater easier so it must have been harder. I can't remember it all. Hear "tomorrow night". Saw a big MARMALADE on the outside of the house next door and one of the code flags, a blue and white checkered one, REFUSE. Just saw a red GET FAMOUS on my head as I wondered if that would be a solution to everything written in milk and yellow sweater. I heard cream and got some. "Somebody" picked out mixed vegetables Mexican? and I picked out one of my own, ha,. I don't know what the red means it looks ominous as it pops off my forehead. I thought of taking a shower at home and got a red SHOWER also. I took it anyway. Got a B 12 shot, saw GET TIRED in shot color on forehead. Wanted to get a warm hat, couldn't make \$3.00 heard that spend it or did it men not? I did, I hope I got the right one. It's blue with pink and red on it. There was some confusion over a black one, with pink and red in it, maybe it would have covered my ears better? Wasn't sure. U S I N G I T squashes my hair. PRETTY useful (in the colors of the one negative)(the one I didn't get) sorr USEFUL in blue hat and red scarf color. They look nice.

SPRING. GO OUTSIDE. PREFER WIDE SHOULDERS. USEFUL over doorway. Hear TV say petticoat as I go out. GET A JOB.

CURE ENOUGH on stomach. RELAX ALONE More relaxed at family's

575

NOV 11

FRI P 8

MORE HONEY. Not mucous forming. I'm tired. GOPEACEFUL.

Don't you know about honey now I hear as I flush the
ENOUGH MATERIAL

toilet. PREFER SUGAR NOW. BEER SLEEP

I guess I'd better give the beer to ^{no} David.

SAT. I wake to a negative on DA-David. I call for a manilla
envelope. Reilly says she'll call back. Beginning at the center

and going to the right I see

^HMOTER WILL CALL. She does. Trusty.

I cleaned the toilet bowl.

The words stopped. I stopped

SPACE

seeing the rug image when I

shook it out. Now the other 2.

A housewife's trip. BE CLEAN. ER

Somehow I resent this.^re

in blue hat and yellow ^se marriage

sweater color. ⁿt

Resentful says face in rust

color. I dont mind BRUSH

the toilet bowl I didn't have It does

one. MIND. Yes, the universal

mind. Drink orange juice I

asked the mind if it minded

if I had breakfast and it answered

above before I get the question down.

macrobiotic. They don't
drink orange juice. YIN.

I'm in a bad mood, because I don't

understand orange ^jice. Beulah

told me to drink it, not milk

except in coffee, parsley tea YOUR LIVER.

SUN. P1

NEW WORDS

That's a frightening thought. But there's hope, NEW WORDS appear as if printed in the nylon mesh curtains which I have just taken down, leaving only 2 single ones to cover the windows in obvious directions. So, are they still negatives? I wake up worrying about father, who came down yesterday and looks exhausted, heart condition. My family is getting to me - my mother who never lets anything be in peace wanted to come today and pick up the application, but I don't want father to drive down again today. GO YOURSELF. There's no problem for me, the post office is 2 1/2 miles away but if I need a ride GO in David's yellow car color early and walk back. Or get a lift - that's the thing about being directed it's against the law in RI but still. It bothers my mother not me, What bothers me is LEAVE SUN that I got on the typewriter a couple of days ago - I don't know what to do about directions that come too early. GO OUT. MISS TELEPHONE. Hear "telephone" Is SUN sun or Sunday? I'm talking to David GO I leave just before his friends arrive. Good timing; the first time today I missed. Thinking about the difference between Jesus "do unto others as you would have done unto you" and Rabbi Hillel's "do not unto others as you would not have done unto you" - it seems my forces use this latter technique a lot: telling me what not to do, leaving the rest up to me. Sometimes it's a lot of confusion. Saw ZEN TECHNIQUE. The other is MORE POSITIVE, like the GO on my door. I know it means go there and I don't hesitate. GO TOMORROW. GO WITH HIM.

Handwritten notes:
 P. 212
 1/1/75
 C. 212 210

(hear DAVID) ^mo ^P How then? Mother comes, takes it.

^r ^E ^F
 n E R 2 1/2 mi.

28

SUCCESS

SUN. FI

NEW WORDS

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*Cut left on
39
2/77*

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M
R
E
F

H R 2 1/2 mi.

277