



# STENOGRAPHER'S NOTEBOOK

NAME

E

DATE

36

6 IN. x 9 IN.  
No. G339

80 SHEETS

PRUDENTIAL PAPER  
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39¢

Hear

dot of energy full  
beside ~~at~~ ~~head~~ shoulder # 2,

wired dark no clutter  
~~see~~ ~~at~~ ~~the~~ ~~side~~

'I'm alone' older see # 2 side

lighter hear # shoulder

dot light up with strips

shirt on it. ~~the~~

Face on hear. Face on

dot? Big affair OK, wear

clutter as planned. The

day as planned ~~was~~ ~~not~~

2

thought (where) it  
would be. Just right for  
clothes. Took red shirt  
along. ~~and got address~~  
~~no gaps on shirt~~

~~Alan Watts~~

Alan Watts

Alan wouldn't need it  
thought. Didn't <sup>Alan</sup> need it yet.

Alan on need.

Alan on need. Alan Watts

says 20 more yrs that's  
all I think it's not

3

cluded bear #1 Stouder

dit. Assume #1 Side

Yes side. #1 am glad

yes? Face on side. Not

listening too much

Reading: enlarged type:

upside from the master.

Face on east, further enlarged:

Rebirth. Rebirth diskeeper

~~about in 196~~ Red on the

messages he received printed

nothing

4

Took plane. ~~Good idea~~  
Washed well.

Plane plan ~~good~~ OK.

5  
Dream about face.

He looks as I knew  
him before he died, tall  
black hair, ~~short~~ <sup>messy</sup>  
white shirt, black  
pants in dream. ~~It~~

~~They~~ ~~seem~~ I feel  
very sexy in dream -  
want to fuck. ~~He~~  
~~Am~~ ~~for~~ ~~best~~ We are  
together. Surprise I say  
close your eyes & take

6

been on elevator to top of  
Empire State Bldg (?)

~~OK when you sleep~~ been

had against wall so

he won't fall over

when he opens his eyes.

Had been there. OK

open your eyes. View

of city light (not

much) - then it's a

bank with hand open

order the ~~same~~ coal

~~to~~ play down it.

Can't get back up Vey

steep straight up.

Guard at crossing

he comes to help me

up pushes me

against him, I ~~set~~

feel he <sup>had</sup> been, no

steps for footholds.

fall is at top man

takes me away from



8

mostly old man guard  
getting larger feet

we press close feet

he heard none. No

to my head few  
blocks away. We,

make love. thought

later: don't send him

(face) away til he

finished his work.

What I loved remember

his name. I remember

9

his friend's name.

Still doing yoga. All  
~~start~~ <sup>start</sup> yesterday, 1<sup>st</sup> time  
over year red meat, ex left  
bacon +  $\frac{1}{2}$  hamburger in  
Sept. also bread yesterday.  
Feel bloated. No drinks  
from meat. ~~Increased~~  
~~protein~~ ~~protein~~ - after  
eating meat - saw  
plants flash ~~2~~ ~~2~~

10

after calan, dan blue,  
almost hunched.

Head beat faster. Up  
early again but yoga not  
good, ~~felt~~ not hungry,  
feel bloated. It not a  
clear day. Will meet  
just me strength? Is it  
cause of muscle tightness  
w/ back? Has a well of  
non-organic food any  
thing to do with load

of elasticity? Had so

good yesterday settle?

Is it ~~led~~ led? I'm visiting.

Spirit don't bother me

so much. No decision

really except what to

eat, when to ~~go back~~ return.

Mon?

Obsess: to beset, haunt, harass,  
of evil spirits, of a fixed idea

~~Obsession: act of~~

obsession: act of an evil spirit  
in besetting a person, or  
impelling him to action,

from without; the fact  
of being so upset or  
impelled. Persistent &  
unscrutable preoccupation  
with an idea or emotion.

Read "a madonna lily form  
the "T" & see bare ~~interior~~

around T.  
white reading:  
Words struggling

etc chicken tomato. See

chicken fare on # 2 hand.

See fare come out of # 2

hand - See <sup>word</sup> message enlarged.

See orange pie float

13

#2

man ~~left~~ arm. Did it eat

it. (Got several more)  
asked myself: "

Should we eat it?

~~Asked~~ #1 arm closed. ←

Looks delicious too bad.

Should we eat it.

14

Ash: Shall I eat meat tonight?

See dash # antelope # 1 side -  
cant handle, stays in  
system, make ~~the~~ dark  
~~the~~ color. Little finger

# 1 hand gassy muscle  
again. eating meat  
anyway. only few more  
days here. Didnt leave Mon.

Weather good. Leave Tues

Wed, # 1 hand job on Wed.

Thurs, # 2 side dit on Thurs

18

Looking at fashion magazines  
piece of girl half made up  
one way, half another (or  
not) I like the ~~latter~~  
plain side better but  
wonder which one the magazine  
thinks is better, the blue  
eye shadowed side or the  
plain? Hear very faint  
word say look at the  
hair. Hair on blue eye  
shadowed side ~~is~~ <sup>has been</sup> set,



16

other side straight. They  
like the blue meat extra  
look, pudgier, more  
collapsed looking. Then  
I see blue half float  
by left elbow. Toast  
on elbow. See toast in  
toaster today. So make +  
eat it. Married 8 lbs in  
~~and~~<sup>8</sup> days. Last 1. off meat,  
~~sugar~~ again. ~~to~~ was  
trying to make to

17

Also no more bakery stuff

(filling of fig squares

danis / too much sugar

Voice should be louder.

~~My~~ <sup>Hi</sup> shoulder dit: Face in voice

My voice? Lady? Spite?

Mastu? ~~but~~

Shedding of gummy over to  
sacred light Mission. Get

blussed out ~~with~~ ~~say~~ get

some energy & spirit my

way. Mashi can stomach?

18

Clear Head?

I. Papules. I ate 2 fig  
squash and if I go to the  
health food restaurant where  
they use little sugar and  
honey, I can digest it.

Reading of "Our Life and

Mr. Dudgeon" depresses  
me because I have so

little control over myself.

I then I think, but

perhaps I need

19

Carbohydrate - I've been  
exhausted for so long -  
I read about blood  
sugar levels, I'm  
probably a fast oxidizer  
because I always want  
to eat fruit & sweet  
bread, want sweet &  
fat sauce or salty food.  
Can't or all. And then  
I think I don't write  
everything in the diary

~~about me~~ Job little

page # 2 hand & what

about the terrible feeling

that occurred one when

I asked my father to

take me to the beach

he said no he had just

made a date to play

hedge & buy several more

started inside me but

all the jobs seemed to

say no head in head

how I asked, shouted,

he's deaf, my father

again cancel please &

take me to the beach

& he said no & I said-

~~shouted~~ loud

OK maybe I'll ask you

again in 2, 3 years

& went out for a walk to

~~the restaurant~~ the restaurant

& talked with the server

light-waiter & started to

walk toward Ches

22

have for saturday but  
it was late bought  
Yudoff book home  
anger gone that is the  
not so bad this time a  
well ago or so ago at  
Aunt for always did  
you do this don't forget  
to why of your shoulder.  
Decided maybe weather  
not so hot next day for  
head (it was funny)

cool) & satisfied not to  
talk to father say goodnight  
Please from aunt & city  
friends I cant stand to be  
closed in on either by  
people trying to help me  
or who need help from me  
It's not the giving &  
taking it's dont come too  
close you'll eat me  
up leave some me for  
me. I'm superman



by matter how I hear  
tact training, no too,  
anyway no space of my  
don't, how ~~in sensitive~~  
about I feel when it  
invades. Surprised  
have not talked to  
someone when present.  
Most valuable lesson  
learned in psychoanalysis  
you don't have to answer  
someone, or talk to all day.

25

Maybe I'm learning to  
create my own space in  
rough spots & I don't  
have to get over emotional.  
Or is it low blood sugar -  
only my peaks when brain  
deprived. OK. But have  
peak. Important. Know  
weak spots. Let pretty  
good / about how I handled  
situation with father, ?  
nattered <sup>me</sup> head before I went

to sleep + saw good horse.

Terrible horse took I read

when 1<sup>st</sup>, the 2 without

gold stars had fantastic  
distant ~~mean~~  
grain up on them.

Grain up? It had

readers Mudgoff they

eat meat + sugar when

Im trying not to but

gas still extended stomach

here bladder? gall? ~~mean~~

red in gall. # when two.

27

2 that yes or no. No yes  
today. (Just on no). left

all morning after walk that  
last night. Just getting on.

Need sun. <sup>reading</sup> ~~del~~ job on

~~obstacle~~ <sup>obstacles</sup> put in my way.

To settle gun who got you

some energy? Maybe help  
save ~~brundaleii?~~  
~~after 3rd eye man.~~ ~~the~~

Always get no job on. "I'm

lazy". ~~Law ~~and~~~~

Just to do to much to be

28

not used to being weak,  
low energy, pain when I  
walk in gym, a. floated  
stomach. ~~Yes I eat the~~  
food like indigestible  
bananas take in health restaurants

I'm beginning to really

want to type this up -

wah on style. ~~see what~~

Language began to interest

me. No zap help on wheels

I haven't returned to work

29

except # ram floke on

I don't have to this week.

I hope it's right - it been

2 weeks I haven't been

+ I haven't called. Maybe

I have to free myself from

boss dependency. I know

I can do the work in time,

even if I feel lazy

because in physically

things than I have

been. Job # + thank.

ms

30

Rias, - Tues June 6

2 PM

1669

See Red on American, of gauge scarf  
I saw had  
on Indian. Past life?

Ate Stewed Cherries, Junbert, Ugh  
no fresh fruit for g.d.

on sugar in it, make head feel

stuffed but easily digested

Have gall bladder problems.

Saw box of homeopathic

pill, layers same as

metal screen, on metal

screen. Warning on pills

~~toat + class~~

Should have known about

gal bladdy. Emphases on it

when reading Dan's 'chapter.

why

Why don't I listen? Ask about

sheets. When did they he,

Shute, come. Who sent what

him

signals. Talk to him. How

to exercise. Health. Summer?

Fact to go. What about forced

light mission? Foreign jobs must

be out. Got little maps #2 hand



32

everything I could think of  
buzzes on ~~that~~ to eat.

~~I~~ discouraged because I  
don't listen to spirit advice.

~~Don't~~ water bottle appeared -

later on street near window,

trout - ~~that~~ didn't drink,

now trouble there.

Why didn't I listen to

message about "no

raw food" "walk"

+ "gall bladder".

33

Dream after eating meat:

Trying to find summer  
house, boyfriend, party.

No dream last night after  
meat, i.e. can't remember.

Sugar in ~~toast~~<sup>juice</sup>, making

head ache, feel depressed,

arthritic joints hurt.

Breakfast not so good

today. Corn musher not so

hot, though well toasted. Still

Stuck almost to digest, bloated.

34

Chicken not so <sup>easy to digest.</sup> ~~fast~~. Meat  
to crusher. ~~Feed slugs~~

See ~~not~~ #1 side edge glass on  
underneath blue ped. phosphorus  
(?) protein or meat is it?

See dark same edge. Why  
did I think it was instead of gall  
bladder? Because I could see  
flashes of light from  
stomach, (yes dit) but not  
from back under ~~stomach~~

right shoulder blade.

I feel stupid. I thought  
it was liver & muscle

Sham, that favorite place  
to be rubbed, it makes me  
burp. Walking after  
lunch gave me hiccups.

Shaver has gone to be  
diagnosed months ago.

~~MAN~~ Cutting out raw  
fruit helps.

Another aft~~r~~ next dream,  
 sexier this time, looking for  
 new place to live, large &  
 bright, share with another  
 girl woman? Want to  
 masturbate, <sup>don't</sup> <sup>up</sup> <sup>hole</sup> <sup>&</sup> <sup>wrap</sup> <sup>around</sup> <sup>it</sup>  
 last because  
 of 2 old ladies, go to own  
 apt, ~~From to be~~ actual,  
 in city.

With eyes closed & fingers  
 in ears, ~~dit's~~ ~~hear~~  
 the dit's - they sometime

are synchronous  
 with little light. New:  
~~rapidly~~, as if electric current  
 pulled up corners of  
 mouth. Beautiful treatment?  
 Near Tibetan Book of Dead.  
 FF / Hand gap in throat chakra  
 lost  $2\frac{1}{2}$  more lbs, making  
 total gain of  $3\frac{1}{2}$ . Meditating  
 in conventional posture lost 2  
 more. ~~When~~ Yesterday  
 good, body felt very limber,

wed

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then back to bed to nap, felt  
cold bath day. Gets up,  
yoga exercise, steak to eat,  
~~Yoga~~, fresh air, sun.

Shedding of E, the black  
~~black~~ hawk blue  
gray dust left on hawk  
raven <sup>right</sup> set left on raven,  
Craw appears at #/am.

call friend sea. see if  
rent house? call  
agent sea? call  
friend at sea? Now?  
Later? Flak on later.  
Flak on friends.



When I think of County

for summer, w, when

<sup>before</sup>  
~~was last summer~~

light mean eye?

Swim? Sortage?

Teach? Sun? Write?

Break? Thigh?

Its young to happen

Jobs say, no need

read ads / or, no

need call agent county.

What got to do?

sex. being interrupted  
by aunt Fuchung in  
parent's old home,  
being introduced to new  
guests, meeting old  
and friends, going to  
beach - unfulfilled  
type dreams. No anxiety  
but no real satisfaction.

Need: see "sea". See grey  
blue red light on "sea".

Met #2 underarm zone

Eating sugar baked

donut, cookies, muffins.

Don't taste so hot either

either. <sup>all meat again yesterday.</sup> Yoga better.

Sleep a lot. Sit in sun.

Can't feel anything fatter

No white mud. Read gold

star books I guess gold

stayed ~~at~~ at 13. About

horses ~~and~~

Don't want city, Mary,

dreams; friends; job

Visiting Pashee folks.

2 closets hats & pans,  
1 for meat, 1 for milk.

Wonder which wheel?

See <sup>image</sup> ~~yellow~~ milk dish ~~float~~

in front of one closet.

OK. milk hats. ~~see~~

~~of the~~ Look for meat

dist tunnel. Image

green tunnel floats

out. OK. green tunnel.

Images right.

Isnt this boring