

I SEE WORD NOT TEST
WRONG
aug 72

44(1)
TYPE B +
CLIPPER B
44, 46, 47

N.Y.U. Lecture 1

Casey spoke with visions. Earth concept: duality good and evil in our mind. relationship creative - share what you know of truth. Start where you're at.

Karma is personal - does not involve others in the sense that you don't have to "hang around" to work out your karma with one particular person.

Unconscious:-

Negative thought forms.

Super Conscious:-

Master in touch with

Subconscious mind can be disciplined as learning guitar.

tend to be more destructive in relation to ourselves than as universal
personal } symbols dream.
cultural }

Atomic change every 24 hours.

Organic - 7 years.

If you don't use it you lose it.

(3): 2 30 Friday 1 week

Went to healing meditations session at Association for Research and Enlightenment last night; 5 of us sat in a circle, head ^{good} (3) on healing, meditated, mentioned names for healing, some of which had been called in to the A.R.E. Good meditation, no monkey business from spirit.

Healing of whom to mention, heard ^{wasil very} (4) - why spirit
 like whisper on the wind - R's name. Mentioned R. Came
 out relaxed and less frightened. Home thinking of
 going to J's. See J's face huge. Ah ha, see J's face
 thought - lights get lighter.

Didn't go. Many#2 side signals on going. why see face?
 Should I have gone? Raining hard. Maybe no taxi. Pain
 on no. 1 arm as write taxi. Today wake went to P.O.
 for ms. mailed to my assumed name. Anxiety will they
 give it? Mail letter to my assumed name in case I need
 identification. See yellow p.o. slip ~~and~~ 2 ms. book in
 air, actually on mental gate. Confused - its not ms,
 don't go. Ask should I go, get no.2 hand signals. Pain
 no.1 arm. Think I won't go, get no.1 big toe. Go out,
 decide to go anyway, zap no.1 palm on go - ask is this
 OK - go to P.O. Get ms. with yellow slip only. Its from
 who I think it is. Don't need identifying letters. Ate
 roast chicken and carrots for breakfast 2.30 p.m. Tráo
 carbo's. Try Kali. ⁽⁷⁾ Mu despite pics on label no. 2
 arm. I'm still trying to ^{figure} (8) the signal. Things
 are quieter a little - I had a peach out at work
 thought - so much interierance in making choices. Stern
 lecture on how I managed before they came along. Was
 this epileptic an artist? Is he doing the pics? Is
 he doing the zaps? Zap no.2 ear. Wish M could come
 back. What to do? Movies? Call M.? Go to P? Zap no. 2

helps

ear. See pink light on movies. See iced ~~coffee~~^{coffee} on movies?

See iced coffee in air. *(9) Return?* Its too hot to go home. Sit in airconditioned luncheonette. Write. Go to party tonight. Decide no P today.

Went to movies. If I had gone immediatly on seeing pink light on movies wouldn't have missed 1st 5 mins. of film.

Have begun to see colors in air in faint geometric(?)

patterns in response to some thoughts. Came home ~~first~~^{just}

before rain. Yesterday 1st day I've gotten caught in

rain in long time. If I had taken umbrella from office, *as*

~~no~~ zap indicated. My life is beyond chance.

Flash no.1 side on "something is going to happen tonite"

Lights dim. Zap no.1 armpit. Guess not. Magenta on o

of tonite. Tomorrow? Never! Zap no.2 arm on never.

Words that colors flash on in "Psyche and Symbol" Jung.

"Unconscious"~~MAKING~~

"Meaning"

"Attention"

"Degree" a higher degree

"field"

realm

attitude?

(12) cancer

mother

(hunter (refer to eagle)).

"The no. 12 ^{is a} ~~no~~ time ~~signal~~ symbol"

Zap no. 1 elbow.

I am now spending a lot of time eating out every night. I also have a lot of diarrhea. I wear blue T shirts to cool out my red pancreas. Somethings become clearer as I correct early ms. I should write what I forget. I think I'm going to sea. Zaps no. 1 side face. Light dim. Sea purple. Guess not. OK well what did blue red grey light like a beacon on sea mean? If not sea wait and see. Lines and gall anger according to acupuncture book. I'm trying to get through on word flashes about ? ? Can do pics? All spirits can do pics? All spirits can do zaps? Not all spirits can do lights. I'm getting better - didn't bloat and fart over breakfast bread, only dinner bread. Start to meditate. Immediately go back - think of - 2 nights ago I say to myself I heard this voice (2 nites ago) telling me who to ask healing for. I mean I tuned in to that level of consciousness and went back to the last thing that happened in a meditative state.

The signals are changing. I now feel rain ~~rain~~ drops - ting - instead of energy in response to thought. Also way of 2 colors in the air - colors worn by M - she called and said she'd been trying to reach me for days and now I see another 2 color way - is it B? Or S? See B's coat, same color, in air - Call B. Zap no.2 ear on call. See B. Pain on no. 1 arm as I read B. Pale light across coat. The rain feels good in

this really hot and humid weather. Its not wet like water
 but it feels like water. Condensing humidity? Maybe it
 is wet like water, only daintier. How else to say it.
 It feels cool and liquid when it touches me but there
 no wet. Is carrot cake bad like salad? Go get coffee
 and. Need B vitamins? Ate chicken 3 days in row. For
 niacin? Saw pink flash from phone yesterday. Thought
 of X in relation to what I was reading. Phone rings.
 Its X. Today see deeper reddish green flash from phone
 as I'm thinking of leaving. Wait for it to ring. Doesn't
 go to nealer. Puts hands on body. Feel heat in hips ~~again~~
 region. I think I have hiatus ^{seened} humid at base of esophagus,
^{tumes} tissues in ^{meat} heart. No feelings on latter. Blueish red
 on ^{tumes} tissues. Expel heavilly ^{meat} heart and pancreas (?)
 Don't sell swivvel chair which I see in air. See pics
 all eyes now coming out of peoples' noses - thats a no.
 Coming out of peoples' eyes. Whats that? I'm so sick
 of it all I can't function any more. See oak parquet
 floors on wall, energy. Do they add to? Or take from?
 Choose one. Leg always hurts when I go to this particular
 place with oak floors. see words and numbers in air.
 Saw hod. Heard ^{well} (24) say yoy yay. (Not oi vey).
 Thought "I havn't all the information" and saw very
 clearly Torah open and enlarged as if magnified words
 in Hebrew. Don't know what they mean. But one phrase
 was enlarged from the rest. See J.'s head all over the

Head Wrong

place. Is she thinking of me? I don't know how to reach her. Whats happening. See L? Heard someone's thoughts. Just a phrase. Heard J call me by her nickname for me.. Head feels strange - numbness in back of head. Stomach swells up. Moon in Cancer to Leo tonight. I see the new pants I bought all over my arms and toes. Are there no's? Zap no.1 palm. Yes those are nos. Can't wear them? Sad. Because I tinted them pale beige? Because I'm saving the, Hear too tight. Is that right? Red on ?, pink flash on too tight. Unless I tried them - of course I washed them. Going to breast Dr. Saw beige blouse I saw in store ^{above} and have beige tinted pants. Does that mean get it? Saw whole blouse, life size, not in tiny circle or miniature. Saw chair in air. Keep chair? Sell chair? What does air mean? Clean it up? Sometimes I think thats what all these pics are for, for me to send energy to the things I see and clean them up via long distance telepathic waves. There is no distance, no space, no time. Thought, "I clean up the air when I clean up the pics, that is silly" - and I got such a hit of sharp pain in my hip on "silly". Thought - Sometimes I think every thing is really the way I thought it was when I thought I was ~~crazy~~. See word wrong in air, ^{on leg of pants from} beige color, I died white, ~~pants~~. The night before I bought them, X dreamed of buying white pants. Beige too yang for leg. Bleach. I don't want to write anymore. I'm still confused about signals, lights dim

- unless all the negatives I get are really negatives.

In which case nothing I do is right. Bought ~~(28)~~ *Sweats*

today, its no good. I'm wasting light dim time and energy. When I meditate I fall asleep. What is a yes?

No hearts. Something blew up. The song. Did the song

do it? Will I sing again? Wavy (no) lines on again.

Red on o of song. Thats sad. Wonder will M return?

Breasts are Ok, i.e. no tumors though no.1 still expelling

heavilly. I see objects pop out of peoples' eyes. Is

that a no also? What is a yes visual? Why does gate

appear on toe, arm? Not safe? Fix screws. Zap no.1 thumb

on screws. Take out nails. no good, Move? I'm going to

live alone. Zap no.1 little finger and no.1 side of

tongue. I'd like to live with someone for a while. No

heart. Heart is X. I'm sad. Because I fucked up my new

pants, by dying them and wasted today on shopping. Wavy

on wasted. I'm trying to learn signals. what about green

sweater? Ears are nos. No. 1 ear is yes? That would

be nice. I want no.1 ear to be yes. No. 2 ear to be no.

Can we do that? Lights dim. Dim is no. Right?

Dreams:

Visiting C's - about book - zap no.2 arm. Should I call

them. Yes. No.

X - see him sleeping - hair in curlers. His ~~(32)~~ *with*

a girl and myself later - 6 hotdogs for thanksgiving.

I'm not going to be there. M comes - he has a widow's

peak - grey, pronounced, he's fat. T runs to reach me
 T runs (night I had dream) but I wasn't there. He doesn't
 have much time to see me on Wed. I put my head on his
 chest. I want him to spend time with me. He says he can
 help me with my work. What work? Book? Job? Work? Wake
 7.30. Hear a grunt. Want to call him. Get no signal. Zap
 no.2 ear on no. Should have followed intuition and called
 when saw (33) on phone.

Dream. See gate. Ask if I'm going to be robbed. No.1
 hand lights up. Ask if M trying to reach me (or will h
 they zap no.2 finger or will try) and no.1 arm lights
 up. Is that a yes or no. Drop sign on yes. Light lit
 on no. Must write to keep clean.

Floors on O. Not today, tomorrow.

2 days before all these dreams asked myself to remember
 dreams.

Wavy on M comes. In dream he goes to country. Zap no.

2 elbow on M comes. Do I go to M. Chair seat on M. Red
 on M. Forget M. I'm sad all day. Cry a lot after dream
 about not seeing M. Don't see X either. Like dreams.

Red goes on elbow word. Need typists. Ad in paper next
 week I guess. Can't sell furn. apt. Losing tons of money.
 I wish I could move into it. Red on could. Can't. Wish
 something good would happen. This incredible depression
 after sugar doughnut and coffee with cream, (twice today
 same thing). See milk on cream. Get milk instead. Wish

I were dead this body too big a down. See funny eye and lash like I used to draw them on 2nd 0 of too. 1 eye closed? See word last on pic of head, no.2 side and face no.1 side. All is is the way I feel. I wish I were dead. Not one thing has gone right today. Lights dim. Terrible struggle with spirits over way they give me info. Wish they'd be clear~~er~~ or go away. Tell me, many signs for no X. I wish I were dead. Too much sugar. God awful food doughnuts. I wish I were dead. A short synopsis of my feelings all day. The song broke up X and me. I heard a void say something, like he doesn't love you any more or words to that effect. I'm sad. Life is bad. I wish I were dead.

In bed ready to sleep. Start to feel as if someone is fucking me - I mean I feel the sexual excitement and some of the motion but not the sensation of a cock. It isn't just like getting excited on thought either - its somewhere inbetween. My body started to rock and then I felt thses sexual feelings getting more intense. Picture of really pretty embroidery on black backgrounds. Flames. Not like my blouse which is stars on black ground. Got freaked. Asked if spirit fucking me (incubi, sucubi) got black and white streak which is a negative but it reminded me of dead male spirit who is hanging around and I decided to cut it off by masturbating and finishing it that way. Wish I'd had the guts to just ~~die~~ lie there

and see what happened next. Now I'm depressed as if it was X - am I going to feel it every time he fucks someone else. Wavy on every. Again? Funny - I ran into M in the street and could have gone visiting with him but didn't. Later in bed I thought that and saw his image in the kitchen air. Yesterday saw C's face over mine. Few days before saw mine, but dark shadow over L.'s. Must quit milk, bad spasms in shoulders, head. I get pale green patches on me. I wish it were me getting fucked. Really me. Spirits ~~(41)~~ hate the word fuck. OK I wish someone were really making love to me.

46-4 word

46 (1)

light on forever

Show to J. No X. Is he gone forever. ~~a for J and B.~~

Why did I see ^{flame} ~~fleas~~ in air when I called. Yes. Or
warning. Will X and I ever get together again. I blew
it the first night on gin, didn't I. No it could never
work. It could have worked. ^{could light up light dim sharply} It will work.

Past present might have. Future. *See future in air*

See Future in Air. Air in air. Is that good. See no.1
arm light up. Is that yes. ^(Yes no) Please make me think a yes.

Go home. See J. Show I apt. Red on apt. See desk. Go
to country. and wait for C there. Light dim. Is C com-
ing to us. No sign. Drop on C. Go to Boston. ^{light on Boston} Light on
o of go. Go home. Finish coffee. Lighter on i of finish.

Nov			30	
	this year			
Dec,			15	
Jan	next year			
Feb		Sept		Dec 15
Mar				Jan this
Apr				year
May	30		15	
June	30	(15)		1
<u>(July)</u>	15			1
Aug	1	15		
Sept	1	15		
<u>Oct 15</u>			1	
Nov	1			

J U N E 15

M A Y 30

J U N E 1

J U L Y 30

J U L Y 15

J U N E 30

Does A want apt. See ^{toe} A's name no.2 underarm, on big nails, on center dial of phone, on thumb nails. A doesn't want apt. See floors of apt on thumb nail in no.1 arm, no.1 palm, i.e as if hand and arm were lit and I see this picture there. See light blue on there. Home is there. See sublet on gate. Yes on sublet? See door on ceiling. Should have gone there and shown it to ~~(A)~~ her. . No.1 arm flashes. Zap no.1 side just below naval. See sublet in air. See air on velvet cord. Air is negative? Meditate. Get flash of light on sublet 1 year. Zap no.2 ear. Zap no.1 palm. Ok to who. D. G. M.
N. L.


See G in air. See red and face on D. See M in air. See G on L. That leaves N. ~~W~~ Who will leave best vibes. M jumps off phone. Light dims.

The scorpion tail the scorpion tail it stings it
 stings and without the t it sings and this is the
 scorpion tale I sing I sing this scorpions tale.

I once I once was as

The apt.

Will I ever need it to live in. Will I ever want it ~~see~~ *(staircase gate)*
 to live in. Stair on line. Black on need. Stairs bad
 for me? Parquet floors bad for me? *(purple - white: black)* Purple on oo of
 floors. Stairs no.2 fingernails stairs bad for me.
 See marble stairs on bad. Stairs good for me. Zap no.2
 ear. See apt. house on stairs. See stairs above phone.
 See parquet stairs in circle above phone. I'm going
 to live in a house. Lights dim. I'm going to stay in
 N.Y. Zap no.2 fingernail and underarm. Wavy on N.Y.
 Do I see city on phone? Sell it stupid. Way on. Sell
 on no.2 hand. Rent to Y. for a year. Sublet on gate.
 Is that a yes or a no. Call Y. Just pay landlord and
 put another ad in paper. Sell to D. Let her get new
 lease. Keep in my name. Keep chair. Does it matter.
 Rent to M. Is it stupid to rent to M. Sharer. See black
 face on gate next to sublet word. Does this mean no
 blacks? Zap no.1 underarm. Does this mean ok rent to
 black girl. Tell landlord I'm sharing. No. Is M the
 best thing to do. See black mi. of thing. See black
 on stupid. Wavy on black. Do I have a prejudiced spirit?



Is it too ~~(14) of me~~ its not me? No one looks like me but me. Better to rent to Y a man. Call Y. See black on o of one. Can M pay the rent. Is it ok zap no.1 palm to rent to M and than maybe sell furn. Keep chair. Drop sign on black. D has money? Yes No. Zap no.2 groin on yes. Yes on phone. That means no. Phone to no zap no.2 arm phone no.2 underarm should mean no. Call D. Now. Tonight. Put ad. in paper again. Zap no.2 palm. Pay landlord 1 months rent. Less. Keep chair. Sell chair. Bring chair to repair. Give steve to repair to seel to keep to hold for me.

See

See word wrong on phone. See pants with patch on phone. See gray gate and curtain all over place. See black and gray gate in air. No good? What do? Reinforce grey gate. Leave this apt. Zap no.2 armpit. Reinforce grey gate. Paint gates white. ^{lights dim} See corner of grey gate white.

L sees me in woods. - grey and white picket face. I sit at wooden table in front of grey/white gates. See B's color on phone. Call B.

No didn't. Should I. Zap no.2 underarm. Sewing. Think who will live me. See C's face. (no zap) as I pull needle through hole. L has S, M, wavy, ^{using} pisces, ~~(19) m~~ S.U. in Yemini - N in L. 6 Air. I have one air sign and a airy fairy. Its different, isn't it? I mean its different. N saw me in chair said I looked

Mayan. Thinking about will - love me? Hear someone call
 my name. Who? My memory? ^(memory out of toe) A live person? A spirit? Light
 no.1 side and zap no.1 groin on spirit. I want earthly
 body love.

Sewing patch on dungarees. Lights dim if I put it on
 wrong. See dungarees on u of put. Can't wear? Zap no.2
 head. Use other patch. Air fairy doesn't like flower
 or heart. Ok its corny but they're the only patches
 big enough to cover the holes! Except tiger.

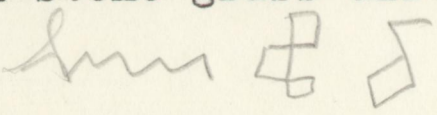
M saw me in country in winter. Lights dim. Chair bad
 for me. Goes from side to side. ^{to side jump up in} feel it when I lie
 down. Also its some purple. Give up chair. No. S saw
 trees and dry sticks. Said well water first? I'm pale
 green - it flashes through my t shirt which is pale
 blue. S says I have a blue (spiritual) and pink (love)
 aura. Go to S's house for week. Week end. See X on
 ee and end. X will call. ^{will call on quite} See call on phone. See country
 house on o of on. Month of Sept. Zap no.1 ear. After
 L day. Before and after L day. See drop sign that X
 will call. See X on gate. Forget X. Light on forget.
 Ok X not for Sept. Correct? Zap no.1 big toe.

Big light gets light on "I have to meet someone to
 fulfill my ^{Karma} pains" - its not there the phone I guess
 I see phone on u of fulfill. I am not at S's country
 house and I'm not just wondering around the streets.
 Spirits don't want me to ^{(25) X} . Before later
 day. Go this weekend. and stay until labor day. Stay

through labor day. Stay weekend only. Zap no.1 toe.
 Go after labor day. Go sat and Sun. Come back Sat.
 Sept 2. stay for sept til 7.

15 24 Oct.1

10 17

Weekend only. See green and white house on end. See
 week wavy. See kleenex through pocket. Light dim. I
 did the other night. Also saw copper and silver discs
 through telephone cord - the only one that goes from
 phone to headpiece hear speak *(27) piece* ? See
 book on e of piece. Master to guide me see notebook
 and typewriter pages in air. Hear someone call my name
 2nd time. See dark bright green and (solid) woods. who
 is the dark light green. What. Who/what is blue and
 yellow. Who will love me? Who will I love? See pale
 blue r shirt on o of love. Can't i love? Can't someone
 love me? whats going on here. Since when do we give
 up the earth. See L on i of give. Saw L's face the other
 night when I said Jesus what am I here for. L likes
 boys. L's not for me. Is he? See he in air. Why see
 his face at all. Is he here? Can he project? See can
 on thumb nail. Means no. See astral, image dog's head
 and shoulders this side of door. Dog outside. See $\frac{1}{2}$
 laid boiled egg and kitchen walls on ceiling. Walk
 lake rock stone grass dirt path woods road mountain
 berries *hmm*  swim. no sun lit on bed
 Fart. Pach chair lake. Rent house Sept. in country.

See blue and white on pt of Sept. Blue and white are house colors. ~~(31)~~ ^(threaten on site) ~~threaten~~ writing strike because spirits won't give me clear yes signals. Get definite "no" flashes - i.e. wings of light in dark room. So you want me to write m.fuckers. Well I want the rest of my ms typed and I see A's name on bathroom screen. Is that ok. I mean I ask if they can put her name up there they can put ok or no up there too - so what is it for A. Ok or NO. Zap no.1 elbow no.1 forearm hand lights up saw green leave there today decided it should be yes signal. Yes. Yes gets larger. Call A and have her see circle on A circle is a no. Christ why is this happening to me. Then I must ad in new zap no.2 thumb typist. D? Wait for N to type? Give to A. Heard voice other day. You will be doing her a service. Dis? I must be a very negative person. I'm hungry all the time today. Saw corn muffin and jam on no.1 ear just after I insisted that be a yes signal went and ate it. Want X or C. Negatives on X. Green dark bright on C. Saw red heart (X) on dark bright green in trees. Saw C and R on no.1 elbow ~~(7)~~ ^{earlier}. Heart is not X. X is heart on denim shorts. What is blue and yellow. Why see R and C together. See telephone on why. He will call her. This weekend while I'm away? Call her and tell her I'll be back tonight. Christ is that why I see black and beige (my) phones together. Lights ~~gn~~ flash no on R. No on no.2 thumb. Go to call anyway.

Phone out of order. I saw a tomato in the air ^{after} ~~apples~~
 the jelly I ate I saw a tiny apple made of jelly over
 my chest. I see the dogs image on peoples face - ~~really~~ ^{rather}
 peoples face, a part of their head superimposed on mine.
 - I can see parts of my body with eyes closed that are
 not in a position for me to see with my eyes open. With
 eyes open I see image of ^{part} ~~path~~ of my body I can't see
 with regular vision. I'm hungry again. Cut against sig-
 nals. It doesn't help to be clairvoyant or whatever
 in a love affair. All I ever ~~gm~~ really got about X was
 2 times he said he'd call on a certain time and I got
 definite signals not to wait. He didn't call til the
 next day.

^{such}
 water air ~~ground~~ zaps see lion on a of water
 fire.

words

silly

47-1

Lights dim against country. See aquarius sign on light cord. Any fairy on lights? Light flash on on. Who? Negative force? #1 arm lights up. Zap #1 nose. I'm here. Country. Blue and white house. Went home for a day. Give out rest of ms to A. to type. See clairvoyant. She says OK for A to type rest of ms. It was A's name I saw on gate. Apt. got sublet, but legally through landlord, as they took over my rent controlled lease. Keep apt. on same rent as long as rent control on. Lucky. Or something. Clairvoyant also said won't see much of X, ^{→ on table} going to meet someone else (whom) already know--got same info myself from? Go away with him. Country maybe? C. will come. Don't expect much. Says I won't move, even to apt. that's opening up two houses away. Says I'm going to meet someone confused about N.Y. or whether I'll meet him away rain #1 face right on mole or whether I'll meet him first and then go away rain #2 side face. As she was talking I saw the words NEW YORK CITY come out of her eye. Words are always printed thank god in simplest type face. LIKE THIS. Words are usually silver grey. I'm disappointed about X. Even if I am zap #2 ear going to meet someone else. I still wish I could be with him now. Keep seeing his place and country house together on other people's noses and arms. See circle of country house with color of his

place inside. See my beige phone and house? Black phone, $\frac{1}{2} + \frac{1}{2}$ on one of these previous words. If you're angry and count 10 the anger can go away. I read once in Grey Walter's book "The Living Brain" an explanation of this. I'm not sure but it may take 10 seconds to change the rhythm of the brain from theta (anger) to something else, alpha? I wonder if I'll see X soon. Or if coming to the country house has blown that chance. See blown #2 side, across and down chest. See many on I'll see. See light on blown. Spirits don't like that word. See X's glasses on o of blown. See word blown on #2 arm. OK there's still something there between us? ^{lights dim} See circle of clear air like a bubble on there. See this clear bubble often. I thought it a "no" sign. Hear word no, not clearly, as if someone breathing it heavily in distance, with emphasis. Hear it this way ~~often~~ past ~~a~~ few days. See magnified circle on clearly. Maybe it means enlarge upon this? Face on en of enlarge. Or I'm making too much zap #2 hand of it. Saw big circle coming out of #1 side earlier don't remember thought. Perhaps it isn't clear with X all kinds of things happening to perhaps p outlined in black and rest of word blue *f red* See not clearly

in air by tree. See circle over air--see air on grey metal railing. See tree trunk color on air see red on tree. ~~I guess~~ ^Aairy fairy on all these[?] but why red on tree. Found smock in street just after I gave my loose dark blouse which I couldn't bear any more to A. Smock lighter color, also blue. Which is cooling to estomac. Burp. I guess. Burp. Also found sleeveless blue flowered short shift why did I leave it on street when I got a definite no on it--i.e. I saw shift and yellow ~~kn~~ ^{BARKER} ~~fairies~~ I was leaving it on in air. Should have taken it home. Zap #1 palm + #1 arm lights up. Could have worn it over bathing suit? Suit on thumb #2. Spirits don't like. It's really soft stretchy underwear. Can't go naked nude here. Red on naked. Saw X's big hairy arm all over my #1 arm before I went to clairvoyant. So I asked about him. Discouraging answer. See Dis in air drop sign on whole word. couraging wavers. well? Here I am in country hope it doesn't mean I'll miss going to X's, see raft on does. See X's on #2 thumb. OK that's the 1100th signal. I'm not going to his place. Anyway I cried and stormed last night because I didn't want to be back from country weekend and thought the spirits had really

OR MY MIND[^]

fucked me over by telling me only stay short time,
 and clairvoyant said weekend. So I came back, very
 very happy to do so and spent afternoon on lake. I
 can't stay too long or I'll miss C. who is returning
 but I guess sometime. A week-hand won't write week
 black on ee of week. Also on a of lake. Water on
 l of lake. Well I like it. Longer than see than in
 air week. Stop it. Go away. Don't do useless.

Things, a little quieter after I saw clairvoyant.
 Lights got brighter on "I could have stayed in coun-
 try." Decided to stop crying and make phone calls
 take bus up. Did. See colors of country house on
 try of country. Decided to try, see if leg spasm,
 which is getting worse, outlined in glowing red
 better here. Saw purple and black in tree leaves
 when I was here a few days ago. Also boards of porch
 in circle. I was right to come I think I feel re-
 laxed. I just looked at my apt. last night and said
 I'm not to be here now. See here now on #1 hand.
 Sometimes I think words get stuck in my eye and I
 see them somewhere else, no meaning meant. See trim
 of smock on ea of meaning. Also chocolate which I
 just ate a tiny piece cake of. Does that mean send
 energy and chase away the bad vibes, transmute, clean
 up. Just took out a few words that appeared in air

or on tree. Like "memory" before eye and "supposed" in "I'm not...to be here" and "a break down" after clean up. See ^{word} clean in air also. Also in air. The airy fairy editor is here. See dinner meat on master of masterpiece. See dinner #2 thumb. No dinner? Nonsense. See no of "no dinner" in air. See air in air on screen. Saw giant circle of clear air or bubble the other night at open window. Closed it. It got very cool. Bubble must be a "no" then. See terrible colors on me. Deep blue with some *shiny* to it and black along edges, coming out of head. From meat? or packaged stuff? See iron pill on u of stuff. My iron pill? Vitamin C? Face on V of vitamins. Need C for hayfever? There's some in iron pill? See blue black on on of iron. Some floats away. Take C separately. Should ^{should up + down in clear. ~~to~~ legit dit on should.} take e for muscles, hernia if I have one. Yes? See *e* on u of muscles. Saw it and calcium all down someone's #1 side back. Bought calcium but haven't taken yet. Need something to relieve muscle spasm. Also I rest a lot. Hemoglobin only 13+ last time. It's better at 14. Wavy on 4. See wavy on leg of chair. I don't rest so much when it's up. See 14 on #2 hand. Going to write word sleep. See word sleep come out of someone's eye. Don't use it

A+E on L of dit
dit

spirits prefer "rest" ^{which} ~~heat~~ is of the body and
 not a decline in consciousness or an opposition to
 awake, conscious. Trying to write th~~o~~ see "awake"
 on someone's nose. Then things out of eyes are warn-
 ings. See X's pants on a of warning? or dungarees.
 See bubble on pants. Shirts? Then I'm not going
 to meet Mr. 2 in N.Y.C. Mr. 2 out of someone's eye.
 See house colors out of eye. Shouldn't be here? ~~en~~
 should I leave my phone, ~~#~~. ~~h~~ere with X's friend.
 See light flashes down pic of Dylan's nose. Stopped
 coffee. Diarrhea stopped. Can drink tea now see
 now out of nose. Fish nibble at feet. See gold
 flash of light where I was sitting on bench. Every
 time I get in dither and go to a clairvoyant or psychic
 I must get some good energy because spirits clearer,
 calm, not so much confusion. Maybe these people
 help, call in helpers, or spirits know I'm serious
 about wanting things simple and clear, or at least
 clear! Like great confusion every time I want to
 put pay check in bank. Don't want me to, it seems.
 Don't want me to pay rent, phone or Dr. bills! Put
 check for phone in mail after ~~a~~ Millions of no sig-
 nals. Want me to use bank check, not personal check?
 See personal in air. I insisted on getting bank
 checks for rent see rent in air and got so many no's

on paying waited found building on rent strike.
 Well i don't mind not paying the city see paying
 in air, but how about Dr.'s? Psychic says evil
 spirits cross my path saw black zig zag like see
 wings of light in air like see like in air OK black
 zig zag cross, going diagonally down across up and
 down golden light streak. i think all the words I
 see in air are no no's. See giant circle outlined
 in blue ink color by #2 arm chair. Don't write?
 Zap #1 ear.

I'm angry at myself for not taking the blue
 sleeveless dress home and considered it's vibrations
 and usefulness. I keep telling people style doesn't
 matter. ~~A says it does.~~ I suppose if I don't like
 something I can't be happy with it ~~anyway.~~ Still.
 I hate to judge on style. ^{LIGHTS DIM.} ~~Maybe~~ it would have been
 worth it ~~so as to leave~~ ~~uncovered for a~~
~~while.~~ Light greener in room. Doesn't want me to
 write about blue dress? Go home. Drop on go.
 Can't stay forever. Fri. Sat. See Sat. in window
 glass. Sun. #2 elbow lights up. Mon. Tues. Zap
 #2 arm. Wed. Thurs. Fri. Read see Sat. in window
 glass see big bubble in air. Watch TV. Wonder
 about scene that's just passed. See it out in air,

only for a second and I couldn't really look at it--
 too surprised or too short a time for me to see what
 really happened and couldn't get it to do it again.
 So surprised I he it she could replay it. My memory
 or sprite? Saw ~~WORD~~ sprite in window last night.
 watch TV see mother's hair on #1 finger nails and
 jump off #1 hand. Called--she'd just gotten back
 from birthday outing. I had called earlier, against
 advice and getting no answer ~~realized~~ realized they'd gone out
 to dinner. So I was sitting thinking I'd call at 9
 and that[!] when her hair started jumping around. Didn't
 ask if she'd had her hair done. Bet she did, that's
 why I saw hair, not face[?] See purple on knee. Keep
 seeing bathing suit and lake together in a circle.
 Not good? See good on door knob. ~~Saw poor caterpillar~~
 I ~~21~~ out on door knob, window pane. See X's
 place on L's #1 arm. Is he thinking of me. #1 arm
 flashes and hear dit #1 shoulder. Has he called?
 Face on a of called. Zap #1 eye hard.

heard the following words at different times.

North west (of NYC) M's name, yogurt.

For an aggressive child you should be still a
 little, and make room for the love to come toward
 you.

Also large in
 clear →
 coming off page.

Sit under a pine and pick up some pink.

maybe the big clear bubble is gas in me I'm getting rid of.

Title: How It Works

I am interested in this fact: immediately upon giving up the apt. I couldn't use, I heard of another I could. immediately upon giving away (same day) the sheet I hated I found two in the street, one of which I kept, and left one in the street. Street in air. OK I was supposed to keep both, or give one to friend? Anyway the idea is, seems clear, if you give up what isn't for you, you get what you can use. Same day, both times. I don't even know if I'll take the new apt. See my own apt. door on take. Stay? Another cold toilet winter oh my sciatica. I heard twice today this voice say marry me. Does it have a heated john? Someone should invent a toilet seat heated underneath (I saw this in the air) with those purply infra red (?) bulbs for loft and slum dwellers, also country houses etc. Then I won't need to marry.

Clairvoyant said worst thing was to have cross-current voices, i.e. evil spirits mixed with good. Right, so who's speaking and who should I listen to?

Can't listen i.e. believe all of them so how choose.
 I mean if a voice says what I think is a peach is a
 nectarine and it's a nectarine and I look and it's
 a nectarine that voice is OK. But how to check out
 things it says like "you just lost his love." Clair-
 voyant says good spirits are never nasty--they make
 positive suggestions. In other words positives don't
 use negatives. Phrase I keep singing which I get
 "no" zaps on, "I just happen to be here, that's all."
 I don't just happen anything anymore. It's a plan,
 a piece of the puzzle a part of the main.

It is not
 a plot.

The plan for man
 is not a plot.

Do yoga. See blue and yellow rug of place I once
 rented. Then see tennis courts next door and face
 of person I saw around town and liked the looks of
 but he had an old lady. Does this mean I should rent
 this place again for month or so. Said to myself I
 have to meet someone hard zap #1 palm #1 arm lights
 up and blue and yellow bands like rug appear on upper
 arm. Is this the person I have to meet? Very Indian
 looking guy. Sexy looking I thought. Pink and blue
 on sexy. I keep wondering if this person I'm going
 to meet whom I've known before is someone I've known
 in the life before? Or only in earlier life? Is it

OK to swim. See OK in air over grass. Water on O
of OK. Not. Saw OK on #2 thumb but don't see NOT
anywhere. In I go.

Some palmist once said write a lot I have an
unusual and creative mind. Laughing to myself think-
ing of that phrase. I see a picture of three spirits
at my foot--I've seen this once before--my collabor-
ators on this book, this life, this? Some people
have 6 planets in ~~one~~^{air} sign; I have one, and an airy
fairy. Do you believe in miracles, or god. Quote
from Jewish macrobiotic lady, if you're Jewish you
don't need to believe in astrology because you believe
in god and god can create miracles. See word god in
doorway. A no place to be. maybe I better take out
this part. The lights flashed before. I asked who
was on the light. Saw black and white on light and on
on. Negative force ^{light down} I asked, zap #2 ear, very faint--
or air fairy or is it my master? Then I started to
laugh, asking the light bulb if it were my master.
I'm never alone when I'm with a light bulb. Or a
flower a person a plant or me. This place is over-
crowded zap #2 wrist. Psychic said some day I'd have
12 protectors--she didn't say if spirits or live and
I wonder if each one represents a different energy
as the 12 signs of the zodiac are 12 different ener-
gies. Winged light on i of different. It's all the

over on gate

of line in air →

same if you get high enough? Face on i of high.

See mother's car or hair while in car.

I dream something dissatisfied about book. Have I edited too much before it's typed? See book on y of typed. Did I see a drop sign on before? I'm foggy eyed. I didn't do the dishes last night. Not me. I did them two nights ago. See not me on door handle. See little light wing on not. See drop sign and big bubble on me. me wavy, fades away. See stripe quilt on way. See stripe quilt on door handle. If I keep on the stripe quilt, flowers on one side, I have to do the dishes. Wavy on have. Have on #2 arm. maybe I should. I didn't cook. See quilt flowers on oo of cook. midnight madness. What do I expect after eating chocolate. Chocolate! Can't decide if *blue* yellow rug bit, oh I also saw green convertible of owner, was a memory trip, or a suggestion for future. See flowers on flowers. Pinkish on future. Faint light. Suggestion? Zap #1 arm on mole (lights dim) dark spot and #1 arm lights up. See beauty spot (?) on door handle. Hit another place? Well, is it? maybe it's not a drop sign. maybe it's a pointing out sign. The next to last time I saw X I saw one diagonal slant of grey energy point to "farewell, adieu" was it? A slant

on a typewriter is to cross through/. See red on
 slant. Also I get many #2 arm zaps (a no) on "This
 is the end of me and X." See striped quilt on end.
 Give up striped quilt. ^{Here} ~~Hear~~ "no" or was it scratch-
 ing of pen. See "Here" on end of striped quilt.
 Right on! Hear. Sea hear on door knob. Are we
 languaging -- are we saying didn't hear, or did
 Saw FAWT3D10 ~~on~~ on door knob, coming
 out of also. This has to be clear about the door
 knob in order to know if I should do the dishes.
 Leg hurt when I thought must go to blue and yellow
 rug house. I don't feel like I want to go. Don't
 jumps around ~~in page~~ around word don't. Want appears
 halfway between book and chest. Don't on toe. Things
 are fast and faint today, or I am slow and sleepy.
 Slant up from word to air. Never saw one of those
 before. Since we got the down one clear as a
 no I guess the up one is a yes. See yes in air.
 Thank you. See quilt on #2 arm. No, ~~check~~. See it
 on word one. Don't need 2. See other quilt on door
 knob. See other quilt on quilt. Give up that one.
 See striped quilt in #1 calf. Should I change quilt
 to blue flowers on door knob? Pink and grey quilt
 on pink quilt ^{calf} ~~base~~ of which when I tried and closed
 my eyes I saw lit up in air and so took them off.
 Calf hurts. Chocolate stupid. ^{stupid in air} See stripe quilt

on toe. OK which to use. See blue ³³ ~~grey~~ quilt
 I'm lying on on which. Do I put anything over pillow
 and mattress? See wavy on pillow. Don't use. I've
 been ~~gixx~~ fighting giving up stripe quilt because
 it's longer than others. I refuse to freeze at one
 end or other. Maybe I don't need it so long? Call
 E. Go home today. Stay til Monday. See ²³⁴
 on door knob. o of go magnified. See red outline
 on magnified. See o on #2 arm. OK. Stay. Don't
 call E. I don't. E. calls me. See phone on a of
 call. Is there someone I should call?

Why did I see the bacon on the window after
 I'd cooked it and not before, if I want'sn't supposed
 to eat it. Saw fat before and cut off fat, see blue
 pen on ^{fr 34} .

M. said I had a blue aura surrounded by pink.
 Spiritual and human love. I said to me I said I'd
 give up this blue and pink for a good fuck.

S. said if I tried to figure everything out
 now I'd think it would take 200 years and I'd rather
 lie down and give up boy was she right, but if I
 wait 2-10 weeks, 2 up already, things would straighten
 up. Maybe negative force will go away and signals
 become clearer. ~~like quilt and coffee pots, not~~ ^{Blame in air,}
~~coffee, and sweater, etc.~~ ^{brush} ~~flush~~ ^{light} or it.

Got many "no"s on bacon. Later found out there's pig cholera. Got no's on tuna before they announced the mercury in it. I'm connected to info. The mind. The collective conscious.

See hairy man's arm over my arms past few days. Saw old jodphur *fabur ← 36 → + calor* and belt on #1 arm when thinking about time I fell off horse and hurt back. Remembered many dreams about apts. as I got into bed. Thinking of X, heard winter.

See elongated $\frac{1}{2}$ face, black outline on 2 or 3 people.

Wonder what sign N. is. See SCORPIO come out of her eye. She's a Scorpio. See wedding ring some distance off L.'s hand. Is he married? Yes, but separated. Maybe *36y* Scorpio is right. Then NYC is where I'll meet this new person I know already. See meet on #2 tit. See L. on on. Is L. it? He has hairy arms but isn't wearing dark bright green. Should N. sleep in here. Should E. It doesn't matter. It does. Drop on does. See stripe quilt on other bed. Give up quilt. See quilt on up. Zap #2 toe big.

See tomatoes in trees. Also tangerines. See blue flower quilt on thigh. But no suggestion as to which one to change to. Use only one? Use two.

pink light only.

*white light
black or brown
O magnified
DEC through
L.W.*

Which other? Forget it. Leave it as is and hope.
 Leg hurts. Take off blue flowered quilt and lie
 directly on mattress. Pain in leg goes.

*On way to pond see rock I'd lain on in morn-
 ing. Huge image, between trees on path to pond.
 Keep going. I'd already gone back once because of
 "no" signal and I was going to the rock by one path
 when I got another "no". I got so disgusted I ~~xxx~~
 went to the house and got my towel and went to the
 pond, despite the huge rock image that blocked my
 path, and 3 or 4 other "no" signals, like the leaves
 showering purple and *a flashing red image* barring
 my path. And then I was going to swim to the raft
 and saw someone's back (on the raft) light up on
 #2 side and turn the color of the raft up all the
 vertebrae. But I still went to the raft and today
 I woke with a sore throat and can't blame the spirits
 the signals were clear enough. I just didn't want to
 be alone on the rock again and cry like I did in the
 morning because they would only tell me what quilt
not to use and not which one to use. And as I walked
 back I asked only for positive suggestions not warn-
 ings and got pictures of my bathing suit and the
 water. So first thing I have a sore throat and I'm
 sick to death of spirits sick to death sick to death
 sick to death sick to death sick to death sick today.

And not one zap before I got to the water, except the one at the house, not all the way twice down, not once did I get anything but pictures *43 confusing* pictures and I wish they *happy* in hell for their confusions. I'm going to burn the book I threatened yesterday unless I get some help on getting rid of these negative forces. I want help help help help. I dreamt about G. coming the other night and last night about a duplex 2 bedroom apt. with use *but not care of* of the garden for \$50 a month plus I put in my own heat. *→* The only catch was a girl had died there.

On way home wonder if A. will call when I get there--how psychic is she? Later at home, in john, A. calls. She saw me sitting cross legged on her phone. She'll call tomorrow when she sees me on the phone. She saw me wearing that shirt I had on under my stripe smock. She has bronchitis and is not half so angry about it as I am about sore throat. Why is it I think spirits are being mean to me? Is it me? Because my see mother on cause was going to say father didn't love me enough. Want to go to sleep. Get magnified *circle* on blue and red quilt and see it in air, mirror, gate. OK. Get green quilt. See that in air. OK too hot for quilt see city on hot I'm in city get spread see it all over #2 arms get light zap #2 ear blue quilt I do

yoga on put that on last resort see that all over
 #1 arm. See spread on sort see drop in blue quilt
 OK off see blue quilt in O of OK now have spread
 on not quite so warm also see it on phone well
 what? Get under sheet? See sheet on on. ~~Have~~
 Ouch, leg hurts, off spread. Have nothing over me.
 See nothing #2 arm or in air near hair. Which red
 green, blue, white, sheet ~~40~~ (zap #2 arm).
 Must buy a ~~nice~~ sheet so I have two. See must
 in air near hair and have in black. Asked phone
 who should I call tonite got little winged flash,
 means no. *Saw* mother and O before in *50 aisle*
 on gate. Meant neither, spoke to O, no need to.
 Wear smock, drop on wear, get under sheet not on
 top of ~~ugh~~ my mattress is so filthy. Oh well,
 vibes first, dirty second. See second in air.
 What then it's not dirty, just stained? It's
 UGLY. Oh when will I get well so nothing will
 hurt my leg. Please! Please in air near hair.
 OK stupid you ate chocolate cookies and chocolate
 on vanilla ice cream and see beer on i. See beer
 in air. Not beer? No. No in air. Actually only
 saw 1 can of beer on i, had 2. Oh well. See can
 top on #2 hand. Don't like me drink metal can.
 See metal on gate. Bought beer twice, got bottles.

I asked the phone who called when I came in,

mothers hair jump around in chair, see sign for E
on phone dial means no.

wake up to image of flat corn muffin. See them
on velvet string, in air, wonder what to eat if not
that. Sore throat gone. Cold in head. Go to
luncheonette eat regular corn muffin w. jelly and
sneeze right after. Go buy package flat corn muffin
and jelly. No on jelly. Try it. Sneeze again after
jelly. Throw out jelly. Too yin. Have corn muffin
later no jelly didn't sneeze. See A. Say why don't
spirits say there a virus if that's why I can't swim,
see word bug on gate, the first word I remember seeing
on gate that I haven't written. I have asked the
spirits to give me words like if they showed the rock
say go on it or something clearer. Thought maybe
they, see orange light on spirits they want to be
called angels could only show me words I wrote or
thought or said--maybe it had to be from my mind, not
theirs. See mind on gate. Not mind, brain? Well
I got this bug. Call on divine healing energy, help
get rid of terrible see mucous on e of terrible head-
ache ^{terrible} ₃₆ ^{in an.} hollow place above eyes in side of
head, where stomach and ~~gk~~ gall bladder ^{points on, hurts. Rub} meridian
~~are.~~ ^{it.} Get some energy. Head relaxes go to sleep.
This morning sneeze cold out, cough in. E comes over

brings luncheonette corn muffins and coffee. See
 ffee ~~come~~ off knee. Bad for. Angels didn't
 want me to have coffee, threw half out, ~~then sink~~
~~or the wastebasket alas is what I do with stuff I~~
~~shouldn't eat but do.~~ Had 1 orange, saw orange on
 ceiling, felt sick after it: so then I ~~saw the~~
~~Lords Prayer~~ and ~~got to~~ give us this
 day our daily bread (daily on gate) ~~and~~ saw a flat
 corn muffin on bread. OK, lord, does that mean
 blue light (no) see no on chair and thumb see word
 thumb come out of fleshy part of toe anyway. No on
 flat corn muffin, ^{mean} muffin in air, I sneeze on other
 side in air on gate climbing up velvet string.
 Wonder if I could see silver and copper wire inside
 curly ^{phone} cord, concentrate, see silver concentrate
 some ~~more~~ say come on now see copper and silver
 (not silver but that color).

Dreamt about C second time, is he coming soon?
 See soon on gate.

reading ~~N.I. Times~~ ^{paper} see words light up angels
 business middlemen. Is the business of angels that
 of middlemen between me and higher forces? See
 winged light on middlemen and business. See business
 on gate.

~~I'm pretty cheap.~~ I keep waiting for someone
 with tiny scissors so I can cut my toenails and not

have to buy them. If I'd had them they would have been ripped off. You decide which refers to.

See book in air. See tomato on book. What's all this. Who is this tomato I saw in the trees and on my book. Saw book when I woke up. Don't write? Red on i of write. Why dear? Dear drops off lace cover on milk crate that holds MS. If I'm lying staring at a tissue box and see book in a of facial should I write about the facial I had? Skin feels dry. Angels didn't like it. See dark brown facial color around round red on tissue box. Angels don't like vitamins either. Took a B complex against see book on against. Nuts to you nuts. The 2 bedroom duplex I dreamt about was on W. 10 St. The 3rd floor, storage, was attached to a factory where they put buttons or grippers on blouses.

See brain or is it brain *carb* at gate.
Wing of light *on 65* . Call B. See E on a
of call and her apt. door on B. Go to E's door and
call? Eat supper with E. See light on with (no).
See (no) on gate. Magnified eat. Yes. Wavy on yes.
Yes on gate large. ~~think of making~~

Light gets brighter on "I thought it was purple."
See silver and oriental rug on word "gets". Every-
thing in here turns pale magenta-pink on thought

~~Light~~

"you mean it was a purple trip?" And I didn't have to give up the apt.? See light on give up. See give up on me. I'm discouraged. It seems everything is different. I see colors, magenta blue orange down #1 side. I see blue gray cloud from pink flowered pillows--I'm not supposed to use these but write about them because I see them on pen point. Dis of discouraged floats in air. Saw apt. floors of apt. I gave up zap #1 arm on finite of definite and floors of small room on word ~~xxx~~ own. I'm encouraged. OK. A 2 bedroom rent controlled apt. for 150 I gave up. Ouch. Drop on ouch. ~~My vaginal suppositories for trichomonis were ripped off at my last big rip off.~~ Can't believe! ~~Spirits I called you~~ *shit, angels, devil,* angels didn't want me to use them. Said to s ~~er~~'s (a d's), you wouldn't tell me about the apt. before would you and the light dimmed. Oh nuts what does it all mean anyway except I'm in contact with a light *bulbs & have* fantasies about making love to someone we're so close our bodies really merge and I think that's acid and the lights dim and then are there many people that high and the lights dim. See dark green quilt turn bright dark green. Same color as X's shirt green in vision.

~~70~~ leg and #1 eye. Eye of horse in picture are magenta. That's me. ~~Purple~~ 1 yr. ago. Yesterday saw a postcard in the air. Today it's in my mailbox. It came air mail. (~~don't~~)

Day 4 of week. Wake up with sore throat feel icky awful. So much mucous and I'm still eating crappy daily bread muffins. See *fennel* tea bag in air. It retards mucous. Don't find that out til after I have fennel tea, against sad's wishes. sad = spirit, angel, devil. See bacon on wishes. Light dims. OK I bought it but I won't eat it. I promise. No butter either. Had carrots for dinner, sauteed in safflower oil, cut on the ~~macrobiotic~~ *slant*.

73 . Must eat more carrots. I seem to digest these. Magnified o bubble on o of more. See more around #2 wrist. Tomorrow? The next day. Saw 2 ~~dogs~~ *days* on #1 side intestine or see word intestine across organ I was wondering about.

I was having sex fantasies about A and saw him right up my #2 arm with his head at shoulder level and the sads wanted me to stop and I wouldn't and in the mental picture I had of him he just dropped out--and *in* another of the 2 of use together half me and half him his half just went blank. I guess I shouldn't fantasize about him. I've never had anyone disappear so completely all at once like that

before or at all in any way from my images. See green shirt arm across gate. That's a no. Don't see hairy arms superimposed on mine so much. Plumper than mine and hairier last night, but not so big or hairy as before. I guess the owner of the hairy arms was thinking of me when I saw them--it was the night the moon was in his moon--that's when he wrote to me. That's when it was. See telephone on owner. Did he call? Did he call--zap on toe #1 arm gets brighter. Is he going to call? Zap on toe. See word zap on gate. Zap is negative? Or don't use that word? See nega in air. See circle bubble magnify around air. That's a no. Heard "I called you on the phone" after taking a bite of prune danish.

A spoke of a ride to Colorado. Saw ~~xxxx~~ Colorado printed along edge of #1 upper arm, and coming from picture on wall which I just saw on my big toe and picture on gate. Oh god I think we're getting ~~xxxxxx~~ clearer. These are all No's. Saw ~~xx~~ afghan my grandmother made me and which I no longer have because of its purple color, on hem of smock I found in street. Hem has orange in it and I saw that color on post it had been hanging on after smock gone. See velvet coat on hanging. Hang it out here to ^{look} look out. Drop on out. Hang prints out in head. Fold it up ouch

zap #2 arm. See blue and white sweater stolen from
 me on ouch. Ouch that it was stolen or ouch I wore
 it. Clean coat? Take out lining? See lining on
 #1 arm. See blue and white ouch toe sweater in big
 bubble in air. Are there lost regret days? I'm
 not gonna go through another one of past regrets
 and future fears about clothes rugs silver linens
 xapts. etc.--see lining on u of future. Do it now.
 Now out of stomach toe, (~~one~~ ⁸ next to big toe) ~~head~~ ^{hood}
 off next one, ~~or 2~~. OK hood off, lining ~~off~~ and
 shorten it. Go to closet to look at sweater for
 winter. Hear voice say no red. See green bubble
 leave hip. Got so mad other day on rock when I saw
 blue quilt on thigh after I cried etc. I made up the
~~poem~~ which went xsomething like

I want to be stronger
 stronger than quilts
 stronger than sheets
 stronger than stripes and
 stronger than pleats
 stronger than reds
 stronger than blues
 stronger than colors of ~~every~~ ^{every} hue
 stronger than socks
 stronger than boots
 stronger than rocks.

on every
 purple + blue

Went to a healing session--makes passes with his hands over head and shoulders and then shakes off negative energy-- *stomach abused* by orange juice and white roll with eggs--got very painful and also got muscle pain across shoulders. Saw the image of the #1 arm and part of head of the person who had healed me in the air many feet away from her body**.

I felt better when I came home and rested. The lights were driving me crazy and I prayed to the masters for guidance and they stopped. They're on again now. Also I experienced that burning dry heat along the outside of my calf. I get a little frightened when I feel that--I'm afraid I'll have to go through more pain, pain on gate, blue and orange somewhere, to clear out my leg. I went to the healing session, it seems, against see against on gate, the advice of my spirits. I was wondering what a master would do in my situation and smelt fenugreek tea. So today I had some but after seeing the tea bag, pot and tea jump all over the place, I saw the bread on my #1 arm, the bacon in the air, the milk in a *cut* and red on the eggs. So I ate the raisins from the bread until they began to jump around. I started to sweep but the pain in my large intestine

got fierce so I'm lying down again wondering what to eat since I get negatives on everything I think of and also on fasting. See raisins and tea on fast. Saw every on gate. OK suggest something then. The place that hurts most is the spot that had the words "two days" on it 2 days ago. Red on *wad 6* intestine. *Stomach?*

I just started to correct some ms when I got this sharp pain in the joint of my arthritic #1 fingers. Down diagonal streak of grey energy on pain and intestine. Liver? Gall? Pancreas. See gold light on gall and gall on gate. Liv on gate. Gate on gate and on #2 arm. Face on intestine, also wavy lines.

Had 1/3 cup fenugreek tea--mucous membranes dried up--dreamt I was in house too small inside. See yogurt container on "over". I think I should eat. I think I should on phone. Eat magnified and wavy on gate. Drink? Drink large and translucent in air.

Go to spiritualist meeting to see if I'll get message as to when and where I'll meet this new lover. Lover on gate. No lover?! No message. See ice cream

2 scoops in dish come out of bible on stand
 have some before I come home. Weak and hungry when I get home eat raisin out of raisin bread raisin comes out of esophagus. Lords Prayer: see raisins on "evil".

So now what do I do? negative on palmist. See negative #2 underarm. Oh--saw Sunday service on velvet string, so I guess I should have stayed home. See negative on phone. Go tomorrow. Or another day. Tomorrow on gate. Next week. Next on gate. Hear Thursday. See it in air. Air on phone. Tuesday. Wednesday. Red *hood I can't wear*. Light dim on tomorrow, see it on velvet string. See magnifying bubble over negative. Go on gate. Black gate. See palmist another day. See palmist and X's place on mirror. Then see reddish light where X's place was. I then thought about X's place and country. Smelt pine or fir trees in nostril. Family home? Upstate? Woodstock? See wiggle line across upstate, upstate on gate. Big magnifying bubble on upstate. Magnifying bubble earlier on string. *Stay* on gate. Down south. *Purple* ~~People~~ on south. New Jersey. Zap #1 eye on new. Old Jersey. See C's face on gate. Expelling zingy zaps of white light surrounded by black--little bubbles of energy *pop⁸ out* Friend was expelling *heavily* from head other day, could feel zingies across room like little BB shots. Coat *given* ~~me~~ me, same thing. See X on beach. See here on gate. See red and blue quilt on happening.

Look in mirror--face looks good. What do I weigh? 110 prints out of belly. 109 on scale which is 2 lbs. over. *2 lb out of arm.*

Since I've had this cold and stopped eating meat, very little milk, *dark pupils dont ~~show~~ move up in eye*
yellow saw pink surrounded by blue *by gold on head,*
shining lot of white beneath,
~~yellow~~ circles above head as I walked by mirror after healing session.

Sweat and pee smells of fenugreek tea.

"I didn't eat for 2 weeks." Hear metallic sound.

See greensleeve and house in country both along #2 arm. Thought "Well you told me I couldn't do X and the country both" (magnify bubble on o)--hear metallic dit, light dims even though it's off. Is a metallic dit, as if energy hitting metal, a no. Lights do funny thing, not dim, not bright. word light on picture. *zap 1 underarm. zap in air.* A no to a no. Lights do brighter-dimmer thing. See brights on phone, written in light. will X call. See phone dial center and X on gate. No. *moving off level.*

Am I moving. Am I staying here. ~~Am I moving~~
to 4, 1.

Moving across #2 tit. Paid 2 months rent against advice (rent figures in air) because of dispossess. Now I'm only 1 month behind. Also paid phone bill

against huge resistance--I suppose it's cause I used a personal check instead of a cashier's bank check.

Coffee in air on gate. Have some anyway. I'm deep blue ~~beach~~ ^{black} along #1 arm. See long tawny haired fellow in street with purple and tawny shirt--suddenly it blends together and it looks like he's a lion. #1 hand purple. Am I on acid, is coffee? Shirt I wore during healing so full of heavy vibes I can't pick it up. I mean it feels heavier than others, and heaviness goes right to arm. I have to shake off that energy after I touch it. See dungarees on touch. Don't I guess. I need those my only dungarees help please in cleaning them. Buy new blue T-shirt. Drink more fenugreek tea dry up head. Tea on gate. The spirit ~~want~~ ^{want} let me while paint gates they want a clear metal field. They're crazy. They wanted me to pay only 1 months rent when the dispossess said 2 months due plus ~~2~~ ² another. I just had to get another check. Maybe I'm wrong--because of rent strike? Strike up and down center bar of gate a new form usually the word just appears on the gate as I've written it only larger. If they're writing a word it is neatly printed. I've lost 6 lbs. ~~with~~ ^{with cold} ~~with~~. hope it stays off I can now wear my new 7¢ used pants.

I saw M's face on 3 note books. Show them to him. Someone else's face? See else on my #2 breast.

My dungarees are expelling heavily. I wonder if they can be healed?

Aquarius sign on velvet cord. Can see energy leave dungarees--like soda fizz plus light in black circle dots.

Close my eyes. See D's name written out in my handwriting--I never wrote his name. Are they forging? Also his sign.

Blue and yellow on sign. C is coming soon?
Drops like water #1 side head. Yes. No. No. Drop ~~ixx~~ on yes. Hungry. milk? Nose turns white. Eggs word on wrist #2. Bread with evil raisins word ~~with~~ ↗ diagonal up in air. Bacon, see fat come out of toe, butter, ~~that's~~ 97 cream cheese skin wrinkles on #2 hand bread on i of wrinkles. I'm hungry. Don't eat. Cream cheese or milk on don't o. *Milk bad for mucosa*
~~had milk.~~

I'm not seeing as much print out on arms. ~~things~~ since night I came home from healing session ~~and~~ ² saw X's name near top outside brown paper bag. I fasted the next day, is that why things are weak, or is it expelling from the healing?

I saw m's face on 3 note books. show them to
him. someone else's face? see else on my 13 present.
my fingers are expelling heavily. I wonder
if they can be healed?
Adaptus sign on velvet cord. Can see energy
leave fingers--like soft fizz plus light in black
circles dots.

close my eyes. see a's name written out in my
handwriting--I never wrote his name. And they forg-
ing? Also his sign.
blue and yellow on sign. O is coming soon?
Drop like water w/ side head. res. No. No. Drop
next on yes. hungry. milk. nose turns white. eggs
word on wrist W. read with evil trains word
diagonal up in air. Bacon, see fat come out of toe,
butter that's cream cheese skin wrinkles
on W hand bread on i of wrinkles. I'm hungry. don't
eat. Cream cheese or milk on don't o.
~~not milk.~~

I'm not seeing as much print out on arms. things
since night I came home from healing session I saw
a's name next top outside brown paper bag. I tasted
the next day, is that why things are weak, or is it
expelling from the healing?

read 40 while

over top for m...