

It must be, or it
 inside even than
 that I don't want to
 think about what
 she it could be,
 something is wrong
 because I'm depressed.
 In doing something
 wrong. I must be.
 Send it a check?
 I must in order to be

avoid evictions? It

I can see my own
plans on my arm. I

hate where we have

living. I'm only going
to be there til Dec

according to last night
~~the~~ dimming of lights.

There must be something

wrong with me I'm

not clear I need to be

clear & understand. It
 unbelievable to have
 this constant ~~rip~~ ~~chew~~
 comes in & not know
 what to do about it.
 If a were perhaps
 he could help me.
 I saw a ~~flash~~ yellow
 flash from my #2
 grain hip area - see
 X ~~the~~ ^{is} ~~the~~ shorts on hip,

when I thought I
 can help. Perhaps
 pushing with X (hears
 my hips out?) or
 can't push until
 people or push. the
 gun gets cleared up
 or the people is bad
 or I need the energy
 to move up a chakra
 or to clear out my head

when I thought I
 can help. Perhaps
 pushing with X (hears
 my hips out?) or
 can't push until
 purple or pink. the
 gun get cleared up
 or the purple is bad
 or I need the energy
 to move up a chakra
 or to clear out my head

are we doing seeing
 it all the time. sending
 energy there? Clearing
 off noise? The same
 problem about all the
 pins I see in air.

If it means I can't
 fuck x why don't I
 see his work in O.

If it means no love
 lights get brighter

OK: No love from X.

Jap #1 side tongue. She

sooner I see him

today # [] was going

to say ~~to~~ realize this

the letter up. But I

walked by + I wondered

if I should see him

today my shoulder

hurts + wrote see

him today instead.

Getting no flashes on
see him today. Go
home. His energy's
bad for me today?
Leave. Stay. Get
clear him up. Day
light dim. Leave.
~~I need a new sheet.~~ See
blue T shirt in circle
surrounded by white
over me. Red on stay.

SOUP

- 1 butternut
- 4 yellow squash
- 1 lb green beans
- 1 bunch parsley
- 1 " scallions
- 3 small carrots
- 1/4 lb mushrooms

Saute butternut + put
in rest of soup

Saute mushrooms + ditto.

Wash lime on mushrooms.
~~flat~~

no good?

on no

them stupid because

~~The~~ Donut from health food
store. Purple aura. See in air.
Gate color in a of air. See on
gate. See little white
spots jump off donuts. See
red on wood post on
label. Guess they're
not fresh. See donut
on ~~can~~ "unintelligent".
I why am I eating
them stupid because

I don't want to go out &
they're the only things in
the house. I wanted to
do a watermelon fast
today but I got heavy
no's on it. I guess
they were no's & the
watermelon summer
all over the place & I saw
it on my arms;
It's very fun. A lot

of sugar. But my stomach
boggles & gurgles at a fast.
Last full moon.

I get no sign on fast.

Yes sign? Light dit on

I. These spirit are
useless. Maybe the

cloughnut light

clivis are making me
ill. Put them away.

meanwhile not one

Yes I'm a woman

~~The last to~~
~~Acceptulation~~ since the
last full moon.

On Tues I saw ~~you~~ the
~~paper~~ on the street I
gave a gate for your
welfare ~~I ask my~~
~~Aunt spirit do I need~~
I'll thank it over & let
you know tomorrow
meanwhile not one
Yes Job a Vainman

from the multitude
 of mother judges that
 surrounded me so I
 didn't do anything then
 that night I call at
 go to the county this
 healer from Canada's
 there early OK sept
 men I split - get
 hands laid on -
 As's the guy that

says? have heater
 heard that only?
 bump so much feel
 heat on hip area
 yellow, expelling
 come back next ^{night} ~~thing~~
 was ripped off night
 of full moon the
 on for that half
 my clatter - 2 velvet
 coats, 2 antique

Sweater, ^{old} Embroidered

blouse, ~~the~~ plus

~~replacable~~ T shirt,

blouses, hand

lotion, B vitamins

~~hand aids~~ + ~~a packet~~

~~of safety aids~~ 2 hand

mirrors, bath old,

the creppy toaster,

fan, clock + 3

melan cans to carry

the stuff. I was so
 depressed man? still
 am not decent,
 needed a coat work us
 to realize of it was
 raining I couldn't
 go out had no
 coat. So I got some
 gates when I should
 have done the afternoon
 I said he said

had them. Saved all
 that stuff. No one
 knew they didn't take -
 one new embroidered
 blouse, fell on floor,
 my B1 T Sheet & old
~~jeans~~ pants. ~~jeans~~
 (they're all old) also
 left 1 plain sweater
 & old jacket. Took 2
 Hawaiian ~~shirts~~

Sheit too. All the
 good antique stuff -
 well 'old clothe - 30's
 40's - ~~the~~ stuff. Then
 I called said let go
 away I spent 1 week
 with him he never
 touched me, not me,
 except to kiss me
 goodbye. One yes,
 I used because he

was so critical of my

bumping & ~~tried to~~

~~the m. of k. 2 just~~

~~hate damn Coes him~~

~~what a horror~~ the

m. of k. he put his

damn around me.

~~It was an ~~absolute~~ incident~~

I was getting all

the bad news from

some of the staff &

he was only dent
 you do the desk &
 cook for me. I don't
 mind cooking but after
 I eat I have to relax
 if I lend + carry etc
 my stomach just
 blows up ~~and~~
 I get pains & gas.
 My leg was in constant
 pain because of the

Dampner + he ^{massaged} ~~rubbed~~

it once when it was so

bad I couldn't walk on it,

~~it + ~~was~~~~. I practically

~~had to hit him to death.~~

~~to let~~

After I begged him.

God how I hate

people who can't

see where you're at

but now they can

freedom demands
 all the time. In
 addition to what I feel
 like the world's biggest
 matter for persons
 unable to do - Christian
 like carry a left hand
 holding or bend over a
 crutch & bend over
 pain & sensitive
 to bad nice people

on; of nice some
 stuff I couldn't sit
 on a ~~no comfortable~~
~~place~~ ~~was~~ ~~except~~
 "his chair" ~~that~~
~~at that~~ I guess ~~we~~
~~slept~~ ~~together~~ ~~by~~
 + the only ~~comfortable~~
 place to sit with a
 back support was
 "his chair"

When I came back I
 went to the court
 immediately & the leg
 got better. Sun &
 made a diagnosis
 why did I need those
 symptoms. Was on
beta. Well I can't
 feel it so much. I
 decided the muscle
 spasm on the leg

+ leg, being a left
 over from the ~~last~~
~~the~~ spine being out
 of whad, the sciatic
 nerve? who knows
 but anyway some of
 it must start
 + decided to go to
 the ~~the~~ into gaps #
 2 underneath that a
 no. gaps no on

calling that Dr. also

so maybe I'll wait &

see if it goes away.

In the count, did

Yoga with almost

no pain except

slight pull along

1 thigh. I first

discovered I had

sciatica when I went

to a Neidman

analyst + got this

now in my ~~my~~ #1
~~high~~ ^{high} duration treatment.

It said I might let
I flipped ~~the~~ ^{the}
got a chronic illness
went to an orthopedic
who said there was
nothing to be done &
a character who
readjusted the

shine of my life.

Get inside of him

still there. Get rid of

it as soon

as I get some head.

Don't want more

than my ^{Sally} ~~present~~ the

last 2 1/2 mos - that

is I travels have it

It paid the rent

the new music

the dentist + some
 Mr. bills I sent - I'm
 feeling really shitty -
 I can't wear my hands
 clutte the wicks are
 too painful, ~~unless~~
~~clear my shoulders~~
~~shirts + pants~~ + I
 can't afford new ones
 (+ don't even want
 new plaster clutte)

The shell that was
stolen was mostly
given to me too.

The red velvet are
what I really like but
spent don't ~~say~~
~~do~~ I do I do I do?

oh god I missed
of wearing a plain
cotton t-shirt because
it doesn't hurt me

44

~~It~~ ones the plainest
cheapest I can find
so I don't feel bad
when I can't wear
them any more. I'm
sissed of it you
can't imagine how I
want to wear some
thing pretty - maybe
all embroidered hats.
I can't take the be

because the tubes are
 so heavy I get this
 incredible ~~pressure~~ ^{awful feeling} in
 my shoulders neck
 head. - it's like I ~~can't~~
 feel all blown up &
 sensitive & hurt.
 I can't take it any more.
 I wish I were dead
 God how I wish
 I weren't living any
 more.

I want to go to a healing
session this afternoon
& keep getting no, no
no in it all the time.

Is that no? or go?

Job #2 let me go.

X is supposed to call

when he comes back

from county is that

why I shouldn't go?

Let I stay & make
nothing happen.

Just got a phone call.
 Someone wants to look
 at apt - maybe that
 (Mr. I cant go to dealer.
~~No mat it finished~~
~~After apt~~ could have
 gone - met Y with
 car, could have driven
 me uptown, drop sign
 on driven job # 2 thumb
 down, light dim on drive.
 oh. way on driven.

wary on up town - this
 is getting too confused.
 I started to write to
 say I felt I'd been
 light dim or been ~~dim~~
 misjudging signal.
 Visuals should be
 taken as suggestions,
 not warnings. Light
 dim or warning. I gave
 lights. Call I. yes?
 no. ~~no~~

call X. N. See eye
glasses round on photo.
I thought I meant call
someone. But no's on
all of above. See X

There. Not at his place.

not that what ~~building~~

~~is~~ grey on U meant.

Not reinforcement on

not at his place. i.e.

Job # 2 Churn on nat.

To view criticism as warning
is to deal with fear a
negatively. Take them
as friendly suggestions
& see what happens.

Now go check out red
notebook I've seen jumping
all over room this week
& just saw on happens.

"Clean your lives" light dit
see ~~so~~ better. on i' of dit.

How? Beet ~~on~~ on o of no.

how. Beet ^{helps} ~~also~~ liver,

according to Hauser + Berg,

Dictionary of Foods.

See this book on food

helps. See blueberries

on word list + on phone.

H + B say good for diabetes.

See roast beef on eat + can

muffin on every,

+ ~~blue~~ See blueberries
on ~~on~~ o of only.

see ~~so~~ can muffin on o.

See blueberry corn

muffin on telephone.

Is this my new fast?

Blueberry & corn muffin

for a day. Is supper

tonight? Bed on o of

tonight. Light dinner.

Breakfast tomorrow.

So get meat sandwich

I'm hungry. Roast
Beef ~~on~~ ~~the~~ call.

Go get blueberries +
can muffin + $\frac{1}{2} + \frac{1}{2}$.

Go going to stay here tonight.

Deep learn on $\frac{1}{2} + \frac{1}{2}$. Have it.

Don't have blueberries/learn.

Go to get dressed + eat.

I'm hungry. See

blueberries in my

#2 eye. See "here" on

#2 arm. X didn't

come. Saw eyeglasses

on cubed 2 that refers to

X on people noses +

eye legends? 302

4. Also got ~~that~~

thought- voice (more

thought than voice) don't

wait for X. Also ~~others~~

~~I came home thought~~

~~to not come. lights dimmed~~

~~to~~ ~~about~~ ~~legendary~~

with "see" ~~the~~

signals are negative.

~~Telephone signals these~~

Didn't get roast beef.

Seeing it on let meant

no. also. don't eat

can mullin early

day. Saw nurse

dance in air. West

and got ~~two~~ ^{two}. Put on

2 lbs. dunking dash

has the ~~cup~~ ^{cup} ~~cup~~ ^{cup}

I kept setting out of
 I didn't ~~need the~~ ~~for~~
 listen to the "no" ^{part of}
 signal which was a
 tiny ~~contract~~ ^{smug} of death
 feet papping off,
 people's noses. ~~of~~
~~might~~ got peevish,
 some pain, didn't have
no element, ^{is} that
 why I wanted a glass of

meet today! ~~The~~

See calcium ~~type~~ on

phone + popping out

of naval. See ^{part of} contains

of milk on i of milk.

i.e. red + white print of

milk carton on i of milk.

Milk bar for muscle

head ~~to~~ ~~span~~ ~~muscle~~

Saw tiny image of a

cape + blouse I saw

~~that~~ over phone. Looked
 funny without head.
 Does that mean I can't
 wear them? Also saw
 just ~~my~~ the person
~~last of a dress~~ ~~for~~
 of a dress I used to
 have when I ~~was~~
~~10~~ years ago (with
 my mom in it) ~~that~~
 funny. Got rid of

most of period drunk
by ~~not~~ concentrating
on relaxing body,
head to toe, particular
emphasis on abdomen.

I've been suckering in this
book. I wonder if pre-
period had anything
to do with depression?

Mums bleeding.

Maybe I need some more
B complex.

And some try for 1 week 2 fee.

And on 2 day week. More?

Less? Lighter or less. More

~~More~~ Light on "Light on

less."

NOT TYPED

VERNON

VR
ROYAL

67

COMPOSITIONS

4/5

2
I had another dream
about X a woman, not me,
in a black embroidered
blouse. She had medium
length straight hair
& a black blouse with
rust color embroidery,
Moroccan fashion, around
the neck & down a front
slit. They were lying
in bed together & X

had her face covered
 with ~~a~~ white face mask
 stiff stuff. I woke up
 depressed - as 2 days
 ago when ~~a similar~~ ~~had~~
~~dream occurred~~, another
 dream of X and a
 woman occurred. Last
 night I saw his face,
 large, with ~~his~~ hair
 as I had seen him

in that first mean,
 looking slightly
 different with the hair
~~is shorter~~ ~~and~~ up in
~~pendant~~ rolled hair
 way up in pin curls.

I saw this face above
 the parquet wooden
 floor of an apt.?
 Am trying to decide
 whether to ~~start~~

~~that~~ let out of my possession, or to keep.

I don't understand the nature of parquet floors, when I see all over my #1 leg, rather in, as if the the leg lights up & I see these floors there. I also see them on my thumbs & I can't

peque ant what about
no 1 thumb is red on
no drap on no.

Its a yes. ~~Right~~ #1

hand flashes. I saw

the flows, a heart &
xl's home

~~mark~~ on this thumb.

~~Do~~ they are all no?

Yes. Confusion! I feel

pepper the spirit
to give me the

correct yes sequential but
 they refuse. I'm so
 depressed I don't know
 what to do except
 think of killing
 myself + all this
 means is the spirit
 won't let me use this
 part of the book. Fuck
 them. I am so sick of
 too much computers

communication that
 I could literally die.
 There's so much I can't
 get straight & I end
 up doing the wrong
 thing. Legst on wrong.
 Someone coming to
 look at the apt at 5
 & maybe I'll get rid
 of it. Drop sign on
 apt at 5. I was

supposed to stay
home til 12:15 + got
hungry + left at 12
+ I bet someone called
me. True? Or
maybe I misunderstood.
I dream about M.
Must call him.
I did ask to remember
my dreams! They
have been about

2 X, 2 ~~##~~^N, 1C, ~~all~~

~~of labor actually share~~
~~the same white~~
~~labor here.~~

I dont know what to
do. Sell the apt.
Keep it? The floors
will always be bad
for leg? Bad for the
face? Good for
face. No women?

I say this because
I kept seeing the
woman's face off a
match for jumps
around. I think some
object that is energized
just leaps in the
air. This red color
notebook kept in the
air so I caught it
instead of the blue?

really wanted
 instead, never
 having used that
 color. The boat isn't
 feeding me back
 any notes. They're
 not coming at 5.
 Later? At home &
 wait for call. Call
 X + see how if I
 can't light on Lee.

Saw light on gal
 Name this man. Is
 she the one for upt?
 Or the one coming tonight?
 Guess I don't see X.
 Zap #1 grain #1 am
 flashes.
 lights up. But I can't
 talk to him over phone.
~~He's~~ about what
 He was fucking someone
 the other night. He
 was, I know.