

5) call Red U e I help
5) " Kintony U e I help"
" should call U ' tell U what's
happening: U - hold.) e - 11
- Suit does a matter

435-4130 11-1 Calif.
June 6:30 Calif. time

4) no far a half. love 11,
late 9) - hard D -
be decided by - idea e
neutrality / Kang,) nice,
Sayitt - ego, + death is its
strongest weapon

Try for him + be
be covered what
o. he has done //
He is here + so are //
Be at peace //

1-2 good

→ a like, effect, c →. partly
o may a be able ' cut
out - like, with too great
curiosity, o / → v' help
— o was, rather + like.
+ anxiety //

Do e more a radical
change now // o 7 e ready //
o consider - need' do so, I
may be all o do L -
moment //

γ is concerned // \rightarrow no sense for a law in itself.

What C. → but C will
" " " " but won't

Be still & know - I am
God, & will not fail to
Sleep:

7/31/78

I have help of a still
 team & a dog & a
 "hitchhiker" & a mother
 "don't let it go, he
 comfort" "sing" & a
 "like - answer" he. & is
 a lot then // & a
 "nearly" it. "no" is up.

9-11

12. 11

201-668-0470

to sleep like a baby
bc. pr. for. // its done & need
7: close // I guarantee
Sleep // & pill I eat //

anger hurts & rage is
murderous // No words & 7
afraid // >> cause // 0
I, I help - patience, 1
✓ do need 7 - circuit //

>> no need 'cure a
doctor // <= be healed //
Do nothing & keep it
clean & new oil
& use - dust //

bad me, my friend, my friend
I see - my friend, my friend

I see I see I see I see
For I see I see I see I see

→ to me I hold a holding hand
before me on my lovely hand

→ for I hold a holding hand

→ I see I see I see I see

→ But I see I see I see I see

find my friend I see I see

- hold my friend I see I see

→ I see I see I see I see

"I AM BLESSED AS A SON OF GOD."

FREQUENT SHORT PP. 1 every 10 min. NEED NOT CLOSE EYES, BUT MAY WANT TO. REPEAT IDEA FOR DAY, ADDING SEVERAL OF ATTRIBUTES YOU ASSOCIATION WITH BEING A SON OF GOD, APPLY THEM TO SELF. e.g. "I AM BLESSED AS A SON OF GOD. I AM HAPPY, PEACEFUL, LOVING & CONTENTED." or "I AM BLESSED AS A SON OF GOD. I AM CALM, QUIET, ASSURED & CONFIDENT."

I am - best - yet - grateful // I
I wait // I have strength // me //
I go on glory // for wait // me
Dear me & all F's arms

