

C) call Red & I help

G) " Armstrong & I help"

Should call C " tell C what's
happening. C - hold. I e - 11

- Since does a method

435-4130 11-1 Calif.

done 6:30 Calif. + me

" " no star - best late 11,
late 9 - back D -
be deceived by - idea e
mentality, Vang,) nice,
Say it - eggs, + death is 15
strong weapon /

Pray for him & be
be concerned what
he has done //
He is free & so are we //
Be at peace //
11-2 gone

→ a like, spot, c → partly
it may be able to cut
out - h, with too great
anxiety, or → v' help
— once, rather than
✓ anxiety //

Do we make a radical
change now // or → ready //
✓ consider - need 'do so,'
they be all c → do —
now //

Joe concerned // -> w
cause for alarm or alarm.
- do // like, we have o
- causes no effect // &
! but, however, 'never' //
What do I want to do?
" " we have what want?
Be still & know - I am
God, & we are his people
Sleep:

7/31/78

No help or ability
from leadership c
including "or a man"
that they let it go, he
comes to "say," or →
"like - gives the God
- trust them // & →
Many in. more up "

9-11
12-1

11
AD1-668-0470

• to do w// & to sleep like a baby
bc. PC frag. // its does & need
T: close // I guarantee //
Sleep // & will J rest //

anger burns & rage is
unpleasant // No words & I
afraid & → cause // O
J, I help & - patient. I
do need M - circumst. /

→ no need 'see a
doctor // can be healed //
Do nothing & keep it
clean & m. oil
& use - deodorant //

7/27/78

No cause for you // have to
decide now // has a plan set
forth // & what's expected //
God knows what it is //
do a // Do a try 'tive
it out //

Then do it // to the
best of your ability // God blesses for

the best of your best //
try to do broad work //

End 2 - 11 //
So I can't have //
any dreams take //

I go over my schedule for the day:
I can run my race

I ride I will have to follow trail - running + walking.

→ to me - fields & walking trail
before me on my long training
→ today's training

+ I go first → Illinois trail
But I come + I do fail

end up F's house 11:55 am

- help gate Illinois State →
then I should be right now

+ run V's car is a

"I AM BLESSED AS A SON OF GOD."

SUN 40

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, APPLYING
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 - least - pt - greatest // I

I Work w/ others strength is me //

I go in glory // for work and

- Dev't me & CW F's areas

$\frac{1}{2} \cdot \frac{1}{2} = \frac{1}{4}$

2

卷之三

100% of the time.

卷之三