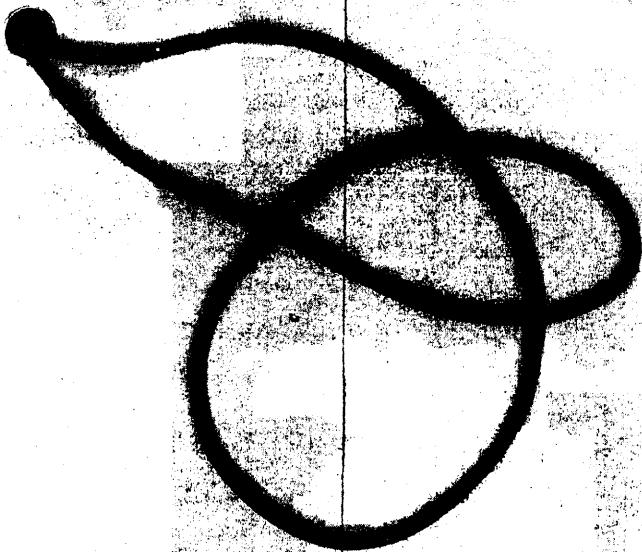


MISCELLANEOUS

(OPA,
INTIMACY, BRAIN -
Box ETC)



OPA - ②

'To the King's Arms Hotel for lunch, but I'm
terribly rotten. Keep thinking back to a similar lunch
two 2 years ago, with Gamblon before King Lear opened.
We chatted and joked as always, but he wasn't quite
with me. A man with something else on his mind.
I think the only people who can know this feeling
are those in the performing arts, sports, bullring and
death row.'

Chekhov: 'Art, especially the stage, is a area where
it is impossible to walk without stumbling. There are - there
for you many unsuccessful days and whole unsuccessful seasons,
there will be great misunderstandings and great disappointments.
You must be prepared for all this, accept it, and, stumbling,
follow your own way.'

- a) rehearsal - ~~homework~~ (caption)
 - b) performance - ~~stage~~ / ~~spasmodic~~
 - c) production - ~~permanence~~
- FAILURE**

INSERT A it is about SURVIVING FAILURE
SURVIVING BAD ~~AUDITIONS~~ INTERVIEWS & AUDITIONS
SURVIVING UNEMPLOYMENT.

'Later I'm glad to have the opportunity to kill
GAMBLON
Gamblon HV at 1.28 I understand why he felt so disappointed
and his great performance as Lear. At the time this

OPA - 3

behaviour seemed like destructive modesty. But Shakespeare's great part was humiliating to play, or at least, humbling. You get to meet his genius face to face!
On classical work confronts the performing ^{artist} with his manner of self-appraisal.

AROUSAL - HACK OF PSYCHIC DEVELOPMENT (a guttural - Linda develops the abdomen by force, but it cannot be done the way - it can only be done for the inside) (mean) the feelings become mental. E.g. anger. Therefore cathartic methods of exercise a bad situation. It is no need to swear a 'let it be! Feelings ~~be that up in a state and not a circumstance that can be achieved by letting it be~~ & we are simply creating a vicious habit of the negative mind. It can set dangerous precedents of the nervous system.

The feelings have nowhere else to go but through the mind. So the mind also ii) the scenarios and themes are set up - my life is falling to pieces, I always go for this pattern, it's like I ate too much drink and I'll wake heavy - the morning I do my interview / dress rehearsal / first night. These are mental substitutes - of support. And a part can only come to the pelvic area.

Pills of sleeping etc all a sign to the nervous system
friendship also to provide detachment for the work.

You are alone + your nervous system - the stage is
how to be this private journey - this dialogue a
SELF-ANALYSIS of detachment. Friend induced this mentally.

OPA workshop (4)

Oxygen is not able to breathe. Only the pre-activated
think it is 'just' the. It is the means of SELF-ANALYSIS,
which is not mental but PHYSIOLOGICAL so the mind is a
SPECTATOR of the dialogue, i.e. DETACHMENT.

It is his detachment is the deep the friend tried to achieve
mentally, though concepts, and though a great distance may be
experienced the physiology of the work will not essentially change.

THUS, the 2 themes
SURVIVAL
DETACHMENT

On the above "failures" — ~~spasmodic~~,
momentary (rehearsal), spasmodic (performance),
production (permanent) — relate to
particular ^{feels & details} situations of an intricate nature:

the fee of slipping ("collapse")

- ~~est~~
- drying
- losing voice
- stumbling / dropping a prop
- missing the "great" wheel
- back "going"
- not sleeping

OPA WORKSHOP (5)

What the guru can do is to lead you back to the LIFE CONTEXT recharged. And that is the modest hope of this one-day workshop. Little can be done in a day, and so we shall be making ongoing workshops for those who wish to continue the process.

LIFE CONTEXT - I haven't got something. him at once invalidates
train myself when it.
transformation which depends on realizing that I do have, already, the the world is, already: so in the end - LIFE CONTEXT workshop may be more truthfully transformational than the direct path if the direct path is blocked as it usually is by the fatal "I do not have". Destroying the is the be-all and end-all - a valid guru's work. And the hardest thing in all life. If the LIFE CONTEXT however instills the way we are prices and potentials!

OPA workshop 6

The importance of

↳ Otto Rank's 'all anxiety is with anxiety (disphoea)' lies in the fact that this is what the first breath, making ~~no~~ ^{an first} transaction with the world and the harder. Thus an first transaction with the world is a breath transaction.

When no transaction with the world are critical we RETURN TO DISPHOEA and into dysfunction.

WHAT MORE OF A TRANSACTION WITH THE WORLD IS APPEARING ON A STAGE?

OPA workshop (7)

LIVING IN CONTEXT.

What is said to be "wrong", she is said to be something "you should work on", she is found to be unresolved and in need of resolving, what is inadequate and imperfect and defective is all the context of one's life and one's work, and these things we attempt to mould us and guide us into our work — usually with little success because of the position standpoint, especially of the Personal Growth standpoint, the one needs to grow and transform oneself. On the contrary, we simply need to be plugged in to a source which will give us change, and we are always there, and is indeed, perfection, and this is the Indian call the immortal self. It has nothing to do with moral concepts like the of perfection because it does not depend on the view of the self and the world we inhabit. It therefore doesn't depend on work and striving and analyzing behavior, because we is already there. It is no good saying this like all transformationists do, and THEN starting the hard work in which some behavior is good, another bad! In the "good", "bad" is only CONTEXT.

OPA WORKSHOP ⑧

In the (20) PURITANISM became secular finally.
And what it called formerly grace a perfection or truth now
became HEALTH and HAPPINESS. The new therapies and
transformational workshops still of these conceptual ideals
and still insist, in the Puritan tradition, that before they
are to be realized there is work to be done. At the
same time they urge, like the classic Puritans, that you
are the child of God, namely already in some sense
perfect, but still there is work to be done before you can be
"liberated" or "resolved".

But this workshop is concerned not with criticizing
the religion, not with the way you criticize yourself to look
and criticize yourself toward, but with the way you have and have
always had. It is the might be called LIVING IN
CONTEXT. If you seek for conceptual ideals - I-V
say I felt joy yesterday morning and made up that
I was perfect and at last resolved, but today I feel in
the dumps and the world has gone grey, therefore I am not
perfect or resolved, you are OUT OF CONTEXT.
If we not following your religion, a life, which are
organized of shifts changes of feeling, and not following
a conceptual ideal. Out of context you can experience
marvellous things, but the return to context will offer
surprises: if we work in context, with life, analyzing
physiologically the environment we create for ourselves, in its

OFA workshop (9)

in its meaning of no close work, we ~~attain~~ can at least end
the instant ~~for~~ striving, the instant self-undoing, mind ~~feel~~
to be the work.) Following conceptual ideas, so we are not
going to have a workshop where everyone gets radiant and ~~loving~~
and sharing and open, and then goes home and, in reaction to
this group hysteria, takes a swipe at the cat or thorns the kids'
keys or to the dog. We want very much to attend to the context,
named how the negotiation is at this time choosing to live, and
what message is it vainly or otherwise signalling us to receive.
We want to make no nervous systems or men and not somebody
else's, and this, despite or being in a group, implies intimate or
private work and the minimum of sharing. Remember that
sharing too soon, before a situation is clear, may dissipate or
essential tension, by resolving it: this people's situation.
In the words, we are going to trust the negotiation as unique,
and as an authoring we will learn to follow rather than a
desertant ~~we will trust~~ to admonish, guide, discipline.

OPA workshop (10)

Oxygeneis

In my reading of mystics and the Indian teaching I've seen
me this reiterated again and again by the wisest: No
man can open the door for another man. This is the
Oxygeneis in the. It ~~cannot~~ isn't done by another man,
it isn't done by you, it simply takes place, and is intended
as it unfolds. And the happens is commensurate with the
is desired to happen.

In the strangest way, people decide to do it, then find it
all in. They become aware afterwards of the decision
having taken place long before the time they became
aware of the existence of the breath techniques.

[Oxygeneis says the story is
true, and it is not
of failure or of 'wrong'
if OUT OF CONTEXT,
we are themselves.

OPA workshop

PREVIEW (1)

Open with :

If outside the role things will
rip - if I have it. Tears are coming, feel
ached and pain, alienation from myself - they
cannot be good inside the role. Unless we
do THE TWIST (the spirit was over the sick
body).

The desire to become a performing artist

takes us to drama school, dance
class, singing lessons, but not to

an analysis of what we require -

that it is not, we require

entirely ~~the~~ which is the real world.

exist, the be all and end all of

our performance. It wants to be

not getting a job to be very unattractive

people being performing artists. An

requirement is either a matter of being kind

Tuned to the demands of performance in it.

is it

For we are all suited to different
And until we open the discussion with our own questions,
privately and intimately, we cannot know. And all the training is
PUBLIC.

Arguing no doubt the new society was conditioned
 eg Rome - the it is little more than a twist ~~of the~~ ~~repetition~~
~~of~~ ~~and~~ ~~by~~ ~~new~~ ~~new~~ ~~decorated~~ repetition, i.e., with
 hooks to go like the way Rome went ~~to~~ ~~into~~ a new and
 religious framework (the Christian churches are waiting to
 be used of the new framework as eagerly as the Roman
 temples waited of the Christians) ~~to~~ ~~bring~~ ~~them~~ ~~new~~
~~existence~~ - and back to ~~do~~ a little it - an account)
 (is captured his doubt.) ~~to~~ ~~do~~ ~~his~~ ~~doubt~~ ~~recovered~~
 Roma habits and the captive of it will find all the
 brutality and cynicism, the corruption and false
 rhetoric, the hunger of blood (the men's, other
 animals) ~~that~~ ~~he~~ ~~will~~ ~~find~~ ~~to~~ ~~be~~ ~~the~~ ~~mark~~ ~~of~~
 traits, except that he will ^{also} find it mixed, as now is
 to be, with memories and reminders of Greek ~~stagnation~~
 civilization.

Insert XOPA Ratio of OPA teacher with life but not life as
 experience.

What we have in the lack of physiological realities
 is CONCEPTUAL THEATRE. Written and acted as such.

Opening (after talking about Machler) =

Peter Cheeseman asked me if I'd like to
 stay in all of that in residence with and I think
 I did because I feared life is a conceptual world.

The RSC - Robert She talks of danger of staying
 in it too long: the reason? One's active ceases to bear
 any relationship to recognizable human behavior. Indeed, it

OPA ②

make it possible for an audience to find hysterical funny the rape scene.

Being naive and casual of feelings is NOT THEATRICAL — though this is universally assumed to be true in the Anglo-Saxon world. It is a way of saying 'I don't know my job, I'm not emboldened with relief, He is + myself!'

INSERT X.O.P.A. (previous page)

Peter Brook's time, and certain later, I have seen this apply to nearly all the work. Interactions: inflexions used which we never used in the English language, and which speak for the play to the TV as if actors had lost the ability to say their lines with meaning. The meaning lies inside. The meaning is not of text + the physiology of performance — it is ~~not~~ of text + me! now.

J.M. Coatsworth - Warty
for the Burrows

The engine cannot be completely inhibited until the breath. This is why the thoracic rhythmic breath is called the 'relaxation' breath - because the same structure causes the pistonator, based in alarm and the 'I should - must - can't' syndrome which particularly attacks the - group in circulation and begin to take the deflation of the release-point.

I don't at all mean by 'release point' the pit - it - will exist, energies are released, as if we were all closed systems waiting for a little. Release point means the release is paper source

of information and guidance ^{in the} ~~the~~
 which the term ~~is~~ ~~to~~ ~~be~~ ~~used~~
 ~~for~~ ~~the~~ ~~purpose~~ ~~of~~ ~~the~~ ~~present~~ ~~study~~.

The change takes place gradually - and to this change the present services are a preparation rather than the fulfilment itself.

~~The change is not self~~
~~for~~ ~~the~~ ~~Before~~ ~~the~~ ~~release~~
point is found ~~it is of the~~
~~signalled~~ ~~of~~ ~~the~~ ~~margin~~ ~~of~~
a deep ~~know~~ the ~~organization~~
has many ~~directions~~ ~~must~~ ~~be~~
protective or opposed to -
~~RELEASING~~ ~~direction~~ (they
~~will~~
now ~~be~~ ~~represented~~ ~~by~~ ~~the~~ ~~change~~
the energies of the organization to

The derived ends, with the
progressing by means of reaction:

The student feels the
deeper & explicit stage. Genius
& energies are extraordinary
in the way the
question required it seem to
know that this is the right
way, and even to know what
the particular is. This right
way we already know. It
was an objection a word or two
will show the lesson
being lost.

The process involves crossing
the death barrier, in which

making cell - death - virus
which entered the system early
= life - making a small cell
- called - consider the ~~the~~ life
is a race to destruction -
to the the protected structures
= being deep become him
more disturbing. Vol 2 Max
declines. But no amount of
exercise will overcome the
virus when the death - virus
is actually present. (has
the sense of a retreat)
It might be characterized as
dormant or a victory of dormancy

and the subject, as a successful
in a quiet life of music, ~~the~~
as a "rest" in the
movement is the release of a
release from space and time
which defies logic and yet
this indeed is the silent
part, and the wide ref-
lective profile or those who
respond to the story (and
with more depth) is
treated.

I suspect the the death
prevention case is the
small body, at least it

wished the height of the civilization -
a if society to a certain
unrestricted, to say, competition,
ideology ^{the} justified form,
often cruel to enemies
(killing all the men and giving
the same to women), 12 and a
a more - yike, and an arrogant
and foolish attitude to men.

It is because the desire
for death is much deeper than
the desire of life - under
people. There is the under the
constant death - the first, -
pure hearts, a final judgment,
and and practice the fear of
'I can't' words the possible

admitted 'you should' he'd built
~~new~~ ~~the~~ ~~it~~ day a powerful
life - drive, but the present
state of the globe ~~is~~ ~~is~~ ~~is~~
after all: human work, is
evidence that the state is
coming from. The ^{new} ~~new~~ ~~new~~ ~~new~~
is a for greater ~~new~~ ~~new~~ ~~new~~
the art direction of ~~new~~ ~~new~~ ~~new~~
fission, political and
technical progress.

A spiritual quest may
exceed suicidal drives, in
desire of the classical psychologists
called the 'innate' principle,
where the state - mind all
elements will be dead. Of course

and state of 'hathyrion' is possible
that of death itself, for emotions are
diff. the symptoms of being alive
like ~~change~~ ^{changing} temp-^{erature} and
pain-sensitive. By adjusting the
organs is the process put
upon it, and the device of the
emotions to get is - a line of
the process of life to cease, which
is a device to die. In the
words a spiritual death may be
strongly perceived because the
reflex is unable to get to the
relaxation-point where life is found
to be the ~~highest~~ ^{more intense} spiritual
expression we know.

... This work, tenacious, particular
 structure, with those of ~~structure~~
~~and~~ ~~dominant~~, ~~possible~~, ~~accepted~~
 'kinds' individuals (the ^{or} ~~same~~)
 have, ^{structures} ~~only~~ ~~the~~ ~~few~~ ~~of~~ ~~being~~
 conviction of being ~~soft~~, and ~~formless~~
 side — in the ^{of} ~~opposite~~ ~~sex~~. ~~of~~ ~~the~~ ~~male~~
 of women, in some ~~of~~ ~~the~~ ~~few~~ ~~of~~ ~~them~~.
 1. With care the few ~~of~~ ~~the~~ ~~the~~
 opposite sex will ^{on} ~~be~~ ~~of~~ ~~a~~ ~~total~~
~~loss~~ of ~~delusion~~ and ~~delusions~~
 loss of ~~antony~~ ^{*} So the ~~antony~~
 is established — a ~~total~~ ~~and~~
 unphysical basis: the ~~reality~~
 to become "angular" and
 'kinky', the ~~image~~ ~~of~~ ~~the~~ ~~sex~~
 fixed: On this — the result of

hearty heart the euphoric drug,
- being: thoracic gulper of air,
for action, self-assertion & excited
with the reproducible activity. had
a jump all the way for me
therapy - self-assertion 1/2 with
new complex of ~~the~~ ^{the}
fully at first. the student
begin to be challenged - to oppose,
this is rejected by the teacher
point. Praising her the work
structured by me away. his
is a very natural & ~~admitted~~
~~entirely genuine in my case~~ the
~~all subject in the part of the~~
~~room system~~. Re the student's
has protected the right to
my year off - not proper

printed & clear on ~~some~~ a
wealth or the respect of others
in ^{this} ~~the~~ ~~case~~, ~~declared~~ ~~in~~ ~~the~~ ~~case~~ ~~of~~ ~~the~~
with ~~the~~ ~~same~~ ~~order~~ ~~in~~ ~~the~~
Scip. ~~for~~ ~~these~~ ~~in~~ ~~class~~ ~~after~~
~~it~~

* Any anger toward the other sex is
a declaration of ~~not being~~ ~~out~~ ~~of~~ ~~control~~.
potential ~~line~~ submission which
the nervous system (quite rightly) regards
as dangerous.

~~Anger~~ Anger toward the other sex ~~is~~
often originates from a sense of helpless
submission to the other sex: the anger
protects the organism against the dangers
of such submission.

VICTORIA THEATRE SIEGE.

higg = ... I need long to re-deliver.

I pray you, how receive them. (Offering

~~Manin: ...~~

~~never gave you sight~~

him the packet of letters).

Manin: Oh fuck off! ~~Take your~~

~~knives~~ A slip of a girl

walks in my dressing room and starts
directly me! I don't know who she is.

In my mind: if my heart could crack
a knuckle and I've acted off the
stage!

TUESDAY

Green awes, Very good.
Woman & child on my side.
Good checks for business.
Stick with it - Keep it
the highest standards. A
Tye dream - money comes
in next year. Take
larger's advice & read
my sign line. Must
cover yourself - careful.

The both have good checks so
back off for my criticism.
Listen to real other
advice.

Someone else comes in
+ good advice. Don't get

2
No way further - it goes
down the drain. Hopefully
this is a joke.

NB keep it down now

The sign says: March
June and September -
stop work & let it's men,
of Talkie. The work,
esp M. Very important.
then a go-ahead period

May is - good month for
work. Go ahead.

March is good for me to
organize. Listen to M.
during this month.

July on, slow like some

if you work hard at it. D^U 3
make a partnership right away.

Several buildings involved in
the first instance.

M. is the writer, and works
are involved.

As to work-keeping - don't
promise the work-keep any
part of the business.

3 different places -
Travelly is involved.

M = be careful of natural
Hys mud go - storms,
fires - she = later don't
go to top floor. D^U go
per 3rd floor.

Nov a good time of romance + 4
business.

In Feb / March some strong
decisions; July M. met up
+ people + hit again.

July - October a trip.

October self-organization.

By Nov they hit to a
chance + some ideas +
clear vision.

Did promise anyone like
Barnacki until the time.

Water plays an important
part - people relaxed -

In May keep to horizon,
didn't do too long this
or once.

Septuh will be v. good with. ⁵

Five year open - 4 places.

M will be working + doctors.
Work also + herbs.

Caigaretari needed.

9 people involved in this
place + us.

LA place and more
gritty.

The one in Europe - stea-
in the work.

Other heales - ~~they should~~
~~have~~ ^{they should} get a first record —
find v. in the line
working with stea.

One person is particular - he
fills a lot of his time, going to the
rally ground, He gets several
at first,

Another man - he has a
myriad needs & spe.

For M use mind & plans
in first few months of this
year. They cannot go up
to people in September ~.
My activities & activities ~.
Trips, moves, changes.

Don't set up in Mexico.

A Canadian person - come in
late.

within 5 years would really go.

7

Use children as gas detectors -

The SC House - Somewhat
will help. Rome & Creek.

It can tell it. big p. of do
is right - so slow.

or just take to the wealthy.
This is the way to get
in of the ground.

M. check v. and + people
this year. I have more
than K.

\$100,000. This will play
an important part in this.
Soon.

then \$16.8,000. . .

8

In 10 years there could be
millions - 168 million.

A medical doctor - indeed
several - are involved.

Horses. Lot of flowers.

M's father ~~last~~ hands him
a book.

A hair woman work v. closely
+ M.

At M's summer vacation
certain come in.

LA is a good start for
anything we want = the

artistic side - glamour - a
glitter - NY - Las Vegas.

Manize etc will be K more
it's the times the - 1 -
someone connected.

For mtg of us, after June
this pickup or we had better
in gets of the good.

OPA on glitter etc of the
'Siberia Valley' type people.

A log cabin / chalet / snow
the I was once involved +
pleasantly - I will have it
again.

Next year a pile of money
coming in and going out —, to M. ¹⁹

Go after Club Mediterranean
with.

Canada = make decision of
there, & how long matter.

~~XXXXXX~~

Friday 7:30.

Village Campus

Room 201? 210?

2 films of people
paraplegic - police
Cade.

JOHN Rowdon BRIGTOW

JOHN
SANDRINA

011 44 273 27760

011 39 41 36679 ✓

ANNETTE

011 44 13854003 ✓

LESLIE

011 44 798 42298

SANDRINO

011 39 41 420466

VALERIA

011 39 41 760867

MARIO

011 331 3062511

MARIANNE

011 46 46 141317

LINA

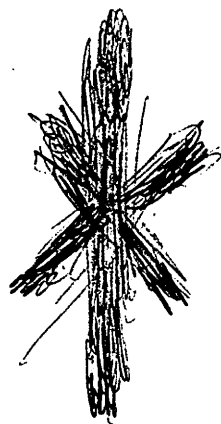
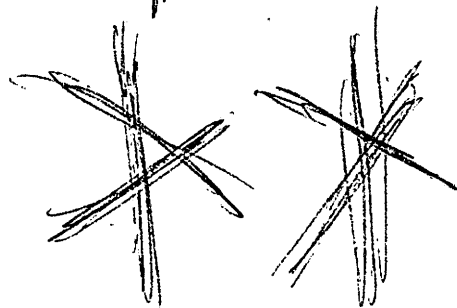
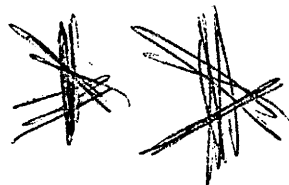
011 46 8 634632

England 8 hrs.

Sweden 9 hrs

Italy 9 hrs

France 9 hrs



MY CASE HISTORIES

The violence within the family intricate and
SELF-CONTAINING. By all these labels
beyond the law. By all appear and then
she approached by the police.

DR Y CASE HISTORIES

The lady + the thin vaginal wall. I found it painful, she said.

'Are you offering me a case of V- vaginal wall? I asked. I show her that it is a - excuse of her husband (the vaginal wall becomes thin through underuse):

'He may times did he stand at the bedside, his arms hanging limp at his sides, pleading + V of penetration! And how many times V denied him!

'In an intimate relationship!

'So was your vaginal wall, it seems! And how you pay the wages made! I evidenced V husband (his own remorse. And let me tell V

the man's right hand is hard and graspy and ~~most~~ ~~at~~ ~~the~~ ~~intimacy~~ compared with the soft and yielding vagina you conceal so

deftly between your legs! James Urine 1-1-Tony Syndrome

The case of the OIS / the urine syndrome. In 14000 cases in Michigan state due to candy being passed on the head to the house children. I had a small letter circulated by diet - to be careful - it was prep. to using the tea. I said ->

Everyone of the people up
is crazy.

→ ~~Thousands~~ Millions of America love Billy
have so many gifts, do ~~the~~ ~~the~~ VIS
TRICK
Trick-and-treats implemented with music.

MY WIFE EMILY

As the matter of categories, nice
association to relations, etc.

Real
~~A class~~ friendships - ~~not~~ people

say her coming to the bank - would ~~defeat the~~
mean anything with the truth. ~~As it is~~, the
heart is the core of ~~the~~ manifest, ~~entire~~
and varied epulations.

What is ~~the~~ ~~native~~ → its are people ~~has~~ ~~retained~~ = legal
the traveller, this

In more
deep be had
a category
- to say
value:

~~hypocritical~~ steadfast and energetic
and inspired and serious and reliable
and ever devoted like this the case
utterly unifying, ~~that~~ ^{quite} unthinker.
When it's read a coverage native,
it will look for better - and then
self is better = it.

big the job ~~can't~~. No friendship
(or then talk) is possible because ~~its~~
~~predictable~~ → self-revelative ~~changes~~
the job. So this is the heart how
to be ~~calculated~~ - into epulations the is
licensing, ~~invention~~, & ~~entire~~ ~~use~~
seduction & mechanical.

MY CASE HISTORIES

The report - SF Chronicle about Halloween.
This happened in the first case - mother crying and
anxious about what's going to happen to their children,
it's been a 'traumatic buildup' since early October
(Halloween is Oct 30/31) and now I can't
stand it any more. Who's to tell me they're crying?

Then to let the kids' worry to do with
Halloween. Who do you put - you face it, is that? A
week. And this anxiety is not the mask I say.

The doctor who heard about the 'breath therapist'
- he hahaha! he said - he hahaha! I said -
then I heard that I had it, asking if I was up of it?
he hahaha! I got up, scheme better than the father
- BEEB'S BUMS! Beeb's Bums hahaha! I said.
(I call up the breath therapist and make a appointment,
by breath's way by proffer). For

I read the SF Chronicle every morning
before my ~~service~~ breakfast is just over
= 6:30 AM. I think I'm on my daily
trip back to the (19). Because, the concept
of value of a world = still correct in
my mind. US = the way they arrange the
things, ~~and~~ ~~additional~~ do not all the
ways this is -- the workers, every politics
don't write to give the world know up. as
prices raised, and number, and people
don't spend it this, I can't do it. I
I'll forward it to me at home. one
time she was on 15 and it gave her
creek - the next, she's clearing
2 million dollar damage, as if we'd
less, the reader, one day. Rethink.
W's - had a letter to (I'm sure)
the SF Chronicle do me).

PLAY

MY WIFE EMILY

Build of
the analysis
Japan - very
California. →

DAVE

I Ope + JASON (hero) ad HEINRICH,
his shrink. Ope + designing his cell + dog.

He is telling Heinrich what

i) 2e experiment (Roor) (in this version? H
ask)

ii) Ring, the hochheim.

iii) Archer varied (er)

Heinrich: You can
go a like
this!

~~Heinrich: ...~~
iv) 172 Penton.

Jack: He wanted
her!

J DAVE
Jason

Heinrich

Susan

Billy

Clemens

Schmidt

Lucy

Nancy M-H.

Dr Jack Turner

A deep opening
the meaning
of Penton

A juicy envelope -
non sense.

→ I'm going to a beautiful place.
It is a good space.

My Wife Emily

The Jan is ~~not~~ impotent Hericil
protes Freud P 52 "Sexuality & the
Psychology of Love"

He says that sexual fantasies ⁽¹⁷²⁾ are the
beginning of the 1st inclined to side +
with the Reich der ad Falle in form of
substitute - opposed to repetitive or
immediate contact, and to regard it
as a neurotic symptom, a symptom of the
he calls "disturbed personal sexual economy".
a Freud says ^{use} simplified, he used other
too many words.

PLAY

(Jabber = nice, gets to do
his) No this a mistake,

MY WIFE EMILY

Heinrich - Jason

H. gets out of the before
I enter. 6 months
absence.

1] Jason's sexual problem.

"He can't get a relationship going. He
has this feeling of nausea. Usually after the crime
upsets for him in the early stages, and he
can't seem to take her any more." (H. plays his voice in
the tape)

~~Annually~~ Heinrich H. plays
saying "She can't make love to me with
it on a form of necrophilia." The period
scene is never moved. Always imagined.

"But I heard that." "I heard you were
going quite well?" "Well..." "Exactly, my
friend. Like all men, in contrast to the
journal scene out of your ~~fantasies~~ -"

"Let me I want to tell you all!"

"Oh" "Fantasies!" "I should have - see
the par 3 you!"

2]

Murder + Rape = fantasies : week's work!

10 min for the first time. ^{Deceit} She's, cheating. He's
all the same - in her. We sometimes change
intoxic inside a her.

A: 172: How you with the door.

J: We're [me on the eye] & eye

H: the [something], right by definition of

things! J: Right! (with frustration)

3] Move to Sank Rosa = she is a
No longer share a Martin apartment + someone who runs several dog kennels?
Sprayd - Taylor; he has his own clinic. (M. Lee
Barnes)

4] She is a biochemist, killer and
well-connected. She's involved + Ross is

High in friendships + Cleven Martin
Historian, the physicist - the Nobel prize-
winning physicist.

5] M-Holstein and his wife Nancy.
The medicine prof.

6] The genetic experiment. The work
exactly this century. The immortality principle.

The upright responsible prof. - body. We
can derive separated for a book: 7] Built to
the Pacific
Bell markole.

H. will investigate his medical background
stands.

MY WIFE EMILY

Scene II

Emily and Nancy in the kitchen.

Emily is huddled in a dressing gown and if cold, the wild Nurse hair tangled and unkempt, her face without make-up, her shoulder stooped. She has long been crying.

In Scene I described the wild yell of triumph she was doing the Pacific Bell work late afternoon. She wanted to know the correlation between emotion and facial expression: to be able to 'read' facial expressions expertly and instantaneously - X, a V or incision, Heinrich, she used the expertise of the Rover head drive is so tiny.

The "pov" scene" she collapsed,

MY WIFE EMILY

The Taped Fantasy

Henice goes thru all the emotions - shock, distaste, amusement, frustration, anger. He is always at the point of switching the tape if we don't do it. At the very dramatic climax, deep since Jason had his part to play, he slumps back into his another exhausted.

Jason finally switches the machine, crossing KTH's, clear to do so.

~~H (quietly, whispering to her + a handkerchief)
I remember... ^{pushed} ~~down~~ + high arched ceilings and
tall double doors + ~~her~~ handles, and... the
smell of coffee wafting... near M...
~~with her... the Ad Vienna...~~~~

Jason's ennobled version?
Rip to the sides - her H. starting,
sipping, retreating, wide-eyed.

Jason

Heinrich

~~Fancy~~ Susan

Emily

Clemens

Nancy

Lucy

Schmidt

Jerry

(9)

MY CASE HISTORIES

I. dealing + writer's block was aware of the
i) ~~to~~ career ideology, the feminizing of plots to appeal
or appease the minorities, the stick optimization the
is the toxic language of the editor, no 'unsympathetic'
characters, no 'negative' judgement. Fantasy Island
is the Fantasy Continent. Nothing is wrong, we're all
doing fine, we + the higher doll = history. Living in a
hell.

ii) We just work with the people out and give it to the
('commercial' writing). The film rights, foreign rights, serial
rights etc all parcelled neatly out with 'friends'. The
'literary' world here is seen as contacts who work for each
other like PR people. In fact it is all PR.

The seminar she is living in as 'event manager'.
She calls it 'my pimp'.

iii) The 'glad face' approach to writing. her
pinner should be faced & acknowledged.

The 'angry' woman - the 'hug' of
the rule. 'I was furious!' 'I wanted to be angry!'
Right? when then angry - violence, evil anger!

MY CASE HISTORIES

The vulgarity of the English title.
By the British could be maintained all
within a day (He is a lord)
(Very young) ~~domestic masterpiece~~
Good wine needs no bush. on the other
hand said the lord that of the jacks -
the jacks? The jacks, the jacks, the
credit, the very access. Ray Green?
Open down he said. Naming any by title
and be like thing any - free credit
card! A debtless, of thousands credit
card!
Over the client's estate. She is dancing in a
crowded hall and the man behind her lifts a
glass up to press it to the top of a daisy. 'Or'
say 'low is the promise? I mean, he's in phonic
promise of V a still daisy and? I mean,
low a we do it - opposed >

→ Is imagining?

well —

I advise to keep J₂ - estic series
well within the limit of this probable, the they
will raise some estic emotion, this all
of today. (I will the bill and the ~~an~~) by
chair)

MY CASE HISTORIES

Much of my therapy deal with
"writer's block". By show me their writing.
Bertica. Ravings. Love association. Automatic
writing. Language poetry. The woman
no writer fierce feminist still ad in living -
she she is a huge wacko piece she
abuse her. 'He let me ride his prick so nicely.'

MY CASE HISTORIES

The man who told me that Shakespeare being Francis Bacon, he'd heard a lecture, and Francis Bacon on the son, Nicholas Bacon. — 'Vance the Father Xmas?'

'Who?'

'Nicholas!'

'So Nicholas you were! Oh sure!'

'So how was! I knew it!'

'Knew me?'

'Not Bacon, father must have been the Xmas. Which means Shakespeare, father.'

Xmas. Which means Shakespeare, father.'

'Listen' said, 'in how to get - with the ~~and make history, philosophic harassment, ~~the father~~ for the Christian But God's like get you culture~~ ~~can wait to all the way~~

'John X!' I hurried to myself -

'~~Shakespeare~~ the Father Xmas or Shakespeare, dead!'

'Anxiety is it?' the stretched said
guilt, bearing. 'Do then you would have it - be
(I know don't don't it on me!'

6

The reader accepted expected variance.

AROUSAL

MY WIFE EMILY.

Emily's friend has lost her husband.
She has been mourning 2 weeks & said says
she has to make a new life out of it
it's hanging in. She felt a man
to virtually rape her. The consequences were
devastating but she now has found the
way to 'put' a bomb under her mourning
pattern and get out there & into the world
and make a life of herself.

OXYGENESIS

- i) It really works.
- ii) The promises are fulfilled.
- iii) The theory gradually became experienced fact.
- iv) MR is the culmination & fulfilment of his
entire process.

The Technological centre of the world:
the centre of wreakdown. The power
becomes the richest. The centre of
the death of the superman.

~~The sun death of the earth,~~
~~the love guided.~~

How To STOP DYING IN CALIFORNIA

['He didn't mean to be made like] at
first glance this man seemed to be an
exact model of the kind of person who
comes to California to die, perfect in
every detail down to ~~the~~ fever eyes and
^{UNRULY} unruly hands. Nathaniel West, The

Day of the Locust.

Attelton

Industrialization, after the agrarian revolution, was made necessary of the collapse of the life line. ~~The~~

~~was not how had to have~~

(18 as aristocracy the no longer knew as this was the life. 19th century, and a rising middle class) Intelligence the no had to be used in place of guidance.

'Waste' led to agrarian rev. — it was the only to provide for those who worked.

One-population — no longer able to gauge how many children to have. The society had lost its moral compass etc then.

It was with Job before they
could 'disbelieve = God'!

God was the name of the supernatural
with which we begin, = nature &
unjustness.

It was this that dropped us of heaven

caprice

~~She squeezes the juices of just one number!~~

~~'Well', I shrugged, 'we all have to do what comes unnaturally!'~~

~~She laughed, no doubt putting the cats next door to flight.~~

~~Sandra / Refus~~

BREATH-ACTIVATION

Bonnie



1] How do we set up setting up workshop -
SF, Walnut Creek & Marin. The
is, how do we keep it an audience.

2] Where things are open Bay
~~Area~~ Guardian, Jojo Journal,
SF Chronicle (Special Health
Page), Crain Crowd, Open Exchange
~~for writing~~

we will take hints to presentate,

marketing strategy.

The work
purpose.

~~the~~ Radio - Moral Vision,
TV - Steve Langer's
Health Show.

We really want to get published and OUT THERE.
from all existing hands - on all the

BREATHER TAKING MOMENTS

In the other () ~~HA~~ HA — it begins
+ a mark like a cy, a smu, and this →
Low all the time — really way
Tanna and "keonic situation"

Workshops

{
Sports
Snickup
Rejuvenation
}

Nicholas

Ursula

Maria

Alana

12:15 Butter juice, lunch

1:10 ~~pm~~ pm Call Jane Livermore

4:15 pm Poythian Hills / Shippey Elm

Library

~~the~~ Margery Bonger

Whether or not we're consciously aware of our natal aims, we all know/~~that~~^{why} each of us has a specific reason for being. Oxygenesis is a system by means of which the organism devotes itself entirely to the fulfillment of these aims. Breath is ~~the~~ used by most people in the most minimal, passive way, merely for bare survival. But when activated, the breath becomes a lifeline which which supports ~~the~~ the independently functioning energy system within the ~~the~~ cells which operates independently of the basic survival functions. The mitochondria has its own DNA and a code ~~which is not understandable to the rest of the cells.~~ It is responsible for respiration, ~~the~~ in the cells and the distribution of energy into the nervous system. Because of the independence of its DNA, it may be stimulated beyond its usual function of survival to ~~the~~ operate according to an entirely new principle,

Without this stimulation, the unactivated personality is capable only of working according to success formulae, happiness, well-being, harmony, serenity, liberation, enlightenment. But these formulae break down: they produce frequently even greater misery than before -- unactivated success is misery, unactivated serenity is artificial, unactivated happiness is momentary, unactivated liberation is illusory. The activated personality.....is provided with the ~~the~~ an amplified guidance system, which works beneath the level of the cortex. Our decisions are made for us beneath the level of consciousness

Effects of Attention on the Nervous System

Essentially, if the 'religion experience' could be described in a few words, or described at all, I would choose 'You cannot go away, because you have come: you are always here, and this changes the whole picture, the sense of sprawl, the sense of being a victim, the sense of effort.'

BREATH - ACTIVATION

When it takes place the primal response is achieved through the breath, the region so to speak visits the room where it has never been before, removed and quiet, perfectly secure, where the self lies, and after that you perceive a subtle pervasive well-being which informs itself in a million ways as if you were being unself. It may be felt everywhere.

If the breath remains
unactivated the life
remains unactivated.

On the breathing exercises
in the world, like the so-
called 'deep' breathing, ~~it~~
will not ~~produce~~ produce
the activation - and all

~~with efficacy depends~~
efficacy behavior depends.

On a precise breath-
ing, and his precise
form is contained in

oxygen. Activation
is in some cases, to be
the place - let the il-

lusion, that is no return
to the 1st regime.

Dear

~~For the interest of~~

May take of you 1.11.76 the —. By 2/2/76
via G.D. 1/11/76

1] A scientific ~~book~~ (health) proposal called
BREATHTAKING MOMENTS.

2] A ~~published~~ copy of My Life and the
adventure of mine I have read too. Also because it
connects, being like a novel with

3] One 80 pages of a novel called My Life and
which is — by typewriter work. It is — nature +
a history of X.M.M. Peace & joy which ad.
animal experimentation. I send this to V. tripidation

— V. note first draft work.
I do hope the book will be enjoyed + V
to decide with V. ~~could be important as a book.~~
~~Memorable~~ ~~all~~ ~~most~~ ~~interesting~~
I am his

Celeste

Terry

Mauros

(promise Creek site) / Prof. G. Proctor
and Jack
L.V. et de Proctor's study

Marie Wilson

(paint, water, wood) 1910 and
the immediate Andrei Beta)

Gloria Lynn

Bay area part.

Nicholas Fink

Mont. schedules

Karen Hirsch

Arthur / Louise

Harold Reed

emph. severe smoke

Sue Stalter

MS

Allen / Branco

Conrad's historical Analysis

Ursula Segnoia

Retired Louise

Carmen Bopnick

student & dancer

[David / Louise if available]

Alana

Bonnie

Psychadelic is a derivative of the prophylactic
which is satisfied mentally but not otherwise.

Chemical induction can alter the electro-
magnetic structure, the neurotransmitter device

but it cannot activate the life, the is to say
place it and the proper guidance still requires

is internal induction. When I look
at David the Irish priest, I ask myself is how

did a marvelous spirit could have developed
did an abdomen when there is virtually no

autonomic control ~~there~~. The heavy thing
is all around at all costs, and this is

disturbance of the human organism, which
exists of parasympathetic, as well as

sympathetic, reflexes. The psychedelic
formula is a device to activate of a

dangerous process) cerebral manipulation, so
that the reticular self is further and further

in obedience, the cerebral self will move
forward. Hence the absurdity) 'less'

remains. It is simply euphoric, the is
mentally actualized.

His administration to the organism is an administration to face
as well as examining a provide the terrible depression, ^{immune} immune
collapse, the necessary follows the euphoric attacks.
For if you supply the chemical external, the body will
lower its production of the chemical, so that in the post-
euphoric state you are actually depleted in the chemical.

~~The objective~~

It is our energy to secure the health. Providing
system to cope with cancer, arthritis, asthma etc. in
energy. No system is successful + there is a less
is produced life-activation. No life has to be
activated = not to make health worthwhile +
therefore practical. To secure person will use you
and again if more than health in a looked at.
Activation is the word to be called baptism. The
is the baptism means before it was induced. In the
early epochs) Xianf, is a external ritual connected
+ first names. Baptism = a naming. It is
an identification of the individual of the first time,
so that his organization and his desires become one of
the first time: No health = provide with it.
Breathing systems or healths, if properly monitored = but

with the mysterious principle of activation of a cell's health is claimed, i.e. the absence of noticeable disease. However, all powers, autonomy will not be included. This is why it was held that no man could do without Baptism - then it became a club-membership formula. The vice cannot be activated by health systems. And it has to be activated to handle emergency problems which will reach insoluble. An unactivated vice just goes on doing what it has always done until it dies.

You can learn correct habits from the smoking become an unpleasant and undesired habit. But you will probably go on smoking if the life has not been activated.*

Baptism = self-identification.

* I feel morally tied if I give up - this he says to do + by no other. But in, I have it use from the vice to live, the permission to live, the blessing that I become entirely myself I shall be loved - with favor. Rather, I feel I should be loved or + favor, I shall love. So I go on smoking.

In the training it has to be improved - people
the more they are involved in is deposition and the
this requires intense concentration, a true - 1-1-20
of it can have no other, and one-to-one
activation. There has to be the witness who is
always there, and the witness is the intensity.

The second point is that there is no
teaching. There is no teaching or
guiding who is involved here, only the presence
of which the process is being followed or not
(for instance, 'mixing' it - + - dance however
here, attention, beer, smoking, drugs,
group, cathartic psychodrama etc).

But more activation comes about one way
unless health lay and which can be
large lay work - the health - zone has been passed.

One way be (Ramakrishna) such
activation the witness may be chosen.

It's precious little - so being healthy if the
life is activated. But = for the concentration has
to be.

We are trying to activate for work, create health
happier having access pleasure. This will
will not follow; according to the principle of life.

Pre-activation plans are cerebral.

Post-activation plans are reticular, i.e. guided and (LITURGICAL OR) DAINED

You may not have time to imagine (if/it)

yourself to the health principle = the way come
to be a doctor.

You can resist activation of religion - the
Heaven, of worshiping it, of believing in it,
of hating them, of idealizing it.

ACTIVATORS

Full effects cannot be
obtained = a jump
ie one step has to intervene.

Oxy is like LIFE
ACTIVATION. We
are thinking of
ACTIVATORS TO
TRAIN.

Your unique organism,
from its birth has certain
things it wants, this
life, a smile & a
cerebral cortex is entering
unaware. And the

RETICULAR SELK

knows all those wants
and he is to put them
to effect, ACTIVATING
this self is the work
of oxygenesis. The
objective is beyond
health, happiness, success,
well-being; harmony,

Activities increase - but - with - inhibition, bipolar.

Now it has to be a do-it-yourself-kind.

serenity, liberation,
enlightenment, to
while in the incidental
and secondary work,
an unactivated self,

which will look after all
the health aspects, the
success in its own time.

Unactivated success
is wisdom, unactivated
serenity is artificial,
unactivated happiness is
fleeting, unactivated
liberation is illusory.

(While on steps of activity, we ourselves
will be looked after.)

This "new" self - the father of life.

Life is already an elevated state.
Already higher consciousness. Already
...?

Atheism is the opposite of
materialism.

The combination of the two in
the nineteenth century produced
the ^{two} most insatiable wars in
history.

~~Out of body experiences~~

The experience 'out of body experiences'
is an absurdity because the
experience 'body' is an absurdity.

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---	------

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KOSHER SALAMI	3.25
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(We Roast our own)		(We roast our own)	

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Cookware

We start off at the same nucleus
system - as before.

15 mg differentiated things the

hrh = however this is the function

the MITOCHONDRIA - with its own
independent code it makes a new
and unique nucleus system.

hrh = hrh as it would be
ref to the part, to regress.

**THE GAS
LOG FIRE
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