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„מחברת"

רח' התחיה 22, תל־אביב

Jan 1978 – Cannes Vic Mansfield

PB

About the center

- opportunity of a lifetime to get work done. ~~[illegible]~~ would have only been able to live there in summer. Suggested he could stay just when he wanted to get work done – "I probably will".

- good that we have harmonious relationship to neighbors & community.

- poor Tony, he was so positive about my money he ~~asked~~ every suggested we help P.B. alone. He asked about

- ~~[illegible]~~ Dave Y. said he told him to move toward Jana D.Y. didn't like that but we all must do certain things we do not like. He was a heavy feeling type with great swings of emotion. He needed patience & balance. You get more philosophic and patient with age – you see so many experiences ~~of~~ come & go.

- Asked about Tony. Was glad he was working on book and glad he had editorial help. Asked how long it would take. I guessed 1–2 years.

About Spiritual matters

- asked about Van Weissacher. Said he ~~was~~ was attracted to Gopi Krishna because he could approach Eastern

thought more scientifically than today.
V.W. has a new book out — Check

P.B. spent time with Gopi — he was a peaceful, kind, and humble man.

X Kundalini is a real force that can do great good and harm. P.B. told about G.K.'s experience of 14 yrs of pain & no help; how traditional texts are intentionally obscure.

X It is not necessary for realization to go through the chakras. It is only one path — the tantric way.

X P.B. experienced good part of Kundalini then a few years later the bad parts. It can effect you negatively on many possible levels — physical or mental.

X PB calls K. spirit energy in the guest.

Disciple must be kill boys in rice by fire — better to drown — a more peaceful death.

— I told him feeling get aroused and somewhat out of control. He said aroused feeling was good for me.

P.B. — physical plane

— must move out of frame since Tourist visa only good for 3 months.
- doesn't know where he will go
- all his stuff in storage in Surity.
- getting a lot of work done in teeth
- had to wire for money
- just "waiting up" the last check from Bronx. did not even answer mail, often
- his dishes (no soap) are dirty
- he was down with bronchitis and there was no heat in his luxury apartment for ? weeks It was a while before he got wide blanket out and over a month without heat before he got a space heater. He worked in bed to keep warm
Then he couldn't figure out how to make the simple thermostat work on the heater

- he seems to get lost or disoriented easily in town.
- shopping, taxes, mailing, banks etc all take an inordinate amount of time
- only one cooked meal per day sometimes less.

- cut out all honey, sugar, only organic dried fruit.

Multiplication Creation & White Dwarf Cooling.

A.M. says $L = -\dot{E} \rightarrow L = -\dot{E} + H_0 E$ in atomic units.

$$E = \frac{\Omega}{2} \propto \frac{GM^2}{R}$$

but Chandra gives $G N^{(n-1)/n} R^{(3-n)/n} = K$
which for $n = 1.5$ gives

$$G N^{1/3} R = K$$

so $E \propto G^2 N^{2 1/3} \propto t^{-2} t^{2 \cdot 7/3} \propto t^{-6/3 + 14/3} \propto t^{8/3}$

$$\therefore \frac{\dot{E}}{E} = \frac{8}{3t} = \frac{8}{3} H_0$$

So $L = H_0 E \left(-\frac{8}{3} + 1\right) = -\frac{H_0 \Omega 5}{2 \cdot 3}$

$$\Omega \approx -\frac{3}{5}\frac{GM^2}{R} = \frac{-.6 \times 6.67 \times 10^{-8} \times 4 \times 10^{66}}{7 \times 10^{8}} = -2.3 \times 10^{50}$$

$R \approx \frac{R_\odot}{100}$

$$L = \frac{2.3 \times 10^{50} \times 5}{6 \times 2 \times 10^{10} \times 3.16 \times 10^{7}} = .08 L_\odot$$

this is still off by by a factor of 10. And note this is a zero temp white dwarf. Finite temp must increase this value. Also $n = 1.5$ gives lower limit to effect. So in general $L \approx .8 L_\odot$

Let me take another approach by trying to derive a replacement for $L = -\dot{E}$

$$N' = N\left(1 + \frac{\dot{N}}{N}\Delta t\right), \quad G' = G\left(1 + \frac{\dot{G}}{G}\Delta t\right)$$

$$N' = N\left(1 + \frac{2\Delta t}{t}\right), \quad G' = G\left(1 - \frac{\Delta t}{t}\right)$$

$$K' = K\left(1 + \frac{2\Delta t}{t}\right), \quad \Omega' = \Omega\left(1 - \frac{\Delta t}{t}\right)\left(1 + \frac{2\Delta t}{t}\right) = \Omega\left(1 + \frac{\Delta t}{t}\right) + \cdots$$

$$E' = K' + \Omega' = K\left(1 + \frac{2\Delta t}{t}\right) + \Omega\left(1 + \frac{\Delta t}{t}\right) = K + \Omega + \frac{\Delta t}{t}(2K + \Omega)$$

$$K = -\frac{\Omega}{2} \quad \therefore \quad \underline{E' = E}$$

Now how does E change when N & G are constant? Look at Camelo's eq

$$\cancel{\rho}\, \dot{u}^\mu = (g^{\mu 0} - u^\mu u^0)\left(\cancel{\rho}\, \frac{\dot{\beta}}{\beta}\right)$$

$$\dot{u}^\mu = (g^{\mu 0} - u^\mu u^0)\frac{\dot{\beta}}{\beta}$$

look at space components in flat space then

$$\dot{u}^i = -u^i u^0 \frac{\dot{\beta}}{\beta}$$

Let me take the non relativistic case where $\frac{v}{c} << 1$ then letting $c = 1$

$$\dot{v} = +\frac{v}{t} \quad \text{for M.C. when } \frac{\dot{\beta}}{\beta} = -\frac{1}{t}$$

$$\frac{d \ln v}{dt} = t^{-1} = \frac{d}{dt} \ln t$$

$$\frac{d \ln v/t}{dt} = 0 \quad \ln v/t = K \quad e^K = v/t \quad \therefore v \propto t$$

This clearly ~~at~~ satisfies $\frac{\dot{v}}{v} = 1/t$

$KE \propto v^2$ so with N = const $KE \propto t^2$

So we see that kinetic energy of free particles in between matter creation $\propto t^2$

It seems much reasoning has to take place before we can say in general that $E \propto t^2$ under the same conditions.

Proceeding on the assumption that $E \propto t^\alpha$ then

$$L \Delta t + E'' \neq \cancel{E'(1 + \frac{\dot{E}}{E} \Delta t)} = E'(1 + \frac{\dot{E}}{E} \Delta t)$$

$$L = \frac{E'(1 + \frac{\alpha \Delta t}{t}) - E''}{\Delta t} = -\dot{E} + \frac{\alpha}{t} E$$

If I believe Maeder $\alpha = 1$ since he claims $L = -\dot{E} + E/t$

In any case $L = -E H_0 \, 8/3 + \alpha H_0 E$

The only safe value of α is $= 8/3$ Then zero temp which demands will not radiate.

Cronologically,

P.B. was about ½ hour late — I didn't worry too much. He had trouble calling taxi. I mailed the letter to Swiss bank for him, changed my plane ticket then waited for him in the dentist office. I got back before he even started. Again I offered him loan and it seemed like a bum trip. We waited a while ~~the~~ looking at a history of dentistry book and then he went in. What with my own familiarity and complacency blocking me, my loan trip, the terrible pop music in the waiting room I felt bad. A book on the beautiful America (New England & NY parts) opened me up. ~~the~~ I pulled the plug on the music and talked to the dentist and left with P.B.

We went walking by the water. P.B. told of friend in ~~Monaco~~ Montecarlo who write on Buddhism under a pen name. He was visiting monastery in Ceylon or Burma and getting interview with Abott. Had to wait a long time, got bored, started walking around monastery. Got lost ran into Abott who was surprised at seeing a western stranger walking around private part of the monastery. He asked the writer sternly "Who are you?" The writer answered "I am the Buddha" — Abott liked they and they got on.

P.B. wanted to stay down town near beach and sun. So he got some paper from

I told him there was no real aspect between ☉ & ♀. "Too bad," He said, "if I had a Sun Venus ☌ ~~Sun~~ I would have been an artist." He asked, what in my horoscope gave me an interest in astrophysics I said maybe ♂ ☌ ~~He~~ tonight perhaps the three outer planets, ~~[illegible] planets~~ We talked a bit about astrology

He asked what in say!

Saw a very affectionate 7 month old puma — about size of Rosy!

me and ~~an envelope~~ I and decided to buy some envelopes to write a letter. He then ~~decided~~ ~~that we should eat in Chinese restaurant as long as I would not push it and make it materialize~~ had an idea which he would propose as long as I didn't try to make it materialize — he wanted to treat me to the Chinese restaurant

We talked of Buddhism, Japan and D.T. Suzuki. ~~He~~ I said how Zen was inspirational but not much good for philosophical analysis. He said yes they always emphasized direct approach ~~but its~~ and Suzuki claimed it was different from Hinduism. But it had ~~its~~ roots and essence in India and even Taoism had similar ideas in meditation & enlightenment. (Let mud water could settle out — clears up so can see things) He emphasized that ~~there~~ were many schools of Zen relying on different scriptures. I said how the place in pain and suffering attitude was not usually attractive to me since life seemed so good most of the time. He admitted buddhist did take this view but the philosopher sees that there is no joy without pain — as long as we are in the human condition we must have both. Take what you can from buddhism and leave the rest. The philosophic student always takes this approach rather than pitting one ~~dis~~ tradition against another. ~~He said~~ I told he Zen was one of my first loves. He said it should be ~~[illegible]~~ because it appeals to

I told him that the world often seemed mental but I hung up on the I. He said the world is like a dream but not equivalent to one. He said we must make up and see it and the dream subject for what it was. But the dream analogy is only an aid. India has utilized it but Western philosophers have neglected it.

experienced minded scientists. I said it seemed I had a previous connection with Zen but it was hard to sort this idea out from my fantasies. He said the stronger the attraction the more likely the previous connection.

We then left and went to the beach. While P.B. read & wrote a letter I sat in the sun and meditated not to him — How fine. I took a couple of pictures of the beach and one of him. In the best part of the meditation he said the sun is getting ~~stronger or~~ brighter (clouds broke up) both inner and outer. I said "yes it seems like the clouds in me are breaking up." He said, the peace within will manifest itself in a more harmonious life without. Just seek the source. The Source with a capital "S". When he finished writing he offered the paper back, I said it didn't seem like the ~~place~~ time. He said yes it would be a descent.

We shoped at several stores. He let me pay. He told me about Mysticism in Southern France Albigensians and Cathars. Train schedule. Back to his house. Cooking.

I asked between tea and dinner if we could meditate. He said no that is for guests. He may meditate alone but not with ~~student~~. I forgot that a few years ago people in Ithaca asked him and he refused them too. It seemed when I initiated ~~things~~ they blew up. He ~~told~~ showed me yoga Vasishtha — a step to teach meditation

He talked of Mahadevan, his health, study circles.

He stressed how D V just needed patchment and it would have passed in a few years.

He said I was to be congratulated for my sincere interest in this quest. It was worth it in the end.

One should not be fanatical about the path. Just do not let a day pass without the remembrance.

Sri Sadat said. He had this intimacy with God the awareness of His presence, what else could he want. That was the most important thing. The intellect could supply ideas and understanding latter, but the awareness of His presence at all times is what we should strive for.

P.B. Thought Sadat was a true mystic and yet a realistic worldly man.

The remembrance exercise is important even if you just do it 2 or 3 minutes at a time. The challenge is to hold it. The Moslems have the right idea but they make it too rigid

KAMKET by Wire HOLYOKE-MASS.

Shorthand Notebook

1626
GREGG RULED

Elaine Mansfield

NAME time w/ Paul Brunton 1973

DATE (from) _____ (to) _____

RUBBER EDGES

Noel Glass 637-306

Books - $12

Italy 4 plackets in Assisi - 1800 lira
3 Ravena books 6800 lira
basketry 2200 lira

Switzerland - 1 clock - 56 francs

May 3 - 8:15 pm 1973

We're waiting for the plane to board - it leaves in 45 minutes. Vic and David are chasing each other around and turning somersaults. I'm guardian of packages. It's a very exciting time - feels a little unreal.

May 4 - ~~9 am~~

Four hours of sleep, but I'm ready to go. David has been so sweet, but this morning he whined and rolled back over to sleep more. We'll try to go near the Vatican today and hopefully stay in a convent.

After arriving in Rome we took a bus to Terminal Station and then another bus to the Vatican Area. We couldn't find a room in this area - Vic & I gorped but David was sweet all day. So back on the bus to the station where the Tourist office got us a place nearby. Unexciting, but convenient & clean. At night we ate bread & cheese in a little park nearby and then just happened into Santa Maria Maggiore and a very high mass. Sleep was such a relief.

May 5

Had breakfast a YMCA and then went to the Vatican Museum. What a sensory overload. The place was so amazingly crowded with people & things to see.

After the afternoon rest we went to the market at Piazza Victorio Emmanuel and bought olives, figs, nuts, bananas, cheese, bread, & wine. Then we had a picnic in a park nearby. David took a ride on a donkey that was pulling a little wagon. Then we ate and took David on a carnival ride - little cars. Then some cappucino & icecream for David & back to the hotel

May 6

Took an all day (8 hr) train ride from Rome to Lecce. It was fairly hard for everyone. Getting to Porto Cesareo was a huge relief - the Hotel Club Azzuro is a very high-class scene. Large nicely decorated rooms with patios. Beautiful flower gardens everywhere. Vic had our dinner sent to the room so after David went to sleep we meditated on the

pestro and then had our meal & wine on the patio.

May 7

This place is so quiet compared to Rome. We tried to call Noël and operators say the number has been changed & there is no listing for Beau Glass. We're very discouraged, but we'll try to find another way. Went walking on the beach in the evening and found a 12th Century Venetian look-out tower. The light is quite indescribably beautiful here.

May 8

Still can't reach Noel - this gets very discouraging - feels like it may be impossible to see P.B. We went swimming in the afternoon. David loves riding on shoulders in the swimming pool. In the evening went to Lecce. The ride in was beautiful - wild flowers, bright poppies, daiseys, asters, many I don't know, grape vines, olive trees, workers in the fields, horse drawn wagons. In Lecce after a very boring bunch of speeches we walked through the town. Everything is

quite beautiful - baroque yet simple. The ~~that~~ Basilica of the Holy Cross was the nicest thing we saw. Very ornate, but still very peaceful and unified. Everything in soft white stone & the same style. Then went to a dinner by the Mayor of Lecce in the town hall. What a mad house. Chaotic banquet style and you have to grab your food quickly or there is none left. We were told some dish had no meat, but it did. It's very hard not eating meat. Even the vegetables are cooked with meat around here. We're managing OK with vitamin pills, but occasionally we get slipped some meat.

May 9

Most of the conference went on a bus tour - we stayed home and again spent most of the day trying to phone Noel - headaches, anger, no results. Finally we sent a telegram from Lecce, but we had little hope. Took a 2½ hr. siesta - the tension of phoning is really tiring us out. At night we went into Porto Cesareo for antipasto, greens, & bread.

May 10

I went on a bus tour – shopping at craft places. The bus was tiring but 2 of the 4 stops were lovely. The weaving shop had beautiful things but I couldn't afford them. The pottery was quite gaudy and ungraceful. The copper shop had nice but expensive things which I couldn't afford. But, the basket shop was right for me. Beautiful simple baskets and woven things quite inexpensive. I bought 4 round place mats and a purse for Harriet all for 2,200 lira – less than $4.

In the afternoon Libby, a woman here with a 7 month old baby & I went to Porto Cesareo and bought fruit, juice, etc. And then we hurried home to get ready for a banquet by the Mayor of Montaroni (?) the town where the university is. It was beyond anything I'd ever attended. First we went through the Mayors garden & villa. It was a fascinating twilight walk through a garden full of imported & native ge trees – pine, eucalyptus, etc – wonderful

scents and everything placed so naturally and peacefully. The final was a beautiful cayphor tree in the backyard — huge, huge tree, supposedly the only cayphor tree in Europe. The house was stone-like everything in this area and quite simple & elegant. Then we went to the town hall for flowery, emotional speeches. Finally to a banquet hall for a true Bacchian affair. Huge pitchers of wine everywhere — about 7 courses of food (about 3 were neat) — finally many townspeople got loaded and out came an accordian and guitar and there was laughing, singing, & yelling. We really had a wonderful time. Many physicists were playing on the childrens swings, see-saws, etc. after it was all over. The dinner lasted over 3 hours. Vic and I had just enough wine & food and not too much — I hope I don't forget this scene for a long time.

Most importantly we got a telegram from Noel — will see P.B on the 23rd. We're so relieved and relaxed. Now the vacation is full.

May 11

We need a day of rest before the big trip to Rome tomorrow. I'm lying in the sun after washing a few clothes, just waiting for lunch & blessed siesta. Tonight is my night to babysit. I feel so relieved since the telegram has come.

May 12

We took a long, tiring train ride to Rome starting at 6:30 AM. Got to Rome at 2:30 - David spent about half the trip being totally out of hand, poshing around Italian kids about twice his size. We got a room at Pensione Rosario near the Spanish steps - it was dingy, but cheap, but unbelievably noisey. Rough day - also David & I have diahrra from eating meat. We felt better after a long siesta and then had dinner in a busy place. David ran to the bathroom 3 times and after the third successful trip he walked out and smashed his face into a table - black eye. After dinner we ~~walk~~ took a bus to Piazza Venetia and went to Capitoline Hill - very beautiful. Then

we walked down toward the Forum. ~~The~~ As we were looking at the Forum under a beautiful moon in a quiet little spot, David stuck his head in a fence and couldn't get it out. Suddenly David started screaming and about 30 Italians converged and started yelling orders in Italian and scolding and pushing and crowding. Finally Uncle got it together and pulled David's body through the fence. Some Italian man said a baby's head swells when he cries - too much. Anyway we walked around the forum and toward the colosseum and finally after coffee and pastry when back to the noisy room.

May 13

We got up late and decided we had to leave the noise. But first we walked around. This city is so much better on a Sunday. First we went to the Spanish Steps - super tourist trap. Then we walked and saw the Column of Marcus Aurelius, Santa Maria Sopra Minerva, Pantheon, St. Ignatius Church. The Pantheon really pointed out the way the Renaissance modeled after classical

architecture. Then after a good lunch, back to get our packs & off to rent a car. Driving out of Rome was a scene — but we made it.

It felt like a whole different day and country after we got out of Rome and off the super highways. We drove toward Assisi, but stopped a lot. The first trip was up to a beautiful little town on a mountain. It was so freaky getting up on a gravel path hanging on the edge of the mountain. The wheels kept spinning like crazy, but we made it. When we got to the top I said first — "Vic you have a child" and then "Ask that man the name of this town" — always trying to make a little order. We never did get the name of the town, but it was amazingly beautiful (see pictures). It was so small and intimate we felt like we were in people's back yards. Not exactly a tourist trap. Then we drove down a better road and along the way saw a tiny little chapel to the Virgin with flowers all over. Everything is so neat and amazingly clean in the country. We drove

on toward Assisi, driving through a number of mountain towns on the way. We stopped for bread and cheese at a church which must have been about 4th Century. (San Pietro) It had a strange facade (bas relief) with early Christian scenes - Martyrs being eaten by lions, Christ converting Peter, etc. - mixed with mythological animals and, at the top 2 ~~cattle~~ cows. It was too dark to get a good picture but Vic took one of the bell tower and the moon. David kept falling down and an old Italian lady gave him a candy. He sure charms the older women. We decided we wanted to get a hotel soon, so we started asking along the way. Finally after some no's and vague directions we made our way to Trevi. - what a find! The hotel is ~~the~~ cheap, clean, and very attractive - with a beautiful patio overlooking the huge valley ~~bel~~ below the town. The place is run by an English woman and her Italian husband. The town is quiet and beautiful and extremely medieval. ~~We took~~ We took a long walk in the evening through the dark, deserted, winding hilly streets. This is

the best place we've been – by far.

May 14

We decided to spend the whole day in Trevi – this is so beautiful and no tourists are here. We walked up the hill in the morning and took some pictures then we came down to a little park where David could slide and swing. There are beautiful views everywhere. Then we walked into the old parts of town and went into the main church. It seemed to me just as a person should be – very simple on the outside, very beautiful on the inside – not complicated, but airy and light and unified in feeling. It was built in the Renaissance, and seems almost Gothic. Finally we went to some shops and got wonderful food – Bel Paese cheese, yogurt, crusty bread, olive oil & lemons, vegetables – lettuce, fennel, cucumber, carrots –, strawberries, yum, yum. What a feast, and enough food for all day for about $4.00. It feels good to spend little on food & board because we spent so much on the car. We ate back in the room – what a beautiful view here. I finished doing the laundry and hung it out on

ropes on the patio. Put David to bed and now I'm sitting in my swimmingsuit looking over the valley and writing. Vic went off by himself - he needs a rest from the hassle of David. I'm very happy right here with the sun and wind and mountains and bell tower next door which rings every 15 minutes - perfect for meditation.

In the afternoon we took a ride up the plantain. Very heavy visit to a cemetary with many mausoleums and above ground caskets. Very Italian with lots of flowers and little electric lights and do-dads. Then we ~~went to a~~ drove through some little villages and saw a shepherd in the field - complete with one black sheep. In the evening had some wine with the couple who runs the hotel.

May 15

Got up ~~early~~ and went to Assisi. Very emotional day. Freaked out by the parking men - like vultures. First went to Basilica of St. Clair. I was very moved by the prayer to the crucifix and cried. Then we went to the Basilica of St. Francis. I was slowly developing a headache. Went into the crypt

for the end of a Mass - then walked to the alter tomb. Around it were 4 tombs of the Friars. When I saw Friar Rufino's name I was really overwhelmed with something like humility & sorrow and cried a lot. After this my headache got overwhelming. ~~Finally~~ Then we went to San Damiano - we were all hungry & grumpy. We ate lunch on the steps - a nun came and gave David a candy & then offered her crucifix for us to kiss. Then we had a guided tour of San Damiano. It was so simple - still filled with the original feeling, I think. But David did his best to ruin things by being a total brat. He was very tired. We were all a mess. Then I realized my wallet was gone - another crisis - ~~we~~ Vic found it in St. Clair. We went and saw the upper church of St. Francis but we had had it - went back to Trevi. It felt like a true haven of refuge.

May 16

We got organized in the morning and drove back to Assisi. Had a lovely picnic at St. Mary of the Angels (Portiuncola) - it was quiet and peaceful

and quite impressive. Saw the roses without thorns and a beautiful garden within the church.

After lunch we drove on through beautiful mountain country to a town called Poppi. Another find. The room was small but had a lovely view - the town was on a hill top. The best thing about the town was a beautiful castle on the very top of the hill with views in every direction. (see pictures) Quite an impressive place. David played soccer with a little Italian boy in the park for about half-an-hour. Then we ate at a little restaurant and went back to the room. We started trying to get pregnant.

May 17

We left Poppi early - drove through beautiful mountains to Florence. What a down when we hit the city. After freaking out over traffic, noise, no street signs, etc. we found the place to turn the car back in - we were ready to stop driving. We went to the train station - tourist office to get a room. What a maze of people. Got a room at Pension Kennedy - fortunately a quiet place off the street. We then

went walking through the crowded, narrow sidewalked noisey streets, This is not a good place. Wandered around to Piazza San Marco, Innunziation, and finally the Duomo. Looked in a few shops for Tony's books but couldn't find anything. We spent a little while in Piazza Duomo. We saw Michaelangelo's last Pieta which was very beautiful, but the church was noisy and dirty and the streets were crowded, and everybody was grumpy in the shops because of all the tourists. I think we'll leave here. We got back to the room, and bought a bottle of Chianti. We looked at the blurbs on Ravenna and found there weren't even any direct trains - that sounds right for us, so we're leaving tomorrow morning. (We feel we may have conceived this night)

May 19

We had a good breakfast, that is lots of coffee. Then we walked around to various used bookstores and finally found some Evola books for Tony. We walked by the Duomo and there were 100-150 people crowding all around the Ghiberti doors of the Baptistery. Let us out of here. Off to the train to Ravenna.

The train ~~was~~ stopped at every berg going through beautiful mountains. There wasn't a tourist on it. We arrived and got a room in Hotel Italia near the station. Then we took a walk to see some mosaics. Saw St. Appolinaire the New, but it was very cloudy and dark, so hard to appreciate it's beauty. Went to an Italian super-market. What a pushy freaky place.

May 19

Spent all morning at the market getting food for the next 3 days. We're getting pretty tired of bread and cheese, but there isn't any choice — can't even find peanut butter. We did get rye bread — what a treat.

After siesta we went looking for the School of Mosaic — after some bad directions and a lot of pouting from me, we found it was closed. Vic bought a pastry to cheer me up — it did. Raining weather didn't help our moods. Then we went to San. Vitale and the tomb of Gallo Placidia — both were extremely beautiful. We could pay for lighting the tomb mosaics, so they were most appreciated. The church was very dark. In the evening we went out for an omelet — it poured. Maybe the weather will change.

May 20

We woke to a beautiful sunny day. Went to Piazza Popollo for breakfast. Such a wonderful square. We ate cappucino & pastries at a sidewalk cafe while David chased the pigeons and played with other children. We walked on to the Arian Baptistery which was especially nice - Only one ceiling mosic of the baptism of Christ. Somehow it felt nice to see something that was possible to digest. We then went to the Neone (sp) Baptistery and finally back to San Vitale. The sunlight made it possible to see how beautiful ~~the~~ the mosaics are.

← Dream - night of May 19

We go to see PB with Tony & other people from the store. PB is a small young man. Very soft looking. 30'ish. He plays with David. I'm getting more and more angry - this can't be PB. He's too young & he doesn't look like the pictures. Finally I get so mad I punch him in the stomach. Everyone is shocked - no reaction from P.B. Tony is very mad at me. lots of turmoil. Suddenly I know P.B. could appear however he wants. ~~I shouldn't~~ I feel guilty.

After siesta we took a bus to St. Appolinaire di Classe. What a disappointment. Firstly, the place was full of tourists and open sewers. Most importantly the big mosaics were covered with scaffolding - we quickly grabbed the bus and went back to Ravenna. We went to the Piazza del Popolo again & had cappuchino and fed pigeons. Then back to the hotel.

May 21.

Rode on a train all day to Montreux. Found a wonderful hotel called Hotel Tuscan.

May 22

Vic called PB after breakfast - he said he'll come to our hotel at 6:15 tonight. We spent the day walking by the beautiful lake and taking a long siesta.

PB finally came at 7 - over and over we keep having to be patient, if we want to or not. We sat in our little room for a while and then PB took us to a restaurant - David was a monster. After dinner we took a bus back to the hotel. I put

"Vic waited in street for PB - finally gave up - came in & by-by. I won't believe it until I see him with my own eyes... I said there he is was looking in the window at us and that's

David to bed and the woman in the hotel served us tea and we talked until 11:15.

Conversations

PB said he had heard nothing about dualistic leakage – he had never even heard the phrase and he was surprised Tony ~~took~~ thought he would take a person so mentally unbalanced that seriously.

No advice on center. Should be insured, but Tony should get all facts together and talk to some of his students and then decide.

Yogis ~~[illegible]~~ female meal best in milk or rice water, lakes, stream or river. Form of water helpful not like auto traffic rhythm. Good tantric suggested eggs at restaurants.

Said he's going to move 1 year from now, he said he didn't know where. He said there is lots of sentiment for him to come to Ithaca – silence.

Have Andrea send back books – 2 dictionaries and phrase book.

Place like store drew many people who consciously or instinctively are looking for ~~healing~~ psychoanalysis, some looking for truth – there is big difference between truth & healing.

Sir Edward Arnold – wrote verse form of Bhagadva Gita & verse form of life of Buddha – PB suggested reading this – ~~suggested~~ "dew drop dropping into the ocean.)

more than anything

was good centers was never false

When Vic gets quiet he should stop mantras - like getting off a train when it's gotten you where you want to go - then PB talked about Grace - May not be evident in beginning, but becomes more and more obvious until it's almost all grace. Very emphatic about need for devotion and bhakti. Ego can't pick itself up - must have reverential attitude to higher self. Started talking about W.M - when sun arises all animals pay homage to W.M - sun as physical manifestation of WM at this point PB went into trance. PB said we must all pay homage

I asked about Melody - P.B. asked what was strongest drug Vic had taken. He asked about reactions, especially mystical experiences. This experience is valid to person having it, but is reflection of real mystical experience. Like a person in picture show who thinks movie person is real person. Leary & Alpert have done more harm than good. Talked a lot about drugs.

Motherhood. Have to let nature use you as an instrument of love but still remain detached. Delicate balance between duties as parent and duties to self.

Subub - met Papak. Hard to discern if impulse

the a reflection in mirror

is from God or another force (Saint). Based on passivity.

About Vic's psychology experience he said - "That's all good but that's steps on the way and you have to leave that behind."

About Tony & meditation sessions. "Meditation can be used for self-healing." It's not so hard on Tony to meditate with us as to do physical work. Thought driving was the hardest.

May 23

We went to PB's place at about 11:45, talked, and ate lunch. David was quite a monster. (We got lost getting there - Vic got very angry because we were late.)

We spent most of the time preparing lunch, but talked some. Vic made PB's bed

P.B. said: Hatha Yoga is very beneficial to many - ~~[illegible]~~ different exercises good for different people. Hatha Yoga gives a temporary opening of Kundalini - Rolfing also sounded good ~~opens chakras~~. (He was interested in Rolfing) Hatha Yoga is especially good for sick people - must be careful

Recommended books by Swami Kuvalayananda - Pranayama, Asanas.

It's hard to find balance between spoiling & discipling a child - different for each child.

PB said he does a lot of work in bed - pulls covers up over his head and meditates.

PB came to our place at 5:30. We took a walk down by the water. Talked about Montreux dying - used to be resort for royalty. Many misprints in paperbacks - check hardbacks. Christ came from higher plane, not planet. There are more highly developed beings on other planets. ~~the~~ They would defend themselves from invasion by earthlings. Space program won't be able to land men on planets. If they wanted contact they would visit us - they would be limiting themselves by entering our atmosphere.

Went to Tunisian tearoom - had tea & sweets. P.B. spoke of Arab civilization - more advanced in metaphysics, logic, mathematics, religion, etc. in Dark Ages. Too bad they didn't go through all of Europe.

He asked which schools of thought Tony was most interested in - Vin said Adveda, Sankhya,

PB, Jung, Buddhism when we meditate, Sufism, even Catholicism, traditionalist. Told him how we zerox books & go thru them slowly. Tony uses comparative approach i.e. Sankhya & Astrology. Only a few people really contribute to class. He wanted Tony to write up astrology, collect some of his lectures. (He thought it was good that classes are taped) Vic said Tony felt ideas weren't sufficiently crystalized to publish. Tony's against writing after intuition and flooding market with half baked ideas. PB agreed, Tony has been exposed to that in bookstores. I spoke about problems of meditation & classes — don't understand a lot, find it hard to concentrate on class, little reward from meditation. PB said westerners want results to fast from meditation — need to develop patience. Also, whatever one gets from class is very good, even if it's just one idea per class, it may have great impact at a later time.

Great mood of peacefulness at this time.

We left for hotel - PB ran to get bus. (arms like pistons)

At hotel talked about childrearing.

He said it was Vic's Karma to learn to be a

maybe I was a lot like David at his age.

good father. One must be very careful to set a good example in early ~~ea~~ years. Discipline is necessary, but hitting or spanking may not be the best way. Most mothers don't do it the right way. If he doesn't learn discipline now the world will teach it later & it will be more painful. "It's easier to nip evil in the bud." PB agreed with "safe harbor" theory. ~~We~~ We left David with a babysitter at the hotel - peace. Took a cab to PB's house. Thanked Kathleen for the stone she gave Bopta. Showed us Connie's ~~[illegible]~~ letter & pictures. Shouldn't worry about difficulties of reincarnations - these doubts will come up because of Catholic background. Change in ideas will come slowly. Ask Tony for books about reincarnation. She has occult powers. It was her aspiration that counted, that she wants to know God. He said he got Andrews letter & answered it. Devon: the letter got to him too late, but in addition he ~~wanted~~ wouldn't answer the phone so early in the morning. But she doesn't need to talk to him, she has contact with Tony. If she wants to tell him something, she should write.

It was not needless anxiety - mine - the mummy of a was strong.

letter from Alabama: If Tony wants he should write the man up or give to student to reply to letter. If he does nothing with letter, send it back to PB. Explain to man that PB's in retirement & can't answer letters.
Said he answers all letters mentally, but few physically.
Fixed dinner - PB put on orange lamp & joked about psychadelic lighting. He says I like this light when I dine - it's my attachment.

— Saw parrot on way to tea house — PB thought David would like him. Then he read the sign - don't touch the parrot, if you do you will be fined 5 francs. He laughed out loud over this.

We messed around with the mint tea - he wanted to know exact minutes to brew - I didn't know.

Talked about death. Only very evil have anything to fear. One is helped by beings on the other side to be born there as midwife helps here. & Prayer of strong willed person can be of some help, but afterdeath experience mostly depends on development person has gone through;

and how open that person is to help. There is some limited volition & free will on other side as there is on this side. Viz said he was ~~only~~ mostly worried about dying before he realized who he was. PB said this is Karma and grace, all we can do is keep working on quest.

Don't worry - be detached even from quest. Take your peace now - you're divine now. Don't let anything rob you of your peace.

We walked home at 10:15.

May 24

Got to PB's at 11:30 - better tempered but much tension. David demanded all the attention - PB was very sweet with him - played with him and tried to entertain him. He said "You must discipline him. The free schools don't work." ~~Pane~~ Viz said he felt he was on David all the time. PB said "You must praise the good things he does." Then PB showed us all his pictures. He wouldn't tell us about the picture of the "greatest living guru in India." This man & Ramana were only recent pictures. They were at his bed side.

He was interested in Chapel House took name down and said he would 27
give it to people in NY who were looking for such a place. Probably
some teacher would phone you after a while. Life always seeks soul.

We talked about Cornell - good library - Tony uses Cornell library - PB doesn't have use of one. Also talked about Colgate courses in religion.

Talked about my Chinese study. PB was interested in why I studied Chinese govt - because of Chinese or political part. I said I always had fascination with East. He said "Don't you think you must have had a previous life in China?" "The way you can tell if you really had a life in a place is to go there." I told him of Assisi experience and he said that too was probably a tie to the past.

Talked about Wang-Hang Ming. He's very stern but just.

Vic made PB's bed & swept the floor. PB said inverted postures are benefitial, especially for older people.

We had lunch - canned peas & potatoes. PB eats a lot. We couldn't phone Noel

After lunch he showed us the publication of the 50th anniversary of the Vedanta Centre.

We left because David needed nap and was very frenetic. PB was spending most of his time entertaining David. We said we would get a babysitter at night. Then PB asked David to shake hands. They did & we came back to the hotel.

He said he doesn't like used furniture - it has rental deposits. Talked about Killers house - he felt that was very bad

Before we ate we had a minute of silence - PB said Shanti (this happened at all meals)

After lunch David told PB "I love you" then he said it again "You know what, I love you". PB smiled and said "You must love my beard." Then he let David touch his ~~beard~~ beard & asked David about his beard. He seemed to be steering David away from [redacted] this (David, as far as I know, has never told [redacted] anyone except Vic & myself that he loved them.)

After siesta we got a French girl at the hotel to babysit for David. We met PB at the park at 6:10 - he was on time for the first time. We walked by the lake. First he talked about the "Holy Mountain & the 3 Gurus". Krishnamurti has a place at the top (~~bestanding~~ bestowed) - he admired him for not taking on role of World Guru - "if one has a guru he'll be copy of the guru, not ~~the~~ an individual. Also, Krishnamurti has modified his rebelious teaching alot. Down the hill is another man who comes in the summer called Krishnamurti.

He's much like the youthful K.M.#1 – very rebellious. 3rd Guru is Bulgarian. Other religious groups also reside on this hill. Kept calling it the "Holy Mountain."

Talked about Hitler, Mussolini, & Mao. Criticized violent revolution and materialistic revolution. Especially criticized China & cultural revolution. Said these 3 men had strong occult power & power drive. Said Tung told him of Hitler's powers. (Sat in a beautiful place overlooking water.)

Viz talked about his own power drive. PB said it was natural & Viz's experience will help him avoid it the next time, though it will manifest on a higher level. PB: "It was good you were conscious enough to ~~you can not~~ get out of groups"

You can help others if you have capability of seeing their ~~own~~ mistakes – first must ~~help~~ know self. Other person must want help. [analogy of someone slipping and falling on the ground]

Told story of Anthropologist-scientist who saw Ramana – "said he couldn't see anything special about Ramana – only a nice old man on a couch. PB: ~~A fraud~~ If one isn't ready he won't have a big experience right away when he sees the Guru. Only a ripe soul will have this experience – this depends on Karma. We both felt zapped.

Ramana had photo of Ghandi near him.

P.B. jumped up at this point and we went to get the bus. We window shopped while waiting - it was strange to do this with him.

Couldn't make phone call. Made dinner. Vic made carrot juice.

PB: Nip sound in the bud - avoid it with physical activity.

PB told Vic to neglect sound and have patience in meditation - it was good the way it was going. Sound is better for dualistic type yoga (Kirpalsingh). Mantra is best.

Vic told him of experience in monastery. PB said this experience was a milestone.

Thru memory, reason, & intuition V can draw inspiration & understanding from this. Look at it as form of grace & encouragement. Won't seem so important in the overall picture but is very important to V now

In the beginning of mediation one reaps benefits of earlier meditations.

Last thing he spoke of was David. David's obstinacy might be good traits on the path - comes from an earlier life. Child must have religious education - best given at home. Give at level they can understand, but intelligently and without superstition so child doesn't

have to unlearn things. Unusual, if ~~he~~ David isn't a questor since he was born to us. "A questor looks for this (kind of family to be born into) ~~as~~ far as he has free will." We must encourage his positive qualities by praise, and we must have patience. (Maharabda with pictures)

I said patience is the keywords to everything. He said ~~must~~ much is lost because of lack of patience. Lose it when we get nearer the goal, but each of us has 2nd wind or inner reserve to draw on if we have patience. ~~to~~ Many people stop near the end.

PB said: I have to go to bed" – We left & went and drank coffee and ate a big chocolate bar. We were very spaced out.

PB asked if we wanted sage tea after dinner – he said you had to acquire a taste for it. He said "Sage tea will make you sage." He laughed. Then he said "there has to be some reason for that name."

On the 2nd day we told PB of Ella Mary's trip to Calif. He said it was really very good for her to go.

~~May 25~~ PB said his present work would be published sometime. Other books didn't deal with whole path, ie Vedanta. Couldn't publish the last part of path when people weren't ready. Now more are ready.

There are many risks on path but also many in leading life blindly
Experience is the best teacher especially in spiritual matters.
~~must practice detachment~~
Steiner made the mistake of thinking that the East was basically different from the West in terms of the doctrine.

Walking to our first meal together I was talking to P.B. over the ~~dist~~ noise of traffic (should have waited) about teaching. He said in India teaching was a very sacred profession since they taught the whole man. I told him I didn't feel ready to do that (although my shadow didn't agree). He said that may or may not come my job now was finding out who I was. Zap!

May 25

~~We~~ I woke up feeling very sluggish. After breakfast went to the park where David played with some children (pictures). Then we ate lunch out of the market and took a 2½ hour siesta. This experience with PB has exhausted us and David is extremely ~~qu~~ grumpy. After the nap we window shopped and got mad because we had to buy a clock for Vic's Mom, but finally decided we would buy it. Went to the Tunisian tea room after a walk thru the park & sat and had coffee. David ~~had~~ had Vic take him to the bathroom. Coming out of the bathroom David headed straight for P.B. Vic apparently had to coax him away. They then came outside where ~~they were~~ I was still sitting and Vic told me PB was inside. I felt I couldn't go in & see him, but just as I said this to Vic PB walked out. What a rush of love and sadness coming from my heart & vibrating out through my body - it lasted a number of hours. After this we walked back through the park, had dinner, put David to bed. Then at night ~~we~~ we realized our tickets were for the 25th - what a drag.

May 26

After being totally upset with myself and the world about the tickets, it all turned out all right. We got our reservations ~~&~~ on the 28th. Played with David in the park a while. After siesta ~~the~~ we took a train to Interlaken, up what PB called the "Holy Mountain." It was a very beautiful ride - we took lots of pictures. Came home & packed up at night. Vic went down to the lake for a second reed. Tation. I'm very happy we're going home in a few days. I feel so tired of hassling with David all the time. He has so much explosive energy, most of it pretty hostile.

May 27

We took the train to Zurich - Noel, Melody, & Bear Glass met us there. They took us on a beautiful ride in the ~~Tounta~~ Mountains - all 6 of us in a VW. We had a picnic (we were really mad that we forgot our camera). Then back to the Glass's apartment for night.

May 29

Beau took us to the train station in the morning & we took a bus to the airport. Feel very ready to be going home.

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81	39
132	108

Où se trouve mes lessive?

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May 7 10:00pm

I get so discouraged and disgusted with my psychological garbage can. The list of faults gets longer and more painful. My lack of emotional control over communications with Noel resulted in a pounding headache which still reminds me of one of my biggest faults. But "Zen mind Beginners Mind" struck me like a bolt of lightening, helping me bridge the widening gap of my goal and my present state. — "Just the trying is already in itself an expression of our true nature. The meaning lies in the effort itself — Dogen 'We should attain enlightenment before we attain enlightenment'"

I am trying to put this into practice now while the operator is telling us that Noel's number is no good. The lessons that this entity has to learn (with effort) are not always lectures!

More "Zen" over

resistance and hungry ego. I also realized that I must learn better to take on the role of father along with guestar. After David's nap we were all better. I took more care of David and I had some extremely peaceful and joyous moments in his company

I had some (3) meditation ~~so~~ in which ~~my whole~~ the front of my body (chest), and especially arms and hands were high ~~ch~~ energized - but I couldn't really break through

What a pig! - I interrupted PB while he was talking - usually because I wanted to impress him with my understanding.

everyday mind is like muddy water when thoughts stop (mud settles) can see clear mind. But to dissolve thought we call ego requires grace. Grace is the result of our aspiration

"Our effort must have some meaning. To find the meaning of our effort is to find the source of our effort. We should not be concerned about the result of our effort before we know its origin." - - - - - - those who are attached only to the result of their effort will not have any chance to appreciate it, because the result will never come.

I do not know whether it is appropriate to speak this way but it seems like P. B. is teaching me my

May 22,

I was very nervous just before talking to P.B. on the phone this morning. Then the ordinariness of his voice and his polite, friendly manner set me at ease. He seemed a bit disorganized. — projection?

After hearing peoples descriptions and remarks about P.B. (especially R.P.), it is already evident how is one large projection. Why is it more true for him than for others? I am sure that my preconceptions, expectations and so on will be nicely shattered in the next few days.

Everybody says how punctual P.B is. Well he was 45 minutes late. I stood in the street waiting for him incredibly full of expectation and anxious energy. After ½ hr. or so I decided it was part of the same trip that has been going on for years. Then after 25 min I came in and laid on the bed to

rest my feet. I was just saying to Elaine how I would not believe I was going to see P.B. until I say him face to face. A sound went off in my right ear and E said there he is and P B was looking in my window — far out!

He came in we chatted in a much more relaxed way about very earthly matters - food, Tony's messages etc. We then walked to town to eat. On the way I told P.B. about Colgate. He said that teaching in India was spiritual and secular all in one. I said that I didn't feel capable of leading any body spiritually and he said "Yes that is right you must be a very deep person to teach spiritually - that may come later in life or not at all. Your main job now is to find out who you are." I had a strong ego reaction - I want to be a teacher - power.

The most emphatic remarks P.B. made were about the overall evil of drugs and how the experiences are valid but only a mirror image of reality.

I was also struck about the importance of grace and devotion in mystical development. He said that I had to take time out from Bakti to develop the will and then the Bakti can resume on a higher level. ♈ ♎ ♀ (monastery until now) He didn't give any advice on meditation I'll push him again on it tomorrow.

I was impressed with how P.B. could make small talk and general knowledge. Yet he seemed to go into internal trance during a talk on the world mind while TV and french woman were on phone.

I had a very difficult morning and lunch with P.B. I started badly by messing up directions (not listening carefully enough to his directions like my shadow — Andrea) and getting very angry at Elaine. David was a mad man who demanded constant attention and I felt like an intellectual and spiritual dullard — having nothing to say and not being able to feel P.B.'s grace. I was also always uptight about David. I felt best making his bed. We left in a depressed state pissed at ourselves and David.

I rested on my bed and reflected on how my ego wanted to impress P.B. and I wanted phenomena to prove my spiritual advancement. What a sharpy cheap thing the ego can be! I then prayed strongly in my meditation that I would be open to the grace that P.B. had to offer despite my armor like

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PB

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Dr. P. Brunton
Apt. 129
Avenue du Roi Albert, 69

06400 Cannes, France

99-15-38

for Tony & Viz only

H Viz

Elaine Hanshew
PB for dinner

PB's visit June 19, 1977

In car, PB apologized for not seeing us in Switzerland. Said he had made a rule and couldn't break it and he was very busy.
Kids ran out yelling "Hi PB, Hi PB" Anthony pointed out the cat to me.
He sat under ☆ with Sun shining on face. I saw him as old Chinese sage
David said he still had the legos blocks that PB gave him.
David sat very quietly near PB on the floor and said he and Daddy built bridges and little cars with Lego blocks.
Anthony acted silly climbing all over Andrew & me. Then Anthony sat right at PB's feet and stared at him. ~~David~~ When the kids went to bed Anthony kissed PB on the cheek and David said "goodnight PB I'm glad to see you again."

PB spoke of how America is seedbed of spiritual reverents which are ridiculed in Europe.

PB said grace—he thanked, "Thank you ~~God~~ for the food for the Nourishment of our bodies and for your Divine Presence, oh Infinite Mind of the World. Amen."

He said the passions are not so much improved by vegetarianism. It doesn't have as much effect on the mental state as most writers say.

I asked how one can learn to follow the bodies instincts on food—he said to build new habits one must break down the old by fasting. There are many types of fasts. One can build up slowly. The 4th day is the turning pt. when one feels a

Physical work keeps a balance. You gain strength from contact with Mother Earth

diminishing of the passions. He said ~~you~~ it's good to take some juices or weak green tea.

I ~~asked~~ said I felt the extreme metaphysics wasn't vital to me - I knew it was important but couldn't connect with it. He said it wasn't vital. It's important to stretch the mind but I shouldn't worry about it. Tony stresses this for himself, but other people have different paths. Take what you can from various paths.

He said it begins as a feeling in the heart which is our connection to our higher self and our connection to God. That is what must be cultivated. Vic and I were so filled with this feeling as he spoke about it that we couldn't remember what he said.

The importance of metaphysics is to keep balance on mysticism so you don't go astray in ~~ideal~~ the fantasies. It makes mysticism easier because you're mentally prepared. Mystic can go further than the metaphysician, because metaphysician is lost in thought.

~~He~~ Conni and Andrew left.
~~He thanked him for coming~~ Vic said "It was an honor and privilege to have you here." He said "I hope it helps. Even a scientist needs faith and hope." Then he thanked us for our hospitality and shook Vic's hand for a long time.

I drove him home to pick up notes to type. He asked about spliting time between here & Hamilton. He said that coming so often showed our great dedication. He said it's good to be balanced betwn contact with guru and self-reliance. He asked if we go to Europe every ~~year~~ summer. He said Israel must have a bad atmosphere because of hatred between neighbors.

He gave me notes to type with detailed instructions.

Vic Mansfield 1977

Remembrance is a feeling. It becomes a certainty a known. It becomes more valuable with time. A gentle const pressure is best.

In the end it is an automatic pressure so you don't feel you are doing an exercise. You feel you are in the presence. You accept. You know its value with time. It will be something unusual, that you don't normally get. It is simple yet wonderful and deep. You discover with time where it will lead you in a particular direction. It is there and it instructs you. You do not need to work it out in words. It is an intuitive certainty. It is not a teaching or a learning. That is why we don't have to worry if it is there. If it is not there wait with faith. All types of adjectives can be used, but your own experience tells you what it is.

Your higher self will set you on the right way. Being your higher self it is a holy-very holy thing. You will find that as time goes on. People won't understand it as it is. They talk about it. They won't understand as you will by your own experience of being led by your own holy self. All the words fail to describe it. It is something to be deeply remembered. It must and does go

Vic Mansfield 1977

deeper than normal learning. It requires faith.

Don't go by the past. Let go be free enough to be led and taken by your own higher power. It is no different than what you always wanted. You are just free.

under

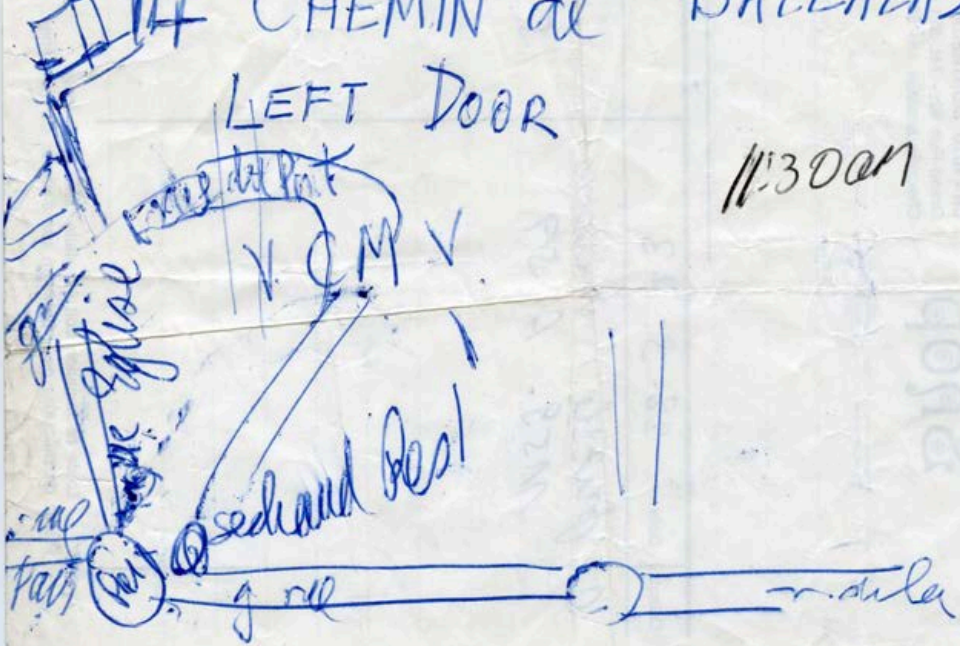
Under

appt 11 1st Floor

14 CHEMIN de BALLALAZ

LEFT DOOR

11:30am



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carrots
4 hose washers

~~4 spinach~~
~~3 ricotta cheese~~
~~Heavy cup~~

~~can to go~~

~~Renaissance – Transl~~
~~Vol 5~~ ~~of Libido~~

Victor Marsh
Villacres
gave him these
best notes for
his wife to type
but remine
behind that
are those
Bartlett have
working January
printing Co

S. P. „PRZYBORY SZKOLNE" Pruszków
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They're all Brontosists.
They're following all the secrets of the world. PB quote to visitor

~~chicken feet~~

bookcase

~~copcake papers~~

~~chest chips~~

cat flea collar

~~cheese~~

~~chicken~~

chickory

~~[illegible]~~