

12.35 AM Oct 1977 Wednesday 5th

Allen is in semi trance and begins to describe a person in Virginia in 20 BC.

These are the beginnings of my past lives which I have recorded separately so that I may add to them as more information becomes available

TIRRAK

EGRAK.

TORAN THE GREAT ONE.

Donald.

"Said he was the one who did not work for changes in the temple."

"The disruption of the old man Gagon was 1100 years ago."

Spent meal

"Said I cooked the meal and caused the delays in time and caused us to wait before we went to ~~pub~~ pub"

Also the crunchy bars had been used and could be eaten."

Mr. Garrett.

"Said He, and wants to come home."

1.35 AM

BROTHER ALBRIK.

(PAST LIFE)