5/10/77.

9-35 AM.

Donald.

"Said that Anaba has to return to learn more and have more training

Don will meet me later today"

During the afternoon I began chowing out the tree of life

11-55 PM.

Donald,

Speaking to Betty saying "next stage everything will be allright

Friend will receive communication to say all is ok."

Spent Micheal

worked upon my neck as it had been still for several weeks and said it would be allright.