Thursday 6th October 1977

12. 0-30 AM.

Allen begin to tell me of my next life and laughs quite loud at the vision he sees.

IAN Mc LOUD.
JOHN SAVAGE (Refer notes of M. Janet also.)
BOBBY BOY JOHNSON
YOUNG BABY GIRL ALLISON.

Allen and I sat down drinking tea and chanted these lines and we listed a series of names which interlink throughout our lives. I shall keep these secret for the present.

3.00 AM.

Allen and myself resting. I concentrate on an oval amythest and an healing rays to all those who need help.

I feel myself become smaller and smaller as if I am shrinking within my body.

I am enclosed within the amythest rays which pulse from deep Black purple to a Brilliant electric purple.

Orbs of white pass by me (4 I think) and in the distance I see a crescent with a carved space about it. I cannot read the carving, it is silver.