

Don (spirit) is my familiar.

Don told me of actions to take while this week is on an order to help with money problems. That was to take the note under the carpet and hold it as my possession for 6 days then mail it back to them anonymously.

Don said he was looking for those who stole my fishing gear but it was difficult to do as they lived such murky lives.

My last two lives are now through and they are placed in the folder under these readings. The names were

Don also explained that the headaches were caused due to a protective band coming in my head to keep those many spirits who wish to talk to me away. He said if it were not there I would go insane. It will be lifted when I have sufficient power to control them.

Spirit Michael spoke to me and said I could distribute the crunchy bars. I was to have two.

With Dendyke spoke to me. He said he liked girl sex to male sex for work (I agree). He said to replace the cone on the Thurnus (which had come off the evening before when I rubbed the apple), place the Thurnus on the center of the altar and he would do some work for me.