

Affirmation:

- 1.) Inaccuracy is a better word for dis-association, as the mind is.
- 2.) Order of steps of memory (& as well for that of thoughts) can be trusted whenever an inaccuracy is encountered by one step gone unrecognized of any such slip.
- 3.) A reminder is that of the moment of before inside the consideration of food & eating. To know of the difference may in fact only come later.
- 4.) Know the difference of pain in leaving before coming & remember the awareness of pain leaving.
- 5.) To proceed with the mind as the mind is, knowing the direction of time with one; except the undone interior.
- 6.) To locate that of free choice within: self is as one of each.
- 7.) After for that of before when taking medication with food, notice the order of the effect: that of pleasure or that of melancholia.
- 8.) One is whole, inside is outside yourself along.
- 9.) As for the statement: "Sanity is in question." is absurd,... "Sanity is the answer."
- 10.) It is only sane to question the answer, for to know of the answer to the one question of knowing sanity is one to be found as sane.

Serensce is my form of sanity: as noted by association with in the mind: that of logical: artistic musical, universal: understanding of the world outside: the world within, & that of perception: acquity.

Thank you Jephesheshdeohw