

15.5.24 Kevin

Dislocated at shoulder

3 surgeries - hernia - umbilical - inguinal
- gall bladder
- shoulder.

Artwork

Makes me think of not using drugs
THC brings out unadvertised thought patterns. + art
Makes it come out quicker
Takes me straight back to jail
My mind being free while in jail made doing art
When immersed in it.
Indian part - like Aps. Mo. lived off the land in
harmony w/ nature
Puts me in touch w/ land + harmony.
Always had emotional touch to life before industrial
revolution. We lost so much
Takes me back to 8-10 + wanting to know more about
me + heritage
How many people - the world have been ripped off
Dark history
Talking of UFOs rightings
origins of where we come from

Thoughts

Concerned about health. Don't want to go ahead w/
O.T. A* any of it.

Feeling down.

2° back injury + pancreatitis

Sleep - very broken 2° worries

Dr Naaz - wanted me to take serquel nocte.

A bit of over spending on clothes.

Mark in abdo (kidney) - limits movement

Fear - restriction on independence.

Fri - car ax for steering. - delayed as need surgery.

OT Ax on Monday.