Bruce - my son's father

Bruce Mitchell
SMILE

IT WON'T HURT

A TEENAGE RUNAWAY GIRL'S JOURNAL

by JODI MITCHELL

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Jodi

1. Wheeler's Ranch
1971 March - May

OM
Moon in Scorpio

May 21

Bruce left today. Said for me to stay & get it together. I cry very sad. Miss him very much. Forgot his peace medallion. Will wear it for him. My little kitten sticks around. Stays close to me. Very cute. I love him. Pierced my nose. No pain. I like it. Sun hugged me today. Cooking a veg. stew (spinach, carrots, onion, celery, potato, cabbage, mushrooms + spices). First time. Will stick around awhile - try to clear the fog out of my head - learn to cook. Sure live off the land & by myself. Good medicine. But lonely. Bruce & I were together during a heavy time - both of us going thru changes - too close & stuck on each other - couldn't get our own separate shit together. Competition, ego, keeping an image all involved. Now on our own. Said he'd be back. Left all of his possessions. What will be will be. Helene said I looked pretty. I said I didn't feel pretty. Where do I go, Where do I go - from here? My whole life so many people, but so alone. Always left alone & to make it on my own. Always.
May 10th - SCORPIO

slept well. little cat slept on
my shoulder all night. good companion.
sleep at sunset. no light in here
anyway. want to get in habit.
sleep at sunset. wake at sunrise.
wake up with terrible eye infection.
soak it. moonflower came to visit-
brought me food (!) got plenty of
vegetables. showed me wild plants
i could eat. gave me matches. candle
& golden seal to soak my eye in.
both of us eating with pat marble.

Paul & cun not home. I made salad.
my garden has spinach & mustard.
greens! giving Pat. Maris plants.

start going to milking at sunset
(co. sunrise). dinner was good.

Pat gave me butter. cat food. 
kerosene. I figured out how to
fill kerosene lamp myself.

light is not so lonely. going
to try hard to get my shit
together. night time - tea - fried

here & beer. Kelly came down. nice
cook. crashed here. Oli's birthday.

May 11th - SAGITTARIUS

ate breakfast. Ira. still

here for another day. cold. foggy
morning. hope it cleans up. want to
hang bedding out in sun. do
dishes. make chaparrics. went up
Got water. Did dishes. John came down, chopped wood for me. Ira drew picture of kerosene lamp—gave it to me. Made don for chapparries—gonna make bed. Start fire & start cooking. Starting to emerge from my hermit stage. Slowly but surely. One has got to start on themselves & get it together before they can get it together with others. Make chapparries soft so dinner of brown rice, carrots, onions, bay leaves, turmeric, cumin, celery, mushrooms, spinach, soy sauce could be folded in them. Came out very good.

Kitten (Baba) very babyish—hasn’t grown independent yet. Stays close to me. Purr’s alot. Good.

May 12th - Sagittarius

Tea slept here again. Got up eye better — but still stuck. Paté Eden came over. Said theirs a feast going to happen on land. Good. I’m hungry! (as usual). Love to eat. Love to sleep. Had lovely feast today. Lots of sun (instead of overcast). As has been the last 2 wks. Beautiful hot sun. Lots of food, people, wine & music. 11
guys from West Germany made a movie of us, helped Pat carry some stuff to her house with Maverick. Rapped with him for 1st time—gave me a little pouch—said for me to find a stone I really liked—think about it for a day & then wear it in the pouch & it will bring me luck. Ate supper at Pats again—supposedly a bust tomorrow at sup-up. Don’t know whether to believe it or not but—not worried—yet. Tea still here.

Saw a deer looking straight at me & Maverick across on other hill—raining—but mellow, peaceful night—getting closer to people on land. Violencia. Pats meeting new people, feel more together. Sure of myself, but a bit sad. Botch is leaving for New York—so many people going back east. I can’t understand it! Met Alicia today—she asked me my name in Spanish. A large, perfect circle around the sun. Somebody said it means it’s going to rain. It did too! Stayed mostly to myself at Coast.
May 13th - Capricorn

Ira left - after going on commody run, turned me on to butter, peas, prunes, meat & milk for cats & apple juice! Alone again - but reasonably happy & peaceful. Cleaned house, washed dishes, picked some greens from my garden. Washed hair, read some. Cat very mellow & babyish - hangs on to me - won't go explore, but eats better & gets braver every day. I love little Baba ji, eye almost better. Nose doing good. Hope to get turned on to wheat flour (for chaparries) & rolled oats. Then will be well set for awhile. Tho' I could dig some herbal teas & honey. Nice, sunny day & there was no wind just a rumor I guess. Feel good, getting lots of fresh air & rest & eating well. My cabbages sprouted today! Keep busy most of the day - good for me. Don't get time to get depressed or worried. Cooking nice veg stew & chaparries for supper. Picked some camomile flowers for tea. Finished reading Smith of Wootton Major & Farmer Giles of Ham by Tolkien. Good fairy-tale like book. Ray & Michael came over with some herba buena mixed it with my camomile.
& Eucalyptus I had some Tea.
I started reading 'electric acid'
Read aid Test because I never
read it.

May 14th - CAPRICORN

Got up very early, beautiful hot
day. Moonflower came over - we
ate salad & rapped & went up to
community garden, picked greens,
radishes & camomile. Lots of people
out working in their gardens. Went
back to Moonflowers house & ate
steamed vegetables & dates. Turned
me on to some dates - and useful
newspaper on gardening & cooking.
To read. Rapped about the beauty of
death & what a high thing it is,
the doing away of the physical body
as it becomes one with the earth &
the long sought for release of
all attachments & worries & misery.
We also talked about birth &
birth control. Both of is believed
only in God as birth control when
one is meant to get pregnant, one
will think a lot of West Virginia
& how pretty it is this time of
year. Maybe I will Trunk back to
her family & old friends & Dad's
small farm(?) The mountains &
birds & flowers are all so lovely.
there this time of year. came home fed the cats, straightened up, read & took notes. Made tea, chapparries, ate prunes. Still reading, will go to sleep someday again—becoming a habit, so much more to learn. So little I knew.

May 13th — cap-aquarius.
very windy, cold day. stayed in bed all day & really cooked down recipes & tips for future reference. went out to see water garden & plant garlic. Stewed greens in butter sauce. Very good taste. I will pick some more this week, teaching to cook well. Mellowing out—but such a long way to go. Must listen more to the silence of myself. Too impatient, afraid of worries. Jopling—finally realized of all mysteries & physical attachments. Is suicide a good answer? Or should one wait for God to release them from this burden? Natural death: I know I am going to die young. I've glimpsed this since I was a child. I will never be an old lady walking many dreams lately.
of the Krishna people, the temple & me chanting. Maybe it is a sign(?) also many dreams of traveling to distant places, it's in the cosmos, we'll see, we'll see.

I kind of live on the outside of life. I'll take a taste of everything but never completely give myself to anything. I'm an observer, a listener, basically a loner. I flow with it, never taking anything too seriously. I hold my head high, smile & keep silent. This is how I get by.

I am the wind
I am the wind
I am the wind

weep for me-willow tree

Blowing through past Allies on into Infinity.
May 16th  Saturday
Moon in Aquarius

Got up after lazing in bed a while, decided to go up to community garden for more greens. Stopped at Daiso & Eddie's at the way - found out to my surprise it was Sunday - Feast day! I rapped to & waited for them - when up caught tail end of sauna - got rinsed well (so clean my body) then progressed to feast which had just begun. Beautiful sunny day everyone sat down - 2 lines facing each other held hands, closed eyes and 'Oh M'ed' - felt all the electric current of love & peace flow while the children & dogs romped in the flowers strewn fields. Lots of visitors as usual. Not too much music ate well.
in sun awhile- then left crowd- went to garden & picked greens, slowly wandered home- did dishes- went up to get water- made Babaji follow me (he never leaves home- saw a dog- freaked out & ran up a tree) left him there. hop- he finds his way back. He is awful young and un-knowing. Maybe I am to hasten with him & in time he'll learn. If he comes back I will be more loving & let him be. cleaned up, watered garden, made supper. Moonflower said for me to stop over & she will give me some food stamps. Out-a-Sight. I'll go on community run Wednesday & get honey, oranges.
Whatever. I eat vegetables and some grains is good—but I still get cravings for sweets and fruits. (honey, figs, dates, oranges, bananas)

Going to finish supper—drink tea—read—then to bed. In bed awhile reading—beautiful shepherd pup that followed me home sleeping beside me. Na-So comes over and said, "Kitten Found it's way back—gave it to me. So glad I worried about the little thing. slept with animal on each shoulder.

May 17th

Woke up very early—very early. Heard Pat screaming. She is very nice—but very loud—so is her child (which stands to reason)—the noise is too much. I wish they would mellow out. I live down here for peace & quiet. Here them all day long. Ted Kitty

Pup. Beautiful, calm, sunny.

Warm, spring day. Birds chirping. Bees, hummingbirds. Smell of fresh air. Flowers, morning dew, hope puppy sticks around. She is a happy, healthy, big puppy. Looks just like Gita. Likes the cat. But the cat deathly afraid of dogs. Has not to mellow out in
the country, poor little silly cat.
were no clothes and sat in
sun all day in garden & read
studied from 'Back To Godhead'
Magazine, very much into Krishna
consciousness - big Festival
coming up in June - hope to go to
Sof, a few days before & help
prepare - a march to the sea
large floats & chariots & lots
of flowers, people, chanting &
dancing, should be a very high,
beautiful, joyful occasion. thru
chanting, listening, eating only
pure, natural foods & indulging
as little as possible into anything
for 'sensory satisfaction' or
'artificial highs' I am getting
further & further away from the
materialistic world & closer
& closer to Krishna. Maybe in my
next life, or possibly the one after
that, I will attain a "spiritual
body" & will not have to wrestle
with a physical body & perceiving
any longer. I am working at it "Now"
but not my hardest yet. I am very
still living out a lot of "illusion"
things. It will take more time...
went up at watered, showered,
watered garden - came in-read
Made supper, read, going to bed sun down again; since I started doing this (early to bed, early to arise) - I feel much more rested & energized during the day. I'm getting myself a lot more together - but I've still got a lot of mellowing out to do. Giving the way I am now is GOOD MEDICINE. The puppy is still here; named her Pot Cleaner! I've been eating an awful lot lately. Good, healthy foods too. But, I'm always hungry, so I guess my body needs it! → March 1975 → May 14th - Pisces

Woke up it was a Chelsea morning and the first thing that I heard was a song outside my window:

Yes, it's so nice to wake up very early each morn. - & hear the birds chirping, and smell the lilacs, and see the morning sun poking thru corners of my house here & there. Heavily thinking about W. Va. - so peaceful, warm, fertile, blooming & springy. It gets there now. Would love
To see my family & old friends also, hassle do not want to hitchhike back east but if I had someone to go with I'd hitchhike back to WV unless somebody would want to go who has a car(?) - I would help Dad on his farm & also stay at the Krishna Farm in Moundsville for awhile. 'Put cleaner' still here - becoming a pest & doesn't leave house & is very bad & untrained. I love her but don't want a dog until I have my own place some day where dogs are wanted. Wish she would go play in the woods & go back to her owner (whomever that is). So gave me $10 in food stamps oh happy day! Going on community run tomorrow - oranges, figs, here I cooked very hot & sunny day - laying out in sun all day: cooking big pot of brown rice during day, supper put some oil in frying pan with rice, cut-up onion, garlic, turnips, mushroom - Turmeric spice & soy sauce. Fried it, very chinesey with chop sticks and cup of tea - also very good.
May 16th

Thinking about spending the summer on the Krishna Farm in Waco will wait till after The big Festival & see. Got up very early - Preparing to go on exhausting Community Run. Too many people & confusion on one little bus. Going to town by myself or rather person & leisurely shopping would be so much nicer. But I want the transportation so will put my little head thru the strain once again. Just got home. Community Run was beautiful. Didn't get to Top of Land until 11:30. Was sure I missed the bus! You're either on the bus or off the bus - got up Top & there was the bus glistening in the sun - & there were the few people going along - sunbathing beside it. So quietly slowly we went to_seas_to_pol_where I got honey, Olive oil & wheat germ I quietly & slowly back home - stopping at a fruit stand where I got dates, apples, oranges, carrots, celery & cabbage galore! got home - logged food down. To Krishna packed it away - good healthy Krishna.
Food cleared shelves of all. Shut I've been living on - giving it away. I can't understand why people eat shit - when for the same money they could eat good, healthy, pure foods. Now I am going to live on fruit, salads, wheat germ, milk, honey, herbal teas - a few cooked greens or veg stews once a while. No more spaghetti, white rice, white flour, sugar, pancakes, breads - or heavy, mucous forming foods. Still have a few dollars in food stamps left over too. Still got the gardens to live from - when the berries are out - oh heaven! I am getting very tanned. My body is firm, lean, muscular.

I am so healthy. Going up to get water, coming back finish cleaning house - supper - some peaceful reading - a well earned sleep. Very seriously considering Krishna farm. I am enjoying living alone for awhile. I now realize I don't want one o'particular old man, or to be tied down, yet. And I also realize I am happier without Bruce. He is beautiful, and I love him for what he is (himself) - but we were never 64
Meant for each other.

everything I believe in – pure,
organic foods, Krishna consciousness,
silence, as little possessions as
possible, & sex for the sake of
creating a child (not pleasure).
Not indulging in anything
artificial or synthetic or
harmful.
Drugs (dope, medicines, electric
music etc.) – are just about
opposite of his ways. He is a
beautiful brother – but, God didn’t
place him on this earth to be my
mate. I’ve had many ‘loves’ like
this – and always realized in
the long run (after much illusion)
that we were meant to be together.
I guess I’ve been rushing myself
into things – I must SLOW DOWN
MELLOW OUT – GET MYSELF
TOGETHER – STANDING ON
my own two FEET – happily,
peacefully – and then I can
start looking for my right
mate, with God on my side.

It’s so nice to eat well.
After a luscious supper, a bit
of reading, a warm cup of tea and
then, to bed, bliss – well, temporary,
illusionary bliss!
May 20th - Aries Moon

GOT up early, cleaned house, ate breakfast, went up to - washed clothes, came back home to hang them in sun. Went back up with dishes. Diane there doing hers. Took shower, washed hair. Rapped with her a long time. Washed dishes. Went home. Laid in sun awhile. Went in - made rice pudding. "Boiled cooked rice in creamy milk with pieces of dates, apple, honey, cinnamon, clove added. Came out very good (prasadam). But egg, vanilla extract - nutmeg should have been in it (and nuts, raisins & banana make it quite delicious. Reading More about Krishna Consciousness - Much to learn. Still noon (3:30 or so) spread but I am under the bed covers - the sun is still out brightly but the wind has built up intensely & it is cold. Going to read, read, read - till Beddy-bye.

May 21st - Aries

Got up very early again. Ate some rice pudding. Thinking. Thinking, thinking about W. Va. - all the folks back home - the mountains - the Krishna farmers.
but this place is so beautiful, and I would like to return—but if I leave I may stay with the Krishna people—or maybe find a tighter communal family—but I also might lose my house, well, I could have someone stay in it until I get back— if I decide not to return I could write to them & tell them!

Didn't do much of anything today. Walked up to Top Land deposit. Pup at front gate. It became a great nuisance! Quite a shame, a pretty friendly thing—improperly cared for & untrained. Saw Hoon Glover—said she'd give me more cool stamps before I split. Broke off branch of Aloe—antiseptic cactus juice came home. Laid in sun, read & studied from translation of the Gita's. Finished "Electric Tool—Aid Acid Test." Made supper. No water. They turned it off. Thirsty.

ate oranges in its places. Making pig of myself with this food, going to start drawing again.
Limits on when & what I eat going to go to sleep early.
Babaji starting to wax a deep
slightly - still porous alo-ery
well - but looks scrappy &
rather sickly.

May 22nd - decided to leave.
go back to U.Ua & live on Dad's
small farm. working & learning
in garden - working on getting
closer to God. spend some time
on Krishna farm. Maybe find 1 or 2
people to live with me.

John
Lloyd
Moonflower - S.F.
Steve - S.F.
Liz
Bruce
Jack
Clash
Peter
Paul

- Wade in the water
- Store pipes bust ed but
the wood still burns

Hare Krishna

Berkeley

Frank
Cassie
Bill Coggan
John Cogan
Marina & Voxan
Ronnie
David
Joe & Leslie

Pres Toes
Lo Flask
Hare Krishna
I came to this land alone
lost and searching. I lived here
keeping mostly silent and to
myself. But I watched, and I
listened. I watched each person,
their faces - their movements. I
listened to their words. I watched
things grow I planted with my own
hands - growing by God's will.
I learned as much as I could
from nature, and those who
knew more than myself. I ate
good, pure foods from the earth.
I watched the people run
naked and free - I ran naked
and free. I sat alone in the
woods and listened to the silence
of myself. And I felt a calmness
come over me. An inner serenity
that I couldn't put into words - that
I can only let shine. I felt
part of the Whole. And the
time has come for me to
travel on in my journey through
life. I will be taking the goodness
and love of this land and its
people within my heart always.
Thank you people for being so
kind. Thank you nature for teaching
me and being my mother. Thank you
god for everything. I go in peace.