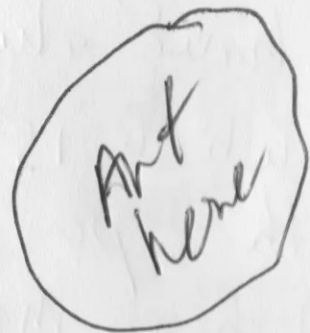


back cover



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killerpotr.gourd

front cover



by Erwin Dink

hardly a hard time reading  
at Acre Rest. outside

traffic Bart Away  
people talking

hard to focus/read/  
comprehend

reading about sound

electronic music  
the sonic universe

it feels like I should

use time like this  
for writing. instead  
of reading  
+

w/out a device  
Can I write?

this is hard

hard moves slower  
than mind

computer/keyboard?  
really faster or illusion?

Should this writing  
be made into a poem?  
because this space time  
is not conducive to  
concentration.

Can't now create  
anything articulate or  
deep or ~~lyrical~~  
lyrical

Social Media  
has ruined  
my brain's  
ability to ~~act~~  
concentrate  
and/or focus

or is it the gateway  
to

or  
I love this  $\uparrow$  that I  
have been  
doing forever

Handwritten symbols and characters on the left page of a notebook. The symbols include various combinations of lines, curves, and hash marks (#).

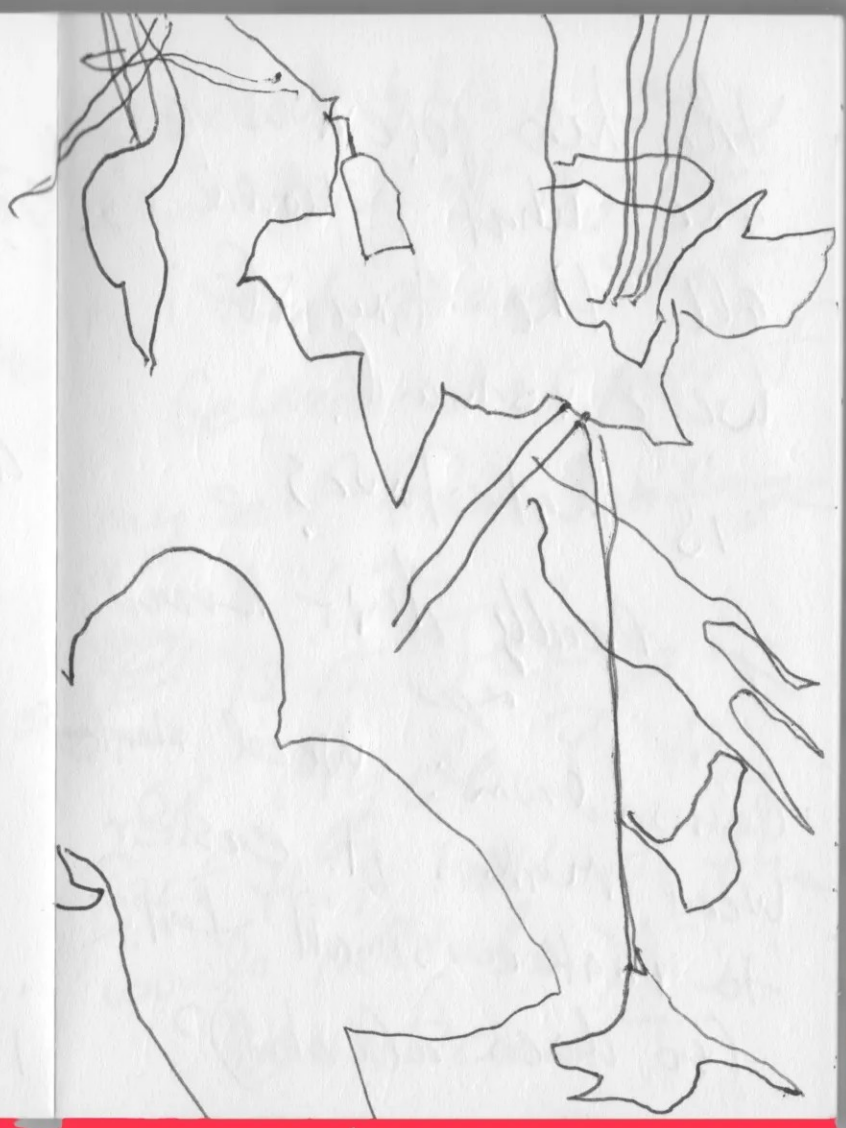
Row 1: A symbol resembling a cursive 'a' with a double slash, followed by a horizontal line with a double slash, and another symbol resembling a cursive 'a' with a double slash.

Row 2: A horizontal line with a double slash, followed by a symbol resembling a cursive 'a' with a double slash, and another horizontal line with a double slash.

Row 3: A horizontal line with a double slash, followed by a symbol resembling a cursive 'a' with a double slash.

Row 4: A horizontal line with a double slash, followed by a symbol resembling a cursive 'a' with a double slash.

Row 5: A horizontal line with a double slash, followed by a symbol resembling a cursive 'a' with a double slash.



The two previous pages  
one what I would do  
all the time if I  
were normal.

is that Jones?

I really don't know

Conundrum: weed ~~after~~  
weed makes it easier  
to make small talk  
(so does alcohol)

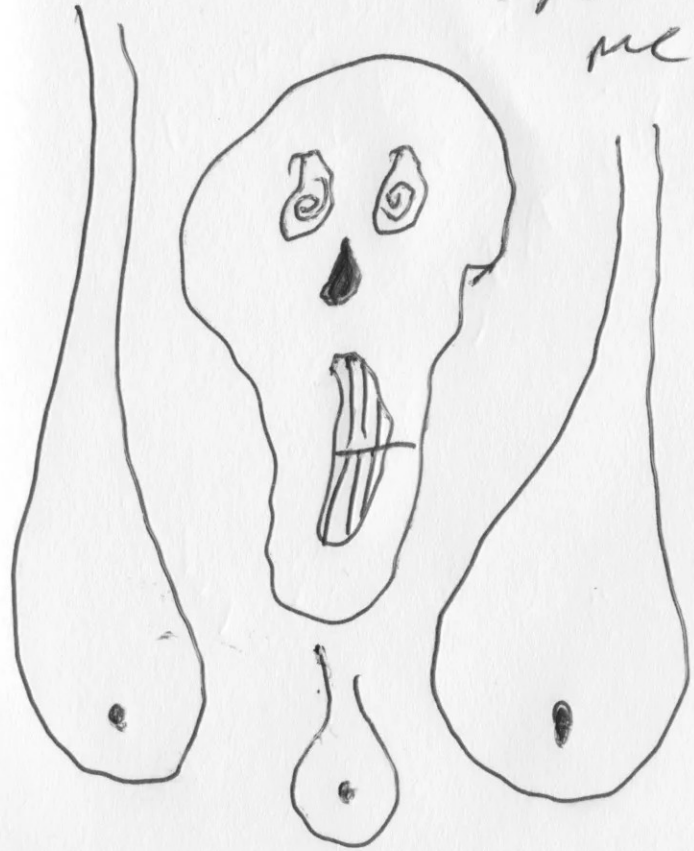
when drunk: I am  
one third of myself  
by that I mean that  
I release that part of  
myself from bondage

is it Jecky!  
or Hyde? The  
fact that both of these  
words include Y is  
significant

(11)

this page  
is  
intentionally  
empty  
(spiritually speaking)

this page is for  
~~you~~  
me



From Dr. and Mr. and

So one you and them

When with alcohol  
I release: spontaneous  
laughter, eagerness,  
a desire to speak and  
be heard, to make  
people laugh.

~~Weed~~ Obviously also

Alcohol makes it  
easier to relax  
around people. to  
drop my defenses.

to open myself  
to show myself  
to be vulnerable  
but BUT!!! Alcohol  
also impairs my intellect  
So said revelations are  
extremely drunk  
down + incomplete

~~Alcohol is the~~  
the problem with  
alcohol? problems  
too many to state and  
too many to make it  
stupid to use it  
a lot. because it's  
so effective, and  
produces so many positive  
experiences, it seduces

its also a parasite  
"The Blob" that  
eventually and inevitably  
assumes control, it is  
therefore a dangerous  
liason, a risky bizness.

Weed expands enhance  
perception which  
is desirable. Perception  
is empowering. Liberating

Alcohol AND weed?  
we'll will have to come  
back to that. its comple-  
related. Weed pulls me  
back. it helps me  
detach from my habitual  
self, it fosters obs-  
ervance. Weed also  
craves acknowledgement  
it needs to be  
continually fed. if

simultaneously  
shit. ~~the~~ the arrival of  
my food stopped me.  
not because of its arrival  
but its demand for  
my attention. Weed  
is an entity that  
needs to be fed and  
it likes food most of all  
marijuana is an agent  
of earth <sup>our</sup> mother

"Eat Eat Eat"

MANG'S MANG'S MANG'S

it's not a conspiracy  
it's a... black hole

\* circular reasoning  
a tautology.

"I exist, therefore, I am"

thus spoke God, but

"I am, therefore, I exist"

therefore I think  
because honesty  
and with all seriousness  
I primarily exist in  
within my own mind

Sober? as much as  
I avoid it, it is my  
favorite state of mind.  
feeling well rested,  
alert, present, "in control"  
but, and this is, <sup>my</sup> ~~my~~ <sup>best</sup> ~~best~~

"Control" is a Catch  
a double whammy, an  
oxy moron. Control is  
was how I ~~had~~ masked.  
Suppressed feeling and  
memory. Control was my  
denial, in order to  
deceive the world I  
had to deceive myself.  
I had to pretend that  
everything was all right

22

Spel.  
Drunk.  
High.

each is... necessary?  
no maybe not needed.  
but helpful for code-  
switching. for allowing  
myself to fit in.

I said to my neurologist  
a few hours ago that  
my drug regimen (prescribed)  
makes me "normal" not

I don't want to be that is that this:  
NOT normal. Never that. all i'm ~~trying~~ trying  
But, the scrips ~~make~~ to do with all of  
help me be more  
aware, calm, steady,  
able to focus. So  
it's drugs all the  
way down,  
the most important  
thing AND maybe the  
point.

this is to allow the  
creative energy of the  
universe to flow thru  
me. I've spent most  
of my [redacted] years,  
squelching, suppressing,  
squashing, closing,  
hiding, pretending, de-  
nying - these substances  
help me ~~feel~~ reveal

my self to you. I worry  
that ~~with~~ ~~writing~~  
writing all this makes  
me a solipsist. Why  
should anyone care ~~to~~  
about me and my feelings  
and my thoughts. is  
this the height of vanity  
i don't know but i do  
know this: all those  
years of hiding are  
hard to undo.

in a sense, I ~~feel~~  
feel an obligation  
to confess and to  
reveal myself ~~for~~  
to the world. it's not  
enough to simply say  
I'm done hiding I  
also need to say  
THIS IS WHAT I  
HAVE BEEN  
HIDING

and I don't want  
to do it any more,  
I don't know exactly  
what I want or need  
to say but the urge  
to say something  
I can no longer suppress  
so this is me trying  
to figure it out.

in other words  
I am doing something  
that I have always  
feared, which is not  
more than I can  
~~do~~ I think maybe  
this is a public  
display of affection  
for you that is hard  
for me to tell show  
demonstrate  
in person