

An Analysis of the Don Elkins Ra Contact Notebook

Now, a good puzzle piques my interest, so I sat down for a bit to see if I could figure out Don's notation. I'm formally trained as an engineer, and I tried to see his work through those eyes. Though I don't claim to know for certain, his system makes sense to my engineering brain as follows:

The four-digit numbers on the upper part of some pages are timestamps.

According to his biographical information, Don was a pilot, so writing time as a sequence of four numbers ("1335" instead of "1:35 PM") on a 24-hour clock is likely something he learned in aviation. This hypothesis is supported numerically since the first two numbers never go higher than 23 and the last two numbers never go higher than 59. For early sessions, Don just wrote the start time of a given session. Eventually, he decided to write both the start and end time.

How can we be sure of this? On [page 60](#), he writes "1123" and "1310". If we assume those are start and end timestamps, then that session lasted for approximately 1 hour 47 minutes. From here, we should be able to correlate the written session length with a session recording length. Page 60 mentions "R75" which I interpret to refer to the 75th session, and a quick glance at the L/L Research [YouTube channel](#) shows the Session 75 recording is 1:49:21, which is within an acceptable margin of error. More directly, we can see the questions on page 60 are asked and answered in the Session 75 materials. These facts confirm the numbers are timestamps.

Some four-digit numbers have a two-digit number below them, which is a timekeeping shorthand.

Don appears to elide writing the ending hour if the end hour is exactly one greater than the start hour. For example, take [Page 43](#). We see "1145" with "45" directly below. It stands to reason that a session wouldn't last for zero minutes, so the session lasted probably lasted for one hour. Also, Page 43 has two other pairs of timestamps: 1253 / 51 and 1110 / 30. The sessions likely lasted for 58 minutes and 1 hour 20 minutes, respectively. Also, on [Page 44](#), he writes 1241 / 1416, but switches back to shorthand on Page 46.

That said, Don used the shorthand inconsistently. When first writing the ending timestamps, he usually used the shorthand, but he sometimes wrote the whole timestamp (I also believe he mistakenly wrote the incorrect end hour on [Page 34](#), since those questions appear in Session 53, the recording of which lasts 1 hour 5 minutes, not the four minutes suggested by the timestamp pair). He likely got the shorthand from aviation and realized it was causing some unnecessary ambiguity in his notes. Eventually, he seems to have stopped using the shorthand altogether and wrote the full timestamp.

I agree that his system of circles and X's tracks question status. My interpretation of his system is:

1. Don wrote down any topics or ideas which he felt might be worth exploring. He probably wrote down questions as they popped up between sessions, which would explain why the pen color often changes; he's using whatever pen is around. He may also write in a question during a session. From what I can discern, Don usually used a red pen when writing during a session.
2. He puts a circle by any question he intends to ask Ra. Based on pen coloring, it appears Don wrote circles before and/or during the session.
3. He puts a concentric circle on questions he views as the most important to ask. It's unclear from the notebook if he prioritized the questions before or during the session, or, if before, if he determined importance alone or with others.
4. Sometimes, he writes down an intended asking order with numbering. It's unclear if he determined the numbering before the session, and I'm unsure if the numbering ever indicates actual asking order.
5. An open circle by a question means it was intended to be but was never asked.
6. An "x" by a question indicates where Don asks and Ra sufficiently answers. A "/" means Don asked yet Ra only partially answered.
7. A circle with an "x" means the question was intended to be asked and Ra sufficiently answered.