
James Holmes's Notebook

Transcribed by

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This document contains the text of James Holmes's journal, which was written in a gridded, spiral-bound "computation book." In many cases, we have treated Holmes's text essentially as free verse and preserved his line breaks accordingly; in other cases, as suggested by the content and structure, we have treated it as prose. Our transcript preserves Holmes's spelling, capitalization, and punctuation. We have replicated Holmes's symbols and diagrams when practical, including his "ultraseption" symbol, a circle or zero enclosing an infinity sign bisected by a numeral 1: ⑩. Holmes's handwriting is mostly legible. In a few cases, the scans of the handwritten pages are too dark to read. The marginal sequence of page numbers, beginning with 23, corresponds to the stamped numbers on the scans of the journal as released by law enforcement. For convenience, we also provide in brackets the page numbers of the PDF file of the scans, which is available at School Shooters .info.

Page 23 [1] *[Front cover of notebook]*
 [Printed: "COMPUTATION BOOK"]
 [Printed: "NAME"] James Holmes
 [Printed: "Course"] of Life

Page 24 [2] *[Blank]*

Page 25 [3] The Questions
 What is the meaning of Life?
 What is the meaning of death?
 ⑩

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Page 26 [4] [Enclosed in an amorphous shape:] To Goober Chrissy Bobbo Love yuhs

Page 27 [5] [Enclosed in a jagged shape:] Insights into the Mind of Madness!

What is equal equal to?

* All men are created equal.

All men are uncreated equal

♠ No affiliation

Equal = 1

♠♠♠♠♠ ♠♠♠♠♠

1 1 1 1 1 1 1 1 1 1

1 (Distinct [?] value)

♠ death [Fire drawing?]

➡➡➡➡➡ ➡➡➡➡➡

o o o o o o o o o o

= ?

1 or 11 [||?] or -9

Regardless, value of murder ≠ to the dead. Equal ≠ 1

[Horizontal line]

♠ “∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞ ∞”

[Fire?] “o o o o o o o o o o”

Equal = ∞

∞ (priceless/unlimited value good)

= ?

∞ or o or -∞

Murderer value may be = to dead. Equal may = priceless

* By similar reasoning Equal ≡ ∞ (unlimited value evil) may be possible

[Horizontal line]

Equal = o

(valueless/no value)

No difference from death [fire?]

= o

“o o o o o o o o o o”

“o o o o o o o o o o”

Murderer value certainly = to dead

Equal by definition NO values

Page 28 [6] [Three circles arranged in a pyramid] Equal = o No value

Equal may = ∞ Ultimate good

Equal may = -∞ Ultimate evil

Can a person have both no value AND be ultimately good AND/OR ultimately evil?

in value * Unknown.

Why does the value of a person even matter?

* Justice

If people are ultimately good or evil in value, then one may suffer from injustice.

If life has no value:

— All is just

— Life and death are not demarcated
 — Any and all actions have no impact on anything
 Moral imbecils are those who side with 0 or $-\infty$. The ideals of society are founded on $+\infty$.

Page 29 [7] Why do persons committ to 0 or $-\infty$?
 All men are created equal, and all men are uncreated equal but inbetween there is inequality.

My Mind: 

[Horizontal line]

Life's fallback solution to all problems — Death.

Multiplying both sides of an equation by 0.

When mankind can't find truth, untruth is converted to truth via violence ($\times 0$)

problem = ? $0 \times$ problem = (?) $\times 0$

* based on [an?] incorrect theorem $0 = 0$

problem = solved

$0 = 0$

[Three circles arranged in a pyramid] Violence is a false response to truth while giving the illusion of truth. This is widely understood with murder being unjust. However, mankind hasn't found a better alternative & there is still mass violence, war, and unfortunately, these forms of violence are misleadingly still justified.

I have spent my entire life seeking this alternative so that the question of how to live and what to live for may be addressed.

Page 30 [8] Alternatives to death:

① Ignore the problem.

If the problem or question doesn't exist then the solution is irrelevant.

Didn't work. Forms of escapism tried included reading, television and alcohol.

② Delay the problem.

Live in the moment without concern for answering the problem at present.

Didn't work. Pursued knowledge to increase the capacity for answering the questions with improved cognitive function.

③ Pawn the problem.

If one can't answer the question themselves, get someone else to answer it.

Didn't work. Everyone else didn't know the solution either.

④ Love.

Hate.

~ ~ ~ Despite knowing death is false and suboptimal response, I couldn't find a working alternative. If all of

Page 31 [9] Life is dead, then the questions —
 Why should life exist?
 What is the purpose of living?
 Are then 0, irrelevant.

[Horizontal line]

Self Diagnosis of Broken Mind

- Dysphoric mania
- Generalized anxiety disorder / social anxiety disorder / OCD / PTSD (chronic)
- Asperger syndrome / Autism
- ADHD
- Schizophrenia
- Body dysmorphic disorder
- Borderline, narcissistic, anxious, avoidant and obsessive compulsive personality disorder.
- Chronic insomnia
- Psychosis
- Trichotillomania
- Adjustment disorder
- Pain disorder
- Restless leg syndrome

Page 32 [10] Symptoms attributed to Self Diagnosis

- Catatonia. Developed recently, often lasts for 3–5 hours in the middle of the day. If present in morning and I know it isn't particularly bad, can goad myself to move by, thinking "Bambi get up, you must get up."
- Excessive fatigue. Present since beginning undergraduate studies. Can move but typically "need" to lie down for 1 hour.
- Isolationism. Removing myself from social settings. Being around others is tiring with no apparent reason. Perhaps just an extreme form of introversion.
- Avoid social interactions. 99% of the time will not initiate a conversation. If discourse is unavoidable or avoidant action socially unacceptable responses will be short or in question form to have other person be the one talking.
- Brief periods of invincibility, actions are in hyperspeed. Developed in last 3 months, occurs typically 3 or 4 days a week lasting all day with

Page 33 [11] possible interludes of catatonia.

- Tiredness most of the time for about an hour, [onset?] unknown.
- Quick fleeting movements in peripheral vision. Kind of like a light flicker. Other times dark splotchy movement in peripheral vision like a crow or beetle. Occurrence rate usually 1 to 3 times per day/night. Onset unknown but > 1 year ago. When gaze is shifted to identify movement no source, or potential source for its cause present.
- Proclivity to scan environment with no target or object in mind. Typically occurs alongside apathy in a boring situation when someone is giving a presentation or otherwise rambling about frivolous information. Rate — often. Onset — child.
- Recurring return to mirror to look at appearance. Particular attention focused on hair styling. 10+ times a day. Onset > 1 year ago.
- Concern with teeth. Only chewed with left side of jaw to preserve right side of teeth. Occurred as child, not present after getting braces.

Page 34 [12] • Concern with nose. Often drippy, a leaky faucet requiring continuous wiping. When

nose interferes with quality of living, [pores?] are squished (on nose) to the point of skin peeling. Occurs situationally since child.

- Concern with ears. Can not hear very well.
- Concern with eyes. Imperfect biology, had to wear glasses. Oculus sinister¹ is dominant eye.
- Concern with cock. Suffered accidents as child. Allergic reaction to soap — scarring. Excessive stimulation in response to “most beautiful woman in world” I had read in a book. Other event — a slab of skin, tore away, did not heal. Results of accidents not prevalent to absent in appearance when erect.
- Inability to communicate what I want to say although I can understand it. Typically have an image in my mind, but can’t say images or draw them, would be nice if there was some form of telepathy to transfer the images.
- Difficulty in concentrating or focusing on anything longer than 15 minutes. Created a learning strategy of studying 15 minutes than watching tv and repeat. Very effective but only in isolation.

Page 35 [13]

- Odd sense of self. View myself as divided. There is a biological me, which is driven by biological needs. E.g. hunger drives me to go eat, thirst ... to drink etc. The real me is fighting the biological me. The real me, namely thinking me does things not because I’m programmed to, but b/c I choose to. The latest battle I lost was when I finally succumbed to falling in love. Evolution, the biological program’s coder is very difficult to fight.
- Can’t fall asleep when I want to fall asleep. Sometimes my legs and arms will twitch involuntarily ≈ 1 per month. Much more common is having to adjust sleeping position $\approx 10+$ times a night b/c of physical discomfort.
- Random, no apparent cause stabbing back pain. More typical is throbbing achy lower back pain.
- Hair pulling. First was back of head at “bald spot” — 10th grade, when someone mentioned it was going bald. I switched location. Sideburns — late high school. Widow’s peak early college. Under chin and jaw, late college. Most recently eyebrows and eyelashes.
- The obsession to kill. Since I was a kid. With age became more [and more real?]istic. Started as

Page 36 [14]

the entire world with nuclear bombs. Then shifted to biological agent that destroys the mind. Most recently serial murder via a cell phone stun gun & folding knife in national forests.

[Horizontal line]

— And finally, the last escape, mass murderer at the movies. 1st Obsession onset > 10 years ago. So anyways, that’s my mind. It is broken. I tried to fix it. I made it my sole conviction but using something that’s broken to fix itself proved [insurmountable?]. Neuroscience seemed like the way to go but it didn’t pan out. In order to rehabilitate the broken mind my soul must be eviscerated. I could not sacrifice my soul to have a “normal” mind. Despite my biological shortcomings I have fought

¹ Left eye.

and fought. Always defending against predetermination and the fallability of man.
There is one more battle to fight with life. To face death, embrace the longstanding
hatred of mankind and overcome all fear in certain death.



Page 37 [15] [Enclosed in a jagged shape:] Crazy Concepts

Futility

The mind is a prison of uncertainty.
Trillions of cells guard it for eternity.
O' where art thou [thou] master key?
Destroy the mind and be free.

Homo Sapiens

[In margin: "Mythical Biblical"] Garden of Eden → consume fruit of knowledge → cast
out of utopia

[In margin: "Mythical Greek"] Prometheus, steals fire from Gods → Gives knowledge
of fire to Man → Eternal torture, eagle eating liver

[In margin: "Mythical German"] Faust, trades soul to devil for knowledge → corrupted.

Nothing

[Most of the following paragraph is unreadable due to a dark patch in the scan:]

Easily recognized but [...]

As soon as [nothing? ...]

features of something [...]

encapsulation [...]

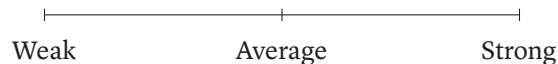
[many? marry?] people [...]

but these [...]

Page 38 [16] The Blind

Close your eyes, leave them closed. Open them. The sightful know when their eyes
are open. The insightful know not whether they see with their eyes open or closed.

The Number Line

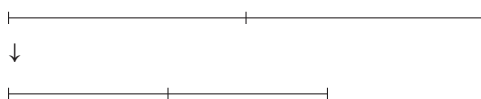


The weak are most likely to perish in trying times. Likewise, the strong most likely
to overcome.

Why do the AVG & Str support the weak?

This is easily answered. In trying times the weak will fall. They act as a buffer. Fur-
thermore, when the weak die, the AVG & Str become weaker.

[In margin:] Famine [fire drawing] War



survival fitness is fixed when compared to MAN Vs Nature.

But Man Vs Man is relative.

Page 39 [17] Everything

Everything suffers the same paradoxical quandries as nothing.

The Ripple / Butterfly Effect & Unity

Reference [to?] the butterfly flapping its wings and causing a tornado half way around the world.

Space and time are inextricably linked. Go ahead and attempt to visualize or understand time without some sort of matter depiction attached. Similarly space is non-existent w/o time. Imagine space. You've probably imagined a snapshot, a single time point of physical objects.

Every being is a unique particle set of spacetime. Between or filler amongst beings establish continuity of the universe. Any action or lack of action ripples throughout the entire universe at a given spacetime. In one's own selfish nature, we choose to view ourselves as distinct or separate from the universe. A single universe ourself, per se. This isn't correct. We are all one, unity. As such, there is no difference between life & death or spacetime. All

Page 40 [18] things, actions and phenomena are not multiple ripples. Instead the universe is a single unitary preponderance of which we are each a part of. This may be unfathomable to some and result in the seeking of escapism and attempt at reductionism of unity into fractured entities. To me, this unity is infinitely complex. Much more preferable is a simple system. Unity through nil.

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Page 41 [19] Why? Why? Why? Why? Why?
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Page 44 [22] [*In larger handwriting:*]
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Page 46 [24] [*In larger handwriting:*]
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Page 47 [25] *[In larger handwriting:]*
Why?

Page 48 [26] Case the Place
• Targets random. The cruel twists of fate are unkind to the misfortunate.
• Method: Bombs × (too regulated & suspicious)
 Biological Warfare × (too impatient. Requires extensive knowledge, chemicals, and equipment)
 Serial Murder × (too personal, too much evidence, easily caught, few kills)
 Mass Murder / Spree ✓ (Maximum casualties, easily performed w/ firearms although primitive in nature. No fear of consequences, being caught 99% certain)
• Venue — Airport or Movie theater.
 Airport × substantial security. Too much of a terrorist history. Terrorism isn't the message. The message is there is no message. Most fools will misinterpret correlation for causation, namely relationship and work failure as causes. Both were expediting catalysts not the reason. The causation being my state of mind for the past 15 years.

Page 49 [27] • The movie theater — Cinemark 16
 — Isolated
 — Proximal
 — Large
• What better place to case than that of an inconspicuous entertainment facility?

[Drawing: plan view of site with the following labels: "Mall," "Sable" (street), "Movies," "More visible," "reduced visibility," and "unoccupied buildings (block view)"]

- South side of theater optimal
- 15 screens
- *[Diagram with X's and numbers, probably showing arrangement of theatres]*
 ✓ best side of approach *[diagram: numeral 1 with clockwise arrow pointing to numeral 15]*
- Clock-wise numerical organization

[The following sequence of diagrams and bullet points documents the features of various theatres within the cinema building.]

1
[Diagram of theatre]
• Avoid
• too many exits

- Wrong spatial location
- Very large

★★★ 10

[*Diagram of theatre with label “Double Doors entrance”*]

- Primary target
- Only 2 exits
- Excellent spatial approach
- Most movie-goers take right path
- Medium size

★ 11

[*Diagram of theatre*]

- Slightly smaller area
- 3 exits
- Good spatial location

Page 50 [28]

★★ 12

[*Diagram of theatre*]

- Only 2 exits
- Smaller area size
- Single door entrance
- Visibility marginal
- Only 1 range ★

13

[*Diagram of theatre*]

- 4 exits
- Too visible
- Avoid

* 9

[*Diagram of theatre*]

- 10 & 12 best targets in complex

[*Diagram scribbled over*]

[*Diagram of theatres, labeled “10,” “12,” and “Best Parking Spots”*]

Page 51 [29]

★ [unknown symbol] table cloth clamp makes good door wedge. Took forever to find that it was object of search, originally looked at pipe clamp and other rigid yet shaped clips.

- 3 options of attack
 - start at 12 [unknown symbol]
 - start at 10 or 9 [unknown symbol]
 - start at smokers escape [unknown symbol]

[Enclosed in amorphous shape:] 12 start

[Diagram]

Pros — start at smaller arena

— Can lock dbl doors at 10 increasing casualties

Cons — Starting point more conspicuous than others

[Enclosed in amorphous shape:] 10 start

[Diagram]

Pros — very inconspicuous starting point

★ Can begin smoke

— Many initial persons packed in single area

Cons — Can't lock double doors, many escapees

[Enclosed in amorphous shape:] Smoker Door start

[Diagram]

★ Start at 10 or 9

Pros — least conspicuous, can feign need for smoke

— Can lock dbl doors, inflicting mass casualties in 10.

— May re-enter and kill more or bail

Cons — most prone for door being locked or clamp removed

— Real smokers (early warning)

— Time for hallway is vulnerable

Page 52 [30] [Diagram with boxed labels: "National guard," "police department," and "Movies"]

ETA Response ≈ 3 mins.

[Wavy line]

[Enclosed in amorphous shape:] The Shrinks

(#1) Mel, last name unknown²

(#1.5) Evaluator Margaret Roath³

(#2) Lynne Fenton⁴

(#3) Robert Feinstein⁵

1. Family therapy w/ Mel. Revealed nothing as to not appear weak amongst family. Was a kid at time. Parasuicide, mother noticed, asked what happened, replied paper cut. No further investigation. — Clean bill of health. Decided to dedicate life to killing others so that I could live.

2 Mel was a social worker whom Holmes saw while in middle school.

3 Roath was a social worker at the University of Colorado. She was the first mental health professional at the University to meet with Holmes. She referred him to Dr. Lynne Fenton.

4 Dr. Lynne Fenton was a psychiatrist at the University of Colorado who treated Holmes while he was a student. She wrote a book with Kerrie Droban about her experiences related to Holmes; see *Aurora: The Psychiatrist Who Treated the Movie Theater Killer Tells Her Story*.

5 Feinstein was another psychiatrist at the University of Colorado. At Fenton's request, he sat in on two sessions with Holmes.

Page 53 [31] 1.5) Requested appointment for anxiety — Diagnosed with anxiety or depression (diagnosis unknown, possibly to avoid stigmatization. Referred to psychiatrist.
2) * Immediately prescribed antidepressants (fast acting — benzos, long lasting SSRIs — Sertraline). Sertraline primarily antidepressant not anxiolytic.
3) Anxiety & depression both serotonergic system anyway though. No effect when needed. First appearance of mania occurs, not good mania. Anxiety and fear disappears. No more fear, no more fear of failure. Fear of failure drove determination to improve, better and succeed in life. No fear of consequences. Primary drive reversion to hatred of mankind. Intense aversion of people, cause unknown. Began long ago, suppressed by greater fear of others. No more fear, hatred unchecked. Starts small. Buy stun gun and folding knife. Research firearms laws and mental illness. Buy handgun. Committed. — Shotgun, — AR-15, 2nd handgun. Wildcard: explosives. Simplest and least suspicious: gasoline & oil. Acquire remote detonation system and body armor, practicing shooting at Byers Canyon rifle range. Can't tell the mind rapists plan. If plan is disclosed both "normal" life and ideal enactment on hatred foiled.

Page 54 [32] Prevent building false sense of rapport. Speak truthfully and deflect incriminating questions. Oddly, they don't pursue or delve farther into harmful omissions. Attempt to see if can pass exams as myself and not by fear. Fail. I was fear incarnate. Love gone, motivation directed to hate and obsessions, which didn't disappear for [a/e?] reason w/ the drugs. No consequence, no fear, alone, isolated, no work for distractions, no reason to seek self actualization. Embraced the hatred, a dark k/night rises.

[Wavy line]

[Drawing: window with flames inside and arms reaching out?] ③

0001

Page 55 [33] Faith
What kind of GOD commands his people not to murder yet cowers behind free will?
Reason
The reason why life should exist is as arbitrary as the reason why it shouldn't. Life shouldn't exist.

Page 56 [34] classicjimbo.squarespace.com [dead link]
[Tiny illegible text]

Page 57 [35] [Inside back cover of notebook]

Page 58 [36] [Back cover of notebook or separate document?]
[Not Holmes's handwriting:] 04.16.15 [SS.I]