



Each form of evolution

must go on, despite
a personal feeling or
thoughts. Therefore the
Plan behind the world has
already mapped out our
course of growth and
we cannot stop it (This
is "God's will") - Neil)

#

From the ultimate
point of view - this world
is maya or a dream
because it takes place
in time and space which
is within the mind hence
not ultimate reality or
relative.

It is very much like
our dreams only
we do not recognize it
as such because we

are in it constantly,
In the past, the present,
and the future. Whereas
in the dream state
is always in the past
and when we recognize
it by waking up, it
is known by contrast
with the present. Since
we do not wake up
from this "dream life"
we do not recognize it
as such. Only through
meditation can we do so,
or by elimination.

However, the real dream
dream would lose its
superiority on its
own level and when it is
it recognized proper place
and realized.
Then it cannot overcome
you + you are free
& detached from it by your
real being.

Watch, pray, hope, + be
silent

Water from
Lake

(Oriental Records)

Kismet Record Co.

227 E. 14th St.

(No. 7-2891)

Mystical Garden

The Presence of Christ

Hotel Wellington, 55th St.

at 7th Ave.

Jane Burn Heath Studio
43 Bedford St.

(A. ...)

...

...

...

...

...

...

From your ...
The ...

June 13th 1956

We slept under-
neath the trees +
stars tonight and
Esuriji told me
many things.

~~*~~ " Live each day
alone. Do your duty
as it arises each day,
accept its responsibilities
and have no thought or
concern for the future.
Leave that to the Higher
Power. As Mahatma
said - "Why carry your
suitcase on your head
while on a train. Put
it down + let the train
carry it."

This very day is the
only life you have.
Carry out the duties that
arise today, living by

the spiritual principles
you have learned. Then
you will become beloved,



The neurotic
is moving only in his own
small world, concerned
only with his feelings -
(besides), He is centered
in his little self.

To get out of this
prison of selfishness
he must be interested
sincerely in others &
try to help them in
any way he is equipped.

Be interested in
other's comfort, thoughts,
achievements and
welfare + spiritual
growth.

And very important
a time should be
set aside each day for

Meditation. This will
gently balance and
center you in the
real self. Do you
promise to do this?
Noel - Yes.

~~10~~ One must not act,
live, or think in
sentimentality & feeling.
Not be motivated by
emotions primarily
but by Reason" (which
in its highest form
is made up of true
feeling, rightness, in-
clearly seeing the right
thing to do for
all concerned. In this
fine form of reasoning
which is motivated by
complete unselfishness,
egolessness because
it is detached from

the personal, selfish
little personality, one
can truly be rational,
Mature & Balanced."

The Magic Corner of your Mind
Walter Derrmain;

"The false
word of the neurotic
will come tumbling
~~down~~ to the solid &
ground of common
sense and factual
reasoning.

"Survive!" you have made
good progress. Recognizing
the thing in yourself &
the desire to change them
means that you are well on
the road to recovery. They
no longer are you, but a
part which you can
eventually rid yourself of. It
takes time & struggle."

Magic Powers of Your Mind

"All alcoholics have
one element in common -
Emotional ^{imm}aturity, the
same as persons who
eat their way into
obesity & obesity.
DR. KATKIN, Think + Remember
Eating makes the
immature obese person
temporarily forget his
problems + unhappiness.
He feels 'normal' in
exactly the same
manner. As the alcoholic
finds 'normality' + comfort
in drink + the drug
addict in morphine.

He seeks escape
from some factor or
combination of factors
that he dreads.

Some escape into

driving themselves 12 to
15 hours a day or
immersing themselves
in some form of work,

Sometimes he can find
an outlet in an artistic
field,

After the escape is in
food.

Alcohol's escape
from the hardships of life
around them,

The spoiled child
grown to adult hood
chronologically but
not emotionally is
often eased through
life by on the
wings of drink,

All therapy, no
matter what kind,
must bring the subject
at least to see himself
as only a part of a
larger world rather
than as the central figure
in a world that exists
primarily to serve the
purpose of his inner
self.

The subject must
then face the true
picture of himself
as he is, with
enough insight to
lower his goals
and alter the emphasis
of his emotions, re-
distributing and re-
organizing them, and
modifying their
intensity.

* The false world
of the neurotic uses
come tumbling to
the solid ground
of common sense
and factual reasoning

Monon :

Olya Mouronets
(Symphy No. 3. 0 since
Siere

Deca VL 9819

Rachmornoff 1st
Pamco

Dr.
Season : Apple + carrot
juice

Green leaf juices:
Lettuce, Red Cabbage leaves,
~~But~~ tops (young inner leaves)
Green pepper, Watercress,

Food : lettuce, watercress,
apples, Cauliflower.

Scrub Poley
Book & Record
Book.

My
my 58

Dispute his you
look where will you

aspirated as well
as artist's mate?

find
as

⊗ June 30th 1956

Never forget these
quin cigars Raphael
Gave you & Saina tonight -

⊗ ① Buddha said:
"Watch what you think,
say & do." → for that
is I karma - each
moment you make the
next moment - "Watch"

* ② The selfish or self-
centered person thinks only
of his duty to himself -
thinks only at satisfying
his own wants first of
all, not caring if he
takes from others or harms
them. The next higher
type thinks next of his
immediate family only.
But the highest types

2291 #08

July 20 1922



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gives equal regard to
himself, to his family,

to whom ever crosses
his path & to the world
at large.

(*) The highest spiritual
being identifies himself
equally with everyone
and feels no difference
between himself &
all others.

One should never
satisfy his desires by
taking away from or
by harming another.
Each person is entitled
to do much according to
his individual position &
& rights but no more
& must be as liberal
to other as to himself.
A good thing

* Never doubt Guraj's
wisdom in dealing with
students, "Keep quiet
& observe" - there are
times when it is necessary
to tell Brahmin white
lies. You must penetrate
levels of consciousness.

* On train to Naples - ~~first~~
a glimpse - realize
that a change - wisdom -
enlightenment can only come
from outside the ego &
space. Everything
changes instantly. In
state before sleep when
mind was quiet. It
asked - one doing enough
to find oneself - Take
advantage of ~~the~~ Guraj
for deeper penetration.

You are not the body or
personality but a free being

Remember ^{of light} at all times

is Harmlessness

⊛ towards all creatures
in thought, word & action.

⊛ One should not live
for oneself alone, but
to perform his duty to
other things. This is
unselfishness.

⊛ Attachment is self-
centered. Even the highest
emotions are still
centered in the self - But
Feeling can be unselfish.

When dealing with
complex personal
situations one should
detach oneself & follow
intuition instead of emotion.
Then it will be solved

1901
The population was 2000
The first settlement
was made in 1800

Settlement



The settlement was founded
in 1800 by a group of
settlers.

The first building was
a school house. The
settlers were mostly
from the north.

The population grew
to 5000 by 1850. The
settlement was
incorporated in 1850.

The settlement was
destroyed by fire in
1860. The population
was 1000 at that time.

rigidly.



In each unpleasant relationship, we will not be free of it karmically until we have mentally freed ourselves from all negative thoughts & acts concerning it,

but have adjusted ourselves to it. Therefore overcome it. Then we are ~~not~~ no longer karmically duty bound but are free.

Then such outer karmic forces will free us or we may be guided inwardly as to how to free ourselves outwardly.

July 20, 1957



The first thing I noticed
 when I stepped out of the
 plane was the heat. It was
 a relief, but also a bit
 surprising. I had been told
 it would be hot, but not
 this hot. The humidity was
 overwhelming. I had never
 experienced it before. It
 felt like I was being
 hugged by a giant hand.
 The air was thick and
 sticky. I had heard that
 the humidity was bad, but
 this was something else
 altogether. I had never
 felt like this before. It
 was a new experience. I
 had never before. I had
 never before. I had never
 before. I had never before.



I identify yourself with
others - what would help
them to ~~be~~ be make
them happy.



Psychic experiences
are emotions (or on
emotional level - thus
self-centered. ~~and~~

Any feeling which
absorbs you so
completely as the one
you described when looking
at frozen Lake or

huge tidal waves
is a psychic emotion
and should be dis-

couraged. See how
unimportant there are to
the quest + how self-
centered they are.

Anything which
throws you off
balance, beware of!



Negative Activity
is the highest form of
activity and is
the closest the ego can
come to ~~the~~ directly
injects our will to
the higher self.

In its deeper
plate of concentration
the creative faculty
can touch the highest.

It should be
cultivated & development
as a great aid to ^{spiritual} growth

Life is a preparation
for death just as death
is for life.



One must develop
wisdom & self-discipline
(self-control) in his
life, for if he does not
he will suffer greatly
after death. He will be
full of physical
appetites and ~~the~~
body will satisfy them
while whereas with
wisdom & disciplined
body & emotions he
will find a
relatively easy adjustment.

[Faint, illegible handwriting on lined paper, possibly bleed-through from the reverse side. The text is mostly obscured by a large blue ink blotch in the center and is difficult to decipher.]



~~Handwritten scribbles in blue ink, mostly illegible due to heavy crossing out.~~

Copy of the report
of his dentist's report
is ~~the~~ small taking
of the important life,
General Cordova;

Control
" Self ~~disruption~~
to Your Greatest
Friend. "



Self-control
is your greatest
friend." - Suzuki

In after-death
state this will be the only
help you have - otherwise
it is a hell.

July 6th 1956

Last mile with D+H:

"There was great
force here tonight as there
always is when there
has been some concentration."

[The following text is written in blue ink and is extremely faint and illegible due to fading and bleed-through from the reverse side of the page.]



Every Neurotic
Do ever known says

Does the same thing;

"I am going to
do etc. etc." Never
do they do anything -
Always will do big
things in the future.

This is the story of
their life - going
to do such wonderful
things, instead of
actually doing them.

#

R "Freedom come
only in solitude."

#

Mail - Always go along with
what he says - he has his
reasons.

functionism &
harmful. These

other practical
qualities must be
developed first
of all!



"When you are
in contact with the
Overself in feeling
a golden glow &
receive a direct
command as to what
to do & you then
know it is right ^{when}
not with the Overself
but only being carried
along thru karma
then you are swinging
back to faith, ~~but~~
with emotion, but
outcome is the same.

Handwritten text at the top of the page, including a circled asterisk symbol on the right side.

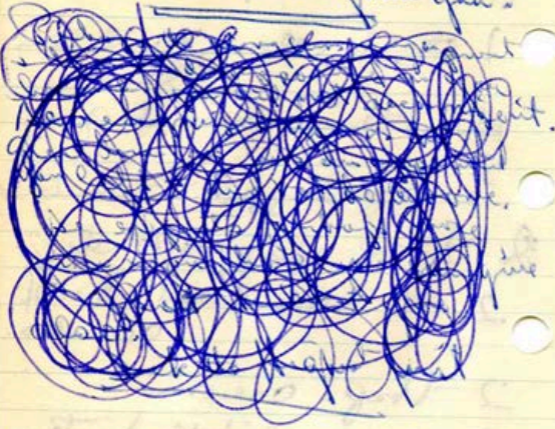
Main body of handwritten text, appearing to be a list or series of notes, covering most of the page's vertical space.

Carrot Loaf:

- 3/4 cup grated raw carrot
peeled
- 1 small onion, minced
- 1 stalk celery (with some
leaves,
sliced thin across the grain)
- 1/2 cup chopped nut meats
- 2 tbsp. chopped parsley
- 2 " whole wheat bread
crumbs.
- 2 - 1/2 tsp. onion
- 2 eggs slightly beaten
- 1 1/2 tsp. veg. salt
- Buttered whole wheat
bread crumbs.

"Larry Jost to Naïo
for New Year." May 1957

Bring you through all the
experiences it holds for you
to philosophical understanding
them. Such the biggest hint; then
all else will be plain you.



The middle section of the page is completely obscured by a dense, chaotic scribble of blue ink. The scribble consists of numerous overlapping loops, swirls, and lines, creating a thick, impenetrable barrier of ink. Some faint, illegible words and lines are visible through the scribble, particularly on the right side where the word "exit" can be partially seen. The scribble appears to be a form of expressive or frustrated writing.

[Faint, illegible handwriting visible through the scribble and on the lines below it.]

Mix thoroughly all
in aged. except buttered
Crumbs. Butter a loaf
pan well & cover the
bottom thickly with
bread crumbs. Pack
the loaf mixture and
dot the top with butter.
Cover & bake in a
350° F oven for 30
minutes. Uncover the
loaf 5 min. Remove
from oven, loosen the
sides by running a
knife around, and
invert over a platter.
Turn out loaf &
serve with tomato
Sauce.

Sparbina broke:

Charles Morgan

"Her love became so great
that whatever he did or did not do
did not affect her."

~~Colony Food~~ -

Save the Children
United Nations Plaza
N.Y.C.

Ask for information.

Magye J.

Identify with
other & Mary

Stewardess of ship

You have everything for
a marriage & career -
You vividly reminds me of
Judy Garland!

#

P. B. You must learn to

keep quiet - in my new
plan it remains for a while
in the initial phase. If you

speak of it you open the way
for adverse forces to interfere &
scatter the concentrated energy
needed to bring the plan to realization.

On the present situation the

spirit is probably more powerful
than the talk but learn to keep
things to yourself.

Santa Monica
Farm

Elsinore
Calif.

July 6th - On leaving
Healons said

"I shall be with
you in spirit"

"Malitiate god
boy, if only a little"

#

George
May 21st M
Dear Mary +
Mary Bear:

"Remember - Keep Positive

attitude. First turning
to Inner Presence of
pure joy + Peace - then
also retain positive outlook
on outer life - for the
Smelling which will
ultimately reflect itself
in outer spheres. I am
always with you. The inner
Being guide + I will
meditate on you during
each meditation.

Remember: Only the
ego feels real pity + misery -
the real self is positive, brave
strong + sound.

Journal:

"I had no appetite
when I wasn't working -
I haven't work hard,
+ he outside before
I can eat."

"I used to work
48 hours at a stretch
& have worked hard all
my life - work never
hilled of anyone - it
is the of looking that
does this"

"I have sleep
before mid night is worth
2 or 3 after."

Love

Any person who feels superior spiritually to anyone has originally had an inferiority complex. This intellectual understanding makes them feel better than others. Therefore, a prayer is not the way to spirituality is he, therefore not something he feels he has or others have not."

Clara: "When you
argue or fight ^{back} you accomplish
nothing. It is like a
snake swallowing its
own tail - a vicious
circle that never ends.

Praise, love, forgive +
you break up the circle.

"Spiritual people
have real humility
and the power to love +
sympathize with all
being because they
know that everyone is
really spirit + each
person's spirit is exactly
the same as another's +
so all is one love.
We cannot be
divided - spirit
is Oneness."

Clara's brother:

"He had real self-control. If he said he would give up smoking" tomorrow until fishing season" he did just that. He could stop any habit at will & always had perfect control of his emotions."

"He would never give advice. You had to ask him for it & then he would not give a direct answer but question you until he crossed you to think out the problem and solve it yourself."

Clara: "You cannot keep pruning the thorns of a rose bush & then expect it to bloom. Nor can you criticize & pick apart and expect the personality to bloom & flower."

Dearest Bernard:

Thank you for
your kind + wonderful
letter, so full of such
helpful + encouraging
words.

You and Ida are so
very good to me. It is
so good to know that Ida
is "resting, resting, resting".
I was worried about her
last year working so hard.

Bernard, I am truly
grateful for the interest
~~you had taken in~~ concern
you had had about my
teeth + trying to save me
money on the work. I

had investigated
several dentists but had
talked to many people who
had had the work done.
I after much thought
I decided to go ahead
with jockets + keep

Leaving New York
May 21st, 1958 for Calif. + Ohio

Summary: Practice each
day the Inner Remembrance
Remember Determination
& bring it into your
every day. Remember
who you are, a great
strong spiritual
being. Identify yourself
with God not the little
petty weak self. Know
that God is with you
can always show on
the presence. I will
always be your inner
companion while you are
your sister. Put into
practice now all you have
learned & experienced.
Be yourself not influenced
greatly by others or environment.
Meditation in St. Patrick's. Inner
voice calling E. Van
-line. who are you? Be yourself

The teeth on Longas
~~possible~~ for I feel with
my diet the teeth will
improve. No they have
not deteriorated since
the fruit & green ~~veg~~
diet - (I was included
a raw green juiced
soup in my diet), but
had gone and were
going since the out
resident when I was
16 yrs. old.

My mother had a
chance to phone my old
dentist in Cleveland to
ask him about **the work**
and I am writing you
now from the dental
chair in his office.
(See type this later).

He can file all the
teeth down at once
you need not self - almost in control

self - identified much later

Seem to feel after
dream of death ⁱⁿ ~~every~~ ^{each}

"You self identification
with others leads you to
psychotize so much that
eventually you lose yourself.
This is a psychic gift, but
carried to the extreme is a
weakness. You must
steel yourself against
losing the self by the
strength of the world. I stand
apart I don't let another
absorb you.

While I am asleep,

(with sodium penicillin)

He then puts on a temporary covering
and then ~~locks them~~ ^{for the appointment}

all at once ~~to the~~

whole job is over in

2 or 3 appointments.

He is a fine dentist,

very thorough & expert,

and is charging less than

the N.Y. dentist.

I am going ahead.

With this, as ~~is~~ I
feel it is the best way. ~~my~~

~~patient~~ ^{patient} attend taking

novocaine every day

for a month's time

(as the N.Y. dentist ^{from} warned

me ^{previously}) & the

gain & strain (as you

noted) would be almost

unbearable. So this is over

quickly & will be done

well. ~~Let's do it~~

I has reacted to
the non-ego - felt
that that I wanted leave
& spent time with P. B.
etc.

Open to the highest
in him, but will
respond.

Boy de hi

~~Handwritten scribbles in blue ink, possibly a signature or name, with some faint markings.~~

Dr. Benglas,
E. 8th St.

They will gradually wear
down the bottom of the foot
that by the time I am 50
I will have "a demerol
of a time keeping them in."

Dr. Roy ~~that~~ ~~with~~ ~~the~~
~~jackets~~ before he puts the
jackets on, he places
a protective film over
the tooth stub (ator
like substance), which
protects the tooth from decay.
That they should last
20 to 25 years with
this new method. He
said that he has been lecturing
on this new method of ~~the~~
doing the whole job
in 2 or three settings.

Suriji on leaving
Rome for N.Y. to see you ^{mid day}

If you have a temporary
or permanent break up -
don't let it crush you, but
be strong & philosophic.
Keep your strength &
faith in yourself. It
is not worth sacrificing
yourself if he is not
spiritual enough for you.
It is not worth it. You

don't give + save eyes for
India + go with me when
I return. Keep this in
mind & don't look anything
in him. The spiritual
life comes first - Love
second. Remain strong
& loving & powerful.

Be yourself. It is great
trouble is pride all success
you must have it. They think a
lot of themselves & expect others to
do the same. Self-important.

Just a Memory *

Just a Memory For You
(Carrie Foch's Book)

Thine Alone

Pale Moon

And I'm Yours Call

Lost Night

Beautiful Garden of
Roses.

* Mail to Genij. Naples -
Nov. 30th 1956

"What would you do if you
were in my shoes for spiritual
development?"

3" Just as you said a minute
ago - nothing - the eye can do
nothing - Just, be silent -
Just be quiet - I am
meditation & all else
will take care of itself."

Janoni:

work of John Bringeret
(1615) about genuine
Brotherhood of the Rosy Cross
(St Germaine)

"Did the Polish Suley belong
to this mystical Fraternity, who
in an earlier age, boasted of
secrets of which the Philosopher's
stone was the least, who
considered themselves the heirs
of all that the Chaldeans, the
Magi, Gynozophists,
and the Platonists had
taught. and who differed from
all the darker Sons of Magic
in the virtue of their lives, the
purity of their doctrines,
and their insisting, as the
foundation of all wisdom,
on the subjugation of
the senses and the
intensity of religious
faith.

Journal

The first of the day
 was a very fine one
 and the sun was
 shining brightly
 and the wind was
 blowing from the
 south. The water
 was very calm and
 the sky was a
 beautiful blue.
 We went for a
 walk on the beach
 and saw many
 beautiful shells.
 The children were
 very happy and
 played for hours.
 We had a picnic
 under a big tree
 and ate our food
 very happily.
 The day was
 very pleasant
 and we all enjoyed
 it very much.
 We went to bed
 early and had a
 very good night's
 sleep.

" His love, like his ambition, was vague and desultory. It did not satisfy his whole heart and fill up his whole nature. Not from want of thought and passions - but because his mind was not yet matured and settled enough for their development.

He had not yet known enough of sorrow to love deeply. For man must be disappointed with the lesser things of life before he can comprehend the full value of the greatest.

It is the shallow sensualists of France, who call love "folly" - "a folly" - "Love better understood, is wisdom."

" Besides the women was too much with him. His ambition of art was associated with the applause and estimation of that miserable minority of the surface that we call the Public.

1
Amy

56.50

10.00

check.

46.50

" They could only dispose
that he (Patience River) came,
conversed with them, and
they were cured; it usually
happened that a
deep sleep had preceded
the recovery."

" What Nature is to God,
Art should be to Man - a
sublime, beneficent,
genial, and warm creation."

" There are two avenues
from the little Passions and
the drear calamities of
earth, both lead to Heaven
and away from Hell - Art
and Science - Science
discovers, Art creates.

↕
" Art, that enjoys, and
Science, that contemplates!"

Esoteric:

"You are the only disciple
I have officially accepted"
I do not accept pupils - they
must appoint themselves."

"The mystic's experience
illumination may turn
their mystic - therefore -
unbalanced. Therefore they must
go through ~~dark night of the~~
soul because when they
re-attain themselves in
the mystical feeling of
the presence they reach
it only & must be left
in darkness.

The mind must come
in & ~~intellectual~~ ~~take~~
place before permanent
~~intellectual~~ illumination
comes.

On July 22nd - full moon -
I played up through the night.

Almonchee lasted through the
next day very similar to when
I made the spiritual decision
to marry P. B. Then I had to
choose between the worldly
joy of a young marriage +
the spiritual gain of ~~a~~ a
wise one. I felt suspended
in a different world then
& felt the same on 22-23rd.
I felt as though the time had
come to choose between a
worldly career + a
spiritual one. I must
decide + then apply all
energy + thought in that
direction, fabricating my active
life around this.

But, I must also use
wisdom, both worldly +
spiritual in this part
of higher singing. Before
I neglected to do this and

So failed. It must be
worked out in the right
balanced way.

Within
"Gentleness is true
Strength"

"Tranquility is Power"

"I have lost the tranquility
which is power."

21

Raffaele (Lytton)

157 life span

copy

89-90

→ Janow

94-101



Fellmore: "You can dispel
your negatives through recharging
your consciousness with light.
You can eliminate your negatives
by touching the Christ in you."

"The Death Rebirth of
Psychology" - Dr. Ira ~~Pro~~

Proffitt
Producing Legit Psychology in
Memoriam

India - Buy hat
Naples - for India,

Bombay - dressmaker
Modialo - 1 block from
Jai Mahal - Done block
chiffon top;

tiny pleats crossed over
with thin rolled strap
like Mrs. Messon at Taj Hotel
red chiffon dress

Kashmir Sari, buy at
Dunford Market
from 30 to 40 Rs - make
into summer dress -

Charge for sewing -
from 25 Rs (5⁰⁰)

Simple dress to
50 Rs (10⁰⁰) cocktail
dress.

"Care comes arise
from our Passions" -
Helvetius.

Clara "You must renew
"the Christ" each
moment.

Cable Brenton & Care
Thindley - London



have scary Grecian
Style over one shoulder
attached with snaps

JACK WILL

ARRIVE BOMBA

Dec 29th *Spayed
Invertebrate
S.S. Victoria*

J. V. MASSON
TAJ MAHAL HOTEL
BOMBAY-INDIA

Write arrival date

MASSON

TAJ MAHAL HOTEL
BOMBAY

Randipen -

"Lalli

"I found that doing good is not enough but one has to be good - Then everything one does is good." "I am ashamed of how this stated"

"You taught me that it is possible to be reborn each moment."

"I love you because you are unselfish and kind"

"Her eyes showed nothing but love. No smiles or expression shone through - It was always the same expressionless mask."

Teach us to Pray
~~at Northern~~



Love is patience, kindness,
generosity, contentment,
modesty, goodness, & good temper,
truth, burden-bearing
capacity, faith in everything
a hope for the happy outcome
of everything and never a thought
of failure.

Clara is always thinking
of other's lives & desires & problems -
therefore keep mind of her all &
enlarge her world, All dates
are us.

Waldo Bentley:

Uncommon men
possess something
in common —

Inspiration
of means — "breathing
or ~~the~~ breathing
into,

And this breathing into
personal consciousness of
new and valuable ideas
whose origin is somewhere
outside the personal
consciousness, is the
distinguishing mark of
genius,

Who does the breathing —
what is the inspirer?
For Socrates the in-breather
was his Daimon. For
Plato it was Nous — or
Intellecting Reason. For

The Ideas - gathered
Called Loops.
Questions - "The word."

Incidentally mingled, these
various conceptions, medical,
mythical, philosophical,
theological, scientific -
were used through the centuries,
to account for the observed
facts of Inspiration. Today
we prefer to talk of
the unconscious,

Berthollet's reply
to the question - "Where
do you keep your ideas?"

Beethoven's reply to
"Where do you get your ideas?"



"They come unsum-
moned, directly, indirectly,
I could seize them with
my hands — out in the
open air, in the woods,
while walking, in the
silence of the night, at
dawn, or tired day
woods which are translated
by the poet into words,
by me into tones that
swoon and roar and
storm about me, till I
set them down in notes."

Nietzsche writes in the
same strain, "One
hears — one does not
seek. One takes — one
does not ask or give.
A thought suddenly
gleams up like lightning."

Saving occasional
(after dinner part time)

She looks P. B. Personal
secretary

~~for [scribbled out]~~

you have more work. After
he is organized for a few
weeks.

[Faint, mostly illegible handwriting in the lower half of the page]

It comes at mid
necessity, without faltering
I have never had any
choice in the matter. I.

There is an instinct for
rhythmic relations, which
embraces a whole world
of forms. Everything

happens quite in-
voluntarily, as from
a tempestuous outburst
of feeling, of absoluteness
of power and divinity.

The involuntary nature
of the figures and similes
is the most remarkable thing."

~~Is it I who~~
is it I who
initiate the process
of thinking? Would it
not be true to say

to be covered by

the water, please
do not enter and
do not touch it in case
of fire, and it is
not to be used for
any other purpose
except as a means
of protection.

The ship is
not to be used for
any other purpose
except as a means
of protection. It
is not to be used
for any other purpose
except as a means
of protection. It
is not to be used
for any other purpose
except as a means
of protection.

It is not to be used
for any other purpose
except as a means
of protection. It
is not to be used
for any other purpose
except as a means
of protection.

"Thoughts come
into existence"

Thoughts are "blown
into us" from "out-there",
and the part of us
being which each of us
calls "I" does its best
with them.

The really significant
difference between genius
and the rest of us is that
most of ~~the rest of us~~
~~of us~~ this
inspiration are very
valuable, whereas most
of ours are not.

Terza Anguilla (non
romana)
Allargo e del Bini
112 cl. 3
Anguilla a Penione

India -

"I've found many Indians especially the younger men to be strange blendings of a deep & grave intellectual curiosity that's almost humble in its deference to the feelings of others.

Bombay -
Delhi
Benares
Dargah
Mysore.

Toast - soy milk
Sandwich - " " "
Dinner - vegetables, soy milk
fruit desert.

P.B.
~~Dec~~ - Dec. 5th 1956
Schindler

" All I want from life
is Peace - I gave up
wanting happiness a long
time ago & I know it is
impossible in this imperfect
world.

As I cannot decide
about marriage it could
mean that both decisions
may be right,

#

We are so many
different personalities or
persons - as we try to
please so many different
people - to be what they want
us to be - that we have
forgotten our fundamental
values.

To find ~~us~~ ^{ourselves}, we
must enter into solitude
away from all contacts
with the past & try to
discover ourselves.

11 - This is what happened
on the plane home from Montreal

As we were
initially in the beginning,

Mother says that when young
Luis always dressing up, singing,
acting & dancing - very theatrical,
in temperament.

Lily Westfield

teaches Alexander
Method in New York

In London
Alexander voice teacher

Enclosed tablet in gift - N
part of your work on the tablet

Principles of voice
teaching in the Alexander
method - all good effects
shown in your work on the
tablet - good to have
transport in

George & God does
not see sickness
as it is not in his
consciousness. It is our
ignorance & karma
which causes it.

— It has been repeated
parrot-fashion by the
thoughtless until it has
assumed ridiculous pro-
portions in the minds of un-
informed minds. —

Margery Wilson:

They are taught the
art of being a woman.

Of her own self all -
all and kind of -
and the kind of -
and the kind of -
and the kind of -
and the kind of -
and the kind of -
and the kind of -

creating its own world.
Taking the responsibility
for it upon oneself. Not
waiting for the world to
give you anything or to stimulate
you. Your mind, your
artistic conception,
imagination & talent
could give you a concert-
rated, creative life.

#

Grindley Cattle
address

Brenton care,
"Grindley Lodge"

P.B. "Mr. Frantz is an
exceptional quarter. He is
a man of responsibility in the
business world + true for
dependable + reliable, not
changeable + neurotic like
most quarters".

"Sunzi" you actually
are what you eat.
Your body is made
up of the food you eat.

Your body & mind cannot
be separated. They
are integrated.
Therefore what you put
into your body is of
great importance!

#

"Food in its proper
relation to a nature
balanced person is something
which is only taken at long
intervals, at mealtimes,
which is taken slowly and
in small quantities. It
should be a ritual in that
it is taken deliberately
and slowly."

Keep the thought in
mind of eating only very small
quantities of raw food. It is vital
use a very small meal.

Remember voice this home
realization: Live fully in
moment, learn & grow on all
planes, with center in 2 hrs.
Learn character improvement,
Intellectual improvement, learn
about the world you live in,
the people in it. No limits,
work in little say feeling
minutes - when learning on
all planes ego is growing &
cannot think of itself, maturity
on all planes is realized.

Bring into outer world Beauty
& beauty, order & harmony & peace
of inner realms. Now! Don't
flame in god or false - Indifference
in the world - Harmony. Don't
let the cop use this happiness
of growth & love for its
own selfish satisfaction &
pleasure & keep it in its glass.
That's what happens during
illumination. There's no
reason why you should
but live entire life in this
growth & awareness,

Lava:

You don't have to
talk to people about
becoming spiritual. You
must be silent &
alone to seek of the Christ
self in your mentality.
It will take root &
grow.

#

You must be
strong in everything
you do, then your
faith will be strong.

#

Notes

at work hours

make up all that

the business plan

→ make a list of

tasks to be done

in the next 90 days

→ make a list of

goals

→

all tasks must be

practical and measurable

→ all tasks must be

specific and measurable

→

No matter what anyone
else says or does - it
should not bring negative
reaction from you!

Practice Love ^{is} Mary.

"Come My
Beloved"

Pearl Buck: "Long ago his
mother had told him never to inter-
fere when his father was
absorbed in decisions & actions.
"Your father is a sort of
genius and you & I are not.
We must be humble about
it, Davis." So he learned
to be quiet in the house, not to
ask questions, not even to insist
upon saying goodnight or
goodbye - not for a while at
least until his father's fearful
energy was fulfilled in some
new exploration of creation.

"Rama arose, a guest too
courteous to quarrel with
his elder and host."

"Pity illumined his
understanding."

"I believe that wherever
a man does his best, God
is there."

"The Indian God talked
as he breathed, the light
from his extraordinary eyes
illuminating speech."

"It meant that childhood
was past and whatever
she did now was her own
fault."

"He was careful not to show
marital fondness before others."

That is your lesson -
The reason you have not
found love + marriage +
your place with a man is
because you have not learned
the spiritual lesson of
self-reliance - This we all
have to learn, men + women
alike for we are individuals.

That is why you've had
this problem all your life
because you always
run away from it,
so you meet it again
& again until you
conquer it. It is do or die
in your faith & I tell you
stand alone you cannot
go forward. You cannot
but you will never
marry until you meet it

as an escape. Heide will
you go to Jordan or stay
long with B. B. in happiness
a fine time happiness.

Stand alone in all
ways & you can have
what you desire - love -

#

Gracie: I never had children
so I never meant to mother
more than my own.

Babies grow up
remember & still
need mothering.

Pomine Murtari

Murtari

191 Lock St.
Cape, New York

(Correspondent 19-
Hahn Catholic. 23

Loes children, his wife
very cute - 5th gr - 150

Send picture ; 22

Podols - A person
must be completely honest -
then he becomes himself -
the persona ^(Trend) disappears -
the different roles we are
in relation to others -
mother, husband, + friend.
Then we really think
+ communicate to
others. Words are only
the outer means the
most superficial means
of communication.

When you reach the
real honest self of each
man, then you do trust
less material from
your honest self.
Each word then
springs from the deeper
mind to the habit
mind which reacts
autocratically + preper-
ficially.

* Remembered during
eliminative criticism
of any pre or event
was impossible because
everything is as it has to be
& nothing can or should be
otherwise - just observe
the play & players & know
cut it age.

"Who am I to criticize
what I perceive with my
own eyes?"

In Merle's study
the status & Quetzostal
Ask nature what
year symbol means to
them then try to figure
out what the mean
essentially.

Whereas P.B. goes,
he is like a sponge,
which absorbs everything,
culture, spirituality.

He is ~~one~~ of the richest
men in New York, with his
own problems, he is deep-
and lonely.

He loved the girl &
when he denied that love
for wealth he was
lost completely - for through

his love for her
he knew that
when he gave her
up he lost his
only contact,

Clara - Everyone
must take the complete
responsibility for their life.

Realized after change
in outlook to egotism
After period arrival, how
much the physical condition
of the body influences the mind
and therefore when feeling
sickly, the mind therefore
reverts and shuts off
spiritual contact. Until one
is enlightened ~~it~~ it is very

important to keep body as
healthy and free of poisons
as possible - Also the mind
which in turn affects body.

One is under these toxic
laws and no wishful thinking
changes anything. The body
and mind are very
integrated and until one
is functioning from spiritual
level (the soul) one has to
be careful to keep the
avenue for inner self
to come through open (healthy,
positive, unburdened &
free of poisons.

Your higher inner understanding
today grows from your
reloft positive spirits
brought about by menstrual
period & therefore you felt
the reading and could con-
centrate of Meditation book,
which you could not doing
yourself to concentrate
on before period, while
one is still living with the
body & emotions influence
one has to make sure they
are healthy & positive so
that one can then go
on unabstracted into
the higher, concentrated
mind,

I Am
Eternal
Life

"If you repeat this
egg-free affirmations
one day you will come
into the touch of them".

"Life, with its
suffering is a dream,
but **but** we have to
live through it because

to this dream there is a
purpose. "God's purpose".

We must live, &
we must learn the
lessons that life

has to teach. No
amount of crying
or trying to escape
can change that
fact. So be

Courageous! Face

everything &
become the victor
You will receive
a great reward.

A inner compensation.

No. 1-126
MADE IN U. S. A.

Marquette
QUALITY

