Kabuki Dances:

Music need.
Orozo

screens - for backdrop

Orozo costume

(have four screens (removable)

Dear Brother:

(1) "When one spends time with the Master, one learns thoroughly the art of humility. You are set at small tasks and humbled and made ready before you can start on the higher path with the Master. It is also a period of great ego crushing and one's evolution is thus greatly speeded up."

(2) "Y. eats when he is frustrated, worried, or feeling insecure, just as an alcoholic turns to liquor. He is a food drunkard and has the same makeup as an alcoholic. Food is no longer a necessity to be eaten in small quantities at regular times to keep the body alive, but it is a means of escape from problems. The mind becomes dulled and he cannot then clearly face his difficulties. How can he expect to advance on the quest when he cannot even control his appetite?"

(3) "Let me warn you that in the outer world, men cannot help being men of passion no matter how far they are on the quest. So be on guard, and also watch your outer self. Your outer self may be your enemies in that sense."

(4) "The less one eats the less bogged in the physical plane one becomes."

(5) "I believe that you should and will use your womanly passions in your art. I do not believe one "can serve two Gods". When I married I knew I would therefore never do anything serious with my music. You will have to devote all your time, energy, and passion to your art. You can transmute, or actually reach real fulfillment or fulfillment by transmuting your vital force to this higher plane. This is what a Yogi does. A yogi no longer needs a woman to complete him. He is a whole & complete being."

(6) "I knew when you left on the ship with B.B. that either you would come back a woman or your would come back crushed."

(7) Her mental anguish is useless and unnecessary. She feels if this or that in her life were different she would be happy, but this is not true. The truth is that everyone on every level

in every circumstance has problems. Even the sage cannot avoid them. We should not seek to avoid them but to face them, do what we can to conquer them, but most important — more important than the outer circumstances is our inner attitude about them. If we are free mentally, and strong and unconquerable, then we can find happiness. For whenever we are we will have trouble, but it cannot affect us unless we let us. Happiness is in the mind, in its strength and unconquerable spirit.

Summary:

(1) "Emotions must be brought into line with intuition and reason. You must use Will to keep them in check. Whenever they appear challenge them out with reason — intuition."

(2) "Never let moods overtake you. They may be neurotic. A neurotic is one who is constantly changing moods or values. Each day a new self presents itself instead of a fixed humane self predominating. This is achieved in one of two ways — by the powerful detachment of a superior spiritual

consciousness, or by a mature womanly understanding. Both together are the perfect combination.

(4) Love is usually confounding you with believing it is something higher. Real love knows that the organs are not to be used for pleasure or satisfaction but by the mere exchange of magnetism the lovers can feel satisfied.

(5) The longing for a mate is very natural and is Nature trying to carry on her work. The body, mind and soul feel this. It takes a spiritual genius to resist this & transmute the power.

January 15th 1956

( ) She discovered the secret of a secure, stable, inner existence where one is unaffected by moods or outer conditions. It is . . . thinking of oneself as being Alone in the core of the self. This works miracles.

( ) Tonight as I was typing letters to Fanderbilt as she came over to me, kissed me and said with enthusiasm "Let us hope that in your next incarnation you will be born a secretary, not a singer." This explains so much to me. If I had been a competent secretary we would not have divorced. I would have been useful to him, necessary to his life. As he has told me many times, - "I am a man with a mission. I can no longer live for myself, but have a higher duty. Thus those around me have to help in this mission's work. I cannot live for just myself." This makes clear so much. If only I had had worldly wisdom - I would have returned to the States when he was in India and made myself into a secretary. I never tried in the right ways to make myself

indespensible to his life and work. Help in this work is what what pleases him.
What does it matter whether one pleases him through his work or through his body or through just love for him. Love takes many forms and ultimately it is felt within in the same way.
You should have realized this. See the importance of "facing facts".
Again you learn, but not really too late this time. There is still time for you to work this out.

All love is really selfish in this sense: what one gives another, no matter what form it takes. Think for yourself, and why you love certain people.

Try to think of his wishes more than anything else. Become more and more competent and indespensible. Learn practicle worldly wisdom.

#4

Back to the fruitarian diet.

remember:
"you must use # determination
to do this"

Jan 16th 1956:

After the misery of a frustrated and miserable indigestion yesterday and evening, I have reached an answer to my problem. It is simply this: I must be true to my woman inheritance. From this balance as a mature woman I can branch off into impersonality but not until I am centered in my woman. It - never gives up the woman. I should not give up the woman. It is my springhood. In her lies my "mental equilibrium" and "emotional maturity". Be true to her first of all. This is the basic secret in discovering yourself and finding inner happiness. Then from the woman, expand into deeper impersonal depths, but always have the perfected woman on the outer physical plane and outer mental ego to step back into when returning to world. Then mental balance will be established. This is your secret and you will then be "facing facts" as Gurney said last night - growing

up from adolescence to maturity means controlling words and thoughts & and I add this to my own particular case — most of those negative miserable words come because I was not true to the Woman. After you are stabilized in her then and only then can you learn from him, for you will be centralized and capable of judging and practicing the teaching. This is maturity and the basis & basic requisite for the Quest. From there we grow. Before this there are glimpses but until this maturity is achieved most of the progress is only towards this first basic goal of maturity.

After you are true to the Woman, then be true to the Artist. Much happiness + progress spiritually await you if you do this.....

Sunny: "Just make a rule about eating and stick to it. It is that simple."

January 19th 1956

Georgie -

"God is forcing you to adopt a single diet (by indigestion, fat, + o.e problem) Before you were on this single diet for o-celic reasons, you were then a nun or yogi but now you are being forced into from health reasons."

Jan 20th 1956

Last night in dream state I had the realization of turning all my force inward - using it to solve my problems instead of using energy to later run away from the through indo or worrying about them. I realized or experienced last nite just how the outer life is always, will always be presenting problems, but I must turn within my mind herself strong and courageous and with all my force I must go out and fight them, while remaining positive

Cheerful and courageous within my mind. My attitude of mind is the important thing.

Cultivate these qualities:

I am determined
" " purposeful
" " alert
" " cheerful
" " encouraged
" " happy
" " courageous

"Change problems into projects.

January 20th 1956

Tonight before meditation although I had only my one meal today & suffered from gas. Giriji said: "Come to meditation Noël. First use the Short Cut - think of Yourself as identified with the Oneself which is all health and happiness and then ask it to heal the body. You are not the body, it is but a shadow of you."

Noël: "Is it a shadow or a shell?"

Giriji: "A shadow".

& then - thought of this and each thought turned into realization. I realized that this body was only a shadow which seemed detect with the physical eye & touch but it only existed for the senses. Because I saw and touch I believed that was reality, whereas the truth

is that Reality is that which I cannot perceive with the senses. I have to attune myself to a different awareness to be conscious of this Reality that I really am.

I thought on and on concentratedly and realized myself as separate from the body.

Afterwards when I told Henry, he said that this was the Philosophic form of meditation where one thinks with a higher intelligence after one is freed from the body. This should be encouraged.

Jan. 28th 1956

After reading Hatha Yoga today and Centomfalis statement that the souls relation to the body is something which has to be learned as a separate knowledge I drew within, felt myself as a girl from egg + wondered how one could consciously develope this knowledge or raise one's consciousness to this level.

I asked Sunny about this, saying that to develope spiritually one needed time, first to develope the body into spiritual co-ordination, using all one's physical energy + much time solely for this purpose. The developing the mind then reading spiritual books, and getting the whole picture and finally much time is needed for introspection and meditation.

One could really spend all the waking hours on this, employing all physical + mental focus this,

hitherto employed for pleasure or to making a living, to gaining spiritual knowledge in a completely balanced way. How can this be done? Hotford's Guming: "You must carry your honesty into your heart. You can choose now between getting tangled in the world and being forced to work out its difficulties or to live a life apart, as I have, devoting yourself to these studies. Many people commit for the world & its responsibilities, as retreat but you would not be doing this. You can choose one or the other at this time. But you must be strong and stick to this decision when the tests come. In a moment of pressure, excitement, you may be tempted to worry but be careful & wait to see if it is the thing to do. Do not become carried away.

If you can see your living through your spiritual concepts then you will have a means of livelihood compatible to your deepest motives.

Gurmeet: "Your needs, the thoughts you project most project the other you, the mind + body. When you think, desire, provoke spiritual thoughts you project the power in the outer world. This is Mentalism."

said Gurmeet

"The cat has whiskers that are the exact length of the biggest part of his body, so when he starts to enter the passage + his whiskers touch, he knows he cannot pass through, so withdraws thus preventing getting stuck. This needs developed the whiskers. They were not there first but after the projection of the need."

Montauk

Feb. 3rd 1956

My second real meditation took place at 8:00, last night the 2nd of February.

We were on the bed sitting up straight, listening to the howling wind. Then, quickly a swaying power vibrated through me. Then as the breathing almost stopped and the body was rigid, a pressure started to push against the body forcing it backward.

It then came! I was no longer a body of flesh, heavy, filled with wants + desires, plodding along through the hours of miserable days and nights. I was a refined spiritual ethereal being composed of light, of lightness, of beauty, of love, harmony and peace. No more ogrding egg with its coarse feelings and selfishness. I was transformed into an angelic being not of this world.

Suddenly there appeared in front of me (in my mind as my eyes were closed) a winged figure all white, in clothing in skin - all white and shining. He was kneeling and he bowed up and down, slowly, so gracefully in general salaam. I felt very close to him. And as I watched this beautiful angelic form in worship I seem to become even more free of the ordinary self, physically & mentally and I reached an inner plane of perfection. For a very short time I felt exactly as I did during the illumination.

Here I was in a form in a world of the spirit. Why could not I stay forever? How could I have stayed in the lower world so long when this is here, me

The next
48 pages
are blank.

"Springer" - Continues approve & comment

Tuesday - Jan - 10th 50

You have an intuitive value not at all "like a "Springer"

You have a very instrumental inquiring intellect which seeks truth. It is very logical in its analysis and you express yourself clearly in speech. You should be encouraged to write definitely. I would like to see what you write about the Dances.

#

Your approach to the voice is old time one.

your life. There is need of more action to balance out the mental understanding.

Be relaxed and patient while old habits pop up from thought you consciously understand.

(6) Do not think of taking a breath or gaining the body or placing the voice. Instead of clearing the throat which only irritates the membrane, and which is most of the time simply a nervous habit, swallow instead.

When a bird sings it does not set itself to do so but just bursts forth. When we learn we do so without preparation and when we have finished the body naturally replaces the breath for the next speech or laughter. Singing should be done in the same spontaneous way. Let it be natural & individual.

(7) Note! Remember the words, "the body only + sincerely sounds by doing." This applies to every phase of

(4) Each voice must be approached from an individual viewpoint. ~~Not~~ Teachers try to push a "method" – that is, what made them sing well – on to another individual – instead of letting the individual develope his own.

(5) We concentrate on the ~~positive~~ characteristics of each tone, and ~~mentally~~ decide to ~~_____~~ the negatives.

(5) There are four big positives which are the essence of a beautiful tone. (1) Freedom (2) roundness (3) ring (4) even flow or vibrato. Each of these must be present. When you understand the conception of tone ~~the~~ mentally – then you must make the body and the old unconscious ~~Mind~~ understand. And that is done by doing it. And can be done in no other way.

January 9th 1956

(1) Beauty of voice is not by thinking one is going to make a beautiful tone, but by the individual freedom of the vocal production by the inner movement; then it comes out as beauty. In other words, by the combination of certain ___ beauty reveals automatically.

(2) "You have have it" — (when asked the learner he said:

(3) So - Ba - Da - Pa - Point as a dog, let out through upper nose - Open mouth as the inner need necessitates.

(2) See - Mee -
See - ah - Me - ah
See - oo - Me - oo -
Let freedom predominate - use the normal formation which puts each individual tone - give it freedom to find its own way. Its own beauty.

Jacobi

N.Y. Singing teacher

Montauk

Spiritual experience

1956