

The image shows the front cover of a record book. The cover is light-colored with a decorative border consisting of a scalloped outer edge and a double-line inner edge. A central banner, outlined in black, hangs from a chain-like pattern. The banner contains the word "RECORD" in a stylized, green, serif font. The top and bottom corners of the cover are reinforced with red material. There are some green stains on the lower left side of the cover.

RECORD

November, 1954

Think of what your creative ability is going to build <sup>for</sup> your inner self, not of the outer recompense it should bring.

By love and determination your voice can be raised to astounding heights and wish it your inner growth should also reach great heights.

The ~~of~~ creative plane is a spiritual one and quick growth can be made here. Combined with your intellectual understanding of Truth, this would be getting it into creative practice and the outcome ...

The personality is a little selfish thing. It wants fame and wealth - but there lies only discontent in itself. Seek first the kingdom of spiritual growth and the treasures of true happiness will surely follow.

Sing! Sing! Sing!

I have just finished an inspired practicing session. This is wonderful. This is the way for me. I have prayed to be led along this music path wherever the Higher Power wants me. I am full of joy. The earth seems sweet at this moment. Take my hand and guide me!

#

"It matters little what I appear to be doing in the outer. It matters much what I am doing within."

"If the Higher power offers you a chance to learn, to unfold in some particular way, accept what it offers. Do not reject or put off any opportunity to grow. Accept every opportunity to grow and develop, even though you see little

connection between today's opportunities and your ultimate goal."

If inharmonious human relations limit you, do not limit yourself to going half-way toward a solution; go beyond, go further. You have this supreme authority for making an extra effort:

"Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you." "God sends his rain on the just and the unjust."

For more happiness where you are, or for the chance to go higher, persevere where you are.

Humility is the deepest silence and stillness. It is the greatest <sup>and best</sup> relaxation. When we become humble like a child we enter the Kingdom. When we are in harmony with the universal law of love there is nothing to fear.

Let go — of offenses, slights, irritations — think of Christ. Problems will then solve themselves.

Humility is the secret of charm and success. You will recognize people's importance from criticism. You will walk free (not make them think they are important.)

" Here is a list of powerful words which will not only tend to keep the life force nourished, but also to bear you up, sustain and carry you through whenever the strength each particular word creates is needed:

Concentration	Health
Peace	Strength
Poise	Energy
Harmony	Activity
Good-will	Vitality
Non-resistance	Power
Justice	Life
Freedom	Youth
Guidance	Success
Wisdom	Happiness
Understanding	Alertness
Inquisition	Resourcefulness
Intelligence	Persistence
Memory	Purpose
Law and Order	Achievement
Faith	Mastery
Confidence	Dominion
Spirit	Love

When in the quiet and stillness of your own being, take each word separately down the list, or if you feel so disposed, select such words from the list as you feel your particular needs require at the time. Firmly impress your being with each word, at the same time interpreting its meaning and its effect upon you, not necessarily in the terms of its generally accepted meaning.

but strictly as it appeals  
to you.

You will note I am  
continually impressing you  
with the fact that you  
are the "I," the power  
in your word, and that  
you are to stand upon  
your own two feet firmly  
and live it - not  
particularly display it, but  
live it (great characters  
shrink from display and  
publicity because of the  
bitterness of it). However,  
I do not advise that the  
declaration "I am" be used  
in connection with these  
words unless you are at  
the time in a positive  
frame of mind; unless you  
have a full conviction of  
what you are repeating.

To declare, for example,  
"I am Power," lays the Inner  
mind open to attack from  
the Outer in the form of  
doubt or doubt. Therefore,  
when the words only  
are repeated, they do not  
take upon themselves the  
nature of a declaration,  
and consequently the Outer  
Mind has not been given  
the opportunity to become  
aroused in opposition.

There should be no strain  
connected with this practice

but the words should be allowed to sink in and penetrate your being and like drops of pure water entering a vessel of impure water, drop by drop the non-essentials are forced out and the essentials remain.

You are to practice this system every ~~morning~~ <sup>evening</sup> as regularly and diligently as your affairs will permit and then forget them until the next evening. They will do their work beneath the surface unknown to you, but their effects will show forth in you and your affairs.

Ques: "Moralities have demanded order, unity, and integrity. They have insisted that people be treated as ends, not as means. They have taught the sacrifice of the trivial to the important; they have demanded discipline in the interest of harmony, centrality for the attainment of repose, and clarity as a way to peace."

P: "In a truly spiritual and therefore mutually considerate marriage, each will respect the physical privacy and personal liberty of the other."

"There is love between man and woman when they feel that they are absolutely necessary to each other. All other feelings are lesser and hardly worth being called 'love'."

Evangelical Beauty:

Last night as I saw  
you and A.B. sitting side  
by side on the porch,  
I saw such a resemblance  
through the eyes and  
forehead and I felt so  
strongly that you belong  
together. Who you will  
soon be separated. I am  
sure it will not be for  
long and that you have  
great work to do in  
the future, each helping  
the other, and in any  
ever increasing scope to  
others.

Loveingly: Mother.

You and I - together ... as one  
person, my beloved Jesus - - I love  
you with infinite strength and tenderness.  
Blessed you are! How sweet it is when you  
reach for my hand or pat my forehead, and  
when you tell me you love me.

Blessed Jesus - - - help me to under-  
stand you in every way and to serve you in  
my rightful capacity.

"Where we have deepened sense that closeness of  
relationship, that we are all related to one Divine  
Parent. But even there we often allow some petty  
personal reaction of a petty nature, based on mis-  
understanding to get in the way and thus spoil a  
pleasid and gratifying association. "



"When you are suffering - end it quickly  
then end there by facing the reason for your  
suffering and then resolve to solve the  
problem + move on"

"You were born into a family + inherited  
many characteristics of the ego. Stand aside +  
objectively analyze your traits as you  
would your father's or mother's."

"You are an actress, so that is what  
do and they want you to look like in  
front of them they do it - so will make  
everyone happy"

Man will discover his Divinity  
most quickly as he learns to love. Our love  
shows most like God's when we learn to  
permit the object of our love to go free in  
that love, taking every blessing of our devotion  
unto himself ~~try~~ but free from the tyranny  
of bondage.

The greatest love is that which includes  
the most - it is the most nearly selfless. This does  
not mean that it submits to tyranny and abuse  
and lacks honor. Human love, and we use  
that word only to distinguish, is the giving of  
the self and all that the self has and is, to the  
object of its love, asking nothing but the privi-  
lege and opportunity to give itself.

Great love does not make a martyr of  
itself - for it is only petty love, no matter  
how good it thinks itself, which knows that  
it is giving without sufficient reward.

But it is important to give others freedom  
from our criticism - our critical sense attacks  
the one criticized and is not helpful.

(Unity - words - friendship)

"For by thy words thou shalt be justified, and by thy words thou shalt be condemned."

When we speak we continually paint a true picture of ourselves.

"Fear is the absence of light from the heart."

"The only way to have a friend is to be one." Emerson

"I am a friend to <sup>mantra</sup> every person in the world."  
we can serve God in this way.

Our chief want in life is somebody who can make us do what we ~~are~~ <sup>are capable of</sup>. Give this gift to others.

Friendship is universal. The very air we breathe is friendly.

Be courteous, gentle, kind and most important - understanding. "Be done for you not for yourself but in spite of yourself". Do not censure mistakes but understand them.

A great person quickly picks out the most lovely or attractive quality about any person she meets and subtly but firmly makes him feel her appreciation for that quality. One can almost see people grow and expand under her gaze. We shall gain the relief from the necessity of feeling that the burden of responsibility for the other people's well-being and conduct depends, in any part, upon us.

We must further give them freedom from our indulgences for such an attitude is weakening. We can stunt growth by giving them concessions, things, and merits that his conduct did not merit.

There is an invisible source of help  
which all successful people draw either  
consciously or unconsciously.

"When you give you do not give alone  
everything that has ever given gives  
with you". All the same kind creative accomplishment

The same power which helped  
all creative geniuses can help you if  
you draw from it.

What is this power which creates these  
artistic masterpieces. — THOUGHT —

Our mind is linked to the All Knowing  
Mind - we may expand in order to  
express the latent mind. We can use  
our little mind as a channel.

Only by deep concentration, by  
concentrating mind + body energies to  
one goal - one act - and one in contact with MIND

A genius is a person who is able  
to tune in consciously or unconsciously on  
spirit mind and drawing from it. There  
is no limit.

You are living substance of God  
ready to breathe in His life.

You need will to contact the  
High Mind. Desire is a great creative  
power. See yourself as a success.  
Use imagination to see success, hold it, then  
use will to show it to Higher Mind and  
it will then map out your destiny.

Think evenly, steadily, constantly  
on goal and draw on creative ideas

"Take off your dark glasses: assume your place as a peer in the adult world. You are better, more capable, more successful than you imagine!"

"As we grow up from the child stage we learn that every stage of human development calls upon us to weigh differing goods in the scales and sacrifice some for the sake of others."

We must learn to choose between desires of a career and concentrate upon only one.

No person can attain genuine self-respect until he achieves the knowledge of the consistent and the inconsistent. As an adult he must accept duties and responsibilities and cultivate his true fulfillment in the sphere he has chosen - the sphere of love, vocation, or avocation. He must be able not only to say, but to realize deeply within himself, that "He is no longer an uninvolved free human atom." Everything that I do, such a man must say, "is like the pebble thrown into a pool, making larger & larger ripples in the water of other lives."

"Failure, just like success, is one of the great experiences; it's human."

"It is only the individual who holds to the idea of his true self-hood, who achieves victory at last. And the price is tremendously high."

Respect thyself - Trust thyself

Wish all your shot coming + achievements

to master the undesirable traits of your character and to achieve both relative inner decency and outer confidence.

"God is life". "I can do all things in him that strengthens me". Your interest and enthusiasm in mundane tasks, trying to learn from every little task will keep you from boredom.

"Each day a new person" This will keep you free to accept any change.

The very fact of their smoking proves their denial of forethought as to their own welfare, the primary characteristic of true intelligence.

It is largely within their own power to remain attractive, intellectually alert, and in good health at seventy, or even ninety. All they have to do is begin taking sensible care of themselves early enough in life, and keep on doing so.

For good skin: Do not allow poisons of any kind enter the system either by sunbathing, injecting with needles, smoking, or permitting their generation in the intestines.

... my guidance, my contact

Virtues, characteristics, and capabilities of  
womanhood: <sup>and</sup> intellect, tact, diplomacy, high  
spirits, good nature, generosity, friendship,  
and thorough honesty and integrity in all  
relations with others. - Nixon de l'Enclos.

One of the real ways to overcome our fears  
is to understand and thus remove that "emotional  
lag" between the actuality of adult accomplishment  
and our haunting memory of childish weakness.

The world of maturity is a world of mutual  
interdependence. It is not a world where we  
should expect to be either loved or punished as  
we were loved and punished in childhood.

Yves + Sledge: (unity) - As he thinks - so he is.  
St. Paul "Think on these things - whatsoever things are true,  
are pure."

Recognize that we are one with the  
spirit of God, express his attributes of love  
and wisdom. Recognize his spirit everywhere.

every lesson therein, to gain by every  
experience, to solve and master each problem.  
By doing this we will grow.

We draw our very life force from this Oneself.  
It is remarkable to think that within a tiny gene there  
is the complete nose, eyes, ears, teeth. The whole  
universe is contained in a tiny cell.

Give with M.S.+O. I know that what I love  
in me most of all - why I married me has become of  
the great love we shared - my radiance, my constant  
expression of the highest love and divine enlightenment.  
I must remember this - for no matter what else  
I love, if there is that strong, radiant, living  
love flaming out from me, I will not be dead.

Social games are important but they are  
secondary to this radiance.

If only I could be come a saint. A  
spiritual being like he - then we could be  
together - I long for him - I love him.

"Do you love me?" Pop O

Perhaps one day when he is older I will be  
the one developed enough strong and loving enough  
to be his Confidante, Companion, helper. He will  
need someone then - will it be me?

Do not say too much, or that which is unnecessary.  
Think of first who you are talking to.

Do not speak no criticism, only praise.

Otherwise keep quiet. Realize that if you were the other person you would do no better, and you too have faults. When speaking do not talk of I or my desires or wishes, but of your life, hopes, interests, desires. Don't try to make everything go your way. Keep a smile on your lips.

Remember people's names. Encourage others to talk about themselves (their development and interests)

Always talk in terms of the other man's interest.

Make the other person feel important - and do it sincerely. Always avoid arguments - they don't ask for your opinion, they don't want it - why argue.

~~A~~ argument Misunderstanding is never ended by an argument but by tact, diplomacy, conciliation, and a sympathetic desire to see the other person's viewpoint. Show respect for the other man's opinion.

Never tell him he is wrong. If you are wrong admit it.

If you want to change someone begin with praise and honest appreciation.

Call attention to people's mistakes indirectly.

Talk about your own mistakes first before criticizing, if you are in the position where you must correct - otherwise

Keep Quiet. Ask questions instead of giving direct orders. "You might consider this, would it be did this it would be better."



I can win him back! What a rare  
privilege it is to be loved, to be loved, to work  
for and with a man such as he. A unique  
individual - filled with wisdom, intellectual  
genius. Spiritually illumined.

It is most sacrificing anything, first of  
all the ego, to such a great individual.

I should go to school - study secretarial  
courses, philosophy, speech, letter writing, charm,  
become a beauty - an intellectual, a helpmate  
and companion to him.

Develop my voice, have a career as  
to develop my own self. Have my own  
place in society, have money to give him  
comfort and the luxury he deserves. Work  
hard on a career and we are equal in taking  
care of him.

I shall never love another. There may  
be an attraction, emotion or physical, but  
never could I really and wholly love anyone  
else. How could I? He is the highest in me,  
the man who is developed beyond the human  
stage - the way the human in me wants to be.

I have got away childish things! Come  
my love. I will be your refuge from the  
world and its demands. Come into my arms and I  
will soothe and inspire you. With me you  
can find peace and harmony, gifts of a

What does the outer really matter, if he loves me and we are together? Whatever comes, in whatever relationship will exist I accept it.

If I use my will, my lead, my spiritual self, I can win him back.  
"We make our destiny by every thought word and action". It is within my power to do this and I will. God is with me. I shall be of great service to Jim - my Jesus - my deepest and gentlest love.

Develop respect, cultured & refined manners, cheerfulness, positive and well accented speech.

This is the greatest opportunity and privilege of your life. Do not let it slip through your fingers. Recognize its worth. Be strong and direct all your energies toward that goal of becoming a spiritual mate to Jim.

Your Note:

⓪ to E - Your name shall be Evangelina (spoken with a dynamic, sparkling force) it is your spiritual name and means "Evangel - bringer of great tidings". You shall be a light to all those around  
All against Mrs

During meditation it seemed as though  
my head had expanded into a large "ball"  
shape and I seemed to lose consciousness in  
its depths. Then my body became flooded  
with light, as though it were made of quartz  
and it radiated and exhaled light and felt  
as though it was floating, even so lightly in  
the air. I felt Bliss! (all this one time meditation with  
some of the same on the 2nd time!)

Later looking calmly into his eyes, I felt  
ego, thought, & emotion fade. There I saw an  
old man, perhaps 30+ yrs. old, dark and  
wrinkled looking peacefully at me. I was  
released from my ego and free in perfect  
peace. Calm in the still depths of a  
silent pool. (Last one together in 1954 - Nov. 29th)

He felt a great deal less as he narrowed  
his eyes and felt great things. But he didn't  
mention them. This was the same as when we first  
met, but now it is different as the physical  
necessity is gone and he wants to go on alone.  
I can pretty well see now why and how it  
happened on both sides. The physical was present.  
He needed me, or thought so then, and now he does  
not. There is no hope of reuniting.

well accepted speech.  
being just about the same.

The more I concentrated and went  
down, worshipping thoughts to  $\odot$ , the more  
spiritualized I became. I must learn to  
concentrate more so I can apply the outer  
concentration to penetrating within.

I must realize I am now on my own  
again, and that he is going on alone and  
repeating himself out wildly from me. Let  
him go free. He is your master but no longer  
involved personally with you.

Perhaps it would be best to marry again,  
so to transfer the personal away from him  
and leave him totally free. I think me!  
There is no place for personal love in  
his life any more. He is trying to get this  
access to me. Accept & cheer!

"Man must control his sex nature, Be master & not a slave & when + how not <sup>let it</sup> rule."

It will be difficult, but I will try to re-arrange  
our relationship so that the same deep love goes on within but  
externally, then to look after we must act differently. It  
is difficult. I am not used to that way, but hope to do just.  
Maturity is strange. Groups make everything as complicated.

March 31<sup>st</sup> 1955

Thank You, my beloved  
for this glorious arrival, my gift. You  
are my dearest love - for always the  
dearest love - my own.

Home to my tiny orientated room  
at Devi Jai - the night is warm  
and soft and so I sit peacefully  
on my little veranda the glass pane  
down at me and the trees bring soft  
melodies with the gentle breeze. India  
is close. The one who lived there  
become one with me and I felt  
toward love and oh such peace  
and joy. I sang to the night and  
to the creator of this magical universe  
filled with mystery and beauty.

The oneness at it all made itself  
known me and I am - I am -  
I am - All

There I am at the centre  
of this galaxy - I am - One  
with all - eternal - ever flowing -  
ever still.

And I am your child. We  
are one eternally. You fill those  
shells of outer manifestation. You are  
everywhere - You are everything.

I melt into you and all this  
color and form disappears. And every  
thing is transferred and there is only  
you and I alone in the universe  
of silence. =====

There is no outer joy to compare  
with this. Within this earthly line  
all the joy the world can give is magnified  
a thousand-fold.

Look therefore - Examine -  
Within your self for your peace, joy  
happiness. It lies there deep within -  
do not search in vain outwardly. You  
have it all within.

To find me again - think first on  
peace, of beauty around you in the  
night or the sunlight, of love, of  
music - all that inspires and makes  
you happy in aesthetic feeling. Then  
you will desire to know the within  
you - dig at the joy you feel and  
rejoice with the life of the universe.  
Slowly you will be led deeper  
and deeper within. Dig - for with  
this comes concentration of powerful  
positive, creative thoughts and powerful  
vibrations are manifested which quickly  
transform you or uplift you to a  
higher level. Then you can  
communicate with me, for I dwell  
on a higher plane and you must  
ascend to be with me.  
I shall love you always.

Silence is the key-note in all  
great endeavor. "Be still and  
know that I am God." In silence  
is power - Too much talking  
wastes the power which would otherwise  
work to carry out our plans.  
unnecessary talking sends the spiritual  
scatterings. Silence brings the

5  
Still you must not become subservient and  
let the wrong of any situation be condoned. You  
must in a detached way try to correct the wrong  
in a peaceful, unegotistical manner if it  
concerns your life. You are not to be trampled and  
trampled on, but you must not descend to the level  
of the trampler when trying to show him his wrong.  
You must work out a balanced approach  
to this system by combining psychology with  
spiritual truths and thus maturing the ego in a  
(slow, balanced, constructive way.)

understanding of why the person affected  
behaving in such a manner. If that is  
at the moment then use cold tolerance or  
silent until you have thought it out.

This is why you are here - to  
principle thoroughly. Return good.  
Love their enemies. This is your goal  
reach.

20  
their fruits you shall know them.

Wait silently on God.

"What you are thunders so that I  
cannot hear what you say." - Emerson

Be what the light in you is -  
and there will be no need for talk.

Malabar said: "Do not meddle in  
the lines of others."

I have noticed that  $\odot$  gives different answers  
to the same question and different views on some sub.  
to different people. He seems to usually agree partially with their  
view to them.



March 31st 1955

I have a clear strong feeling  
and I can see plainly ahead that it is  
best that I go to India this year and  
not return to N. Y. with P. B. I should  
be on my own now to grow spiritually.  
I will have more growth by being  
separated from him physically for a time.

I must develop my individuality  
and independence of action and being of  
thinking and when I go with him  
I tend to lean and depend on him too  
much - thus stunting my growth.

I must find my way alone for  
a while.

##

April 1st (Day after one at Crosswick K. Dunkan)

Notes to C "I notice you do not smoke, drink  
or eat meat. I do admire a person with  
principles. It shows that they are among the few  
who know where they are going in life and  
how to take the steps to get there."

"You would be a tremendous success in  
Indonesia. They would all love you there."

"Dja" = I want to have a long variety  
show. That is why I invited you to Indonesia.  
She looked like a little girl so  
agorically walking to Dunkan's dressing room  
and so sweetly talking to her she knew  
all the important people in the show world  
and can be a great influence in your success. This  
is your good opportunity. You left at home  
which was a great head start

good  
she is + so  
and a great head start

Jan 18 1891

I have been thinking of you  
 a great deal lately and wondering  
 how you are getting on. I hope  
 you are well and happy. I  
 have not much news to write  
 at present. I am still in  
 the same place. I am  
 well and hope these few  
 lines will find you the same.  
 I am, my dear friend,  
 ever yours,  
 J. H. [Name]

I have been thinking of you  
 a great deal lately and wondering  
 how you are getting on. I hope  
 you are well and happy. I  
 have not much news to write  
 at present. I am still in  
 the same place. I am  
 well and hope these few  
 lines will find you the same.  
 I am, my dear friend,  
 ever yours,  
 J. H. [Name]

*[Faint, illegible handwriting on lined paper]*

George Youth and Faulkholder it -

Bradford Dear

Hallyouth Publishing Company  
Box 162, Chicago ILL.

Books about Ninon de l'Enclos

W.H. Overton - Life & Letters of Ninon -  
Lion Publishing Co. 1903

Jerome - Superwomen  
Albert Payson

R.B. Wormely: Portrait of the 17th Century

W.J. Alcott: Notable Women in History

Frank Hamel: Famous French Salons

Ethel E. Mayne: Coquettes of Men

~~Birthdays~~

Ida - Sept. 20<sup>th</sup>

Bernard - May 30<sup>th</sup>



