

H

GOLDEN WEST



NOTES

No. W-528½

5¢

If you wake a
conscience from sleep
You could cure yourself
fasting you wait through
your spiritual & Psychological
understanding

chase - range
macon

red
okra + chest nuts

trill cabbage
odd boiled
chest nuts

eggplant boiled
with garlic

raw red cabbage
oil lemon, garlic
'brunns' or
wage

You must learn
Prudence + psychology in
dealing with people.

These people are
constantly sapping my
spiritual strength from
me and I become
tired.

He changes greatly when the
pressure of people is removed.
Use patience and understanding

Churiflowers
with cheese
or
broccoli.

swiss chard
boiled
chopped
mixed with
cheese
then pour
(with whole
wheat flour
grated cheese
yolks)

Dream of P.B.
on rolled over
the P.B. acid
when we looked
into the end
"Hold me"

The time has come
for us to die. If you
love this and drink
with me you will
make great development and
win your rest. Lift up
with the strong & faint

Overcome }

peppers
broiled over
stone
like eggplant.

Buy
stainless
steel
pressure
cooker

"Since we are all one
when you hurt anyone
you are really hurting
yourself."

Because you are
actually stopping your
spiritual nature from
coming thru; thus you
are hurting yourself
in that sense for
without your
spiritual nature you
are miserable...

#

Goldsmit!

"The body cannot
contract a disease to
manifest one. The

The body cannot
reject or accept. It
cannot refuse to
digest or to digest.

All action, assimilation
and digestion are activities
of the mind which the body
automatically reflects.

#

The absolute truth is
that there is not God
and man but God
expressed as man. How
can God be sick
or sinful?

#

Depersonalize the "I"

Learn to drop
"my" life "my"
Understanding or
"my" supply. Become
intelligine, his due
& power are not
personal but impersonal
& universal.

#

You are co-existent with
"mind consciousness", its
principle of thought. This makes
you free to mould thought
and its expression, in
perfect harmony. Unless you
see this, you will always
be looking for a power or
presence apart from yourself
to act upon you, upon

Your thinking or affairs

Cook zens
with zens
&
lettuce

fried
red pepper
salad.

This was when
I was positive
& happy, confident
independent in
my goal & work
of a singing
career.

This is the
woman I love.

August 8th

"O" to "n"
(P.A.)

"We were never so close as now. I'll help you to grow, to be with me. I promise you that I'll never leave you and I will always love you. I love you more than any human being. You are a part of me now and we can never be separated. We are one within and our love exists on a greater inner level than ordinary love."

I knew that here
was my only love. That
no other man could
be so close to the real,
spiritual essence of
what is real.

He is the mate of
my "self." There can be
no other. Let me keep
myself pure & be
loved by him.

I am so fortunate
to have found him &
his great love.

"O" to me -
P.S. - If I could
be wonderful
if things were

destined to have
been different and
you 30 years younger
when we met. But
they did not intend
that I find complete
satisfaction in love
if a woman, ~~and~~
they meant *
with them and
the word of heaven
being it goes into
a higher existence!
"Amen!" I want
to go with you &
not leave me
behind."

* "I will help
you - [but it means

a crucifixion
of the emotions +
exp. It is very
difficult and
painful to acquire
this growth. It
is slow progress.
* Although I had a
quarrel, I had to learn
my lessons along
the road. The
joins the way
but I had to break
it alone.

I can give up
things easily if the
command comes from
within. For then
a higher help comes
in the form of divine
will-power. I have
no difficulty in
relinquishing. I don't

It was the wrong
place for you + I
a most frustrating
one too. To be in
the position of
writing letters to
stupid people,

Attending to
mundane affairs
when you have
a talent of genius
yearning to be
expressed.

Aug. 12th. 1955

O to N: As emb. for
"You are still beautiful
and desirable to me. I still
love you and we would
still be married had I
been younger. It is just
because I am so old. May-
be in our next life we
shall have a son from
our union. You are

very lovely, very
lovely, do you know
that I love still
as when we first met
and I shall always
love you."

Metz - Aug. 30th

① Words only, can't be
thoughts, so get
feeling or mood of
phrase, or essence
of phrase before
repeating it and forget
about repeated
words. Recalled the
mood from the first.

(2) When you practice
you can distort but
when you come for
less of going it is
a mistake

(3) Your eyes register
all emotion. Be
in good against
gesticulating which
is unmit. It is
ugly.

(4) Fours all tones
against hard palate
Don't let the mouth
open and spread the

Convey through
and the tones will
also have real
beauty.

Buy
wonderful from
King & S.

two.

(5) Let phrases
die out then
revive them.

up again. like

You come at last <

~~Love had it~~ <

> that dog is part >

the.

(6) Get essence of
moods.

② We must strike
a balance between
old classical "line"
in Stalin compared
to modern expression.

Balance.

③ Put energy
worth into song
than you can get
Amoy kind
technical flaws.
If it has over-
feeling it will

Lesson Metz - Aug. 11th

- ① Don't open ^{mouth} too much
on low notes
- ② Do open some
higher phrases open
up more.
- ③ Feel each word
and phrase - feel
rebel (means
steal in Stalin)
steal from (3 notes)
add to last part of
phrase.
- ④ There is a different
mood + expression in
musicals than in
light opera. You must
almost a peak every
note.

(5) Feel underlying mood of song

(6) Don't overestimate importance of (the and but etc.)

Don't punch them out. Instead go on to next important word. Be careful not to belt important words but slip into them then slow

crashards,

(7) Stand against attacking the first word of every phrase.

(8) Read carefully the music and understand meaning of every phrase separately

and also is pertinent to the whole piece.

(9) Let personality come back in song. Don't hold back. Shine out.

2nd Lesson - Metz

① Sing phrase as you would sincerely speak it.

② Break phrase as you would speak it, use unimportant words only as stepping stones to real subject words of the phrase.

③ Sing words as pronounced with accent on right syllable.

④ Build up to important words

⑤ Give injections of importance by rolling out first letter of the word.

⑥ Don't ping a punch out every syllable or every note. Hold along until you reach important words.

⑦ Don't Drag

8) When advised
to repent from
verb by a phrase
punch out the verb
when you come to
it

9) Always think
ahead to next
phrase + its meaning

10) If you did heartily
with the lesson.

11) Be sincere in
interpretation. Live
the part. Get books
on acting, when you are
to head something
more your head
as if listening; etc.
Be natural and
sincere

12) Morsini is a
character, desperately
loving her father,
wonderfully rich, happy
with her bagger's life
shuffled as a child
upon buying bangles.

(13) In light opera
you must pronounce
and project
consonants + supplement
sounds like

bow - bles
don't worry about
tone quality.
you are describing
something.

(14) Try to localize
your centre of
movement. Like
for a graceful
ball counter

localize your point
point of all movement
from the forehead, of
acting. Minnie +
pick with J.B. more
with chest or focus
points. Or a hunch
back comes from his
hump.

(15) We experience
everything then our
fixed poses. When
swinging + acting a
song should be broken

of what senses have
to be used in the
interpretation when

You are listening
for instruction to someone

Speak. You use your
eyes focused upon
the other party as well
as your ears. Remember

these points and
develop them ON
your own.

16) Look at me all
the time you are

singing and keep
strict my direction.

17) Summon up
creative energies and
strike the center from
which all music
flows when you sing.

Ave Maria 4011

Brooklyn
and.

Ave Maria
gratia plena
Dominus tecum

Benedicta
in mulieribus

et benedictus

fructus ventris

tui Iesus

et benedictus

ventris tui Iesus

Ave Maria

El Segundo

Engineering
Publications

see Best

Scron

in design of...

Quality Best

better

Design Plant at

Palm. need

good cartoonist

layout man, +
designer

Starting
Annotated
cartoon dept
need cartooning
would be good
experience

← of him and go
out on your own
starting to create for
yourself go with
"O". He now wants
you not to depend
anyone on his
questions, but to carry
his questions along
with you and you
must now go out
and establish this
consciousness & give to others

you will be very
pleased I hope, if you
do this.

2 to 11:

He has a mission
to work to perform
and he must do
alone & do this.

You would have
to separate your-
self to help him
in this work and
develop & live
in his illumined
consciousness.

Just as your vocal
cords vibrate you
eventually leave
him, become independent

3rd Lesson - Mtz.

(1) "I am amazed at the capacity of your ^{at} mind to pick up so quickly what I'm teaching you." You have made tremendous improvement in this one week of only two lessons."

(2) Be careful not to open your eye low - middle lens, this is unnatural and artificial. Never in singing do anything which is not natural, simple, truthful. All these words are synonymous. Simplicity and Truth are the same.

(3) 2 kinds of Gionemus

(A) pure and (B) impure pure is soft with detachment, no emotion (B) impure with held back emotion, or organs not overcome with feeling that one cannot speak aloud.

(4) Teach the Southern more passionate song.

(5) Promote comments against - front let's Don't let them spread or Prop.

(6) Keep line of focus completely spinning. Keep words flowing out

of their own accord.
Don't force a break.

Let the consonant
flow into the other
in a straight line
& resonance.

Be careful not to
spend too much time
on emphasizing consonants.
Go quickly into the
vowel - like "lost"

All true art springs
from some truthful
source. Never do
anything that is affected
or strained or
unnatural.

Don't open mouth
too wide.

9) In interpretation
you must use
"imagination". Revitalize
imagination by picturing
what you are singing.

Describe a scene or
emotion just as if
you were enthusiastically
telling someone about
it.

10) Make the music
move along as an
aftermath of your

thought. Think
as you sing or
phrase as you are
singing. Never let it
come automatically
as you go through it.

Think at all times what
you are doing.

(11) If your tone is
pure, free, unforced
your emotion will
come through the tone
to the audience clearly
and the emotion will

have a startling
effect upon the tone
color and quality.
This is the natural
way to sing.

(12) There is no end to
the expansion and
growth of the voice
when one sings from
the natural source of
his own voice. If
one forces the extent
of growth is very
limited but with
free natural
production there is no

limit to what the
voice can do.

- (13) You need the Italian
pronunciation line and
the German production
in Light Opera.

Melz - 4th lesson.

(1) Italian pronunciation

(2) Don't rest mouth
a few for consonants
flow from one
word to the other

Don't smack the lips
together.

(3) Pronounce all vowels
and make tone
forward with
pronunciation - open
front teeth instead
of slating in the
throat.

(4) Let more seem
to flow on - slight
out instead of
dropping them down
& seem to end them
before starting next
phrase.

re.

The moon
was blue —
— and high
above.

Aug. 29th Metz

① Sing a
phrase as
you would
speak it - do not
search out
consonants
but go quickly
into vowel.

keep
vocal line
#

Give it as
you would
feel it. Give
it vitality
#

As long as you
desperately want
you can do
anything you
like with
music.

left out phrases

The brother -

He was a
white and the
driving snow!

It snowed

and was filled

with pure
love - dressed
in

many
white long
snow white
hair - purity

The way to himself
Removes from Grace
is to have perfected
the ego and ridden
it of its imperfect
side through good,
deliberate pliancy.
You must be morally
pure and perfect
through conscious effort.

← Who am I?

I am - pure
consciousness - free
individually in all life
and a person.

When I saw him
I desired completely
to be raised above
the human level &
desire to the higher
of purity and
ableness.

White res,
strength, peace,
consciousness was
the extent of my
will.

I then felt the
body as being very light
and supple and my
mind enlarged & full
of peace. Harmony
prevailed.

I was on the verge
of becoming pure
consciousness and
realization of my
identity.

15th
October

10-3-0739

Bowman 5-5178

~~Thurs 7:30
Thurs 8:30
Thurs 9:30
12 o'clock
Bowman
Home no.
100-3-2466~~

11-22-11

Monday 10 o'clock
August 20th
me

