

Evangelina Noel



MADE IN U. S. A.

TUMBLER

THE 80 LEAF

NOTE BOOK

No. 3746C

Evangelina Noel
Evangelina Noel

ε

EYE-EASE PAPER

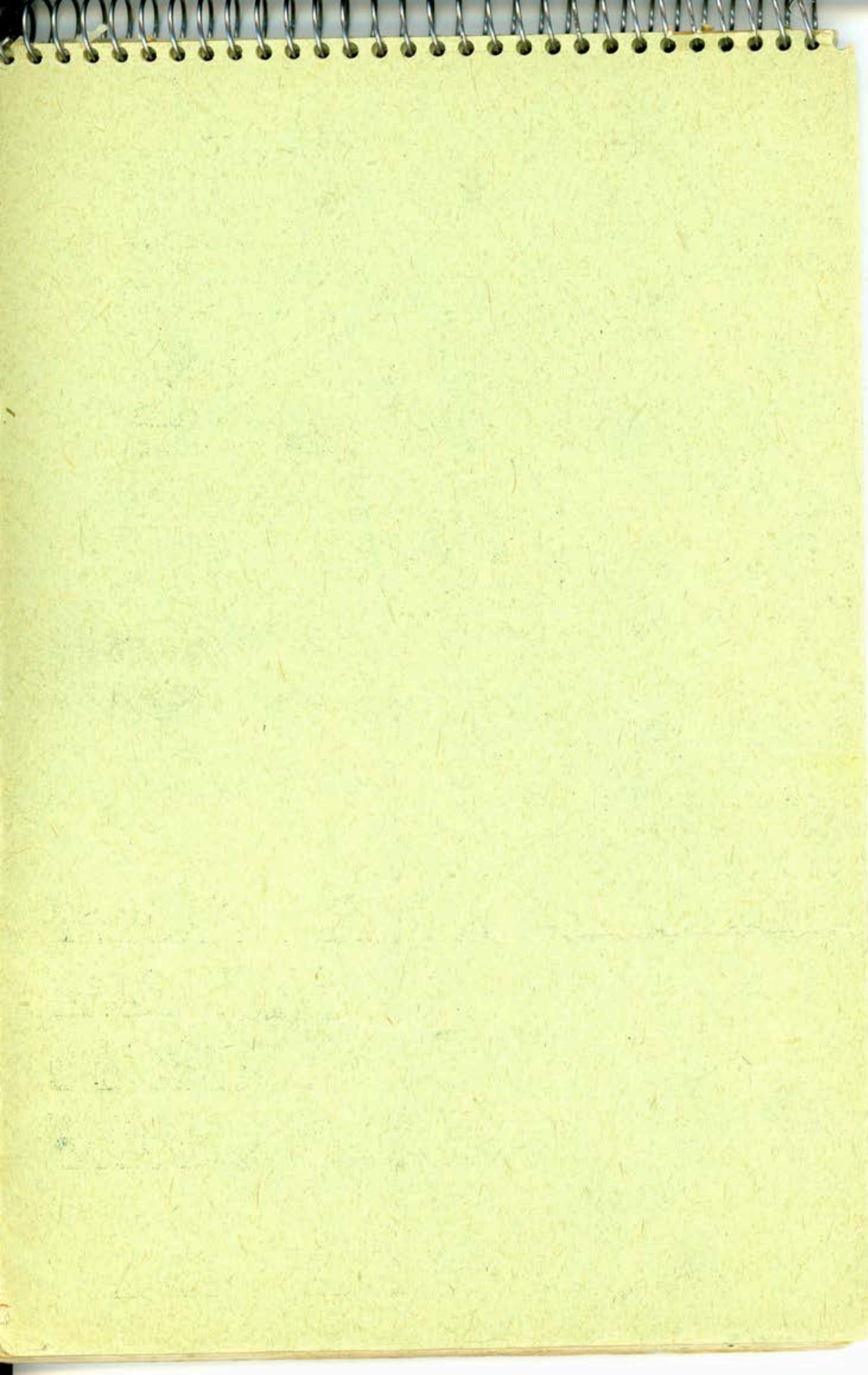
TURNS QUICK

LIES FLAT

STANDS UPRIGHT

BOOK NO _____ FROM _____ TO _____

2.00
2.88
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→ Plates 1 & 2 Films ✓ ✓
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8 sheets except 3 plps
VARN: ~~part 1 & 2~~

Palm: 1 2 3 2750 sheets

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25 x 38 - 80 w/d ctd
AT 18 1/2 lb pound.

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6. 25" x 2 3 - 9 1/2

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Your letters to Evangeline
and to me, dear Rosalind,

... were read with interest.

I am pleased that you have
entered into ~~constructive~~ ^{constructive & useful} so many activities.

Your swimming is very good
for you. It makes you breathe
deeply and thus energizes the body.

I am sending you help in
my prayers & meditations. Now
you must continue doing your
part in carrying out the regulations
I laid down for you.

~~I am very pleased with~~

You have certainly tried to
carry out the rules I gave you
about eating three regular meals
a day. ~~and stop~~, and I am
very pleased with your effort.
But you must now try still
harder. You are forming new
habits and they have to be repeated
again & again, day after day, until
they become a part of you.

→ A Flp I found (B. Green)

36 "Pres. v Churchill Downs".

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5/20/25.

me - \Rightarrow P 18.

One day they will become
Automatic Habits, And then
Your regular three meals a day
will be a steady pattern and
You will be free of the effort of
having to make any effort.

Just keep on trying, dear Rosalind,
that is your work, and help
will be coming to you to lighten your
burden.

I am sending you a fresh
batch of foreign stamps.

Always hold on to hope and
that will pull you through this
temporary ~~stage~~ period of difficulties.

I am confident that
You will come through this
into a perfectly normal state
where you will be happy &
joyful.

H. B. Brownell

Vice Pres.

N. Y. S. Corp.

N. Y. S. 575 Madison Ave
N. Y. 22 - N. Y.

~~Part~~ Part

is a price of B. 4500

to A. C. M. & Co. - 1

price of .051 per 100 lb

or

~~Part~~

Writing

My days are filled with my
work, ~~the writing of my~~
~~books~~ besides reading
and answering letters from
all parts of the world from
people who have read my
books.

We are (Montauk)

gts No 1) of Label es 2

To Mr. R. Granger

1. ~~11~~

~~Crafts - ² ~~11~~~~

~~2/27/59~~

✓

Challenge

Card to Prof. I
by Granger

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VAR. (Trans)

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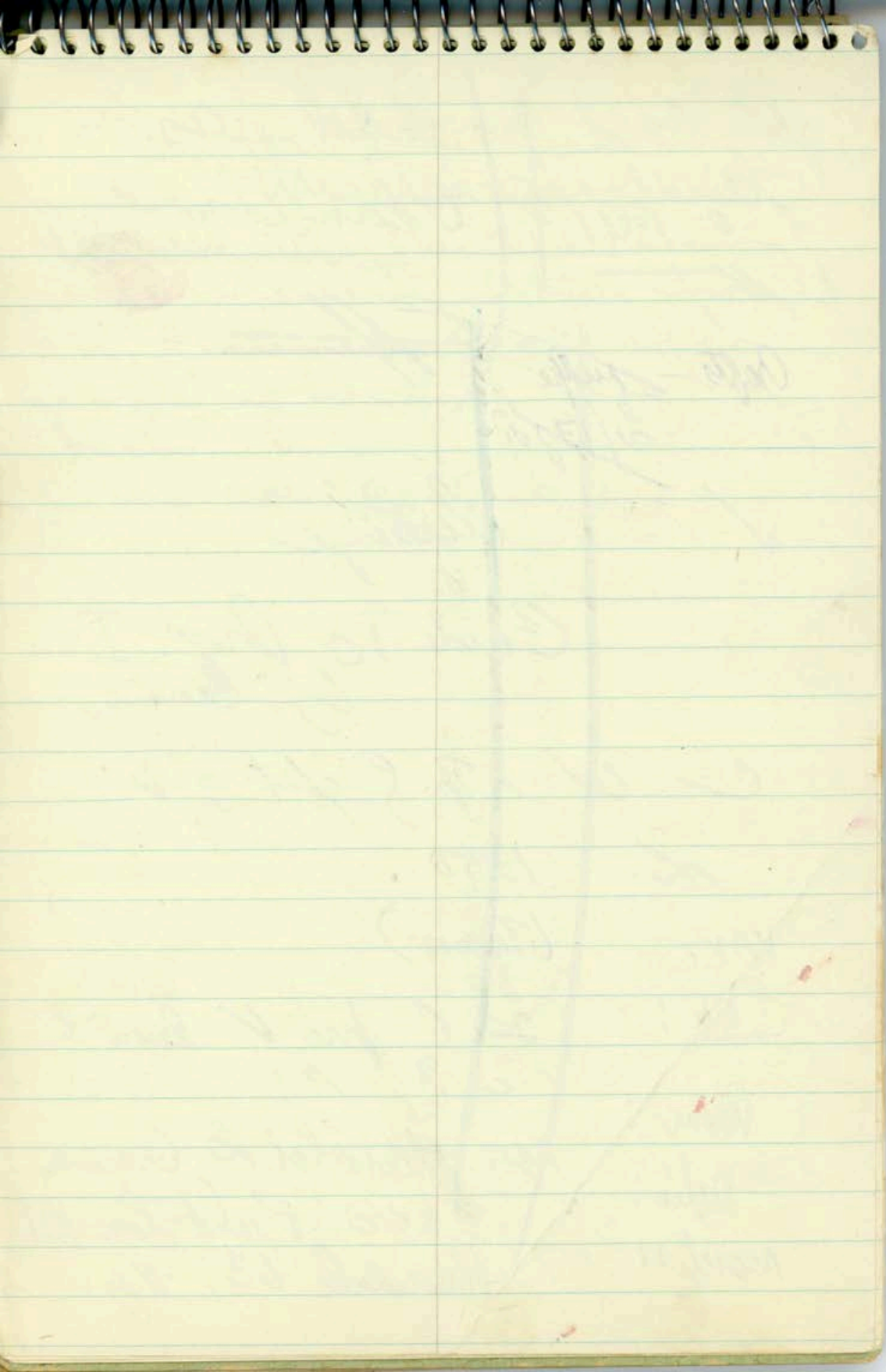
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march 11

Mr. Harold B. Granger

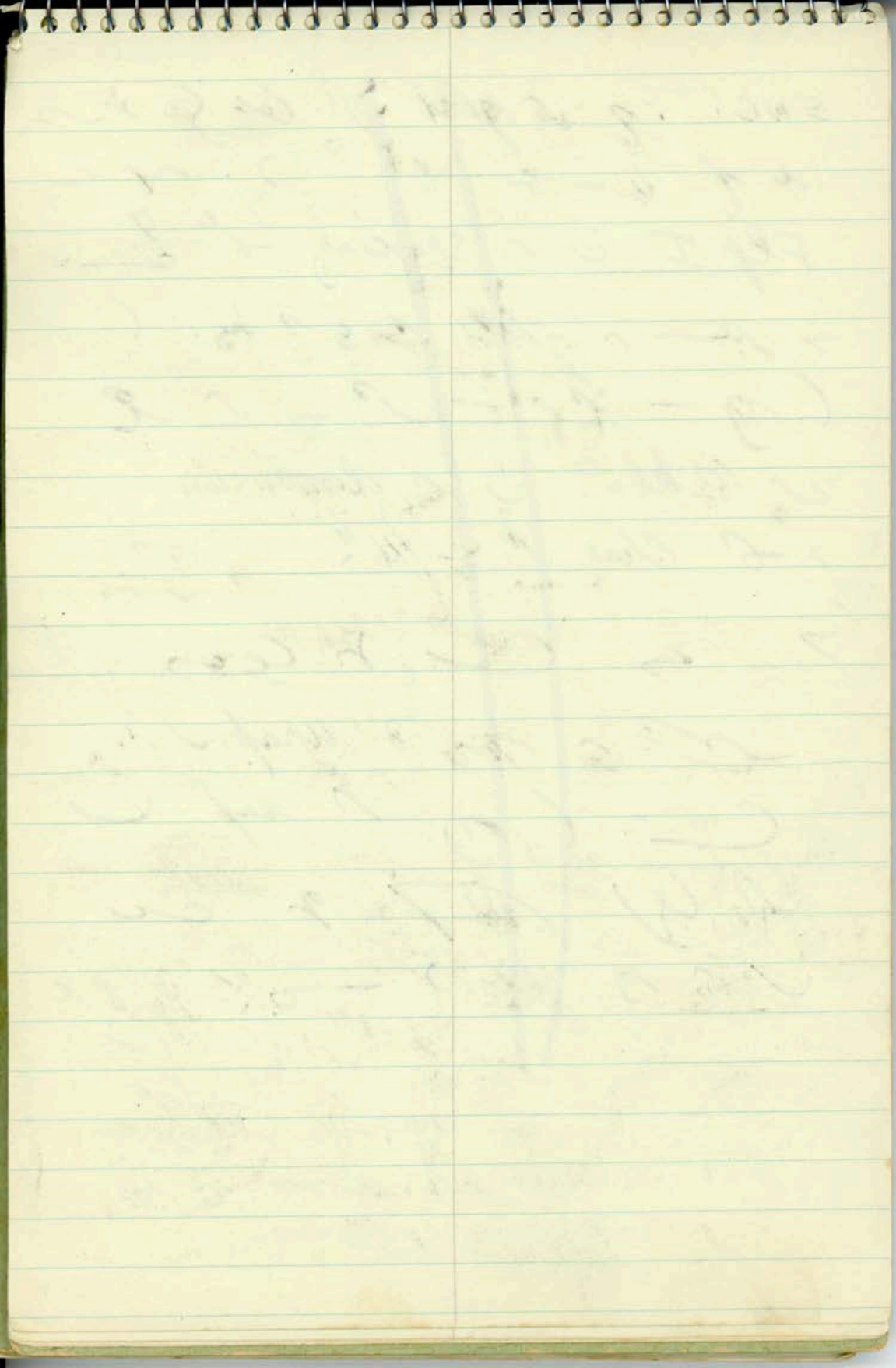
3600 Fieldston Rd

Rosendale 63, N.Y.



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✓ Algen

Cum gratias
L.C. Freeman

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Smith
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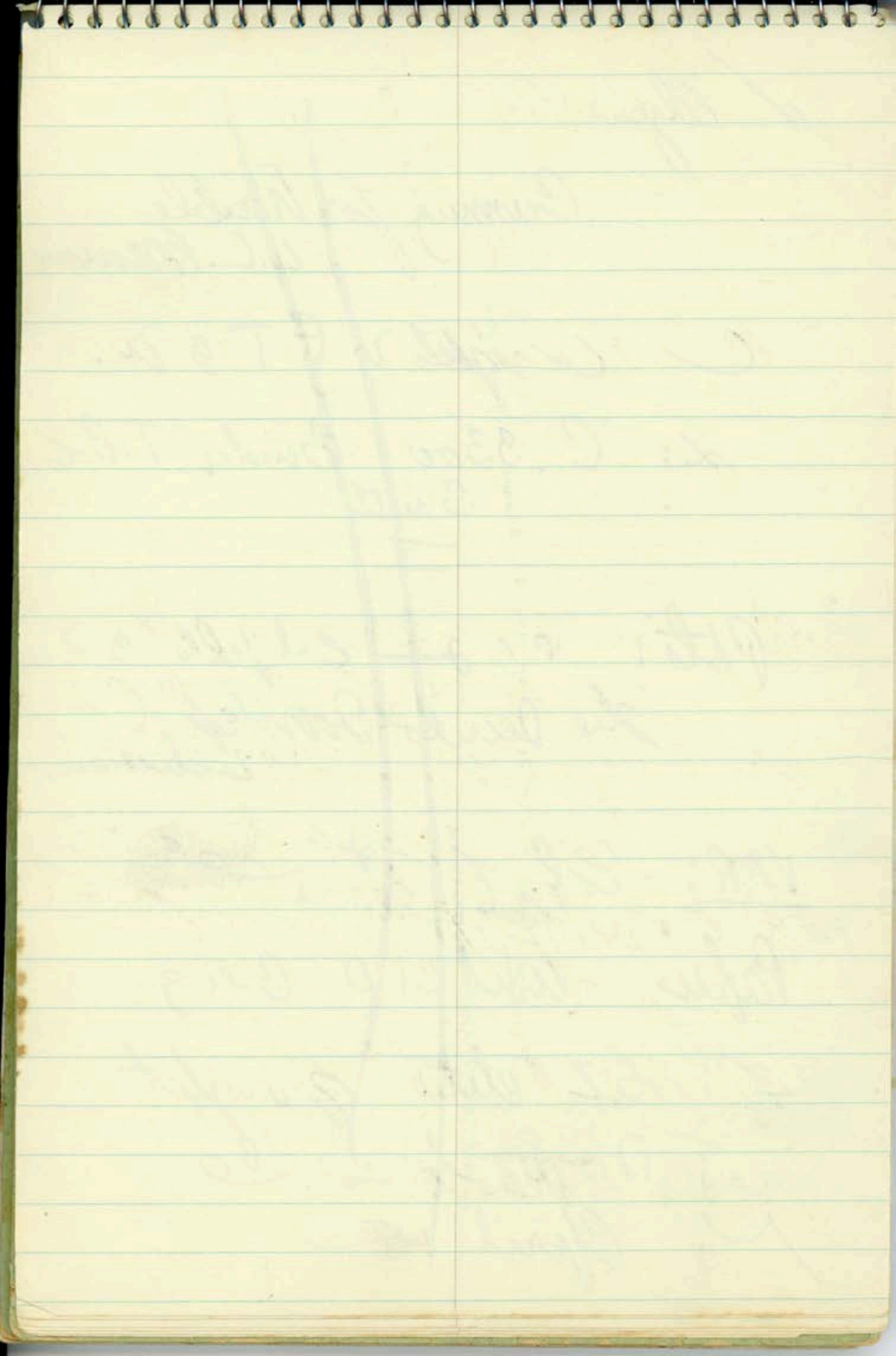
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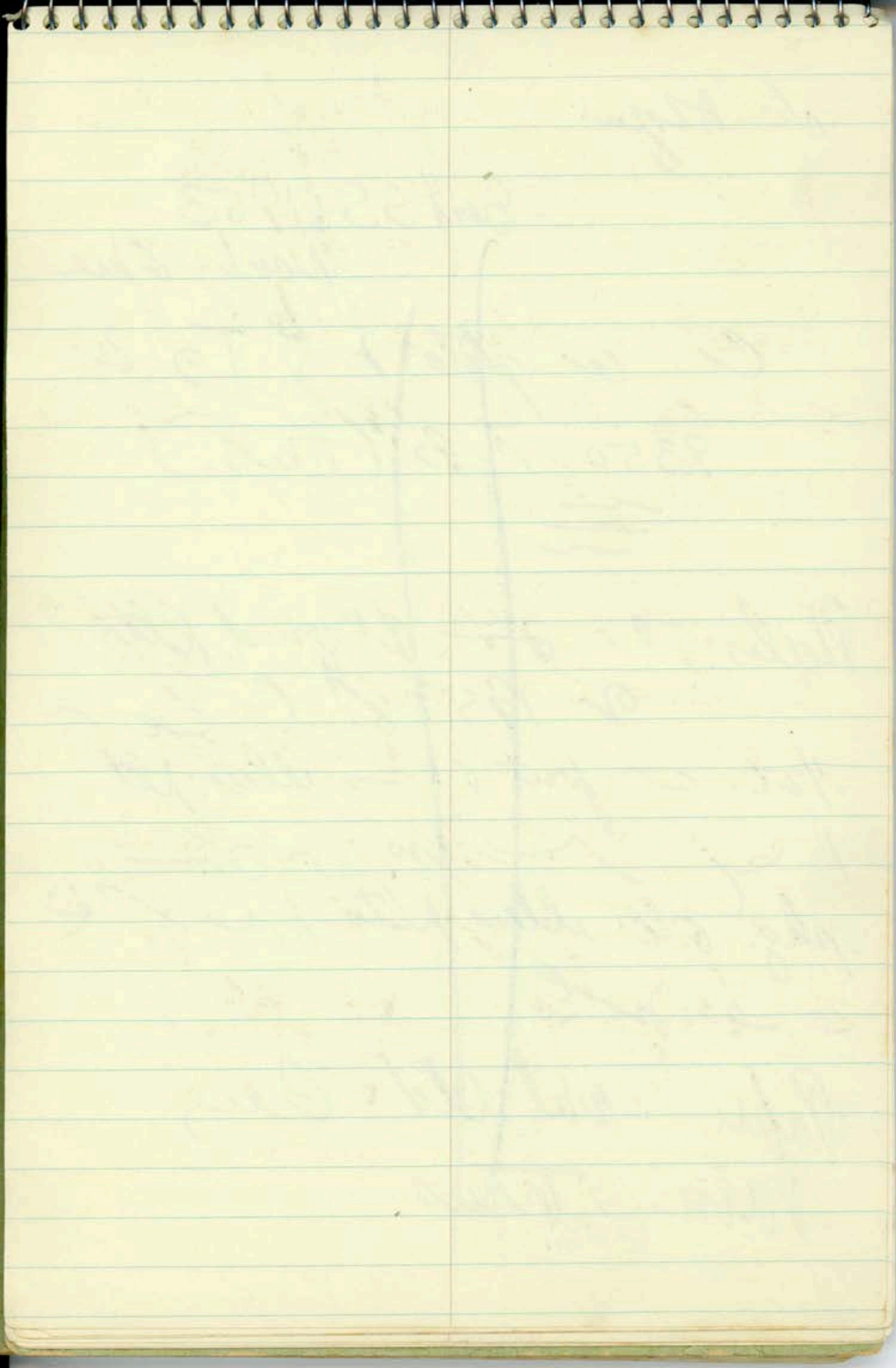
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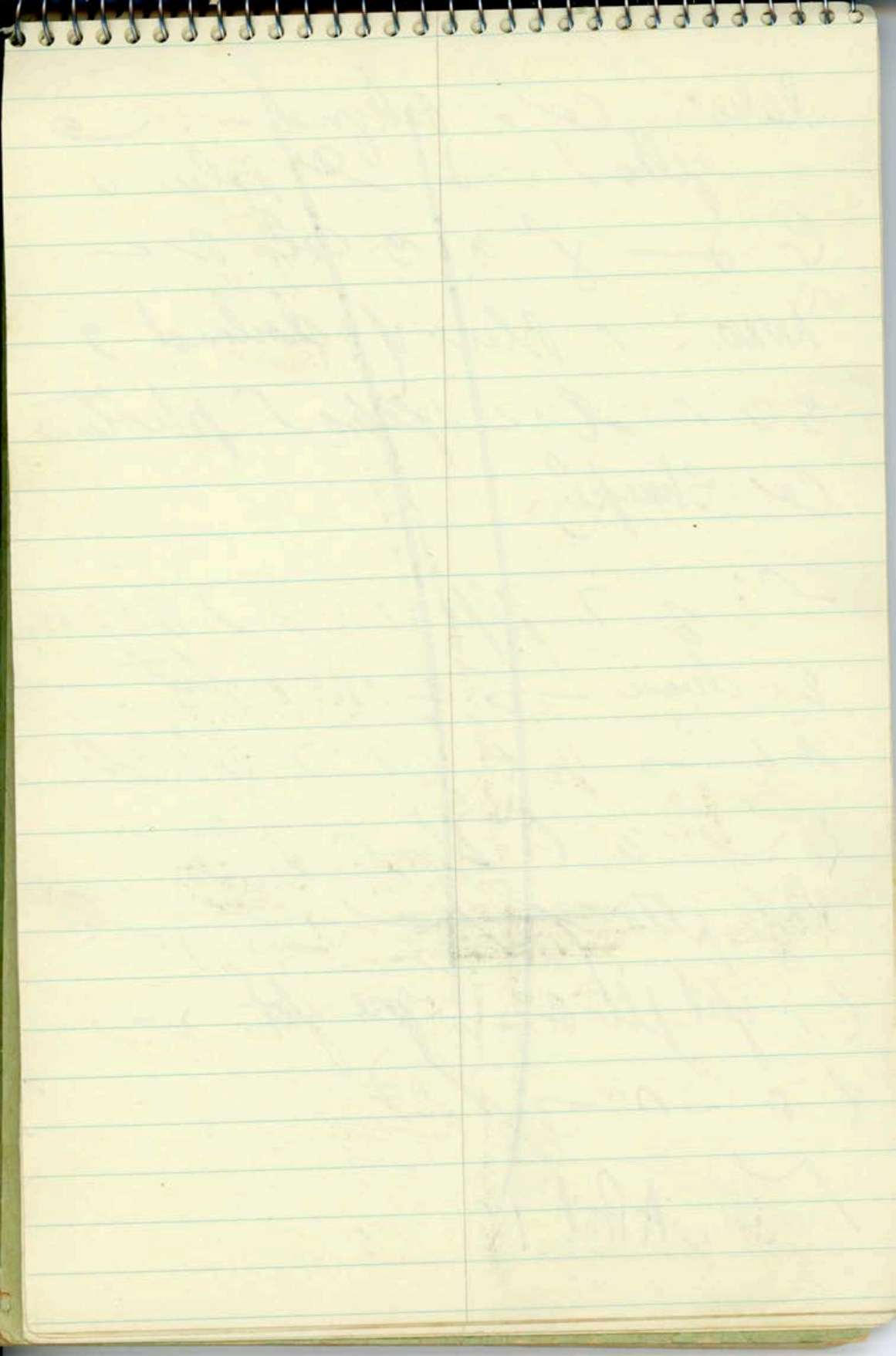
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Algen & Stevens

P.S.S.'s 1953

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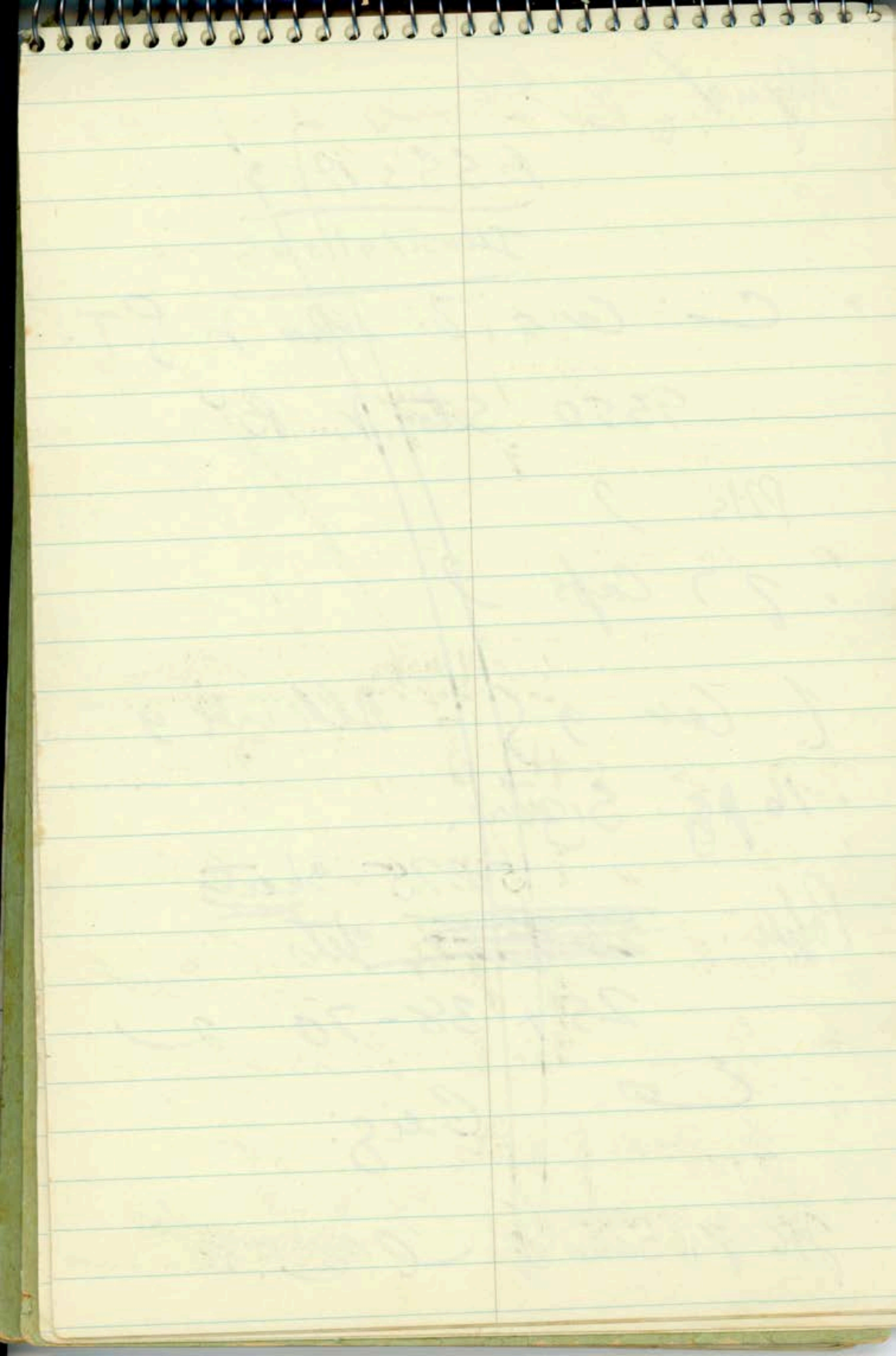
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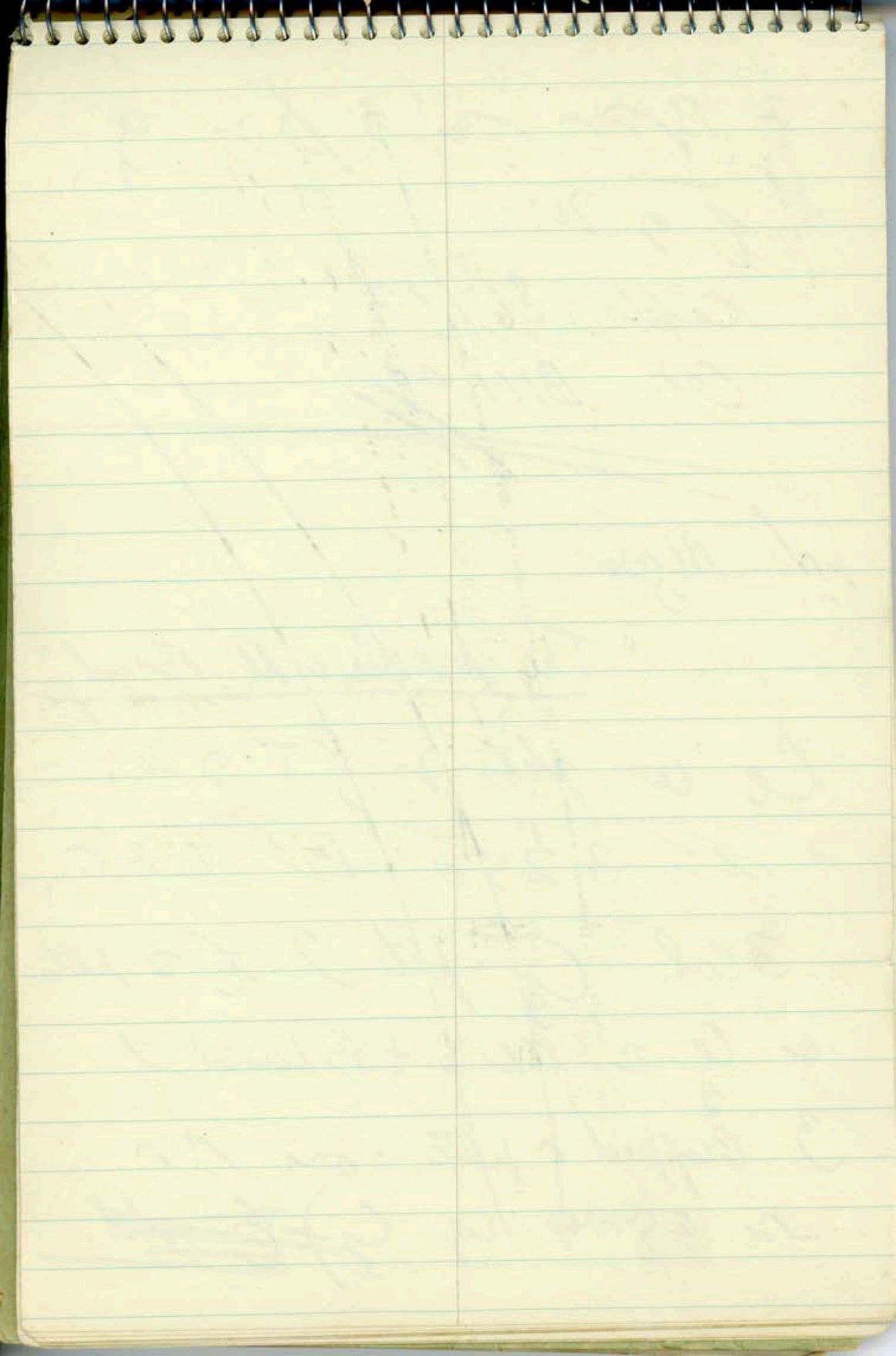
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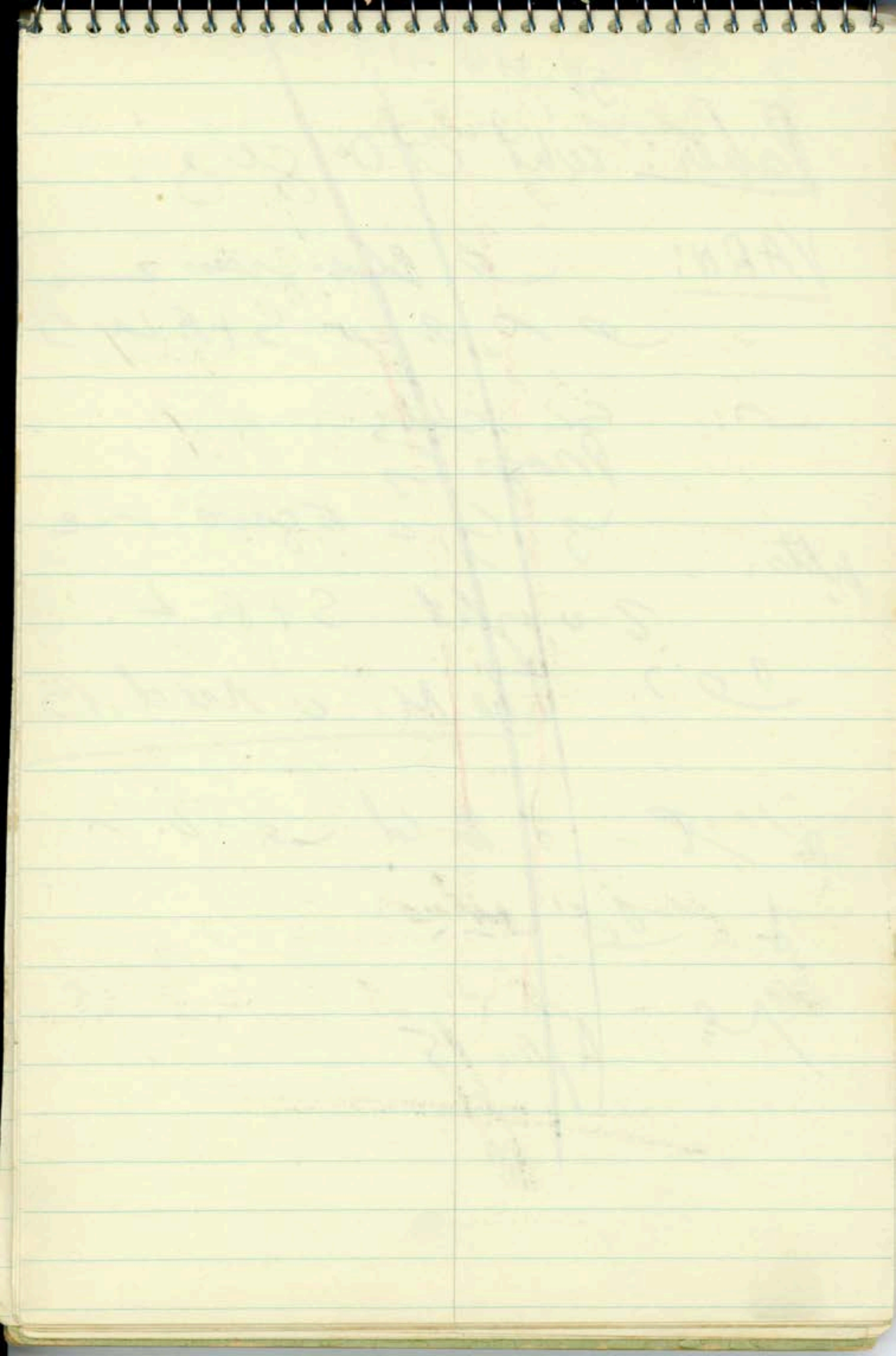
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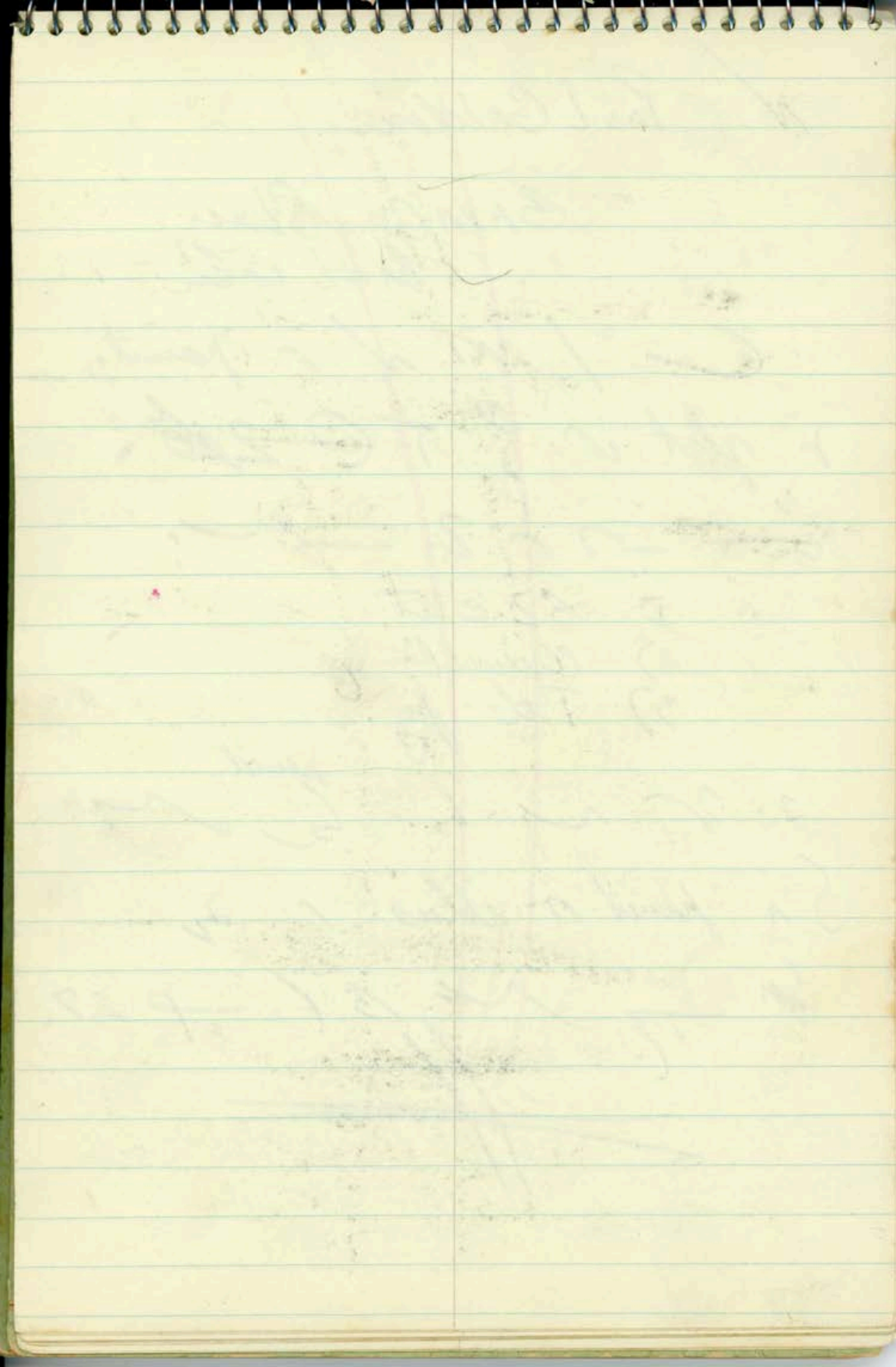
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8. — — — — — p 27.

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~~Wm~~ Wm

40% of 6 - 7 yr
costs incurred 9 = P 28/53

7 - 3 (A.J. Dan.) -
temporarily included
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~~Dr. P.B.~~ belong to P.B.

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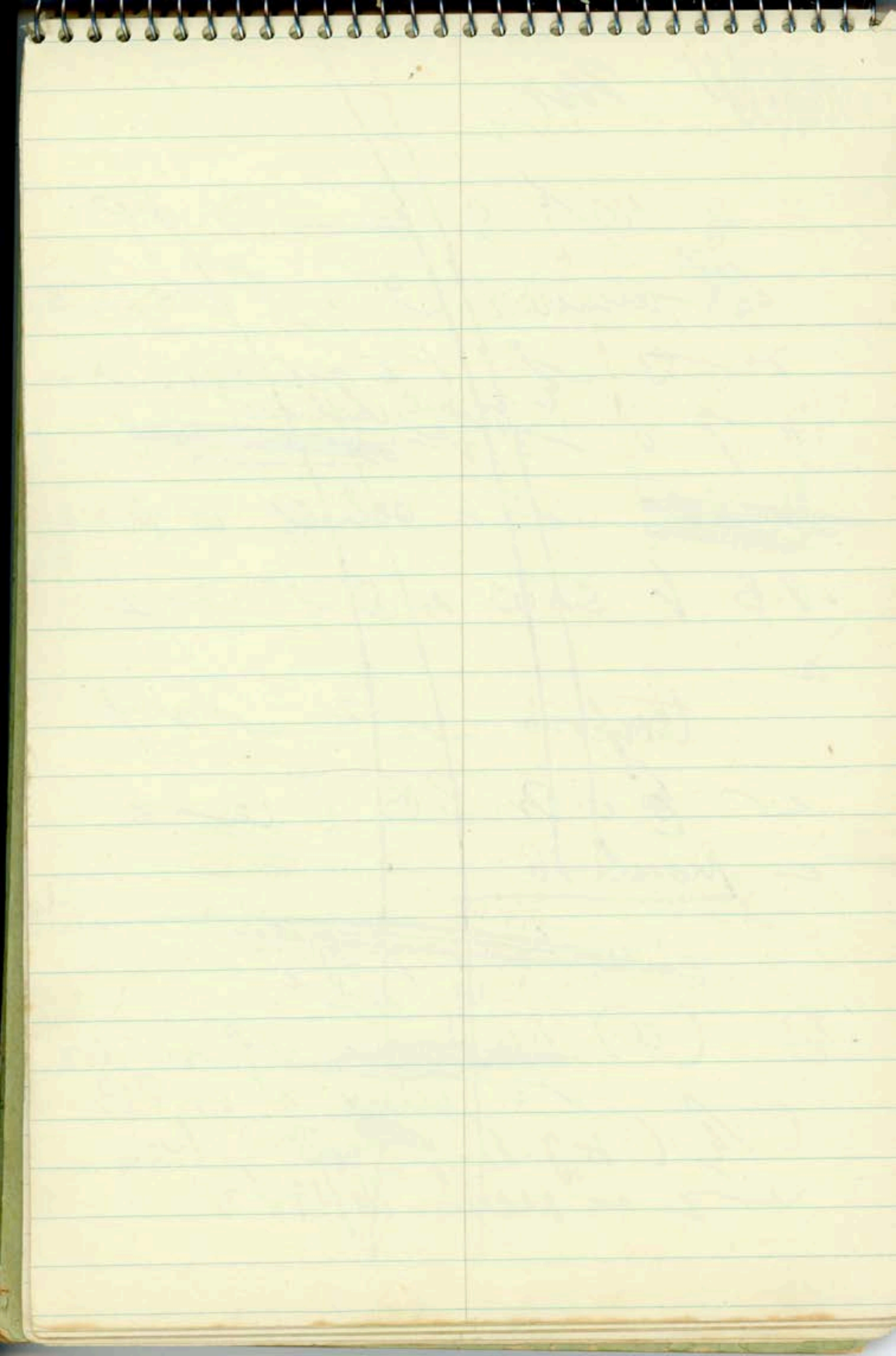
March 16

~~40% of 7 yr~~
40% of 7 yr

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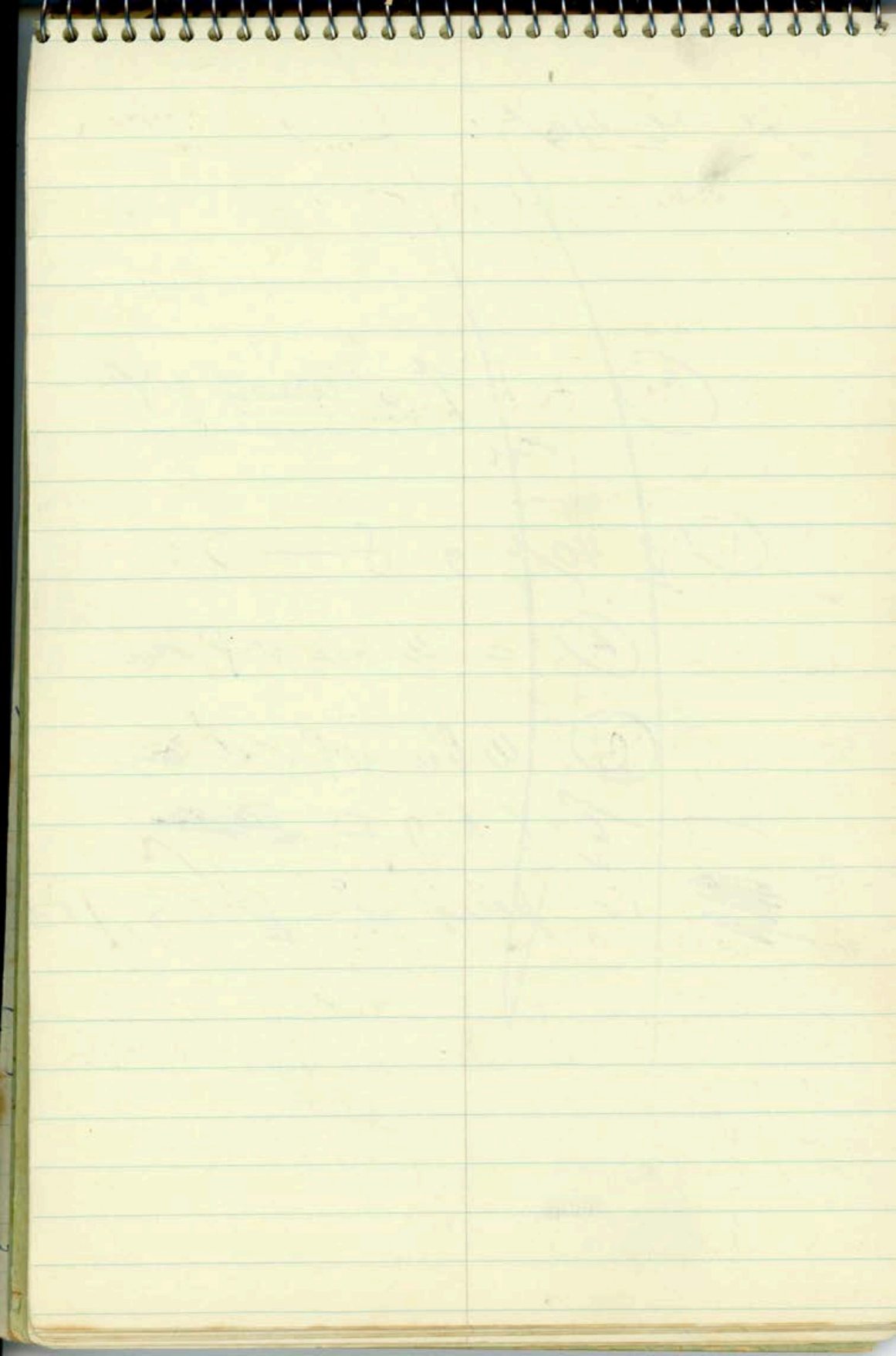
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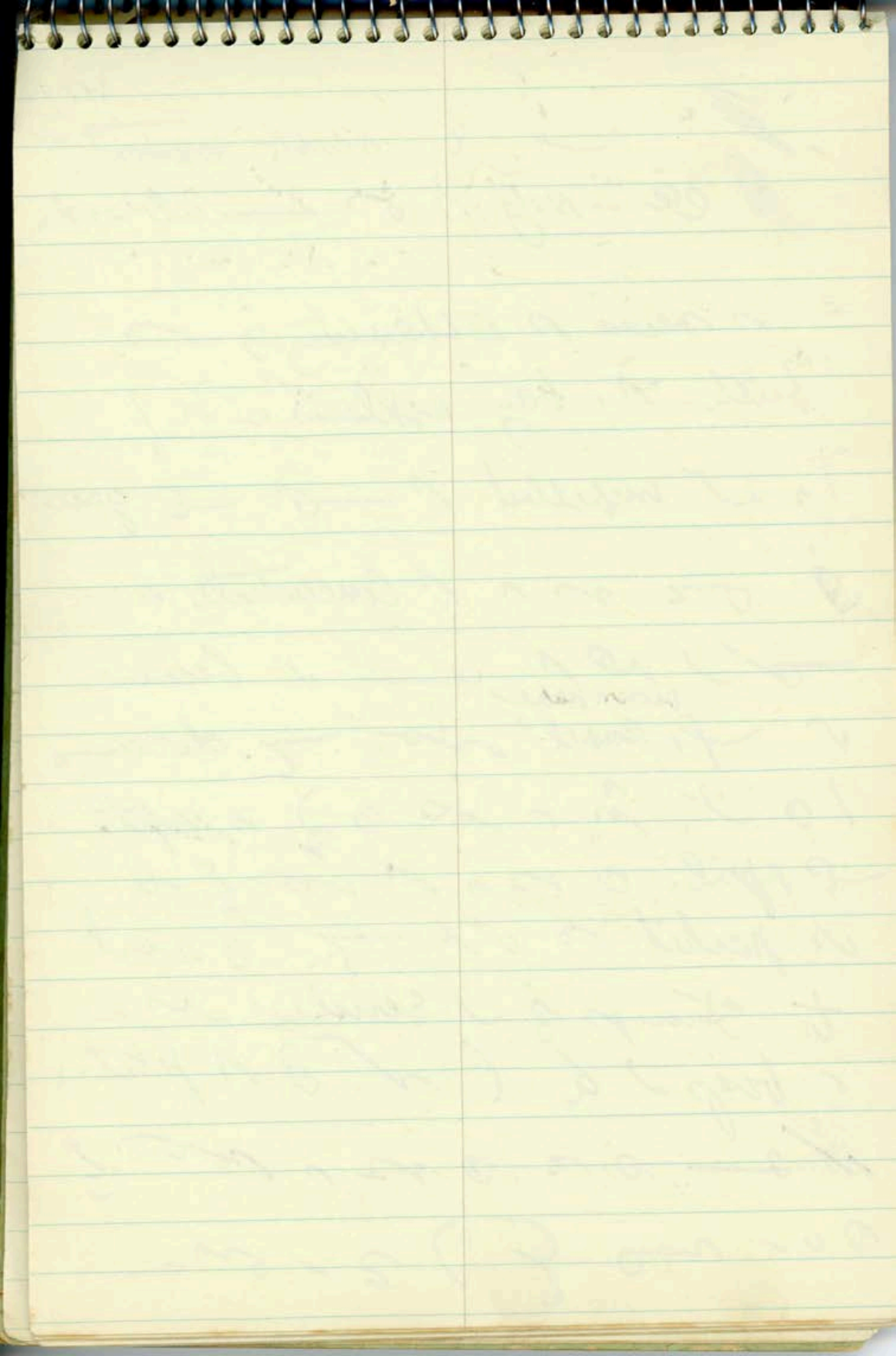
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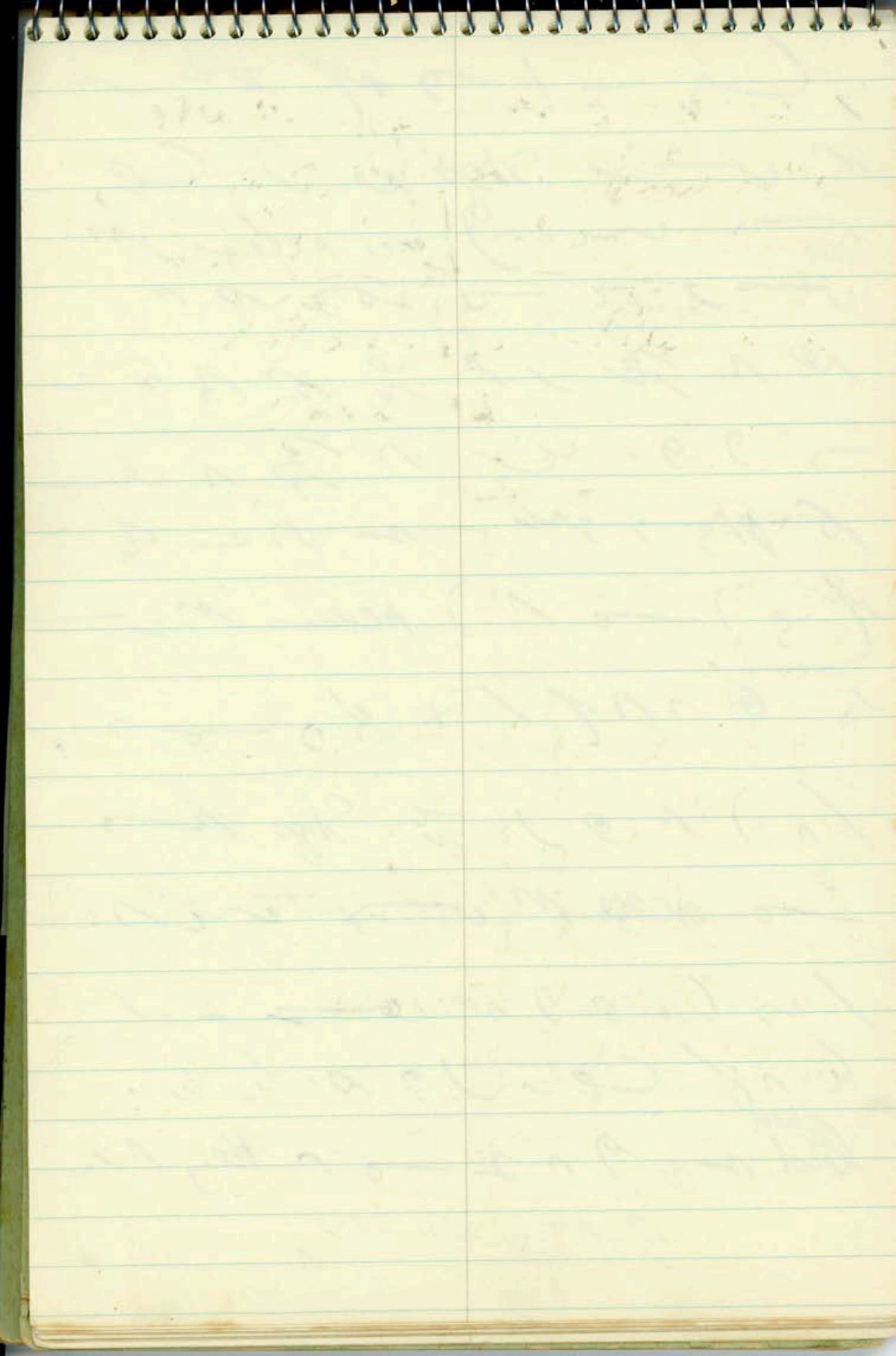
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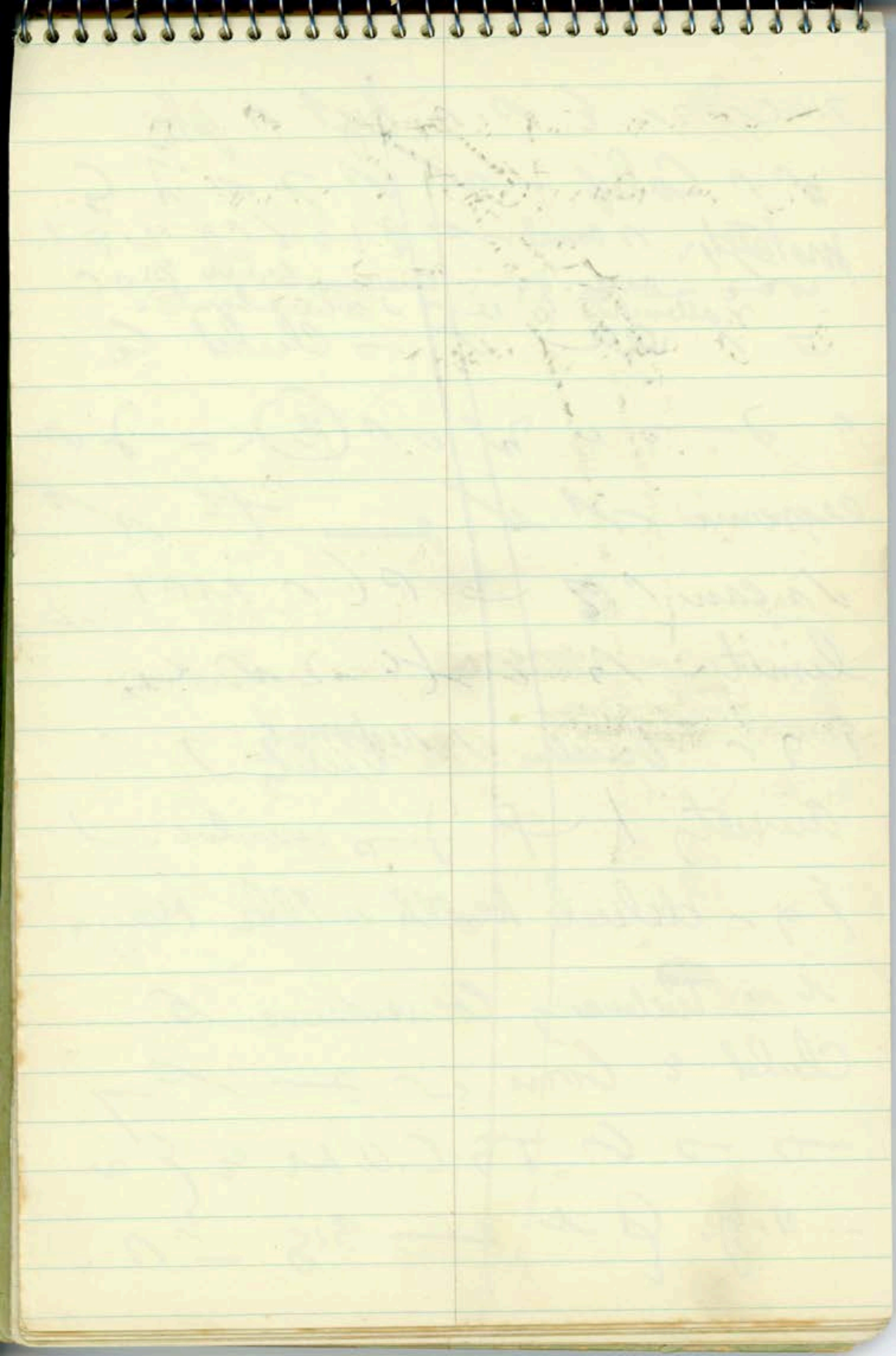
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① 16 - 2x This
This is a nice height

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~~Roman~~

~~Janapant~~

~~of life & I know I
can never die~~

~~Common this meditation
shows me that~~

* P. B. to Noël: I would say not "perfecting" the
eye, as such but that we must develop
and balance intelligence, feeling, and will
and then purifying them - so that they can then
be as true as possible reflection of the "I".

with "I".

During the day develop the woman
reflection of this "I" so that she can
represent the true self on the human plane
as truly as is possible. Thus living
with the 2 selves, but never
losing sight of the reality of the real
self - the "I am" * (see insert)

"Quest"

Brentan - "The body does not exist for a sleeping man, merely because he, the mental ego, has vacated it. The contention, therefore, is that the personality still exists and still continues to function in this state of dream, quite apart from the physical body. In brief, the personal ego is a thing separate by nature and independent in expression from its physical instrument."

"It is by courageous and independent thinking that a man may ultimately effect his own liberation from the bondage of spiritual ~~matter~~ ignorance."

"He is not ^{only} a body, but also a force - something far subtler than physical matter."

Developed to reflect the "I"
along feminine roads. This reflection
should be -

Healthy (physically +
intellectually + emotionally)
Paised
Kind
Unselfish
Cheerful
Radiant
Stable
Loving
Understanding.

Each day set aside long period
for morning prayer, contemplation +
meditation for developing content

I could choose my thoughts
like I choose my garments!
The shining enormity of "I"
was realized for a moment and
freedom came. Then I
concentrated on the 3rd eye (after
realization left, & thoughts tumbled
back) and I felt power as I
gazed into the darkness which in
my skull. at that spiritual organ
of sight.

After this I went into a long
sleep - losing all consciousness.

When I woke up the fire had gone
out, so I went into bed. As I lay
down & closed my eyes, I saw a picture
of the world, as I see it every day,
shimmering in front of me. It then
split up & shook, and separated
in all directions. It fell apart, &
shifted about in front of me.

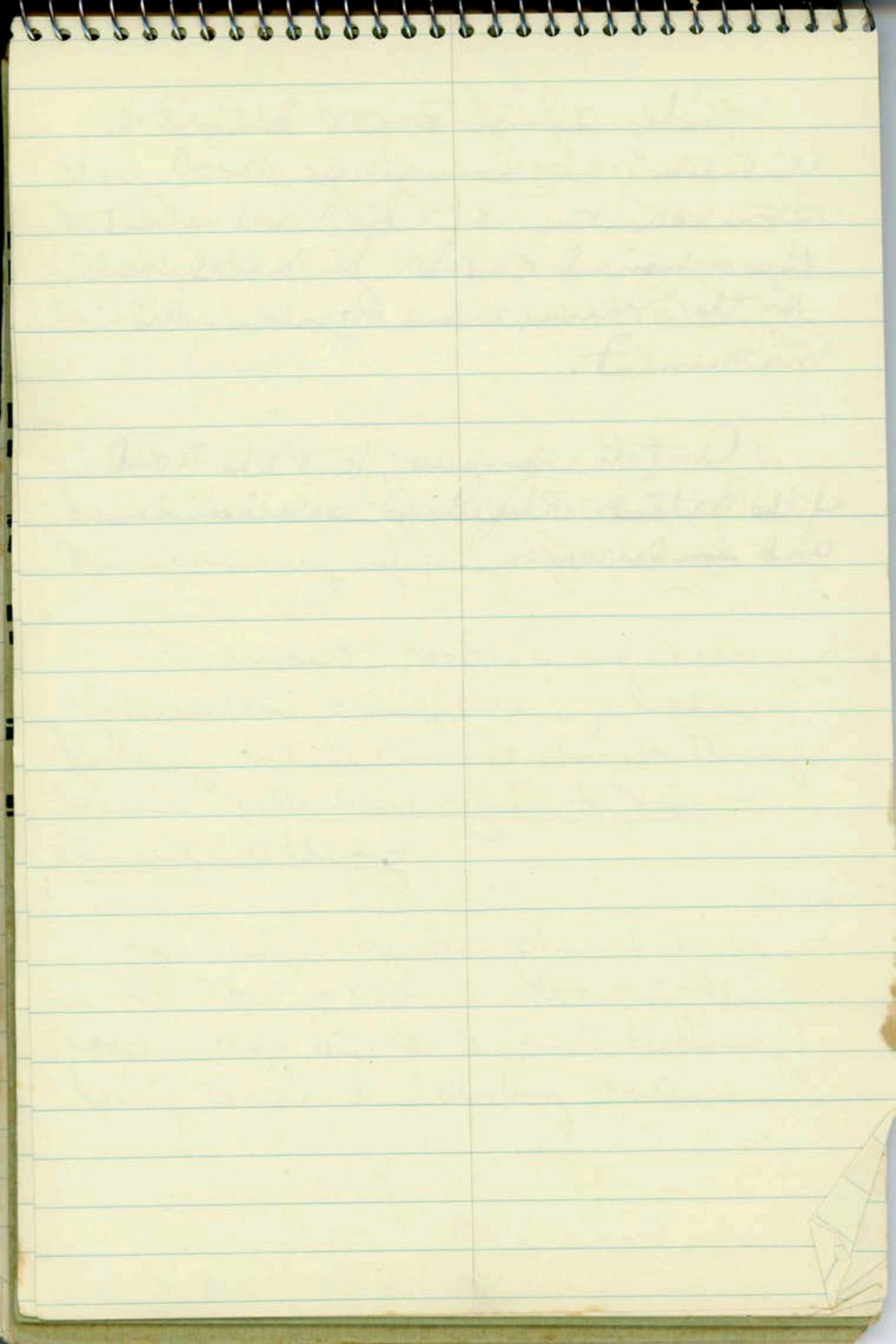
Then a strong realization came
that what I see and experience
through the senses is only "a motion
picture" which is being perceived by the

April 6th 1956:

Tonight the tire was flat on the car so we stayed home + meditated. Z. B. said there was a special reason for the evening working out so.

I rarely mention at the organ for about 1/2 hour at the start of the meditation. I knew then that I was to use my voice solely for spiritual singing + not to charge. I loved doing this - this was my medium. I should have a little Harmonium + accompany myself to different groups.

Then I rested myself at Surin's feet in front of the fire and tried "to still my thoughts". The body was almost instantly stilled, there was scarcely breath going in or out. Then as I tried to still the mind, I realized (from record) the thoughts were something separate from myself, that I had actually tried to still them who were not I.



The singer must know the abilities, possibilities and peculiarities of his instrument. He should control his vocal tools as the musician masters his instrument.

Art is joyous, but the road of the artist requires seriousness and endurance.

In the correct function,
any kind of force or violence
must be avoided. The voice must
learn to obey with ease in proportion
to the existing condition of strength.
(ears)

It is a big mistake to try to
build the voice from the outside, by
mechanically fixing facial positions.

At student recitals one hears
fearful tone, careful tone, hidden
feeling which cannot break through
because of the care given to non-
essential things.

All registers should unite
in one tone stream. Not only the
voice ring but the entire chest
being becomes a sounding column.

Awakened ear demand so that the organism places itself willingly at the disposal of the singer, whereby every atom of tone rises to a ring as effortlessly as the strength allows, and then you can "Sing like a Bird".

Life and vibrant power are demanded of the whole body, not just of the throat and larynx, as one often hears in lifeless singing. The whole upper part of the body must vibrate so that the human being is like a sounding column.

Voice development is the road of singing. It means finding the basis of the voice. It is the study of attacking the tone in a manner that will allow the whole singing organism to be fully active and that will hold the entire vocal organism under control.

If a singer has a intellectual understanding of the pure tone development principle, learn, after five or six mts, travel the right road by himself.

Since constricted, narrow production is not effortless, the voice depends mainly on physical strength. This strength in the vocal mechanism often gives out rapidly. Then neighboring organs not meant to be used in singing are employed as a substitute. Sickness of these organs results.

Twenty to twenty-five minutes practiced five times daily practice with voice.

"Give me a primitive man with the brain power of present day man. Then I, the teacher, will be able to guide his organs more rapidly into the right way of singing than those of some civilized man since I would save myself the extra work of freeing the tone before developing it.

Give nature its rights. Add to these rights what the music and the

impression of it in order to
reproduce. And compare it.
(capitals)

Experience may correctly
produced tones educated the memory
ear and feeling and enables the
singer to repeat those tones.

The untrained vocal mechanism,
unaccustomed to such processes, sometimes
will resist the singer. Miracles can be
achieved with sufficient will power.
The muscles and sinews which are
subordinated to the will, gradually
learn to obey. The vocal organism
thus develops a new capacity which
in time becomes a habit.

Sometimes a student with an
ear for carried vocal production can
through his own efforts build up his
voice better than with a vocal instructor.
In the cases of such gifted "born singers"
one needs only to awaken consciousness
of the voice to set the music taste on the right road.

"Voice development consists in the exercise and practice of the correct tone function; hence the term Tone Building. Tone building is the root of the art of singing. The ear can be educated and developed for pure tone. Everything nature has provided - throat, larynx, head & chest - can be made to "sing."

"Each vocal instrument consists of moveable parts that are visible & invisible. The visible parts can be educated mechanically by comparisons & examples with pictures & words. The invisible parts can only be controlled by our feeling and impressions both physical & mental. The mental feeling is also partly determined from the outside - in the case of the vocalist, mainly from the ear.

The singer's ear allows the tone to sink in. His feeling absorbs it. His memory keeps the

"Voice Culture or Singing Lessons"
by Mueller - Brunson, ^{written} 1889
in German, translated - Jenki)

"The singer himself is a psychological puzzle. He sings because he wants to sing, because he must sing. It is often not vanity, but the urge of the soul to speak in a language beyond the commonplace. We often find people whose personalities are dry & reserved, yet who glow with warmth and imagination when they sing. They speak the language of the inner voice."

"Singing is air, sound waves, resonance, hearing, feeling and music."

"The secret" of how to build one's best voice consists of catching and controlling the tone, developing its concentration, resonance, roundness, and suppleness by the proper use of all controllable parts of the vocal instrument.

Words of books have been
motivated by an inner motive,
and are only outer forms for the
true mental, emotional or spiritual
inner states. Use the words only as
a help to get underneath into this
inner world! It is your word, everyone's

February 20th (approx. 4 years after meeting P.P.)

After all I have learned about
the secrets of life - its longevity, health,
balance - I could build an ideal life
for myself in every sphere - physical,
mental, artistic, and maybe spiritual.
By concentrating my force & will on
building such a life, by taking the
interest in it - they would be no limits to
what I could do.

So this Guruji replied: "But
after you have succeeded in doing all this
remember that the X factor, the mystery,
the unknown will have the final say. Remember
this, but continue to do all that is in your

Godness
we actually
little of the same
most of us
Buddhism

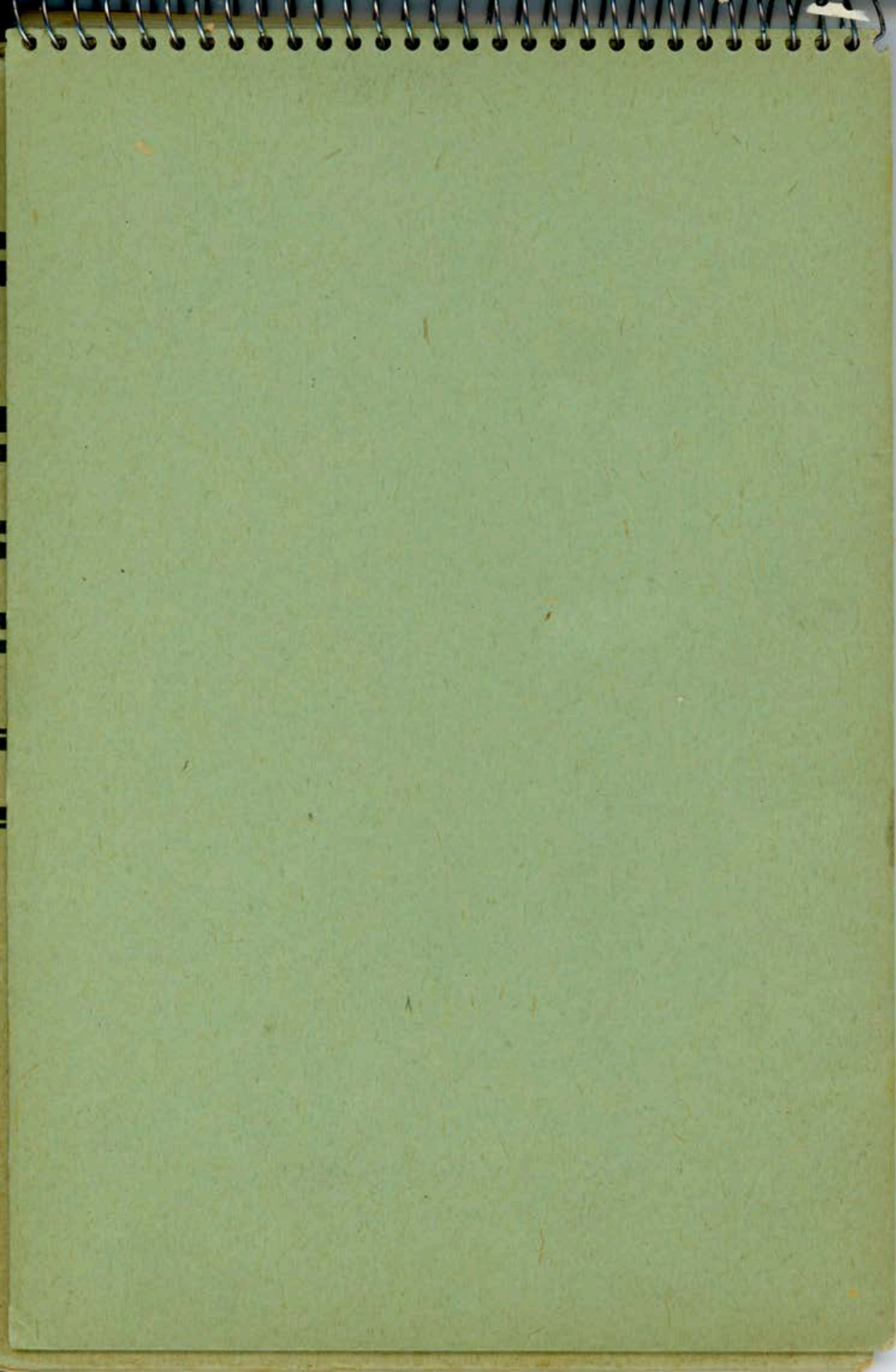
Back to own world before
marriage, of artistic creation,
interest + growth in inner artistic
world, but combine with what
you have learned in P.B.'s world
(with inner + outer) + what has
taken place in you - the growth of the
woman. To look, but retain what
you have gained - that will be
balancing up. You are his friend
now in your own world.

Indian "I don't sleep much because I do not
want to be without my consciousness that
long. The same with eating. Too much
slows one's mental processes down."

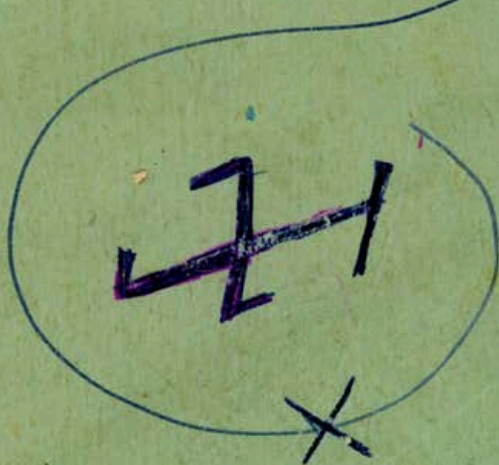
Back to the world of Plato + Kant,
Beethoven + Bach, taking with you the
the purity, the moral kindness, the balance
the perspective & practicality that P.B.
has given you. Your own world
with a direct spiritual line to his

Woman
Artist
Philosopher
Spiritual being





Clays



Direct
Direct