



October 1951 -  
Pasadena California

June 1957 - New York City

June 9th 1957

So I begin my fast - expect great results  
physically + mentally + spiritually.

All that you wish to become is within  
Evangeline. The path to the woman is to be  
refined, cultured, quiet + self-poised at all times.  
Then the negatives cannot creep in.

Go your own individual way. Build  
your own life, not imitating but creating. You  
have so much within to become that woman which  
you desire - it takes prudence + courage + discipline.  
Remembered museum beauty of the mood it gave  
you. That mood is within at all times - bring it  
out.

Remembered walk with Raphael to  
Rockefeller Center + all the beauty which made you  
remember you + the woman he discovered in you.  
Do not forget her - she is what you wish to  
become - to see things each day. Only that  
Raphael you can make her even more beautiful  
+ loving + spiritual - begin by being yourself.

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Evening - Listening to Butterfly's cue music  
+ Raphael beside me - I remembered "the highest"  
As I used to feel so intensely in tears + with  
Rae - knowing + being "the highest" accepting  
nothing less - Oh, so long since I felt this.  
A vision of Guraji + I ascending a great  
stair into heaven while the voices sang - at that time  
I felt the "D" being transformed into its real self.  
The highest which is real + exists here + now.

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A meditation with Guraji + Kenneth,  
during which I recalled Butterfly experience.

Looking up at Tilton Targem's I saw  
there - they represent the reality of the "highest" I  
now feel! When I was young I was able to  
reach this state: "above all else" I chose "the  
highest" beyond love for mate, or music, beyond  
all else - that is why I married Raphael  
& why I'll never leave him.

During meditation a great being dwelt  
with in George - I turned his dead & dull eyes  
open & looked at Kenneth for a long while but  
Kenneth remained eyes closed. He was giving  
to Kenneth - there is a person why he was born  
his son - I must respect him more for being his son.

Then George turned to me with  
strange slow movement of the head & held my eyes,  
during which time I stopped breathing &  
struggled for fight & liberation - then the reality  
that he was my I saw was so startling  
that I began to cry & had to close my eyes.

My I saw of the privilege of being  
with my I saw - of being close to this great  
spiritual being - / Become qualified.

(Two spiritual experiences came about tonight  
because I opened mutually & opening for help, just as  
if I were speaking, and the same path to George)

When you have to phone others, or write to them &  
feel "not in the mood" - temporarily identify yourself  
with them, putting yourself in their place. (think of it, identify)  
You can help them as you have been helped by George  
& so many others - Mother & your sisters - network - give  
Keep highest identity while doing this - never lose this  
Consciousness or the Christ you've got it - go to try  
& efface yourself is like committing suicide - the position  
achieved instead of previous negative one - become all  
that you are that transcends at proper time -  
never deny it - but fulfill.

June 11th 1957

The Fast has not yet been completely successful as my mental attitude has not been the best. I let fears overpower my consciousness + destroy positive frame of mind I must avoid nothing. If I avoid appears I must switch my mind away from it completely - not try I fight it (this is negative + only leads to more conflict) but change mind to something beautiful - substitute not fight - then later the duty which was avoided can be performed with harmony. You must teach yourself - for the personality has submitted to many powerful negative emotions + minds during childhood. Have compassion + love + understanding toward these defects + wrong habit patterns + she can be saved. Guide her in her weak negative moments as a child + allow her the harmony + joy of being at all times the joyful, spiritual woman.

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On note of meditation Baghail said it is not necessary on the Fast to give up possessions if the inner detachment from them is accomplished.

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Always remain humble + you will then do all things - never feel that you have found all - Humility is greatness.

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Remember no matter how the body feels you are still of love consciousness + separate from it. Remember day when Mother came + how you were saved because you realized you were not limited to the suffering body consciousness, but free in loving womanhood!

It started when you earlier asserted your beautiful womanhood.

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I love you + love I love + hope  
+ love I love + hope

June 13<sup>th</sup> - 1957

The reality of life - of the spiritual life - the answer to your problems + searching - the cure of your conflicts is: Become your basic self first - what you want to catch only in glimpses - your deepest ego-self - then after that steady individuality is established - add spiritual principles - apply them to your life - Here lies the cure of acid indigestion, maturity + health.

Most people live for the body + its comforts - you are not such a one. Be yourself - free from the crowd. Beauty + health on every plane. Balance.

You are the center of your world - I am - as is every other living creature

June 16<sup>th</sup> - 1957

Now is your opportunity, at the beginning of this complete fast to make a sincere break with the past + take up a new way of life. Start with basic physical patterns: ① exercise every morning + night, including facial

② raw food diet - fruit nut butter + veg. juices except eating out. This is the diet for you for you will keep body cleansed + vital, voice clear, + become spiritually sensitive. Small - 3 meals a day.

③ Just as careful to keep mind purified of all negativities - painful, loving, positive courageous attitude at all times.

On this fast clear character as well as July. Become the woman of strength + balance + maturity + spirituality which you have within you. Your place is with Raphael now. Fulfill this duty.

July 11<sup>th</sup> 1957

After working on Whicker's Book on Emerson's inner life, I had having absorbed it so quickly the stress Emerson put in Balance, and following Whicker's treatment of Emerson's inner development I was helped so much.

I realize I am a complex person & need many sides of my nature fulfilled if I am to be myself. Accepting all of me also gives me maturity. I will live my emotional life, my intellectual, artistic & spiritual line. No more trying to fit myself into one tiny mould. But the basis of my personality is a Monism, from here I branch out, expand & express. Fears are gone - fear of quiet happiness vanishing. Now I can build up each hour, like the alone or what others may call happiness, whatever joy & release I have experienced until others I can now create for myself. The joy & knowledge come from me then, I will create each hour but contentedly vital due experiences. I will live, each day, God here & not depend on anyone. I am free alone and capable of building a beautiful constructive line on every level for myself.

July 13th - 1957

"I'm a practical mystic - I need  
practical love as well as emotional & spiritual.  
I need a helper."

The many ways to love - to please the  
many sides of his nature.

Dream last night - Guruji said I must  
prepare to die for a five year period - so I had  
in every physical & psychological way prepare  
for death.

One day today I was conscious  
of the impermanence of life and the change that  
will come and I & the & those I love to long live.

Why I asked Guruji - do we feel  
he will always live - "Because the  
Divine which is always with you is its  
nature is eternal."

A detachment followed - serene & calm  
but definite & he says lost its grip as I knew it  
is an important thing - "I love will live on."  
"So short a time".

This philosophic realization of the true &  
balanced & lasting must come as it did today through  
& out of the nature of the self. Beyond the  
highest he is capable of realizing this. No separation  
but fulfillment & divine unhappiness.



Kennedy - Relax + Live - "The principle of reducing the area of effort enables you to get things done ~~fast~~ that you ordinarily would never begin at all. Why is it that most of us are inclined to get off writing a letter, cleaning the attic, visiting the dentist - we don't, but would seem to get I around to it. In a large measure it is because our anticipated area of effort is so big it scares us off. It defeats our will to work.

Find your area on the jobs you want to get done. Don't say: "Some day I'm going to clean out the attic" "Instead say + mean it: "I have a little time & I think I'll take a few things out of the attic."

The will to work has a tendency to grow + spread all by itself when you indulge it + exercise it. It does not grow by your trying to force it.

Think of how much time there is to use instead of how little time there is.

The first hour of the day nearly always sets the tempo for the entire day. If you get up 15 minutes earlier the whole day will go by unhurried and calm.

We should use time always to our best advantage. Hurry is a killer. I don't think + working seldom accomplish what you expect. Find yourself the rhythmic, relaxed way of doing things + you will accomplish more, have fewer accidents + spend less energy.

Create a mental "slow" sign in your mind + everytime you feel a sense of hurry, deliberately slow down.

Ultimately you'll go faster and get more done by expanding your natural tempo - not by forcing time.

work

When you work - Play when you play.

When we have work images & play images in the mind at the same time, there is a perpetual tug of war going on. Just as the play image can't get the brakes on your work, the work image can't get the brakes on your play.

The record of Teddy Roosevelt's tremendous energy + Edison - he used this principle of concentrating completely on his work for a while then taking a cat nap.

\* Work that you do without emotional resistance will not exhaust you. The more energy you use progressively, the more your body creates. William James believed that few of us ever succeeded in tapping the apparently inexhaustible supply of energy within us.

Another emotional break that tries us is worry. If you worry about the outcome or only the worry - you are holding negative failure images in your mind.

Unless these negative images are present it is impossible to worry. When our attention is focused upon the possibility of failure, which is what happens when we worry, our will is useless and powerless to direct our energy wholly towards our desired goal. The worry image acts as a break, it drains off a part of our energy. We then make an extra effort to overcome the break.

Book on "Conquering Worry" In The Name of Common Sense; by Matthew N. Deppell.

"Do not use will-power against worry; Resist him trying. For a period of several weeks, make it a practice to draw yourself up short whenever you start to worry & realize that you are picturing unpleasant images. When you realize this, then deliberately begin to picture

pleasant ones. Remember some pleasant incident in your past - anything that has pleasant associations. Decide on them alone. Don't resist your unpleasant images with will power. Learn them alone & focus attention deliberately on pleasant memory.

Try slow-down practice (like typing) in all activities & learn to relax thereby. Never allow hurry to attack us. One step at a time. Tension from impatience is nearly always due to an unconscious unwillingness to go thru the job in an orderly way.

\* When thinking about your work, break it up into small parts and cope with each part one time.

Most of us stay in a state of hurry & tension and we deny our own subconscious a chance to work for us. . . . Relax your muscles & it will work for us.

Our concern with final results is to something as fear of failure. Fear of failure is a negative image in the mind. Our muscles continue to try to obey our mental images. Therefore, it is impossible for you to let yourself out & plunge into a job wholeheartedly when you fear failure. You are literally trying to do & not do at the same time. You are going forward with your hesitation.

Forming the habit of positive rather than negative imagery requires that you keep the focus of your attention upon your doing in the present, rather than upon what might happen in the future.

If you want to achieve your own legitimate goals, never think you can't accomplish them because you do not have the best body or best brain. "The instrument you're

"Using is not as important as the  
woman or man who is using it." Learn  
to get the best out of your own  
instrument that will be good enough.  
Belov's Man,

Work that we do willingly uses us much  
less energy than work which is done reluctantly  
or against our will, because without  
realizing it we use more effort when we force  
ourselves to do a job we inwardly rebel  
against.

Instead of forcing yourself by "will-power"  
to get to work, will try becoming  
willing to do the work.

We can immunize ourselves against  
fatigue if we form the habit of throwing  
ourselves wholeheartedly into what we are doing,  
with complete mind present & no  
mental reservations. If job is boring, associate  
it with personal meaning by thinking of  
the ultimate end cause of doing it. Find a  
larger meaning. Keep ~~long~~ ultimate  
goal in view. All successful people have done  
this.

~~Don't use excess~~ Don't use excess  
energy to write or work - use only the amount  
needed.

\* Whatever your work is, learn to schedule  
it so that you can give it your full attention  
to one job at a time.

Fear of failure makes failure much more  
likely. For fear causes us unconsciously to put  
forth additional effort, at a time when they just  
need to be relaxed.

Act as if success were inevitable.



