

Reminder

Michael Naimey:

"How Infinite, How  
Beautiful, how just you are  
O God! As you saw, so you  
reag. Never have we been  
oppressed except because  
we have oppressed; never  
have we suffered pain save  
because we have inflicted  
on others pain; never have  
we shed tears except because  
we have made others shed  
tears! As you are, so is  
your life!"

"How ignorant are we  
in detaching ourselves from  
you in everything we do,  
say, wish & think, ~~that~~  
~~know as best~~ suffering pain  
in consequence, and  
moaning and wailing when  
you draw us back into  
your holy presence!  
How stupid of us to turn  
away our eyes and hide  
secretly any knowledge

other than knowing you,  
and any right other than  
your right, and any peace  
other than your peace.  
How very poor are we  
amassing any riches other  
than the riches of your love  
inexhaustible! How very  
weak are we butting  
ourselves against this holy  
with all manner of fort  
except the impregnable  
fort of Faith in you! And  
how blind are we in  
seeking you anywhere  
save in our own selves!

##  
Man's only glory lies in  
his gradual ascent from the  
human in him to the divine,  
from the perishable to the  
imperishable, from the un-



beautiful, to the beautiful,  
from delusion to Truth;  
from life's dual appearances  
to life's inner unity.

We are all on the way,  
But the way is strewn with  
rocks, furrowed with pitfalls  
and shadowed with swirling  
passions. Yet does the spirit  
of God hover over it, & the  
light of God pierce the heavy  
mist that veils it.

Men differ from men  
insofar only as they keep, or do  
not keep, their eyes on the  
goal, or as they act, or do not  
act, their hearts on reaching it.  
Some tangle on the way, amusing  
themselves with pleasures that  
soon turn into pain while  
others march on, knowing  
that all earthly pleasures are  
rooted in pain, & that pain  
is the offspring of ignorance  
that ignorance cannot be  
overcome save with know-  
ledge; & that Truth is the only  
source of knowledge. (lost pg.)

"Be Still - & see this Divine"

Emotion of stillness which  
carries you to gink deep into  
to the very heart of Power  
- James, "Be absent from the body,  
& present with the Lord."

# STANDARD SPIRITUAL DIARY

Banks: "There is a Silence  
every moment whether working,  
playing, or resting - resting  
consciously, or unconsciously,  
ly upon this  
Absolute Power.



\*Reg. U. S. Pat. Office

You are  
always held in that  
Silence - in which place  
you are the Expression  
of God, complete & eternal

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1958



**IDENTIFICATION**

Name *Christine Brunton*

Residence *Box 339*

Business Address *Times Square Station*

Home Telephone.....

Business Telephone.....

In case of accident or serious illness please notify

Social Security No.....

Make of my Auto.....

Bought from.....

When..... Bore..... Stroke.....

Motor No..... Maker's No.....

Registration No.....

INSURANCE: Company Amount Expires

Liability *ground floor*

Property Damage *302 E. 57th St.*

Fire and Theft *1st floor at right*

*Breder Manor*

*John's Birthday Jan 19th*

*Spent: Chicago & Ireland  
Large Shop Cuba*

*24 Hotel Fall  
New Account*

**CALENDAR**

1950 *class 6:00  
trio 2:30*

|       | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |      | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|-------|------|------|-------|------|--------|------|------|------|------|------|-------|------|--------|------|------|
| JAN.  | 1    | 2    | 3     | 4    | 5      | 6    | 7    |      |      |      |       |      |        |      |      |
|       | 8    | 9    | 10    | 11   | 12     | 13   | 14   | JULY | 1    | 2    | 3     | 4    | 5      | 6    | 7    |
|       | 15   | 16   | 17    | 18   | 19     | 20   | 21   |      | 8    | 9    | 10    | 11   | 12     | 13   | 14   |
|       | 22   | 23   | 24    | 25   | 26     | 27   | 28   |      | 15   | 16   | 17    | 18   | 19     | 20   | 21   |
|       | 29   | 30   | 31    |      |        |      |      |      | 22   | 23   | 24    | 25   | 26     | 27   | 28   |
|       |      |      |       | 1    | 2      | 3    | 4    |      | 29   | 30   | 31    |      |        |      |      |
| FEB.  | 5    | 6    | 7     | 8    | 9      | 10   | 11   |      |      |      |       |      |        |      |      |
|       | 12   | 13   | 14    | 15   | 16     | 17   | 18   | AUG. | 1    | 2    | 3     | 4    | 5      | 6    | 7    |
|       | 19   | 20   | 21    | 22   | 23     | 24   | 25   |      | 8    | 9    | 10    | 11   | 12     | 13   | 14   |
|       | 26   | 27   | 28    |      |        |      |      |      | 15   | 16   | 17    | 18   | 19     | 20   | 21   |
|       |      |      |       | 1    | 2      | 3    | 4    |      | 22   | 23   | 24    | 25   | 26     | 27   | 28   |
|       | 5    | 6    | 7     | 8    | 9      | 10   | 11   |      | 29   | 30   | 31    |      |        |      |      |
| MAR.  | 12   | 13   | 14    | 15   | 16     | 17   | 18   |      |      |      |       |      |        |      |      |
|       | 19   | 20   | 21    | 22   | 23     | 24   | 25   |      | 1    | 2    | 3     | 4    | 5      | 6    | 7    |
|       | 26   | 27   | 28    | 29   | 30     | 31   |      |      | 8    | 9    | 10    | 11   | 12     | 13   | 14   |
|       |      |      |       |      |        |      |      |      | 15   | 16   | 17    | 18   | 19     | 20   | 21   |
|       |      |      |       |      |        |      |      |      | 22   | 23   | 24    | 25   | 26     | 27   | 28   |
|       | 2    | 3    | 4     | 5    | 6      | 7    | 8    |      | 29   | 30   | 31    |      |        |      |      |
| APRIL | 9    | 10   | 11    | 12   | 13     | 14   | 15   |      |      |      |       |      |        |      |      |
|       | 16   | 17   | 18    | 19   | 20     | 21   | 22   |      | 1    | 2    | 3     | 4    | 5      | 6    | 7    |
|       | 23   | 24   | 25    | 26   | 27     | 28   | 29   |      | 8    | 9    | 10    | 11   | 12     | 13   | 14   |
|       | 30   |      |       |      |        |      |      |      | 15   | 16   | 17    | 18   | 19     | 20   | 21   |
|       |      |      |       |      |        |      |      |      | 22   | 23   | 24    | 25   | 26     | 27   | 28   |
|       |      | 1    | 2     | 3    | 4      | 5    | 6    |      | 29   | 30   | 31    |      |        |      |      |
| MAY   | 7    | 8    | 9     | 10   | 11     | 12   | 13   |      |      |      |       |      |        |      |      |
|       | 14   | 15   | 16    | 17   | 18     | 19   | 20   |      | 1    | 2    | 3     | 4    | 5      | 6    | 7    |
|       | 21   | 22   | 23    | 24   | 25     | 26   | 27   |      | 8    | 9    | 10    | 11   | 12     | 13   | 14   |
|       | 28   | 29   | 30    | 31   |        |      |      |      | 15   | 16   | 17    | 18   | 19     | 20   | 21   |
|       |      |      |       |      |        |      |      |      | 22   | 23   | 24    | 25   | 26     | 27   | 28   |
|       |      |      |       |      |        |      |      |      | 29   | 30   |       |      |        |      |      |
|       |      |      |       |      |        |      |      |      |      |      |       |      |        |      |      |
| JUNE  | 4    | 5    | 6     | 7    | 8      | 9    | 10   |      |      |      |       |      |        |      |      |
|       | 11   | 12   | 13    | 14   | 15     | 16   | 17   |      | 1    | 2    | 3     | 4    | 5      | 6    | 7    |
|       | 18   | 19   | 20    | 21   | 22     | 23   | 24   |      | 8    | 9    | 10    | 11   | 12     | 13   | 14   |
|       | 25   | 26   | 27    | 28   | 29     | 30   |      |      | 15   | 16   | 17    | 18   | 19     | 20   | 21   |
|       |      |      |       |      |        |      |      |      | 22   | 23   | 24    | 25   | 26     | 27   | 28   |
|       |      |      |       |      |        |      |      |      | 29   | 30   |       |      |        |      |      |
|       |      |      |       |      |        |      |      |      | 31   |      |       |      |        |      |      |

*Spent on the Little League*

*Water Main Oct - Oct 1950*

*Jan 5:00  
Wed. 3:00*

*Shen*



# CALENDAR 1951

|       | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |       | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|-------|------|------|-------|------|--------|------|------|-------|------|------|-------|------|--------|------|------|
|       | ..   | 1    | 2     | 3    | 4      | 5    | 6    |       | 1    | 2    | 3     | 4    | 5      | 6    | 7    |
| JAN.  | 7    | 8    | 9     | 10   | 11     | 12   | 13   |       | 8    | 9    | 10    | 11   | 12     | 13   | 14   |
|       | 14   | 15   | 16    | 17   | 18     | 19   | 20   |       | 15   | 16   | 17    | 18   | 19     | 20   | 21   |
|       | 21   | 22   | 23    | 24   | 25     | 26   | 27   | JULY  | 22   | 23   | 24    | 25   | 26     | 27   | 28   |
|       | 28   | 29   | 30    | 31   | ..     | ..   | ..   |       | 29   | 30   | 31    | ..   | ..     | ..   | ..   |
|       | ..   | ..   | ..    | ..   | 1      | 2    | 3    |       | ..   | ..   | ..    | 1    | 2      | 3    | 4    |
| FEB.  | 4    | 5    | 6     | 7    | 8      | 9    | 10   |       | 5    | 6    | 7     | 8    | 9      | 10   | 11   |
|       | 11   | 12   | 13    | 14   | 15     | 16   | 17   |       | 12   | 13   | 14    | 15   | 16     | 17   | 18   |
|       | 18   | 19   | 20    | 21   | 22     | 23   | 24   | AUG.  | 19   | 20   | 21    | 22   | 23     | 24   | 25   |
|       | 25   | 26   | 27    | 28   | ..     | ..   | ..   |       | 26   | 27   | 28    | 29   | 30     | 31   | ..   |
|       | ..   | ..   | ..    | ..   | 1      | 2    | 3    |       | ..   | ..   | ..    | ..   | ..     | ..   | 1    |
| MAR.  | 4    | 5    | 6     | 7    | 8      | 9    | 10   |       | 2    | 3    | 4     | 5    | 6      | 7    | 8    |
|       | 11   | 12   | 13    | 14   | 15     | 16   | 17   |       | 9    | 10   | 11    | 12   | 13     | 14   | 15   |
|       | 18   | 19   | 20    | 21   | 22     | 23   | 24   | SEPT. | 16   | 17   | 18    | 19   | 20     | 21   | 22   |
|       | 25   | 26   | 27    | 28   | 29     | 30   | 31   |       | 23   | 24   | 25    | 26   | 27     | 28   | 29   |
|       | ..   | ..   | ..    | ..   | ..     | ..   | ..   |       | 30   | ..   | ..    | ..   | ..     | ..   | ..   |
|       | 1    | 2    | 3     | 4    | 5      | 6    | 7    |       | ..   | 1    | 2     | 3    | 4      | 5    | 6    |
| APRIL | 8    | 9    | 10    | 11   | 12     | 13   | 14   |       | 7    | 8    | 9     | 10   | 11     | 12   | 13   |
|       | 15   | 16   | 17    | 18   | 19     | 20   | 21   |       | 14   | 15   | 16    | 17   | 18     | 19   | 20   |
|       | 22   | 23   | 24    | 25   | 26     | 27   | 28   | OCT.  | 21   | 22   | 23    | 24   | 25     | 26   | 27   |
|       | 29   | 30   | ..    | ..   | ..     | ..   | ..   |       | 28   | 29   | 30    | 31   | ..     | ..   | ..   |
|       | ..   | ..   | 1     | 2    | 3      | 4    | 5    |       | ..   | ..   | ..    | ..   | 1      | 2    | 3    |
| MAY   | 6    | 7    | 8     | 9    | 10     | 11   | 12   |       | 4    | 5    | 6     | 7    | 8      | 9    | 10   |
|       | 13   | 14   | 15    | 16   | 17     | 18   | 19   |       | 11   | 12   | 13    | 14   | 15     | 16   | 17   |
|       | 20   | 21   | 22    | 23   | 24     | 25   | 26   | NOV.  | 18   | 19   | 20    | 21   | 22     | 23   | 24   |
|       | 27   | 28   | 29    | 30   | 31     | ..   | ..   |       | 25   | 26   | 27    | 28   | 29     | 30   | ..   |
|       | ..   | ..   | ..    | ..   | ..     | 1    | 2    |       | ..   | ..   | ..    | ..   | ..     | ..   | 1    |
|       | 3    | 4    | 5     | 6    | 7      | 8    | 9    |       | 2    | 3    | 4     | 5    | 6      | 7    | 8    |
| JUNE  | 10   | 11   | 12    | 13   | 14     | 15   | 16   |       | 9    | 10   | 11    | 12   | 13     | 14   | 15   |
|       | 17   | 18   | 19    | 20   | 21     | 22   | 23   | DEC.  | 16   | 17   | 18    | 19   | 20     | 21   | 22   |
|       | 24   | 25   | 26    | 27   | 28     | 29   | 30   |       | 23   | 24   | 25    | 26   | 27     | 28   | 29   |
|       | ..   | ..   | ..    | ..   | ..     | ..   | ..   |       | 30   | 31   | ..    | ..   | ..     | ..   | ..   |

## RATES OF POSTAGE

Official at time of Printing. As changes are likely, consult Post Office.

### UNITED STATES AND POSSESSIONS

First Class—Letters, written and sealed matter, for local delivery or otherwise . . . . . per oz. 3c

Air Mail—From one post office to another on the mainland of the United States, including Alaska. . . . . per oz. 6c

Second Class—Newspapers, magazines, and other periodicals entered as second class matter when mailed by the Public. 1c for each 2 ozs. or fraction thereof, regardless of weight or distance.

Third Class—2c first 2 ozs. 1c each additional oz. Books (including catalogs) of 24 pages or more, seeds, cuttings, bulbs, roots and plants, 1½c for each 2 ozs.

Fourth Class—(Parcel Post) Merchandise, printed matter and all other mailable matter not in the first, second or third class. Zone rates of postage apply. Consult nearest post office for rates.

Special Handling—Fourth class matter only. Parcels of fourth class matter indorsed "Special Handling" will be given the most expeditious handling, transportation and delivery practicable (but not special delivery) upon payment, in addition to the regular postage, of the following charge: Up to 2 lbs. 15c; Over 2 lbs. up to 10 lbs., 20c; Over 10 lbs., 25c.

#### Special Delivery Fees:

|                                   | First Class | 2nd 3rd or 4th class |
|-----------------------------------|-------------|----------------------|
| Up to 2 lbs. . . . .              | 15c         | 25c                  |
| Over 2 lbs. up to 10 lbs. . . . . | 25c         | 35c                  |
| Over 10 lbs. . . . .              | 35c         | 45c                  |

### POSTAGE TO FOREIGN COUNTRIES

Letters for Argentina, Bolivia, Brazil, Canada, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, Guatemala, Haiti, Honduras (Republic), Labrador, Mexico, Morocco (Spanish Zone), Newfoundland, Nicaragua, Panama, Paraguay, Peru, Salvador, El, Spain and possessions, Uruguay and Venezuela . . . . . per oz. 3c

Single Postal Cards . . . . . 2c  
Double Postal Cards . . . . . 4c

All other foreign destinations, not listed above—

Letters 5c first oz . . . . . 3c each additional oz.  
Single Postal Cards . . . . . 3c  
Double Postal Cards . . . . . 6c



## ECLIPSES FOR THE YEAR

In the year 1950 there will be four Eclipses, two of the Sun and two of the Moon.

I. An Annular Eclipse of the Sun, March 18. Invisible to North America. It is visible as a partial eclipse over southern Africa, the extreme southern tip of South America and part of Antarctica. The region in which the annulus is visible covers a small part of Antarctica and part of the South Indian Ocean.

The magnitude of the annular eclipse is 0.928 of the Sun's diameter.

II. A Total Eclipse of the Moon, April 2. Invisible to North America. The beginning is visible generally in Europe, Asia except the extreme northeastern part, Africa, the southeastern Atlantic Ocean, the Arctic and Antarctic regions, Australia and the western Pacific Ocean. The ending is visible generally in central and eastern South America, the Atlantic Ocean except the extreme northwestern part, Europe, Asia except the northeastern part, Africa, the Arctic and Antarctic regions and extreme western Australia.

The magnitude of the eclipse is 1.039 of the Moon's diameter.

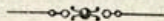
III. A Total Eclipse of the Sun, September 11-12. Invisible to the United States. It is visible as a partial eclipse over northern Asia and Alaska. The path of totality begins in the Arctic Ocean, crosses the northeastern tip of Siberia and ends in the northern Pacific Ocean.

IV. A Total Eclipse of the Moon, September 25-26. Visible in the United States. The beginning is visible generally in the eastern Pacific, North America except the northwestern part, South America, the Arctic and Antarctic regions, the Atlantic Ocean, Europe except the extreme eastern part, Africa and southwestern Asia. The ending is visible generally in the central and eastern Pacific Ocean, North America, South America, the Arctic and Antarctic regions, the Atlantic Ocean except the southeastern part and extreme western parts of Europe and Africa.

## CIRCUMSTANCES OF THE ECLIPSE

(Eastern Standard Time)

|   |   |            |             |       |
|---|---|------------|-------------|-------|
| Moon enters penumbra  | + | Sept. 25d. | 8h. 20.0m.  | P. M. |
| Moon enters umbra   | + | Sept. 25d. | 9h. 31.5m.  | P. M. |
| Total eclipse begins  | + | Sept. 25d. | 10h. 53.8m. | P. M. |
| Middle of the eclipse   | + | Sept. 25d. | 11h. 16.7m. | P. M. |
| Total eclipse ends  | + | Sept. 25d. | 11h. 39.6m. | P. M. |
| Moon leaves umbra   | + | Sept. 26d. | 1h. 1.9m.   | A. M. |
| Moon leaves penumbra  | + | Sept. 26d. | 2h. 13.5m.  | A. M. |
| The magnitude of the eclipse is 1.084 of the Moon's diameter. |   |            |             |       |



## CHURCH FESTIVALS AND FASTS

|                             |       |    |
|-----------------------------|-------|----|
| Epiphany                    | Jan.  | 6  |
| Septuagesima Sunday         | Feb.  | 5  |
| Sexagesima Sunday           | Feb.  | 12 |
| Quinquagesima-Shrove Sunday | Feb.  | 19 |
| Ash Wednesday               | Feb.  | 22 |
| First Sunday in Lent        | Feb.  | 26 |
| St. Patrick                 | Mar.  | 17 |
| Palm Sunday                 | Apr.  | 2  |
| Good Friday                 | Apr.  | 7  |
| Easter Sunday               | Apr.  | 9  |
| Low Sunday                  | Apr.  | 16 |
| Rogation Sunday             | May   | 14 |
| Ascension Day-Holy Thursday | May   | 18 |
| Pentecost-Whitsunday        | May   | 28 |
| Trinity Sunday              | June  | 4  |
| Corpus Christi              | June  | 8  |
| St. John Baptist            | June  | 24 |
| Labor Day                   | Sept. | 4  |
| Michaelmas Day              | Sept. | 29 |
| Thanksgiving Day            | Nov.  | 23 |
| St. Andrew                  | Nov.  | 30 |
| First Sunday in Advent      | Dec.  | 3  |
| Christmas Day               | Dec.  | 25 |

In 1951 Easter Sunday occurs on March 25.



## PUBLIC HOLIDAYS

*In most States when the holiday falls on Sunday the Monday following is observed.*

ALABAMA—Jan. 1 and 19, Feb. 22, Mardi-Gras, April 13 and 26, June 3, July 4, Labor Day, Oct. 12, election day, Nov. 11, Thanksgiving, Dec. 25.  
ARIZONA—Jan. 1, Arbor Day, Feb. 14 and 22, May 30, July 4, Labor Day, Oct. 12, election day, Nov. 11, Thanksgiving, Dec. 25.  
ARKANSAS—Jan. 1 and 19, Feb. 22, June 3, July 4, Labor Day, Oct. 12, election day, Nov. 11, Thanksgiving, Dec. 25.  
CALIFORNIA—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, Sept. 9, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25.  
COLORADO—Jan. 1, Feb. 12 and 22, May 30, July 4, Aug. 1, Labor Day, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25.  
CONNECTICUT—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, Oct. 12, Nov. 11, Thanksgiving, Dec. 25.  
DELAWARE—Jan. 1, Feb. 12 and 22, Good Friday, May 30, July 4, Labor Day, Oct. 12, election day, Nov. 11, Thanksgiving, Dec. 25.  
DISTRICT OF COLUMBIA—Jan. 1, Inauguration Day, Feb. 22, May 30, July 4, Labor Day, Nov. 11, Thanksgiving, Dec. 25.  
FLORIDA—Jan. 1 and 19, Feb. 22, April 26, June 3, July 4, Labor Day, Oct. 12, Nov. 11, general election, Thanksgiving, Dec. 25.  
GEORGIA—Jan. 1 and 19, Feb. 22, Apr. 26, June 3, July 4, Labor Day, Oct. 12, Nov. 11, Thanksgiving, Dec. 25.  
IDAHO—Jan. 1, Feb. 22, May 30, June 15, July 4, Labor Day, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25.  
ILLINOIS—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, Oct. 12, Nov. 11, Thanksgiving, Dec. 25.  
INDIANA—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, Oct. 12, election day, Nov. 11, Thanksgiving, Dec. 25.  
IOWA—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, general election, Nov. 11, Thanksgiving, Dec. 25.  
KANSAS—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, Oct. 12, Nov. 11, Thanksgiving, Dec. 25.  
KENTUCKY—Jan. 1 and 19, Feb. 12 and 22, May 30, June 3, July 4, Labor Day, Oct. 12, election day, Thanksgiving, Dec. 25.  
LOUISIANA—Jan. 1, 8 and 19, Feb. 22, Mardi Gras in New Orleans, etc., Good Friday, June 3, July 4, Aug. 30, Labor Day, Oct. 12, Nov. 1, Nov. 11, Thanksgiving, Dec. 25 and Sat. p. m.  
MAINE—Jan. 1, Feb. 22, April 19, May 30, July 4, Labor Day, state election, Nov. 11, Thanksgiving, Dec. 25.  
MARYLAND—Jan. 1, Feb. 22, Mar. 25, Good Friday, May 30, July 4, Labor Day, Sept. 12, Oct. 12, election day, Nov. 11, Thanksgiving, Dec. 25, every Saturday p. m., in certain localities.  
MASSACHUSETTS—Jan. 1, Feb. 22, April 19, May 30, June 17, (local), July 4, Labor Day, Oct. 12, Nov. 11, Thanksgiving, Dec. 25.  
MICHIGAN—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, Oct. 12, election days, Nov. 11, Thanksgiving, Dec. 25.  
MINNESOTA—Jan. 1, Feb. 12 and 22, Good Friday, May 30, July 4, Labor Day, general election, Nov. 11, Thanksgiving, Dec. 25.  
MISSISSIPPI—Jan. 1 and 19, Feb. 22, April 26, June 3, July 4, Labor Day, Nov. 11, Thanksgiving, Dec. 25.  
MISSOURI—Jan. 1, Feb. 22, May 30, July 4, Labor Day, Oct. 12, election days, Nov. 11, Thanksgiving, Dec. 25.  
MONTANA—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25.

NEBRASKA—Jan. 1, Feb. 12 and 22, Apr. 22, May 30, July 4, Labor Day, Oct. 12, Nov. 11, Thanksgiving, Dec. 25.  
NEVADA—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, primary election, Oct. 12 and 31, general election, Nov. 11, Thanksgiving, Dec. 25.  
NEW HAMPSHIRE—Jan. 1, Feb. 22, Fast Day, May 30, July 4, Labor Day, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25.  
NEW JERSEY—Jan. 1, Feb. 12 and 22, Good Friday, May 30, July 4, Labor Day, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25, Saturdays, July and Aug. are bank holidays.  
NEW MEXICO—Jan. 1, Feb. 22, May 30, July 4, Labor Day, election day, Nov. 11, Thanksgiving, Dec. 25.  
NEW YORK—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25.  
NORTH CAROLINA—Jan. 1 and 19, Feb. 22, Easter Monday, April 12, May 10, 20 and 30, July 4, Labor Day, election day, Nov. 11, Thanksgiving, Dec. 25.  
NORTH DAKOTA—Jan. 1, Feb. 12 and 22, Good Friday, May 30, July 4, Labor Day, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25.  
OHIO—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, Oct. 12, general election day, p. m., Nov. 11, Thanksgiving, Dec. 25, every Sat. p. m.  
OKLAHOMA—Jan. 1, Feb. 22, Apr. 13, May 30, July 4, Labor Day, Oct. 12, election day, Nov. 11, Thanksgiving, Dec. 25.  
OREGON—Jan. 1, Feb. 12 and 22, Primary Day, May 30, July 4, Labor Day, Oct. 12, general election, Thanksgiving, Dec. 25.  
PENNSYLVANIA—Jan. 1, Feb. 12 and 22, Good Friday, May 30, June 14, July 4, Labor Day, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25, Sat. p. m.  
RHODE ISLAND—Jan. 1, Feb. 22, May 4 and 30, July 4, Labor Day, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25.  
SOUTH CAROLINA—Jan. 1 and 19, Feb. 22, June 3, July 4, Labor Day, general election, Nov. 11, Thanksgiving, Dec. 25.  
SOUTH DAKOTA—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, general election, Nov. 11, Thanksgiving, Dec. 25.  
TENNESSEE—Jan. 1 and 19, Feb. 12 and 22, Good Friday, May 30, June 3, July 4 and 13, Labor Day, Nov. 11, general election, Thanksgiving, Dec. 25.  
TEXAS—Jan. 1 and 19, Feb. 22, March 2, April 21, June 3, July 4, Labor Day, Oct. 12, Nov. 11, election day, Thanksgiving, Dec. 25.  
UTAH—Jan. 1, Feb. 12 and 22, Arbor Day, May 30, July 4 and 24, Labor Day, Oct. 12, election day, Nov. 11, Thanksgiving, Dec. 25.  
VERMONT—Jan. 1, Feb. 22, May 30, July 4, Aug. 16, Labor Day, Oct. 12, Nov. 11, Thanksgiving, Dec. 25.  
VIRGINIA—Jan. 1 and 19, Feb. 22, Apr. 13, May 30, June 3, July 4, Labor Day, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25, every Saturday p. m.  
WASHINGTON—Jan. 1, Feb. 12 and 22, May 30, July 4, Labor Day, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25.  
WEST VIRGINIA—Jan. 1, Feb. 12 and 22, May 30, June 20, July 4, Labor Day, Oct. 12, general and special election, Nov. 11, Thanksgiving, Dec. 25, every Saturday p. m.  
WISCONSIN—Jan. 1, Feb. 22, May 30, July 4, Labor Day, Oct. 12, general election, Nov. 11, Thanksgiving, Dec. 25.  
WYOMING—Jan. 1, Feb. 12 and 22, Arbor Day, May 30, July 4, Labor Day, general election, Nov. 11, Thanksgiving, Dec. 25.



## STANDARD TIME

In this Almanac the risings and settings of the Sun and Moon are given in local mean time, as heretofore. The Tides are given in Standard Time. Light face figures indicate A. M. time, heavy face P. M. time.

To change to STANDARD TIME add or subtract the minutes as given below, according as they are marked *plus* or *minus*.

Standard Time Divisions as adopted by the Railroads

**EASTERN STANDARD**—75th Meridian. Canada, between Quebec and Detroit.—U. S. east of Toledo and Columbus, O., Huntington, W. Va.; Bristol, Tenn.; Asheville, N. C.; Atlanta and Albany, Ga., and the Appalachianicola River, Fla.

**CENTRAL STANDARD**—90th Meridian. West from "Eastern" limits, as above, to Broadview, Canada; to Portal, Minot and Goodall, N. Dak.; the Missouri River south to Pierre, S. Dak.; North Platte and McCook, Neb.; Ellis, Dodge City and Liberal, Kan.; Wanoka and Sayre, Okla.; Sweetwater and San Angelo, Tex.

**MOUNTAIN STANDARD**—105th Meridian. West from "Central" limits to Helena, Mont.; Ogden, Utah; Seligman, Parker and Yuma, Ariz.

**PACIFIC STANDARD**—120th Meridian. West from "Mountain" limits to coast.

### Correction for the following Cities

| Eastern Standard<br>75° Longitude |         | Central Standard<br>90° Longitude |         |
|-----------------------------------|---------|-----------------------------------|---------|
|                                   | Minutes |                                   | Minutes |
| Bangor, Me.                       | -25     | Louisville, Ky.                   | -17     |
| Augusta, Me.                      | -21     | Indianapolis, Ind.                | -16     |
| Portland, Me.                     | -19     | Chicago, Ill.                     | -10     |
| Boston, Mass.                     | -16     | Milwaukee, Wis.                   | -8      |
| Newport, R. I.                    | -15     | Springfield, Ill.                 | -2      |
| Providence, R. I.                 | -14     | Memphis, Tenn.                    | 0       |
| Concord, N. H.                    | -14     | New Orleans, La.                  | 0       |
| New London, Conn.                 | -11     | St. Louis, Mo.                    | +1      |
| Springfield, Mass.                | -10     | Rock Island, Ill.                 | +3      |
| Montpelier, Vt.                   | -10     | Dubuque, Iowa                     | +3      |
| Hartford, Conn.                   | -9      | Burlington, Iowa                  | +5      |
| Montreal, P. Q.                   | -6      | St. Paul, Minn.                   | +12     |
| Albany, N. Y.                     | -5      | Des Moines, Iowa                  | +14     |
| New York, N. Y.                   | -4      | Kansas City, Mo.                  | +18     |
| Utica, N. Y.                      | +1      | Galveston, Texas                  | +19     |
| Philadelphia, Pa.                 | +1      | Omaha, Neb.                       | +24     |
| Syracuse, N. Y.                   | +5      |                                   |         |
| Baltimore, Md.                    | +6      |                                   |         |
| Washington, D. C.                 | +8      |                                   |         |
| Rochester, N. Y.                  | +11     |                                   |         |
| Buffalo, N. Y.                    | +16     |                                   |         |
| Pittsburgh, Pa.                   | +20     |                                   |         |
| Cleveland, Ohio                   | +27     |                                   |         |
| Columbus, Ohio                    | +32     |                                   |         |
| Detroit, Mich.                    | +32     |                                   |         |
| Toledo, Ohio                      | +34     |                                   |         |
| Dayton, Ohio                      | +37     |                                   |         |
| Cincinnati, Ohio                  | +38     |                                   |         |

| Mountain Standard<br>105° Longitude |         | Pacific Standard<br>120° Longitude |         |
|-------------------------------------|---------|------------------------------------|---------|
|                                     | Minutes |                                    | Minutes |
| Denver, Col.                        | 0       | Sacramento, Calif.                 | +6      |
| Salt Lake City, Utah                | +28     | San Francisco, Calif.              | +10     |

## TIDE TABLE

To Find High Water (Standard Time) Add to, or Subtract from, High Water at New York (Battery).

(Computed by the U. S. Coast Survey)

|  | EASTERN STANDARD |      | Mean Range<br>Feet |
|--|------------------|------|--------------------|
|  | H.               | M.   |                    |
| Eastport, Me.                                    | add              | 2 26 | 18.2               |
| Bar Harbor, Me.                                  | "                | 2 20 | 10.5               |
| Rockland, Me.                                    | "                | 2 24 | 9.7                |
| Portland, Me.                                    | "                | 2 39 | 8.9                |
| Portsmouth, N. H.                                | "                | 3 2  | 7.8                |
| Isle of Shoals, N. H.                            | "                | 2 50 | 8.7                |
| Newburyport, Mass.                               | "                | 3 12 | 7.8                |
| Rockport, Mass.                                  | "                | 2 44 | 8.6                |
| Gloucester, Mass.                                | "                | 2 46 | 8.7                |
| Salem, Mass.                                     | "                | 2 49 | 9.0                |
| Marblehead, Mass.                                | "                | 2 47 | 9.1                |
| Hull, Mass.                                      | "                | 2 46 | 9.0                |
| Boston, Mass., (Commonwealth Pier 5)             | "                | 2 50 | 9.4                |
| Plymouth, Mass.                                  | "                | 2 53 | 9.6                |
| Provincetown, Mass.                              | "                | 2 52 | 9.2                |
| Nantucket, Mass.                                 | "                | 3 53 | 3.1                |
| Vineyard Haven, Mass.                            | "                | 3 14 | 1.7                |
| Wood's Hole, North Side, Mass.                   | sub.             | 0 29 | 3.9                |
| New Bedford Entrance<br>(Dumpling Rock), Mass. } | "                | 0 37 | 3.7                |
| Newport, R. I.                                   | "                | 0 24 | 3.5                |
| Bristol, R. I.                                   | "                | 0 24 | 4.1                |
| Providence, R. I.                                | "                | 0 13 | 4.6                |
| Point Judith, R. I.                              | "                | 0 40 | 3.1                |
| Watch Hill, R. I.                                | add              | 0 25 | 2.7                |
| New London, Conn.                                | "                | 1 3  | 2.5                |
| Norwich, Conn.                                   | "                | 1 44 | 3.1                |
| New Haven, Conn.                                 | "                | 2 50 | 6.3                |
| Bridgeport, Conn.                                | "                | 2 51 | 6.8                |
| Montauk Point, L. I.                             | sub.             | 0 4  | 2.0                |
| Coney Island, L. I.                              | "                | 0 40 | 4.7                |
| West Point, N. Y.                                | add              | 3 16 | 2.7                |
| Long Branch, N. J.                               | sub.             | 0 54 | 4.3                |
| Cape May City, N. J.                             | "                | 0 35 | 4.3                |
| Newcastle, Del.                                  | add              | 3 26 | 5.6                |
| Philadelphia, Pa.                                | "                | 5 44 | 5.2                |
| Annapolis, Md.                                   | sub.             | 3 15 | 0.9                |
| Baltimore, Md.                                   | "                | 1 36 | 1.1                |
| Old Point Comfort, Va.                           | add              | 0 38 | 2.5                |
| Richmond, Va.                                    | sub.             | 3 43 | 3.7                |
| Hatteras Inlet, N. C.                            | "                | 0 58 | 2.0                |
| Wilmington, N. C.                                | add              | 1 45 | 2.7                |
| Beaufort, S. C.                                  | "                | 0 22 | 7.3                |
| Charleston (C. H. Wharf), S. C.                  | sub.             | 0 26 | 5.2                |
| Brunswick, Ga.                                   | add              | 0 15 | 7.0                |
| Savannah (Dry Dock Wharf), Ga.                   | "                | 0 39 | 6.5                |
| Jacksonville, Fla.                               | "                | 1 38 | 0.9                |
| St. Augustine, Fla.                              | "                | 0 12 | 4.2                |
| Key West, Fla.                                   | "                | 1 56 | 1.3                |
| Tampa Bay (Egmont Key), Fla.                     | "                | 3 52 | 1.3                |
| Cedar Keys (Depot Key), Fla.                     | "                | 5 41 | 2.4                |



**☾** In this Almanac the risings and settings of the Sun and Moon are given in local mean time, as heretofore. The Tides are given in Standard Time. Light face figures indicate A.M. time, heavy face P.M. time.

### The Calendars for the Latitude of Boston and Chicago

May be used for Central and Southern New England, Central New York, Southern Michigan, Southern Wisconsin, Southern Minnesota, Northern and Central Iowa, Northern Nebraska, South Dakota, Wyoming, Southern Idaho and Southern Oregon

### The Calendars for the Latitude of New York and Philadelphia

May be used for Southern New York, New Jersey, Pennsylvania, Northern and Central Ohio, Northern Indiana, Northern Illinois, Southern Iowa, Central and Southern Nebraska, Northern Utah, Northern Nevada and Northern California.

### The Calendars for the Latitude of Washington, Cincinnati, etc.

May be used for Delaware, Maryland, the Virginias, Southern Ohio, Central and Southern Indiana, Central and Southern Illinois, Kentucky, Missouri, Kansas, Colorado, Central Utah, Central Nevada and Central California.

### THE SIZE OF THE SEAS.

|                     | Miles long. |
|---------------------|-------------|
| Mediterranean ..... | 2,000       |
| Caribbean .....     | 1,800       |
| Red .....           | 1,400       |
| Black .....         | 932         |
| Baltic .....        | 600         |

### AREA OF OCEANS IN SQUARE MILES.

|                |            |
|----------------|------------|
| Pacific .....  | 70,000,000 |
| Atlantic ..... | 35,000,000 |
| Indian .....   | 23,000,000 |
| Southern ..... | 7,000,000  |
| Arctic .....   | 4,000,000  |

### SIZE OF THE GREAT LAKES.

|                 | Miles long. | Miles wide. |
|-----------------|-------------|-------------|
| Superior .....  | 380         | 120         |
| Michigan .....  | 330         | 60          |
| Ontario .....   | 170         | 40          |
| Champlain ..... | 123         | 12          |
| Erie .....      | 270         | 50          |
| Huron .....     | 250         | 90          |
| Winnipeg .....  | 240         | 40          |
| Athabaska ..... | 200         | 20          |

# January, 1950

To change to your local time see table on preceding page headed "Standard Time"

### MOON'S PHASES (In Standard Time)

Full Moon . . .  
Last Quarter . . .  
New Moon . . .  
First Quarter . . .

### EASTERN DIVISION

4d. 2h. 48m. a.m.  
11d. 5h. 31m. a.m.  
18d. 2h. 59m. a.m.  
25d. 11h. 39m. p.m.

### CENTRAL DIVISION

4d. 1h. 48m. a.m.  
11d. 4h. 31m. a.m.  
18d. 1h. 59m. a.m.  
25d. 10h. 39m. p.m.

| Day of Week | Sun R.&S. h. m. | Latitude of Boston and Chicago |                  |                  | Latitude of New York and Philadelphia |                  |                  | Lat. of Wash. Cin., St. Louis |                  |
|-------------|-----------------|--------------------------------|------------------|------------------|---------------------------------------|------------------|------------------|-------------------------------|------------------|
|             |                 | R.&S. h. m.                    | Moon R.&S. h. m. | Host. Tide Morn. | R.&S. h. m.                           | Moon R.&S. h. m. | N. Y. Tide Morn. | R.&S. h. m.                   | Moon R.&S. h. m. |
| 1 S         | r7 29           | 5 16                           | 8 54             | r7 24            | 5 10                                  | 6 8              | r7 19            | 5 5                           |                  |
| 2 Mo        | s4 39           | 6 20                           | 9 38             | s4 43            | 6 13                                  | 6 50             | s4 49            | 6 7                           |                  |
| 3 Tu        | r7 29           | rises                          | 10 21            | r7 24            | rises                                 | 7 29             | r7 19            | rises                         |                  |
| 4 We        | s4 41           | 4 50                           | 11 1             | s4 45            | 4 57                                  | 8 8              | s4 51            | 5 4                           |                  |
| 5 Th        | r7 29           | 6 2                            | 11 43            | r7 24            | 6 8                                   | 8 47             | r7 19            | 6 14                          |                  |
| 6 Fr        | s4 43           | 7 15                           | 0 18             | s4 47            | 7 21                                  | 9 28             | s4 53            | 7 26                          |                  |
| 7 Sa        | r7 29           | 8 30                           | 1 0              | r7 24            | 8 34                                  | 10 15            | r7 19            | 8 37                          |                  |
| 8 S         | s4 45           | 9 44                           | 1 45             | s4 49            | 9 45                                  | 11 5             | s4 55            | 9 47                          |                  |
| 9 Mo        | r7 29           | 10 57                          | 2 31             | r7 24            | 10 57                                 | 11 56            | r7 19            | 10 57                         |                  |
| 10 Tu       | s4 47           | morn                           | 3 21             | s4 51            | morn                                  | 0 34             | s4 57            | morn                          |                  |
| 11 We       | r7 28           | 0 11                           | 4 14             | r7 24            | 0 10                                  | 1 26             | r7 19            | 0 9                           |                  |
| 12 Th       | s4 49           | 1 27                           | 5 10             | s4 53            | 1 24                                  | 2 22             | s4 59            | 1 22                          |                  |
| 13 Fr       | r7 28           | 2 45                           | 6 9              | r7 23            | 2 40                                  | 3 26             | r7 18            | 2 36                          |                  |
| 14 Sa       | s4 51           | 4 2                            | 7 11             | s4 55            | 3 57                                  | 4 33             | s5 1             | 3 52                          |                  |
| 15 S        | r7 27           | 5 18                           | 8 11             | r7 22            | 5 11                                  | 5 36             | r7 18            | 5 6                           |                  |
| 16 Mo       | s4 54           | 6 26                           | 9 9              | s4 58            | 6 18                                  | 6 33             | s5 3             | 6 12                          |                  |
| 17 Tu       | r7 26           | 7 22                           | 10 5             | r7 21            | 7 15                                  | 7 24             | r7 17            | 7 9                           |                  |
| 18 We       | s4 56           | sets                           | 10 56            | s5 0             | sets                                  | 8 13             | s5 5             | sets                          |                  |
| 19 Th       | r7 25           | 6 25                           | 11 46            | r7 20            | 6 30                                  | 8 59             | r7 16            | 6 35                          |                  |
| 20 Fr       | s4 58           | 7 34                           | 0 20             | s5 2             | 7 38                                  | 9 45             | s5 7             | 7 42                          |                  |
| 21 Sa       | r7 23           | 8 41                           | 1 5              | r7 19            | 8 43                                  | 10 31            | r7 15            | 8 45                          |                  |
| 22 S        | s5 1            | 9 45                           | 1 49             | s5 5             | 9 46                                  | 11 15            | s5 10            | 9 46                          |                  |
| 23 Mo       | r7 22           | 10 47                          | 2 33             | r7 18            | 10 47                                 | 11 57            | r7 14            | 10 47                         |                  |
| 24 Tu       | s5 3            | 11 49                          | 3 18             | s5 7             | 11 47                                 | 0 32             | s5 12            | 11 46                         |                  |
| 25 We       | r7 21           | morn                           | 4 3              | r7 17            | morn                                  | 1 12             | r7 12            | morn                          |                  |
| 26 Th       | s5 6            | 0 52                           | 4 51             | s5 9             | 0 48                                  | 1 54             | s5 14            | 0 46                          |                  |
| 27 Fr       | r7 19           | 1 56                           | 5 42             | r7 15            | 1 51                                  | 2 41             | r7 11            | 1 48                          |                  |
| 28 Sa       | s5 9            | 3 1                            | 6 35             | s5 12            | 2 55                                  | 3 36             | s5 16            | 2 50                          |                  |
| 29 S        | r7 17           | 4 5                            | 7 28             | r7 14            | 3 59                                  | 4 36             | r7 10            | 3 53                          |                  |
| 30 Mo       | s5 11           | 5 6                            | 8 19             | s5 14            | 4 59                                  | 5 32             | s5 18            | 4 53                          |                  |
| 31 Tu       | r7 15           | 6 2                            | 9 8              | r7 12            | 5 54                                  | 6 22             | r7 8             | 5 48                          |                  |







# April, 1950

To change to your local time see table on preceding page headed "Standard Time"

| MOON'S PHASES<br>(In Standard Time) | EASTERN DIVISION |          |      | CENTRAL DIVISION |          |      |
|-------------------------------------|------------------|----------|------|------------------|----------|------|
| Full Moon . . .                     | 2d.              | 3h. 49m. | p.m. | 2d.              | 2h. 49m. | p.m. |
| Last Quarter . .                    | 9d.              | 6h. 42m. | a.m. | 9d.              | 5h. 42m. | a.m. |
| New Moon . . .                      | 17d.             | 3h. 25m. | a.m. | 17d.             | 2h. 25m. | a.m. |
| First Quarter . .                   | 25d.             | 6h. 40m. | a.m. | 25d.             | 4h. 40m. | a.m. |

| Def M | Day of Week | Latitude of Boston and Chicago |                  |                  | Latitude of New York and Philadelphia |                  |                  | Lat. of Wash. Cin., St. Louis |                  |
|-------|-------------|--------------------------------|------------------|------------------|---------------------------------------|------------------|------------------|-------------------------------|------------------|
|       |             | Sun R.&S. h. m.                | Moon R.&S. h. m. | Boat. Tide Morn. | Sun R.&S. h. m.                       | Moon R.&S. h. m. | N. Y. Tide Morn. | Sun R.&S. h. m.               | Moon R.&S. h. m. |
| 1     | Sa          | r5 43                          | rises            | 9 48             | r5 45                                 | rises            | 6 55             | r5 46                         | rises            |
| 2     | S           | s6 27                          | 6 31             | 10 36            | s6 26                                 | 6 30             | 7 40             | s6 24                         | 6 30             |
| 3     | Mo          | r5 40                          | 7 54             | 11 25            | r5 41                                 | 7 51             | 8 26             | r5 42                         | 7 49             |
| 4     | Tu          | s6 29                          | 9 17             | .....            | s6 28                                 | 9 13             | 9 16             | s6 26                         | 9 9              |
| 5     | W           | r5 37                          | 10 40            | 0 30             | r5 38                                 | 10 34            | 10 10            | r5 39                         | 10 29            |
| 6     | Th          | s6 31                          | 11 58            | 1 19             | s6 30                                 | 11 50            | 11 10            | s6 28                         | 11 44            |
| 7     | Fr          | r5 33                          | morn             | 2 12             | r5 35                                 | morn             | .....            | r5 36                         | morn             |
| 8     | Sa          | s6 33                          | 1 6              | 3 9              | s6 32                                 | 0 58             | 0 31             | s6 30                         | 0 52             |
| 9     | S           | r5 30                          | 2 1              | 4 10             | r5 32                                 | 1 53             | 1 33             | r5 33                         | 1 47             |
| 10    | Mo          | s6 35                          | 2 42             | 5 16             | s6 34                                 | 2 36             | 2 37             | s6 32                         | 2 31             |
| 11    | Tu          | r5 27                          | 3 15             | 6 26             | r5 29                                 | 3 10             | 3 43             | r5 30                         | 3 5              |
| 12    | We          | s6 38                          | 3 41             | 7 33             | s6 36                                 | 3 37             | 4 46             | s6 34                         | 3 34             |
| 13    | Th          | r5 23                          | 4 2              | 8 31             | r5 26                                 | 3 59             | 5 40             | r5 27                         | 3 58             |
| 14    | Fr          | s6 40                          | 4 21             | 9 20             | s6 38                                 | 4 20             | 6 27             | s6 36                         | 4 19             |
| 15    | Sa          | r5 20                          | 4 39             | 10 4             | r5 22                                 | 4 39             | 7 7              | r5 24                         | 4 40             |
| 16    | S           | s6 42                          | 4 56             | 10 42            | s6 40                                 | 4 57             | 7 44             | s6 38                         | 5 0              |
| 17    | Mo          | r5 17                          | sets             | 11 19            | r5 19                                 | sets             | 8 20             | r5 21                         | sets             |
| 18    | Tu          | s6 44                          | 8 25             | 11 56            | s6 42                                 | 8 20             | 8 54             | s6 40                         | 8 17             |
| 19    | We          | r5 14                          | 9 29             | 0 6              | r5 16                                 | 9 24             | 9 27             | r5 18                         | 9 19             |
| 20    | Th          | s6 46                          | 10 32            | 0 42             | s6 44                                 | 10 25            | 10 0             | s6 42                         | 10 20            |
| 21    | Fr          | r5 11                          | 11 32            | 1 21             | r5 13                                 | 11 24            | 10 35            | r5 15                         | 11 19            |
| 22    | Sa          | s6 49                          | morn             | 2 2              | s6 46                                 | morn             | 11 19            | s6 44                         | morn             |
| 23    | S           | r5 8                           | 0 26             | 2 48             | r5 10                                 | 0 18             | .....            | r5 13                         | 0 12             |
| 24    | Mo          | s6 52                          | 1 11             | 3 38             | s6 48                                 | 1 4              | 0 9              | s6 46                         | 0 59             |
| 25    | Tu          | r5 5                           | 1 49             | 4 34             | r5 7                                  | 1 43             | 1 7              | r5 10                         | 1 38             |
| 26    | We          | s6 54                          | 2 21             | 5 33             | s6 50                                 | 2 15             | 2 14             | s6 48                         | 2 11             |
| 27    | Th          | r5 2                           | 2 47             | 6 34             | r5 5                                  | 2 43             | 3 27             | r5 7                          | 2 41             |
| 28    | Fr          | s6 56                          | 3 11             | 7 33             | s6 52                                 | 3 9              | 4 35             | s6 50                         | 3 8              |
| 29    | Sa          | r5 0                           | 3 33             | 8 27             | r5 2                                  | 3 32             | 5 34             | r5 5                          | 3 32             |
| 30    | S           | s6 58                          | 3 55             | 9 20             | s6 54                                 | 3 56             | 6 27             | s6 52                         | 3 58             |
| 31    | .....       | .....                          | .....            | .....            | .....                                 | .....            | .....            | .....                         | .....            |

# May, 1950

To change to your local time see table on preceding page headed "Standard Time"

| MOON'S PHASES<br>(In Standard Time) | EASTERN DIVISION |          |      | CENTRAL DIVISION |           |      |
|-------------------------------------|------------------|----------|------|------------------|-----------|------|
| Full Moon . . .                     | 2d.              | 0h. 19m. | a.m. | 1d.              | 11h. 19m. | p.m. |
| Last Quarter . .                    | 8d.              | 5h. 52m. | p.m. | 8d.              | 4h. 52m.  | p.m. |
| New Moon . . .                      | 16d.             | 7h. 54m. | p.m. | 16d.             | 6h. 54m.  | p.m. |
| First Quarter . .                   | 24d.             | 4h. 28m. | p.m. | 24d.             | 3h. 28m.  | p.m. |
| Full Moon . . .                     | 31d.             | 7h. 43m. | a.m. | 31d.             | 6h. 43m.  | a.m. |

| Def M | Day of Week | Latitude of Boston and Chicago |                  |                  | Latitude of New York and Philadelphia |                  |                  | Lat. of Wash. Cin., St. Louis |                  |
|-------|-------------|--------------------------------|------------------|------------------|---------------------------------------|------------------|------------------|-------------------------------|------------------|
|       |             | Sun R.&S. h. m.                | Moon R.&S. h. m. | Boat. Tide Morn. | Sun R.&S. h. m.                       | Moon R.&S. h. m. | N. Y. Tide Morn. | Sun R.&S. h. m.               | Moon R.&S. h. m. |
| 1     | Mo          | r4 56                          | rises            | 10 13            | r4 59                                 | rises            | 7 15             | r5 2                          | rises            |
| 2     | Tu          | s7 1                           | 8 10             | 11 4             | s6 56                                 | 8 4              | 8 5              | s6 53                         | 8 0              |
| 3     | We          | r4 53                          | 9 33             | 11 54            | r4 57                                 | 9 26             | 8 57             | r5 0                          | 9 20             |
| 4     | Th          | s7 3                           | 10 48            | 0 10             | s6 59                                 | 10 41            | 9 55             | s6 55                         | 10 34            |
| 5     | Fr          | r4 50                          | 11 51            | 1 0              | r4 54                                 | 11 44            | 10 57            | r4 53                         | 11 38            |
| 6     | Sa          | s7 5                           | morn             | 1 54             | s7 1                                  | morn             | 12 0             | s6 57                         | morn             |
| 7     | S           | r4 48                          | 0 40             | 2 53             | r4 52                                 | 0 33             | 0 15             | r4 55                         | 0 28             |
| 8     | Mo          | s7 7                           | 1 16             | 3 54             | s7 3                                  | 1 11             | 1 14             | s6 59                         | 1 6              |
| 9     | Tu          | r4 45                          | 1 45             | 4 57             | r4 50                                 | 1 40             | 2 13             | r4 53                         | 1 37             |
| 10    | We          | s7 9                           | 2 7              | 6 3              | s7 5                                  | 2 5              | 3 12             | s7 1                          | 2 3              |
| 11    | Th          | r4 43                          | 2 27             | 7 6              | r4 48                                 | 2 26             | 4 11             | r4 51                         | 2 25             |
| 12    | Fr          | s7 11                          | 2 45             | 8 2              | s7 7                                  | 2 45             | 5 5              | s7 3                          | 2 45             |
| 13    | Sa          | r4 41                          | 3 3              | 8 51             | r4 46                                 | 3 4              | 5 53             | r4 49                         | 3 5              |
| 14    | S           | s7 13                          | 3 21             | 9 34             | s7 9                                  | 3 23             | 6 36             | s7 5                          | 3 26             |
| 15    | Mo          | r4 39                          | 3 41             | 10 14            | r4 44                                 | 3 45             | 7 15             | r4 48                         | 3 49             |
| 16    | Tu          | s7 15                          | sets             | 10 52            | s7 11                                 | sets             | 7 53             | s7 7                          | sets             |
| 17    | We          | r4 37                          | 8 25             | 11 31            | r4 42                                 | 8 19             | 8 29             | r4 46                         | 8 13             |
| 18    | Th          | s7 17                          | 9 26             | .....            | s7 13                                 | 9 19             | 9 6              | s7 8                          | 9 13             |
| 19    | Fr          | r4 35                          | 10 21            | 0 14             | r4 40                                 | 10 13            | 9 43             | r4 44                         | 10 8             |
| 20    | Sa          | s7 19                          | 11 9             | 0 53             | s7 14                                 | 11 2             | 10 26            | s7 10                         | 10 56            |
| 21    | S           | r4 33                          | 11 49            | 1 35             | r4 38                                 | 11 43            | 11 14            | r4 43                         | 11 38            |
| 22    | Mo          | s7 21                          | morn             | 2 21             | s7 16                                 | morn             | .....            | s7 12                         | morn             |
| 23    | Tu          | r4 32                          | 0 22             | 3 11             | r4 37                                 | 0 16             | .....            | r4 41                         | 0 12             |
| 24    | We          | s7 23                          | 0 49             | 4 4              | s7 18                                 | 0 45             | 0 46             | s7 14                         | 0 42             |
| 25    | Th          | r4 30                          | 1 13             | 5 1              | r4 35                                 | 1 10             | 1 44             | r4 40                         | 1 8              |
| 26    | Fr          | s7 25                          | 1 35             | 6 1              | s7 20                                 | 1 34             | 2 48             | s7 15                         | 1 33             |
| 27    | Sa          | r4 29                          | 1 57             | 7 1              | r4 34                                 | 1 57             | 3 56             | r4 39                         | 1 58             |
| 28    | S           | s7 27                          | 2 19             | 7 59             | s7 22                                 | 2 21             | 5 1              | s7 17                         | 2 23             |
| 29    | Mo          | r4 28                          | 2 45             | 8 56             | r4 33                                 | 2 49             | 6 1              | r4 38                         | 2 52             |
| 30    | Tu          | s7 28                          | rises            | 9 52             | s7 23                                 | rises            | 6 55             | s7 18                         | rises            |
| 31    | We          | r4 27                          | 8 22             | 10 45            | r4 32                                 | 8 15             | 7 48             | r4 37                         | 8 10             |



# June, 1950

To change to your local time see table on preceding page headed "Standard Time"

| MOON'S PHASES<br>(In Standard Time) |   |                     | EASTERN DIVISION    |                     |                     | CENTRAL DIVISION |  |  |
|-------------------------------------|---|---------------------|---------------------|---------------------|---------------------|------------------|--|--|
| Last Quarter                        | . | 7d. 6h. 35m. a.m.   | 7d. 5h. 35m. a.m.   | 7d. 5h. 35m. a.m.   | 7d. 5h. 35m. a.m.   |                  |  |  |
| New Moon                            | . | 15d. 10h. 53m. a.m. | 15d. 9h. 53m. a.m.  | 15d. 9h. 53m. a.m.  | 15d. 9h. 53m. a.m.  |                  |  |  |
| First Quarter                       | . | 23d. 0h. 12m. a.m.  | 23d. 11h. 12m. p.m. | 23d. 11h. 12m. p.m. | 23d. 11h. 12m. p.m. |                  |  |  |
| Full Moon                           | . | 29d. 2h. 58m. p.m.  | 29d. 1h. 58m. p.m.  | 29d. 1h. 58m. p.m.  | 29d. 1h. 58m. p.m.  |                  |  |  |

# July, 1950

To change to your local time see table on preceding page headed "Standard Time"

| MOON'S PHASES<br>(In Standard Time) |   |                     | EASTERN DIVISION    |                     |                     | CENTRAL DIVISION |  |  |
|-------------------------------------|---|---------------------|---------------------|---------------------|---------------------|------------------|--|--|
| Last Quarter                        | . | 6d. 9h. 53m. p.m.   | 6d. 8h. 53m. p.m.   | 6d. 8h. 53m. p.m.   | 6d. 8h. 53m. p.m.   |                  |  |  |
| New Moon                            | . | 16d. 0h. 5m. a.m.   | 14d. 11h. 5m. p.m.  | 14d. 11h. 5m. p.m.  | 14d. 11h. 5m. p.m.  |                  |  |  |
| First Quarter                       | . | 22d. 3h. 50m. a.m.  | 22d. 4h. 50m. a.m.  | 22d. 4h. 50m. a.m.  | 22d. 4h. 50m. a.m.  |                  |  |  |
| Full Moon                           | . | 28d. 11h. 17m. p.m. | 28d. 10h. 17m. p.m. | 28d. 10h. 17m. p.m. | 28d. 10h. 17m. p.m. |                  |  |  |

| Def. M. | Day of Week | Latitude of Boston and Chicago |                  |                  | Latitude of New York and Philadelphia |                  |                  | Lat. of Wash. Cin., St. Louis |                  |                  |
|---------|-------------|--------------------------------|------------------|------------------|---------------------------------------|------------------|------------------|-------------------------------|------------------|------------------|
|         |             | Sun R.&S. h. m.                | Moon R.&S. h. m. | Boat. Tide Morn. | Sun R.&S. h. m.                       | Moon R.&S. h. m. | Boat. Tide Morn. | Sun R.&S. h. m.               | Moon R.&S. h. m. | Boat. Tide Morn. |
| 1       | Th          | r4 26                          | 9 33             | 11 38            | r4 31                                 | 9 25             | 8 43             | r4 36                         | 9 13             | 8 52             |
| 2       | Fr          | s7 31                          | 10 30            | ....             | s7 25                                 | 10 22            | 9 41             | s7 20                         | 10 17            | 9 37             |
| 3       | Sa          | r4 25                          | 11 12            | 0 44             | r4 30                                 | 11 6             | 10 43            | r4 36                         | 11 1             | 10 14            |
| 4       | S           | s7 32                          | 11 45            | 1 38             | s7 27                                 | 11 40            | 11 44            | s7 22                         | 11 36            | 11 36            |
| 5       | Mo          | r4 24                          | morn             | 2 35             | r4 30                                 | morn             | ....             | r4 35                         | morn             | ....             |
| 6       | Tu          | s7 33                          | 0 11             | 3 31             | s7 28                                 | 0 8              | 0 48             | s7 23                         | 0 5              | 0 5              |
| 7       | We          | r4 24                          | 0 32             | 4 29             | r4 29                                 | 0 30             | 1 41             | r4 34                         | 0 29             | 0 29             |
| 8       | Th          | s7 35                          | 0 50             | 5 29             | s7 29                                 | 0 49             | 2 32             | s7 24                         | 0 49             | 0 49             |
| 9       | Fr          | r4 23                          | 1 9              | 6 28             | r4 28                                 | 1 9              | 3 26             | r4 34                         | 1 10             | 1 10             |
| 10      | Sa          | s7 36                          | 1 27             | 7 24             | s7 30                                 | 1 28             | 4 21             | s7 25                         | 1 31             | 1 31             |
| 11      | S           | r4 23                          | 1 46             | 8 14             | r4 28                                 | 1 50             | 5 14             | r4 34                         | 1 52             | 1 52             |
| 12      | Mo          | s7 37                          | 2 8              | 9 2              | s7 31                                 | 2 13             | 6 4              | s7 26                         | 2 17             | 2 17             |
| 13      | Tu          | r4 23                          | 2 36             | 9 46             | r4 28                                 | 2 13             | 6 48             | r4 34                         | 2 47             | 2 47             |
| 14      | We          | s7 38                          | 3 8              | 10 28            | s7 32                                 | 3 15             | 7 30             | s7 27                         | 3 22             | 3 22             |
| 15      | Th          | r4 23                          | sets             | 11 8             | r4 28                                 | sets             | 8 10             | r4 34                         | sets             | ....             |
| 16      | Fr          | s7 39                          | 9 7              | 11 48            | s7 33                                 | 8 59             | 8 49             | s7 28                         | 8 54             | 8 54             |
| 17      | Sa          | r4 23                          | 9 49             | ....             | r4 28                                 | 9 43             | 9 30             | r4 34                         | 9 37             | 9 37             |
| 18      | S           | s7 39                          | 10 24            | 0 30             | s7 34                                 | 10 18            | 10 14            | s7 28                         | 10 14            | 10 14            |
| 19      | Mo          | r4 23                          | 10 52            | 1 13             | r4 28                                 | 10 48            | 11 0             | r4 34                         | 10 45            | 10 45            |
| 20      | Tu          | s7 40                          | 11 17            | 1 58             | s7 31                                 | 11 14            | 11 45            | s7 29                         | 11 12            | 11 12            |
| 21      | We          | r4 23                          | 11 38            | 2 46             | r4 29                                 | 11 38            | ....             | r4 34                         | 11 36            | 11 36            |
| 22      | Th          | s7 40                          | 11 59            | 3 37             | s7 35                                 | morn             | 0 26             | s7 29                         | morn             | ....             |
| 23      | Fr          | r4 24                          | morn             | 4 33             | r4 29                                 | 0 0              | 1 19             | r4 35                         | 0 0              | 0 0              |
| 24      | Sa          | s7 40                          | 0 21             | 5 31             | s7 35                                 | 0 22             | 2 17             | s7 29                         | 0 25             | 0 25             |
| 25      | S           | r4 24                          | 0 45             | 6 32             | r4 30                                 | 0 48             | 3 24             | r4 35                         | 0 51             | 0 51             |
| 26      | Mo          | s7 41                          | 1 13             | 7 35             | s7 35                                 | 1 17             | 4 36             | s7 30                         | 1 22             | 1 22             |
| 27      | Tu          | r4 25                          | 1 49             | 8 35             | r4 31                                 | 1 55             | 5 44             | r4 36                         | 2 1              | 2 1              |
| 28      | We          | s7 41                          | rises            | 9 33             | s7 35                                 | rises            | 6 43             | s7 30                         | rises            | ....             |
| 29      | Th          | r4 26                          | 8 15             | 10 29            | r4 31                                 | 8 7              | 7 38             | r4 37                         | 8 1              | 8 1              |
| 30      | Fr          | s7 41                          | 9 4              | 11 23            | s7 35                                 | 8 57             | 8 32             | s7 30                         | 8 52             | 8 52             |

| Def. M. | Day of Week | Latitude of Boston and Chicago |                  |                  | Latitude of New York and Philadelphia |                  |                  | Lat. of Wash. Cin., St. Louis |                  |                  |
|---------|-------------|--------------------------------|------------------|------------------|---------------------------------------|------------------|------------------|-------------------------------|------------------|------------------|
|         |             | Sun R.&S. h. m.                | Moon R.&S. h. m. | Boat. Tide Morn. | Sun R.&S. h. m.                       | Moon R.&S. h. m. | Boat. Tide Morn. | Sun R.&S. h. m.               | Moon R.&S. h. m. | Boat. Tide Morn. |
| 1       | Sa          | r4 27                          | 9 41             | ....             | r4 32                                 | 9 33             | 9 27             | r4 38                         | 9 32             | 9 32             |
| 2       | S           | s7 40                          | 10 11            | 0 29             | s7 35                                 | 10 7             | 10 23            | s7 29                         | 10 4             | 10 4             |
| 3       | Mo          | r4 28                          | 10 34            | 1 20             | r4 33                                 | 10 32            | 11 19            | r4 39                         | 10 30            | 10 30            |
| 4       | Tu          | s7 40                          | 10 54            | 2 12             | s7 34                                 | 10 53            | ....             | s7 29                         | 10 52            | 10 52            |
| 5       | We          | r4 29                          | 11 13            | 3 3              | r4 34                                 | 11 13            | 0 16             | r4 40                         | 11 14            | 11 14            |
| 6       | Th          | s7 39                          | 11 31            | 3 54             | s7 34                                 | 11 32            | 1 2              | s7 29                         | 11 34            | 11 34            |
| 7       | Fr          | r4 30                          | 11 49            | 4 48             | r4 35                                 | 11 52            | 1 47             | r4 41                         | 11 55            | 11 55            |
| 8       | Sa          | s7 39                          | morn             | 5 43             | s7 33                                 | morn             | 2 36             | s7 28                         | morn             | ....             |
| 9       | S           | r4 32                          | 0 11             | 6 38             | r4 36                                 | 0 14             | 3 31             | r4 42                         | 0 19             | 0 19             |
| 10      | Mo          | s7 38                          | 0 36             | 7 34             | s7 33                                 | 0 41             | 4 32             | s7 27                         | 0 46             | 0 46             |
| 11      | Tu          | r4 33                          | 1 7              | 8 27             | r4 37                                 | 1 13             | 5 31             | r4 43                         | 1 19             | 1 19             |
| 12      | We          | s7 37                          | 1 45             | 9 17             | s7 32                                 | 1 53             | 6 22             | s7 27                         | 1 59             | 1 59             |
| 13      | Th          | r4 35                          | 2 33             | 10 2             | r4 39                                 | 2 41             | 7 8              | r4 45                         | 2 48             | 2 48             |
| 14      | Fr          | s7 36                          | 3 30             | 10 44            | s7 31                                 | 3 38             | 7 50             | s7 26                         | 3 45             | 3 45             |
| 15      | Sa          | r4 36                          | sets             | 11 25            | r4 40                                 | sets             | 8 30             | r4 46                         | sets             | ....             |
| 16      | S           | s7 34                          | 8 56             | ....             | s7 29                                 | 8 51             | 9 10             | s7 25                         | 8 47             | 8 47             |
| 17      | Mo          | r4 38                          | 9 22             | 0 10             | r4 42                                 | 9 18             | 9 51             | r4 48                         | 9 16             | 9 16             |
| 18      | Tu          | s7 33                          | 9 43             | 0 52             | s7 28                                 | 9 42             | 10 34            | s7 23                         | 9 40             | 9 40             |
| 19      | We          | r4 40                          | 10 4             | 1 36             | r4 44                                 | 10 4             | 11 18            | r4 49                         | 10 4             | 10 4             |
| 20      | Th          | s7 32                          | 10 26            | 2 24             | s7 27                                 | 10 27            | ....             | s7 22                         | 10 28            | 10 28            |
| 21      | Fr          | r4 41                          | 10 48            | 3 14             | r4 45                                 | 10 50            | 0 8              | r4 51                         | 10 53            | 10 53            |
| 22      | Sa          | s7 30                          | 11 13            | 4 8              | s7 25                                 | 11 18            | 1 1              | s7 21                         | 11 22            | 11 22            |
| 23      | S           | r4 43                          | 11 45            | 5 6              | r4 47                                 | 11 52            | 1 57             | r4 53                         | 11 57            | 11 57            |
| 24      | Mo          | s7 28                          | morn             | 6 10             | s7 23                                 | morn             | 3 5              | s7 19                         | morn             | ....             |
| 25      | Tu          | r4 45                          | 0 27             | 7 15             | r4 49                                 | 0 34             | 4 23             | r4 54                         | 0 40             | 0 40             |
| 26      | We          | s7 26                          | 1 20             | 8 19             | s7 22                                 | 1 28             | 5 34             | s7 17                         | 1 35             | 1 35             |
| 27      | Th          | r4 47                          | 2 25             | 9 20             | r4 51                                 | 2 33             | 6 36             | r4 56                         | 2 40             | 2 40             |
| 28      | Fr          | s7 24                          | rises            | 10 16            | s7 20                                 | rises            | 7 29             | s7 16                         | rises            | ....             |
| 29      | Sa          | r4 49                          | 8 9              | 11 9             | r4 53                                 | 8 5              | 8 19             | r4 58                         | 8 1              | 8 1              |
| 30      | S           | s7 22                          | 8 35             | 11 57            | s7 18                                 | 8 31             | 9 8              | s7 14                         | 8 29             | 8 29             |
| 31      | Mo          | r4 51                          | 8 56             | 0 12             | r4 55                                 | 8 54             | 9 57             | r4 59                         | 8 53             | 8 53             |







# October, 1950

To change to your local time see table on preceding page headed "Standard Time"

| MOON'S PHASES<br>(In Standard Time) | EASTERN DIVISION    | CENTRAL DIVISION    |
|-------------------------------------|---------------------|---------------------|
| Last Quarter . . .                  | 4d. 2h. 53m. a.m.   | 4d. 1h. 53m. a.m.   |
| New Moon . . .                      | 11d. 8h. 33m. a.m.  | 11d. 7h. 33m. a.m.  |
| First Quarter . . .                 | 17d. 11h. 18m. p.m. | 17d. 10h. 18m. p.m. |
| Full Moon . . .                     | 25d. 3h. 46m. p.m.  | 25d. 2h. 46m. p.m.  |

| Dof.M | Day of Week | Latitude of Boston and Chicago |                  |                  | Latitude of New York and Philadelphia |                  |                  | Lat. of Wash. Cin., St. Louis |                  |                  |
|-------|-------------|--------------------------------|------------------|------------------|---------------------------------------|------------------|------------------|-------------------------------|------------------|------------------|
|       |             | Sun R.&S. h. m.                | Moon R.&S. h. m. | Host. Tide Morn. | Sun R.&S. h. m.                       | Moon R.&S. h. m. | N. Y. Tide Morn. | Sun R.&S. h. m.               | Moon R.&S. h. m. | N. Y. Tide Morn. |
| 1     | S           | r5 57                          | 8 12             | 2 9              | r5 56                                 | 8 19             | 11 16            | r5 56                         | 8 26             |                  |
| 2     | Mo          | s5 41                          | 8 55             | 2 54             | s5 41                                 | 9 4              | 11 55            | s5 42                         | 9 11             |                  |
| 3     | Tu          | r5 59                          | 9 49             | 3 44             | r5 58                                 | 9 57             | 0 23             | r5 57                         | 10 5             |                  |
| 4     | We          | s5 37                          | 10 51            | 4 37             | s5 38                                 | 10 59            | 1 19             | s5 39                         | 11 5             |                  |
| 5     | Th          | r6 1                           | 1 59             | 5 36             | r6 0                                  | morn             | 2 24             | r5 59                         | morn             |                  |
| 6     | Fr          | s5 34                          | morn             | 6 34             | s5 35                                 | 0 5              | 3 35             | s5 35                         | 0 12             |                  |
| 7     | Sa          | r6 3                           | 1 10             | 7 29             | r6 2                                  | 1 15             | 4 38             | r6 1                          | 1 19             |                  |
| 8     | Su          | s5 30                          | 2 23             | 8 19             | s5 32                                 | 2 26             | 5 30             | s5 32                         | 2 29             |                  |
| 9     | Mo          | r6 5                           | 3 36             | 9 5              | r6 5                                  | 3 38             | 6 16             | r6 3                          | 3 40             |                  |
| 10    | Tu          | s5 27                          | 4 51             | 9 49             | s5 28                                 | 4 52             | 6 57             | s5 29                         | 4 52             |                  |
| 11    | We          | r6 8                           | sets             | 10 33            | r6 7                                  | sets             | 7 38             | r6 5                          | sets             |                  |
| 12    | Th          | s5 24                          | 5 48             | 11 17            | s5 25                                 | 5 52             | 8 20             | s5 26                         | 5 57             |                  |
| 13    | Fr          | r6 10                          | 6 21             | .....            | r6 9                                  | 6 27             | 9 6              | r6 7                          | 6 33             |                  |
| 14    | Sa          | s5 21                          | 7 3              | 0 35             | s5 22                                 | 7 11             | 9 58             | s5 23                         | 7 18             |                  |
| 15    | Su          | r6 12                          | 7 57             | 1 27             | r6 11                                 | 8 5              | 10 58            | r6 9                          | 8 13             |                  |
| 16    | Mo          | s5 17                          | 9 1              | 2 22             | s5 19                                 | 9 10             | 12 0             | s5 21                         | 9 17             |                  |
| 17    | Tu          | r6 14                          | 10 14            | 3 20             | r6 13                                 | 10 21            | 0 40             | r6 11                         | 10 28            |                  |
| 18    | We          | s5 14                          | 11 29            | 4 22             | s5 16                                 | 11 24            | 1 45             | s5 18                         | 11 40            |                  |
| 19    | Th          | r6 17                          | morn             | 5 28             | r6 15                                 | morn             | 2 48             | r6 13                         | morn             |                  |
| 20    | Fr          | s5 11                          | 0 41             | 6 37             | s5 13                                 | 0 45             | 3 54             | s5 15                         | 0 50             |                  |
| 21    | Sa          | r6 19                          | 1 51             | 7 39             | r6 18                                 | 1 54             | 4 54             | r6 15                         | 1 57             |                  |
| 22    | Su          | s5 8                           | 2 58             | 8 33             | s5 10                                 | 2 59             | 5 46             | s5 12                         | 3 2              |                  |
| 23    | Mo          | r6 21                          | 4 3              | 9 20             | r6 20                                 | 4 3              | 6 31             | r6 17                         | 4 3              |                  |
| 24    | Tu          | s5 5                           | 5 7              | 10 1             | s5 7                                  | 5 6              | 7 11             | s5 10                         | 5 5              |                  |
| 25    | We          | r6 24                          | rises            | 10 39            | r6 22                                 | rises            | 7 47             | r6 20                         | rises            |                  |
| 26    | Th          | s5 3                           | 5 9              | 11 15            | s5 5                                  | 5 14             | 8 22             | s5 7                          | 5 18             |                  |
| 27    | Fr          | r6 27                          | 5 37             | 11 51            | r6 24                                 | 5 43             | 8 55             | r6 22                         | 5 49             |                  |
| 28    | Sa          | s5 0                           | 6 10             | 0 20             | s5 2                                  | 6 17             | 9 27             | s5 4                          | 6 24             |                  |
| 29    | Su          | r6 29                          | 6 51             | 0 59             | r6 26                                 | 6 59             | 9 58             | r6 24                         | 7 7              |                  |
| 30    | Mo          | s4 57                          | 7 41             | 1 41             | s4 56                                 | 7 50             | 10 33            | s5 2                          | 7 57             |                  |
| 31    | Tu          | r6 32                          | 8 39             | 2 26             | r6 29                                 | 8 47             | 11 16            | r6 26                         | 8 54             |                  |

# November, 1950

To change to your local time see table on preceding page headed "Standard Time"

| MOON'S PHASES<br>(In Standard Time) | EASTERN DIVISION    | CENTRAL DIVISION   |
|-------------------------------------|---------------------|--------------------|
| Last Quarter . . .                  | 2d. 8h. 0m. p.m.    | 2d. 7h. 0m. p.m.   |
| New Moon . . .                      | 9d. 6h. 26m. p.m.   | 9d. 5h. 25m. p.m.  |
| First Quarter . . .                 | 16d. 10h. 6m. a.m.  | 16d. 9h. 6m. a.m.  |
| Full Moon . . .                     | 24d. 10h. 14m. a.m. | 24d. 9h. 14m. a.m. |

| Dof.M | Day of Week | Latitude of Boston and Chicago |                  |                  | Latitude of New York and Philadelphia |                  |                  | Lat. of Wash. Cin., St. Louis |                  |                  |
|-------|-------------|--------------------------------|------------------|------------------|---------------------------------------|------------------|------------------|-------------------------------|------------------|------------------|
|       |             | Sun R.&S. h. m.                | Moon R.&S. h. m. | Host. Tide Morn. | Sun R.&S. h. m.                       | Moon R.&S. h. m. | N. Y. Tide Morn. | Sun R.&S. h. m.               | Moon R.&S. h. m. | N. Y. Tide Morn. |
| 1     | We          | r6 33                          | 9 43             | 3 14             | r6 30                                 | 9 51             | 0 7              | r6 27                         | 9 57             |                  |
| 2     | Th          | s4 52                          | 10 51            | 4 5              | s4 55                                 | 10 57            | 0 58             | s4 59                         | 11 3             |                  |
| 3     | Fr          | r6 36                          | morn             | 4 59             | r6 32                                 | morn             | 1 51             | r6 29                         | morn             |                  |
| 4     | Sa          | s4 50                          | 0 1              | 5 53             | s4 54                                 | 0 5              | 2 49             | s4 56                         | 0 10             |                  |
| 5     | Su          | r6 38                          | 1 12             | 6 47             | r6 34                                 | 1 15             | 3 50             | r6 31                         | 1 18             |                  |
| 6     | Mo          | s4 47                          | 2 25             | 7 39             | s4 51                                 | 2 26             | 4 46             | s4 54                         | 2 27             |                  |
| 7     | Tu          | r6 41                          | 3 39             | 8 28             | r6 37                                 | 3 39             | 5 37             | r6 34                         | 3 39             |                  |
| 8     | We          | s4 45                          | 4 58             | 9 16             | s4 49                                 | 4 56             | 6 25             | s4 52                         | 4 54             |                  |
| 9     | Th          | r6 43                          | sets             | 10 4             | r6 39                                 | sets             | 7 11             | r6 36                         | sets             |                  |
| 10    | Fr          | s4 43                          | 4 54             | 10 52            | s4 47                                 | 5 0              | 7 57             | s4 51                         | 5 7              |                  |
| 11    | Sa          | r6 46                          | 5 43             | 11 43            | r6 41                                 | 5 52             | 8 47             | r6 38                         | 5 59             |                  |
| 12    | Su          | s4 41                          | 6 46             | 0 19             | s4 45                                 | 6 55             | 9 44             | s4 49                         | 7 2              |                  |
| 13    | Mo          | r6 48                          | 7 58             | 1 13             | r6 44                                 | 8 6              | 10 45            | r6 40                         | 8 13             |                  |
| 14    | Tu          | s4 39                          | 9 15             | 2 9              | s4 43                                 | 9 21             | 11 48            | s4 47                         | 9 28             |                  |
| 15    | We          | r6 51                          | 10 30            | 3 7              | r6 45                                 | 10 36            | 0 30             | r6 43                         | 10 40            |                  |
| 16    | Th          | s4 37                          | 11 42            | 4 7              | s4 41                                 | 11 46            | 1 29             | s4 46                         | 11 49            |                  |
| 17    | Fr          | r6 53                          | morn             | 5 10             | r6 49                                 | morn             | 2 28             | r6 45                         | morn             |                  |
| 18    | Sa          | s4 36                          | 0 50             | 6 13             | s4 40                                 | 0 52             | 3 26             | s4 44                         | 0 55             |                  |
| 19    | Su          | r6 56                          | 1 56             | 7 11             | r6 51                                 | 1 57             | 4 23             | r6 47                         | 1 57             |                  |
| 20    | Mo          | s4 34                          | 2 59             | 8 3              | s4 39                                 | 2 58             | 5 14             | s4 43                         | 2 58             |                  |
| 21    | Tu          | r6 58                          | 4 3              | 8 48             | r6 53                                 | 4 1              | 6 1              | r6 49                         | 3 59             |                  |
| 22    | We          | s4 33                          | 5 6              | 9 31             | s4 38                                 | 5 3              | 6 42             | s4 42                         | 5 0              |                  |
| 23    | Th          | r7 0                           | 6 11             | 10 9             | r6 56                                 | 6 6              | 7 19             | r6 51                         | 6 3              |                  |
| 24    | Fr          | s4 32                          | rises            | 10 46            | s4 36                                 | rises            | 7 54             | s4 41                         | rises            |                  |
| 25    | Sa          | r7 3                           | 4 50             | 11 24            | r6 58                                 | 4 57             | 8 28             | r6 54                         | 5 4              |                  |
| 26    | Su          | s4 31                          | 5 37             | .....            | s4 35                                 | 5 45             | 9 2              | s4 40                         | 5 53             |                  |
| 27    | Mo          | r7 5                           | 6 32             | 0 36             | r7 0                                  | 6 41             | 9 36             | r6 56                         | 6 48             |                  |
| 28    | Tu          | s4 30                          | 7 35             | 1 17             | s4 34                                 | 7 42             | 10 11            | s4 39                         | 7 49             |                  |
| 29    | We          | r7 7                           | 8 41             | 2 0              | r7 2                                  | 8 47             | 10 52            | r6 58                         | 8 53             |                  |
| 30    | Th          | s4 29                          | 9 48             | 2 45             | s4 34                                 | 9 53             | 11 40            | s4 38                         | 9 57             |                  |



# December, 1950

To change to your local time see table on preceding page headed "Standard Time"

| MOON'S PHASES<br>(In Standard Time) | EASTERN DIVISION    | CENTRAL DIVISION    |
|-------------------------------------|---------------------|---------------------|
| Last Quarter . .                    | 2d. 11h. 22m. a.m.  | 2d. 10h. 22m. a.m.  |
| New Moon . . .                      | 9d. 4h. 28m. a.m.   | 9d. 3h. 28m. a.m.   |
| First Quarter . .                   | 16d. 0h. 56m. a.m.  | 15d. 11h. 56m. p.m. |
| Full Moon . . .                     | 4d. 5h. 23m. a.m.   | 24d 4h. 23m. a.m.   |
| Last Quarter . .                    | J 1d. 0h. 11m. a.m. | 31d. 11h. 11m. p.m. |

| D  | M  | Day of Week | Latitude of Boston and Chicago |                    |                  | Latitude of New York and Philadelphia |                    |                  | Lat. of Wash. Cin., St. Louis |                    |    |       |
|----|----|-------------|--------------------------------|--------------------|------------------|---------------------------------------|--------------------|------------------|-------------------------------|--------------------|----|-------|
|    |    |             | Sun R. & S. h. m.              | Moon R. & S. h. m. | Host. Tide Morn. | Sun R. & S. h. m.                     | Moon R. & S. h. m. | N. Y. Tide Morn. | Sun R. & S. h. m.             | Moon R. & S. h. m. |    |       |
| 1  | Fr | r7          | 9                              | 10 57              | 3 32             | r7                                    | 4                  | 11 0             | 0 32                          | r7                 | 0  | 11 3  |
| 2  | Sa | s4          | 28                             | morn               | 4 22             | s4                                    | 33                 | morn             | 1 18                          | s4                 | 38 | morn  |
| 3  | Sa | r7          | 11                             | 0 6                | 5 13             | r7                                    | 6                  | 0 7              | 2 7                           | r7                 | 2  | 0 10  |
| 4  | Mo | s4          | 28                             | 1 17               | 6 7              | s4                                    | 33                 | 1 17             | 3 3                           | s4                 | 38 | 1 17  |
| 5  | Tu | r7          | 13                             | 2 30               | 7 0              | r7                                    | 8                  | 2 29             | 4 3                           | r7                 | 3  | 2 28  |
| 6  | We | s4          | 28                             | 3 48               | 7 54             | s4                                    | 33                 | 3 46             | 5 2                           | s4                 | 38 | 3 44  |
| 7  | Th | r7          | 15                             | 5 11               | 8 47             | r7                                    | 10                 | 5 6              | 6 58                          | r7                 | 5  | 5 3   |
| 8  | Fr | s4          | 28                             | 6 35               | 9 39             | s4                                    | 33                 | 6 29             | 6 50                          | s4                 | 38 | 6 24  |
| 9  | Sa | r7          | 17                             | sets               | 10 32            | r7                                    | 12                 | sets             | 7 41                          | r7                 | 7  | sets  |
| 10 | Sa | s4          | 28                             | 5 33               | 11 25            | s4                                    | 33                 | 5 42             | 8 35                          | s4                 | 38 | 5 49  |
| 11 | Mo | r7          | 19                             | 6 51               | 0 4              | r7                                    | 14                 | 6 58             | 9 32                          | r7                 | 9  | 7 5   |
| 12 | Tu | s4          | 28                             | 8 10               | 0 58             | s4                                    | 33                 | 8 16             | 10 31                         | s4                 | 38 | 8 22  |
| 13 | We | r7          | 20                             | 9 27               | 1 53             | r7                                    | 15                 | 9 31             | 11 30                         | r7                 | 10 | 9 35  |
| 14 | Th | s4          | 28                             | 10 39              | 2 48             | s4                                    | 33                 | 10 41            | 0 11                          | s4                 | 38 | 10 43 |
| 15 | Fr | r7          | 22                             | 11 46              | 3 44             | r7                                    | 17                 | 11 47            | 1 5                           | r7                 | 12 | 11 19 |
| 16 | Sa | s4          | 29                             | morn               | 4 41             | s4                                    | 34                 | morn             | 1 57                          | s4                 | 39 | morn  |
| 17 | S  | r7          | 23                             | 0 51               | 5 38             | r7                                    | 18                 | 0 51             | 2 49                          | r7                 | 13 | 0 51  |
| 18 | Mo | s4          | 29                             | 1 55               | 6 38             | s4                                    | 34                 | 1 54             | 3 43                          | s4                 | 40 | 1 52  |
| 19 | Tu | r7          | 24                             | 2 59               | 7 25             | r7                                    | 19                 | 2 55             | 4 37                          | r7                 | 14 | 2 53  |
| 20 | We | s4          | 30                             | 4 3                | 8 13             | s4                                    | 35                 | 3 58             | 5 26                          | s4                 | 40 | 3 35  |
| 21 | Th | r7          | 26                             | 5 7                | 8 57             | r7                                    | 20                 | 5 1              | 6 12                          | r7                 | 15 | 4 57  |
| 22 | Fr | s4          | 31                             | 6 9                | 9 41             | s4                                    | 36                 | 6 3              | 6 53                          | s4                 | 41 | 5 58  |
| 23 | Sa | r7          | 27                             | 7 9                | 10 20            | r7                                    | 21                 | 7 1              | 7 31                          | r7                 | 16 | 6 56  |
| 24 | S  | s4          | 32                             | rises              | 11 0             | s4                                    | 37                 | rises            | 8 8                           | s4                 | 43 | rises |
| 25 | Mo | r7          | 27                             | 5 28               | 11 39            | r7                                    | 22                 | 5 35             | 8 45                          | r7                 | 17 | 5 42  |
| 26 | Tu | s4          | 33                             | 6 33               | 0 15             | s4                                    | 38                 | 6 39             | 9 20                          | s4                 | 44 | 6 45  |
| 27 | We | r7          | 28                             | 7 41               | 0 53             | r7                                    | 23                 | 7 46             | 9 57                          | r7                 | 18 | 7 50  |
| 28 | Th | s4          | 35                             | 8 48               | 1 34             | r7                                    | 24                 | 8 52             | 10 36                         | s4                 | 45 | 8 56  |
| 29 | Fr | r7          | 29                             | 9 56               | 2 16             | r7                                    | 23                 | 9 58             | 11 18                         | r7                 | 18 | 10 0  |
| 30 | Sa | s4          | 36                             | 11 5               | 3 0              | s4                                    | 42                 | 11 5             | 0 3                           | s4                 | 47 | 11 6  |
| 31 | S  | r7          | 29                             | morn               | 3 46             | r7                                    | 24                 | morn             | 0 44                          | r7                 | 19 | morn  |

## POPULATION OF THE UNITED STATES

United States Government Census

|   | 1940        | 1930        | % Incr. |
|---|-------------|-------------|---------|
| *Decrease                               |             |             |         |
| Alabama                                 | 2,832,961   | 2,646,248   | 7.1     |
| Arizona                                 | 499,261     | 435,573     | 14.6    |
| Arkansas                                | 1,949,387   | 1,854,482   | 5.1     |
| California                              | 6,907,387   | 5,677,251   | 21.7    |
| Colorado                                | 1,123,296   | 1,035,791   | 8.4     |
| Connecticut                             | 1,709,242   | 1,606,903   | 6.4     |
| Delaware                                | 266,505     | 238,380     | 11.8    |
| District of Columbia                    | 663,091     | 486,869     | 36.2    |
| Florida                                 | 1,897,414   | 1,468,211   | 29.2    |
| Georgia                                 | 3,123,723   | 2,908,506   | 7.4     |
| Idaho                                   | 524,873     | 445,032     | 17.9    |
| Illinois                                | 7,897,241   | 7,630,654   | 3.5     |
| Indiana                                 | 3,427,796   | 3,238,503   | 5.8     |
| Iowa                                    | 2,538,268   | 2,470,939   | 2.7     |
| Kansas                                  | 1,801,028   | 1,880,999   | *4.3    |
| Kentucky                                | 2,845,627   | 2,614,589   | 8.8     |
| Louisiana                               | 2,363,880   | 2,101,593   | 12.5    |
| Maine                                   | 847,226     | 797,423     | 6.2     |
| Maryland                                | 1,821,244   | 1,631,526   | 11.6    |
| Massachusetts                           | 4,316,721   | 4,249,614   | 1.6     |
| Michigan                                | 5,257,106   | 4,847,325   | 8.4     |
| Minnesota                               | 2,792,300   | 2,563,953   | 8.9     |
| Mississippi                             | 2,183,796   | 2,009,821   | 8.7     |
| Missouri                                | 3,784,664   | 3,629,367   | 4.3     |
| Montana                                 | 559,456     | 537,606     | 4.1     |
| Nebraska                                | 1,315,834   | 1,377,963   | *4.5    |
| Nevada                                  | 110,247     | 91,058      | 21.1    |
| New Hampshire                           | 491,524     | 465,293     | 5.6     |
| New Jersey                              | 4,160,165   | 4,041,334   | 2.9     |
| New Mexico                              | 531,818     | 423,317     | 25.6    |
| New York                                | 13,479,142  | 12,588,066  | 7.      |
| North Carolina                          | 3,571,623   | 3,170,276   | 12.7    |
| North Dakota                            | 641,935     | 680,845     | *5.7    |
| Ohio                                    | 6,907,612   | 6,646,697   | 3.9     |
| Oklahoma                                | 2,336,434   | 2,396,040   | *2.5    |
| Oregon                                  | 1,089,684   | 963,736     | 14.2    |
| Pennsylvania                            | 9,900,180   | 9,631,350   | 2.8     |
| Rhode Island                            | 713,346     | 687,497     | 3.8     |
| South Carolina                          | 1,899,804   | 1,738,765   | 9.3     |
| South Dakota                            | 642,961     | 692,849     | *7.2    |
| Tennessee                               | 2,915,841   | 2,616,556   | 11.4    |
| Texas                                   | 6,414,824   | 5,824,715   | 10.1    |
| Utah                                    | 550,310     | 507,847     | 8.4     |
| Vermont                                 | 339,251     | 339,611     | *0.1    |
| Virginia                                | 2,677,773   | 2,421,851   | 10.6    |
| Washington                              | 1,736,191   | 1,563,396   | 11.1    |
| West Virginia                           | 1,901,974   | 1,729,205   | 10.0    |
| Wisconsin                               | 3,137,587   | 2,939,006   | 6.8     |
| Wyoming                                 | 250,742     | 225,565     | 11.2    |
| Continental U. S. Total                 | 131,669,275 | 122,775,046 | 7.2     |
| Alaska                                  | 72,524      | 59,278      | 22.3    |
| American Samoa                          | 12,908      | 10,055      | 28.4    |
| Guam                                    | 22,290      | 18,509      | 20.4    |
| Panama Canal Zone                       | 51,827      | 39,467      | 31.3    |
| Hawaii                                  | 423,330     | 368,336     | 14.9    |
| Puerto Rico                             | 1,869,255   | 1,543,913   | 21.1    |
| Virgin Islands                          | 24,889      | 22,012      | 13.1    |
| Philippine Islands                      | 16,356,000  | 13,513,000  | 21.0    |
| Territories & Possessions               | 18,833,023  | 15,574,570  | 20.9    |
| U. S. and All Territories & Possessions | 150,621,231 | 138,439,069 | 8.8     |



## POPULATION OF PRINCIPAL CITIES

United States Government Census

|                         | 1940      | 1930      | %<br>Incr. |
|-------------------------|-----------|-----------|------------|
| *Decrease               |           |           |            |
| Akron, Ohio             | 244,791   | 255,040   | *4.0       |
| Albany, N.Y.            | 130,577   | 127,412   | 2.5        |
| Allentown, Pa.          | 96,904    | 92,563    | 4.7        |
| Altoona, Pa.            | 80,214    | 82,054    | *2.2       |
| Amarillo, Texas         | 51,686    | 43,132    | 19.8       |
| Arlington County, Va.   | 57,040    | 26,615    | 114.3      |
| Asheville, N.C.         | 51,310    | 50,193    | 2.2        |
| Atlanta, Ga.            | 302,288   | 279,363   | 7.8        |
| Atlantic City, N.J.     | 66,094    | 66,198    | *3.2       |
| Augusta, Ga.            | 65,919    | 60,342    | 9.2        |
| Austin, Texas           | 87,930    | 53,120    | 65.5       |
| Baltimore, Md.          | 859,100   | 804,874   | 6.7        |
| Bayonne, N.J.           | 79,198    | 88,979    | *11.0      |
| Beaumont, Texas         | 59,061    | 57,732    | 4.2        |
| Berkeley, Calif.        | 85,547    | 82,109    | 4.2        |
| Bethlehem, Pa.          | 58,490    | 57,892    | 1.0        |
| Binghamton, N.Y.        | 78,309    | 76,602    | 2.1        |
| Birmingham, Ala.        | 267,583   | 259,678   | 3.0        |
| Boston, Mass.           | 770,816   | 781,188   | *1.3       |
| Bridgeport, Conn.       | 147,121   | 146,716   | 0.3        |
| Brockton, Mass.         | 62,343    | 63,797    | *2.3       |
| Brookline, Mass.        | 49,736    | 47,490    | 4.8        |
| Buffalo, N.Y.           | 575,961   | 573,076   | 0.5        |
| Cambridge, Mass.        | 58,749    | 113,643   | *2.4       |
| Camden, N.J.            | 117,536   | 118,700   | *1.0       |
| Canton, Ohio            | 108,401   | 104,906   | 3.3        |
| Cedar Rapids, Iowa      | 62,120    | 56,097    | 10.7       |
| Charleston, S.C.        | 71,275    | 62,265    | 14.5       |
| Charleston, W. Va.      | 67,914    | 60,408    | 12.4       |
| Charlotte, N.C.         | 100,899   | 82,675    | 22.0       |
| Chattanooga, Tenn.      | 128,163   | 119,798   | 7.0        |
| Chester, Pa.            | 68,285    | 59,164    | 0.2        |
| Chicago, Ill.           | 3,396,808 | 3,376,438 | 0.6        |
| Cicero, Ill.            | 64,712    | 66,602    | *2.8       |
| Cincinnati, Ohio        | 455,610   | 451,160   | 1.0        |
| Cleveland, Ohio         | 878,336   | 900,429   | *2.5       |
| Cleveland Heights, Ohio | 54,992    | 50,945    | 7.9        |
| Columbia, S.C.          | 62,396    | 51,581    | 21.0       |
| Columbus, Ga.           | 53,250    | 43,131    | 23.5       |
| Columbus, Ohio          | 306,087   | 290,564   | 5.3        |
| Corpus Christi, Texas   | 57,301    | 27,741    | 106.6      |
| Covington, Ky.          | 62,018    | 65,252    | 5.0        |
| Dallas, Texas           | 294,734   | 260,475   | 13.2       |
| Davenport, Iowa         | 66,039    | 60,751    | 8.7        |
| Dayton, Ohio            | 210,718   | 200,982   | 4.8        |
| Dearborn, Mich.         | 69,584    | 59,558    | 26.2       |
| Decatur, Ill.           | 69,305    | 67,510    | 3.1        |
| Denver, Colo.           | 322,412   | 287,861   | 12.0       |
| Des Moines, Iowa        | 159,819   | 142,559   | 12.1       |
| Detroit, Mich.          | 1,623,452 | 1,568,662 | 3.5        |
| Duluth, Minn.           | 101,065   | 101,463   | *0.4       |
| Durham, N.C.            | 60,195    | 52,037    | 15.7       |
| East Chicago, Ind.      | 54,637    | 54,774    | *0.3       |
| East Orange, N.J.       | 61,345    | 68,020    | 1.4        |
| East St. Louis, Ill.    | 75,609    | 74,347    | 1.7        |
| Elizabeth, N.J.         | 109,912   | 114,589   | *4.1       |
| El Paso, Tex.           | 96,810    | 102,421   | *5.5       |
| Erie, Pa.               | 116,955   | 115,967   | 0.9        |
| Evansville, Ill.        | 65,389    | 63,120    | 3.6        |
| Evansville, Ind.        | 57,082    | 102,249   | *5.1       |
| Fall River, Mass.       | 115,428   | 115,274   | 0.1        |
| Flint, Mich.            | 151,543   | 156,492   | *3.2       |
| Fort Wayne, Ind.        | 118,410   | 114,946   | 3.0        |
| Fort Worth, Texas       | 177,662   | 163,447   | 8.7        |
| Fresno, Calif.          | 60,685    | 52,513    | 15.6       |
| Galveston, Texas        | 60,862    | 52,938    | 15.0       |

## POPULATION OF PRINCIPAL CITIES

|                      | 1940      | 1930      | %<br>Incr. |
|----------------------|-----------|-----------|------------|
| Gary, Ind.           | 111,719   | 100,426   | 11.2       |
| Glendale, Calif.     | 82,582    | 82,736    | 31.6       |
| Grand Rapids, Mich.  | 168,592   | 168,592   | *2.6       |
| Greensboro, N.C.     | 59,319    | 53,569    | 10.7       |
| Hamilton, Ohio       | 50,592    | 52,176    | *3.0       |
| Hammond, Ind.        | 70,184    | 64,560    | *8.7       |
| Hamtramck, Mich.     | 49,839    | 56,268    | *11.4      |
| Harrisburg, Pa.      | 83,893    | 80,339    | 4.4        |
| Hartford, Conn.      | 166,267   | 164,072   | 1.3        |
| Highland Park, Mich. | 50,810    | 52,959    | *4.1       |
| Holoken, N.J.        | 50,115    | 59,261    | 15.4       |
| Holyoke, Mass.       | 53,750    | 56,537    | 4.9        |
| Houston, Texas       | 384,514   | 292,332   | 31.5       |
| Huntington, W. Va.   | 78,836    | 75,572    | 4.3        |
| Indianapolis, Ind.   | 386,972   | 364,161   | 6.3        |
| Irrington, N.J.      | 55,328    | 56,733    | *2.5       |
| Jackson, Miss.       | 49,656    | 55,187    | *10.0      |
| Jacksonville, Fla.   | 62,107    | 48,282    | 28.6       |
| Jersey City, N.J.    | 173,065   | 129,549   | 33.6       |
| Johnstown, Pa.       | 301,173   | 316,715   | *4.9       |
| Johnstown, Pa.       | 66,668    | 66,993    | *0.5       |
| Kalamazoo, Mich.     | 54,097    | 54,786    | 1.3        |
| Kansas City, Kan.    | 121,458   | 121,857   | *0.3       |
| Kansas City, Mo.     | 399,178   | 399,746   | *0.1       |
| Knoxville, Tenn.     | 131,680   | 105,802   | 5.5        |
| Lakewood, Ohio       | 69,160    | 70,509    | *1.9       |
| Lancaster, Pa.       | 61,345    | 59,949    | 2.3        |
| Lansing, Mich.       | 78,753    | 78,397    | 0.5        |
| Lawrence, Mass.      | 84,323    | 85,068    | *0.9       |
| Lincoln, Neb.        | 81,984    | 75,933    | 8.0        |
| Little Rock, Ark.    | 88,039    | 81,679    | 7.8        |
| Long Beach, Calif.   | 164,271   | 142,932   | 15.7       |
| Los Angeles, Calif.  | 1,504,277 | 1,238,048 | 21.5       |
| Louisville, Ky.      | 319,077   | 307,745   | 3.7        |
| Lowell, Mass.        | 101,389   | 100,234   | 1.2        |
| Lynn, Mass.          | 98,123    | 102,320   | *4.1       |
| Macon, Ga.           | 57,865    | 53,829    | 7.5        |
| Madison, Wis.        | 67,447    | 57,899    | 16.5       |
| Malden, Mass.        | 58,010    | 58,036    | 0.0        |
| Manchester, N.H.     | 77,685    | 76,884    | 1.1        |
| Medford, Mass.       | 66,083    | 59,714    | 5.6        |
| Memphis, Tenn.       | 292,942   | 253,143   | 15.7       |
| McKeesport, Pa.      | 55,355    | 54,632    | 1.3        |
| Miami, Fla.          | 172,172   | 110,637   | 55.6       |
| Milwaukee, Wis.      | 587,472   | 578,249   | 1.6        |
| Minneapolis, Minn.   | 492,370   | 464,356   | 6.0        |
| Mobile, Ala.         | 78,720    | 68,202    | 13.4       |
| Montgomery, Calif.   | 76,844    | 66,079    | 18.2       |
| Mount Vernon, N.Y.   | 67,362    | 61,499    | 0.5        |
| Muncie, Ind.         | 49,720    | 46,548    | 6.8        |
| Nashville, Tenn.     | 167,402   | 153,866   | 8.8        |
| Newark, N.J.         | 429,760   | 442,337   | *2.8       |
| New Bedford, Mass.   | 110,341   | 112,597   | *2.0       |
| New Britain, Conn.   | 68,685    | 68,128    | 0.8        |
| New Haven, Conn.     | 140,000   | 142,653   | *1.8       |
| New Orleans, La.     | 494,537   | 458,762   | 7.8        |
| New Rochelle, N.Y.   | 58,408    | 54,000    | 8.2        |
| Newton, Mass.        | 69,873    | 65,276    | 7.0        |
| New York, N.Y.       | 7,454,995 | 6,930,446 | 7.6        |
| Niagara Falls, N.Y.  | 78,029    | 75,460    | 3.4        |
| Norfolk, Va.         | 144,332   | 129,710   | 11.3       |
| Oakland, Calif.      | 302,163   | 284,063   | 6.4        |
| Oak Park, Ill.       | 61,055    | 63,982    | 3.2        |
| Oklahoma City, Okla. | 204,424   | 185,389   | 10.3       |
| Omaha, Neb.          | 223,844   | 214,006   | 4.6        |
| Pasadena, Calif.     | 81,864    | 76,886    | 7.6        |
| Passaic, N.J.        | 61,394    | 62,959    | *2.5       |
| Paterson, N.J.       | 139,656   | 138,513   | 0.8        |
| Pawtucket, R.I.      | 75,797    | 77,140    | *1.8       |



## POPULATION OF PRINCIPAL CITIES

|                       | 1940      | 1930      | %<br>Incr. |
|-----------------------|-----------|-----------|------------|
| Peoria, Ill.          | 105,087   | 104,969   | 0.1        |
| Philadelphia, Pa.     | 1,931,334 | 1,950,961 | *1.0       |
| Phoenix, Ariz.        | 65,414    | 48,118    | 35.9       |
| Pittsburgh, Pa.       | 671,659   | 669,817   | 0.3        |
| Pittsfield, Mass.     | 49,684    | 49,677    |            |
| Pontiac, Mich.        | 66,626    | 64,928    | 2.6        |
| Portland, Me.         | 73,643    | 70,810    | 4.0        |
| Portland, Ory.        | 305,394   | 301,815   | 1.2        |
| Portsmouth, Va.       | 90,745    | 45,704    | 11.0       |
| Providence, R.I.      | 253,504   | 252,981   | 0.2        |
| Pueblo, Colo.         | 52,162    | 50,096    | 4.1        |
| Quincy, Mass.         | 75,810    | 71,983    | 5.3        |
| Racine, Wis.          | 67,195    | 67,542    | *0.5       |
| Reading, Pa.          | 110,568   | 111,171   | *0.5       |
| Richmond, Va.         | 193,042   | 182,929   | 5.5        |
| Roanoke, Va.          | 69,287    | 69,206    | 0.1        |
| Rochester, N.Y.       | 324,975   | 328,132   | *1.0       |
| Rockford, Ill.        | 84,637    | 85,864    | *1.4       |
| Sacramento, Calif.    | 105,958   | 93,750    | 13.0       |
| Saginaw, Mich.        | 82,794    | 80,715    | 2.6        |
| Salt Lake City, Utah  | 149,934   | 140,267   | 6.9        |
| San Antonio, Texas    | 253,854   | 231,542   | 9.6        |
| San Diego, Calif.     | 207,341   | 142,995   | 37.4       |
| San Francisco, Calif. | 634,536   | 634,394   |            |
| San Jose, Calif.      | 68,457    | 57,651    | 18.7       |
| Santa Monica, Calif.  | 53,500    | 37,146    | 44.0       |
| Savannah, Ga.         | 95,996    | 85,024    | 12.9       |
| Schenectady, N.Y.     | 87,549    | 95,692    | *8.5       |
| Scranton, Pa.         | 140,404   | 143,433   | *2.1       |
| Seattle, Wash.        | 368,302   | 365,523   | 0.7        |
| Shreveport, La.       | 98,197    | 76,955    | 28.1       |
| Sioux City, Iowa      | 82,364    | 79,183    | 4.0        |
| Somerville, Mass.     | 102,177   | 103,908   | *1.7       |
| South Bend, Ind.      | 101,268   | 104,193   | *2.8       |
| Spokane, Wash.        | 122,001   | 115,514   | 5.6        |
| Springfield, Ill.     | 75,503    | 71,864    | 5.1        |
| Springfield, Mass.    | 149,554   | 149,900   | *0.2       |
| Springfield, Mo.      | 61,238    | 57,527    | 6.5        |
| Springfield, Ohio     | 70,662    | 68,743    | *2.8       |
| St. Joseph, Mo.       | 75,711    | 80,935    | *6.5       |
| St. Louis, Mo.        | 816,048   | 821,960   | *0.7       |
| Stockton, Calif.      | 54,714    | 47,963    | 14.1       |
| St. Paul, Minn.       | 287,736   | 271,606   | 5.9        |
| St. Petersburg, Fla.  | 80,812    | 49,425    | 50.4       |
| Syracuse, N.Y.        | 265,967   | 209,826   | *1.6       |
| Tacoma, Wash.         | 106,498   | 106,817   | 2.4        |
| Tampa, Fla.           | 108,391   | 101,161   | 7.1        |
| Terre Haute, Ind.     | 62,692    | 62,810    | *0.2       |
| Toledo, Ohio          | 282,349   | 290,718   | *2.9       |
| Topeka, Kan.          | 67,833    | 64,120    | 5.8        |
| Trenton, N.J.         | 124,697   | 123,356   | 1.1        |
| Troy, N.Y.            | 70,304    | 72,763    | *3.4       |
| Tulsa, Okla.          | 142,157   | 141,258   | 0.6        |
| Union City, N.J.      | 61,175    | 61,659    | *0.9       |
| Upper Darby, Pa.      | 56,883    | 47,145    | 20.7       |
| Utica, N.Y.           | 100,518   | 101,740   | *1.2       |
| Waco, Texas           | 55,982    | 52,848    | 5.9        |
| Washington, D.C.      | 663,091   | 486,869   | 36.2       |
| Waterbury, Conn.      | 99,314    | 99,902    | *0.6       |
| Waterloo, Iowa        | 51,743    | 46,191    | 12.0       |
| Wheeling, W. Va.      | 61,099    | 61,659    | *0.9       |
| Wichita, Kan.         | 114,966   | 111,110   | 3.5        |
| Wilkes-Barre, Pa.     | 86,236    | 86,626    | *0.5       |
| Wilmington, Del.      | 112,504   | 106,597   | 5.5        |
| Winston-Salem, N.C.   | 79,815    | 75,274    | 6.0        |
| Worcester, Mass.      | 193,694   | 195,311   | *0.8       |
| Yonkers, N.Y.         | 142,598   | 134,646   | 5.9        |
| York, Pa.             | 66,712    | 55,254    | 2.6        |
| Youngstown, Ohio      | 167,720   | 170,002   | *1.3       |

## Memoranda

Y - "I know people on a  
mixture of good + evil -  
therefore I don't expect perfection  
+ therefore not upset when  
the bad traits appear.

#

on a old prima donna who  
went insane in old age  
pretending she was once again  
young + beautiful: "That  
comes from living completely in the  
age." #

Nanny - "Stay in your own  
world!"

Sony: "There is no other way  
into the 'Consciousness of God' but by  
the 'I am' For S.A.

nylons - blouse undermen, stockings  
mijettes, mijettes,  
photos  
stainless steel pots.







"You must be born again"

Dates to Remember

born out of the wisdom of  
man into the understanding  
of your Divine Heritage. In  
the new birth (the recognition  
of the fact that you are created  
by God + are Spiritual)  
Spirit becomes the Reality  
matter = the shadow. (Karl)

In other words, the wisdom of  
man becomes a tool just as the  
unconscious wisdom of the animal,  
our bodies are used by  
intellectual + artistic man. They  
have their worth + place, but are  
not ultimate. They only serve  
on their own levels unless  
God rules all + is One. Thus  
is "Fulfillment" not "Distinction"  
+ they grow out of, but still  
uses knowledge of body + matter.  
(See previous page - Nagis)

If were at that point in  
the interval between incarnations

September 7<sup>th</sup> 1957

Sunday, January 1, 1950

1st day - 364 days follow

Diary

In meditation tonight  
after a few minutes all  
identity - personal +  
spiritual - was gone -  
an annihilation of the  
ego (individuality),  
non-being, blackness,  
no feeling or thoughts,  
static peace, void

After 40 minutes  
passed, + I came back to  
"ordinary consciousness" dazed  
with an abrupt contrast  
between the void + individuality -  
the world. I felt - "I have  
never existed + never will  
again exist. It was like death,  
death of the ego. It was if  
it were ~~at that point~~ <sup>at that point</sup> between



Now I know fully  
what the eye is,  
2nd day - 363 days follow

Monday, January 2, 1950

2nd day - 363 days follow

in incarnations when I was  
neither the previous identity  
nor the next one. For 40  
minutes nothing existed. There  
was not even an appearance  
of "I am" <sup>the thing</sup> to witness this rest.  
"I am" was absorbed,  
inhibited by it. When I  
came back to ego conscious-  
ness, looking at K. Anupak + P.B.,  
it was as though to become  
Gurujin again.

Now, I feel though  
this descent of Grace a  
detachment, calm + greater  
freedom for self. "She" is not  
important - everyone else  
matters just as much - all  
springing from the One Source.

Never before had the thoughts  
been so still before ~~me~~ so  
~~fast~~ quickly + so completely  
before,  
3rd day - 362 days follow

Tuesday, January 3, 1950

3rd day - 362 days follow

What "she" desires is  
not too important.  
At the beginning of the  
meditation "she" did not  
feel like meditating. She had  
just exulted emotional mood  
for it, as usual, quite the  
contrary, but set down  
anxious because she knew  
it was the thing to do. She  
felt a tremendous inhibition  
from Gurujin which quickly  
overcame the body, stilling  
it + her - an inhibition-  
like night descending  
all loss of consciousness,  
I talk with Gurujin  
later, telling him +  
answering his enquiries about



Wednesday, January 4, 1950

4th day—361 days follow

This state of being or  
non-being has  
Comments: You  
must read Buddha's  
analogy of 6 stages  
of meditation. He  
~~has~~ consciousness in

mentioned "non-being"  
now you can understand  
more of Buddhism.

- 2) This was a descent of  
Grace.
- 3) An oscillation of the  
ego.

4) Because you were  
not in an emotional  
mood (higher ego or lower)  
before meditation. It was

Thursday, January 5, 1950

5th day—360 days follow

conscious to leave ego.  
Back to mind.

Back to Mind

In all previous  
meditations I glimpsed the  
higher ego would continue to  
apprehend thoughts while  
detached. In the presence the  
higher Self, "That is how  
I know I was the  
"I am" because of the  
contrast between the thinking  
ego of the ruling "I am",  
It has a duality, I might  
there was no duality, not



Friday, January 6, 1950

6th day—359 days follow

know a unity, but only  
an emptiness, when  
I used to be "I am"  
especially during sleep,  
the eye was still, I  
realized its nature to  
be life, light, deathless  
&unchanging, in a  
positive way. But tonight  
there has not such realization  
of the "I am" & instead a  
sensation ~~of~~ of peaceful  
ambiguity. It has  
quite free from possibility

Saturday, January 7, 1950

7th day—358 days follow

A ~~even~~ from all feelings  
& emotions, what a peace  
since this is something  
that started from the  
beginning of the meditation  
& such such intense  
peace, I must conclude  
that it is a descent of  
Grace, looking about in for  
me, a very uncommon  
or usual form.

Now I can fully understand  
why Mahanubha called it in  
me ~~of~~ & why that master  
we now ~~has~~ has the  
entire world's epists. This  
is true — but such



Sunday, January 8, 1950

8th day—357 days follow

the teaching guidance of  
my Guru. I know  
that this is the "Jewel"  
but what of all those  
who do not know this  
truth but are seeking it?  
They need guidance  
& help. As Guruji  
says: "A child can feel  
(to itself) just as badly  
upon losing a doll ~~that~~  
a mother who loses a  
child. So therefore the  
enlightened ones look on  
people as children who  
need help & guidance,  
as the father, brother, father  
& mother in the largest  
sense—spiritual.

Monday, January 9, 1950

9th day—356 days follow

Parents to spiritual  
children - whereas  
other people can only  
be physical parents  
to physical children,  
#

G.B.'s modern painting  
of Buddha and begging ~~man~~  
Bowl + 2 Ordained Women  
Ajanta Cave XVIII  
(Fresco left of the  
entrance to the main  
chamber (c 470-480 A.D.)

174 .

#

Dr. J. J. J., Spaulding  
Monastery



Wednesday - Sept 11<sup>th</sup> 1950

Tuesday, January 10, 1950

10th day - 355 days follow

Speaking with I. Durig -  
~~about~~ "I now understand  
what the ego is after the  
experience Sept. 7<sup>th</sup> at  
Queoague." ~~Then~~ Then  
a flash of understanding  
and I just told I. Durig  
"I knew that if one  
were willing to sacrifice  
his very life (the ego, &  
all hopes of heaven, or  
further incarnations), and  
be willing to become nothing -  
one with the void, sink  
into a complete & lasting  
dead - an inhalation, ~~then~~  
~~only~~ giving up,  
renouncing all hopes  
& desire for ~~it~~

Wednesday, January 11, 1950

11th day - 354 days follow

extacy + illumination,  
becoming nothing, then  
& only then, ~~of a~~  
consequence of this sacrifice  
to bless ~~you~~ being  
of becoming the Christ  
will be born.

"Except you give up  
your life, you will not be  
born again. Only by  
losing it will you gain  
it."

Buddha's Nirvana  
- emerging with the All  
& becoming one with  
Nothingness.

I therefore  
when we die physically  
only the body dies,



Thursday, January 12, 1950

12th day - 353 days follow

And the ego connected  
with this particular  
expression of humanity -  
Evangeline - but the  
part of the ego which  
is still projected as  
a human will re-enters  
& take another form or more,  
Only when all of the ego  
disappears will one  
really die.

When one gains  
this knowledge it  
does not necessarily  
mean that one will not  
be comate any more -  
One can still be comate  
& know that the ego is  
not the self.

Friday, January 13, 1950

13th day - 352 days follow

Like as an actor &  
spectator of life &  
leader to the children of  
humanity.

Now I can understand  
2 dreams of dying  
with Gurney: 1) In  
California when he was in  
Hawaii (1954-55 winter)  
when he told me if I  
would dream with him, &  
sacrifice this life - Evangeline -  
then I would make great  
spiritual advancement in  
my next life. Then on  
Sept 7, 1957 (after  
void realization) I



Saturday, January 14, 1950

14th day - 351 days follow

again showed that we  
have to give up our lives.  
For our understanding was  
no mixture to be able to  
do this consciously &  
willingly\*

# Raphael's "Your  
spiritual ascending  
career is only  $\frac{1}{2}$  hour  
away. (will come soon)

When writing: (1) write  
it out for inspiration -  
(2) Then rewrite for  
style & literary technique

Saturday Sept 14<sup>th</sup>

Sunday, January 15, 1950

15th day - 350 days follow

Idea for Book:

- (1) For spiritual women.  
On the Long Beach they must  
have different way than men.
- (2) Most spiritual book  
written by men & for men  
following modern psychology.  
All ancient scriptures  
by men.
- (3) Because of slavery &  
lower status of women  
for centuries they were never  
thought of as evolved enough  
for the highest status spiritual  
ity.
- (4) On the short path - it  
is the same way for both



Monday, January 16, 1950

16th day - 349 days follow

~~Women~~ Women + men. But  
the long path, do also look  
the lower + higher ego  
There has just been  
differences of approach -  
different psychology  
for the sexes - a female  
Pomp - Men are naturally  
ascetic - women not. If  
a woman tries this way -  
trying to live in a man's  
world - a wretch,  
muzzing, a shew results  
for she has been untrue  
to herself - her world.

(5). When people start  
on the path they are in  
their lower ego usually  
with a touch of intuition  
of the spiritual realm

Tuesday, January 17, 1950

17th day - 348 days follow

They must remain there  
until they have disciplined  
+ educated themselves. Then  
they can rise to the Higher  
Ego. I eventually  
transcend that. If  
negation is not strong +  
strong is the predominant  
force of discipline than  
the lower ego, which by  
nature is already full of  
negatives becomes a bundle  
of complexes + not adjustments  
- non-sensical fulfillment  
is the way - Approach  
yourself first + find  
but understanding + joy.  
I have long set to destroy  
but to fulfill.



# "The Golden Fountain"

Wednesday, January 18, 1950

18th day - 347 days follow

(b) work thru Long Path  
In Women to work  
back Chapter on the Highest  
Non-Self, Short Path,

(7) Chapter on Mental &  
Physical celibacy.

(8) Book written for the few  
women seeking Illumination  
who are really serious  
& intent on the Highest.

#

Raphael: Those who can  
concentrate on their  
Higher Forces or Higher Will  
& Work & Help others.

Saturday, January 21, 1950

21st day - 344 days follow

In morning on rising  
take lemon + cut in two.  
Brush teeth with  
juice on brush & rinse  
mouth with juice.

Lemon juice in water  
has beneficial effect on the  
stomach & bowels if taken  
immediately on rising.

#

For face: (1) Corn meal  
wet with water &  
Lemon juice excellent.

(2) pulp of lemon or yellow  
part of peel can be used to  
massage it.

#

Neck: rest back rest  
rest 'fanny' rest rotate  
" " rest " rest



uprid back right with rest  
down with <sup>lower</sup> ~~lower~~

Sunday, January 22, 1950

22nd day - 343 days follow

Diabetes is always a  
condition of wrong living +  
thinking, connected with  
worry. Due to putre-  
factive fermentation in  
the intestines, <sup>of proper starch</sup> ~~of proper starch~~  
produces a poison in the  
system just as much as  
wrong eating. All  
meat + fats should be  
avoided,

Exercise, keep  
breathing, keep some of  
mind -

Raw Food +  
1 or 2 tab leppan of  
ground nutmeg daily  
~~avoided.~~

Week is for values + not  
fit for <sup>human consumption</sup>

Monday, January 23, 1950

23rd day - 342 days follow

~~Fit for human consumption~~

Sept. 16th - 1957

I am ~~at~~ going to be a  
Vegetarian + avoid white sugar,  
flour + any concentrated sugars.  
Only fruit sugar in small  
quantities. I will not take  
anything which is harmful  
to the body,  
I

Being not having  
enough individuality is  
just as much an ailment  
having too much. Then you  
take on the color of the eyes.



Around you - you become  
a jelly

Tuesday, January 24, 1950

24th day - 341 days follow

along their impression  
thus you become many eyes.  
Be yourself & grateful  
yourself from others.

Mornings - Schedule  
the self - first thoughts  
of highest individuality -  
concentration - vocalize &  
deep breathing, yoga-  
exercises. Be sure to stay on  
diet schedule previous night.

Sunny: Let him become a  
your first before to attempt to  
become a psychic

after questioning: "Do they go  
to Higher Self - All books tell  
you it - Others, but no how to  
connect it? - Noel

Wednesday, January 25, 1950

25th day - 340 days follow

Sept. 21<sup>st</sup> 1959

Sunny: Answered

Be still -  
stop thinking about yourself  
& who or what you are.  
Stop thinking that you are  
going to find yourself after  
some struggles in some  
place you progress to.  
Be Impersonal, Universal  
& "I know & know that  
I am God." Forget  
your personal self. Drop  
it from your consciousness.  
What is left? You will  
know what is left. It is  
universal, impersonal self.  
Do not try to do this - but - he still



Thursday, January 26, 1950

\*  
26th day - 339 days follow

R. Incarnation - Pantaeus -  
150 A.P. Christian theologian  
evangelist who went to India & first  
from church. Individual teaching of Christ's words.

Summary: The student  
needs <sup>strict</sup> severe discipline  
to the body in order to  
form good habits.

God will look back upon  
but not forgive - you  
must be in harmony with  
him. The Quakers do not  
practice meditation or  
getting their eyes in back,  
so how can they expect  
God to take care of them?  
God warned them, & now

Friday, January 27, 1950

27th day - 338 days follow

It is up to them to be  
adult & work to save  
themselves. If they were  
in harmony with God  
everything would be arranged.  
But since they are not,  
they must depend on  
themselves.

October 26th 1957

Tonight at Sun Song  
with Raphael de Bernard.  
I suddenly realized I  
was too egotistic, wanting  
my views & opinions to  
be an authority - getting  
annoyed & hurt, etc.



Saturday, January 28, 1950

28th day - 337 days follow

I decided to practice  
"forgetting myself" and  
when I did a reading  
I was outside my  
body - the body  
being only a projection  
I knew that I was  
"identifying myself  
with what the eyes  
saw, as I loved the  
eyes & was still  
egocentric. A great  
detachment came &  
I witnessed the scene  
before me with complete  
calm & peace. I  
realized that when  
in the eyes & identified  
with it, I think from

Sunday, January 29, 1950

29th day - 336 days follow

the stimulation of the senses  
but when in awareness  
of deeper self my thinking  
stems from it. I think  
but unfortunately most of  
the time I identify myself  
with these thoughts instead  
of thinking - I think -  
I am separate  
from them. I am separate  
from all of the senses.  
I only use them to  
perceive the world. I  
am not the senses, but  
they are my instruments.  
Later at home  
when washing my face,  
I found myself forgetting  
temporarily my glasses



Monday, January 30, 1950

30th day - 335 days follow

I was washing my face  
& probably I was also  
longer what I used  
to believe I was - a  
Personality - body but  
more free, sometimes  
flirting it away.  
The body relieved himself  
delight it became a  
a more trail of my  
forgetting. I knew  
what I was. I am.

A bit fragmentary, not  
in ordinary human sense,  
but because it is not  
complete but partial  
realization - & I  
live in 2 world.  
Existing - I had

privileged I am to be  
Tuesday, January 31, 1950

31st day - 334 days follow

living such a waste.

Oct 1st 1957

~~visit~~ visit - &  
with her she brought some  
sympathy, humility &  
mother - heavily. How she  
engaged me & taught me.  
- Simple love can carry  
one through the most difficult  
circumstances.

\* ~~to~~

P.B.: The world is a  
cruel, difficult place -  
only adults of real  
maturity are prepared  
to cope with it. The  
question who are not given



to this one in trouble &

Wednesday, February 1, 1950

32nd day—333 days follow

never so, if they had  
concentrated on spiritual  
growth & control. Had  
they would be taken care of  
but no, they have lozed  
thru the years & are now  
ponicky.  
#

"He cannot be used as  
an instrument because he  
is so full of negatives.  
#

The greater most  
have of full patience.  
#

Saturday, February 4, 1950

35th day—330 days follow

P.B. — "The self does not  
expand in reality, but  
contracts to a point  
when the Higher Self takes  
over. The self is a  
projection of the Self—  
then it cannot expand  
into the Self.

Start from loving self.  
#

Promise to P.B.: A out'd  
wif, gain'd, serene, lovely,  
loving, helpful, sweet  
temper'd, kind, efficient  
mother — all this aiming  
for spiritual mature  
woman. Start with  
loving sister to G. Self.  
Love with P.B. all problems.



Sunday, February 5, 1950

36th day - 329 days follow

Oct. 4<sup>th</sup> 1957

Tonight after Radio City,  
sitting in draft, with B.B.,  
I remember I hadn't smoked  
since I made the pledge to him  
in April. Now tonight I  
make a further pledge  
which I will soon  
keep. I will cleanse  
myself of all bad  
habits, i.e. eating,  
speaking, running, thinking,  
sitting etc. In their  
place I plant good ones.  
I take myself in hand to be  
my best, very best, at all  
times, under all circumstances  
& will work hard to improve  
improve, improve.

Wednesday, February 8, 1950

39th day - 326 days follow

pat in Sun Day tonight  
to inner voice clearly  
spoke - "Not thy will -  
by My will be done."

#

Bernard: "When I  
was on rice food I  
had never tried, needed only  
a few hours sleep and  
tremendous vitality & health."

Oct. 7<sup>th</sup>

We were  
married today.



Thursday, February 9, 1950 .

40th day - 325 days follow

Oct. 11<sup>th</sup>

Your first duty is  
toward your husband & your  
regardless of self - He is first  
in all matters, you must  
sacrifice your benefits as wife  
& child

Remember beautiful loving  
selfless expression of Chong-  
mu's motto in mind  
tonight. All problems are  
solved by love.

Today while walking  
in crisp wind & seeing  
Buddhas in Madison  
window - a deep vow  
for the spirit I sacrifice  
bad habits - E - & rise to  
a new level of devotion &

spiritual habits

Friday, February 10, 1950

41st day - 324 days follow



Sungji = "Broken M."  
stressed the importance  
of keeping the body pure,  
It is an instrument  
a temple of the spirit  
& should be as perfect as  
possible. He had a beautiful  
wife.



The aspirant must  
make strenuous efforts -  
for alone can any human  
ones - to discipline himself  
so as to be a strong & powerful  
vehicle for the Highest to  
manifest.



Saturday, February 11, 1950

42nd day - 323 days follow

Jesus: "Do not identify  
yourself of everyone else.  
It is only their eyes  
which you have such  
sympathy for. It is a  
higher psychic state  
the only a stage which  
you are now ready to be  
out of. Strength &  
individualism is now  
your path. Then you  
regard their eyes as you  
regard your own -  
identify yourself with  
the higher self in you & in  
them.

Sunday, February 12, 1950

43rd day - 322 days follow

After ~~suffering~~ now  
from the long of flu &  
2 days before it came  
depression - acute &  
miserable - Now I see  
how much the body affects  
the mind & emotions. I  
must be ultra careful  
in my sensitivity after  
this & plain, light &  
raw food diet I will  
uphold - For the report  
I will see to very I  
phased. #



Monday, February 13, 1950

44th day - 321 days follow

Last night - Oct 14th;

Someone appeared - I  
saw him a beauty as  
spirit - when I looked  
closely into his emerald-  
green - flecked with brown  
eyes - much colors of the  
most exquisite autumn  
leaf - there I found the  
pinking center of the eye -  
the black fathomless opening  
which is the one visible  
spot of the entire world  
where the spirit is completely  
revealed to the eye. I saw  
the spirit, impersonal,  
massive, unbelieveably vast.  
I knew at that moment,  
who he was, not his form I  
see or dear personality +

Thursday, February 16, 1950

~~47th day - 318 days follow~~

~~He born out of I - a~~  
spiritual moment being  
living in a physical body  
I would. Everything  
unfolds from all integrated  
person - not separate  
from but grows out of.

Meditation each day

A necessity

Let this vast spirit which  
projects the body, his lines  
"outline it" - he can never die, only pass  
on to different forms of expression.

George - Remember her  
when you are an individual -  
not trying to imitate anyone.  
About David being herself  
Out of her and only out  
of her can spring the woman  
or spring the child + teenagers



Friday, February 17, 1950

48th day - 317 days follow

She had a wealth of virtues → contact with Nature. Be yourself & find happiness. Do not fear. Out of this you get the spiritual Evangeline - the higher. Just don't secede from the center.

#

F.B. In order for you not to get excited with other people & distort your speech you must think before you speak!

↓

Saturday, February 18, 1950

49th day - 316 days follow

Important <sup>B, B</sup> Be careful not to meet your personal ego with any conversation or with any point you want to put across. This only aggravates the ego in the other party & nothing is accomplished as the other puts up a barrier to your ideas. Instead remain calm & appeal to his higher side. Look from your highest to his highest.



Sunday, February 19, 1950

Nov. 19<sup>th</sup> - 1957  
50th day - 315 days follow

During morning  
meditation higher  
voice spoke: The  
same self which  
is you everyday is  
really the higher self but  
instead of being itself  
it reflects the human -  
animal - physical aspects  
of you. In order to get  
back illumination (it is  
close to you) ~~but~~ you  
must practice unselfish-  
ness, love, compassion  
& service. (The Guru)

When illumination is  
given by Grace & the  
chamber is not purified  
it must leave as there

Monday, February 20, 1950

51st day - 314 days follow

negatives gradually arise  
& drive it away. Also  
the instrument is imperfect  
to express the Higher Light  
therefore others do not  
benefit as much by it -  
the eye feels very lagging  
but it has not reached  
the highest degree of  
selfless illumination  
until the eye is cleaned  
& purified - a perfect  
instrument for the self  
to shine through.

B.B. "The eye can  
remove the last traces  
of self which you can  
never do - but it is  
your job (following



Tuesday, February 21, 1950

52nd day - 313 days follow

the law of evolution to  
grow & strengthen &  
purify your character

to be  
Always ruled  
from within."  
(never from without)

Wednesday, February 22, 1950

53rd day - 312 days follow

Extracts from "The Prodigal Returns": "If anyone knows in his heart to call of the Beautiful, let him use it toward the glorious end of the Contemplation of God. Love the Beautiful - these are the twin golden paths that lead us to God.

I required silence & if possible, beauty & a distant view. I commenced a new form of mental pleasure through looking at the beautiful in Nature



Thursday, February 23, 1950

54th day—311 days follow

This form of spiritual pleasure  
was the exact opposite of  
my previous dreaming.  
For all imagination  
absolutely ceased, all  
forms, all pictures, all  
activities disappeared—  
the very scenes at which  
I looked had to vanish  
before I could know the  
pleasure of the occupation  
in which, in some  
mysterious manner, I  
intuited the very essence  
of the Beautiful.

"I was worshipping  
the Beautiful without  
giving sufficient  
thought to what from

Friday, February 24, 1950

55th day—310 days follow

Whom all beauty proceeds  
#

"Holiness, was far  
beyond the Beautiful. I  
had not known this  
until I saw it before me.


The Golden Fountain  
by some anonymous  
author:

"Who shall find  
him through a self  
stripped bare of all  
other interests, systematic  
— stripped bare of  
everything but a humble  
and passionately seeking  
heart."



Saturday, February 25, 1950

56th day - 309 days follow

 The more one considers humankind, the more one sees that the education of the heart and will is of more importance than the education of the brain. For in the perfectly trained and educated heart & will we find the evidence of the highest wisdom.

"So my belief in one quite unable to understand our own soul though we are able to meet the Law of God with the heart, & through this we pass up to the border of the Veil, of

Sunday, February 26, 1950

57th day - 308 days follow

Separation, where he will bring the soul into life, & we have perception.

The soul knows herself to be in the hands and the power of another, outside herself. She does not enter the joy of her own power or her own will, but by permission & intention & work of a force outside herself though perceived & known inside herself.

This contact with God - it is not seeing but meeting & fusion with awareness.



Monday, February 27, 1950

58th day—307 days follow

The soul retaining  
her own individuality  
& consciousness, to an  
intense degree, but  
involved much & fused  
into a life of incredible  
intensity, which passes  
through the soul  
vitalities and emotions  
of a life so new, so  
wondrous & amazing, that  
she knows not whether  
she has been embraced  
by love or by fire.

#  
"It is the first steps  
we need take toward God.  
He does not drive. He  
calls. "Come to Me."

Tuesday, February 28, 1950

59th day—306 days follow

It is this feature to have  
the will to go to him which  
is at the root of all human  
woe. Would we but take  
the first few steps toward  
him, he will carry us  
all the rest of the way.

#  
We do well never to recall  
past sorrows. In this  
way the soul comes to feel  
in contact with a lovely  
freshness & purity, & neither  
makes comparisons nor  
curious comments, but  
gives herself unshakably to love.

#  
It is better not to



Wednesday, March 1, 1950

60th day - 305 days follow

Contend either with others or against our body. If we contend against anything we impress it more firmly upon our consciousness. So if we would overcome the lusts of the body, let us do it not by hating or by contending against the body, which but emphasizes its powers & importance, but let us rather proceed to ignore & make little of the body by forgetting it & passing out of it into higher things; and eventually we shall learn to live,

Thursday, March 2, 1950

61st day - 304 days follow

not in the same state, but in the joy of the soul.

### The Prodigal Returns

Cast off self-consciousness & pride, because they are ridiculous, and a man can only be great or noble in just as far as he has abandoned them. I sold up self pity and lay it aside, because it does not live in the same house with Truth.



Friday, March 3, 1950

62nd day—303 days follow

## The Hidden Fountain

Is the leading of an orderly social life sufficient to find God? No. Is the hope, even the earnest expectation, that we shall, by some means or other (we do not know by what!) be brought to it sufficient to find it? No; not without the personal longing held can we ever achieve it. Shall we find it by outward study? No, & our aim is, not to be the student but the possessor. The key to this is not in books but in us.

Saturday, March 4, 1950

63rd day—302 days follow

His inward instruction has been this, quietly lay upon one side all that which is not pleasing to God; & one by one & piece by piece, to fold up & put away all that he does not love.

#

"Where is the agon?—inwardly why this decision try out And finally he would whisper." I am here I never left thee, but you were leaving, crying of your pains and did not see Me, when I answered you."



Sunday, March 5, 1950

64th day—301 days follow

And so I was. I  
was filled with self,  
and asking for Your gifts,  
I forgot to give! And  
so lost love.

#

Of this we may be sure  
that all the nouns of  
His grace are not  
poured out on some  
poor scrap of for no  
other reason than to give  
him pleasure. There is  
a vast purpose behind it  
all & my keenest  
attention we must give  
up to His purpose, understand  
it, and do it. This  
is the true work of man.

4

Monday, March 6, 1950

65th day—300 days follow

To love God with all  
the heart & mind & soul  
and strength & not  
these material ~~and~~  
works with which we  
all so easily satisfy  
ourselves & our consciences,  
& our bodily needs.

#

All these gates  
of the heart & mind (the  
intelligence, the will,  
the reason) formerly  
occupied themselves  
entirely with worldly  
things, passing from one  
to another in most  
disorderly fashion, but  
now they occupy themselves



Tuesday, March 7, 1950

66th day—299 days follow

(Some for Daddy needs)  
solidly with him.

### Return of Prodigal

My father taught  
me about all things  
the need of self-control  
and never to make a  
remark of a fellow-creature  
unless I had something  
pleasant or kind to say.

I determined to try  
to become less selfish,  
less irritable and impatient  
to show for more consideration  
for everyone else, to be  
truly kind.

Wednesday, March 8, 1950

67th day—298 days follow

Noël - Note of Dr. Misner's  
visit - During his  
Lancet charts I  
saw plainly my way  
to God. It must be  
through first development  
of highest part of Noël as  
a person - the highest  
in character, intelligence  
in real person - all  
the time with a fixed  
desire or ultimate  
goal + regarding this  
as a necessary  
function of behavior.  
All success depends  
on this. If you come  
to me to prepare -  
if address + time - then



Thursday, March 9, 1950

68th day - 297 days follow

to do will be prepared to  
take it - & therefore use it  
for against. A deep  
real person who has  
a deep real constant  
desire to give the —  
all that she has  
within her to be —  
Life & relationships,  
work & love & beauty  
can teach her. She  
is in this place for the  
lessons which are there  
for her to learn.

An individual path  
Everywhere, every teaching  
must must be digested  
to the individual real  
centre & nothing copied

Friday, March 10, 1950

69th day - 296 days follow

from another "So There  
Our Self Be True" then  
we "infinite rides to be  
minded there. So  
slowly, step by step,  
with the joyful true  
guidance of your I am.  
You are at a much  
greater advantage than  
"The Elder T. another,  
you did a more  
fulosophic illumination  
& also have a great  
fulosophic theme - from  
God will be less  
emotional & more  
balanced. She had an  
unbalanced period  
when she could hit



Saturday, March 11, 1950

70th day—295 days follow

Being herself to face the world & also for a badly needed pair of shoes. Now she was throwing her own unbalanced nature into the illumination. During my E. experience I found the mind the most balanced, mature of our entire life. A great healthiness & balance of the mind. It was whole & adjusted perfectly to every plane, a whole being <sup>of the</sup> <sup>philosophic</sup> sense.

#  
She knows what was on the Bhakti-

Sunday, March 12, 1950

71st day—294 days follow

Feeling level with just a glimmering of the rays. You are a bit on all levels with the highest in Dharma.

#

The Pastoral Returns: (the following experience exactly describes this period in the way that it came down before illumination.) "So now, in the time of this strange abstraction & poverty, when the cinematograph of my mind is closed down with all the delicate mechanism which takes me up, was and connects all that we take in by the senses



Wednesday, March 15, 1950

74th day - 291 days follow

Thursday, March 16, 1950

75th day - 290 days follow



Friday, March 17, 1950

76th day - 289 days follow

The Thinker, thinking  
straight through, the  
proficient business man  
with his fingers of  
Concentration, the first-  
rate organizer, the  
scientist, the inventor -  
all these men are  
contemplatives who do not  
drive to God, but to the  
world or to ambition.  
Saking God as their goal  
the soul is sent to great  
heights of happiness;  
thought <sup>light</sup> they must give up  
"sacrifice" all that is  
unsavoury in thought  
& living.

Saturday, March 18, 1950

77th day - 288 days follow

"Read Bergson's "Creative  
Thinking" He takes the  
cold path of the intellect  
whereas the path of Love  
is so warm & quick.  
The road of Love comes  
easily to knowledge,  
but the road of knowledge  
comes not easily to Love.

Only God is  
happiness. Each day we  
seek in vain among  
the near to hand - the  
visible, the small

#

We must give to God  
if we would find him  
Our love, our obedience,  
and if at times in the



Sunday, March 19, 1950

78th day—287 days follow

stress of this giving  
when the makes no  
response, we feel it is  
too much, we are too  
discouraged to give more.  
Oh we remember the strain  
& stress and endeavor  
that we & our friends  
give to trifles & greatly  
use our common sense  
to judge whether in the  
winning of a game of ball,  
or in <sup>the</sup> fencing & fencing  
of that, we shall be the  
more blessed. For God  
is to be found. He visits.  
If the tennis player  
did not love the game  
he would not give

Monday, March 20, 1950

79th day—286 days follow

himself to it.  
Give yourself + your  
love to God. We are  
~~not~~ now given up  
& no longer care to pass  
our time with air-balls.  
We are no longer quiescent  
in our desires: at the  
same time we are not  
without desires, but on  
the contrary of old with  
a new more ardent, and  
larger set of desires."  
H

"I never was so sane,  
so cogent in my life  
as now. I never was so  
perfectly raised as now."



Tuesday, March 21, 1950

80th day - 285 days follow

To come to the  
contemplation of God it  
is not necessary to go  
through any lengthy toil,  
some ground of throwing  
out this or that, painfully  
slowly, denying the existence  
of everything in order to  
arrive at God. The  
Way is not Denying,  
but Concentrating. It is  
the act of concentration,  
because of love, all  
other things whatsoever  
in creation fall away  
into nothing & are no  
more because God  
overrules himself &  
them & alone exists

Wednesday, March 22, 1950

81st day - 284 days follow

For the unacquainted soul "  
#

We can enter the  
spiritual content only  
by great endeavor.  
The occasions of these  
contents will be  
according to the everyday  
circumstances of the individual  
the stress & distress of  
everyday life —  
For this is Christ's Process  
to take the everyday uses  
& happenings of life  
in the flesh & use them  
for spiritual ends.  
Of entry to Christ's  
Cross, first it is  
necessary that we try



Thursday, March 23, 1950

82nd day - 283 days follow

in everything to please  
Him: submitting our  
plans, desires, thoughts  
intentions to His  
approval, asking ourselves  
here this please Him best?  
I allow the inner  
Christ self through  
uses, because it is the  
shortest way. The  
unaided self murders  
beside me, hating +  
fearing it, unable to  
rid itself of it,  
gaining nothing by it  
suffering is vain.

We become aware  
of the failure of earthly  
consolations + amusements

Friday, March 24, 1950

83rd day - 282 days follow

When we are brought  
by Christ to the new birth  
the soul + creature  
become rid of use +  
living a life altogether  
apart from the world, in  
a marvellous created  
joy. We taste of the  
Godhead + Eternal  
Pleasures.

This for a short time  
only; we have entered  
the Kingdom but are still  
the smallest of spiritual  
children; tenderly God  
cares for us, but we  
must grow, we must learn  
heavenly manners. So  
Christ calls us again



Saturday, March 25, 1950

84th day - 281 days follow

a where does he lead us?  
Straight back into the  
world, the daily life  
from which we thought  
we had escaped! Here  
truly is a maze, a maze  
worse than any maze  
we ever had before. Now  
we enter the realm of  
spiritual temptations,  
trials, & endurance, &  
in the midst of the petty &  
pains of daily life the  
Christ self teaches us  
deceivably manners.

(Phil. We are brought  
back to earth as to balance  
the spiritual with the material  
& find the spiritual everywhere  
- Here, there - everywhere

In the eternal Now.

Sunday, March 26, 1950

85th day - 280 days follow

Since each moment is  
fully as possible in  
the most concentrated  
manner possible, )

#

"Love gives all when  
it gives itself, Love  
receives all when it  
receives Love.

By Love then, the  
soul is the 'Delight' of God."

#

A saint once wrote:  
"My Grace is  
sufficient for thee. I  
as I found it, & more  
than sufficient - when I  
consented."



Monday, March 27, 1950

86th day - 279 days follow

"Who is it, what is it  
that so furnishes the soul?  
Is it God? No. Patently,  
lovingly he waits, but  
pain is the difficulty of  
consenting to perfection:  
every virtue has a hammer  
every perfection a long  
two-edged sword, & the  
punishment we feel is the  
breaking & mending  
of self-will under the  
hammer of the virtues  
& the sword / threats of the  
vision of perfection.

Put aside these wretched  
these sometimes awful &  
terrible. battles &  
penitents, shrink from

Tuesday, March 28, 1950

87th day - 278 days follow

Remember they come, & we  
may get wide salvation.  
Accept them - stand up  
to the hammer & take the  
blows & learn: consent  
to the sword that gives  
up to the hilt, & what do  
we come to? - The  
Blisses of God."

"At last I comprehended  
that Holy Love is not alone  
just there to me, but it is  
also there to me & the others &  
the other & me." It's  
& attend the rich & in so  
doing I forgot myself &  
found there."



Wednesday, March 29, 1950

88th day - 277 days follow

"Remove of spiritual  
Aged - spiritual self -  
indulgence. The soul  
finds it bitterly hard to  
rid herself of selfishness &  
self-will; she gets rid of  
one form only to find  
herself falling into another.  
When Christ my soul  
redeemed the joy of God,  
I said to myself, "I will  
ride it in my own harness.  
I will keep it all to  
myself. I am become  
independent of all creatures  
I will none of them, I  
cannot hear the right  
sound of things, how"

Thursday, March 30, 1950

89th day - 276 days follow

joyfully I leave them all  
behind! - I want only my  
God - I want - But  
what is all this? - I  
want - I will - I, I, I!  
(see previous 2 pages  
they come before this)

||

"Sins are all infections.  
thickening of the soul from  
self-will: pure soul  
is necessary for the happy  
reception of this selected  
activity, and because  
impurities are automatically  
dissipated by this activity  
and the dissipation of them  
is the most awful agony  
conceivable when



Friday, March 31, 1950

90th day - 275 days follow

too suddenly done, what  
is bliss to the point is  
the extremity of torture  
to the pinner.

#

3 Thoughts  
occupy the Aspirant.

- 1) How to please God
- 2) How to get nearer to Him
- 3) How to show practical  
gratitude.

#

Time out for a  
Lesson with Lingying Buddha:  
On my way to lesson  
a lovely woman of about  
fifty headed the bus, with  
lovely, trimmed eyebrows  
no nose, lipstick,  
lovely hat & hat with a

Saturday, April 1, 1950

91st day - 274 days follow

dress in it. I could  
not keep my eyes off  
her for there was a  
woman unconsciously  
expressing God in her  
cos & self enhancement.  
She was lovely, when  
without the cos &  
adornment of colour she  
could have been plain  
& drab - but instead  
she was a joy to see.  
The desire to be beautiful  
is an expression however  
small of Eternal  
Beauty. May I always  
look, think & be my  
most beautiful!



Sunday, April 2, 1950

92nd day - 273 days follow

~~scribble~~ The way  
to be released from  
depression, whatever  
its cause, physical,  
mental, or spiritual,  
remembers it is still  
centered in self -  
DO NOT think of others  
then - stop concentrating  
on self & will  
pass.

#  
While taking lesson  
suddenly the touch of  
individuality + what that  
is rooted in - the eternal  
you + the Eternal Being -  
No need for escape if  
is here - now - find it by  
slowly penetrating deeper  
into our individuality.

Monday, April 3, 1950

93rd day - 272 days follow

"The Golden Fountain"

"As the soul returns  
to her source, nothing is  
more strongly emphasized  
to her than the strength  
& intensity of individuality;  
she is shown that the  
essence of all joy is  
individuality in Union.

In the marvellous  
condition of Contact,  
through we cease to be  
the creature or the soul  
adoring the Creator (but  
by and in comprehensible  
condescension we  
are accepted as one  
with Himself in love)  
yet we retain our



Tuesday, April 4, 1950

94th day—271 days follow

our consciousness,  
which is our individuality"

A

God once found we  
return to the interests  
of exalted in production  
+ his judgment.

Wednesday, April 5, 1950

95th day—270 days follow

Contemplation: The mode  
of entrance into active  
contemplation; the body  
must be posed either  
sitting or kneeling +  
supported. Now the mind  
must commence to feel  
itself, closing forward  
as on open rose might  
close her petals to a  
bud again, for every thought  
+ image must be laid away  
+ nothing left but a great  
forward-moving law intention.  
Out of sides the mind all  
smooth + swift, + plunges  
deep, then takes on  
upward curve + up +  
on till killing it



Thursday, April 6, 1950

96th day—269 days follow

Points, the creature does  
take consciousness  
is taken over by the soul;  
which quickly coming  
to the bursting place, spread  
herself & thus annuls the  
revelation of her God,  
thus find complete passing  
over of her consciousness from  
the mind to the soul is by  
the act & will of herself.

The creature worships  
but the soul alone  
knows contact.

5

Friday, April 7, 1950

97th day—268 days follow

Nov. 28<sup>th</sup> 1951 \*

Got into at Henry  
as P.B. was sitting  
across from me - I  
saw God in him -  
never before. We were  
listening to Bachmann's  
2<sup>nd</sup> piano concerto -  
He was a fire with God. 57  
He transcended all the angels  
& I beheld such purity  
love & beauty in his  
face that it ~~was~~ was  
spellbound & I died to  
a great light.

#

Henry told us astronomer  
have discovered thousands  
of stars, some younger



Saturday, April 8, 1950

98th day - 267 days follow

than ~~others~~ sees  
which have their  
own planetary systems  
revolving around them

I understand that we  
are going on + on in  
our evolution, pushing  
to higher planes, on to  
on - ever living &  
growing. Nirvana is  
the highest, now + this  
planet can go, but  
it is only the beginning

of a new + higher life,  
somewhere else. The

Sunday, April 9, 1950

99th day - 266 days follow

yojo who work entirely  
on inner plane who  
often hit that habit -  
But philosophy & some  
works on both planes in  
a balanced way. Each  
spiritual person on  
individual path:

# November 20<sup>th</sup> 1957

A dream last night -  
after intense physical  
suffering - mind entered  
into a silence beyond  
silence where there are  
no one else in the  
universe.



Today P.B. says:

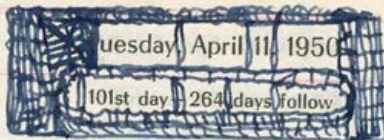
Monday, April 10, 1950

100th day - 265 days follow

"The quarters first  
need to rid themselves  
of their nervous + quirks  
so that the spirit can  
flow through them  
unimpeded + unobstructed."

#

"She cannot go on  
opining against her basic  
nature by living the  
philosophic life - she has  
squeezed ~~herself~~ too much  
(forced) already. You  
cannot force each to  
to go their own way."



\* Durrig: To tell  
beginning disciples to  
be "self-reliant" is  
useless, as what "self"  
can they depend on  
at this stage.

Durrig\* # Purity  
means sufficient detachment  
from ego. "Then one is  
ready for short path."



Wednesday, April 12, 1950

102nd day - 263 days follow

## The Book of Miracles Via my V

"There is no judgment  
in my mouth, I do not  
boast of understanding."

"When you know  
all, you should  
judge none."

"P. P. Procyński: Science & Human  
Values. "Power is the by-  
product of understanding."

Thursday, April 13, 1950

103rd day - 262 days follow

Today a  
terrifying day walking  
through Bernoulli, they  
continued tonight -  
When we tried  
to hold out to last  
with your defending  
itself - disguised  
to self respect.  
After sunrise  
tonight - the world  
seemed so colorful -  
the lights so bright &  
clear - the air so  
pure & strangely blocked  
from everything,  
"You are not  
the body - you -  
it is only you"



Friday, April 14, 1950

104th day - 261 days follow

Instrument. The  
degree of this  
knowledge before  
self is believed to  
interposed so that  
you may not  
be strong enough  
to take anything  
for anything else  
what is left? Just  
a concentration of  
you - then  
slipping away  
from body protection  
You do not  
the study, - 1st  
step - so and  
more ahead, but  
go slowly - so

Saturday, April 15, 1950

105th day - 260 days follow

slowly + calmly  
+ as balanced as  
possible.

✚  
Early this morning  
after yesterday's  
evening strange  
experiences - in semi-  
sleep - so clearly  
come to realization of  
the real "you" strong  
nature balanced -  
creature - alive - real -  
as Nicolas in movie -  
who as a boy of 16 in his  
so maturely did what  
"governor" had so  
miserably failed to do -



Sunday, April 16, 1950

106th day - 259 days follow

1st step III World war.  
He sees himself - as mature  
& self-centered. I will  
become all that I am  
now. Let everything  
thing or experienced  
follow as a natural  
consequence - but do  
not do anything to  
become me - This is  
the first step. The length,  
depth, intelligence, &  
beauty of me.

1st  
1st woman of maturity  
must live & be established -  
then deeper probing can  
be taken on. But practical

Monday, April 17, 1950

107th day - 258 days follow

Common sense first -  
This checks & balances  
"Lefts".

Sunday:

"It is not enough  
for a person to have  
goodness, he must have  
wisdom too. People who  
say there will not be  
another war if we  
stop fearing it are foolish."  
"The trouble with  
the world is that it does  
not agree. The Americans  
are the most healthy  
nation in the world & the  
other countries must



Tuesday, April 18, 1950

108th day - 257 days follow

a higher standard of  
living too. Selfishness,  
greed - hate lie at  
the base of war. If the  
Brahmins of India had  
not kept their teaching to  
themselves all these years,  
keeping the lower castes in  
superstition, then the lower  
classes would not have to  
go on now in such a  
way where they throw all  
spirituality to the winds  
in order to reject superstition  
Evolution forces  
intellectual development.  
The exploited classes will  
rise up. (Begin Catholic  
suppression & )

Wednesday, April 19, 1950

109th day - 256 days follow

December 7th 1957

Self - respect -  
The answer - the  
problem was lack of  
it - the cure is -  
cultivation of it.

(on making this  
word or words boldly  
founded in my mind)

What does self respect  
mean & involve - think  
of every aspect &  
think of the root of the word.



# Guia Espiritual

Thursday, April 20, 1950

110th day - 255 days follow

↑  
Malinos:

"The inner way which leads to union with God.

They withdrawn into the interior of their souls, truly resigning themselves into God's hands & totally detached from everything, even themselves, live always with uplifted spirit in the presence of the Lord in great security and complete tranquility & peace.

Friday, April 21, 1950

111th day - 254 days follow

Mail - "When self is forgotten - another great experience of the Universe is found as clear & unstained as a clear glass - endless, eternal.  
Remove the obstacle & see what you shall find hidden for behind it.



Saturday, April 22, 1950

112th day - 253 days follow

"She was entirely devoid of all self-consciousness and had no self-hindering infirmities to check the spontaneous outflow of her character & impulses. She spoke when she wanted to with undisguised willingness & ready freedom. She was silent when she chose, without deeming it necessary to fill up the interval with conventional small talk. She made herself at once your reasonable companion responsive to all moods, forcing none.

Sunday, April 23, 1950

113th day - 252 days follow

Equality of level was a special note of her character. She took you on to her level and at once herself assumed that you & she were on equal terms.

She read the literature of mysticism. She absorbed its spirit. She learned its method. She equipped herself with its science & language. She could suspend all the outgoing forces of her being in order to lie still, oppressed, hushed; shut within the silence of the Eternal. It seemed to her that only so, out of these secret springs,



Monday, April 24, 1950

114th day—251 days follow

Were the activities of life sustained, how do it to be done? It involved deliberate effort, consciously applied, it needed practice & habit.

She told how she could use the thought of the wide ocean, of the immensity of space or of limitless light, to draw her mind forward into the supreme act of contemplation.

She soul recognizes that it is only from within God that God is known. Such apprehension of God

Tuesday, April 25, 1950

115th day—250 days follow

is realized, not thru deliberate & logical approaches of the discursive reason from outside the object of its search; but through the inward & immediate & intentional contact of life with life. The lesser life preaches (as it were) within the larger; & is aware of the encompassing element which is a possession of it, within & without. In so apprehending, the soul is not effortful, but the effort is expended, not in seeking & finding, so much as in remembering



Wednesday, April 26, 1950

116th day—249 days follow

itself to being found, the resignation, the acquiescence, the self-abandonment which is necessary in order to receive the increasing power, is itself an act of high & tense energy. The will is actively engaged in the resolution to hold itself utterly empty of itself.

The acceptance of what arrives from the Divine will is, in one sense, passive, but the posture of passivity is one which it takes the utmost force of the living will to retain.

Thursday, April 27, 1950

117th day—248 days follow

She claimed this could be done in the very heart of common activities. The soul could learn, by resolute practice, the habit of retreating into the spiritual recesses that lie behind life.

There were perils in the mystical life which such common activities would seem to avert. She knew the deep delight of escaping beyond words & acts & forms & appearances & of passing out into the elemental sea of Being. She recognized



Friday, April 28, 1950

118th day—247 days follow

that this defect needed  
strict discipline & correction.  
The mystical tendency needs  
always correction, if  
balanced, it asks for some  
strong control, It there-  
fore found this in spiritual  
discipline: she bound  
herself strictly under its  
yoke, of set purpose,  
& N. Suttellon, never  
failed the demands made on  
her by practical interests,  
she never got loose to  
her social & domestic  
obligations, she never  
slacked in her absorbing  
responsibilities,

Saturday, April 29, 1950

119th day—246 days follow

December 15<sup>th</sup> 1957

Speaking &  
thinking of the immodesty  
& balance of the  
philosophic illumination  
of 1951 last night on  
retiring with R. I  
was lifted fortitudo  
into it again upon  
recalling it & my  
consciousness seemed  
to stretch a little  
& on waking this morning  
I still feel its effects,

"Thy will Be done in  
Time & in Eternity."



Sunday, April 30, 1950

120th day—245 days follow

Michael de Molinos;  
excerpt for *Guia Spirituale*  
1685

"Mystical knowledge  
proceeds not from lect, but  
from Experience; it is  
not invented, but proved.  
Not read but received; it  
is therefore most secure  
& efficacious, of great  
help & plentiful in fruit.  
It enters the soul  
not by the ears, nor by  
the continued reading of  
books, but by the  
abundant infusion of  
the Holy Spirit, whose  
grace with most  
delightful intimacy, is

Monday, May 1, 1950

121st day—244 days follow

Communicated to the  
suek + family.



Tuesday, May 2, 1950

122nd day - 243 days follow

"These Bohemians  
are careless with  
other people's belongings.  
This shows they are  
selfish when they  
show no sense of responsibility  
for them."

Wednesday, May 3, 1950

123rd day - 242 days follow

Shun

The purpose for  
living is to find the real  
"I" - a philosophic  
illumination for for  
more highly evolved  
swords - But the "I"  
can be found + kept.  
The meditation of  
self-enquiry of what you  
speak is an excellent one  
& good for you at this  
stage.

Your path is to  
follow your Shun when  
to what end he does or wants  
you to do, (half in jest)  
Nail-tether on I going  
to become more spiritual &  
"Shun practice meditation"



Thursday, May 4, 1950

124th day—241 days follow

First of all. Start with  
independence of character  
then proceed slowly further  
by self-analysis.

Wrong eating +  
constant work of  
body in digesting +  
eliminating cause  
exhaustion of energy  
disappation. Rationality  
in this matter will  
restore + preserve health  
plus energy for  
spiritual endeavor +  
service to Him.

Friday, May 5, 1950

125th day—240 days follow

Nail Egg Crushing:

Unless the egg is  
penetrated to its very  
core it is almost  
impossible for it to be  
congealed - for it is  
extremely subtle + unless  
it "dies", a part of it  
always remains no matter  
how refined it becomes,



Saturday, May 6, 1950

126th day - 239 days follow

Last night we saw a mouse - "Heater of the Sea" - the photograph of sea life has a beautiful formating - it opened a new world to me. To think of all the interesting & lovely things the world offers & we are ~~usually~~ usually too preoccupied with our little emotional needs to see objectively beyond them, what a relief - a therapy from turmoil of self. No murder man - with objectivity & reason has built & accomplished so much outside; in the

Sunday, May 7, 1950

127th day - 238 days follow

world. While woman had her home instinct is more wrapped up in the emotions & love & small world.

↑↑

This is the first step - getting away from self by intent (emotion free) intellectual interest & development - an exposure of self - or getting out one's own selfish little world - then the some strength of mind & selflessness for the world inward to explore self. Then one is already to a certain extent detached. Hence the importance of



Monday, May 8, 1950

128th day - 237 days follow

Study, art, learning  
in snow ascent.  
Later even this have to  
be surmounted in  
order to pass "over" but  
first we must climb  
to that level. Climb  
hard, climb - each day  
an adventure - take  
advantage of this marvelous  
structure + learn + grow -  
Excellent discipline of  
keeps thoughts off  
oneself - become less  
self centered. Any  
intelligent man - how  
nice - "to be all that  
is within Me to be

6

Tuesday, May 9, 1950

129th day - 236 days follow

December 15<sup>th</sup> 1957

Almost the Anniversary  
of '51 Elimination  
- Commenced the 16<sup>th</sup> of  
Dec. 1951 - I felt the  
spring of the Lord Self.  
Tonight Dec 1957 -  
with my eyes - I  
felt him transfigured  
but a great spiritual  
Master sitting on his  
Throne - such majestic  
power + light - shedding  
it upon all - he  
said - "The Short Path  
can be too great a  
temptation - & then  
the Long Path is



Wednesday, May 10, 1950

130th day - 235 days follow

Dangerously discarded.  
Because of this the  
balance must be kept  
between the two. The  
advocates are right -  
at this moment we  
are the "2" (the "half")  
only the feelings are  
not aware of it. It  
is perpetually the  
whether we know it or  
not. But to get  
it, the emotions & body  
& ego must become  
so purified (Long Path)  
so there is nothing  
to block the self  
from revealing itself.  
"We must become

Thursday, May 11, 1950

131st day - 234 days follow

real human beings,  
before we can become  
super human beings.

The Long + The  
Short Paths must be  
balanced perfectly.

The Master Speaks!

Singing, 1942, Dr. J. J. ...  
December 15, 1947  
The answer to all  
your emotional problems  
& their after physical  
effects is - Common  
sense & reason, this, come  
as an answer, directly  
to the danger I made tonight  
off about my health &  
the disturbing causes of  
the aspects



Friday, May 12, 1950

132nd day—233 days follow

The Romance of The Lord;  
The author "Golden Bampton"  
"And we say: "I have  
desired + I do desire, but  
"God does not give", why is  
this — "One reason, one  
these marvellous things to be  
given because of one cry; for  
one impatient demand; for  
a few tears, mostly of  
self-pity, shed in our heart  
that the world fails to satisfy  
us, when a friend has  
disappointed us, when our  
plans are spoiled, when we are  
sick + lonely, this is when we  
look for the consolations of God.

But let anyone hate all  
that he can fancy, be carried

Saturday, May 13, 1950

133rd day—232 days follow

high upon the flood tide of  
prosperity, ambition + success,  
and that much time will be  
she give to God — not two  
moments during the day, yet  
the Maker of all things to bestow  
His unspendable riches upon  
us in return for two  
moments of our thought or  
love. Does a man require  
a great worldly wealth, or fame  
in return for two moments of  
endeavour?

One must outgrow  
the raw uncivilized creature  
that he is at first. All tastes  
must alter (all capacities will  
increase in an extraordinary  
manner) + all thoughts of heart



Sunday, May 14, 1950

134th day - 231 days follow

His mind must become acceptable  
to God. The man who has  
not yet begun to seek God -  
i.e., who has not even  
commenced to try & learn  
how to die spiritually -  
but is entirely absorbed  
in things of the flesh - is a  
spiritual savage. To  
watch such a man & his  
ways & his habits is to be  
spiritual man the something  
a white a European -  
besides a African habits  
make his heart, his physical  
habits in decorations, jobs  
amusements, habits &  
habits.

Monday, May 15, 1950

135th day - 230 days follow

In the whole spiritual  
advance, it is first we  
who must make the effort  
which God will stabilize,  
& finally on our continuing  
to maintain this effort  
He will bring it to complete  
fruition. That He will  
do so, & that we have to do  
it - without the willing  
will of God gives no good  
& without God's grace no  
will of Man can reach  
attainment.

God's will & Man's  
will, God's love & Man's  
love - these working &  
joining harmoniously  
together raise Man



Tuesday, May 16, 1950

136th day—229 days follow

### Into Eternal Life

In the most supreme contacts of the soul with himself, he does not seize all the consciousness of the soul's individual joy, but he increases it. Jesus teaches that that life here is both the means & the process of the gradual conformations of the will of Man to the will of God & our true "work" is the individual learning of this process.

But the cultivation of our individuality must not be subverted to the purpose of the mere gain

Wednesday, May 17, 1950

137th day—228 days follow

of personal advantage. But because of the heart-felt wish to conform to the glorious will of God, we are not taught when called that what we are here for is above all & before all to arrive at a phase of personal connection with God, to identify ourselves with the spiritual while still in the flesh. — We are taught to grow only even beyond all the spiritual? — To regard the world as a playground only or even a place in which to bring ourselves in to make a



Thursday, May 18, 1950

138th day—227 days follow

successful career. "  
Children are taught to  
look forward eagerly &  
mainly for holidays &  
parties; grown men  
however do come upon

a larger, more fearful  
scale, & always under  
the terribly mistaken  
belief that a spiritual  
thing no good happens  
is to be found, but only in  
materialism;

Man fails to use  
his true & needful  
instinct of finding  
happines in the way  
intended.

Friday, May 19, 1950

139th day—226 days follow

Searching God —  
something which, not  
knowing what it is,  
yet feeling it exists —  
we have named religion —  
Reverse your  
method for finding God.  
Instead of asking for God  
— give to Him.

What is keeping  
you back? You are  
afraid of what God will  
demand of you. Use  
words: "I forsake all, &  
follow Me" Tell your  
heart something like  
terror, I cannot  
leave my business, my



Saturday, May 20, 1950

140th day—225 days follow

Children, my home, my  
luxuries, my games,  
my dresses, my friends.  
Perhaps need you but  
knowing the initial  
saying of "I will", Christ  
said it to cover for a  
camel to go through the eye of  
a needle. (The name of that  
exceedingly narrow gate  
into Jerusalem) then, for a  
rid. Man to enter heaven,

What does it mean  
to "set the heart upon  
something"? We say,  
"I have set my  
heart on going to see  
my son", I have

Sunday, May 21, 1950

141st day—224 days follow

set my heart on doing  
so → so "but this  
does not mean that in  
order to accomplish it  
we must wander homeless  
& lonely until the day of  
achievement. No, but  
we set our heart &  
mind upon eventually  
accomplishing this wish,  
we chose all our plans  
towards it, we give it  
the first place. This is  
what God asks us to  
do; give Him the first  
place. We need not go  
to them in rage—David  
& Solomon were  
immensely wealthy



Monday, May 22, 1950

142nd day - 223 days follow

Job was a rich man,  
but we must  
eventually think more  
of him than we do of  
our dress, than we  
do of our business,  
more than we do of love,  
friend, or child - "Thou  
shalt love me with  
all thy heart &  
mind & soul &  
strength."

When we desire  
He sends the capacity  
and day by day sends  
us the power to reach  
this love through Jesus  
Christ.

ideal - 118 - 120 lbs.

Tuesday, May 23, 1950

143rd day - 222 days follow

"Give us this day  
our daily bread -  
the bread of thy soul -  
which is I, Jesus.

Divine love  
starts in us as a very  
feeble flicker, for we are  
small & feeble creatures.  
But God takes the  
evils for the dead & the  
comes when suddenly  
we are filled with  
true love, as a gift.

This is the baptism  
then at least the great  
evil which has  
hitherto divided our  
conscience from God  
goes down entirely.



Wednesday, May 24, 1950

144th day—221 days follow

Though this is not our  
work, still we have  
had the earnest will,  
the longing desire.

This is the New Life  
beckon'g us, this is the New  
Birth. The first proof  
of the power of the New Life  
in us is the victory over all  
the lower passions, victory  
over the animal "that once  
was myself!" Can any  
man free himself in  
such a manner?

Common sense forbids  
us to imagine it. It is  
then a divine power within  
us, slowly transforming

Thursday, May 25, 1950

145th day—220 days follow

us to higher levels—  
hoping us to meet the  
sanctity of God. And such  
is the tender consideration  
of the Power for our  
weaknesses that while we  
are learning to give up  
the lower pleasures the  
higher is the higher  
pleasures of the soul—we  
are not left comfortless.

So in our earlier  
stages we may have  
many wonderful ~~experiences~~  
which later are altogether  
dispensed with &  
essentially not desired  
by the soul, or even



Friday, May 26, 1950

146th day - 219 days follow

The more greedy heart & mind, which all men ask & desire one favor only - to be on earth in contented fellowship with Christ - I never able to enter into the love of God - His fear of letting out off from Responsive Love of God, holds the soul & creature towards God both day & night lest by the least forgetfulness or surlyful attitude they should lose Him or displease Him.

Saturday, May 27, 1950

147th day - 218 days follow

A single adverse thought eventually proves as injurious to the spirit as a grain of sand is to the eye.  
(Wise - How very true!)

The petty human aim, the smallness of our former standards, the instinct for "retaliation", must all be overcome, laid upon one side - a slow task of much humiliation to the creature revealing it its own smallness & vileness & its own extraordinary ineffectiveness of self -



Sunday, May 28, 1950

148th day—217 days follow

control, its own  
powers of over itself.  
nothing short of our  
absolute self-conquest  
is aimed at + demanded  
by this envious monster—  
the Law.

~~On Tuesday~~ With  
What profound veneration  
for + recognition of  
the power of God  
Does the regenerated  
creature think of these  
alterations in its own  
nature which, after  
long striving, are  
eventually given it by  
God, + of those

Monday, May 29, 1950

149th day—216 days follow

alterations not yet  
stabilized because not  
yet gifts, but only on  
the way to perhaps  
becoming gifts, — i.e.,  
still only where the  
power of the creature itself  
has been able to raise them.  
For the last it may  
invariably be said  
that today we may  
feel secure security +  
tomorrow fall + fail —  
+ this in the very  
mearest way.

We see men +  
women who try to  
fill an emptiness  
(cont. June 11<sup>th</sup>)



December 18th 1957

Tuesday, May 30, 1950

150th day - 215 days follow  
from Wesley Bauer.

One must take  
a sensible attitude, live  
in it whole day & all  
details will necessarily  
be also sensible &  
rational. Delirium -  
mental → physical &  
spiritual - all  
balanced for perfect  
living, all coming  
out of & focused in  
Individuality -

Today met Rae  
again

December 18th 1957

Wednesday, May 31, 1950

151st day - 214 days follow

Deny " A person like  
a tree, if it stops  
growing, it atrophies.  
A business too.  
 deterioration, dies

Women who crave  
fettering things are in reality  
congenitally themselves for  
a lack in their life usually  
love. They think they will  
beat themselves to something  
nice since they are not  
getting in reality what they  
desire.

A balance between  
outer <sup>reality</sup> ~~reality~~ contact  
with inner reality <sup>ideal</sup> ~~ideal~~ <sup>of life</sup> ~~of life~~



Thursday morning of 19<sup>th</sup>

Thursday, June 1, 1950

152nd day - 213 days follow

All outer movement, Robots, activities, must be outer expressions of real individuality - not the generalities, complexes & confusions manifesting themselves - & turning to our ground is to / from making to sleep, guard that you are the individuality not its illusions of fears, complexes etc. have desires, thoughts, speech & actions going from her - from inner not let her be controlled about by the world - or lost as a child waiting for a clear direction &

Friday, June 2, 1950

153rd day - 212 days follow

instructions. This is the short path (the beginning of it) the individuality must be firmly established before it expands into a yet higher expression. I have been trying to make to leg a jump into higher consciousness regardless of the fact that there was no concentrated individual to turn to - hence much but confusion & many doubts. Common sense & individuality leads to maturity. Watch out you are not controlled constantly from within, individuality - Oh, what Peace, Peace, happiness results.



Saturday, June 3, 1950

154th day - 211 days follow

The mental level is  
a great step above  
animal - keeping the  
mind filled at all times  
with thought - or if  
not thought a repetitive  
emptying of it - but  
never lapsing into animal  
lethargy or stupor.

Tip - a great gift -  
Health of mind is greatest  
health. Self-control

the real meaning ~~comes~~  
from is lodged in  
real self (individuality)

control is gained over all  
parts of body & mind.

Take each step upward  
slowly - Don't try to do

Sunday, June 4, 1950

155th day - 210 days follow

Tip - Walk slowly  
& steadily, making  
each step a part of your  
being reality & living &  
"thinking & being" all that  
you have wished you to be.

#  
December 20<sup>th</sup> 1957

Yesterday, starting  
with the morning, I  
began to feel that "I had  
come alive" - that for some  
years I had been "afraid  
to live & afraid to die" -  
a somewhat state of shock.  
Now I trace it back  
to auto accident or to  
1951 experience or to P.?



Monday, June 5, 1950

156th day - 209 days follow

It seems my encounter  
with Soyuzal 2 days  
ago, gave a tremendous  
shock ~~to~~ my mind &  
many old complexes & fears  
instantly dropped away.

Yesterday was like  
one of those rich, full, deep  
of childhood when the  
world was "yours" to explore &  
exciting events were always  
"just around the corner".

Colors were vivid,  
people personating -  
Yesterday it was like  
all of us were great  
individual actors in a  
play - only some of us  
were more awake than

Tuesday, June 6, 1950

157th day - 208 days follow

others. The only who  
were sleeping were  
only aware of a vague  
ego - personality & drive,  
but the awakened ones  
were more aware of their  
Individuality. From  
this plane one can go  
slowly to the plane of  
the creator of essence of  
individuality & for a little  
while I felt it.

To be alive to be  
alive, to be alive!  
what joy, what joy!  
& said this all day -  
I will today &  
tomorrow. It is  
being alive in a deep



Wednesday, June 7, 1950

158th day—207 days follow

every, so even if  
I'm passed from the body  
I'm sure I'll be alive  
for death seems to be  
only when one is  
submerged in the lethargy  
of the animal, vegetable,  
lower human.

I am healed &  
hope will become more  
so. Like I was infirm  
for 20 years years, hear  
my thoughts, my thoughts by  
God & my words.

Alive to live to  
plan my life so  
that I grow in  
every way, physically

Thursday, June 8, 1950

159th day—206 days follow

Strong, bodily perfect,  
morally strong,  
spiritually strong.  
It is my life. I  
can work, I can  
grow & I can grow.  
What ever comes I  
can, with such physical  
mental & spiritual health  
& with God's help, use  
it as a means of  
achieving my goal &  
growth & balance &  
finally illumination.  
But wait I am  
advanced, I take God  
day, & live it to the fullest  
capacity, I have to  
have, to help, to



Friday, June 9, 1950

160th day - 205 days follow

Think to meditate  
+ be the individual  
that I AM to its  
fullest. Then I can  
expand into the next  
stage of individuality  
the next + next, but  
not until I live in the  
fullest of this stage, look  
about you + see  
the duty, the joy, the  
learning, the creativity of  
this day, as Buddha  
Gerson says "the  
greatest day of your  
life" is each new day.

No fear of

Just a mature woman  
that only has a spiritual  
woman.

7

Saturday, June 10, 1950

161st day - 204 days follow

You have the most  
fortunate + happiest  
+ rewarding of lives  
with P.B. I'm walking  
hand in hand with Master,  
a holy adept, a life  
filled balance of  
intellect, spirit  
+ the word. A intensity,  
vital most perfect  
life.

I failed my test  
with P.B. + his  
occasions as P.B. said  
I know - you have to  
grow up. I know  
would understand him +  
not descent + arguing with  
him like a child.



Sunday, June 11, 1950

162nd day - 203 days follow

Within themselves -  
A wanting - by  
every part of man  
except the one (only) which  
can ever be a permanent  
satisfaction. Women desire  
themselves to lovers,  
husbands, children, dress,  
society & soap, men to  
business, ambition,  
the race track, drink,  
guns & arts. They  
descend to all vice  
surrounded by the dust  
of disillusionment.  
Lonely & soon forgotten  
by the hungry pleasure  
seeking crowd.

Monday, June 12, 1950

163rd day - 202 days follow

What can be more  
beautiful, more happy,  
to find the only Being  
who loves us as much  
as we love ourselves.

All of us seem  
to have 2 personalities.  
The regretful & unregretful  
Marydalene. But true  
repentance cannot  
come before love.

At first in awaking  
the soul wished like to  
cost any material thing  
& is inclined to despise  
the body. But - it is  
his will that she  
should send assistance



Tuesday, June 13, 1950

164th day—201 days follow

To the creature in its  
weaknesses & uncertainties,  
not desisting it, but  
helping it. It is the soul  
which maintains contact  
with the Divine Guide, &  
then in turn should guide  
the creature. As the  
Divine Guide condescends  
to the soul, never despising  
her, so must the soul  
con-descend to the creature,  
acknowledging that nothing  
is too small or humble  
for the soul to attend to  
& lead the creature down  
a beautiful & gentle  
manner.

Wednesday, June 14, 1950

165th day—200 days follow

The life of conscious  
connection with God is  
true living as far as we  
may know it in the flesh,  
an enormous increase  
over the petty normal  
life of the world or, more  
rightly, the petty & lacking  
life of the world. For in  
this life of God—  
Consciousness is an  
immense unity & peace,  
a balance between soul &  
body & heart & mind never  
achieved in the "normal" or  
the "material" life. Therefore  
the God conscious life is  
not to be named or  
abnormal but the complete



Thursday, June 15, 1950

166th day - 199 days follow

Full & only truly normal  
life, a life in which  
heart, soul & creature  
have found their centre, &  
the whole being in all  
its parts is brought to  
evidence to harmony &  
peace & a greatly magni-  
fied intelligence.

To convey ~~this~~  
some idea of this condition  
of consciousness would  
seem to be impossible, still  
there are some types of  
people to whom a little  
something of the Commencement  
of the larger life of the  
awakened soul might be

Friday, June 16, 1950

167th day - 198 days follow

conveyed before they  
themselves experience it.  
The sources of nature of  
music, of the beautiful,  
& romantic, & of poetry;  
in the highest moments  
reached by such they  
are aware of an  
indefinable something -  
an expansion, a  
aging out towards,  
a longing - yearning,  
subtly composed of  
both joy & pain  
which goes beyond  
the earth, beyond the  
music, beyond the  
poetry, beyond the



Saturday, June 17, 1950

168th day—197 days follow

Beautiful into a  
Homeless Bourne <sup>Source</sup>

At these moments  
they live with the  
soul. This is the  
commencement of the  
spirit-life.

When the Homeless  
Bourne has become <sup>to</sup> the  
soul that which it  
really is - God -  
& He sends His  
responses to her, then  
the soul knows the  
fulness of the spiritual  
life.

Sunday, June 18, 1950

169th day—196 days follow

But she can  
neither know the Homeless  
Bourne as God nor  
receive His responses  
till the heart & the mind  
have come to repentance  
of their wrong & have been  
changed at least a part.

One of our great  
difficulties is that when,  
as do merely half-repentant  
creatures, we turn to God,  
and beginning to ask  
favors of Him, get no  
responses, then all our  
warm feelings & longings



Monday, June 19, 1950

170th day—195 days follow

Forwards His fall  
back, we go into a  
state of either profounder  
unbelief or into total  
apathy. Apathy is  
a deadly thing. The  
more God loves us the  
more He will do His  
part to keep us from it.  
All the circumstances of  
life will be used to  
this end. We may lose  
our nearest & dearest.  
If it is material prosperity  
or too complete content  
without Him, then some  
or all of that will be  
removed.

Tuesday, June 20, 1950

171st day—194 days follow

In whatever spot  
we are most tender—  
there He will touch us.  
If we do not get  
out of this apathy, we  
shall miss the whole  
reason of our life here.  
But these living  
thrusts He brings  
us to our knees,  
humbled, humiliated,  
anguished, in order  
that, having awakened  
and purified us, He  
may lift us into His  
Divine Consolations.



Wednesday, June 21, 1950

172nd day - 193 days follow

Let the man who  
woud know happiness  
here study the words  
of God, & not think  
he will gain virtue  
by getting everything  
he sees here ~~upon~~  
upon one side,  
saying it is not real,  
or not good. It is  
very real of its own  
kind, & good also if  
he learns how to use  
it, & very marvellous.  
Let him study how  
things are made -  
God's things, not  
trivial man-made  
things - let him

Thursday, June 22, 1950

173rd day - 192 days follow

observe how all are  
made with equal care  
the humblest & the grandest,  
"the tiny violet perfect  
as the oak". Let him learn  
the manner of the mixing of  
light & the colours of  
all that he sees, & then  
stop & consider how,  
having made all these  
marvels, God then  
fashioned his own delicate  
eyes that he might  
see & know & enjoy  
them all. To consider  
all these things, accepting  
them from God with love,  
makes the heart & the  
mind, & the soul love



Friday, June 23, 1950

174th day—191 days follow

and sing together not  
with noise but like  
sunshine upon water.

What is Nature  
but the demonstration  
in visible objects of  
an invisible Will  
This will we need to  
trace to its source;  
having done this, we  
are able to praise &  
bless God for every  
thing of beauty He  
has fashioned here;  
Because of this  
appreciation of God's works

Saturday, June 24, 1950

175th day—190 days follow

each soul & creature  
find their sweetest  
consolation as they  
wait to be taken to a  
holier world.

When they both  
bless God with the  
fire of their love for  
every tender thing that  
He has made, then their  
days become to them one  
long delight,



Sunday, June 25, 1950

176th day - 189 days follow

December 23<sup>rd</sup> 1957

Monday, June 26, 1950

177th day - 188 days follow

Henry: "One side  
ourselves at the lower  
aspects of the ego function-  
ing through the Higher Ones -  
self-release, self-  
regard, then turn  
has come for the Higher  
Self to use as its  
instrument. Then one  
can say 'The Higher  
is working through them  
instead of the ego working  
for its petty self.'"

N. All this time  
I have been confused  
the ego has been  
fighting against getting  
itself up my making



Tuesday, June 27, 1950

178th day - 187 days follow

it seem as though  
the Higher Ego was that  
we - I should descend  
everything - A death  
in life - a negative  
action - self destruction.

B.B. last night said:

"The Greeks were

so right in pushing  
balance - not the

balance of nothing and  
nothing, but something  
with something.

The ego has tricked  
me into thinking  
that the Higher self  
should be me -  
when it is always  
above me - 2, must

Wednesday, June 28, 1950

179th day - 186 days follow

be humbled before it  
& worship it & ask  
to be guided by it  
\* "Service" your job  
is to achieve  
balance between the ego &  
the Higher self - which  
cannot be done in  
the same extent - when  
one is engaged in  
practical work the Higher  
self is necessarily set  
to the extent it is in  
meditation - but  
comparing the Queen to  
a man - a baby boy  
is still ~~unstable~~  
it is still ~~unstable~~  
that it



Thursday, June 29, 1950

180th day - 185 days follow

A man man  
are still ~~there~~  
beings. No with  
the Quince when felt  
to a greater or lesser  
extent. Your job is to  
live to tell that God's  
will has given you  
whether in a Cove  
or with me (you have  
actually "given up" the world  
by closing me) Get  
your part but do  
not be attached to the  
results of your actions.  
Be only attached to the  
Quince. It makes  
no difference where.

Friday, June 30, 1950

181st day - 184 days follow

You are what you  
have but what  
your inner realization  
of the Higher So. It  
is always with  
you Do not go  
to excess in anything  
not even in wearing  
about your eyes. ~~The~~  
The existence of the  
eye is the manifestation  
of God's will. Play  
your part without  
attachment to results  
of your actions. Don't  
rebel against God's will  
you are here to learn the  
lessons which He wants  
you to learn.



Christmas 1951

Saturday, July 1, 1950

182nd day—183 days follow

The individual prevails  
throughout life.

Babies are all babies yet each  
individual

Children " " children " "

Adolescent " " adolescent " "

Adults " " adults " "

~~Children " " children " "~~

These  
transition from adults to

spiritual babies  
intense children

" " adolescents

" " adults

\* Illumined Adepts.

Radical taught me  
that I am a spiritual  
baby & must not be  
impatient to grow too  
quickly. God cannot.

Sunday, July 2, 1950

183rd day—182 days follow

give the Babe too  
much responsibility just  
as he cannot give the  
baby a man's car to drive.  
Have faith in Him &  
Have patience. Deal  
out confessions & regrets  
& prepare the way for His  
guidance.

\* (P. 12) - Difference between  
God's will & man's will.  
God created the eye but  
the eye goes astray when  
it loves itself - instead  
of being used for God's  
plan for the world. Conf.  
It is God's will that  
we become hungry &  
learn to eat, because



Monday, July 3, 1950

184th day - 181 days follow

He created us that way.  
But it is the Ego's will  
to over eat & become  
gluttonous - E.V. -  
It rationalize its  
desires & appetites  
to an extreme forgetting  
else, others, & itself  
in its own desires &  
pleasures.

The self does  
not expand into  
the higher. It has  
to become humble  
before the Higher &  
ask for its guidance.  
It must transcend for  
the Higher Self as host  
on this plane.

Tuesday, July 4, 1950

185th day - 180 days follow

All negatives &  
complexes there are  
in ego-like - for they  
rise out of the ego's  
desire & its self love.  
It is miserable because  
it isn't law, being paid  
attention to, etc.  
"One day I will be  
very proud of you, I know!"

God created me  
as a human - all  
of her desires, loves,  
could not be denied, only used  
for a higher purpose - nothing  
to extremes or selfishness  
Just live as kindly & as  
close.



Wednesday, July 5, 1950

186th day - 179 days follow

When negative or  
dechargey overcomes  
the quickest remedy ( + best )  
is to get busy - for this  
take attention from ego  
+ self + relieve tensions  
→ lets individual over them.

You must accept  
yourself. Hence you  
can't accept God, you

Dec. 28<sup>th</sup> 1957

Thursday, July 6, 1950

187th day - 178 days follow

Naïl To Guruji:

Is there a ~~bridge~~  
bridge ~~between~~  
between the individuality  
+ the Overself -  
Guruji: - Yes, & that  
is the substratum of  
work - Pure consciousness

# Dec 30<sup>th</sup> - 1957

On eve of departure  
for Calif. - so busy last  
few days - felt really  
alive & playing very  
new part in life. I  
am made for beauty



Friday, July 7, 1950

188th day - 177 days follow

of loveliness & lovely  
things & lovely moments  
& lovely contacts.  
Beauty is important  
to me.

Adulthood is  
what Life is meant  
to be. Being long on both  
transitory steps up to it -  
only he afraid to let go  
of the partial in order  
to grow into the whole.  
All Life moves toward  
the making, making &  
accept. Be what Is  
within you To Be,

Saturday, July 8, 1950

189th day - 176 days follow



Jan 4, 1958

for May (both) was very sick with

Sunday, July 9, 1950

intestinal trouble

(the diagnosis)

190th day - 175 days follow

When I sat down to meditate with P.B. although I had no emotional drive to meditate, I immediately felt a dark blanket over my whole being. It shut out all thoughts, feelings, desires and willing. The ego completely vanished. It was a state of nothingness, wherein the world had disappeared, and yet there was an awareness of impersonal being, the real me. It was deeply, deeply calm, the screen of existence showed no signs of sounds, for only the screen itself remained. I felt that if this experience could be repeated a few times more, and of more prolonged duration each time, I would achieve philosophic balance for I emerged from it whole & serene, integrated, ~~my~~ and ~~later~~ deeply centered, so I was in control of everything. When the ego returned at the end of the meditation,

I knew what real ego-freedom meant

Monday, July 10, 1950

for then I

191st day - 174 days follow

Could see that my former belief that ego would then no longer exist, was a wrong one. The fact was that it continues to exist even in spiritual realization but its nature is completely purified and the impersonal Overself completely dominates it.

Counsel by P.B.

Practice treating yourself by positive affirmations such as, "I am infinite spirit, which is infinitely well, ~~and~~ It ~~is~~ expressed through perfect body (and infinitely perfect) organs perfectly functioning. I am the universal life-force, healing and recuperating the entire body. Do not pray or ask for heal; that is for devotes on a religious (lower) level. And implies a remote personal god. Assume the god-power in yourself."



Tuesday, July 11, 1950

192nd day - 173 days follow

Masson's Jan. 9<sup>th</sup> 1958  
California -

Arriving here has  
been a uplifting  
time. Harmony,  
children, routine,  
balance between

physical + spiritual.  
Got into on arrival  
evening said to me:

The lower refusal  
+ animal nature is like  
a wild horse. If  
you are weak + easy  
back it, it will  
drag you through life.  
You must be ~~strong~~  
~~and determined~~

8

Wednesday, July 12, 1950

193rd day - 172 days follow

seize the reins  
firmly + control it  
in one hand  
effort. Otherwise it  
will drag on + on.  
This applies to all  
lower nature.

#

Comte de St. Genois  
so balanced -

"I think life has as much  
to do with to accomplish  
such advantages to  
grow. Turn every  
event + activity to  
spiritual use. Your  
life can + will be  
a great one."



Thursday, July 13, 1950

194th day—171 days follow

"I saw you  
sleeping & thought  
to myself how  
beautiful she is —  
~~a life!~~ I love  
you for what I  
know you have  
within you become!"

The beautiful  
woman of action &  
inner beauty &  
accomplishments,

\*  
— Tibetan Buddhist  
disciple of great  
Reformer: None Brown-ton  
Very aboriginal - succeeded  
first Buddhist reformer  
of Tibet,

Friday, July 14, 1950

195th day—170 days follow

Hollywood Jan. 10<sup>th</sup> - 1958

Very beautiful  
Suffered also top meditation  
when I felt me here in India -  
sitting high above the world —  
My Guru beside me  
expanding love & light. What  
moments of truth! Tears  
welled from my heart &  
fell down my cheeks.  
The emotion so real but  
yet calm.

Back to the home &  
life again began its  
dramatic & conflict  
set in again - the Reality  
& its retention or life - ?  
No compromise between them



Saturday, July 15, 1950

196th day - 169 days follow

Such sadness + despair  
My Guru said that  
I must therefore rise  
above emotion or only  
the emotion can feel  
despair. But how?

I began to read  
"Splendour In The  
Night" by a pilgrim.  
He too went  
through his despair  
where all the world  
was separated from her  
+ intense suffering was  
felt while reading I  
went through the exact  
experience with her,  
so similar to the  
pre-illumination experience

Sunday, July 16, 1950

197th day - 168 days follow

of 1951. In doing  
so my heart seemed to  
break in two + I felt  
once again shattered +  
so desquately alone.

Then - quite naturally  
+ unexpectedly - a deep  
feeling of contact with my  
deepest self came +  
with it a calm,  
beyond emotion. Just  
as my Guru had  
said - "beyond emotion".  
I became the self I  
have for so long wanted  
to become. The mature  
deep responsive self  
- that which I merely  
am + knew I was.



Monday, July 17, 1950

198th day - 167 days follow

Yet in this awareness  
I sensed that I had  
no ending - or I  
ended but was "open"  
to an influence far  
beyond my highest self  
& in order to be my  
highest self, I must  
leave this door open.  
In other words I  
could never shut  
myself into a closed  
entity - alone - but  
must always leave the  
door open for something  
greater than myself to  
infiltrate "down" into  
myself.

Tuesday, July 18, 1950

199th day - 166 days follow

With this an inner voice  
demanded that I would  
in order to keep this  
depth, to discipline  
myself & keep the lower  
nature under strict control.  
All the character, steady  
maturity - a real adult  
spiritual being come  
alive & at last something  
could live. Alone, yet  
with all. An  
individual in perfect  
control of herself &  
motivated by the  
highest part of her  
being, no longer the  
child ego acting,  
reacting to others



Wednesday, July 19, 1950

200th day - 165 days follow

Just now a  
spiritual individual  
creating, experiencing  
living.

\* Today Gungis  
said: Maya means  
that the world is not  
what it seems to be  
Mentalism says: the  
world is a series of  
ideas in our conscious-  
ness. + Action Science  
says that since the  
world is idea then we  
should have control of  
the ideas + change or  
put body into a  
healthy one. But  
this is very difficult

Thursday, July 20, 1950

201st day - 164 days follow

for many reasons. <sup>dv</sup>

Will: strength +  
determination must be  
used every day to keep  
lower nature under control  
+ to transmit all to  
higher purposes. She has  
been through the "detaching"  
phase to a great extent  
now what is needed  
is strength + will  
in developing the entire  
character + being. A  
balanced person in  
every phase must  
be the goal.

Oh To become  
all that I A.M.



Friday, July 21, 1950

202nd day - 163 days follow

There are so many  
~~potential~~ potentials  
to be all that  
I love within me to be!

\*

A period of  
profound thinking  
& contemplation is  
needed every day in  
order to reach the  
depth of yesterday's  
experience. Only  
concentration of emotions  
& thoughts can bring  
about inner awareness.

Use will &  
determination & emotion  
to plunge to this  
depth. Do not

Saturday, July 22, 1950

203rd day - 162 days follow

be content to stay on  
surface. Be vigilant  
in watching speech  
& thoughts. Beware  
of criticism & all  
negatives. They are on  
eye level & the consciousness  
finds its way back there  
when thinking & feeling  
thus. Progress without  
greatness are where  
you live, think,  
feel & finally speak.  
#



Sunday, July 23, 1950

204th day—161 days follow

Conte de St. Germain:

The concept that man has in him infinite possibilities and that from the practical point of view he must strive unceasingly to free himself from matter in order to enter into communication with the world of higher intelligences.

Murphy: "Thinks of sexual experiences as being one believing that they are the body for when they are feeling these things it is impossible to know one is not the

Monday, July 24, 1950

205th day—160 days follow

body (unless he is a Master) that is why celibacy is recommended to those on the path. This is the great deception & the hardest test to pass.

#  
"If you believe that you are young, beautiful, desirable, or old, ugly & repulsive, you are identified with your body. You do not know who you really are."  
#

"The fellow persons, not principles."



Tuesday, July 25, 1950

206th day - 159 days follow

Erse Jan. 18<sup>th</sup> 1958  
Surrey Hall, Wash  
Jacques Derrida, Julia, Jeff + Neil:  
Time is the only  
teacher. No one is really  
more advanced than another  
for it is only a matter of  
time until this person  
which makes one more  
evolved than another.

We cannot become illumined  
& leave this plane completely  
at one time, as we must  
then work off the karma  
of the past. The ego is  
trouble up of the past. After  
its illumination it continues  
but only as a reflection  
of the Real Self & has

Wednesday, July 26, 1950

207th day - 158 days follow

no limitation of its own,  
It continues to play  
its part in time, but  
only as an actor & it  
knows the actor is not  
itself.

Only the human  
can recognize itself  
as an individual such  
a person higher than  
himself which is  
superior to himself.

We can only get  
back to the source or  
Centre of our being  
by stopping thinking.  
All the Yoga  
disciplines & purifications



Thursday, July 27, 1950

208th day—157 days follow

Are necessary to  
train down the ego +  
control it. St. Stokes  
an iron will to  
take hold of animal  
nature + guide it +  
control it so that  
real self can be  
Master.

A man can be  
40 yrs old before  
his spiritual consciousness  
of past lives awakens if  
he has lessons to learn  
in the world + must  
concentrate upon  
them till that time.  
He himself knows what  
he needs + goes "with him."

Friday, July 28, 1950

209th day—156 days follow

January 19<sup>th</sup> 1951

The answer the secret...  
Love. Stop denying  
ourselves this great  
gift of giving—Love.  
My precious gem,  
my precious most  
beautiful loving husband.  
Thank you God,  
Oh thank you for this  
greatest of all gifts. I  
and down on my knees  
before him. He has saved  
my life, has rescued me.  
I owe all to him. Give  
me the strength to repay  
him over + over for his  
love + gifts to me.



Saturday, July 29, 1950

210th day - 155 days follow

Love him, love all -  
let it flow & flow never  
ceasing, lighting all  
ground. Come down to  
this reality & balance  
it with the mental  
development & artistic,  
but make it the basis  
of your life the foundation  
of the Supernatural  
multifarious spiritual activities  
artistic scientific  
heart physical intellect  
Love

This has been your  
great downfall - you have  
not loved enough - Love  
is basic as it was in  
your childhood toward  
your beautiful mother, Love

Sunday, July 30, 1950

211th day - 154 days follow

as strong and as pure  
toward everyone. All are  
your children, your brothers  
& sisters. Let the Divine  
Mother be revealed through  
your individual means of  
expression.

#

The above came to me  
as a revelation after  
suffering greatly physically  
& mentally. Last week  
I found some equilibrium  
after diary entry of the 10th  
but that left me during  
the intervening period &  
now I see why it left,  
Love was left out of it &



Monday, July 31, 1950

212th day - 153 days follow

Balance between the  
inner most <sup>philosophic</sup>  
detachment & the Love  
of the Divine Source  
(coming from). I realized  
this through the Grace  
of my Beloved & after  
I was humbled today.  
I realized that I must  
have made bad Karma,  
that part of my character  
is selfish, self-centered  
& negative & that I was  
not really spiritual.  
Dear great Father has  
one gift of love & mercy  
he has given me, so  
unworthily have I been  
of this! Love, love

Tuesday, August 1, 1950

213th day - 152 days follow

Love in loving  
return for the great gift  
of love & help.  
Because of the ego's  
loving in order to enjoy  
the feeling - but love  
generally - just for the sake  
of giving to others. Then  
the heart will grow. The  
more one loves, the more  
one is capable of feeling.  
Benevolence & love  
- this in your path.



Wednesday, August 2, 1950

214th day - 151 days follow

Jan 20<sup>th</sup> - 1958

Balance must be  
made between individual-  
ism → loving selves.

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Thursday, August 3, 1950

215th day - 150 days follow

Palm Springs  
Jan. 1958

" The best way to have  
a man love you, to get  
along with you is to sincerely  
flatter him by gratitude  
& appreciation! I do

#

Each problem in  
the outer life which  
arises within your  
circumference is  
your responsibility &  
you must try to  
cope with it to  
advent hood.



Friday, August 4, 1950

216th day—149 days follow

Expansion —  
The true way to the  
Self is expansion  
(not annihilation or  
the level) Annihilation  
comes at a higher  
level. All  
consciousness  
of senses & world —  
expand to their  
source — & where  
to you come to? —  
the Self.

Positive, mature  
healthy way to growth  
& balanced results,  
"you outgrow," not

Saturday, August 5, 1950

217th day—148 days follow

kill out — "I will  
not destroy!"  
Comes to this  
realization profoundly  
lost self sitting in  
yard looking at stars  
& mts. in background.

#  
"... to noble  
loving, gentle,  
expansion, &  
gratitude that brought  
motherhood  
gives her to,

#  
All understanding  
of life can come to a  
person only through  
the individual



Sunday, August 6, 1950

218th day - 147 days follow

consciousness of  
that life, it must  
pass through the  
big circle of the  
self + assimilated  
love. Therefore,  
"Imitation is  
suicide" - Emerson?

Death:

Monday, August 7, 1950

219th day - 146 days follow

January 29, 1958  
Santa Barbara:



"Senryu": To rid  
oneself of a weakness  
do so by combining the  
Long + the Short Paths. Picture  
clearly the weakness, then picture  
even more strongly its  
opposite - do what - see  
yourself possessing it  
+ leaving no room for the  
vice. Then drop that  
those pictures + seek the  
inner security + purity  
+ love of the Higher Self  
where all is perfect. Then  
give eye prevalent Higher  
Self + know it will be realized.



Tuesday, August 8, 1950

220th day - 145 days follow

Voed: "I start each morning  
on right foot - very  
important that first  
thoughts of the day are  
positive + strong.  
Light breakfast then  
hike + bath + yoga -  
then ready to start the  
day." Individual  
Jan. 29<sup>th</sup> 1958

Satori: "They have the  
courage to live as  
individuals - to be themselves"

Satori Satori

The name we have  
almost decided on, ready  
for Satori.

Wednesday, August 9, 1950

221st day - 144 days follow

\* Duruy: "The more  
one lives within the more  
one can live without, he  
sees + feels more + more  
he sees the whole, not  
just - the surface as others  
do."



To be an individual  
is my greatest joy.  
Wanted that I had the  
strength to do so, instead  
of being swept along on the  
surface of other's lives.

#



Thursday, August 10, 1950

222nd day - 143 days follow

Feb. 11<sup>th</sup> 1958

after 2 days of  
mental + physical tortures  
when my whole system  
collapsed + forced  
death, relief has come at  
last - my - god, my  
God - forsaken was I  
in the agony of it,  
Reynold as kind + strong  
breathing - shuddering  
his very life force into  
my body as I faced death -  
These words "I haven't  
been a really good  
husband, as strong +  
brave as I should be  
but I feel I must  
change you must  
live for me + come

Friday, August 11, 1950

223rd day - 142 days follow

to I. America had  
me. I married you  
because I loved you  
and you loved me. Then  
a long deep spiritual  
dark + a war in the  
sun - dying  
struggle to each other.  
My God - how I  
wanted to love you for  
the experience, that  
much I need you +  
how much can I need  
also to repay the great  
love you give me +  
I desire to suffer,  
more of all in gain  
mental + physical +  
must to devote my



Saturday, August 12, 1950

224th day—141 days follow

Life to relieving it,  
All before I could  
to soothe, relieve,  
bring joy, strength &  
light. This is my real  
purpose for living, for  
my talent.

I see values now  
in their true light—

Don't ever let me  
forget the agony &  
suffering of these last  
true days. A combined  
physical & mental torture!

Let me stay aware & be  
sympathetic & compassionate  
toward all, this is  
how taught me— to love—  
to have compassion toward

9  
Sunday, August 13, 1950

225th day—140 days follow

all living creatures &  
especially to great love &  
devotion to the greatest of  
all humans—my guru—  
who stood by me, poured  
his strength & compassion  
into my being— who  
radiated such warmth  
& love that it was my  
only hold on life. He  
stood between myself &  
death, for it was more  
than just physical pain, it  
was mental torture as  
pressure on my brain, a  
sopping quenching of my life.  
I would have died,



Monday, August 14, 1950

226th day—139 days follow

Love for his love  
toward me. I have  
been my life, both  
physical & spiritual  
man. Never let me  
forget the experience  
of agony for urgent  
experience, mentally  
similar to being  
egg crushing & the  
labor of love & compassion  
it taught.

Then nothing  
more but relief from  
the gripping wonder  
of death & agony. Clashes  
hardly, pleasure, music  
nothing mattered  
but Peace.

Tuesday, August 15, 1950

227th day—138 days follow

Keep sense of real  
values always in proper  
balance. The privilege  
to help love is the  
greatest of all gifts -  
use the gift & it will  
grow & you will be  
living no longer a  
selfish existence but  
a spiritual one.



Wednesday, August 16, 1950

228th day—137 days follow

" Tranquility breeds  
tranquility -  
Love produces more  
love " —

#

I know what the  
secret is love + peace  
The deep inner calm  
where all I sleep +  
unburied - where  
perfect repose + control  
is. The no emotions  
& thoughts appear on  
the surface as an  
outcome, not in control  
the self remain calm  
& serene reflecting the  
Divine.

Thursday, August 17, 1950

229th day—136 days follow

I love him. I  
therefore seek his  
happiness above my  
own - his comfort  
above my own

#

During severe illness  
all petty cares, concerns,  
thoughts drop away + one  
is faced with ultimate realities  
God or godness of —  
Life is the only important  
thing + should always  
remain so.

The newly recovered  
person should strive to keep  
this attitude through the day  
& evening. Keeping everything



Friday, August 18, 1950

230th day—135 days follow

In its proper proportion  
Values real Time  
& Thought & energy spent  
only as necessary &  
valuable things & as little  
as absolutely necessary on  
futile things. More  
attention to inner  
beauty than outer, more  
time spent in mental &  
emotional inner-seeing  
than on outer concerns.  
Part of time thinking of others  
& little time about self &  
less really spent on meditation  
upon Higher Self. Still 4th  
Dimension, of density, of  
spirit, of grace &  
love. I see mind with

Saturday, August 19, 1950

231st day—134 days follow

See & allow yet, &  
negative thoughts cannot  
exist. If they do appear  
immediately take hold of  
the will (voluntarily  
mind & emotions) & stop  
them dead in his tracks.  
Control will immediately  
control.  
\* "Henry" The lower ego  
shows itself whenever one  
shows a negative, or  
unpleasant, & nervous  
or selfish thought or act.  
The higher ego still  
exists but being purified  
it can exist of goodness.  
"The Higher Self in the World"  
But I think it must



Sunday, August 20, 1950

232nd day—133 days follow

Struggled to realize it is  
only an instrument of  
something higher than  
itself—no self-existent.  
Then the lesson—  
"a servant of the Lord";

"I AM to you, ye are the  
branches

#

Real Love appears after  
deep calm → serenity  
arrives, & this comes  
after thinking long thoughts.  
Then when identification  
with Higher Self is realized  
Love appears &  
we can understand it

Monday, August 21, 1950

233rd day—132 days follow

Forgive all people &  
creatures, for each on his  
own individual level does  
as well as he can & must  
not be criticized by yourself  
& extended a loving  
hand of help.

↗ #

This is true tolerance.

#

To eat little &  
no concentrated  
foods is the key to health &  
the physical purification,  
so that the spirit is able  
to express itself through an  
alert mind & body.



# \* Meditation

Tuesday, August 22, 1950

234th day - 131 days follow

It is a spiritual necessity & come a last opening up of me. The last. & complete purity thru negation.

#


Just finished meditation with P. B. & Joque:

Became conscious of a powerful consciousness after first, at beginning of meditation acknowledging the great privilege of being allowed to do what a Master who has the power & knowledge to lead me to expansion when I am ready.

The I shut off

Wednesday, August 23, 1950

235th day - 130 days follow

All thinking with help of Sun's vibrations & what remained —  
↳ expanded consciousness of 1951 illumination —  
It is always existent an expansion of most subtle everyday consciousness. But this is only possible after self is annihilated & this is done only when thought is stopped, for the self as ego is only thought forms. They change, that annihilate ego & what remains? 

The only important thing is self, it is beyond discovered from self. The



Thursday, August 24, 1950

236th day - 129 days follow

self can never realize it.  
It can only purify  
itself and seek Grace.

# ↓  
Beware of being  
fooled by your thoughts  
of Reality instead of  
actually experiencing it  
in your own conscious  
awareness, you could be  
fooled by thinking in  
"thought" <sup>of Reality</sup> that is Reality.  
This is one of the big pitfalls  
of meditation. <sup>as described</sup>

It must be experienced  
as one experiences the reality of the  
sharpest senses.

#

Friday, August 25, 1950

237th day - 128 days follow

\* "Zen" One must  
be purified before  
practicing meditation -  
because it can lead to  
self delusion.

## Zen Principles

- ① In the morning before  
dressing light incense &  
meditation.
- ② Retire at a regular hour.  
Partake of food at regular  
intervals. Eat with moderation  
& never to the point of satisfaction.
- ③ Receive a guest though the  
same attitude you have  
when alone. When alone



Saturday, August 26, 1950

238th day—127 days follow

- maintain the same attitude  
You have in receiving guests
- 4) Watch what you say +  
what you say, just do it.
  - 5) When an opportunity  
comes do not let it pass by, but  
always think twice before acting.
  - 6) Do not regret the past. Look  
to the future. attitude
  - 7) Have the fearlessness ~~of a hero~~  
of a hero and the loving  
heart of a child.
  - 8) Upon entering, sleep as if  
you had entered your last  
sleep. Upon awakening,  
leave your bed behind  
you instantly as if you  
had just awoken a pair  
of old shoes.

Feb. 17th 1958

Sunday, August 27, 1950

239th day—126 days follow

After losing control  
tonight at dinner at M's  
over their ridicule of  
Lola, + consequent  
rebuke by Daphnia, I  
tried to defend myself + he  
turned sharply toward  
me saying "Do you  
want to remain a child  
all your life or to grow  
up + face the facts of life?"  
The first thing an  
illuminated philosopher  
knows is that — "If people  
are as they are from a  
lifetime + lifetimes of  
building up their tendencies.  
You cannot change them  
overnight. It is not



Monday, August 28, 1950

240th day—125 days follow

Your place to interfere  
& to try to change them.  
Keep silent & let life  
do it to them. It is  
not our place. They  
change gradually &  
they grow inwardly their  
habits, thoughts & eventually  
their outer life will also  
change. Practice of abstinence  
& tolerance. Knowing that  
all is in God's plan -  
all is as it has to be &  
you should not interfere.  
Only when they seek your  
advice, otherwise they  
learn by your example  
& your love toward  
them & whatever sinners

Tuesday, August 29, 1950

241st day—124 days follow

Help you can give them  
This is philosophy.  
Remembered to time of Administration  
When you said everything,  
every word a person  
uttered had to be so - & you  
should not interfere. All  
is as it should be. Don't try  
to change people directly  
only by helping them  
spiritually.  
#

When I have said "Do  
you want to remain a  
child?" - these words were  
so meaningful to me.  
All the petty, ugly,  
evil, unkind things



Wednesday, August 30, 1950

242nd day - 123 days follow

"Love in the World".  
One love by children,  
even if they are over 40.  
One truly becomes  
adult when one becomes  
tolerant, kind, big,  
understanding - spiritual  
& loving. The rest of  
the time we are like  
selfish ego-centric children,  
venting everything all way,  
brutish people & waste  
most much of the time they  
act as children. The true  
adult - big, generous &  
kind as Mary Baker - my  
example of true  
womanliness.

Thursday, August 31, 1950

243rd day - 122 days follow

Raphael: "The Hand of Love"  
"being in love" - is with  
you & with most people  
is really - self-deception,  
not true love -

Noel - "The basis of  
equilibrium is being  
at all times the biggest,  
most mature - womanly  
biggest ego, than one  
is capable of. Be  
big & generous - not  
petty & childish.



Friday, September 1, 1950

244th day - 121 days follow



March 1st

Upon retiring - During  
meditation - I think  
quietly spoke - saying  
"Do you ~~understand~~ why  
we must be content with  
people as they are. Do  
you understand that both  
your head + heart" -  
"This is why - inevitably  
we know that each has  
as he has developed to do  
his job. We cannot  
~~act~~ any differently. We  
act as well as he can  
according to his experience  
Now - with the heart -  
we must love each person  
momentarily identify.

Saturday, September 2, 1950

245th day - 120 days follow

sensless that then I  
with their stage of  
development I give them  
sympathy + understanding  
You can only get through  
love - they feel this  
sympathy + are helped  
thereupon. Be careful  
of too much identification  
when you lose contact  
with yourself. With  
draw into yourself after  
you have made the contact  
with them."  
Neil - "This is the mark of  
the adept - one who can  
identify himself with others  
+ he I AM of others.



Sunday, September 3, 1950

246th day - 119 days follow

Today read  
Magnoni - the  
Queen of always  
learn from her & her  
complete honesty,  
Her valuation of the  
most important  
things in life - love,  
sharing, honesty, love  
of beauty & humanity.  
A true & unadorned  
summoner of real beauty.  
A woman of great  
feeling - depth - honest  
real & alive, sympathetic.

Monday, September 4, 1950

247th day - 118 days follow

Emerson -

Give all to love,  
Obey thy heart,  
It is a god,  
Knows its own path,  
And the outlets of the sky

#

I have no more feet than  
I have sense & reason -  
John Wesley

Never despair; but if you do,  
Work on in despair - Edmund Burke



Tuesday, September 5, 1950

248th day—117 days follow

All consciousness lives  
on & on to higher &  
higher forms of life -

"Love has never  
failed me" Mary  
They should not try to  
create life - but to free  
Living & write with its  
pencil.

The more one  
becomes, less in ones  
own nature, as an  
individual ~~is~~  
~~is~~ the closer one gets  
to the True Self - ones  
Real Self the center of  
individuality.

Wednesday, September 6, 1950

249th day—116 days follow

I See - the  
Answer to all problems,  
doubts, despair,  
Conflict.

Love, that is the  
real of us - it is Life  
We are really this - all  
else is only a part of us.  
We as life use all of  
life as our instrument  
to express - We as  
Life - Love Consciousness  
never dying -



Thursday, September 7, 1950

250th day - 115 days follow

March 4<sup>th</sup> - 1958 -

This morn sitting  
in Savira's living room  
peacefully watching the  
trees & mountains - I  
had my first meditation -  
the Buddha - or Christ self  
in me became unblocked  
& filled me with light & force.  
Was silly to fear we  
are alone - O the Christ -  
Buddhi is closer than  
our idea of ourselves. Oh  
Buddhi always shine  
through me.

Friday, September 8, 1950

251st day - 114 days follow

Markuslee - is - He  
Mary is - She  
Raphael is - he -  
Each on their own part -  
their own individual  
expressions of God power -  
Each must be  
a complete individual  
morning, living in his  
own orbit or path.  
Then real progress  
made - otherwise it is  
only imitation.

Endless - Imitation is suicide.  
Live - be yourself  
without fear - go deeper  
& deeper into the individuality.  
If you will then find the  
source which you are



Saturday, September 9, 1950

252nd day—113 days follow

Seeking. This is fulfillment,  
not the destruction of  
deliberately destroying  
all individual feelings,  
thoughts or will.

Be well, be  
strong - be yourself  
in all its completeness  
"Love - it is a God -  
follow it -

#

Tagore - Sadhana:  
"The emancipation  
of our physical nature  
is in attaining health,  
of our social being in  
attaining goodness, and  
of oneself by attaining love.

Sunday, September 10, 1950

253rd day—112 days follow

This last is what Buddha  
describes as extinction -  
the extinction of  
selfishness - which is the  
function of love, & does  
not lead to darkness but  
to illumination. This is  
the attainment of Bodhi.  
This is the true Awakening;  
it is the revealing in us of  
the infinite joy and the light  
of love.

#

Our worldly nature  
is busy & restless,  
inwardly she is all  
silence & peace  
you see her knowledge  
and when you see her  
from without but within



pg 104, 105, 106,

Monday, September 11, 1950

254th day - 111 days follow

Her heart is a limitless beauty.

The immortal being manifests himself in joy-form. It is the nature of this abounding joy to realize itself in form which is least. The joy, which is without form must translate itself in forms. The joy of the singer is expressed in the form of song.

Tuesday, September 12, 1950

255th day - 110 days follow

What a two days I have experienced. After deep sadness I was able to turn completely - (with the whole of me -) neither sought to know the Queenly above all else. Then the Big feet came & I fell - down from my operation into the space of emotions & attachment & lived there until through the utter selfishness of the pitription - I turned away from my beloved to desire - Oh love - return & had me cont. Pg. Sept 18th



Wednesday, September 13, 1950

256th day—109 days follow

It is through the  
heightening of our own  
consciousness ~~through~~  
into love and  
extending it all over  
the world that we can  
attain Brahma-vidya  
Communion with this  
infinite joy.

Mail start from where  
you are, insert it slowly  
but constantly into your  
everyday life. Each moment  
each contact showered in  
Love & give - To attain  
Love, we must give it.  
Take your life - your individual  
body, actions - do - act, what

10

Thursday, September 14, 1950

257th day—108 days follow

is set before you as  
his wife, as a singer, as  
a part of a unified family,  
heighten your consciousness  
& give of all.

"The summit of  
Consciousness which is  
Love."

"God helps those who  
help themselves"

Do you part each  
moment - perhaps grace  
shall again descend & you  
can throw of ego once more.  
Now it is the time for you  
to consciously work through  
climbing to the summit  
of your consciousness which  
is Love. Forget all else -



Friday, September 15, 1950

258th day - 107 days follow

It is only mental -  
words - but by  
producing love you  
will be living -  
becoming - being in  
God's world, shame  
less you have seen  
compared with His. Give  
to each what he needs.

Love is your part  
your God now -  
Concentrate your entire  
life on this.

At last your  
feet are set upon  
your individual path -  
You were floundering  
imitating before because  
you - as an individual -

Saturday, September 16, 1950

259th day - 106 days follow

Must take these part.  
Because you didn't take  
last year - you were  
floundering + miserable.  
Your part is to love  
all those whom you meet  
on this path, to help to  
serve to inspire, to give  
to. In giving of yourself  
you will find yourself.  
Use it slowly, giving  
steadfastly + deeply.  
Your whole life will  
take on perspective +  
reality, you will be  
"inside" of it - not out  
as in the past. The misery  
you have felt in not finding  
yourself has cleared you +



Sunday, September 17, 1950

260th day - 105 days follow

Lead you to find your  
true & true path - Go  
in - go on with  
courage. You will  
be healed! (Give up  
Merrill, or create <sup>ideas</sup> <sup>maintain</sup> <sup>top</sup>)  
"Man is body mind &  
spirit, & this spirit is  
truly known only by love."  
Dearest  
in your small way contribute -  
Love.

Monday, September 18, 1950

261st day - 104 days follow

in your experience  
unselfish service,  
Ralph had told  
me to resolve the conflict  
of being a singer & a  
spiritual aspirant by  
balancing my ambitions  
with the spiritual goal -  
thus - a singer of  
the spirit - Your  
work & your aspiration  
become one - conflict  
resolved!

I feel as if I am  
being pushed back quickly  
up to heights by some  
Grace, something good I  
have done at some time,  
but I don't feel



Tuesday, September 19, 1950

262nd day—103 days follow

hesitating or ready for  
this. Nevertheless I  
glued slides, &  
follow my Master  
wherever He depleth.  
"The Master is to be  
loved for more than any  
relative, child or husband."

Beau: "Music is only  
a part of the greatness  
of life - it can help us  
to become wicker, more  
sensitive human beings to  
grow & expand, but  
when good we are led  
into - we follow it as  
truly as we can & grow  
therefrom."

Wednesday, September 20, 1950

263rd day—102 days follow

I must go my  
own way, find  
my own peace.

Raphael "To find  
yourself you must  
meditate every day."



Thursday, September 21, 1950

264th day - 101 days follow

Meditation With  
P.B. & Jacque March 18<sup>th</sup>

The deepest I  
have ever gone in  
a meditation

The entire body  
just, then the mind  
became a vibrant  
peaceful vibration -  
still, but pulsing  
magically.

Mind realized -  
I - which was vibrating  
body - realization  
that meditation is  
as (or less) ego crushing

Friday, September 22, 1950

265th day - 100 days follow

pre-illumination 1958  
It serves the same old  
purpose - eliminating  
ego completely so  
that I myself is unblocked  
& can reveal itself.

Through concentration  
of mind & body ego  
can be offered up  
to Higher Power.  
(Not mine) This realization  
(any other person or  
experience) is a nothing  
compared to the "inner"  
realization of the "I". All  
Temporary, limited, but  
this everlasting  
eternal



Saturday, September 23, 1950

266th day - 99 days follow

Problem is losing -  
He is your family -  
Don't be afraid to lose -  
No great soul is  
Over afraid of this -  
Give, give, give no  
matter if unrequited  
#

On bus to S.B. we  
met & spoke with  
Monaw Nicaragua  
student member who  
was very idealistic  
passional & dynamic -  
He said: "I believe  
in individuals, if I  
never to come to one of your  
concerts, I come, not to

Sunday, September 24, 1950

267th day - 98 days follow

Dear Marion Anderson  
or (I thought) but you -  
your voice, your  
interpretation. I think  
on a list who has been  
given such talent owes  
a debt to God - not  
to perform for fame or  
money but as God's  
intention to enlighten  
them to comfort them.  
It is not to glorify  
yourself though I am  
that you should sing  
but to be of service  
to others



Monday, September 25, 1950

268th day - 97 days follow

Papahai = One  
must go through  
ascetic discipline  
simply for the reason  
of ~~releasing~~ ~~the~~

Identifying oneself  
with the body, ~~is~~  
sex is the greatest  
form of identification.

March 24<sup>th</sup>

Sunday - after Vedanta  
Lecture:

The body is real, the  
mind, the formations  
are not us - we are  
using them - we are  
them - their Master -  
then evolution goes

Tuesday, September 26, 1950

269th day - 96 days follow

on - but we are free -  
we know what we really  
are - + therefore do not  
die even if the body does.

"Seek ye first  
the Kingdom of Heaven" -  
then all of the world &  
its beauty + its possessions  
are "incurred correctly  
& used correctly in  
service to the Altman."

Wednesday, September 27, 1950

270th day—95 days follow

Sunday, March 24th

all All things of beauty—  
Music, all art, ~~mathematics~~  
literature, can be  
enjoyed, can be  
sung—~~and~~

All are to  
be realized in their  
proper season—in  
subordination to  
Alman—Each  
has its place in the Plan—  
but we seldom know  
its relation to the highest.

Thursday, September 28, 1950

271st day—94 days follow

Tuesday—March 26th 1958

Tonight a concert  
by Los Angeles philharmonic  
—Mozart's Jupiter Symphony  
Schubert's 7th Symphony  
Rachmanil next to me in

deep meditation:

During Mozart  
I felt the dawn—the  
sunset, the stars—the  
universe—the vastness &  
majesty → harmony of  
it all. Schubert  
was very close to  
illumination—God  
seemed to speak to me  
→ showed me all  
manifestation is his



Friday, September 29, 1950

272nd day—93 days follow

expression - each individual - No - Raphael said to this - "All are expressions of God we know these by our five senses, but God is Unmanifested. Only expression is Manifest - If all the people & the universe were to exist God would still remain - therefore he cannot be known with the senses."

I asked him what is music from the philosophic point

Saturday, September 30, 1950

273rd day—92 days follow

of view? "In its highest, inspired form it can give a glimpse of the Divine Power - & in its other forms it expresses emotion - both higher & lower." Better than Schubert, Bach & Mozart contacted the Unmanifested Soul & therefore much of their music expresses this.

Tonight I remembered the depths of understanding, feeling & awareness I used to attain in my teens through music & love. Why do not I dare to regain



Sunday, October 1, 1950

274th day - 91 days follow

Express my deepest  
feelings + awareness -  
Done to live on these  
heights away from  
the mass awareness?

To be more  
than ourselves - to  
be greater than our  
any human selves -  
to be master of  
ourselves - to climb  
steadily + strongly  
out of desires + holy  
weaknesses to the heights  
of purity, strength +  
glory. I have highest  
in me - reveal  
thyself in me!

Monday, October 2, 1950

275th day - 90 days follow

Page: God honor

The human soul is  
on its journey from the  
Law to Love, from discip-  
line to liberation, from  
the moral plane to the  
spiritual. Buddha  
practiced the discipline  
of self-restraint and  
moral life; it is a  
complete acceptance  
of law. But this bondage  
of law cannot be an  
end by itself. By  
mastering it thoroughly  
we require the means  
of getting beyond it.



Tuesday, October 3, 1950

276th day—89 days follow

It is going back to  
Brahma, to infinite  
love, which is manifesting  
itself through the finite  
forms of law. Buddha  
names it Brahma-vidya  
the joy of living in  
Brahma. He who  
wants to reach this stage,  
according to Buddha, shall  
become one, entertain  
no hatred for anybody,  
and never wish to  
injure through anger.  
He shall have messag-  
erless love for all creatures  
even as a mother has  
for her only child whom  
she protects with her

Wednesday, October 4, 1950

277th day—88 days follow

own life. Up above,  
below, and all around  
him, he shall extend  
his love, which is  
without bounds &  
obstacles, and which is  
free from all cruelty  
and antagonism.  
While standing, sitting,  
walking, lying down,  
till he falls asleep,  
he shall keep his mind  
active in the exercise  
of universal goodwill.  
The most of love is a  
bequest of address, for  
love is the perfection of  
consciousness. We do  
not comprehend because



Thursday, October 5, 1950

278th day - 87 days follow

We do not love, for  
love is the ultimate  
meaning of everything  
around us. It is  
not mere sentiment,  
it is truth. It is  
the white light of  
pure consciousness that  
emanates from Brahma.

It is through the  
heightening of our  
consciousness into love  
and extending it all  
over the world, that we  
can attain Brahma-  
vihara, communion  
with this infinite joy.

Man's spirit  
is truly known only by love.

Friday, October 6, 1950

279th day - 86 days follow

It is our desires  
which limit the scope of  
our self-realization,  
hinder our extension  
of consciousness, &  
give rise to sin, which  
is the innermost barrier  
that keeps us apart  
from God, setting up  
disunion & the arrogance  
of exclusiveness. God  
is not on more  
action, but it is an  
attitude of life which takes  
us apart that our  
goal is finite, that our  
self is the ultimate truth.



Saturday, October 7, 1950

280th day—85 days follow

agonized verse:

"From unreality  
led me to the real,  
from darkness to  
the light, from  
death to immortality"

"I have let out  
the spirit of manifesta-  
tion, manifest myself  
in me."

"Oh self-revealing  
one—reveal thyself  
within my soul"  
(free translation)

Sunday, October 8, 1950

281st day—84 days follow

The real misery  
of man is in the fact  
that he has not fully  
come out, that he is  
self-absorbed, lost in  
the midst of his own desires.  
He cannot feel himself  
beyond his personal  
surroundings, his greater  
self is blotted out, his  
truth unrealized.

"From love the world  
is born,  
by love it is sustained,  
towards love it moves,  
and into love it enters."



Monday, October 9, 1950

282nd day - 83 days follow

Bondage + liberation  
are not Antagonistic  
in love. For love is  
most free and at the  
same time, most bound.  
If God were absolutely  
free there would be no  
creation, the infinite  
being has assumed  
unto itself the mystery  
of finitude. And in  
him who is love the  
finite and the infinite  
are made one.

Beauty is his  
missing of our heart;  
It is a call to us,  
but not a command.  
It seeks for love in us,

Tuesday, October 10, 1950

283rd day - 82 days follow

And love can never  
be had by compulsion,  
Compulsion is not  
indeed the final appeal  
to man, but joy is.



Wednesday, October 11, 1950

284th day - 81 days follow

April 8<sup>th</sup> 1958

Last night after  
forcing myself to obey  
the Master's wishes -  
A calm overcome me  
I lay on the bed &  
then I seemed  
projected in space  
(This was a mental, not  
actual projection) -  
I saw ~~the~~ <sup>Everglades</sup> ~~the~~ with the  
large ~~plains~~ covered  
with ~~the~~ <sup>the</sup> ~~the~~  
poisonous & ~~the~~ <sup>the</sup> ~~the~~ -  
I saw a distance  
Army ~~was~~ <sup>was</sup> ~~the~~ <sup>the</sup> ~~the~~ - P.B.  
near with his thoughts -  
people, people everywhere

Thursday, October 12, 1950

285th day - 80 days follow

scattered through out  
the word all  
puppets or actors on  
this great stage &  
"I was the essence  
of all of these - not only  
Everglades



Friday, October 13, 1950

286th day - 79 days follow

March 1958 -

After tremendous  
emotional experiences  
of past few days - tonight  
after ascending from  
of emotional base -

Peace came from  
the presence of my  
Master - His way  
is my way - I shall  
follow him wherever he  
goes & will test me  
R. "It is better to be  
a sheep" following a  
shepherd, than a ram  
running in the wrong  
direction."

Saturday, October 14, 1950

287th day - 78 days follow -

From all this I  
have learned - emotion  
is not deep emotion  
in a place, but  
it should be checked  
& controlled & ruled  
by the self of peace  
out of which the emotion  
arises. The depth of  
which is peace.  
The clear, smooth,  
calm, healthy  
'silence' out of which  
all manifests. This  
is our true nature  
& that which we should  
be identified with &  
rule ourselves & our  
minds & emotions & bodies.

Sunday, October 15, 1950

288th day—77 days follow

I thank the God  
I thank the Jesus  
for you I love you  
for your kindness  
for your patience  
for

11

Monday, October 16, 1950

289th day—76 days follow

Dream of Beau  
He said to me "I need  
you for what you  
can give me which I  
need, stability &  
spirituality - you can  
give me these -"  
Now I see him the  
great gift of stability &  
being beyond emotions -  
Beau is spiritual & deserves  
this gift - lift upward - it can  
come thru me - He & I were  
on some level of development  
(like my illumination) & I  
can help him now.  
Raphael "Most people when  
they first meet me don't feel  
anything unless they have reached



Tuesday, October 17, 1950

. 290th day - 75 days follow

that had within themselves  
fused emotion. Then they  
know - experience the  
spirit.

Away from me you  
must learn to find me  
within - which is the  
most important - Maharshi  
always maintained this -  
if you meditate you can  
do this. I will always

love you & always  
your Guru & friend  
our marriage should not  
have been - we should  
have been close without  
marriage. You need  
the experience of a  
harmonious marriage

Wednesday, October 18, 1950

291st day - 74 days follow

To give you physical,  
emotional & artistic  
outlets. You can  
digest & put into  
practice & assimilate all  
the instruction I have given  
you. Your progress  
spiritually will be  
a stable integrated  
one - a lasting one -

Thursday, October 19, 1950

292nd day - 73 days follow

Remember "You  
must rigidly check  
emotion trust, reason  
with all your being  
force yourself -  
otherwise your life  
will always be in  
choos Rule out  
emotion

Just because you  
are out of my class  
there is no need to  
relapse to a lesser self.  
Be the best in your  
the strongest, most noble,  
at all times. Do not  
glorify your life by  
your weaknesses but

Friday, October 20, 1950

293rd day - 72 days follow

make each new moment  
each new day a  
noble experience  
by making it so by  
your depth nobility &  
more. Life lived on the  
highest level, morally,  
intellectually, & spiritually.



Saturday, October 21, 1950

- 1) Control emotions (when they are negative) by reason  
2) Control impulses (when their consequences are important) by will

294th day - 71 days follow

#

On starting new life  
keep spiritual discipline  
& aspiration foremost.  
Combine both people  
and environments, both  
influences - always keeping  
spiritual foremost. Love  
which is free non possessive  
is greatest

Sunday, October 22, 1950

295th day - 70 days follow

Raphael - April 20<sup>th</sup>  
1958

Today - " You can  
use your singing  
as a meditation"  
Sing all songs in  
uplifted way - The  
concentration & transmutation  
sing spiritual songs too  
& be "full" of truth them.  
Don't remain on the  
emotional level as  
Lahman but rise to  
transfigured stage.

Monday, October 23, 1950

296th day - 69 days follow

Raphael - April  
21st Departure.

Will is a divine  
spiritual force. When  
getting it into action  
we are using spiritual  
forces. Reason & Will  
must be employed.

Danger of wallowing  
in any emotion  
You must live in it  
for years, thus not applying  
with principles. You  
must help her now, she  
can't act herself.

Apply these  
principles to in your  
own life.

Tuesday, October 24, 1950

297th day - 68 days follow

Now you must  
discuss my presence  
within you. At first  
you see, I feel me  
outside now you  
know the presence  
within yourself -  
I will guide  
& uphold you. You  
will never be alone.

Many times you  
achieve artistic develop-  
ment. So has many  
many qualities & work.  
You should develop  
yourself.

This is when you  
become a real  
adult. I had to



Wednesday, October 25, 1950

298th day - 67 days follow

go through a very  
difficult one does a  
hard one  
his job is many  
decisions whether  
married or un-married,

May 7<sup>th</sup>, 1958

Raphael. "I had a wrong  
picture of the Quest & as I  
long as that persists she will  
not know to touch about  
it. She thinks it is a  
lonely, isolated, ascetic  
life without joy &  
love. She can only  
know others - freedom  
from the Quest where

Thursday, October 26, 1950

299th day - 66 days follow

He is care free, happy  
& abandoned without any  
discipline to be on the  
Quest renouncing all happiness  
& entered in a form. The  
true picture of the Quest is  
the balanced & total approach.  
The correct mental attitude  
is the chief thing. It is all  
in the mind - all the  
teaching employed &  
protected.

You must develop &  
use the will. Stop  
conflict about outwardly  
leaving me for a time.  
So Morshea said to be in the  
presence of the Guru is  
important for beginners, but



Friday, October 27, 1950

300th day - 65 days follow

To advance one must go  
out on one's own +  
realize the true being of  
the teacher. He is not  
the only + he does not  
identify himself with the  
body. So thus you  
must find him as he  
really is - within the  
highest part of yourself.  
You are forced to  
find him there when you no  
longer see his body.  
Your mental attitude  
is the important thing.  
Practice meditation, physical  
disciplines, mental  
disciplines + live each  
moment in the highest -

Saturday, October 28, 1950

301st day - 64 days follow

most integrated way  
employing + protecting  
all that you have  
learned from me in your  
life. You must not  
associate the spiritual  
life with living with me  
only, but must live it on  
your own. Never give  
way to negativities but  
be positive + strong.  
I will always love  
you along everyone + you  
shall never be really separated  
from me.  
Perhaps your path  
to meditation is through  
music as it has been  
the great composers.



Sunday, October 29, 1950

302nd day - 63 days follow

They received - to some  
results through this  
medium that others achieve  
strictly through formal meditation.  
After you have reached  
the meditated heights these -  
they pass quickly beyond  
thought. This may be your  
goal of your meditation.  
True intention is that  
state of peace & calm  
where you are completely  
detached from ego (beyond)  
you feel & know for  
a certainty without  
any emotion or conflict.  
Wherever you are -  
whatever part you play -  
only true happiness manifest in

Monday, October 30, 1950

303rd day - 62 days follow

Your life will come  
through being your real  
spiritual self & practicing  
its principles of love &  
service.

Keep spiritual  
being individuality  
at all times - maintain  
independence of all people &  
of all circumstances. Never  
identify yourself with  
anyone but this true  
being of yourself. Then  
you will be secure & only  
then can you make those  
people around you  
happy, secure & loving.  
Remember Mother's  
description of Eric



Tuesday, October 31, 1950

304th day - 61 days follow

"She has always  
ferme + never raised  
her voice - because  
she loved her children  
at all times + they knew  
this. She never stopped  
loving them, this never  
became angry. When  
they needed discipline she  
would look straight at  
them with firmness in her  
manner + eyes but  
with out raising her voice  
tell them what she expected  
of them. She never told  
them more than once or  
twice. They realized  
that she was serious +  
reacted accordingly - but

Wednesday, November 1, 1950

305th day - 60 days follow

she never lost perfect  
control of herself."

"Lack of something  
to feel important about  
is almost the greatest  
tragedy a man may  
know." If I am a  
good husband it is  
because her understanding  
of this has made me feel  
needed, appreciated -  
and important.

Rephid. I see what only  
interpretation of emotion has  
done in L.S. case. By this  
age she should have  
needed a higher level of



Thursday, November 2, 1950

306th day - 59 days follow

being + understanding.  
He is enslaved by the  
emotions + the body.

Because of this in your  
concentration on being  
a bridge. Concentrate  
on spiritual song +  
stay away from just  
emotional good rules."

"Well" this summer  
use as a refinement of  
emotions - all parts of  
my being must be developed  
& refined - they must  
pass on from this to develop -  
most of spiritual faculties  
which will employ  
refined body, will,  
emotions, intellect.

Friday, November 3, 1950

307th day - 58 days follow

Never be caught  
in emotional art world  
but keep spiritual  
purity as center of the  
life + art is only the  
one medium of its  
expression. My whole  
life + being will  
constantly be  
spiritually - free from  
the senses + the emotions.

#  
May 8th - 1958

Tonight dinner at  
Rafner's with Pophail +  
Kenneth - Daring dinner  
& conversation about Paints  
a sudden realization



Saturday, November 4, 1950

308th day - 57 days follow

Come to me. I am  
your being divorced of  
body, emotions +  
personality - An individual  
being using two instruments  
Nothing of the world  
held only more importance  
to demand on this spiritual  
being - free of all the  
world - Alone - with  
the Master. The only person  
who knows the real "I"  
of Cameline - who can  
truly understand her  
deepest real self -  
All others fade away in  
Morga - Oh my best  
my teacher, my only  
companion!

Sunday, November 5, 1950

309th day - 56 days follow

May 4<sup>th</sup> - 1958

All night I was close in  
love in his arms. Feeling  
the highest part of my  
nature - so gentle sweet,  
beautiful - loving. This  
morning I told him of this  
deep love & that my real,  
true being loves him only -  
he is my true mate, my  
companion - for only he  
knows my real self. I  
would be willing to  
sacrifice B for him.  
I realize that I am  
his being - the human  
eye who loves B -  
beautiful colors, music,  
romance - & the



Monday, November 6, 1950

310th day - 55 days follow

Beginner self - ego free -  
who realizes all that  
itself is illusion.  
And who only loves  
the form. I believe  
have I.

Raghuil answered:

"When I was young  
in <sup>deep</sup> meditation I  
used to have the experience  
you had last night -  
The entire Western  
world seemed to be  
lost - blind - choosing  
happiness in the wrong  
direction - never to find  
it. Life is not made  
for enjoyment only -  
although we find this in

Tuesday, November 7, 1950

311th day - 54 days follow

lets + snatches - but  
it is for our ground  
I also knew this  
experience I was having  
was as for above the  
human consciousness that  
it seemed to be impossible  
at present for them to grasp  
it."

"I love you more  
now than when we were  
first married. Destiny  
has sent us back. If  
destiny wanted us to be  
together then we would  
have both been young at  
the same time. It is very  
difficult for me, living  
in the world with a



Wednesday, November 8, 1950

312th day - 53 days follow

Young attractive wife  
Dabo wants to be  
obscure then remains  
in the limelight, especially  
in D.A. where the man  
is so aggressive it  
will be extremely difficult.  
Beom can protect you &  
look after your needs & be  
of service to me also.

I strongly want him,  
that is why he felt  
compelled to marry you &  
why you were so drawn  
to him.

The experience you  
had last night does  
not mean that you  
must stay married

Thursday, November 9, 1950

313th day - 52 days follow

to me - but that you  
should remain on the Quest  
They Quest does not depend  
upon who you are married  
to. You must find your  
inner guide & develop  
on your own now. Never  
forget the Quest through  
the long ahead.

Beom is your  
human mate. I am  
your spiritual mate. Keep  
us separate & love us both.  
Develop through your  
love for each of us.

The Quest must  
always be first in  
your life.



Friday, November 10, 1950

314th day - 51 days follow

Shaw: "Politeness <sup>+ manners</sup> are the first requisites of the Philosopher's life for they are based on consideration of others."

"First" First requisite of a successful marriage.

The marriage will be a successful one if you try to be cheerful, busy, adjusted & happy with yourself. Understand a man's world. He cannot share your world all of the time. Be a little routine happiness. Be an adult woman. ↓

Saturday, November 11, 1950

315th day - 50 days follow

Accept & adjust to such mood - phase of your life in marriage.

M. Wilson: The charm of encouragement approval, the admiration rightly used, used get every one more for his money at the theatre at home, in business & socially. The resulting stimulation brings to the surface capabilities & indications of depth that cannot be brought out any other way. Men need this type of stimulation more than women, and do their



Sunday, November 12, 1950

316th day—49 days follow

Best work when it is  
supplied by mother,  
parent or wife,  
sometimes children. Men's  
need of admiration is so  
great that they will seek  
it & find some form of it  
no matter at what cost to  
themselves or others. Any  
woman not feminine enough  
to sense this need, and use  
it for a weapon and a tool  
with which to shield and  
defend her home & life, is  
not a true woman. Almost  
everyone deserves much more  
praise than he gets. Look in  
the mirror & buy a little  
approval on your own by

Monday, November 13, 1950

317th day—48 days follow

self. There is something  
splendid in exchange.  
Cultivate the habit of  
seeing only the admirable  
qualities & you will  
see them grow under your  
very eyes. Attention  
will nourish and develop  
your husband's virtues, until  
they overshadow, pre-empt  
or entirely change the  
thing you have wasted your  
energy fighting.

Through constant disapproval  
we render ourselves incapable  
of harmonious relationships with  
the opposite sex at any point.



Tuesday, November 14, 1950

318th day - 47 days follow

"When <sup>the</sup> eye is single  
(seeing only the good), the  
whole body is also full  
of light."

"Know that that  
which you are really  
is quite worthy of  
expression, or you  
wouldn't be here to  
express. It is comforting  
to feel that each of us  
is necessary to the  
eternal infinite flow,  
or we wouldn't exist  
at all. So, do not  
be afraid to relay  
and pierce this eternal  
Kodak - Kodak of

Wednesday, November 15, 1950

319th day - 46 days follow

Confusing details and  
let the real self shine  
through in a setting  
a harmonious background.  
This is charm!

So let <sup>each of</sup> us decide what  
type she really is, then  
dress, feel, look -  
appear in harmony with  
that type.



Morning of leaving N.Y.

Thursday, November 16, 1950

May 20<sup>th</sup> 1958

320<sup>th</sup> day - 45 days follow

Lesson: "Important to  
~~any~~ <sup>any</sup> ~~ones~~ <sup>ones</sup> ~~me~~ <sup>me</sup>  
remembered ~~to~~ don't be  
swayed into other people's  
aura & lose your  
own individuality. DANGER  
of this so beware. Keep your  
own self free & amidst  
all - I wish be different  
with B at times because  
as a wife you must  
identify yourself with  
your husband to a great  
extent, but never lose  
yourself completely in his in-  
dividuality."

"The best you failed  
was not a spiritual test  
but a marriage test."

12

Friday, November 17, 1950

321<sup>st</sup> day - 44 days follow

You are to him what I  
am to you. ~~\_\_\_\_\_~~ All  
need discipline ~~\_\_\_\_\_~~ all on the  
quest must conquer the  
physical aspect of act. 1-40.  
Otherwise there is danger of  
losing yourself in his  
aura → lack of substance  
for regular meditation -  
danger of saturation.  
Over saturation is still set  
& we must be masters of it.  
As you are the spiritually  
more advanced, you must  
be the stronger discipline &  
point the way. The Quest  
will always come first  
in your life.



Saturday, November 18, 1950

322nd day—43 days follow

You must find  
me within yourself  
now. You find first  
the Guru's Higher Self  
which acts as a link  
to eventual finding of  
your own Oneself.  
Wahowhee said  
being near the Guru is  
only for beginners. To  
make real progress one  
must go out into the  
world & find the Master  
knowingly. The center  
is just so important.  
Beams will be your  
other partner. I  
will always be your  
inner one. I'll pray

Sunday, November 19, 1950

323rd day—42 days follow

For you, think of you  
during meditation & during  
the day. I'll always love  
you. You are my only  
accepted disciple and  
close to me always than  
anyone else.

Life is not bed of  
roses. It is difficult.  
~~but~~ your ~~more~~ years  
are behind you. ~~but~~  
must learn that sacrifices  
must be made for real  
spiritual growth.

Meditate each  
day. I start my



Monday, November 20, 1950

324th day—41 days follow

meditations with higher  
thoughts, then in later  
stages pass beyond thoughts.

Tuesday, November 21, 1950

325th day—40 days follow



Wednesday, November 22, 1950

326th day - 39 days follow

Thursday, November 23, 1950

327th day - 38 days follow

The next 17  
pages are  
blank.

Tuesday, December 26, 1950

360th day—5 days follow

Wayfare's  
Chapel  
Portuguese Bend.  
Papas Verdes,  
Sewardburg Church <sup>to</sup> ~~to~~  
to make Arrangements

Wednesday, December 27, 1950

361st day—4 days follow

Perfect Love  
Castles Out  
Fear.



Thursday, December 28, 1950

362nd day—3 days follow

Sunday, December 31, 1950

365th day—The Last Day

Memoranda

Whistler "Art happens - no hand is safe  
from it, no prince may depend on it, the  
wisest intelligence cannot bring it  
about + every effort to make it  
universal end in quaint comedy  
and a coarse force" (rail - no  
back the spirit)

Memoranda



Siberia: "When Love is  
led to a couch of sensuality  
it commits suicide."  
Memoranda 6

Old Chinese Proverb: One must be  
miserable to be cruel.

\*  
I was protected from  
the worst horrors even tho  
I was drafted both times. In the  
1st I was made assistant sec  
to a general's secretary altho  
I was scheduled to join the tank  
crews on the front after the Battle of  
the Somme where 30,000 soldiers  
were killed. The tanks were fast  
destroyed as they were new weapons.  
By a twist of fate I was saved.

In the 2<sup>nd</sup> I was in India  
drafted, for the Japs were reported  
to invade India I was staying  
near Madras & Mysore.

MEMORANDA 8

Do I want to understand  
me - I'm please in all things  
very human no fiction.

I'm now -  
you & angels hand.

a few days before leaving for  
the army - Gen. Jaffer Singh  
Power General of the army who  
just escaped the Japs the Japs  
can't dream I spoke with him  
three to evening. However, never  
mentioning my abduction. However  
the next day, another chap who  
was present that evening & a  
friend, approached Gen. Singh  
& told him I just go, &  
can't get a show & mystery  
& write like P.B. Dod to write  
his time into my. The Gen.  
agreed if would be a write &  
telegraphed the Army Center in  
Bangalore & told them not to write  
me further.



## CASH ACCOUNT      JANUARY

| Date   | Received | Paid |
|--|----------|------|
| <p>London. "Sleep taking thought" - the power of self is greater than any of all instruments through which it functions.</p> <p>Many instances are recorded of people doing things they apparently could not do. A woman unable to move for years, lying in a hospital, helpless, hopeless, looked known to rise &amp; rush from the building, during the excitement of a false fire alarm. She did what her body apparently could not do, whilst held fast by her conscious thinking. Looked up by "the wisdom of man." She was helpless &amp; long as she kept her attention on herself, but when she followed the counsel of Jesus Christ -</p> |          |      |

## CASH ACCOUNT      JANUARY

| Date  | Received | Paid |
|---|----------|------|
| <p>in this case - unconsciously and took her attention from the appearance, she found a power moving within her doing things which she positively could not do, a power entirely outside the "thought-taking" capacity of any man.</p> <p>The moment you give up &amp; forget the body, at that moment the Power will use the body to express its holy purpose.</p> <p>(Neil - during &amp; after eye crossing of 1951 I illuminated &amp; gave up the body &amp; its attending mind)</p> |          |      |



Exercise King leader

| Date | Received | Paid |
|------|----------|------|
|------|----------|------|

① Buddha: Sing all tones like your B. Do organ - sensation of bitterness.

② All high tones will be sung off eh instead of Ah.

Exercise:

Ah  $\rightarrow$  C  
 Sing this third as if it were sing to 2 notes on A. instead of rising to C.

③ Practice eh patiently. Kind singing is a study - mod crying.

④ Try to make low E's sing & focus on other vowels. It tends to go into falsetto.

| Date | Received | Paid |
|------|----------|------|
|------|----------|------|

"There is no room in the Universe for the least contempt or pride, but only for a gentle and reverent heart"

Heavy

Buddha:

① When singing MF as we should lower register comes in on D. When singing softer than D + lower notes correspondingly are falsetto

② Don't shield high notes. Don't feel "security" there but open them full + don't shield

③ E's & G's: Sing more of your technique never less. It is easy to be less of yourself than



77 W.P. 7m. Wanderer  
 n.o.y. for Programme guide  
 CASH ACCOUNT MARCH

| Date | Received | Paid |
|------|----------|------|
|------|----------|------|

To be more. Make the effort  
 & you will grow if you  
 just open.

Records

Moscow Suite  
 \* Schubert's Symphony

\* Wagner  
 & Prelude to Die Meistersinger  
 & Funeral Music from  
 The Last Days

\* "Lovers in Rome"  
 Mona Lisa? & his  
 Orchestra

\* Stravinsky "The Firebird  
 Suite"

(Clark MacFarlane)  
 MacFarlane  
 & Drottnera (Wonderful)

"Dear Paris"  
 3/10/47 Parcel +  
 CASH ACCOUNT MARCH

| Date | Received | Paid |
|------|----------|------|
|------|----------|------|

To Buy for ~~Paris~~

Block hysteres  
 house coat of nylon like  
 fabrics.

Plastic clothes bags &  
 "Garment bag"  
 wrap around coat - dress  
 on 63rd + Madison.

Gifts sub-zero  
 weather underwear by  
 Curtis - ?

Records:

Boch's Pasjedica  
 & Shape in C minor  
 for organ

~~Paris~~  
 First concert for  
 Paris



# Daeron Diet -

CASH ACCOUNT APRIL

| Date                       | Received | Paid |
|----------------------------|----------|------|
| Oppenheim                  |          |      |
| Calons 5/25                |          |      |
| Black orlon blouse, soap   |          |      |
| check.                     |          |      |
| <u>Buddha:</u> "The way    |          |      |
| to sing all the tones of   |          |      |
| a song to come             |          |      |
| beautiful full intense     |          |      |
| way - in concentration     |          |      |
| As you go try apply        |          |      |
| more energy. Sing in       |          |      |
| phases. Let tones &        |          |      |
| make an aria one long      |          |      |
| phrase."                   |          |      |
| <u>* Important:</u>        |          |      |
| Keep lips joined           |          |      |
| for <u>Oh</u> out & always |          |      |
| from lips. Don't move      |          |      |
| lips - just close &        |          |      |
| open again for consonants. |          |      |
| Ein Zamen broken           |          |      |
| voice. (Don't move lips.)  |          |      |

CASH ACCOUNT APRIL

| Date                                    | Received | Paid |
|---|----------|------|
| R. Reed                                 |          |      |
| Beethoven's Ninth.                      |          |      |
| with Bruno Walter                       |          |      |
| in the 20's.                            |          |      |
| <u>Harold Wagner</u>                    |          |      |
| <u>Robert Schumann</u>                  |          |      |
| <u>Richard Strauss</u>                  |          |      |
| <u>Opera House</u>                      |          |      |
| <u>Callers or Schellie.</u>             |          |      |
| <u>* R. Strauss. Don Juan</u>           |          |      |
| <u>* Ein Zamen broken</u>               |          |      |
| <u>Mozart Requiem</u>                   |          |      |
| <u>King Cole record</u>                 |          |      |
| <u>for eighth mood revaluation</u>      |          |      |
| <u>PERAMORE</u>                         |          |      |
| <u>(spelling?) song for</u>             |          |      |
| <u>K. Zelovetz type beautiful music</u> |          |      |

singing with added



~~March - April~~

~~CASH ACCOUNT MAY~~

Date Received Paid

~~Songs to Sing:~~

I'll see you again  
Over the Rainbow  
A Lonely Day Tomorrow  
So Sad So Blue  
Summertime  
Bambur Bongs, + Bees.  
Danny Boy  
One Night of Love  
Buy Music for  
\* "you stepped out of  
a dream"  
Fascination

CASH ACCOUNT MAY

Date Received Paid

Arms to Loan,  
Ten Paul Di  
Janitor  
Revlon  
Vine Street  
Borden



## CASH ACCOUNT JUNE

| Date | Received | Paid |
|------|----------|------|
|------|----------|------|

Records:

Opera Highlights  
London recording.  
Lulli - (Beautiful)  
Harpis: from Tramita  
" " Josca

Crotchiuff - 3rd Paris  
concerto.  
" 3rd 4th - Symphony

Schumann - Paris Concerto  
in A minor.

Popular music played on  
Paris for relaxation.

Music of Spain  
(London recording)  
magnificent double  
of Angew. Spain Music.

## CASH ACCOUNT JUNE

| Date | Received | Paid |
|------|----------|------|
|------|----------|------|

Opera + Buy  
Triton  
Pie Valeria  
  
Josca  
~~Jose~~ Catherine Portiana  
Lida?  
\* Boris Godunov  
(Historically beautiful)  
of course at very high  
thing very only prologue

Buy Delius  
records - Listen to

Jauré - Requiem

Elizabeth Schwarzkopf  
Lieder records to  
4 Last Songs of R. Strauss

## CASH ACCOUNT JULY

| Date | Received | Paid |
|------|----------|------|
|------|----------|------|

① Buddha: On lip tones  
 open mouth always and  
 keep lips away from teeth -  
 all attention toward  
 so that all force is  
 concentrated on tongue.

② After you are  
 disciplined then you can  
 become an abandoned singer -  
 very exciting but if  
 you do not have  
 discipline first then  
 instead of abandonment  
 you go wild - or hysterical -  
 This is the difference between  
 Caruso + Callas.

③

## CASH ACCOUNT JULY

| Date | Received | Paid |
|------|----------|------|
|------|----------|------|

Records  
 I bought Sieder

Beethoven's 7th  
 Symphony (microphone)  
 on Stereophonic tape

Wagner Operas?  
 (part)

Iriston  
 Die Walküre  
 Die Meistersinger

Bury  
 Buddhist  
 Bible  
 Gaddard.





## CASH ACCOUNT SEPTEMBER

| Date                     | Received | Paid |
|--------------------------|----------|------|
| Buy <del>Pizza</del>     |          |      |
| <del>Pizza</del> records |          |      |
| especially Mussol        |          |      |
| Opera → *                |          |      |
| Extremely beautiful.     |          |      |
| #                        |          |      |
| Minale Antonia in        |          |      |
| Opera 85                 |          |      |
| Beethoven's Ninth        |          |      |
| * A most magnificent     |          |      |
| beautiful - oscar &      |          |      |
| major films.             |          |      |
| Bards expressed          |          |      |
| by Brit Lewis.           |          |      |

## CASH ACCOUNT SEPTEMBER

| Date                     | Received | Paid |
|--------------------------|----------|------|
| Buy                      |          |      |
| Bards w 57th St          |          |      |
| Wedgie black shoes       |          |      |
| with laces very dressy + |          |      |
| comfortable!             |          |      |
| Also flats with          |          |      |
| → straps.                |          |      |
| W. 57th St. Blouse       |          |      |
| shop - ① Black scoop     |          |      |
| neck nylon lace blouse   |          |      |
| or low skirt -           |          |      |
| ② 102 black convertible  |          |      |
| crize blouse for         |          |      |
| singing use.             |          |      |
| Look in stores for       |          |      |
| blouse clips.            |          |      |



CASH ACCOUNT      OCTOBER

| Date | Received   | Paid |
|------|--|------|
|      | Buy thick Indian<br>or Siamese<br>pilk as oves in<br>illage 8 <sup>th</sup> et.<br>for turbons.<br>(Perfect) |      |

Just more stretch  
Delt at small shop  
near Buddha.

Shoes:  
2 Capzio ballroom  
handgloves - black  
1 pr. white sneakers  
1 pr. brown leather flats  
(black)

CASH ACCOUNT      OCTOBER

| Date | Received  | Paid |
|------|---|------|
|      | (Buddha):<br>① " High tones open<br>up - mouth, throat<br>& inner eye. it<br>tremulous Pull. Make<br>it broad, not closed.<br>Eyes having established<br>eye tone with action -<br>Apply action (but<br>beyond of "letting go"<br>only give more<br>pressure & lean<br>down out with the body". |      |
|      | ② Practice 2 octave drops.<br>Stop & breath between<br>high tone & low tone.  |      |
|      | ③ Don't set mouth or jaw<br>before making tone. Sing<br>spontaneously.  |      |



## CASH ACCOUNT NOVEMBER

| Date | Received  | Paid |
|------|---|------|
| ④    | Practice Arpeggio<br>going down on<br>(oo) (falsetto)<br>o<br>o<br>o<br>o |      |
| o    | A u (if higher than<br>oo vowel)<br>o<br>o                                |      |

⑤ When singing  
of falsetto tones whether

⑥ on Ah (if higher)  
maintain lips & keep  
lips away from teeth.

⑦ On high B's & C's  
you can change vowel sound  
to ah without changing Ah

## CASH ACCOUNT DECEMBER

| Date | Received  | Paid |
|------|---|------|
|      | then throw falsetto off<br>into <u>head</u> - the vocal line<br>a great tendency at<br>present to do this. Watch<br>it. |      |

\* ⑤ Be sure all  
tones have dark  
vibrato - less oo  
falsetto basis - they  
tones should be based  
on this sound. High

⑥ When singing @ r  
above go straight  
to el without  
hesitation. Belt it  
out



SUMMARY OF CASH ACCOUNT

JANUARY

(7)

Received

Paid

Practice

FEBRUARY

Sheet

Tones

with you

Sketch

MARCH

to get

proper

sound

total not

APRIL

necessary

but now

to keep that

you

MAY

going twenty

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

MEMORANDA

Date

Dollars

Cts.

## MEMORANDA

Date

Dollars Cts.

## MEMORANDA

Date

Dollars Cts.





## MEMORANDA

Date

Dollars Cts.

## MEMORANDA

Date

Dollars Cts.



## MEMORANDA

Date

Dollars Cts.

## MEMORANDA

Date

Dollars Cts.

*[Faint handwritten entries in the right-hand ledger, including dates and monetary values.]*

## MEMORANDA

## ADDRESSES

| Date   | Dollars | Cts. |
|--|---------|------|
| <p>The highest life<br/>energy foods are -<br/>Red beet leaves,<br/>Celery stalk &amp; leaves,<br/>mustard greens, kale,<br/>lettuce, endive, turnip<br/>tops, carrot tops, alfalfa<br/>&amp; water cress.</p> |         |      |

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Joseph Farrell  
5854 Gregory  
2 A 38, Ave.  
Hollywood 5-9210



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ADDRESSES

NAME "Dagny": "If you cannot see God  
 STREET in the lowest you cannot see  
 CITY Him in the highest. And you can  
 TELEPHONE see Him in these places only  
 NAME you have perceived Him  
 STREET within yourself.  
 CITY Your Universe is  
 TELEPHONE only an objectification of  
 NAME you think of as  
 STREET true about God  
 CITY \* Hence, when you see  
 TELEPHONE things through the eyes of another's  
 NAME consciousness you see  
 STREET everything colored by what  
 CITY that consciousness has  
 TELEPHONE accepted as real.  
 NAME See that Ye  
 STREET tell no man. This  
 CITY means all those you know  
 TELEPHONE Very Important, it is  
 NAME Hence it is hopeless to  
 STREET try to change things by working  
 CITY on them from the outside.  
 TELEPHONE

perceived by others

Miami

" Art is not what we paint  
 or draw. Nor is it poetry  
 when we compose rhythmical  
 sentences. Art is the  
 realizing of the harmony of being in our  
 own spirits and of trans-  
 lating that harmony into  
 aims, thoughts + deeds which  
 leave no room for friction  
 between good + evil in our  
 souls. And poetry is finding  
 of the proper measure +  
 rhyme for our days + nights.  
 So long as we pass thru states  
 which so crush the heart  
 and muddle the mind as to  
 cloud our sight, and turn  
 love in our minds into  
 hate and disjoint our  
 joints - what is the good of  
 a beautiful picture we draw,  
 or of a ringing poem we  
 write? Can we draw beauty  
 unless it draws us first?



Can we utter Truth before  
Truth has uttered us? Did we  
but live a beautiful life,  
we should do nothing but the  
beautiful; and then we  
should have no need of drawing  
Beauty. Did we obey the Truth  
in our thoughts, we should  
be able to utter nothing but  
the Truth; and then we should  
have no need to "reach" the Truth  
through "forms"; "But is it not true that  
every time we draw Beauty we  
approach a step nearer to Beauty?  
& every time we write the Truth  
we become one with it? Is  
not self-expression a deeply  
seated need in the human soul?"  
# (continued) #

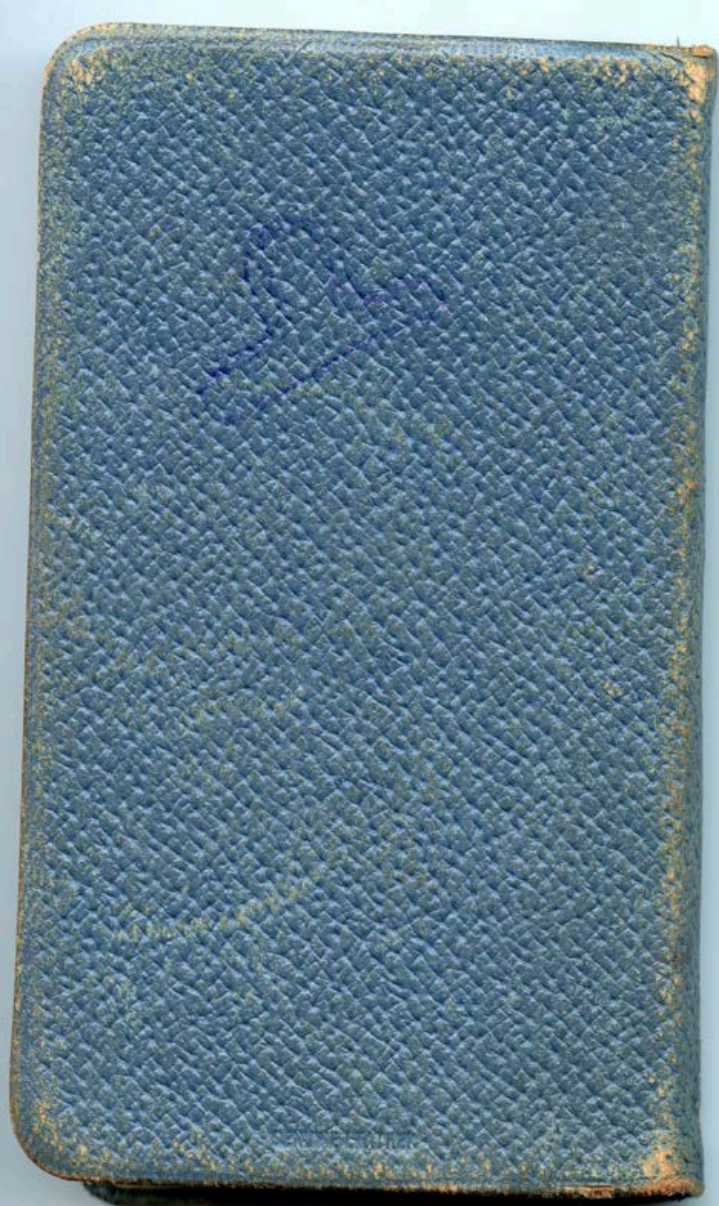
↓  
"We are all vessels of Truth  
but we cannot contain more of it  
than we make room for in our  
souls. The heart stocked with  
earthly passions, unless emptied  
first, cannot be stocked with  
heavenly desires."

We reflect the Truth  
clearly or otherwise  
according as the mirror of our  
soul be clear or tarnished,  
if the mirror is tarnished, the  
scene will reflect the Truth  
disfigured & tarnished. This  
is not to say that he is devoid  
of Truth, for the moon reflected  
on a muddy pool is the same  
moon reflected in a clear one,  
& the sun gazes at you thru  
a clean window pane &  
bring you joy & warmth is  
the same sun that looks at  
you thru a smoked or dusty  
pane & you barely see it."

#  
~~Truth~~ <sup>Truth</sup> is everywhere &  
everything when you are  
conscious that "you are He" - for  
the world is created by you thru  
your awareness of it. You project it.  
God & good are all <sup>oneness</sup> <sup>is</sup> <sup>consciousness</sup> <sup>is</sup> <sup>consciousness</sup>  
# - Realization of It. <sup>of</sup> <sup>the</sup> <sup>world</sup> <sup>is</sup> <sup>consciousness</sup> <sup>is</sup> <sup>consciousness</sup>

McCLELLAND'S  
BOOKSTORE  
Columbus, Ohio

"He who is tender to  
all creatures  
Preserved by Heaven & loved  
of men"





Tom Mitchell time 1  
January 18<sup>th</sup> 1956 \*

A writer I shall be - a singer and a  
writer in these times breeds along with  
the inner world of meditation I shall live.  
Transmute my energies into Creative Activity  
no matter how poor the result (writing), my  
time must be occupied creatively - occupied,  
occupied, no time for thoughts about the ego &  
its pitying of itself & thinking of its unhappiness.  
Evangeline spends too much of her sixteen hours  
each day in her ego instead of in her self.  
A change is here - the ego is going to be  
neglected, lived in less - it will be engaged  
reflecting creative inspiration & directing its  
brain to its sole use - concentrated on  
creation. Perhaps I will faint too - Each  
moment will be employed usefully - no more  
waste & laziness. Cease ~~that~~ Evangeline  
will become your true self - cast off the  
post with its ~~paranoid~~ & neurotic character  
traits & be reborn in the self.

Concentration will lead to self-control -  
New No. 1 lesson is life: How to get  
along with others for ~~the first time~~ this is the  
first problem which must be faced & conquered.

\* Tonight + tomorrow + everyday thereafter  
remember this: — You are dealing with egos —  
everyone concerned primarily with their own  
thoughts + desires, opinions surround  
yourself with light separate yourself from  
others isolation within your self then  
you contact the other's higher self + thus  
separate yourself from their ego. This way  
you are absolute + never tread of their  
"egos toes". You let them always speak +  
have their own way. Respect for the  
individuality of others develops + praise  
in every situation — grace + self control.  
Remember you are contacting egos,  
isolation with light + contact the higher selves.  
of others.



His deafness is  
mostly caused by his  
negative thinking. The  
nerve is dead because  
it has been fed dead  
force instead of living force,  
negative thoughts are  
dead.

Not as before, to  
mind in imagining her as  
picturing the Higher self -  
but this may become a B,  
the outwardly the Higher  
self is projected in a place  
where it is becoming  
a being (This is how it seems  
at present.)