

Evangeline Glass Journal (Loose Pages)

Table of Contents

J13.001 – Letter from Evangeline to PB	6
J13.003 – Sibelius Quote	6
J13.005 – List of Books on Tibet to Read	6
J13.006 – Address for Swami Siddheswarananda	7
J13.007 – Book Excerpts from Somerset Maugham’s “The Summing Up”	7
J13.011 – Book Suggestion: Yeats-Brown’s “The Lives of a Bengal Lancer”	8
J13.013 – Benjamin Franklin Quote.....	8
J13.015 – Notes from PB on Daily Practices	9
J13.017 – {1954 – California} – PB on His and Evangeline’s First Divorce and Their Current Relationship	9
J13.018 – A letter to PB about Bernard Masson (the back side of J13.017)	10
J13.019 – On Facial Exercises	11
J13.021 – PB instructions for letter to Marshall Sachs	11
J13.023 – On Wanting Around Her Positive, Ego-Free People Who Don’t Criticize	11
J13.025 – 1955 November 1 – On Oneness; PB on Reality, the Universe, and Illumination	11
J13.027 – On Food, Learning from PB, and Spiritual Love	13
J13.029 – 1957 August 19 – {New York City} – On Being Ill on Subway but Separating Spirit from Body, and Understanding Others Are Unaware of Their Own Capacity to Do This.....	14
J13.031 – On Melody’s Middle Name (PB Wanted Something Meaning “Grace”).....	14
J13.032 – Address for and Directions to Santa Barbara Cottage Hospital in Santa Barbara, California	14
J13.033 – 1956 December 29 – On Resignation to Higher Will, and Becoming the Overself for a Second.....	15
J13.035 – Evangeline’s Devotion to PB.....	15
J13.037 – 1957 May 1 – On Experiencing True Meditation (PB Projected This upon Her) and Initiation	16
J13.042 – 1957 September 1 – On Another Glimpse and Mantras, Mostly in PB’s Handwriting	17
J13.043 – Shopping List	17

J13.044 – Dr. Karelitz-Karry Contact Info	18
J13.045 –God as All	18
J13.047 – On Having No Resentment of PB.....	18
J13.049 – 1956 January 8 – Dream & Jan Mitchell.....	19
J13.051 – On Harmlessness, Right Speech, Right Action, Buddha Preaching Love	19
J13.053 – 1957 April 14 – On a Surprise from PB	19
J13.055 – 1955 November 17 – PB on the Value of The Hidden Teaching; PB Will Pass On His Unwritten Knowledge Before He Dies.....	20
J13.057 – On Her Divorce from PB	21
J13.059 – Dream of PB Telling Evangeline to Leave U.S. for India & to Practice the Short Path	21
J13.061 – On How to Respond to an Order; a Baby’s Smile.....	21
J13.063 – On How to Repay PB	22
J13.065 – A Prayer	22
J13.067 – Book Excerpts from Henry Thomas’s “Living Biographies” on Spinoza.....	22
J13.069 – Book Excerpt from “Universal Law, Natural Science and Philosophy (The Russell Cosmogony),” by Walter and Lao Russell.....	23
J13.071 – 1952 August 23 – An Interview of Evangeline in Amsterdam.....	24
J13.073 – On Za Zen	25
J13.075a – Buy “Bella Notte” from “Lady and the Tramp”	25
J13.075b – On Love and Oneness	25
J13.076 – On Neurotics Studying Spiritual Things.....	25
J13.077 – Phone Number, Notes.....	25
J13.078 – PB on Sickness and Health	26
J13.079 – A Prayer to Develop Love for the Guru	26
J13.080 –What PB Said to Evangeline Before Going to California	26
J13.081 – {PB} On Slaying the Ego.....	26
J13.083 – On Adulthood	27
J13.085 – On Self-Control and Society	27
J13.086 – Address and Phone Number for British Consulate.....	27
J13.087 – On Womanhood.....	27
J13.088 – On Being Yourself; Doctor’s Appointment; No Violence Principle	28

J13.089 – “Blessed Be the Wife”; Illumination in Japanese Garden; Health Food Stores in New York City	28
J13.091 – On Unity and Security, the Human Mind and the Higher Mind	28
J13.093 – On Knowledge, Prayer, Growth, Free Will.....	29
J13.099 – On Etiquette.....	30
J13.100 – On Evolving into a Human; Conversation with Ida and Bernard on Karma...	30
J13.102 – On Repaying Debts; Guidance from Overself in Sleep; Books on Tibet by Alexandra David-Neel; Mahayana Buddhism	31
J13.103 – 1950 – On Faith in Self; Not Wasting This Precious Life.....	31
J13.104 – 1950 – Self-Portrait and Caption: “Be Still and Know That I Am God”	32
J13.105 – On Loving Things.....	33
J13.107 – On Him Only Seeing Her Lower Side, Not Her Real Self	33
J13.109 – On Balancing Emotionalism and Intelligence, Developing Pity	33
J13.111 – Meeting and Marrying PB Was the Answer to Her Prayer to Regain Her Illumination	33
J13.113a – On People Changing from Charming and Gracious to Cold and Rude.....	34
J13.113b – On Emerson and Optimism	34
J13.115a – 1957 July 22 – On Inspiration from Film “Gold of Naples”	34
J13.115b – Book Excerpt from “To See the Dream,” by Jessamyn West.....	35
J13.115c – PB on Evangeline’s Spiritual Growth	35
J13.116 – On Overcoming Fear (Possibly a Book Excerpt)	35
J13.117 – 1950 October – On the World Crisis.....	36
J13.119 – On Arguments; Long Path Virtues	37
J13.122 – On the Power of the Mind and Trusting the Higher Power	38
J13.123 – An Ode: “You Are My God, My Love”	38
J13.125 – 1951 November 12 – On the Horror of War, Looking for Guidance from God	39
J13.127a – 1951 November 13 – On Feeling Ill Because of World Discord; Focusing Attention on Music Instead	40
J13.127b – 1951 November 14 – On Being Happy Again—Not Worry About the War; Book Excerpts from Somerset Maugham’s “The Summing Up”	40
J13.129a – 1950 May 28 – On Wanting to Delve into the World and Its Mysteries	41
J13.129b – 1950 May 29 – On the Beauty of the World	41
J13.130 – 1950 May 27 – On How She Feels About the Threat of War	41
J13.131a – On Meditation, Individuality, Respecting Yourself	41

J13.131b – 1957 July 4 – On Beauty and Balance.....	42
J13.133 – An Essay on Wonder – by Evangeline Young.....	42
J13.134 – A Child’s Typing.....	43
J13.135 – {PB} On Travel; on the Overself and Experiencing Reality, the Law of Recompense, Seeking the Higher Truth	43
J13.137 – Ashtabula, Ohio – Dream of Love, the Ego, the Higher Self.....	45
J13.139 – On Fundamental Duties First, Then Higher Being and Overself; Prayer to Trust in God; Prayers from Bible and PB	45
J13.141 – “I Give Myself Unto Prayer”	46
J13.143 – On Thinking First of PB; on Humility Bringing Peace; on Rising Above	46
J13.147 – On Raindrops and Teardrops	47
J13.149 – Note from Noel to Evangeline, on Appreciating the “Satisfaction of Living” and Understanding That Realization Comes Through Grace, Not Effort.....	47
J13.151 – On How to Seek the Highest and Ready Oneself for Enlightenment.....	48
J13.152 Christmas Greeting from the Podeas.....	48
J13.153 – On God’s Impartial Treatment and the Principle of Love.....	49
J13.156 – On Singing Being a Blessing and a Gift from God.....	49
J13.157 – PB on Celibacy, Beliefs, Balance	49
J13.161 – On Transforming Others’ Anger into Spiritual Exercises.....	50
J13.163 – On “Freedom in Love”; on PB’s Ill Health.....	50
J13.173 – 1950 May 12 – Essay on Yoga, Evangeline’s H.S. Senior Project	50
J13.195 – On the Evolution of the Church and Interpolations of Texts and of Christ Dying for Humanity	56
J13.197 – On Why a Feeling of Awe Arises on Meeting PB.....	56
J13.199 – On Dream of Deaths of Mother and Sister, and Lesson of Loving Without Possessing	56

Editor’s Note: This file is a collection of loose pages that once inhabited the various journals of Evangeline. Since these were stored in a box that was moved from place to place from 1958 to 2010, these pages dislodged themselves and were found in the box. (A note about that time frame: upon marrying Beaumont Glass, Evangeline sealed these journals until after his death. After careful thought – and discussion with her daughter Melody Talcott – she decided to open the box and offer the contents to this archive, for which we are deeply grateful.) There is some deductive work that could be done on these pages by matching them one to another, but our time restrictions did not afford us that opportunity. We strongly recommend reading this journal last, after reading the others in the chronological order listed in the document by that

name. Few entries here are dated; some even date from prior to Evangeline's first meetings with PB, and others are after their marriage ended for the second time. As for the rest, they are a mixture of book notes, talks with PB, reflections on her changing situation, and a car accident report.

There are a number of individuals referenced that are from Evangeline's personal life and which we have no further information about. Those we do include Bernard Masson, Jan Mitchell and the Podeas (Titus and Mary). Bernard is the brother of Jacques Masson and like him was a follower of PB who became disenchanted first with PB and later with any form of spiritual activity. Jan Mitchell was a restaurateur who briefly courted Evangeline during the hiatus of her marriage with PB. For part of that time she stayed in the same apartment building as he did – not because of him, but because her best friend Mary Podea lived there with her husband. Evangeline soon lost track of Jan, but stayed close to the Podeas until their passing.

A special note should be made of J13.173, Evangeline's Essay on Yoga. This is her high school senior project and as such is very significant. She grew up in a small town in Ohio south of Ashtabula, which was hardly a center for international cross-cultural influences – so her interest in Yoga was atypical for her age, generation and location. It is remarkable that her local library had a copy of PB's book "A Search in Secret India" from which she quotes in her essay. As a result of this interest, her unsettling mystical experiences, and that book, she sought out an interview with PB. He refused or deferred that interview from 1950 to 1951. It didn't take many meetings for them to fall in love. They married and then parted because Evangeline was overwhelmed by the judgments put on her by PB's old students; they couldn't stay apart and reunited. When they separated again, it was entirely mutual: he needed solitude for his meditations, and she wanted children, which his age precluded him from. Nonetheless they stayed in regular and often extended contact every year from then until PB's death. Understanding that love is impossible to articulate – but I knew them both well. Upon meeting Evangeline for the first time in 2010 it was instantly clear to me how she could have been a good and healthy match to PB who was so much her senior. She is a powerhouse of feeling and positive energy, with all the charisma typical of Opera Sopranos but with absolutely no negativity or egotism. Left to herself she would have emerged as a mystic in her own right; instead, she happily chose to be a student of PB, which she has remained these many years.

Anything marked "Guruji," "G," "Raphael," or "O" is either a reference to PB, or is meant to be a direct quote from him. Most of the book notes and quotes are those garnered by Evangeline for her own use, though the philosophical texts are likely to have been PB's suggestion. Evangeline sometimes refers to herself as "Eva," "Noel," or "N" – and sometimes refers to herself in the third person, or is transcribing a message from PB where that occurs. In order to make the entries more easily navigable, we have added titles to each entry. All these titles were created by our team and have not been confirmed by Evangeline or her daughter Melody Talcott. For more information about the people and texts Evangeline quotes or references here, please see the file titled "Wiki Standard Info for Comments." For more information about the formatting that we have implemented please see the file titled "Introductory Readers' Guide." This guide includes two tables detailing the chronology of the journals. We have introduced minimal changes to the text; our changes deal with inconsistencies of spelling, educated guesses at illegible words, and the rare modification of grammar for clarity's sake. Whenever there is any question as to whether what is typed is what

Evangeline wrote, please consult the associated scan of the original pages, currently to be found in a PDF of the same name. – Timothy Smith (TJS), 2020

J13.001 – Letter from Evangeline to PB

My¹ beloved² P.B. –

I'm sitting on the plane now – 20 minutes before takeoff. I'm fine, my blessed one – I love you with infinite feeling.

Everything will be all right! I have released my hold and the Higher Power will guide us from now on.

Whatever happens outwardly is for our highest good, and I accept it. I promise you that.

God bless you, my dearest. Thank you for all you have given me.

Always your – Evangeline³

J13.003 – Sibelius Quote

Sibelius:⁴ “Art⁵ is the intuitive understanding of the voices of nature.”

Sibelius⁶ has followed the creative path of his own choosing with uncompromising determination.⁷⁸

J13.005 – List of Books on Tibet to Read

Read:⁹ “Lands of the Thunderbolt”¹⁰ – by Earl of Ronaldshay¹¹ (about India and Tibet)

from article by (Deutsch) Lama Anagarika Govinda¹²

¹ Page 1

² This entry is written on United Air Lines stationery. This is probably from the summer of 1958 when she flew across the country to be with Beaumont Glass after her divorce from PB. – TJS '20

³ Page 2 is blank.

⁴ Page 3

⁵ Johan Julius Christian Sibelius, a.k.a. Jean Sibelius (1865-1957), was a Finnish composer.

⁶ Evangeline circled the first mention of “Sibelius” and drew a line to the space before “has,” indicating “Sibelius” belongs here as well.

⁷ Page 4

⁸ PB himself wrote “OK F” on this page; this paper probably once served as a tab in his files. – TJS '20

⁹ Page 5

¹⁰ “Lands of the Thunderbolt: Sikhim, Chumbi, and Bhutan” was published in 1923.

¹¹ Lawrence John Lumley Dundas, 2nd Marquess of Zetland (1876-1961), a.k.a. Lord Dundas and Lord Zetland, was a British politician and expert on India who served as Secretary of State for India 1935-1940.

Books about authentic Tibet – by Pander,¹³ Grunwedel¹⁴ and Waddell¹⁵
Healani¹⁶¹⁷
Allaya Lao-Tzu
Allaya
Alaya Noel
Allaya Noel

J13.006 – Address for Swami Siddheswarananda

SIDDHESWARANANDA,¹⁸ Swami
Centre Vedantique,
Blvd. Victor Hugo, GRETZ
(Seine-et-Marne) (Tournan 311)
France

J13.007 – Book Excerpts from Somerset Maugham’s “The Summing Up”

<>

“Men¹⁹ forget the horrible thoughts that wander through their own minds, and are indignant when they discover them in others.” – Maugham²⁰

“The value of culture is its effect on character. It avails nothing unless it strengthens and ennobles²¹ that. Too often it gives rise to self-complacency.” – Maugham

“Be²² wary of success. When after a long and bitter struggle you have at last achieved it, you find that it spreads a snare to entangle and destroy you.” – M

¹² Anagarika Govinda, born Ernst Lothar Hoffmann in Germany (1898-1985), was a writer, painter, and poet, and founder in 1933 of Arya Maitreya Mandala, a tantric and Buddhist order.

¹³ Eugen Pander (1854-1894) was a professor of national economy and lecturer of Russian and German at the College of Foreign Science in Peking and collector of Lamaist books and works of Art.

¹⁴ Albert Grünwedel (1856-1935) was a German archaeologist, Tibetologist, and explorer of central Asia. His “Mythology of Buddhism in Tibet and Mongolia” was published in 1900.

¹⁵ Laurence Austine Waddell (1854-1938) served in the Indian Medical Service, which took him to Darjeeling, Burma, and Tibet. He wrote “The Buddhism of Tibet” (1895) and “Among the Himalayas” (1899).

¹⁶ The remainder of this page is doodles.

¹⁷ Healani is a spirit that was channeled by PB himself in 1955. – TJS ‘20

¹⁸ Page 6

¹⁹ This excerpt is from Maugham’s 1938 memoir “The Summing Up.”

²⁰ Somerset Maugham (1874-1965)

²¹ This appears as “ennobles and strengthens” in the original quote.

“Be²³ indifferent to praise and blame. Be an individual and not concerned with the public reaction, but true to your goal and self.” –M

“The²⁴ artist is the only free man. He has spiritual freedom. There is nothing which befalls him that he cannot transmute into stanza, song, or story and thus being²⁵ rid of it.” –M

“The²⁶ artist satisfies his needs and preserves his being by the pursuit of art, while the ordinary man’s only primary thought and action is to satisfy their needs and preserve their being.” –M

Keep your faith and love.

“Art,²⁷ if it is to be reckoned as one of the great values of life, must teach men humility, tolerance, wisdom and magnanimity. The value of art is not beauty, but right action.”

“The²⁸ beauty of life is nothing but this – that each should act in conformity with his nature and²⁹ business.” –Luis de Leon³⁰

J13.011 – Book Suggestion: Yeats-Brown’s “The Lives of a Bengal Lancer”

Read³¹ Yeats-Brown³² Bengal Lancer³³

Since³⁴ that time.

J13.013 – Benjamin Franklin Quote

Benjamin³⁵ Franklin said: “He that would live in peace must not speak all he knows.”³⁶

²² Evangeline paraphrased this excerpt.

²³ Evangeline paraphrased this excerpt.

²⁴ Evangeline paraphrased this excerpt.

²⁵ This appears as “be” in the original quote.

²⁶ Evangeline paraphrased this excerpt.

²⁷ Page 8

²⁸ Page 9

²⁹ Evangeline omitted “his” from the original quote.

³⁰ Luis de León (1527-1591) was a Spanish lyric poet, Augustinian friar, theologian, and academic. Somerset Maugham ends his book with this quote.

³¹ Page 11. (Page 10 is blank.)

³² Francis Yeats-Brown

³³ “The Lives of a Bengal Lancer” is a 1930 autobiography of British cavalry officer Francis Yeats-Brown.

³⁴ Page 12

³⁵ Page 13

J13.015 – Notes from PB on Daily Practices

Remove:³⁷ Fear,³⁸ care, anxiety, laziness, anger, envy, hard words, quarrel. Rest after meals, keep heart cheerful. Eat only when hungry, not excessively. Cultivate conscious sleep and be wakeful against bad dreams. No excess. Preserve the body like a lamp.³⁹

[Maharshi: One should eat only Sattvic food.]⁴⁰

Maharshi – Meditation is hard because the mind is weak and thus it wanders. Its weakness is due to its energy being dissipated into so many thoughts. Sticking to one thought conserves energy and strengthens the mind, that is, concentrates it. When it ceases to wander, its dormant shakti manifests and harmonizes with the life current.

This⁴¹ daily⁴² habit of excluding the personal or detaching them from emotion, of holding the mind remote from the trivialities, the temptations and the frictions of the world, while letting it sink deeper into abstraction, leads it to get and enjoy a [tranquilizing]⁴³ respite of freedom from the pressure of life, work and people.

The man who learns the art of retiring within himself to touch, not the darker strata of the ego's subconscious, but the deepest part of spiritual being, learns to possess both restfulness and happiness at [his]⁴⁴ command. [To the extent that he digs]⁴⁵ more deeply into his mind, he [there finds]⁴⁶ benedictory powers of healing

[Do not trouble about tomorrow, otherwise your thoughts have to be active concerning it and your mind loses its peace. Stay in the present. (Maharshi)]⁴⁷

J13.017 – {1954 – California} – PB on His and Evangeline's First Divorce and Their Current Relationship

³⁶ Page 14 is blank.

³⁷ Page 15

³⁸ This page is a duplicate of page 46 of PB Letters to Eva.

³⁹ Parts of this entry also appear in para 359-12 of Asiatic Notes 4. In that para, the sentence "Preserve the body like the lamp." follows "Body is the lamp, of which blood is the oil, semen is the wick and the Atman flame."

⁴⁰ PB himself inserted " | M. One should eat only Sattvik food." with a different pen.

⁴¹ Page 16

⁴² This page is typed (except as noted) and is a duplicate of page 45 of PB Letters to Eva.

⁴³ PB himself inserted "tranquilizing" by hand.

⁴⁴ PB himself inserted "his" by hand.

⁴⁵ PB himself changed "If he will dig a little" to "To the extent that he digs" by hand.

⁴⁶ PB himself changed "will there find" to "there finds" by hand.

⁴⁷ PB himself inserted this passage by hand, upside down across the middle of the page.

But⁴⁸ this⁴⁹ same destiny which fixed the event also fixed its end. My debt has been paid and Evangeline has been helped. It is a spiritual puzzle probably to outside observers, who have only appearances to judge and who will not be able to understand the unusual nature of our relationship. Some may therefore and quite pardonably misunderstand.

Evangeline went across the Mexican border and quietly divorced me. It was all done in the greatest love peace and harmony. We are now living apart but she comes in every day to prepare meals and attend to the household. But after I leave California 30 November for Honolulu, she will remain behind and begin her own life and career. I will probably remain to the mainland at the end of February and she plans to return to New York with me to resume her singing studies there but we shall remain apart there. The present is a transition period. We are readjusting an outer relationship; otherwise there is no change. She considers herself my student and is as friendly as ever. The recrimination which often attends to a divorce does not exist.

There will be no more marriage⁵⁰

J13.018 – A letter to PB about Bernard Masson (the back side of J13.017)

They⁵¹ talked⁵² and the Rabbi apparently could get nothing he wanted out of {Bernard Masson}⁵³ that satisfied him – but he was polite and grinned at me and we understood between us that the old man did not quite understand what he wanted – but he thanked him courteously and left the boss' office – I went in for dictation but the Rabbi came right in and asked BM if he could use me for 5 minutes more until he had got my full opinion on the brochure which surprised hell out of BM and me too and could have been misconstrued as gall – but I knew he meant for the benefit of his work (dedicated) so he would allow nothing to interfere with anything that might help – my god! I don't think he has an ounce of fear in him! however, whether he is equally evolved along lines that are more important, I do not know – I mean, sensitivity and compassion, etc. ... but the BM said for him to wait – then BM got irritated and told me to get rid of the fellow and tell him to come back next week – so I told him that I would be tied up and asked him to return Monday – he bowed courteously and said he would be back Monday morning⁵⁴ –

⁴⁸ Page 17

⁴⁹ This page is a carbon; the original can be found in the Letters Series of this collection.

⁵⁰ It's apparent there is more text, but the bottom of the page is cut off.

⁵¹ Page 18

⁵² This page is typed, but Evangeline drew a line across the page, as it is the scrap side of J13.017.

⁵³ "BM" in the original; we have changed this to "Bernard Masson." – TJS '20

⁵⁴ The bottom of the page is cut off.

J13.019 – On Facial Exercises

Facial⁵⁵ exercises

1. Push hand firmly along under chin for double chin. One hand each way right and left.⁵⁶
2. Pull with each palm on each cheekbone up and away.
3. Pull hair which stretches facial muscles.
4. Start with two fingers at base of nose push up firmly to scalp then separate on lower {forehead}⁵⁷ and press to temples.⁵⁸

J13.021 – PB instructions for letter to Marshall Sachs

Marshall⁵⁹ Sachs

Tell him I want to know if his headaches are gone, if he's prospering in business, happy in his marriage. Tell them I still remember with pleasure during my trip to N.Y., their many kindnesses.⁶⁰

J13.023 – On Wanting Around Her Positive, Ego-Free People Who Don't Criticize

I⁶¹ need to have positive, quiet ego-free people around me!

Someone who does not draw attention to himself or his own personality constantly. I dislike people who always criticize.

E ring B⁶²

9-1822

to confirm {illegible}⁶³

J13.025 – 1955 November 1 – On Oneness; PB on Reality, the Universe, and Illumination

⁵⁵ Page 19

⁵⁶ "R + L" in the original.

⁵⁷ We changed "forward" to "forehead" for clarity.

⁵⁸ Page 20 is blank.

⁵⁹ Page 21

⁶⁰ Page 22 is blank.

⁶¹ Page 23

⁶² Page 24

⁶³ Appears to be a reference to a purchase or appointment. – TJS '20



Montauk⁶⁴ November 1st 1955⁶⁵

Beneath⁶⁶ the white mystic moon near the endless sound of crashing waves, looking, it seemed, at the curve of this mighty sphere, earth. As I lifted my eyes to the stars floating in opalescent clouds, I felt this mighty sphere thundering through space,

⁶⁴ Page 25

⁶⁵ This entry is written on a Christmas card. Evangeline's handwriting is on the left side (which would be the back of the card). On the right side (the front of the card, there is a United Nations logo at the top, with a painting of a candle set inside a wreath of holly with a big red bow. Evangeline has noted a phone number at the top of the page: "Trafalgar 7-2469 Delos 6 P.M."

⁶⁶ This is a vision experienced by Evangeline whilst singing. — TJS '20

one tiny globe around millions. This same force which {is within}⁶⁷ the earth was what I am, the same force within this body. Oh what majesty – the conscious of the great worlds and my oneness with them. For a little while there was an expansion of my awareness which lifted me from the world into the universe

Guruji Remember “You are conscious or have an awareness of your relationship with the universe, and Illumination gives an awareness of Reality when the universe disappears and Reality is alone.

Guruji:⁶⁸ “The Infinite sends you back the knowledge that you are seeking. If you send out feelers for a ‘love’ illumination or to understand the construction of the Universe, or an intellectual understanding of it, the Infinite will send you back what you have asked for. If one is not developed intellectually one will not be illumined intellectually. The faculties of the person could not take it.”

¾ soy matzo

2 toast

1 shredded wheat

[WHERE⁶⁹ the mind is without fear and the head is held high;
Where knowledge is free;
Where the world has not been broken up into fragments by narrow domestic walls;
Where words come out from the depth of truth;
Where tireless striving stretches its arms towards perfection;
Where the clear stream of reason has not lost its way into the dreary desert sand of dead habit;
Where the mind is led forward by thee into ever-widening thought and action –
Into that heaven of freedom, ~~my~~ our Father, let ~~my country~~ our world awake.

In the full knowledge that Rabindranath Tagore would have joined us in making this change had he written his poem today.]

J13.027 – On Food, Learning from PB, and Spiritual Love

Eat⁷⁰ spiritual food only. Fruits, nuts, and leaf salads. You will inspire P.B. He will have to undergo a long period of preparation.

⁶⁷ The pencil is very faint here; our best guess is “is within” which parallels the next line. – TJS ‘20

⁶⁸ Page 26

⁶⁹ Evangeline’s entry is written on the left side of the page (inside left of the card). On the right side of the page (inside right of the card) is a painting of a sprig of holly and this typeset poem followed by a typeset note. The strikethroughs are part of the printed poem.

⁷⁰ Page 27

#

You have the opportunity now while he lives to learn great spiritual laws and truths. Don't waste time, energy, thought on lower worldly pursuits. He can teach you and lead you to liberation.

#

Give a lot of spiritual love and men will be diverted from the sexual appetites.⁷¹

#

J13.029 - 1957 August 19 - {New York City} - On Being Ill on Subway but Separating Spirit from Body, and Understanding Others Are Unaware of Their Own Capacity to Do This

August⁷² 19th 1957

Today coming home from {Bouer} on subway and feeling tired and ill I suddenly remember P.B.'s healing treatments and said to myself, "You are not the body - you are spirit and cannot be ill." I soon felt myself as spirit with ego personality - free alone - and I thought to myself - "Wherever I go I Am - I am never alone or separated - The Mind - my being always is. Then as I looked at the sad, tired, bored faces around me I felt pity for they too had this same self but did not know it. I was looking within and they without.

I⁷³ should be individual - think and speak and act from individual isolated self instead of being caught up in others' vibrations - I ordinarily spread myself out - lose myself - when I should be concentrated within.

J13.031 - On Melody's Middle Name (PB Wanted Something Meaning "Grace")

[P.B.⁷⁴ wanted the middle name]⁷⁵ to be called something meaning "Grace" - Since Grace didn't sound good with Glass, we are making her middle name Ann - which means Grace.

J13.032 - Address for and Directions to Santa Barbara Cottage Hospital in Santa Barbara, California

320⁷⁶ W. Pueblo

⁷¹ Page 28 is blank.

⁷² Page 29

⁷³ Page 30

⁷⁴ Page 31

⁷⁵ Evangeline changed "he wanted it" to "P.B. wanted the middle name" with a different pen.

On 101 towards town
Mission St. 5 miles.
right turn onto Mission.
left onto Bath St.

J13.033 – 1956 December 29 – On Resignation to Higher Will, and Becoming the Overself for a Second

December⁷⁷ 29th 1956

Today was lived in complete resignation to Higher will and the thought of “deep free giving love with no thought of return. Peace was felt. I loved and gave up my life and other’s life to the God power so all anxiety and fear passed.

The secret is to love deeply and try to feel the force of the Highest moving the world. Neti-neti⁷⁸ – become the real man. I did – for a little while after prayer – the Hermit⁷⁹ and guruji’s message contained therein.

The more we deeply love, the more selfless we become and then even that is stilled – The thoughts stop and the presence is! I became the Overself for a second perhaps but I was everywhere, everything.

Remember the truth received. Keep Silent – To speak too much, to think frivolously too much is to dissipate this force. Listen to all – Be and revert through concentration, love and prayer to the center within you.⁸⁰

J13.035 – Evangeline’s Devotion to PB

Your⁸¹ devotion to P.B. will one day be very important to him just as was Sister Nivedita’s⁸² and Ramakrishna’s wife.⁸³

Be positive and courageous and one day you will be called upon to give him great service.

He loves you, and you are the closest of anyone to him. You will be able to give him much comfort.⁸⁴

⁷⁶ Page 32

⁷⁷ Page 33

⁷⁸ “Neti neti” is a Sanskrit expression meaning “not this, not that” or “neither this nor that.”

⁷⁹ Referring to “The Hermit in the Himalayas”.

⁸⁰ Page 34 is blank.

⁸¹ Page 35

⁸² Sister Nivedita (1867-1911), born Margaret Elizabeth Noble, was an Irish teacher, author social activist, school founder, and disciple of Swami Vivekananda.

⁸³ Sarada Devi (1853-1920) was the wife and spiritual consort of Sri Ramakrishna.

⁸⁴ Page 36 is blank.

J13.037 – 1957 May 1 – On Experiencing True Meditation (PB Projected This upon Her) and Initiation

May⁸⁵ 1st 1957

Raphael suggested a meditation but since I did not feel well, I would sleep while he meditated. Before this I felt so tenderly close to him, deep and sweet loving affection. Natural and full – like for a mother or father or sister without any physical or selfish connotation. A moment after he shut out the light and as we lay beside each other – I suddenly said to him: I feel like I am floating on a cloud, I feel so joyful and peaceful – like making love only feeling a thousand times more happy. He answered that I was for the first time experiencing meditation and that he had projected upon me. So this was meditation! At last I knew its peace, its joy and bliss. Such a sense of reality – the whole of Noel was experiencing it. All negatives gone only happiness.

Guruji then said, “This is why you have to purify everyday self to perfect it for this pure self you are now experiencing to live through. I felt so much love. Then Guruji’s foot itched and he wanted it rubbed. I got up and got salve⁸⁶ for it and as I sat there, still experiencing bliss of meditation I suddenly sat rigid, completely overcome with tremendous transition into another being – my-self – the self I have always been looking for – so lovely, beautiful, happy, completely negative-free – loving, kind, light, buoyant and mature. Lately Guruji told me he had seen the green phosphorescent light of Initiation around me and that I had taken a permanent step upward. In this evening I had received meditation and Initiation. How I love him – he looked so beautiful. We prayed together for my health and to use my voice for spiritual help for others. I told Guruji that I wanted to give out now that I had been given such light. I wanted to repay. I can no longer live for myself. I stated to him as I was rubbing his feet and just after receiving the Initiation. A most beautiful exotic mystical hum came forth so sweetly more beautiful than I have ever sung. It came from heaven. The angels were very close. I can stay as close as I work for it. I must work very hard to remove negatives and purify myself in a complete, mature way and grow into the spiritual {fine}⁸⁷ balanced perfection, then it will stay as a part, an integrated self – Evangeline – Pray, work and give – {this}⁸⁸ is my mate and I shall stay with him as long as he is here.

All⁸⁹ the mysterious beauty of⁹⁰ Shangri-la is within. It does exist, your dream of Shangri-la.⁹¹

⁸⁵ Page 37

⁸⁶ “sauve” in the original

⁸⁷ This word was cut off by a torn left margin; only “-ine” is visible.

⁸⁸ This word was cut off by a torn left margin; only “-s” is visible.

⁸⁹ This paragraph was written at the bottom of the previous entry in pencil, while the rest of the page was written in pen.

⁹⁰ Page 38

⁹¹ Pages 39 and 40 are blank.

J13.042 – 1957 September 1 – On Another Glimpse and Mantras, Mostly in PB's Handwriting

(_____) ⁹² The ⁹³ more you grow spiritually the more I love you.
September 1st 1957

At night after asking “Who am I?” from my guru. He replied, “You are pure consciousness.” Immediately I felt uplifted and sang the mantra “I am pure Consciousness” and “Jai Jai Ram.” Some seconds later I became aware of the body and singing voice as if I were watching, looking on and observing them. I became separate from the ego and knew myself as the “I” behind the ego. I told the guru what was happening and then realized that the ego was only a projection from me and that it could function only on the mental and physical levels. I further realized that although “I” had always existed, free, egoless, and peaceful I had been unaware of this fact because I wrongly identified myself with the little “me” – that is, the bodily [sensations,] ⁹⁴ all thoughts and all emotions. In this way I got the answer to my question by direct experience.

About ⁹⁵ mantra: It occupies the mind body and even the higher part of the ego with a spiritual theme thus elevating and purifying the lower ego. This if sincerely done, puts one in a receptive condition for grace. If grace comes one ⁹⁶ can observe oneself singing the mantra and knows one's relationship with the singer.

A striking fact is that after each of the several glimpses I have had in recent months no mood of depression or dark night follows as it did after the Great Enlightenment of 1951. This confirms what the guru told me, at my first interview with him five years ago, that I would have to find my way back to the G.E. step by step by following the philosophic path. In this way I would rise above the emotional approach and find it in calmness and quite naturally without any after mood of disappointment or dark night.

[With ⁹⁷ each glimpse a permanent effect is being made on the ego. It is becoming purified and preparing the ego for the higher enlightenment.]

J13.043 – Shopping List

Take ⁹⁸ Meat Grinder to ex. ⁹⁹

⁹² Page 42

⁹³ Pages 42 and 41 were mostly handwritten by PB himself, though from Evangeline's point of view. Page 42 precedes 41; we have typed them in this order for readability.

⁹⁴ PB himself deleted “the personality,” after “sensations,” by hand.

⁹⁵ This section is written by PB himself with a different pen.

⁹⁶ Page 41

⁹⁷ This paragraph is in Evangeline's handwriting.

⁹⁸ Page 43

⁹⁹ This is probably short-hand for “exchange,” not “ex-boyfriend.” – TJS '20

New York Health Food Store Shopping List

1. Unsulphured soft, large Calimyrna figs.
2. Black Manuka Raisins.
3. Maple Butter
4. Barhi¹⁰⁰ dates (Salad Bowl, between 54th and 55th) or Hadrawi
5. Unsulphured prunes
6. Unsulphured apricots

[Take carrot grinder to NYC and change for one like (ask Sarira where) over.]¹⁰¹

J13.044 – Dr. Karelitz-Karry Contact Info

Dr.¹⁰² MARIE KARELITZ-KARRY¹⁰³

Res: 115 E. 61st, New York 21 N.Y.

Bus: 112 E. 64th. St.

Tel: Res: – Regent 4-5391

Bus: – Regent 4-0280

J13.045 –God as All

If¹⁰⁴ God is all and the only reality then he is in intellect and materials and joy

No 3¹⁰⁵

J13.047 – On Having No Resentment of PB

Have¹⁰⁶ no resentment. How can you? Every criticism or hurt he has given you has also given you your maturity and stability of today. Be thankful and full of love for he who has given you this growth and understanding.¹⁰⁷

¹⁰⁰ “Barhee” in the original.

¹⁰¹ This sentence is in PB’s handwriting; the rest was in Evangeline’s hand. We presume that “over” means continued the other side of the page—but that is blank. —TJS ‘20

¹⁰² Page 44

¹⁰³ Dr. Karelitz-Karry was a founding board member of The Foundation for World Education, whose mission is to “support integral education, human unity, conscious evolution, and a transformed world as envisioned by Sri Aurobindo and the Mother.”

¹⁰⁴ Page 45

¹⁰⁵ Page 46

¹⁰⁶ Page 47

¹⁰⁷ Page 48 is blank.

J13.049 – 1956 January 8 – Dream & Jan Mitchell

Guruji¹⁰⁸

Jan. 8th 1956¹⁰⁹

In dream came – told me he came back to the States to bring you and I together again. He said, “Remember that when things look their worst, they begin to change for the better. That is now. Have Faith.”

Friday notify phone co. about phone. / phone¹¹⁰

[May¹¹¹ you have the gladness of Christmas which is Hope

The Spirit of Christmas which is Peace

The Heart of Christmas which is Love

Merry Christmas and Happy New Year

Jan Mitchell]

J13.051 – On Harmlessness, Right Speech, Right Action, Buddha Preaching Love

Right¹¹² Speech

Right action

Right meditation

Harmlessness

kind, honest, open speech

alert, attentive mind

Do not lie, steal, be chaste, harmlessness.

attentiveness

Buddha preached the root of knowledge and its first offshoot is love.¹¹³

J13.053 – 1957 April 14 – On a Surprise from PB

April¹¹⁴ 14th 1957¹¹⁵

¹⁰⁸ Page 49

¹⁰⁹ This was between PB and Evangeline’s marriages; Evangeline was being pursued by restaurateur Jan Mitchell. – TJS ‘20

¹¹⁰ This entry was written on the reverse of Page 50, which is a typed Christmas card.

¹¹¹ Page 50

¹¹² Page 51

¹¹³ Page 52 is blank.

With a serene but very happy smile tonight as I emerged from another room and found him sitting on the floor in front of a low table. “I have a surprise for you. I will give it to you later.” After foot massage – I asked for it, and he told me he loved me. I asked him after much joy and surprise how he loved me, and he said very solemnly, “Very much.” He needs me and I need him.¹¹⁶

J13.055 – 1955 November 17 – PB on the Value of The Hidden Teaching; PB Will Pass On His Unwritten Knowledge Before He Dies

November¹¹⁷ 17th 1955

I drove through the glowing sunset, filled with peace. I sang mantrams in praise of my Guru: “I worship thee, my beloved Guruji.”

I felt somehow the soul of the universe.

I returned to my beloved in a higher self full of devotion for him. “How grateful I am to have this time beside my beloved. How truly fortunate I am to be in his presence.” [always adore him combined with mature womanhood]¹¹⁸

Later I asked him questions:

Noel: “After all the different systems of enlightenment you have studied, you have found¹¹⁹ the Hidden Teaching¹²⁰ is the greatest of these?”

Guruji: “It includes all of these systems within it. They all make up a small part of it but from my research and experience and understanding the Hidden Teaching is the whole.” (He smiled sweetly with these last words.)

Noel: “Before you die will you pass on to another the knowledge which you have never written about or spoken of?”

Guruji: “Yes, I will do this when the right time comes.” (Then he turned and looked at me smiling as if to say, You know you are the one I will leave it with.)

IYENGAR,¹²¹ B.S. Srinavasa Gopala (B.A.)

Pleader; Pres. Local Bar Assn. [Tiruvadal Street]¹²²

¹¹⁴ Page 53

¹¹⁵ This was six months before PB and Evangeline’s remarriage. – TJS ‘20

¹¹⁶ Page 54 is blank.

¹¹⁷ Page 55 is blank.

¹¹⁸ Evangeline inserted “always adore him combined with mature womanhood” later with a different pen.

¹¹⁹ Page 56

¹²⁰ I do not believe PB means his own book “The Hidden Teaching Beyond Yoga” but rather that which it points to, which can be found within many traditions—the combination of epistemology, cosmology, ontology and metaphysics. – TJS ‘20

¹²¹ This card was a repurposed address card.

¹²² “Tiruvadal Street” was inserted by hand.

J13.057 – On Her Divorce from PB

P.B.¹²³ and I are no longer together in the marriage relationship, but our inner bond is still the same in strength and love.

We both believe – by destiny – However destiny also set a time limit, and we quietly and harmoniously divorced outwardly.

I'm so grateful that I was able to spend such a long period in his blessed presence. It was a great and profitable experience for me.¹²⁴

J13.059 – Dream of PB Telling Evangeline to Leave U.S. for India & to Practice the Short Path

Dream¹²⁵ of P.B.

Vivid dream of Guru – He returned to U.S. and in a forceful meeting strongly advised us¹²⁶ to leave U.S.A. He was off to India and told me we could join him there. He said we had nothing to gamble on this venture but our money which is replaceable. We should not hang on to possessions our surroundings and attachments. He also said I should not entirely give myself to musical career but also pursue the Divine during my hours of wakefulness. His beautiful powerful presence haunted this dream – so vividly.

He said he found 4 or 5 places in India which would be safe.¹²⁷

J13.061 – On How to Respond to an Order; a Baby's Smile

When¹²⁸ told or ordered to do something – say “thank you” to yourself – for being so honoured to carry out this person's wishes. Especially P.B.¹²⁹

#

When the babe smiles at you so sweetly and purely you cannot keep love from flowing forth and adoring her.¹³⁰

#

¹²³ Page 57

¹²⁴ Page 58 is blank.

¹²⁵ Page 59

¹²⁶ This appears to be referring to Evangeline and Beaumont (and Melody?). The last line indicates that this was during PB's preoccupation with WWII – which is to say 1958-59. – TJS '20

¹²⁷ Page 60 is blank.

¹²⁸ Page 61

¹²⁹ “O” in the original; for a time Evangeline referred to PB by this initial. – TJS '20

¹³⁰ Page 62 is blank.

J13.063 – On How to Repay PB

I¹³¹ am¹³² praying now that I can become more and more perfected so that I will be a better instrument to serve and love P.B. How can I ever repay him for all he has done for us and for the world?

N.¹³³ Berdyaev¹³⁴ – Freedom and the Spirit

J13.065 – A Prayer

Prayer¹³⁵ – “The center of the Light is in the Heart.”¹³⁶

J13.067 – Book Excerpts from Henry Thomas’s “Living Biographies” on Spinoza

Dear¹³⁷ Gertrude¹³⁸

Spinoza¹³⁹ – “There¹⁴⁰ is in mind no absolute or free will; but the mind is determined to will this or that by a cause which in its turn is determined by another cause, and this by another, and so on to infinity.”

(Thomas)¹⁴¹ “The¹⁴² only difference between the flight of an arrow and the act of a human being is that the human being is conscious of his act and mistakes his consciousness for will power. We know what we do but have no power to do

¹³¹ Page 63

¹³² This entry is typed.

¹³³ Page 64

¹³⁴ Nikolai Alexandrovich Berdyaev (March 18 1874 – March 24, 1948) was a Russian political and Christian religious philosopher who emphasized the existential spiritual significance of human freedom and the human person. – TJS ‘20

¹³⁵ Page 65

¹³⁶ Page 66 is blank.

¹³⁷ Page 67

¹³⁸ Referring to Gertrude Foster Brown (Mrs. Arthur Raymond Brown, July 29, 1867 – March 1, 1956), who was a concert pianist, teacher, and suffragist. – TJS ‘20

¹³⁹ Baruch Spinoza

¹⁴⁰ This is an inexact excerpt from Spinoza’s “Ethics,” published in 1677.

¹⁴¹ Henry Thomas was the pen name of Henry Thomas Schnittkind (1888-1970), an author and translator.

¹⁴² The remainder of this entry is excerpts from Thomas’s “Living Biographies,” published in 1941.

otherwise. We have the ability to watch our acts and we mistake it for the ability to will them."

The ancient [Hebrew teachers]¹⁴³ said, "Use your hands for worldly goods, your head for heavenly thoughts." So Spinoza "took up the avocation of lens grinding as a means for a livelihood and the vocation of philosophy as the business of his life."

Thomas¹⁴⁴ on Spinoza - "He who understands will hate nothing, despise nothing, injure nothing, and fear nothing."

"Spinoza¹⁴⁵ was indifferent to the conflict of man. For whatever the outcome it would merely be the preparation for another. He had nothing to do with the ambitions and rivalries and hatreds that brought death to the body of man. He was interested only in their deathless souls. Foe and friends were alike to him."

J13.069 - Book Excerpt from "Universal Law, Natural Science and Philosophy (The Russell Cosmogony)," by Walter and Lao Russell

"The¹⁴⁶ concert¹⁴⁷ pianist arrived at his high goal by working knowingly with God for many years, beginning with his first initial impulse which God multiplied over and over, time after time, as each renewed effort for mastery was balanced with equal giving of the momentum of growth from {Mind}¹⁴⁸ and body of the Cosmos.

We are not here on Earth to manifest ourselves alone. He who so thinks never passes beyond the boundaries of action-reaction of this material world of illusion. We are here to manifest God and thus find that we are manifesting our Selves.

Desire is expressed¹⁴⁹ thought-waves at the universal speed of thought polarity, which is 186,000 miles per second, and the knowledge, inspiration and conception which patterns your desire will come back to you at the same speed.

If that is all you want out of life, however, you may sit at ease and commune with God with inspiring thought exchange and be uplifted by it until your very body falls apart from inaction.

However, you wish to manifest your thoughts and conceptions. This you can only do through physical action.

¹⁴³ Evangeline changed "Jews" to "Hebrew teachers."

¹⁴⁴ Page 68

¹⁴⁵ Evangeline paraphrased this passage.

¹⁴⁶ Page 69

¹⁴⁷ This entry is typed. It is from "A Home Study Course for the Transformation of Man," copyrighted 1952 by Walter and Lao Russell. PB has copious "Book Notes" of Russell's writings.

¹⁴⁸ We changed "Ind" to "Mind" per the original source.

¹⁴⁹ Evangeline omitted "in" from the original quote.

The frustrations and failures of men who ask much from God and perform no service in working with God to be worthy of their desire are many.

It is quite true that Jesus said, 'What I do ye can also do,' to which we add, 'when you are what I am and know what I know.' That which we have added to His meaning is what the thousands forget who believe that they can do what Jesus did.

Man must give the initial impulse. God gives the momentum of inertia to multiply that little to the measure of man's effort.

The {farmer}¹⁵⁰ gives the initial impulse for the fulfillment of his desire by preparing the ground, placing his seed in it, and the small sprouts come from the ground in response to the farmer's initial impulse, but the momentum of growth is extended from that mighty generator which is God's body. Man had no part in the actions of growth."

For¹⁵¹ every effort you make in working with God's law God met you more than halfway and multiplied your effort so that you could ease it.¹⁵²

J13.071 - 1952 August 23 - An Interview of Evangeline in Amsterdam

Translation¹⁵³ of¹⁵⁴ Interview in "De Tijd,"¹⁵⁵ Amsterdam. 23-8-52

Heading: All peoples of the earth meet each other on Damrak (Amsterdam).

The acquaintance with this lady, Mrs. Brunton,¹⁵⁶ was really surprising. We stood staring a little absent-minded near the landing-stage of a pleasure craft, when suddenly a taxi stopped before us with screaming brakes. Mrs. Brunton stepped out and we had the feeling that we were almost forced to interview her.

With a few words we explained our curiosity. Then we started.

Where are you coming from?

From California, Hollywood.

You are not a ... (screen actress I suppose he means)

No, thank you, I am secretary. I arrived yesterday evening via Kopenhagen.

Alone?

No, with my husband.

How long will you stay here?

¹⁵⁰ We corrected "framer" to "farmer" per the original source.

¹⁵¹ This sentence is handwritten by Evangeline.

¹⁵² Page 70 is blank.

¹⁵³ Page 71

¹⁵⁴ This entry is typed.

¹⁵⁵ "De Tijd" was a Dutch language Catholic daily newspaper published from 1845 until 1974.

¹⁵⁶ "Brnton" in the original.

Three days.
What are you going to do?
Make a boat trip, Marken and Volendam, the National Museum ...
At that moment one of the men of the boat finished our conversation.
It is the highest time, he said and a few minutes later we saw Mrs. Brunton sailing away, waving.
For ever?

Note: There were several interviews under this heading of which this is one.
Damrak is a famous square in Amsterdam.¹⁵⁷

J13.073 – On Za Zen

Za¹⁵⁸ Zen – Sitting with empty mind¹⁵⁹

J13.075a – Buy “Bella Notte” from “Lady and the Tramp”

Buy¹⁶⁰ – “This Is the Night” from Disney’s dog show.¹⁶¹

J13.075b – On Love and Oneness

When you are in Higher ego or Self and feel you are a part of me – an extension of myself. Love means oneness.

You are chained to me by fetters and bonds. They are made of love and from them there is no escape.

J13.076 – On Neurotics Studying Spiritual Things

“He¹⁶² gathered together neurotics who as all neurotics are interested {in}¹⁶³ only one thing – themselves. Studying spiritual things only made them sink deeper into themselves.”

J13.077 – Phone Number, Notes

¹⁵⁷ Page 72 is blank.

¹⁵⁸ Page 73

¹⁵⁹ Page 74 is blank.

¹⁶⁰ Page 75

¹⁶¹ The first line of the song “Bella Notte” from the 1955 Disney film “Lady and the Tramp” is “Oh, this is the night.”

¹⁶² Page 76

¹⁶³ We changed a duplicate “only” to “in” for clarity.

Silverman¹⁶⁴
Dickens 5-5411

Hermit¹⁶⁵ – {Gina}
Quest – {Illegible}¹⁶⁶
Hidden Teaching – Bergland
“Heavenly Manners”

J13.078 – PB on Sickness and Health

Raphael¹⁶⁷
Sickness: “Because man is mostly centered in the outer world – he is never in himself; using his instruments instead of them using him. Then his intuition will lead him to the right way to use his instruments for health.”

J13.079 – A Prayer to Develop Love for the Guru

Prayer¹⁶⁸ to develop Love for the Guru –
“May I be granted the feeling of love towards the embodied light.”

J13.080 –What PB Said to Evangeline Before Going to California

By¹⁶⁹ the time we get to California¹⁷⁰ you will be such an angel that you’ll win everyone over. Improve spiritually, socially and intellectually.

J13.081 – {PB} On Slaying the Ego

When¹⁷¹ you are face to face with the ego it has to be slain and then there is the second birth.¹⁷²

¹⁶⁴ Page 77

¹⁶⁵ “Hermit” refers to The Hermit in the Himalayas, “Quest” refers to The Quest of the Overself, and “Hidden Teaching” refers to The Hidden Teaching Beyond Yoga.

¹⁶⁶ Illegible in the original; only “Ban-” is visible. We presume this is a proper name (as are “Gina” and “Bergland”). This suggests that these are people Evangeline planned to give specific PB books to. – TJS ‘20

¹⁶⁷ Page 78

¹⁶⁸ Page 79

¹⁶⁹ Page 80

¹⁷⁰ This probably refers to their first trip there; it could have been in 1951 (prior to marriage) but more likely in 1953 or 54. – TJS ‘20

¹⁷¹ Page 81

There are a series of small battles and then a culminating one where the ego is destroyed.

A. By fighting or denying the ego, when the situation presents itself to crush it do so, and this will speed up illumination

B. By meditating on the illusion of the ego and thinking it out for oneself.¹⁷³

J13.083 – On Adulthood

Adulthood¹⁷⁴ – leaving the world of the child – looking for protection

Bearing suffering and unpleasantness instead of seeking to escape it.

Assuming all your responsibilities and not looking for a mother to take them over.¹⁷⁵

J13.085 – On Self-Control and Society

Self¹⁷⁶ control, which is the essence of moral activity, is not limited to its bearings to society. It is control of one's thought and activity to the Law of the Universe, which is greater than society, but certainly includes society.

J13.086 – Address and Phone Number for British Consulate

BRITISH¹⁷⁷ CONSULATE, [New]¹⁷⁸ York City¹⁷⁹
Empire State Building 34th Street and Fifth Avenue
New York 1, New York
(Longacre 5-2070)

J13.087 – On Womanhood

Beautiful¹⁸⁰
Courageous
Equal –
A Companion

¹⁷² This reads as PB, not Evangeline, even though it is not identified as such. – TJS '20

¹⁷³ Page 82 is blank.

¹⁷⁴ Page 83

¹⁷⁵ Page 84 is blank.

¹⁷⁶ Page 85

¹⁷⁷ Page 86

¹⁷⁸ "25 Broadway" was deleted before "New" by typing over it with x's. This is a discarded address card; Evangeline used the blank back for her note above.

¹⁷⁹ The top line was printed on the page in red; the rest of the entry is typed in blue.

¹⁸⁰ Page 87

“What I have dreamed of all my life – can I believe this exists in a woman?”

J13.088 – On Being Yourself; Doctor’s Appointment; No Violence Principle

Be¹⁸¹ yourself and sing as expression of yourself.

9 o’clock
Dr. Bonner

Alita – application of no violence principle when facing being killed – “If you resist you give your force to the attacker.” Practical application to all of your life. Basic yogini principle.

J13.089 – “Blessed Be the Wife”; Illumination in Japanese Garden; Health Food Stores in New York City

Blessed¹⁸² be the wife that in the talk tonight shared no vulgar sentiment but said, “In the gossip and excitement of the hour, be as one blind and deaf to it, know it not. Do as if nothing had befallen....” Blessed be the wife!

When in the Japanese garden where the huge 600-year-old Buddha sat, and while I was sipping green Japanese tea, I received an illumination where everything was immersed in Love and ecstasy.¹⁸³

J13.091 – On Unity and Security, the Human Mind and the Higher Mind

Unity¹⁸⁴ = “The world we see is but an outer reflection of ourselves. Change ourselves, change the world.” Saswitha said this. We get just what we put into our life. Send out only love and kindness and truth. See God in everyone and everything.

#

Security – a state of mind – an inward knowing that sets it free – because you are cared for and are safe. “Return to the Almighty.” “Know you not that you are the temple of the living God, and He is within us.”¹⁸⁵ Nearer than our breath. When we have the conscious of awareness of God within us, then we are secure. We cannot reach

¹⁸¹ Page 88

¹⁸² Page 89

¹⁸³ Page 90 is a void page (“Shorter Essay Titles,” “Health Food Stores in New York City”).

¹⁸⁴ Page 91

¹⁸⁵ This is 1 Corinthians 3.18. – TJS ‘20

this with human thought processes. Jesus says that by taking thought we cannot find this God within us. Only that which comes from you is the truth.

By¹⁸⁶ taking thought we deal only with appearances and secondhand knowledge. We judge and measure our loved ones. Jesus says – take no thought of food or clothes, but follow me within. Only human thought condemns. Forget the limitations of the human mind. We have the power within us to break the human law. “Take up your bed and walk.”¹⁸⁷

The human can do nothing but the Higher Mind can do all. Believe in this Higher Mind.

Quit measuring spiritual things with the human mind. The spiritual law is high above the mind. Believing is not a conscious mind action, it is within, and then it moves out to rule the human mind. Recognize that there is a power which will take care of you. Never assume you can measure the spirit. The human mind must be found on the Higher.

Proof of evil is proof that

J13.093 – On Knowledge, Prayer, Growth, Free Will

have¹⁸⁸ to {end}¹⁸⁹ reacting because we are beings which are born without the knowledge and must learn –

We are not able to see more than one link of the Giant Chain of life.

Life on earth is but one link in a great chain.¹⁹⁰

Blame¹⁹¹ no one for your trouble it is yourself who is causing it.

Prayer is the most important part of growth.

1. Pray with Christ consciousness. (God)

2. His will be done

3. Pray for strength to learn the message or¹⁹² lesson from the suffering.

Remove the causes of the suffering. God first – all is for growth.

Free¹⁹³ will – locked doors if you lost key of knowledge you will not open door because of ignorance – no knowledge to use the will in proper way. When you will something you start creation.

¹⁸⁶ Page 92

¹⁸⁷ This verse occurs in all four Gospels. – TJS ‘20

¹⁸⁸ Page 93

¹⁸⁹ Illegible; we have inserted “end” as our best guess. – TJS ‘20

¹⁹⁰ Page 94 is blank.

¹⁹¹ Page 95

¹⁹² Page 96

2. No free will without knowledge.¹⁹⁴

J13.099 – On Etiquette

Etiquette¹⁹⁵

1. “Nature meant woman to be her masterpiece.” – Lessing¹⁹⁶
2. Don’t wear at home faded or spotted gowns or soiled lingerie or anything which is not neat or appropriate. Dress for the pleasure and admiration of your family.
3. Don’t permit your voice to be high and shrill. Cultivate those low and soft tones which in the judgement of all ages and all countries constitute one of the charms of woman. Don’t be loud of voice in public places.
4. Don’t nag.
5. Make allowances for weaknesses of [human]¹⁹⁷ nature and the influence of circumstances.
6. Don’t expect too much waiting on. All married life must give and take.
7. Never say, “That’s just like a man!” The “stronger” sex is very sensitive on this point.¹⁹⁸

Etiquette¹⁹⁹

8. Don’t cease to try to attract your husband just because you are married. Your personal appearance is just as much a matter of pride as it ever was.
9. Don’t let your husband or anyone else see you in any sign of untidiness.
10. Don’t repeat scandals or malicious gossip. Don’t sneer at people, nor continually crack jokes at their expense. Cultivate the amenities and not the asperities of life.
11. Don’t borrow books unless you return them promptly.
12. Don’t be selfish, exacting. Don’t storm if things go wrong. Don’t be glum and silent. Don’t fret.
13. Courtesy is an important constituent of the kindness and confidence which should be the rule of married life.
14. Never leave a letter unanswered, reply to it promptly. Don’t fail to acknowledge all courtesies, all attentions, all kindnesses.

J13.100 – On Evolving into a Human; Conversation with Ida and Bernard on Karma

¹⁹³ Page 97

¹⁹⁴ Page 98 is blank.

¹⁹⁵ Page 99

¹⁹⁶ Gotthold Ephraim Lessing (1729-1781) was a German writer and philosopher.

¹⁹⁷ Evangeline deleted “character” before “human nature.”

¹⁹⁸ This entry is continued on page 101. The entry for page 100 will follow this entry.

¹⁹⁹ Page 101

They²⁰⁰ are walking about – no strings attached!! They are self-existent inside the fleshy frame – wonderful it is! They are self-sustaining. There is life – Their thought is the only thing that limits them – Of course, environment and karma controls thought – until they become free of these circumstances.

But think of how evolved an entity is to inhabit the human body – I feel as though I love everyone and admire them for reaching this level. They have struggled long and hard for this.

#

Ida and Bernard to Evangeline: Don't forget the power and importance of karma in your life.

Ida to Evangeline: I wouldn't get married again – No, Sir –
Dan {Franz}²⁰¹ had karma to work out with P.B.

"If you want to sing – do it – don't worry about where the money to live is coming from – just leave it to God – concentrate on the voice."²⁰²

J13.102 – On Repaying Debts; Guidance from Overself in Sleep; Books on Tibet by Alexandra David-Neel; Mahayana Buddhism

You must repay every one of your debts to everyone you have wronged and continue to do so as long as you make such debts.

Guidance from Overself²⁰³ in sleep –
Speak, act, and Be as serene outwardly as I AM inwardly.
Cultivate etiquette, manners, gentility.

Madame Alexandra David-Neel²⁰⁴
Books on Tibet: (magic) wait to read.²⁰⁵

Mahayana Buddhism: (near to Hidden Teaching)

J13.103 – 1950 – On Faith in Self; Not Wasting This Precious Life

²⁰⁰ Page 100

²⁰¹ Referring to a very troubled follower of PB. – TJS '20

²⁰² This is probably a recollection of PB's encouragement of her vocal career. – TJS '20

²⁰³ "Ov." in the original

²⁰⁴ Alexandra David-Néel (1868-1969) was a Belgian-French explorer, spiritualist, anarchist, and writer known for her 1924 visit to Lhasa, Tibet, when it was forbidden to foreigners.

²⁰⁵ David-Néel wrote many books; Evangeline may have been referring to "My Journey to Lhasa" (1927), "Magic and Mystery in Tibet" (1929), or "Tibetan Tale of Love and Magic" (1938), among others.

Eve²⁰⁶ 1950

To lose one's material possessions is nothing. To lose one's self - one's concentrated, controlled self is everything. Control, strength, certainty, faith in one's self is all important.

Dissipation in any form is to lose oneself! Womanhood is our greatest strength!

With so much beauty, art, glory in this great earth planet, why waste the precious days, hours, in confusion, negative self-consciousness. There is so much to observe, learn from all this! Open your great eyes and mind and senses. Use them as they were meant for to be used by creation. - to heighten, to awaken to life in the center of you - to make, expand and grow this power and glory of "I." Do not waste this great gift of life. Live - for you are one with everything. In the center is the power and life of us who breathe this soft air.

J13.104 - 1950 - Self-Portrait and Caption: "Be Still and Know That I Am God"



Be²⁰⁷ still and Know that I am God.

J13.105 – On Loving Things

You²⁰⁸ must not love things, people or dogs, but your relationship with this which does not change when they are lost.

to²⁰⁹ have the services of a man of your high caliber.

In response to your request I made inquiries and found 3 persons who were available²¹⁰

J13.107 – On Him Only Seeing Her Lower Side, Not Her Real Self

sees²¹¹ my²¹² lower side – to him it is real enough – but when he corrects me for this I feel hurt for I am not that way really. I long for him to see my self as I always feel. – So it is with him, when I correct or with others – Remember from this that²¹³

J13.109 – On Balancing Emotionalism and Intelligence, Developing Pity

Emotionalism²¹⁴ – Intelligence must be balanced. “Pity” must be developed to a degree that you have sympathy with all and therefore will never do harm to another. Through suffering this condition is developed. It can be either emotional pity or intellectual pity.

Feelings must be balanced and trained just as materialism is. Through suffering emotional 2 stages of feeling.

Intellectualized emotions are real love.²¹⁵

J13.111 – Meeting and Marrying PB Was the Answer to Her Prayer to Regain Her Illumination

Do²¹⁶ you remember Evangeline, last January and February when you prayed so desperately for help for Guidance for God to give you back the illumination? Then you

²⁰⁸ Page 105

²⁰⁹ Page 106

²¹⁰ The bottom of the page is cut off.

²¹¹ Page 107

²¹² The top and bottom of this page are cut off.

²¹³ Page 108 is blank.

²¹⁴ Page 109

²¹⁵ Page 110 is blank.

²¹⁶ Page 111

said, "I'll do your will, and will do anything to find it again, only show me the way." Shortly after this you met Paul Brunton whom you married.

Why have you forgotten your prayer, Evangeline? Take this great opportunity which²¹⁷ God has given you. Don't let it pass by. It is the answer to your desperate prayer. Be Still and Know That I Am God. Come back to the Path of Attainment. There is no real happiness outside of the Spirit.

J13.113a - On People Changing from Charming and Gracious to Cold and Rude

Psychology²¹⁸ -

Some people can be charming and gracious when they feel a temporary security, but when this feeling passes they can sink into indifference, coldness and even rudeness

-

Watch this!

J13.113b - On Emerson and Optimism

Keep in mind Emerson's²¹⁹ great scope of mind which dwelt far aloof from the pettiness of man. He never became excited or interested in gossip, mundane faults of and about others. He dwelt with his mind far above the "sordidness of life."

Clara²²⁰ too has caught this vision. In Emerson's mind there was no hatred, criticism or negative emotion. He loved, uplifted, and remained positive and optimistic.

- No one can be a real optimist in this world without god-awareness in some degree.²²¹

J13.115a - 1957 July 22 - On Inspiration from Film "Gold of Naples"

July²²² 22nd 1957

The movie "Gold of Naples"²²³ was so fine in detail of scene and emotion that one came away concentrated and oneself. Tonight, now I feel so much older and wiser, stronger - myself. Colors are vivid all is real -

²¹⁷ Page 112

²¹⁸ Page 113

²¹⁹ Ralph Waldo Emerson

²²⁰ Probably referring to Evangeline's mentor Clara Hyde (her mother's best friend and fellow seeker). - TJS '20

²²¹ Page 114 is blank.

²²² Page 115

To love – consideration, respect, helpfulness, understanding – A grown up's sharing the world with the world with its own.²²⁴
"Love upholds the world."

J13.115b – Book Excerpt from "To See the Dream," by Jessamyn West

Jessamyn West:²²⁵ "To See the Dream"²²⁶ –
"I²²⁷ dreaded the work of cooking and the house. Yet once I had moved inside the work and accepted it, I was refreshed, rested, and happy. The only way to health is the way of acceptance and belief – either withdraw or participate. There is no middle ground. I began to play dominoes, seriously not childishly, to relearn the game, to teach it, to engage in it completely. Immediately my tiredness left me, immediately I was charmed and delighted by my two young partners. We sunk ourselves into the game's refreshment."

J13.115c – PB on Evangeline's Spiritual Growth

Raphael: "God is trying to force your growth through our celibate relationship and through your opportunity through me for meditation and spiritual study. Make full use of this opportunity. You will be ready for the next step in your spiritual development as soon as you have learned control and stability: by remaining the same throughout the day."

J13.116 – On Overcoming Fear (Possibly a Book Excerpt)

start²²⁸ in book Pg. 142
the task before you easy, and well within your powers, and your fear will flee. After it is the memory of past failures which causes you to fear you will fail in the future. Forget the past.

²²³ An art film from 1957, six shorts about the 'characters' of Naples. – TJS '20

²²⁴ This reads as written. I believe Evangeline's thought is that mature love is love of the world and all that are in it – aka the Bodhisattva's vow. – TJS '20

²²⁵ Jessamyn West (1902-1984) was an American author of short stories and novels, most famously "The Friendly Persuasion" (1945).

²²⁶ "To See the Dream," published in 1957, is an autobiographical account of her experience as the script writer for the 1956 film "Friendly Persuasion," based on her book and starring Gary Cooper.

²²⁷ Evangeline heavily paraphrased the first sentence of this excerpt and lightly paraphrased the last three.

²²⁸ Page 116

Pain is the fire alarm of the body. But the person's nerves magnify the alarm. "Say this will hurt, but I don't care. I don't give a darn what he does. I can take it, I am going through with it." Relax your resistance to the situation stop using your nerve force needlessly trying to make it not so. Be willing for it to be so. This does not mean that you must resign yourself to every negative condition or situation; it means that you are asserting your superiority over the situation, so that you can deal with it effectively.

If you will do the thing that you fear, the death of your fear is certain.

J13.117 - 1950 October - On the World Crisis

[Oct.²²⁹ 1950]²³⁰

America,²³¹ wake up! Arouse yourself from your deep sleep and see the crucial situation the world is facing. Don't rest and leave the president, Generals and diplomats to solve alone this difficult and unpleasant task. The problem is too immense to leave it in the hands of the few. If ever peace is to be restored to the world we must all join and work, work, never ceasing the long difficult struggle for right. We must start today, before it is too late.

There is only one way, and one way only to stop this needless bloodshed and chaos, look above. See how history is repeating itself by wars, never gaining, always losing. This is not a religious article but common sense. The world is supposed to have risen above barbarianism through the vast knowledge it has acquired, but this so-called knowledge is absolutely {useless unless}²³² it is combined with universal laws. Man can never control the universe. The greatest men the world has ever brought forth, whether they be Jesus, Gandhi, Einstein,²³³ have proved this, but we only think of them and their everlasting truths as something which we know fundamentally to be true, but it couldn't be applied now and leave it to future generations. It can work, it will work. We all have our own place in society, we are individuals who are capable of making world peace. Don't sit back and let the other person do your job. None of us want our country invaded or devastated, our loved ones torn away from us, or our freedom suppressed. We all think that this will never happen to us for we live in the United States of America which has escaped invasion during the last two world wars, and we lazily close our eyes and few brave ones face the enemy to keep us warm and safe in our homes. Oh yes, we are all so wise and smug with our feet warming in front of the fireplace, but let one bomb fall on one foot of our sacred soil and we will realize then how foolish we really are. No one will ever be wise while he is contented with his own small existence and ignores the rest of humanity. When we can see our true relation to

²²⁹ Page 117

²³⁰ Evangeline inserted "Oct. 1950" (or "Oct. 1951" - the 1 and 0 are written over each other) at the top of the page by hand.

²³¹ This entry is typed.

²³² We changed "usless" to "useless unless" for clarity.

²³³ Albert Einstein

our foreign brothers, then and only then will we acquire peace. This theory cannot be contradicted by any living person. It is as sound as the mathematical laws. You would never say that 2 and 2 does not add up to four, thus you cannot make the statement that brotherhood, and only true brotherhood can bring peace.

America, wake up! Face the facts. Don't keep up this worthless fatal pace of yours which will eventually lead only to doom for the entire world. Look honestly and intelligently at the problem, an immense problem, and then begin to solve it the right way, before it is too late. You have what you have today only because our forefathers were willing to set the foundation, firm and true. Now we have even a greater job to preserve their noble efforts and not rest on their laurels. We must win our own. Think brotherhood, feel brotherhood, and above all live brotherhood, and the earth will reign in everlasting peace. ²³⁴

J13.119 - On Arguments; Long Path Virtues

Why²³⁵ prove to a man that he is wrong? Is that going to make him like you? Why not save his face? He didn't ask for your opinion. He didn't want it. Why argue with him? Avoid the acute angle.

To get the best of an argument - avoid it. Avoid it as you would avoid rattlesnakes and earthquakes. Suppose you triumph over the other man and shoot his argument full of holes - so what. You will feel fine but what about him? You have made him feel inferior. You have hurt his pride and he will resent your triumph.

When you argue with a party on their views of the argument first he will have to stop arguing - keep your mouth shut.

A misunderstanding is never ended by an argument but by tact, diplomacy, conciliation, and a sympathetic desire to see the other person's point of view.

Lincoln: No man who is resolved to make the most of himself can spare time for personal contention.

Mature Constructive Attitudes

Tolerance	Facing Facts
Understanding	Concern for others
Objectivity	Respect for others
Self-reliance	Self-discipline
Open-Mindedness	Generosity
Calmness	Industry
Forgiveness	A Sense of proportion
Fair-Mindedness	Praise
Self-respect	
Self-confidence ²³⁶	

²³⁴ "17 / 40 / 08" was typed at the bottom of the page.

Page 118 is blank.

²³⁵ Page 119

J13.122 – On the Power of the Mind and Trusting the Higher Power

that²³⁷ individual²³⁸ or country does not, are not conscious of the Higher Mind of all Good.

Trust, believe, expect and claim. This God's method²³⁹ – This state of mind frees the power of God. These have nothing to do with outer mind. When you say How – you take upon the weight which pulls you down – give it to the Lord and he shall give you rest.

The²⁴⁰ more you think about your problem the less chance there is of solution.

All fear, worry, hate, unhappy negatives are sustained by conscious thinking. It takes power and integrity to turn your mind away from your problem and trust in the Higher Power and you will see miracles.

Leave all and follow me Jesus said. You have repented and you want a new life.

Don't²⁴¹ tell people they are weak or full of faults. Then you plant deeper in their mind the very qualities you want them to get rid of. Your mind has power. Turn all over to the Higher Power and let him work.

You will have come into the realization of your true self.

1. "I have ways ye know not of. You have powers you know not of. I am within you."

"Except you become as a little child and believe you cannot enter the Light."

Return to the sap of life which is the Highest with you and you will become. We have been looking for the results instead of the power.

Accept the New Consciousness. According to your belief is it done unto you.

He has Power I know not of. Follow Him.

J13.123 – An Ode: "You Are My God, My Love"

You²⁴² are there as I walk into the fresh green hills. The thunder rages through the raindrops, and there I find you as they fall so sorrowfully and so clean.

The spring air holds your soft, sweet breath. The moonlight floods the land with your mystic, glowing soul.

²³⁶ Page 120 is blank.

²³⁷ Page 122

²³⁸ Pages 121 and 122 are on opposite sides of the same sheet of paper; we have reversed the order for clarity.

²³⁹ Evangeline inserted an arrow pointing to the line above ("Trust, believe, expect and claim").

²⁴⁰ Evangeline circled this sentence.

²⁴¹ Page 121

²⁴² Page 123

There you are in the majesty of the purple mountains. I feel your all-powerful strength and love.

On and on, the vast sea of clouds swirl endlessly across the sky. You shall never die.

You are there; you are everywhere. You are my God, my love.²⁴³

J13.125 – 1951 November 12 – On the Horror of War, Looking for Guidance from God

November²⁴⁴ 12, 1951

[Korean War approaching]²⁴⁵

Today, armistice day throughout the nation. A national holiday! Shops are closed and people are enjoying a day of rest from their duties. Yet it means nothing except physical rest. The storm of war is approaching rapidly. Already the clouds of darkness are seen and soon very soon, the wailing of agonized war victims will be heard through the entire world. No, we cannot rest mentally, we are confused, frightened and know not where to turn. Perhaps to God, a fleeting thought, just a fleeting one. No, we think, nothing can save us, even God. For what is this God to us anymore. His place has been taken by machines, planes, and huge guns. Our faith has been destroyed, and now we perish. There is no hope, no faith. We'll just plod along and die among the ruins of our "superior" nation.

People! People. What have you done to this beautiful, spiritual earth. You have bickered with your neighbors, fought, grabbed, and destroyed. Now your hate and selfishness is spread over the face of this glorious earth and it will be destroyed. Everything will go, culture, religion and those who have devoted their lives to works of faith and love. The mighty strains of Beethoven,²⁴⁶ the glorious music of Bach,²⁴⁷ the masterpieces of Shakespeare²⁴⁸ and Michelangelo will be swept away with the monstrous explosions of the terrible Atom bomb, the new human masterpiece. What is wrong with you? Why do you want to destroy? I want to live, to breathe the pure fresh air, to listen to the sweet birds in song of praise to their creator, to see the mountains, the fields and oceans. I want to love my family, my wonderful friends, and above all else, the one person I will find who completely shares my soul and dreams. God – do I have to leave all this? My father – show me the way. I must do something. I can't sit idle and watch. What shall I do? Show me the way, my lord.

#

²⁴³ Page 124 is blank.

²⁴⁴ Page 125

²⁴⁵ Evangeline added "Korean War approaching" by hand at a later time in a different pen. (The Korean War had begun on June 25, 1950.)

²⁴⁶ Ludwig van Beethoven

²⁴⁷ Johann Sebastian Bach

²⁴⁸ William Shakespeare

I²⁴⁹ understand now, my most gracious and never-failing God. This uprooting disaster has made me appreciate the most simple things of living. I must take every day and live it to the fullest. I must be kind and loving in all things and above all appreciate every phase of living. Instill in me spiritual peace and patience so I may bring comfort to my brothers. Thank you my lord. I will follow your path. I will look above.

J13.127a – 1951 November 13 – On Feeling Ill Because of World Discord; Focusing Attention on Music Instead

Nov.²⁵⁰ 13, 1951

I find myself nervous and very ill. This has come upon me because of my attention of the world's discord. Heretofore I had given it little thought and had directed my energy and time into the creative channel of music. I will not make this mistake again. Even if the country falls into the hands of another power, I will still have my God and faith. My music must come above all else, for through it I can do the most good. I have been given a great gift and I won't abuse it.

J13.127b – 1951 November 14 – On Being Happy Again – Not Worry About the War; Book Excerpts from Somerset Maugham's "The Summing Up"

Nov. 14, 1951

As I walked home from an enjoyable day at work, I seemed to see for the first time. It was as though a film had been covering my eyes and all at once it was removed. The grass was greener, the air sweeter, and people were really wonderful creatures. I'm so happy tonight. I've ceased to worry about war, and in doing so have discovered new delights in living. My divine father, I thank you for your help. Never shall I lose faith again. I can do so much more to help this increasing threat of war by this state of mind.

I have been reading Maugham's book – "Summing Up." It is a very inspirational book which makes me see so many truths. I thank thee, God that you have spoken through men in books so that we may be able to see you more clearly.

The following quotation is taken from the book – I am thrilled by its truth –

"Art, if it is to be reckoned as one of the great values of life, must teach men humility, tolerance, wisdom and magnanimity. The value of Art is not beauty, but right action.

Maugham²⁵¹ is a great man as well as author. I admire his intelligence, depth, and amazing understanding of life. He is very humble basically, and by this great virtue achieves greatness.

²⁴⁹ Page 126

²⁵⁰ Page 127

In the closing line of the book he quotes Fray Luis de Leon – “The beauty of life, is nothing but this, that each should act in conformity with his nature and²⁵² business.”

J13.129a – 1950 May 28 – On Wanting to Delve into the World and Its Mysteries

May²⁵³ 28, 1950

Could I but pierce the veil of the unknown for only a moment. This vast universe is so full of mystery. I look up into the immense never-ending sky and feel so small and insignificant. Somehow I feel as though I want to leave this limited sphere and delve further into the world and its mysteries. Perhaps one day the way will be opened for me. Meanwhile I must go on in this mundane life of casual people and affairs.

J13.129b – 1950 May 29 – On the Beauty of the World

May 29, 1950 (Morning)

What a glorious feeling it is to rise from my bed, raise the window blinds and look up into a breathtaking sea of swirling clouds. It fills me with divine ecstasy! Oh the beauty of this world overwhelms me at times. On this beautiful spring morning I am overflowing with sublime joy and love.

J13.130 – 1950 May 27 – On How She Feels About the Threat of War

As²⁵⁴ the threat of war²⁵⁵ continues to press itself upon all, I feel like rushing out and screaming to all “Why be so absurd.” Why be? This threat hangs over us like a dark cloud saturated with rain, just waiting for the one moment when it will burst and gush forth upon us all. When I hear on the radio or read about this growing disaster, I cannot face it. I escape into a make-believe world of music and poetry. Oh the divine, supreme beauty that {is}²⁵⁶ in this glorious world. Why must it be overrun with terror and hysteria?

J13.131a – On Meditation, Individuality, Respecting Yourself

²⁵¹ Page 128

²⁵² Evangeline omitted “his” from the original quote.

²⁵³ Page 129

²⁵⁴ Page 130

²⁵⁵ This is referring to the Korean War, which started on June 25th of 1950. – TJS ‘20

²⁵⁶ We inserted missing word “in” for clarity.

4.²⁵⁷ Meditation each day as routine as physical exercises.

Realize you are unique in the universe. Become your individual self – never imitate or follow the crowd. Build yourself into the woman which you were destined to become – Then and only then will you be fit to help others!

– Help yourself first.

Be kind to yourself – and respect yourself.

J13.131b – 1957 July 4 – On Beauty and Balance

July 4th 1957

I shall live for beauty's sake, for joy's sake, for love's sake. I shall seek and find the beauty of the world, the positive, powerful vital beauty. No longer dwell on the unpleasant, the "little" things but in the wonder of earth's and people's beauty, of the universe of form and mind. I shall love unafraid, and shall seek beauty and light and reject all negatives and darkness.

Love in deep mature yet spontaneous freedom of youth – make him happy and²⁵⁸

to²⁵⁹ an extreme in any direction nature rebels and compensates or balances on another level.

"Plato's symbol of balance with the circle – man must be whole on all levels." Will and emotions and intuition. Develop all sides –

Love, woman, mind, intellect, singer, musician. All sides of nature.

J13.133 – An Essay on Wonder – by Evangeline Young

Wonder²⁶⁰

Sometimes²⁶¹ I wonder what life is all about anyway. I see many types of people on my way to school every day – all different. It seems so odd that so many entirely [different]²⁶² individuals make up this strange adventure of living. Now what are we doing with our stay on earth? The natural pattern of every living thing whether plant, animal or human is to be rushing toward some objective. Do these common everyday people which I encounter every day ever ask themselves "What am I doing here living

²⁵⁷ Page 131. There is no preceding "3" but the ink and paper match that of J13.115 above.

²⁵⁸ The bottom of the page is cut off.

²⁵⁹ Page 132

²⁶⁰ Page 133. This entry is prior to 1950, as per the use of her maiden name, Evangeline Young. – TJS '20

²⁶¹ This entry is typed, except for the title, "Wonder," which is handwritten.

²⁶² Evangeline inserted "different" by hand.

in this complex world, Struggling on every day. Get up go to work and then home to bed. Where does it end? What shall come of it. What is the real purpose of it all?"

Wonder! Wonder! Wonder!

Look up in the sky. You project yourself into a sea of clouds swirling endlessly on through eternity. Look down, at the ground. The numerous creatures scurrying back and forth carrying on their daily duties. Look at the path where the humans have worn it smooth, trodding along on the long journey of life. Everything seems to be working upward and onward. Time passes on [paying no heed to the whims and wishes of the earth,]²⁶³ and never returns. Think of the seconds, minutes, and hours which we waste every day. If the real purpose of life is to grow physically, mentally, and spiritually, the majority fails. We usually delve into one phase and neglect the others. Oh! could we gain the strength and courage to take every second and mold it into something true and lasting. But that is entirely impossible in this short stay [of ours]²⁶⁴ on earth. Maybe we come back again. Who knows...

[All I can do is wonder.]²⁶⁵

Evangeline Young

J13.134 - A Child's Typing

TODAY²⁶⁶ IS THE DAY that I wanted to really remember. FIR THE RECIVEREY
IF THE KAT

The kast the

The kast

The last thing that U ren was the smoke. It circled the house with terrifying speed.

J13.135 - {PB} On Travel; on the Overself and Experiencing Reality, the Law of Recompense, Seeking the Higher Truth

Ancient²⁶⁷ France city of Troyes

France²⁶⁸ Langres (*) on a steep hill entire city lifted out of the middle ages into this crude century of ours.

²⁶³ Evangeline inserted "paying no heed to the whims and wishes of the earth," by hand.

²⁶⁴ Evangeline inserted "of ours" by hand.

²⁶⁵ Evangeline inserted "All I can do is wonder." by hand.

²⁶⁶ Page 134. This is the back of Evangeline's essay which is from before she met PB, this could well have been her younger sister messing with the typewriter. —TJS '20

²⁶⁷ Page 135

²⁶⁸ All this reads like PB's travel descriptions; especially the note about being free to follow someone immediately. —TJS '20

(it is important to make clear the distinction in thinking between the popular belief that man is the sum total of his physical attributes, and the philosophical revelation that mind is the source, projector and substance of the man thought.

Cheltenham, England. (Souvenir of the leisurely days at the Regency.)

(outward changes for the better are almost always the result of improved inner conditions – that is, better, more inspired thinking, plus elimination of negative thoughts and actions.”

Travel

Pg. 4

High Mongol Monk

Whenever possible never buy steamer or plane tickets or rail arrangements more than 3 days in advance. At any time you may come across a place or person of spiritual or worldly importance to you; or work to be done through you and you should be free to follow it immediately

Travel Notes

Pg. 43 San Salvatore article – wonderful Inner Truths beautifully written

Answers to questions

Pg. 11

The recognition of one’s limitations, together with voluntary annihilation of self-will at the feet of the Overself, are indispensable pre-requisites on the part of the entire ego before the experience of Reality can transpire.

() a sense of discrimination is a valuable asset, one should endeavor to use it in as many ways as one can.

It²⁶⁹ is completely unnecessary for aspirants to seek out each other’s company or join together into groups or societies. This can do as much harm as good.

#

Remember that loved one who has passed away has actually evolved to a more highly developed phase of life.

#

The student’s “first-hand experience” is his daily life. This opportunity should be used and through it will come a deepened and more complete understanding of what has been gained from the intellectual knowledge.

dismay, anxiousness and upset. Such reactions are natural but also must be checked – which can be done by learning to smile at oneself and be at peace.

The mind has to be cleansed. Speech and thought must be undefiled by treacherous backbiting, slanderous gossip and all unkind words. The law of recompense declares: "As you speak of others so shall you be spoken of."

One should seek for inner calmness, an impersonal approach and balance if one wishes to help others overcome their failings.

One should seek for the knowledge of the Higher laws governing life, for true purity of character, and for humility if he wishes to reach the Higher Truth.

J13.137 - Ashtabula, Ohio - Dream of Love, the Ego, the Higher Self

Dream²⁷⁰ in Ashtabula:

"The secret of love is not in giving but in sharing."

The duality of our beings, the ego and the higher self.²⁷¹

J13.139 - On Fundamental Duties First, Then Higher Being and Overself; Prayer to Trust in God; Prayers from Bible and PB

Problems²⁷² to be solved on their own level first of all - physical (through right diet, exercise) psychological (fem. love for others, affection, f. facts, adult reasoning and unselfishness, feeling a part of humanity and respect for fellow humans. * self-respect.

After these fundamental personal and individual duties and obligations are fulfilled, then all should be released to the Higher being for solution and control. Great, capable, compassionate, mature, human, humble devoted servant to Overself.

"Father, I come to You in prayer. I lay aside thoughts of things, persons, and problems. I remember the words, "Be still, and know that I am God." I will be still, mind, body, and spirit. I know that I can trust you, Father, and I place everything in your care.

I lay aside all fear, and trust You as a little child trusts its earthly Father-Mother. I lay aside doubts and indecision and listen for your guidance. I gladly let go of tensions or unhappy emotions and relax in your peace; I rest in Your stillness deep within me.

I stay poised and centered in this trusting²⁷³ stillness until all is calm within me. I continue to rest serenely in Your presence. I place every situation and every person in your loving care. I trust You to answer my prayers and my needs; I trust you to bless me and guide me.

²⁷⁰ Page 137

²⁷¹ Page 138 is blank.

²⁷² Page 139

²⁷³ Page 140

I trust you with all my heart, Father, and I thank you for the love that never fails me.

Bible * Trust in Jehovah with all thy heart, and lean not upon thine own understanding.” —Proverbs 3:5.

Guruji

*The prayer of faith shall save him that is sick.

J13.141 – “I Give Myself Unto Prayer”

“I²⁷⁴ Give Myself Unto Prayer,” and there is built up in me a Strong Consciousness of Oneness With God.

Daily, “I give myself unto prayer.” When I pray, I gently, but firmly, say to my thoughts, “Peace, Be Still.” I let God make His presence known. From deep within my being comes the certain knowledge that God is in me, with me, and round about me. That I am one with His life, light and love.

“I give myself unto prayer,” and I realize that God is the life of my body, renewing and revitalizing me; that He is the strength of my emotions, harmonizing and stabilizing them; that He is the light of my mind, illumining and guiding me. I realize that God is the unfailing power that adjusts and blesses every detail of my life.

As I continue to give some part of each day to prayer, there is quickened in me the conviction that there is nothing beyond God’s power to heal, to bless, and to make right.

I rejoice that daily prayer is building up in me a strong consciousness of oneness with God.”

*Rejoice²⁷⁵ always, pray without ceasing. —Thessalonians 5:16²⁷⁶

J13.143 – On Thinking First of PB; on Humility Bringing Peace; on Rising Above

Remember²⁷⁷ always to think first of P.B. Your goal in life is to help make his life comfortable, happier, easier, joyful.

He has suffered greatly in the past. Make his present a shining light of peace and joy. He deserves all the love.

Be understanding of his unpleasant moods. He has suffered much.

²⁷⁴ Page 141

²⁷⁵ This line was written up the right margin of the page.

²⁷⁶ Page 142 is blank.

²⁷⁷ Page 143

When²⁷⁸ you gave him this “first” in your life in Rome he was the happiest.²⁷⁹

Humility²⁸⁰ is perpetual quietness of heart. It is to be at rest, when one is praised, when one is blessed, and despised. It is to have a blessed home within one’s self where one can kneel to the Father in secret and in peace.

Surrender pride and with it then will go, unrest, fever and all confusions. When you have surrendered then you will know peace.

Great Peace.

His presence is in your midst, for within us now is the Light of Truth, Self-surrender, Faith and Humility.

Mrs.²⁸¹ Podea²⁸² – Your mission is connected with your voice.

Rise above and see the real

the {illegible}²⁸³

the upliftment

the strength of standing above and accepting responsibility²⁸⁴

J13.147 – On Raindrops and Teardrops

Just²⁸⁵ as when heaven weeps the rain drops and all things grow beneath its sphere.

So do our sorrowful teardrops fall upon our souls and make them grow into fathomless depths.

Evangeline²⁸⁶

J13.149 – Note from Noel to Evangeline, on Appreciating the “Satisfaction of Living” and Understanding That Realization Comes Through Grace, Not Effort

²⁷⁸ Page 144

²⁷⁹ “Besant & Leadbeater – Talks on ‘Light On the Path’ / Besant & Leadbeater – Talks On ‘Voice of the Silence’” was typed upside down on the bottom of this card. – TJS ‘20

²⁸⁰ Page 145

²⁸¹ Page 146

²⁸² Referring to Mary Podea, Evangeline’s friend in NY; an ambassador to the UN along with her husband Titus. – TJS ‘20

²⁸³ Illegible in the original; looks like “pentaise.” – TJS ‘20

²⁸⁴ “J. Baker – The Literary Workshop Social Letter Writing” was typed to the side of this card – obviously a discard from a card catalog. – TJS ‘20

²⁸⁵ Page 147

²⁸⁶ Page 148 is blank.

Noel²⁸⁷ to Eva:²⁸⁸

Remember the softness of this day. The gentle cool breeze, the peace and utter satisfaction of living.

Remember that the metaphysical thinking and understanding is not “Realization” so if conflict arises accept it as a temporary transition occurrence, then come back down to live and function in highest ego. Read, study, sing and think about the fun you’ve had with the man Brunton and how you want to improve yourself through creating yourself into an ideal, joyous, creative woman for him to love.

Realization will come not by your effort but unexpectedly through Grace. So don’t waste time in conflict but resume mature activities.²⁸⁹

J13.151 - On How to Seek the Highest and Ready Oneself for Enlightenment

Merl²⁹⁰ Woodburn.
Woodland 4-9278

Seek the Highest through concentration and meditation
also through love
also through discipline of body – diet and exercise
morality – harmlessness character refinement
refinement of the senses
sharpening the instrument intellect
balancing all parts of being centered in Overself.

But be motivated in all actions and activity in life by the desire to ready oneself for Enlightenment

J13.152 Christmas Greeting from the Podeas

Merry²⁹¹ Christmas²⁹² and Our Love
Titus and Mary²⁹³

²⁸⁷ Page 149

²⁸⁸ Evangeline sometimes named herself “Noël” when in pursuit of her spiritual practice or with PB, while she answered to “Eva” in her musical circle and work. – TJS ‘20

²⁸⁹ Page 150 is a void page.

²⁹⁰ Page 151

²⁹¹ Page 152

²⁹² The reverse of page 151 is this handwritten note.

²⁹³ Referring to Titus and Mary Podea. – TJS ‘20

J13.153 – On God’s Impartial Treatment and the Principle of Love

God²⁹⁴ through His Love, sends His rain upon both the just and the unjust. This impartial treatment of all people shows how the principle of love works in Divine Mind. We must be kind and loving in heart to both the just and unjust. By doing this we shall avoid the many troubles that come to those who let human emotions instead of God’s Principle be their guide in daily living.²⁹⁵

J13.156 – On Singing Being a Blessing and a Gift from God

It²⁹⁶ brings²⁹⁷ you into highest part of outer self and makes a channel for spirit to descend to you – Sing!

This²⁹⁸ is your blessing, your gift from God, your joy!

J13.157 – PB on Celibacy, Beliefs, Balance

“The²⁹⁹ thrills³⁰⁰ of sexual experiences keep one believing that they are the body for when they are feeling these thrills it is impossible to know one is not the body (unless he is a Master). That is why celibacy is recommended³⁰¹ to those on the Path. This is the great deception.”

#

“If you believe you are young or old, beautiful or ugly – desirable or repulsive you are.”

Guruji:³⁰² “Balance must be maintained in your development. The spiritual people exaggerate and ignore the body and mind’s problems until some illness or loss makes them realize these are instruments of life through which the spirit manifests. The materialists on³⁰³ the other hand are just as unbalanced. Both must realize the reality of both worlds. The Truth is Spirit is our essence – the body and mind are its limits of expression on the plane of existence.

²⁹⁴ Page 153

²⁹⁵ Page 154 is blank.

²⁹⁶ Page 156

²⁹⁷ We have reversed pages 155 and 156 for clarity.

²⁹⁸ Page 155

²⁹⁹ Page 157

³⁰⁰ This paragraph is a duplicate of page 116 in Evangeline Journal 12, which is a quote by PB (Guruji).

³⁰¹ Page 158

³⁰² Page 159

³⁰³ Page 160

J13.161 – On Transforming Others’ Anger into Spiritual Exercises

take³⁰⁴ wrath-provoking words and anger from other people as spiritual exercises, or as helpful hints along the way of life rather than excuses for anger.

Eva³⁰⁵ number all in red
Pages start with 397 b, c, d, e

J13.163 – On “Freedom in Love”; on PB’s Ill Health

Freedom³⁰⁶ in love

Question yourself:

“Am I demanding something which I really have no right to demand, just because I was married to this person?”

We must constantly recognize that this person is just as much of a God-incarnated individual as we are. In many instances, independence³⁰⁷

Perhaps³⁰⁸ his excessive irritability is caused by ill-health. I must not blame him or answer back. Poor darling! He has become so shy and sensitive. He must be miserable. I must not criticize but show compassion and understanding.³⁰⁹

J13.173 – 1950 May 12 – Essay on Yoga, Evangeline’s H.S. Senior Project

Yoga³¹⁰
By Evangeline Young³¹¹
May 12, 1950³¹²

³⁰⁴ Page 161

³⁰⁵ Page 162

³⁰⁶ Page 163

³⁰⁷ The bottom of the page is cut off.

³⁰⁸ Page 164

³⁰⁹ Pages 165 through 172 are void pages (It is a motor vehicle accident report dated 1953 June 23 from an accident Evangeline was in. Evangeline was living in Connecticut with PB at this time. – TJS ‘20).

³¹⁰ Page 173

³¹¹ Except for this title page, this entry is typed. This is before she met or even knew of PB, but discovered his books whilst doing the research for this essay – and she quotes from him.

³¹² Pages 174 through 176 are blank.

OUTLINE³¹³

I. ORIGIN AND BELIEFS

A. Law of Karma

B. Meditation

II. BHAGAVAD³¹⁴ GITA

A. Origin and meaning of

B. First portion (Renunciation)

C. Second portion (Revelation)

D. Third portion (Realization)

III. Summary³¹⁵

YOGA³¹⁶

Yoga, meaning meditation, is one of the six schools of Brahmonial philosophy called {Patanjali}.³¹⁷ Many interesting beliefs are connected with this sect. The most outstanding is that of soul evolution or reincarnation into another body after death.

Into this belief of reincarnation enters the great eastern law of Karma. Having originated in the east, this word has no English equivalent. This law brings to you the exact justice, the net results of your past thoughts, desires, and acts. It is Karma which rewards or punishes us according to the way we harmonize with the universal laws. Therefore, we are reborn to fall and rise in one great sea of life and finally, after we have gained all soul qualities, take our place in eternity.

Meditation, to the Yogi, is the way in which to discover the real spiritual self. This practice has been carried over from ancient days. Then people began the day with early morning worship of the sun. After visually seeing the sun, they would close their eyes and look for the inner light within the self. Yoga today is this ancient carryover.

Meditation in its supreme form is the use of mental quiet. This is very essential to finding the inner self. The principle of this is that during the day you and I become so harassed with external things that we are not aware of who is really carrying out the tasks. Meditation removes the person from these activities and he at last becomes conscious of his "self." This is the only way to "know thyself." This practice frees man from the enslaving surface³¹⁸ life.

If you want to find your innermost being or self, turn your attention inward, away from action; then you must delve deeper, past the intellect, to that which is behind all, or the Oversoul. This sometimes develops occult power such as the famous Yogis who raise themselves several feet into the air or lie nude on five inch spikes. This

³¹³ Page 177

³¹⁴ "Bagavad" in the original; we have changed it to "Bhagavad" throughout.

³¹⁵ Page 178 is blank.

³¹⁶ Page 179

³¹⁷ "Palonjoli" in the original.

³¹⁸ Page 181. (Page 180 is blank.)

is unimportant however, for that still lies in the mental plane. If you are searching for the spiritual life you must penetrate past this.

The supreme purpose of meditation is to come into closer contact with the Absolute. The three best times for this inner quest is early morning, twilight, or sundown, and noon. There are many advantages to these three times, such as in the early morning preceding dawn there is a great stillness in external nature. Therefore, it is easier to have this external quiet when you are seeking internal peace. Also at awakening, the mind is like a thread attached to the spiritual self. At this time you meet with the least resistance in meditation as this is the first activity of the day. The second best period is twilight, for then nature again becomes still during the union of day with night. The third best time is at noon because of the mystical connection between the sun and the spiritual life of the planet. For the best results, practice meditation for at least one half hour. Try to use the same room, preferably facing the east (sign of power and adoration), the same chair and spot at the exact time each day. This room becomes your shrine. Upon seeing it, your mental vibration rises without conscious effort. After this, bid farewell to the outer world and the personal self. Calm and relax your body and forget³¹⁹ all external activities. If it will help, draw the window blinds to keep out any light that might distract you. Next acquire a comfortable posture. The best position is the folded leg, squatting position. This relaxes the whole body, lessens the flow of blood to the lower extremities, therefore it helps you to more easily achieve your desired results because of its power to soothe the nerves. This is not absolutely necessary to Westerners however. This posture originated with the orientals because of the lack of chairs. The Indians still follow this old custom, but it is not necessary to your development. Just adopt any position which is the most comfortable for you. You must now close your eyes and shut out of the mind every impression from the five senses. After you have done this you have created the initial atmosphere for real meditation. You must concentrate on one point, one educating subject. Some idea which will take you from the material world to the abstract.

Slowly you will slip away from the outer self to the innermost depths. There you will find peace and inspiration. If it is easier for you to accomplish the same result from prayer, do so, for it is just another way toward meditation.

You will find that many people practice Yoga without realizing it. The musician or painter who is so engrossed in his art that he has forgotten the outer world. In this inner realm he has found inspiration and beauty. Anyone who engages in deep reverie, whether material or spiritual, is practicing meditation. Many business men meditate daily, but unfortunately only with business matters in mind. They do not leave the personal self and therefore do not derive spiritual guidance from the meditation period.³²⁰

³¹⁹ Page 183. (Page 182 is blank.)

³²⁰ Page 184 is blank.

After thus covering the aspects of meditation which is the real essence of Yoga, let us look at the Yoga scripture, the Bhagavad Gita. This great book is sacred to every literate Yogi, just as the Bible is to the Christian. It is an old Indian manuscript which has been badly misunderstood and devalued by most of the world. However, when its true meaning shines forth, it becomes one of the greatest books of all time. It holds astounding truths, but unfortunately it is scoffed at by almost every land except India.

The true essence of the gospel is that of contemplation underlying action, for here the east and west are combined. The East, because of its intense heat, has drifted from activity to mental and spiritual contemplation. The West, because of climate and living conditions, has become interested in the material. This great book combines the two. It plainly states that the mystical must underlie all activity.

If this great book could be more widely understood, India would eventually come out of her social and economic distress. She would then become a spiritual and material example to the rest of the world. When interpreted mystically, Bagavad Gita becomes one and the same with the New Testament. They both reveal the existence, struggle, and importance of the Oversoul when interpreted in this light.

Throughout the Bhagavad Gita, there are two people engaged in dialogue. One is a young prince (a disciple) and the other a divine teacher to the prince. It is the story of a prince who seeks peace of mind and spiritual light among the worldly. The teacher, called Krishna, guides him through the harassments of the³²² world to the final peace of the Absolute. The first portion is called Renunciation. It states that all difficulties can be overcome by Wisdom. This means spiritual insight on all things in life. We all have the power latent within us; it only has to be brought forth and manifested. The man who has gained this insight lives a truly successful and divine life. He follows no certain plan, but just relies on his higher self or Oversoul to guide him. He has only to search within and there he finds the right answers to all situations at all times.

“To perceive the truth about any matter is to dispel all doubt.” ...Brunton.

Wise people do not grieve over death because there is no death. You are eternal and never cease to exist. At this point Krishna reveals that because the inner self is unkillable, there is no such thing as death. The body may be killed, but we are not a body, but a soul, and therefore, eternal. Circumstances cannot affect the real you.

“The fear of death is not based on truth, but illusion.” ...Brunton.

Thus in everyday life nothing can ever touch the part of you which is eternal. Meet the troubles and the tasks with strength and know that they will not change

³²¹ Page 185

³²² Page 187. (Page 186 is blank.)

“you.” They will only change the body which is not the real self. The wise do not grieve nor linger over their troubles. They realize that they are unavoidable and part of this strange physical life. All that is important is that the soul joins with eternity.

“Of the unreal no being there is,
There is no non-being of the real
Of both there is the truth seen by
The seers of the Essence.” ...Bhagavad Gita.

This³²³ is the final truth. In the highest sense there is an unreal world. The real is the non-perishable Oversoul. The ultimate life is the unseen.

Do not then think that you should remain inactive because of the philosophy that life is only a dream. Go forth, live and act. This cannot harm the inner self, but only builds upon the soul qualities which it lacks.

“Thy concern is with action alone, never with results.
Let not the fruit of action be thy motive,
Nor let thy attachment be for inaction.
Steadfast in development do thy work, O disciple
Casting of attachment being the same in success or failure.” ...Bhagavad Gita.

“A life of inspired activity will lead ultimately to divine illumination and the Oversoul.” ...Brunton.

By looking into ourselves instead of to the weaknesses of mankind, we will find great help and wisdom. This is real self-reliance and will lead all activity toward your desired goal.

“He is the loneliness that is with you.... You are standing all alone before the sacred fire and from this time on, the fire that will be given to you will be lonely with it. Are you ready to accept that loneliness?” ...Bhagavad Gita.

The second portion of the great Indian scriptures states Revelation.

“With the mind intent on Me practicing Yoga and finding refuge in Me, now in full without doubt then shall know me that thou hear.”

This is the theme of this section. It reveals that the Oversoul is omnipresent. Also that the meaning behind the whole existence of the body is an unconscious search of the Oversoul. We are all searching for the satisfaction that its protection alone offers.

If you make truth your goal, you are searching for the ultimate.

³²³ Page 189. (Page 188 is blank.)

“Truth brings its own reward, because all other benefits troop after it.” In the words of Jesus, “Seek you first the kingdom of heaven and all these things shall be added unto you.”

“Those³²⁴ whose wisdom has been led away by this or that desire resort to other Gods, enjoyed this or that rite constrained by their own nature.” ...Brunton.

A person must decide between supreme truths and partial truths. When you have made this decision you should not be sidetracked into searching for occult powers or emotional ecstasies. If you search only for the truth or the Absolute, you will gain infinite results. It is infinite and therefore unlimited.

“The foolish regard Me as the unmanifested coming in manifestation, knowing not my higher, immutable, unsurpassed nature. I am not manifest to all, veiled (as I am) by illusion.” ...Bhagavad Gita.

There is really only one reality instead of the common belief that there are two, material and spiritual. It is the high, unchangeable overself in which every worthwhile thing is found. The rest is a complete illusion. To free yourself from illusion you must conquer the mind. For it is the mind which created the illusion.

The third part of the scripture of the Yogis is Realization. This section clearly states the realization of the supreme being.

“This body, O disciple is called the field. He who knows it, they who know of them call ‘the knowers of the field.’”

The world field means symbolically the body and the whole physical world. The body is a part of the world because it has the same elements of the material world.

“And do thou also know Me as the ‘knower of the fields,’ in all the fields and the ‘knower of the field’ is deemed by Me at the knowledge (of the Truth).” ...Bhagavad Gita.

In other words, when you have found the inner self, you have found only a half truth because the real truth is revealed to you when you have discovered this and the Overself.

“The³²⁵ inner self is the ray, but is not the Sun. It is a part and possesses the same quality as the whole, but still differs in degree.” ...Brunton.

³²⁴ Page 191. (Page 190 is blank.)

³²⁵ Page 193. (Page 192 is blank.)

Once you have found this, you will at last be free from the enslavement of the material world. This is the great Reward.

This is the ultimate goal of all Yogis but many fall along the steep and dangerous path. Many come to the world of the occult and mystic and feel as though they have gone far. This is only the higher mental plane and not the truth or Overself. Thus they are misguided ones led to believe that this is the one reality. They have yet to seek still higher until they discover the Overself or Absolute.

Having explained Yoga in this manner, I have attempted to dispel the popular belief that Yoga is “hocus pocus” to anyone who reads this. Contrary to the western belief on the subject, Yoga is a real and true way to direct yourself toward the higher life. The true Yogi cares nothing for occult powers, for that is mental. There are many who have gone beyond into the sphere of light and truth, penetrating deep into the mysteries of the universe.³²⁶

J13.195 – On the Evolution of the Church and Interpolations of Texts and of Christ Dying for Humanity

The³²⁷ church evolved through persecutions of weaker sects.

Many manuscripts were destroyed and the remaining texts were interpolated to strengthen its own sects.

In the case of these sentences you get the idea of the Christ who died for humanity. When you read this sentence and link the sufferings of Jesus with the mission of dying.³²⁸

J13.197 – On Why a Feeling of Awe Arises on Meeting PB

Evangeline³²⁹ Young

Why does feeling of awe arise when meet P.B.

1. because you identify yourself with the ego, and a very imperfect ego, and think you are in the presence of someone who is aware of your imperfection.

2. The ego itself has a fear of anything which threatens its existence or the annihilation of its life and thus has a chilling effect upon the mind. Its own unconscious urge to live.³³⁰

J13.199 – On Dream of Deaths of Mother and Sister, and Lesson of Loving Without Possessing

³²⁶ Page 194 is blank.

³²⁷ Page 195

³²⁸ Page 196 is blank.

³²⁹ Page 197

³³⁰ Page 198 is blank.

After³³¹ two³³² nights of dreaming of death of two of my most beloved ones, Mom and Sister, and after the intense grief which overcame me because of this, I realized upon waking the second morning that I was being taught the lesson of loving without possessing. The grief which I felt was selfish because of my loss not that they were released into freedom and peace. This is a great lesson in detachment in love and must be remembered and practiced. Let your love be free and unattached by yourself.

Eve³³³

³³¹ Page 199.

³³² This entry is typed, except for her name at the end, which is handwritten.

³³³ Page 200 is void (a form response to a PB correspondent).