

# Evangeline Glass Journal 03 (1956-1958)

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*Editor’s Note: This journal covers the period of June 1956 through the remainder of that rough year; there are a few notes from 1958 at the end. Journal 04 covers January 1956, Journal 03 covers June 1956 through July of 1957. This was two years after PB and Evangeline divorced for the first time and a year before they remarried. Naturally, she was struggling during this period, even though both decisions were largely her choice according to her (with whom I spoke about all this). She also told me she was living in New York City with Titus and Mary Podesa, and that her sometime suitor Jan Mitchell lived upstairs from them. She said that her experience with Jan was brief and negative, though it taught her a lot. He was really only the second man to aggressively pursue her (she was 24). The second marriage to PB lasted from 10/7/57 until 4/14/58; Evangeline’s desire to start a family was a major factor in this decision. Sometime later she married her accompanist, Beaumont Glass, and that marriage lasted until his death. Both Clara Waegner and the Jacques Massons were living in California at this time; we don’t know where Bernard Masson was living, though he, like the rest of his family were followers of PB at this time.*

*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*

### **J03.003 – On Evolution and Dream States**

Each<sup>1</sup> form of evolution must go on, despite {our}<sup>2</sup> personal feelings or thoughts. Therefore the plan behind the world has already mapped out our course of growth and we cannot stop it. (This is "God's Will") – Noel

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From the ultimate point of view this world is maya or a dream because it takes place in time and space which is within the mind, hence not ultimate reality or relative.

It is very much like our dream state only we do not recognize it as such because we are<sup>3</sup> in it constantly, in the past, the present, and the future. Whereas in the dream state is always in the past and when we recognize it by waking up, it is known by contrast with the present. Since we do not wake up from this "dream life," we do not recognize it as such. Only through meditation can we do so, or by Illumination.

However, the relative dream world has its importance on its own level, and when its proper place is recognized and realized, then it cannot overcome you and you are free and detached from it by your real being.

Watch,<sup>4</sup> pray, hope, and be silent.

### **J03.007 – Addresses in New York City**

(Oriental<sup>5</sup> Records)  
Kismet Record Co.  
227 E. 14th St.  
(Gr. 7-2891)

Mystical Lending Library  
The Assembly Guild w/ Christ. Hotel  
Wellington, 55th St. at 7th Ave.

June Burn Health Studio  
43 Bedford St.<sup>6</sup>

### **J03.009 – 1956 June 13 – Lessons from PB on Living for the Day, Being Interested in Others, the Importance of Meditation**

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<sup>1</sup> Page 3. (Pages 1 and 2 are the blank front cover and the blank inside front cover of the journal.)

<sup>2</sup> We changed "or" to "our" for clarity.

<sup>3</sup> Page 4

<sup>4</sup> Page 5 (Page 6 is blank.)

<sup>5</sup> Page 7

<sup>6</sup> Page 8 is blank.

June<sup>7</sup> 13th 1956

We slept underneath the trees and stars tonight and Guruji told me many things.

{Guruji:} “Live<sup>8</sup> each day alone. Do your duty as it arises each day, accept its responsibilities and have no thought or concern for the future. Leave that to the Higher Power. As Maharshi<sup>9</sup> said – ‘Why carry your suitcase on your head while on a train. Put it down and let the train carry it.’

“This very day is the only life you have. Carry out the duties that arise today, living by the<sup>10</sup> spiritual principles you have learned. Then you will become balanced.

“The<sup>11</sup> neurotic is moving only in his own small world, concerned only with his feelings – (desires). He is centered in his little self.

“To get out of this prison of selfishness he must be interested sincerely in others and try to help them in any way he is equipped.

“Be interested in others’ comfort, thoughts, achievements and welfare and spiritual growth.

“And very important: A time should be set aside each day for meditation.<sup>12</sup> This will greatly balance and center you in the real Self. Do you promise to do this?”

Noel – Yes.

{Guruji:} “One<sup>13</sup> must not act, live, or think in sentimentality and feeling. Not be motivated by emotion primarily but by reason,” (which in its highest form is made up {of}<sup>14</sup> true feeling, rightness, in clearly seeing the right thing to do for all concerned.) In this pure form of reasoning which is motivated by complete unselfishness, egolessness because it is detached from the<sup>15</sup> personal, selfish little personality, one can truly be rational, mature and balanced.”

## **J03.012 – Notes on the Books “The Magic Power of Your Mind” and “Eat, Think and Be Slender”**

The Magic Power of Your Mind<sup>16</sup>

Walter Germain:<sup>17</sup>

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<sup>7</sup> Page 9

<sup>8</sup> Evangeline inserted an asterisk in the left margin next to this word.

<sup>9</sup> “Maharshee” in the original

<sup>10</sup> Page 10

<sup>11</sup> Evangeline inserted an asterisk in the left margin next to this word.

<sup>12</sup> Page 11

<sup>13</sup> Evangeline inserted an asterisk in the left margin next to this word.

<sup>14</sup> We changed “up” to “of” for clarity.

<sup>15</sup> Page 12

<sup>16</sup> “The Magic Power of Your Mind” was published in 1956.

<sup>17</sup> Walter Germain (1889-1962), from Saginaw, Michigan, worked as a businessman and police officer before writing and lecturing on ESP and parapsychology.

“The false world of the neurotic will come tumbling to the solid ground of common sense and factual reasoning.”

Guruji: “You have made good progress. Recognizing the things in yourself and the desire to change them means that you are well on the road to recovery. They no longer are you, but a part which you can eventually rid yourself of. It takes time and struggle.”

### Magic<sup>18</sup> Power of Your Mind

“All alcoholics have one element in common – Emotional immaturity, the same as persons who eat their way into excessive obesity.”

### Dr. Kotkin:<sup>19</sup> Eat, Think and Be Slender<sup>20</sup>

Eating makes the immature obese person temporarily forget his problems and unhappiness. He feels ‘normal’ in identically the same manner as the alcoholic finds ‘normality’ and comfort in drink, and the drug addict in morphine.

He seeks escape from some factor or combination of factors that he dreads.

Some escape into driving<sup>21</sup> themselves 12 to 15 hours a day or immersing themselves in some form of work.

Sometimes he can find an outlet in an artistic field.

Often the escape is in food.

Alcoholics escape from the hardships of life around them.

The spoiled child grown to adulthood chronologically but not emotionally is often eased through life on the wings of drink.

All<sup>22</sup> therapy, no matter what kind, must bring the subject at least to see himself as only a part of a larger world rather than as the central figure in a world that exists primarily to serve the purpose of his inner self.

The subject must then face the true picture of himself as he is, with enough insight to lower his goals and alter the emphasis of his emotions, redistributing and reorganizing them, and modifying their intensity.

The<sup>23</sup> false<sup>24</sup> world of the neurotic will come tumbling to the solid ground of common sense and factual reasoning.

## **J03.017a - Gliere Record Information**

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<sup>18</sup> Page 13

<sup>19</sup> Leonid Kotkin, M.D. (1912-1994), researched psychiatric eating disorders, especially anorexia nervosa.

<sup>20</sup> “Eat, Think and Be Slender” was first published in 1954.

<sup>21</sup> Page 14

<sup>22</sup> Page 15

<sup>23</sup> Page 16

<sup>24</sup> Evangeline inserted an asterisk in the left margin at the beginning of this line.

Manon:<sup>25</sup>  
Ilya Mourometz  
(Symphony No. 3. B minor Gliere)<sup>26</sup>  
Decca DL 9819<sup>27</sup>  
Rachmaninoff<sup>28</sup> 1st piano

### **J03.017b - Dr. Gerson Diet**

Dr. Gerson:<sup>29</sup> Apple and Carrot Juice  
Green leaf juices: Lettuce, Red Cabbage leaves, Beet tops (young inner leaves),  
Green pepper, watercress.  
Salad: lettuce, watercress, apples, cauliflower.

### **J03.018 - 1958 May - On PB's Potential as a Mate**

Guruji<sup>30</sup>  
May, 1958  
Despite his lacks where will you find a spiritual as well as artistic mate?

### **J03.019 - 1956 June 30 - Principles from PB**

June<sup>31</sup> 30th 1956  
Never forget these principles Raphael gave you and Sarira<sup>32</sup> tonight -  
1.<sup>33</sup> Buddha said: "Watch what you think, say and do." - for that is karma -  
each moment you make the next moment - "watch"  
2.<sup>34</sup> The selfish or self-centered person thinks only of his duty to himself - thinks  
only at satisfying his own wants first of all, not caring if he takes from others or harms  
them. The next higher type thinks next of his immediate family only. But the highest

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<sup>25</sup> Page 17

Referring to Manon Lescaut.

<sup>26</sup> Reinhold Glière (1875-1956) was a Russian composer.

<sup>27</sup> Decca DL 9819 refers to the album recording of Gliere's piece (by the RIAS Symphony Orchestra, Ferenc Fricsay, conductor).

<sup>28</sup> Sergei Vasilievich Rachmaninoff

<sup>29</sup> Max Gerson

<sup>30</sup> Page 18

<sup>31</sup> Page 19

<sup>32</sup> Referring to Sarira (or Sherry) Wesselman who was a student of PB's and a friend of Evangeline's.

<sup>33</sup> Evangeline inserted an asterisk in the left margin at the beginning of this line.

<sup>34</sup> Evangeline inserted an asterisk in the left margin at the beginning of this line.

type gives<sup>35</sup> equal regard to himself, to his family, to whomever crosses his path and to the world at large.

The<sup>36</sup> highest spiritual being identifies himself equally with everyone and feels no difference between himself and all others.

One should never satisfy his desires by taking away from or by harming another. Each person is entitled to so much according to his individual position and rights but no more and must be as liberal to others as to himself.

A good thing to remember<sup>37</sup> at all times is Harmlessness<sup>38</sup> towards all creatures in thought, word and action.

One should not live for oneself alone, but to perform his duty to other beings. This is unselfishness.

Emotion is self-centered. Even the highest emotions are still centered in the self – But feeling can be unselfish.

When dealing with complex personal situations one should detach oneself and follow intuition instead of emotion. Then it will be solved rightly.<sup>39</sup>

In<sup>40</sup> each unpleasant relationship, we will not be free of it karmically until we have mentally freed ourselves from all negative thoughts and acts concerning it, but have adjusted ourselves to it, therefore overcoming it. Then we are no longer karmically duty bound but are free.

Then either outer karmic forces will free us or we may be guided inwardly as to how to free ourselves outwardly.

Identify<sup>41</sup> yourself<sup>42</sup> with others – what would help them and would make them happy.

Psychic experiences are emotions (or on emotional level) – thus self-centered. Any feeling which absorbs you so completely as the one you described when looking at frozen lake or huge tidal waves is a psychic emotion and should be discouraged. See how unimportant these are to the quest and how self-centered they are.

Anything<sup>43</sup> which throws you off balance, beware of!

Creative<sup>44</sup> activity is the highest form of activity and is the closest the ego can come to directly by its own will to the higher self.

In its deeper states of concentration the creative faculty can touch the highest.

It should be cultivated and developed as a great aid to spiritual growth.

Life<sup>45</sup> is a preparation for death just as death for life.

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<sup>35</sup> Page 21 (Page 20 is blank.)

<sup>36</sup> Evangeline inserted an asterisk in the left margin at the beginning of this line.

<sup>37</sup> Page 23. (Page 22 is a separate entry; it appears following this entry, which ends on page 30.)

<sup>38</sup> Evangeline inserted an asterisk in the left margin beside this sentence.

<sup>39</sup> Page 25 (Page 26 is blank.)

<sup>40</sup> Evangeline inserted an asterisk in the left margin at the beginning of this line.

<sup>41</sup> Page 27

<sup>42</sup> Evangeline inserted an asterisk in the left margin at the beginning of this line.

<sup>43</sup> Page 28

<sup>44</sup> Evangeline inserted an asterisk in the left margin at the beginning of this line.

One<sup>46</sup> must develop wisdom and self-discipline (self-control)<sup>47</sup> in this life, for if he does not he will suffer greatly after death. He will be full of physical appetites and has no body to satisfy them with. Whereas with wisdom and disciplined body and emotions he will find a relatively easy adjustment.

## J03.022 – A Glimpse

Never<sup>48</sup> doubt<sup>49</sup> Guruji's wisdom in dealing with students. Keep quiet and observe – “There are times when it {is}<sup>50</sup> necessary to tell Brahmin white lies. You must penetrate consciously to deeper levels of consciousness.

On<sup>51</sup> train to Naples a glimpse – realize that a change – wisdom enlightenment can only come from outside the ego – Grace. Everything changes instantly. In state before sleep when mind was quiet. “It asked – are {you}<sup>52</sup> doing enough to find Overself – take advantage of Guruji for deeper penetration.

You<sup>53</sup> are not the body or personality but a free being of light.

## J03.031 – Longevity

Oh,<sup>54</sup> to feel the...<sup>55</sup>

Henry<sup>56</sup> said the secret of his Aunt's longevity is small eating habits throughout life. Remember Coronaro.<sup>57</sup>

## J03.032 – Self-control

“Self-control<sup>58</sup> is your greatest friend.”

“Self-control<sup>59</sup> is your greatest friend.” – Guruji

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<sup>45</sup> Page 29 (Page 30 is blank.)

<sup>46</sup> Evangeline inserted an asterisk in the left margin at the beginning of this line.

<sup>47</sup> Evangeline circled “wisdom and self-discipline (self-control)”.

<sup>48</sup> Page 22

<sup>49</sup> Evangeline inserted an asterisk in the left margin at the beginning of this line.

<sup>50</sup> We have inserted missing word “is” for clarity.

<sup>51</sup> Evangeline inserted an asterisk in the left margin at the beginning of this line.

<sup>52</sup> We inserted missing word “you” for clarity.

<sup>53</sup> Page 23 (Page 24 is blank.)

<sup>54</sup> Page 31

<sup>55</sup> The top of this page has been scribbled out; it is illegible.

<sup>56</sup> Referring to Henry Barnard Wesselman (1941-2021), who was an American anthropologist known primarily for his Spiritwalker trilogy of spiritual memoirs (written with his second wife). – TJS '20

<sup>57</sup> Gaetano Coronaro (1852-1908) was an Italian conductor and composer.

<sup>58</sup> Page 32

In after-death state this will be the only help you have – otherwise it is a hell.

### **J03.033 – 1956 July 6 – At Sarira’s**

July<sup>60</sup> 6th 1956

Last night with S and H:<sup>61</sup>

“There was great force here tonight as there always is when there has been some concentration.”<sup>62</sup>

### **J03.034 – PB on Neurotics Who Live in the Future, and on Freedom**

Guruji:<sup>63</sup> Every<sup>64</sup> neurotic I’ve ever known says and does the same thing: “I am going to do etc. etc.” Never do they do anything – always will do big things in the future. This is the story of their life – Going to do such wonderful things, instead of actually doing them.

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Raphael – “Freedom comes only with solitude.”

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Noel – Always go along with what he says – he has wise reasons.

### **J03.035 – Notes from a conversation with PB**

“Fanaticism<sup>65</sup> is harmful. These other practical qualities must be developed first of all.”<sup>66</sup>

“When you are in contact with the Overself in solving a problem you receive a direct command as to what to do and you then know it is right; when not with the Overself but only being carried along through karma then you are swinging back and forth, with emotion, but outcome is the same.”<sup>67</sup>

### **J03.037 – Carrot Loaf Recipe**

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<sup>59</sup> Evangeline inserted an asterisk in the left margin at the beginning of this line.

<sup>60</sup> Page 33

<sup>61</sup> Referring to Sarira and Henry Wesselman.

<sup>62</sup> Evangeline’s writings on the rest of the page have been scribbled out; they are illegible.

<sup>63</sup> Page 34

<sup>64</sup> Evangeline inserted an asterisk in the left margin at the beginning of this line.

<sup>65</sup> Page 35

<sup>66</sup> Evangeline inserted an asterisk in the left margin at the end of this sentence.

<sup>67</sup> Page 36 is blank.

### Carrot<sup>68</sup> Loaf:

¾ cup grated raw carrot, packed  
1 small onion, minced  
1 stalk celery (with some leaves, sliced thin across the grain)  
½ cup chopped nut meats  
2 tbsp. chopped parsley  
2 tbsp. whole wheat bread crumbs  
2 tbsp. cream  
2 eggs slightly beaten  
1½ tsp. vegetable salt  
Buttered whole wheat bread crumbs

Mix<sup>69</sup> thoroughly all ingredients except buttered crumbs. Butter a loaf pan well and cover the bottom thickly with bread crumbs. Pack the loaf mixture and dot the top with butter. Cover and bake in a 350° F oven for 30 minutes. Uncover the last 5 minutes. Remove from oven, loosen the sides by running a knife around, and invert over a platter. Turn out loaf and serve with tomato sauce.

## **J03.038 – {New Year’s 1957} – PB’s Toast to Evangeline**

Guruji<sup>70</sup> Toast to Noel for New Year: “May 1957 bring you through all the experiences it holds for you and philosophic understanding of them. Seek the Highest first, and then all else will be given you.”<sup>71</sup>

## **J03.040 – Book Note: “Sparkenbroke”**

Sparkenbroke<sup>72</sup>

Charles Morgan<sup>73</sup>

“Her love became so great that whatever he did or did not do did not affect her.”

## **J03.041 – Save the Children Location**

Save<sup>74</sup> the Children  
United Nations Plaza NYC.

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<sup>68</sup> Page 37

<sup>69</sup> Page 39. (Page 38 is a separate entry that appears below.)

<sup>70</sup> Page 38

<sup>71</sup> Evangeline’s writing on the rest of this page has been scribbled out.

<sup>72</sup> Page 40

<sup>73</sup> Charles Langbridge Morgan (1894-1958) was a British playwright and novelist. His novel “Sparkenbroke” was published in 1936.

<sup>74</sup> Page 41

Ask for information.

### **J03.042 - Compliment from Ship Stewardess; PB on Evangeline Needing to Learn to Keep Quiet**

Magic<sup>75</sup> Flute<sup>76</sup>

Identify with other and Mary

Stewardess on ship

You have everything for a marriage and career - your vivacity reminds me of Judy Garland.

#

P.B.: You must learn to keep quiet - In any new plan it remains for a while on the astral plane. If you speak of it you open the way for adverse forces to interfere and scatter the concentrated energy needed to bring the plan into crystallization. In the present situation the spirit is probably more powerful than the talk but learn to keep things to yourself.

### **J03.043 - {1957} July 6 - Healani on Leaving**

Tontz<sup>77</sup> Honey Farm - Elsinore, California

July 6th On Leaving Healani said, "I shall be with you in spirit."  
"Meditate each day, if only a little."

### **J03.044 - {1958} May 21 - PB on Evangeline Leaving to Marry Beau**

Guruji<sup>78</sup> May 21st on leaving New York to marry Beau:<sup>79</sup>

"Remember - Keep positive attitude. First tune in to Inner Presence of pure joy and Peace then also retain positive outlook on outer life - for the dwelling within will ultimately reflect itself in outer spheres. I am always with you, the inner living guide and I will meditate on you during each meditation.

Remember: Only the ego feels self-pity and misery - the real self is positive, brave, strong and joyful."

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<sup>75</sup> Page 42

<sup>76</sup> "Magic F." in the original.

<sup>77</sup> Page 43

<sup>78</sup> Page 44

<sup>79</sup> Beaumont Glass, Evangeline's second husband

## J03.045 - Lowell

Lowell:<sup>80</sup>

"I had no appetite when I wasn't working - I have to work hard, and be outside before I can eat."

"I used to work 48 hours at a stretch and have worked hard all my life - Work never killed off anyone - it is the loafing that does this."

"1 hour's sleep before midnight is worth 2 or 3 after."

## J03.046 - Clara {Waegner}

Clara<sup>81</sup> -

"Any person who feels superior spiritually to anyone has originally had an inferiority complex. This intellectual understanding makes them feel better than others. Therefore, a sage is not this way. His spirituality is he, therefore not something he feels he has or others have not."

Clara:<sup>82</sup> "When you argue or fight back you accomplish nothing. It is like a snake swallowing its own tail - a vicious circle that never ends. Praise, love, forgive and you break up the circle."

"Spiritual people have real humility and the power to love and sympathize with all beings because they know that everyone is really spirit and each person's spirit is exactly the same as another's so all is one love. We cannot be divided - Spirit is Oneness."

Clara's<sup>83</sup> brother:

"He had real self-control. If he said he would give up smoking 'tomorrow until fishing season' he did just that. He could stop any habit at will and always had perfect control of his emotions."

"He would never give advice. You had to ask him for it and then he would not give a direct answer but question you until he aroused you to think out the problem and solve it yourself."

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<sup>80</sup> Page 45

<sup>81</sup> Page 46

Referring to Clara Waegner. Clara and Fred Waegner were early pioneers in creating instant vegetarian products, etc. They were close to PB in the 50s. - TJS '20

<sup>82</sup> Page 47

<sup>83</sup> Page 48

Clara: "You cannot keep pruning the thorns of a rose bush and then expect it to bloom. Nor can you criticize and pick apart and expect the personality to bloom and flower.

### **J03.049 – Letter to Bernard {Masson}**

Dearest<sup>84</sup> Bernard:<sup>85</sup>

Thank you for your kind and wonderful letter, so full of such helpful and encouraging words.

You and Ida are so very good to me. It is so good to know that Ida is "resting, resting, resting." I was worried about her last year working so hard.

Bernard, I am truly grateful for the [concern]<sup>86</sup> you had had about my teeth and trying to save me money on the work. I had investigated several dentists and had talked to many people who had had the work done and after much thought I decided to go ahead with jackets and keep the<sup>87</sup> teeth as long as possible, for I feel with my diet the teeth will improve. No they have not deteriorated since the fruit and green [veg<sup>88</sup>] diet – (I now include a raw green pureed soup in my diet) but had gone and were going since the auto accident when I was 16 years old.

My mother had a hunch to phone my old dentist in Cleveland to ask him about the work and I am writing you now from the dental chair in his office.

(I'll type this later.)

He can file all the teeth down at once while<sup>89</sup> I am asleep (with sodium pentothal). He then puts on a temporary covering and then jackets them all at once at the next appointment so the whole job is over in 2 or 3 appointments. He is a fine dentist, very thorough and expert and is charging less than the N.Y. dentist.

I am going ahead with this, as I feel it is the best way. My system couldn't stand taking novocaine every day for a month's time (as the N.Y. dentist plan would have prescribed) and the pain and strain (as you noted) would be almost unbearable. So this is over quickly and will be done well. They<sup>90</sup> will gradually wear down the bottom gum so that by the time I am 50 I will have "a devil of a time keeping them in."

He says that before he puts the jackets on he places a protective film over the tooth stub (a tar-like substance) which protects the tooth from decay, that they should

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<sup>84</sup> Page 49

<sup>85</sup> Referring to Bernard Masson (Jacques Masson's brother; he had less to do with PB than Jacques did – TJS '20).

The pages in this entry (49, 51, 53, 55) have each been crossed out with a large "X" covering the entire page.

<sup>86</sup> Evangeline deleted "interest you have taken in" before "concern."

<sup>87</sup> Page 51. (Page 50 is a separate entry that appears below.)

<sup>88</sup> Evangeline changed "salad" to "veg."

<sup>89</sup> Page 53. (Page 52 is a separate entry that appears below.)

<sup>90</sup> Page 55. (Page 54 is a separate entry that appears below.)

last 20 to 25 years with this new method. He said that he has been lecturing on this new method of doing the whole job in 2 or three sittings.

## **J03.050 – 1958 May 21 – Leaving New York for Ohio and California – PB on Practicing the Inner Remembrance**

Leaving<sup>91</sup> New York for Ohio and Calif.

May 21st 1958

Guruji: Practice each day the Inner Remembrance. Remember Illumination and bring it into your every day. Remember who you are, a great strong spiritual being. Identify yourself with her, not the little petty weak self. Know that God Is and you can always draw on the presence. I will always be your inner companion while Beau is your outer. Put into practice now all you have learned and experienced. Be yourself not influenced greatly by others or environment.

Higher -<sup>92</sup>

Keep positive attitude and all else falls in {place.}<sup>93</sup>

Meditation in St. Patrick's. Inner voice calling Evangeline. Who are you? Be yourself. Your<sup>94</sup> deepest self – always in control – not self-identified with another.

## **J03.052 – PB on Evangeline's Dream of Death**

Guruji<sup>95</sup> to Noel after dream of death:

"Your self-identification with others even in death leads you to sympathize so much with them that you lose yourself. This is a psychic gift, but carried to the extreme is a weakness. You must steel yourself against losing the self by the strength of the will. Stand apart and don't let another absorb you."

## **J03.054 – Evangeline on Suitor Jan Mitchell**

{Jan}<sup>96</sup> has reverted to the man – ego – felt hurt that I would leave and spend time with P.B. etc.

Appeal to the highest in him. He will respond.<sup>97</sup>

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<sup>91</sup> Page 50

<sup>92</sup> We presume she meant to indicate a higher point of view. – TJS '20

<sup>93</sup> We inserted "place" for clarity. – TJS '20

<sup>94</sup> Page 51

<sup>95</sup> Page 52

<sup>96</sup> Page 54

"J" in the original, referring to Jan Mitchell

Dr. Berglas,  
E. 88th St.

## J03.056 – PB on Evangeline’s Love Interest

Guruji<sup>98</sup> on leaving Rome for N.Y. to see Jon Mitchell

If you have a temporary or permanent breakup – don’t let it crush you, but be strong and philosophic. Keep your strength and faith in yourself. It is not worth sacrificing yourself if he is not spiritual enough for you. It is not worth it. You can sing and save again for India and go with me when I return. Keep this in mind and don’t bank everything on him. The spiritual life comes first – love second. Remain Strong and Loving and Powerful.

Be yourself and independent. His great trouble is pride – all successful men must have it. They think a lot of themselves and expect others to do the same. Self-important.

## J03.057 – Popular Song Titles

Just<sup>99</sup> a Memory<sup>100</sup>

Just Awearyin’ for You  
(Carrie Jacobs-Bond)<sup>101</sup>

Thine Alone<sup>102</sup>  
Pale Moon<sup>103</sup>  
Indian Love Call<sup>104</sup>

Last Night<sup>105</sup>

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<sup>97</sup> Four lines of text below this were crossed out by Evangeline.

<sup>98</sup> Page 56

<sup>99</sup> Page 57

<sup>100</sup> Evangeline inserted an asterisk at the end of this line.

<sup>101</sup> Carrie Jacobs-Bond (1862-1946) was an American singer, pianist, and songwriter of popular music. “Just Awearyin’ for You” appeared in 1901.

<sup>102</sup> “Thine Alone” was published in 1917 and recorded by Bing Crosby in 1938 and Mario Lanza in 1956.

<sup>103</sup> “Pale Moon (An Indian Love Song)” was published in 1920; Frank Sinatra made a recording of it in 1941.

<sup>104</sup> “Indian Love Call” is from the 1924 musical “Rose-Marie” and was released by Chet Atkins in 1951 and Slim Whitman in 1952.

<sup>105</sup> “Last Night” may refer to a 1954 release by Little Walter.

## L03.058 – 1956 November 30 – Lesson from PB on Spiritual Development

Noel<sup>107</sup> to Guruji. Naples.

Nov. 30th 1956

“What would you do if you were in my shoes for spiritual development?”

Guruji: “Just as you said a minute ago – nothing – the ego can do nothing – Just be silent – quiet the mind – learn meditation and all else will take care of itself.”

## L03.059 – Book Excerpts from “Zanoni”

Zanoni<sup>108</sup>

Work<sup>109</sup> of John Bringeret (1615) about genuine Brotherhood of the Rosy Cross

“Did the Polish Rider (St. Germain)<sup>110</sup> belong to this mystical Fraternity, who in an earlier age, boasted of secrets of which the Philosopher’s stone was but the least; who considered themselves the heirs of all that the Chaldaeans, the Magi, Gymnosophists and the Platonists had taught; and who differed from all the darker Sons of Magic in the virtue of their lives, the purity of their doctrines, and their insisting, as the foundation of all Wisdom, on the subjugation of the senses and the intensity of religious faith.”

“His<sup>111</sup> love, like his ambition, was vague and desultory. It did not satisfy his whole heart and fill up his whole nature. Not from want of strong and noble passions, but because his mind was not yet matured and settled enough for their development.”

“He had not yet known enough of sorrow to love deeply. For man must be disappointed with the lesser things of life before he can comprehend the full value of the greatest.”

“It is the shallow sensualists of France, who call love ‘a folly’ – Love, better understood, is wisdom.”

“Besides the world was too much with him. His ambition of art was associated with the applause and estimation of that miserable minority of the Surface that we call the Public.”

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<sup>106</sup> “Beautiful Garden of Roses” was published in 1919.

<sup>107</sup> Page 58

<sup>108</sup> Page 59

<sup>109</sup> This journal entry is a selection of excerpts from “Zanoni,” Edward Bulwer-Lytton’s 1842 novel that inspired theosophists such as Helena Petrovna Blavatsky. This first line is paraphrased from the book.

<sup>110</sup> “Did Zanoni belong...” in the original source.

<sup>111</sup> Page 61 (Page 60 is blank.)

“They<sup>112</sup> could only {depose}<sup>113</sup> that he (Polish Rider)<sup>114</sup> came, conversed with them, and they were cured; it usually however, happened that a deep sleep had preceded the recovery.”

“What Nature is to God, Art should be to Man – a sublime, beneficent, genial, and warm creation.”

“There are two avenues from the little passions and the drear calamities of earth; both lead to heaven and away from Hell – Art and Science, – Science discovers, Art creates.”

“Art, that enjoys, and Science, that contemplates!”

### **J03.062 – Arithmetic**

Tony<sup>115</sup>  
56.50  
10.00 check  
46.50

### **J03.064 – PB on Evangeline as His Disciple and on Illumination**

Guruji:<sup>116</sup>

“You are the only disciple I have officially accepted.” “I do not accept pupils – they must appoint themselves.”

“The mystics experience illumination only through their emotions – therefore – unbalanced. Therefore they must go through Dark Night of the soul because when they saturate<sup>117</sup> themselves in the emotional feeling of the presence they suck it dry and must be left in darkness.”

“The mind must come in and integration take place before permanent illumination comes.”

### **J03.065 – {1956} July 22 – On Full Moon, Trying to Decide Between a Worldly Career and a Spiritual One**

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<sup>112</sup> Page 63. (Page 62 is a separate entry that appears below.)

<sup>113</sup> We changed “dispose” to “depose” per the original source.

<sup>114</sup> In the original source, “he” refers to Zanoni.

<sup>115</sup> Page 62

<sup>116</sup> Page 64

<sup>117</sup> “saturature” in the original

On<sup>118</sup> July 22nd - full moon - I stayed up through the night. Atmosphere lasted through the next day very similar to when I made the spiritual decision to marry P.B. Then I had to choose between the worldly joy of a young marriage and the spiritual gain of a wise one. I felt suspended in a different world then and felt the same on 22 - 23rd. I felt as though the time had come to choose between a worldly career and a spiritual one. I must decide and then apply all energy and thought in that direction, polarizing my active life around this.

But, I must also use wisdom, both worldly and spiritual in this path of Higher singing. Before I neglected to do this and so<sup>119</sup> failed. It must be worked out in the right balanced way.

“Within Gentleness lies true Strength”

“Tranquility is Power”

“I have lost the tranquility which is power.”

## **J03.067 - Fillmore Quote on Dissolving or Eliminating Negatives**

Raffaele<sup>120</sup> (Lytton)

21

7 0

157 life span

copy 69-90 - Zanoni<sup>121</sup>

94-101 -

{Charles}<sup>122</sup> Fillmore: “You can dissolve your negatives through recharging your consciousness with light. You can eliminate your negatives by touching the Christ in you.”

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“The Death and Rebirth of Psychology” – Dr. Ira Progoff<sup>123</sup>

Practicing Depth Psychology in Manhattan.

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<sup>118</sup> Page 65

<sup>119</sup> Page 66

<sup>120</sup> Page 67

Referring to Caxtoniana series essays life literature and manners by Edward Bulwer-Lytton. – TJS '20

<sup>121</sup> Referring to the novel by Bulwer-Lytton – TJS '20

<sup>122</sup> Evangeline Glass Journal 05 refers to Charles Fillmore (as does PB in several places). – TJS '20

<sup>123</sup> Ira Progoff (1921-1998), an American psychotherapist, published “The Death and Rebirth of Psychology” in 1956.

## J03.068 – Shopping Notes in India

India<sup>124</sup> – Buy hat  
Naples – for India.  
Bombay – dressmaker  
Modiste – 1 block from Taj Mahal – have black chiffon top.  
tiny pleats crossed over with thin rolled strap like Mrs. Masson at the Taj Mahal  
red chiffon dress  
Kashmir Sari buy at Crawford Market from 30 to 40 Rs – and make into summer  
dress –  
Charges for sewing – from 25 Rs (\$5.00) simple dress to 50 Rs (10.00) cocktail  
dress.

## J03.069a – Quotes from “Zanoni” and Clara

“Our<sup>125</sup> errors arise from our Passions” – Helvetius<sup>126</sup>

Clara {Waegner}: “You must renew ‘the Christ’ each moment.”

## J03.069b – Dress for India

Cable Brunton {\$} care Grindlay<sup>127</sup> – London

Inverted pleat  
wide border  
narrow border  
gathered  
like Mrs. Masson<sup>128</sup> white sari dress

have scarf Grecian style over one shoulder attached with snaps.

## J03.070 – India Travel Information

JACK<sup>129</sup> WILL ARRIVE BOMBAY<sup>130</sup> Dec. 29th

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<sup>124</sup> Page 68

<sup>125</sup> Page 69

<sup>126</sup> This is another excerpt from “Zanoni.”

<sup>127</sup> Grindlays is a bank.

<sup>128</sup> Referring to Diana Masson, Jacques Masson’s wife.

<sup>129</sup> Page 70

<sup>130</sup> “BOMBA” in the original

Lloyd Triestino S.S. {Victoria}<sup>131</sup>

J.V.<sup>132</sup> MASSON  
TAJ MAHAL HOTEL  
BOMBAY - INDIA

Wire arrival date  
MASSON  
TAJ MAHAL HOTEL  
BOMBAY

### **J03.071 - Quotes from "The Rains of Ranchipur"**

Ranchipur<sup>133</sup> -  
Safti<sup>134</sup>

"I found that doing good is not enough but one has to be good - Then everything one does is good." "I am ashamed of how this started"

"You taught me that it is possible to be reborn each moment."

"I love you because you are unselfish and kind."

"Her face was coarse and showed nothing but lust. No emotions or expression shone through. It was always the same expressionless mask."

### **J03.072 - On Love; Thinking of Others**

Teach<sup>135</sup> Us to Pray<sup>136</sup>  
#

Love is patience, kindness, generosity, contentment, modesty, goodness, and good temper, truth, burden-bearing capacity, faith in everything, a hope for the happy outcome of everything and never a thought of failure.

#

Clara {Waegner} is always thinking of other's lives and desires and problems - therefore {keeps}<sup>137</sup> mind of her Self and enlarges her world. All {lives}<sup>138</sup> are us.

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<sup>131</sup> This ship, owned by the Lloyd Triestino company, was called the White Arrow because of its speed, and was popular with Mahrajahs for its luxury. - TJS '20

<sup>132</sup> These three lines are on a sticker applied to the page.

<sup>133</sup> Page 71

<sup>134</sup> This entry may be dialogue from the movie "The Rains of Ranchipur," a 1955 film set in India and starring Richard Burton as Dr. Rama Safti and Lana Turner as Lady Esketh (Edwina).

<sup>135</sup> Page 72

<sup>136</sup> Evangeline wrote and then crossed out "Great Northern" below this line.

<sup>137</sup> We changed "keep" to "keeps" for readability. - TJS '20

## J03.073 - Aldous Huxley on Inspiration

Aldous<sup>139</sup> Huxley:

Uncommon men possess something in common -

Inspiration

It means - "blowing or breathing into."

And this breathing into personal consciousness of novel and valuable ideas, whose origin is somewhere outside the personal consciousness, is the distinguishing work of genius.

Who does the blowing - what is the inspirer?

For Socrates the in-breather was his daimon. For Plato it was Nous - or Indwelling Reason. For the<sup>140</sup> Stoics - godhead called Logos. Christians - "The word."

Incoherently mingled, these various conceptions, medieval, mythical, philosophical, theological, spiritualistic - were used through the centuries to account for the observed facts of Inspiration. Today we prefer to talk of the unconscious.

Beethoven's reply to the question - "Where do you get your ideas?"

Beethoven's<sup>141</sup> reply to "Where do you get your ideas?"

"They come unsummoned, directly, indirectly, - I could seize them with my hands - out in the open air, in the woods, while walking, in the silence of the night, at dawn, excited by moods which are translated by the poet into words, be me into tones that sound and roar and storm about me, till I set them down in notes."

Nietzsche writes in the same strain. "One hears - one does not seek. One takes - one does not ask who gives. A thought suddenly gleams up like lightning. It<sup>142</sup> comes with necessity, without faltering. I have never had any choice in the matter.... There is an instinct for rhythmic relations, which embraces a whole world of forms. Everything happens quite involuntarily, as from a tempestuous outthrust of feeling, of absoluteness of power and divinity. The involuntary nature of the figures and similes is the most remarkable thing."

Is it I who initiate the process of thinking? Would it not be truer to say "Thoughts<sup>143</sup> come into existence."...

Thoughts are "blown into us" from "out there," and the part of our being which each of us calls "I" does its best with them.

The really significant difference between genius and the rest of us is that most of his inspirations are very valuable, whereas most of ours are not.

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<sup>138</sup> It appears that Evangeline couldn't decide between "selves" and "lives"; we picked the latter but the former works as well. - TJS '20

<sup>139</sup> Page 73

<sup>140</sup> Page 74

<sup>141</sup> Page 75

<sup>142</sup> Page 77. (Page 76 is a separate entry that appears below, and page 78 is blank.)

<sup>143</sup> Page 79

## **J03.076 – Sarira Could Be P.B.’s Personal Secretary**

Sarira<sup>144</sup> (after divorce) She can be P.B.’s occasional and part time personal secretary give you more work. After he is organized for a few weeks.

## **J03.080 – Italian Hotel**

{Terra<sup>145</sup> Anganella} (year round)  
Albergo e dei Pini<sup>146</sup>  
(1st class)  
Anganella Pensione

## **J03.081 – India**

India<sup>147</sup> –  
“I’ve found many Indians especially the younger men to be strange blendings of a deep and grave intellectual curiosity that’s almost humble in its deference to the feelings of others.

Bombay –  
Delhi  
Benares<sup>148</sup>  
Darjeeling  
Mysore.

## **J03.082 – Diet**

Toast<sup>149</sup> – soya milk  
Sandwich –  
Dinner – vegetables, soya milk, fruit dessert.

## **J03.082 – 1956 December 5 – Peace or Happiness**

P.B.<sup>150</sup>

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<sup>144</sup> Page 76

Referring to Sarira (Sherry) Wessleman.

<sup>145</sup> Page 80

<sup>146</sup> This appears to be a hotel in Sardinia, Italy. – TJS ‘20

<sup>147</sup> Page 81

<sup>148</sup> Benares is now known as Varanasi.

<sup>149</sup> Page 82

Dec. 5th 1965

Ischia<sup>151</sup>

“All I want from life is Peace - I gave up wanting happiness a long time ago as I know it is impossible in this imperfect world.

As I cannot decide about marriage it could mean that both decisions may be right.”

#

## **J03.083 – On Finding Ourselves**

We<sup>152</sup> are so many different personalities or persons - as we try to please so many different people - to be what they want us to be - that we have forgotten our fundamental selves.

To find ourself, we must enter into solitude away from all contacts with the past and try to discover ourselves as we were basically in the beginning.

N - This is what happened on the plane home from Montreal.<sup>153</sup>

Mother says that when young I was always dressing up, singing, acting and dancing - very theatrical, in temperament.

## **J03.084 – Alexander Instructors**

Lily<sup>154</sup> Westfield teaches Alexander Method in New York

In London Alexander voice teachers

## **J03.085 – On Sickness and Being a Woman**

{Keaggy}<sup>155</sup> = God does not see sickness as it is not in his consciousness.... It is our ignorance and karma which causes it.

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<sup>150</sup> Evangeline changed “Raphael” to “P.B.” at a later point in time.

<sup>151</sup> Ischia, Italy is a resort island near Capri. – TJS ‘20

<sup>152</sup> Page 83

<sup>153</sup> This line has been circled by Evangeline.

<sup>154</sup> Page 84

<sup>155</sup> Page 85

Possibly referring to Mary Ellen Kay - a small-time film actress of the 50s. She is the sister of the very famous Christian Rocker Phil Keaggy (who was too young for this to be referring to him). – TJS ‘20

It has been repeated parrot-fashion by the thoughtless until it has assumed ridiculous proportions in bewildered, uninformed minds. -

Margery<sup>156</sup> Wilson:<sup>157</sup> They are taught the art of being a woman.

Creating<sup>158</sup> its own world. Taking the responsibility for it upon oneself. Not waiting for the world to give you anything to stimulate you. Your mind, your artistic perception, imagination and talent could give you a concentrated, creative life.

#

### **J03.088 – PB on a Quester**

Grindlays<sup>159</sup> cable address  
Brunton care “Grindlay London”

P.B.: “Mr. Frantz is an exceptional quester. He is a man of responsibility in the business world and therefore dependable and reliable, not changeable and neurotic like most questers.”

### **J03.089 – PB on Food**

Guruji:<sup>160</sup> “You actually are what you eat. Your body is made up of the food you eat. Your body and mind cannot be separated. They are integrated. Therefore what you put into your body is of great importance.”

#

“Food in its proper relation to a mature balanced person is something which is only taken at long intervals, at mealtime, which is eaten slowly and in small quantities. It should be a ritual in that it is taken deliberately and slowly.”

Keep the thought in mind of eating only very small quantities of raw food. Visualize a very small meal.

### **J03.090 – On Living in the Now**

Remember<sup>161</sup> Noel {Clara’s home realization:}<sup>162</sup> Live fully in moment, learn and grow on all planes, with center in I Am. Learn character improvement, intellectual

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<sup>156</sup> Page 86

<sup>157</sup> Margery Wilson (1896-1986) was an American actress, writer, and silent movie director. She wrote guidance books for husbands, an autobiography “I Found My Way” (1956), and inspirational self-help books for women such as “Charm” and “The Woman You Want to Be.”

<sup>158</sup> Page 87

<sup>159</sup> Page 88

<sup>160</sup> Page 89

improvement, learn about the world you live in, the people in it. No time to waste in little ego feeling miserable – when learning on all planes ego is growing and cannot think of itself, maturity on all planes is realized. Bring into outer truth<sup>163</sup> and beauty and order and harmony and peace of inner realms. Now! Don't live in past or future – make future in the now – harmonious. Don't let the ego use this happiness of growth and {love}<sup>164</sup> for its own selfish satisfaction and pleasure – keep it in its place. That's what happened during illumination. There is no reason why you should not live entire life in this growth and awareness.

### **J03.091 – On Spirituality and Faith**

Clara<sup>165</sup> You don't have to talk to people about becoming spiritual. You must keep silent and plant the seed of the Christ self in them mentally. It will take root and grow.

#

You must be strong in everything you do, then your faith will be strong.

#

No<sup>166</sup> matter what anyone else says or does – it should not bring negative reaction from you.

Practice love and joy as Mary.

#

### **J03.093 – Excerpts from Pearl S. Buck's "Come, My Beloved"**

"Come, My Beloved"<sup>167</sup>

Pearl Buck:<sup>168</sup> "Long ago his mother had told him never to interfere when {his father was abrupt in decisions and actions.}<sup>169</sup> 'Your father is a sort of genius and you

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<sup>161</sup> Page 90

<sup>162</sup> We believe this means that Evangeline (Noël) had a realization while in Clara Waegner's home. This is not confirmed, but seems reasonable. – TJS '20

<sup>163</sup> Evangeline wrote "Guruji" in the right margin next to this word with a different pen.

<sup>164</sup> This word is nearly illegible, but looking at "love" elsewhere in this document, it seems to be what is meant here. – TJS '20

<sup>165</sup> Page 91

<sup>166</sup> Page 93 (Page 92 is blank.)

<sup>167</sup> "Come, My Beloved" was published in 1913.

<sup>168</sup> Pearl S. Buck (1892-1973) was an American writer and novelist who spent most of her life before 1934 – aside from attending Randolph-Macon Women's College in Lynchburg, Virginia – in China.

and I are not. We must be humble about it, Davie.’ So he learned to be quiet in the house, not to ask questions, not even to insist upon saying goodnight or goodbye – not for a while, at least, until his father’s fearful energy was fulfilled in some new explosion of creation.”

“{Darya<sup>170</sup> rose,}<sup>171</sup> a guest too courteous to quarrel with his elder and host.”

“Pity illumed his understanding.”

“I believe that wherever {man}<sup>172</sup> does his best, God is there.”

The<sup>173</sup> Indian had “talked as he breathed, the light from his extraordinary eyes illuminating speech.”

“It meant that childhood was past and whatever she did now was her own fault.”

“He was careful not to show marital fondness before” others.<sup>174</sup>

## **J03.095 - PB on the Possibility of PB and Evangeline Remarrying**

{PB;} “I<sup>175</sup> thought before you came of the possibility of our remarrying – contesting the Mexican divorce – and retiring from the world. I felt so lonely and full of memories in London – I love you – I feel you are a part of me. We will love again in future lives – we can never love another as much as we do each other. If only I could go by my sentiment and feeling I would marry you again – but I am not free – but an instrument. Would you sacrifice all that you could have to remarry me? Could we have a permanent relationship – being together from time to time? Could you sacrifice having children?” I’ve missed you so.

In the divine plan there is a better place and a higher purpose for you than you have yet known.

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<sup>169</sup> In the original source, this sentence reads: “Long ago his mother had told him never to interfere when such moments came.”

<sup>170</sup> Page 94

<sup>171</sup> We changed “Rama arose” to Darya rose” per the original source.

<sup>172</sup> We deleted “a” before “man” per the original source.

<sup>173</sup> We moved the open quotation marks as the beginning of the sentence is paraphrased.

<sup>174</sup> We moved the close quotation marks, as “Indians or Anglo-Indians” appears instead of “others” in the original source.

<sup>175</sup> Page 95

That<sup>176</sup> is your lesson - The reason you have not found love and marriage and your place with a man is because you have not learned the spiritual lesson of self-reliance - This we all have to learn, men and women alike for we are individuals. That is why you've had this problem all your life because you always run away from it, so you meet it again and again until you conquer it. It is the block in your path and till you stand alone you cannot go forward. You'll never find marriage when you use it as<sup>177</sup> an escape. Neither will you go to India or stay long with P.B. in happiness or give him happiness.

Stand alone in all ways and you can have what you desire - love -

#

Gracie: I never had children as I was meant to mother more than my own: Babies grow up remember and still need mothering.

### **J03.098 - Dominic Murtari**

Dominic<sup>178</sup> Murtari<sup>179</sup>

Murtari

191 Lock Street

Clyde, New York

correspondent 19-23

Italian Catholic

Loves children, will love his wife

very cute - 5'8" - 150

22

Send picture.

### **J03.099 - On the Honest Self**

{At the}<sup>180</sup> Podea's<sup>181</sup> - A person must be completely honest - then he becomes himself - the personae (Freud) disappears - the different selves we are in relation to others - mother, husband, and friend. Then we really think and communicate to others. Words are only the outer means, the most superficial means of communication. When

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<sup>176</sup> Page 96

<sup>177</sup> Page 97

<sup>178</sup> Page 98

<sup>179</sup> This person might be related to Jan Mitchell who ran a very famous Italian restaurant with mob connections. - TJS '20

<sup>180</sup> We have inserted "At the" for clarity. Evangeline was staying with Titus Podea and his wife during her separation from PB in 1956. Titus later married Evangeline's daughter, Melody. - TJS '20

<sup>181</sup> Page 99

you reach the real honest self of each man, then you too must be motivated from your honest real self. Each would then spring from the deeper mind to the habit mind which reacts automatically and superficially.

### **J03.100 – On Criticism**

Remember<sup>182</sup> during<sup>183</sup> illumination criticism of anyone or event was impossible because everything is as it has to be and nothing can or should be otherwise – just observe the play and players and never criticize.

“Who am I to criticize what I perceive with my dull eyes.”

### **J03.101 – On Travel to Mexico; a Lonely Rich Man**

In<sup>184</sup> Mexico study the statues of Quetzalcoatl. Ask natives what each symbol means to them, then try to figure out what they mean spiritually.

Wherever P.B. goes, he is like a sponge which absorbs everything, culture, spirituality.

He is one of the richest men in New York, with his own problems, he is deep – and lonely.

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He loved the girl and when he denied that love for wealth he was lost completely – for through his<sup>185</sup> love for her he knew God and when he gave her up he lost his only contact.

Clara – Everyone must take the complete responsibility for their life.

### **J03.103 – On Body and Mind Influencing Each Other**

Realized<sup>186</sup> after change in outlook to optimism after period arrival, how much the physical condition of the body influences the mind and therefore when feeling badly, the mind therefore reacts and shuts off spiritual contact. Until one is enlightened it is very important to keep body as healthy and free of poisons as possible – also the mind which in turn affects body. One is under these basic laws and no wishful thinking changes anything. The body and mind are very integrated and until one is functioning from Spiritual level (the Sage) one has to be careful to keep the avenue for inner self to come through open (healthy, positive, unburdened and free of poisons).

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<sup>182</sup> Page 100

<sup>183</sup> Evangeline inserted an asterisk in the left margin at the beginning of this entry.

<sup>184</sup> Page 101

<sup>185</sup> Page 102

<sup>186</sup> Page 103

Your<sup>187</sup> higher inner understanding today sprang from your relaxed positive spirits brought about by menstrual period and therefore you felt like reading and could concentrate on meditation book, which you couldn't bring yourself to concentrate on before period. While one is still living within the body and emotions influence one has to make sure they are healthy and positive so that one can then pass on unobstructed into the higher, concentrated mind.

## J03.105 – Affirmations

I<sup>188</sup> Am<sup>189</sup> Eternal Life

“If you repeat these ego-free<sup>190</sup> affirmations, one day you will come into the truth of them.”

“Life, with its suffering, is a dream, but we have to live through it because to<sup>191</sup> this dream there is a purpose. God's purpose.”

“We must live, and we must learn the lessons that life has to teach. No amount of crying or trying to escape can change that fact. So be Courageous! Face everything and become the victor. You will receive a great reward. An inner compensation.”<sup>192</sup>

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<sup>187</sup> Page 104

<sup>188</sup> Page 105

<sup>189</sup> Pages 105 and 106 appear to be written on a library card. “R. Bond” and “Man Who Was Chesterton” is typed in the left margin of page 106. “The Man Who Was Chesterton” is a collection of essays, stories, poems, and other writings of G.K. Chesterton, edited by Raymond Bond and published in 1960, indicating this entry would be from 1960 or later.

<sup>190</sup> Evangeline circled “ego-free.”

<sup>191</sup> Page 106

<sup>192</sup> Pages 107 and 108 are the blank inside back cover and blank back cover of the journal.