

Evangeline Glass Journal 04 (1956)

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Editor’s Note: This entire journal appears to be from January 1956; it is preceded by Journal 01 and followed by Journal 03 which picks up in June of that year. It is also clear that Evangeline (aka Noël) and PB were together throughout this month, and the contents of this journal are more spiritual than some of the others. There is a good deal of discussion about the Short Path and its attendant practices, along with the nearly inevitable discussions of singing, diet, and sex. We should keep in mind that while Evangeline had many mystical experiences from a young age, and by now she had been singing professionally for seven years, she still was 24, which is to say quite young. Some of that youthful naïveté is very evident in these journals; what is not, is that she went on to pursue these practices and her profession for the rest of her life, as well as maintain a lifelong spiritual apprenticeship to PB.

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

J04.005 – Notes {Possibly for a Performance of Turandot}

Kabuki¹ Dancers.

Chinese {red.}²

Orange

screens – for backdrop

prayer posture

I have four screens (reversible)³

#

J04.007 – Notes on Humility, Diet, Happiness

Dear⁴ Brother:⁵

1. “When one spends time with the Master, one learns thoroughly the art of humility. You are set at small tasks and humbled and made ready before you can start on the higher path with the Master. It is also a period of great ego crushing and one’s evolution is thus greatly speeded up.”

2. “V. eats when he is frustrated, worried, or feeling insecure, just as an alcoholic turns to liquor. He is a food drunkard and has the same makeup as an alcoholic. Food is no longer a necessity to be eaten in small quantities at regular times to keep the body alive, but it is a means of escape from problems. The mind becomes dulled and he cannot then clearly face his difficulties. How can he expect to advance on the quest when he cannot even control his appetite?”

3. “Let me warn you that in the outer world, men cannot help being men of passion no matter how far they are on the quest. So be on guard, and also watch your outer self. These outer beings are your enemies in that sense.”

4.⁶ “The less one eats the less bogged in the physical plane one becomes.”

¹ Page 5 (Pages 1 through 4 are blank)

² We changed “read” to “red” for clarity.

³ Page 6 is blank.

⁴ Page 7

⁵ This is not PB himself; it is probably from a Theosophical or similar organization. It probably applies to #1-4; 5 and 6 are obviously intended for Evangeline herself, and may have been from her mother or Sarira. – TJS ‘20

⁶ Page 8

5. "I believe that you should and will use your womanly passions in your art. I do not believe one 'can serve two Gods.' When I married I knew I would therefore never do anything serious with my music. You will have to devote all your time, energy, and passion to your art. You can transmute, or actually reach real fulfillment or unfoldment by transmuting your vital force to this higher plane. This is what a Sage does. A sage no longer needs a woman to complete him. He is a whole and complete being."

6. "I knew when you left on the ship⁷ with P.B. that either you would come back a woman or you would come back crushed."

7. Her mental anguish is useless and unnecessary. She feels if this or that in her life were different she would be happy, but this is not true. The truth is that everyone on every level in⁸ every circumstance has problems. Even the sage cannot avoid them. We should not seek to avoid them but to face them, do what we can to conquer them, but most important – more important than the outer circumstances is our inner attitude about them. If we are free mentally, and strong and unconquerable, then we can find happiness. For wherever we are we will have trouble, but it cannot affect us unless we let {it}.⁹ Happiness is in the mind, in its strength and joyous unconquerable spirit.

J04.009 – PB on Emotions, Love, Sex, Mate, Balance

Guruj:

1. "Emotions must be brought into line with intuition and reason. You must use Will to keep them in check. Whenever they appear balance them out with reason and intuition."

2. "Never let moods overtake you. They may be neurotic. A neurotic is one who is constantly changing moods or selves. Each day a new self presents itself instead of a fixed {balanced}¹⁰ self predominating. This is achieved in one of two ways – by the peaceful detachment of a superior spiritual consciousness,¹¹ or by a mature womanly understanding. Both together are the perfect combination."

4. Love is usually sex deceiving you into believing it is something higher. Real love knows that the organs are not to be used for pleasure or satisfaction but by the mere exchange of magnetism the lovers can feel satisfied.

5. The longing for a mate is very natural and is Nature trying to carry on her work. The body, mind and soul feel this. It takes a spiritual genius to resist this and transmute the power.

⁷ Referring to their honeymoon cruise on the QE2. – TJS '20.

⁸ Page 9

⁹ We changed "us" to "it" for clarity.

¹⁰ This word is illegible, but a common theme of PB was to have a "balanced" personality, and that might be the word used here. In any case, it fits with his teachings. – TJS '20

¹¹ Page 10

J04.011 – 1956 January 15 – “Secretary, Not a Singer”

January¹² 15th 1956

() I’ve discovered the secret of a secure, stable, inner existence where one is unaffected by moods or outer conditions. It is... thinking of oneself as being Alone in the core of the self. This works miracles.

() Tonight as I was typing letter to Fander¹³ with Guruji¹⁴ he came over to me, kissed me and said with enthusiasm “Let us hope that in your next incarnation you will be born a secretary, not a singer.” This explains so much to me. If I had been a competent secretary we would not have divorced. I would have been useful to him, necessary to his life. As he has told me many times, – “I am a man with a mission. I can no longer live for myself, but have a higher duty. Thus those around me have to help in this mission’s work. I cannot live for just myself.” This makes clear so much. If only I had had worldly wisdom – I would have returned to the States when he was in India and made myself into a secretary. I never tried in the right ways to make myself indispensable¹⁵ to his life and work. Help in this work is what most pleases him. What does it matter whether one pleases him through his work or through his body or through just love for him. Love takes many forms and ultimately it is felt within in the same way. You should have realized this. See the importance of “facing facts.” Again you learn, but not really too late this time. There is still time for you to work this out.

All love is really selfish in this sense: What one gives another, no matter what form it takes. Think for yourself, and why you love certain people.

Try to think of his wishes more than anything else. Become more and more competent and indispensable. Learn practical worldly wisdom.

#

Back to the fruitarian diet.

Guruji: “You must use Determination to do this.”¹⁶

J04.013 – 1956 January 16 – Being True to the Woman

Jan¹⁷ 16th 1956:

After the misery of a frustrated and miserable indigestion yesterday and evening, I have reached an answer to my problem. It is simply this: I must be true to my woman inheritance. From this balance as a mature woman I can branch off into impersonality but not until I am centered in my woman. G – never gives up the man. I

¹² Page 11

¹³ Referring to JB Fander of Copenhagen; PB refers to him person in several places; he died in 1966. – TJS ‘20

¹⁴ “G” in the original

¹⁵ Page 12

¹⁶ Evangeline drew an arrow from “this” to “Back to the fruitarian diet.”

¹⁷ Page 13

should not give up the woman. It is my springboard. In her lies my “mental equilibrium” and “emotional maturity.” Be true to her first of all. This is the basic secret in discovering yourself and finding inner happiness. Then from the woman, expand into deeper impersonal depths, but always have the perfected woman on the outer physical plane and outer mental ego to step back into when returning to world. Then mental balance will be established. This is your secret and you will then be “facing facts.” As Guruji said last night – growing up¹⁸ from adolescence to maturity means controlling moods and thoughts. And I add this to my own particular case – most of those negative miserable moods come because I was not true to the woman. After you are stabilized in her, then and only then can you learn from him, for you will be centralized and capable of grasping and practicing the teaching. This is maturity and the basis or basic requisite for the Quest. From there one grows. Before this there are glimpses but until this maturity is achieved most of the progress is only towards this first basic goal of maturity.

After you are true to the woman, then be true to the artist. Much happiness and progress spiritually await you if you do this...

Guruji: “Just make a rule about eating and stick to it. It is that simple.”

J04.015a – 1956 January 19 – PB on Simple Diet

January¹⁹ 19th 1956

Guruji: “God is forcing you to adopt a simple diet (by indigestion, fat, and {overeating}²⁰ problem). Before you were on this simple diet for ascetic reasons, you were then a nun or yogi, but now you are being forced into from health reasons.”

J04.015b – 1956 January 20 – On Dealing with Problems and Attitude of Mind

Jan 20th 1956

Last night in dream state I had the realization of turning all my force inward – using it to solve my problems instead of using energy to either run away from {them}²¹ and or worrying about them. I realized or experienced last night just how the outer life is always, will always be presenting problems, but I must within my mind dwell strong and courageous and with all my force I must go out and fight them, while remaining

¹⁸ Page 14

¹⁹ Page 15

²⁰ “O.e.” in the original.

²¹ We changed “the through” to “them” for clarity.

positive, cheerful²² and courageous within my mind. My attitude of mind is the important thing.

Cultivate these qualities:

I am determined

I am purposeful

I am alert

I am cheerful

I am encouraged

I am happy

I am courageous

I change problems into projects.

J04.017 - 1956 January 20 - Using the Short Path in Meditation

January²³ 20th 1956

Tonight before meditation, although I had only my one meal today I suffered from gas. Guruji said: "Come to meditation, Noel. First use the Short Path - think of yourself and identify with the Overself which is all health and happiness and then ask it to heal the body. You are not the body it is but a shadow of you."

Noel: "Is it a shadow or a shell?"

Guruji: "A shadow."

I then thought of this and each thought turned into realization. I realized that this body was only a shadow which I could detect with the physical eyes and touch but it only existed for the senses. Because I see and touch I believed that was reality, whereas the truth is²⁴ that Reality is that which I cannot perceive with the senses. I have to attune myself to a different awareness to be conscious of this Reality that I really am.

I thought on and on concentratedly and realized myself as separate from the body.

Afterwards when I told Guruji he said that this was the Philosophic form of meditation where one thinks with a higher intelligence after one is freed from the body. This should be encouraged.

J04.019 - 1956 January 28 - PB and Evangeline on Developing Spiritually

Jan.²⁵ 28th 1956

²² Page 16

²³ Page 17

²⁴ Page 18

²⁵ Page 19

After reading Hatha Yoga today and Patanjali's statement that the soul's relation to the body is something which has to be learned or a separate knowledge, I drew within, felt myself as apart from ego and wondered how one could consciously develop this knowledge or raise one's consciousness to this level.

I asked Guruji about this, saying that to develop spiritually one needed time, first to develop the body into spiritual coordination, using all one's physical energy and much time solely for this purpose. Then developing the mind through reading spiritual books, and getting the whole picture, and finally much time is needed for introspection and meditation.

One could really spend all the waking hours on this, employing all physical and mental faculties, hitherto²⁶ employed for pleasure or to making a living, to gaining spiritual knowledge in a completely balanced way.

How can this be done, I asked?

Guruji: "You must carry your monastery in your heart. You can choose now between getting tangled in the world, and being forced to work out its difficulties or to live a life apart, as I have, devoting yourself to these studies. Many people cannot face the world and its responsibilities, so retreat, but you would not be doing this. You can choose one or the other at this time. But you must be strong and stick to this decision when the tests come. In a moment of pressure, excitement, you may be tempted to marry, but be careful and wait to see it is the thing to do. Do not become carried away. If²⁷ you can earn your living through giving spiritual concerts then you will have a means of livelihood compatible to your deepest motives."

Guruji: "Your needs, the thoughts you project most, project the outer you, the mind and body. When you think, desire, promote spiritual thoughts, you project the same in the outer world. This is mentalism."

Noel and Guruji: "The cat has whiskers that are the exact length of the biggest part of his body, so when he starts to enter a passage and his whiskers touch, he knows he cannot pass through, so withdraws, thus preventing getting stuck. His needs, developed the whiskers. They were not there first but after the projection of the need."²⁸

J04.023 - 1956 February 3 - Montauk, N.Y. - Evangeline's Second Illumination

Montauk²⁹

Feb. 3rd 1956

My second real meditation took place at 8:00, last night the 2nd of February.

²⁶ Page 20

²⁷ Page 21

²⁸ Page 22 is blank.

²⁹ Page 23

We were on the bed sitting up straight, listening to the howling wind. Then, quickly a surging power vibrated through me. Then as the breathing almost stopped and the body was rigid, a pressure started to push against the body forcing it backward.

It then came! I was no longer a body of flesh, heavy, filled with wants and desires, plodding along through the hours of miserable days and nights. I was a refined, spiritual ethereal being composed of light, of lightness, of beauty, of love, harmony and peace. No more grueling ego with its coarse feelings and selfishness. I was transformed into an angelic being not of this world.

Suddenly³⁰ there appeared in front of me (in my mind, as my eyes were closed) a small figure – a man, all white, in clothing, in skin – all white and shining. He was kneeling and he hovered, up and down, slowly, so gracefully in several salaams. I felt very close to him. And as I watched this beautiful, angelic form in worship I seem to become even more free of the ordinary self, physically and mentally and I reached an inner plane of perfection. For a very short time I felt exactly as I did during Xmas illumination.

Here I was in a form, in a world of the spirit. Why could not I stay forever? How could I have stayed in the lower world so long when this is here, every³¹

J04.027 – 1956 January 10 – Evangeline’s Nature Versus the Nature of a Singer

Tuesday³² – Jan 10th 56³³

You have an introverted nature not at all like a “singer’s” – a singer combines ignorance and conceit. You have a very introverted inquiring intellect which seeks Truth. It is very logical in its analysis, and you express yourself clearly in speech, you should be encouraged to write definitely. I would like to see what you write about the lesson.

#

Your approach to the voice is an inner one.

J04.031 – 1956 January 9 – Guides to Singing

January³⁴ 9th 1956

1. Beauty of voice is not made by thinking one is going to make a beautiful tone, but by the individual freedom of the vocal production by the inner movement, then it

³⁰ Page 24

³¹ On page 25, there is a note from an archivist that the next 48 pages of the journal are blank (and so were not scanned).

³² Page 27

³³ We changed “55” to “56” since all other entries in this journal are from 1956.

³⁴ Page 31. (Pages in this entry are reversed, beginning on page 31 and ending on page 28 – Evangeline was writing from the back of the journal. Page 32 is blank.)

comes out as beauty. In other words, by the combination of certain _____³⁵ beauty results automatically.

2. "You have have it" – (when about to leave he said).

3. La-Ba-Da-Pa – Pant as a dog, let out through upper nose – open mouth as the inner need necessitates.

3. See-Mee-

See-ah-Me-ah

See-oo or – Me-oo

Let freedom predominate – use the vowel formation which suits each individual tone – give it freedom to find its own way. Its own beauty.

4.³⁶ Each voice must be approached from an individual viewpoint. Most teachers try to push a "method" – that is, what made them sing well – on to another individual – instead of letting the individual develop his own.

5. We concentrate on the positive characteristics of each tone, and mentally decide to _____³⁷ the negatives.

5. There are four big positives which are the essence of a beautiful tone. (1) Freedom (2) roundness (3) ring (4) even flow or vibrato. Each of these must be present. When you understand the conception of these mentally – then you must make the body and the old unconscious habits understand, and that is done by doing it, and can be done in no other way.

Be³⁸ relaxed and patient while old habits pop up even though you consciously understand.

6. Do not think of taking a breath or poisoning the body or placing the voice. Instead of clearing the throat which only irritates the membrane, and which is most of the time simply a nervous habit, swallow instead.

When a bird sings it does not "set" itself to do so, but just bursts forth. When we laugh we do so without preparation and when we have finished the body naturally replaces the breath for the next speech or laughter. Singing should be done in the same spontaneous way. Let it be natural and individual.

7. Noel: Remember the words, the body and subconscious only learn by doing. This applies to every phase of your³⁹ life. There is need of more action to balance out the mental understanding.

J04.033 – Contents of Journal

³⁵ Evangeline inserted an underscore here, perhaps because she could not come up with the proper word.

³⁶ Page 30

³⁷ Evangeline inserted an underscore here, perhaps because she could not come up with the proper word.

³⁸ Page 29

³⁹ Page 28

{Jolande}⁴⁰ Jacobi⁴¹
N.Y. singing teacher⁴²
Montauk
Spiritual experiences⁴³

⁴⁰ Referring to her friend and counselor, the Jungian Jolande Jacobi. — TJS '20

⁴¹ Page 33.

⁴² Evangeline wrote "1956" in the right margin, referring to these four lines, which seem to be an index to the journal.

⁴³ Pages 34 and 35 are the blank inner cover and blank back cover of the notebook.