

# Evangeline Glass Journal 09 (1956)

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*Editor’s Note: There are only two dates in this brief journal (barring the 34 pages of Gregg’s Shorthand). Those two dates are April 6, 1956, and February 20, 1957 – 8 months before her brief remarriage to PB. This journal is preceded by the last entries in Journal 01 (March 13, 1956), interleaved by much of Journal 03 (June 7, 1956 – January 1, 1957), and it is followed by Journal 10. There is a letter to Evangeline’s troubled sister Rosalind, who struggled with mental health issues her whole life, and voice studies similar to those found in Journal 08. There are several entries about Evangeline’s inner life and some reflections on her relationship with PB – which is clearly active and ongoing throughout this period, in spite of their divorce. For the most part they were often living in the same (general) part of the world – mainly Montauk, New York and Los Angeles, California. Neither PB nor Evangeline kept regular records of their comings and goings, so we only have a broad sense of their travels – which is, perhaps, as it should be.*

*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

## **J09.004 – Letter from PB to Rosalind, Written by Evangeline**

Your<sup>1</sup> letters to Evangeline and to me, dear Rosalind {Young}<sup>2</sup>... were read with interest. I am pleased that you have entered into so many constructive and useful activities. Your swimming is very good for you. It makes you breathe deeply and thus energizes the body.

I am sending you help in my prayers and meditations. Now you must continue doing your part in carrying out the regulations laid down for you.

You have certainly tried to carry out the rules I gave you about eating three regular meals a day. And I am very pleased with your effort. But you must now try still harder. You are forming new habits and they have to be repeated again and again, day after day, until they become a part of you.

One<sup>3</sup> day they will become automatic habits, and then your regular three meals a day will be a steady pattern and you will be free of having to make any effort. Just keep on trying, dear Rosalind, that is your work, and help will be coming to you to lighten your burden.

I am sending you a fresh batch of foreign stamps.

Always hold on to hope and that will pull you through this temporary period of difficulties.

I am confident that you will come through this into a perfectly normal state where you will be happy and peaceful.

My<sup>4</sup> days are filled with my writing work, besides reading and answering letters from all parts of the world from people who have read my books.

We are (Montauk)<sup>5</sup>

## **J09.038 – Deleted Entry: “I Am a Part of Life”**

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<sup>1</sup> Page 4 (Page 1 is the front cover of the front cover of the journal with “Evangeline Noel” written three times. Page 2 is blank. Odd pages 3 through 37 have not been typed, as they are written in shorthand. It appears that they are practice lessons from a course in Business Shorthand, but we aren’t sure. We recommend examining the original scan.)

<sup>2</sup> This is Evangeline’s sister, who suffered from mental illness her entire life, which was lived out in institutions. – TJS ‘20

<sup>3</sup> Page 6

<sup>4</sup> Page 8

<sup>5</sup> The even pages in 10 through 36 are blank.

Evangeline and PB stayed in Montauk, New York for several months in 1956. We have a postmark from a PB letter dated 1/27/56 from that location. – TJS ‘20

Romaine<sup>6</sup>

I am a part of life so I know I can never die

Communion through meditation shows me that<sup>7</sup>

## **J09.039 – PB to Evangeline on the “I”**

\* P.B.<sup>8</sup> to Noel: I would say not “perfecting” the ego, as such but that we must develop and balance intelligence, feeling, and will and then purifying them – so that they can then be a true as possible reflection of the “I.”

with<sup>9</sup> “I”.<sup>10</sup>

During the day develop the woman reflection of this “I” so that she can represent the true self on the human plane as truly as is possible. Thus living will be on 2 planes, but never losing sight of the reality of the real self – the “I am.”<sup>11</sup>

## **J09.041 – PB on the Body and the Ego**

“{The Quest of the Overself}”<sup>12</sup> Brunton – “The body does not exist for a sleeping man, merely because he, the mental ego, has vacated it. The contention, therefore, is that the personality still exists and still continues to function in this state of dream, quite apart from the physical body. In brief, the personal ego is a thing separate by Nature and independent in expression from its physical instrument.”

“It is by courageous and independent thinking that a man may ultimately effect his own liberation from the bondage of spiritual ignorance.”

“He is not only a body, but also a force – something far subtler than physical matter.”<sup>13</sup>

## **J09.042 – How to Reflect the Feminine “I”**

developed<sup>14</sup> to reflect the “I” along feminine roads. This reflection should be –

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<sup>6</sup> Page 38

<sup>7</sup> This entry was deleted in the original.

<sup>8</sup> Page 39

<sup>9</sup> Page 40

<sup>10</sup> The top of this page was cut off.

<sup>11</sup> Evangeline inserted an asterisk and “(see insert) at the end of this line. We see no insert unless the previous passage was intended to follow this one.

<sup>12</sup> Page 41

This is a quote from Chapter 3 (“The Analysis of the Physical Self”) of PB’s book “The Quest of the Overself.” – TJS ‘20

<sup>13</sup> The bottom of this page is cut off.

<sup>14</sup> Page 42

Healthy (physically and intellectually and emotionally)  
Poised  
Kind  
Unselfish  
Cheerful  
Radiant  
Stable  
Loving  
Understanding.

Each day set aside long period for mantra prayer, contemplation and meditation for developing contact<sup>15</sup>

### **J09.043 - Evangeline Experiences "the Shining Enormity of 'I'"**

I<sup>16</sup> could choose my thoughts like I choose my garments! The shining enormity of "I" was realized for a moment and freedom came. Then I concentrated on the 3rd eye (after realization left, and thought tumbled back) and I felt power as I gazed into the darkness within my skull at that spiritual organ of sight.

After this I went into a yoga sleep - losing all consciousness.

When I woke up the fire had gone out, so I went into bed. As I lay down and closed my eyes, I saw a picture of the world, as I see it every day, shimmering in front of me. It then split up and shook, and separated in all directions. It fell apart, and shifted about in front of me. Then a strong realization came that what I see and experience through the senses is only "a motion picture" which is being perceived by the

### **J09.044 - 1956 April 6 - Flat Tire Meant Meditating at Home with PB**

April<sup>17</sup> 6th 1956:

Tonight the tire was flat on the car so we stayed home and meditated. P.B. said there was a special reason for the evening working out so.

I sang mantras at the organ for about ½ hour at the start of the meditation. I knew then that I was to use my voice solely for spiritual singing and not to change. I loved doing this - this was my medium. I should have a little harmonium and accompany myself to different groups.

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<sup>15</sup> The bottom of this page is cut off.

<sup>16</sup> Page 43

<sup>17</sup> Page 44

Then I seated myself at Guruji's feet in front of the fire and tried "to still my thoughts." The body was almost instantly stilled, there was scarcely breath going in or out. Then as I tried to still the mind, I realized (for a second) that the thoughts were something separate from myself, that I was actually trying to still them who were not I.<sup>18</sup>

## J09.046 – On Voice Development

The<sup>19</sup> singer must know the abilities, possibilities and peculiarities of his instrument. He should control his vocal tools as the musician masters his instrument.

Art is joyous, but the road of the artist requires seriousness and endurance.

In<sup>20</sup> the correct function, any kind of force or violence must be avoided. The voice must learn to obey with ease in proportion to the existing condition of strength. (caps)

It is a big mistake to try to build the voice from the Outside, by mechanically fixing facial positions.

At student recitals one hears fearful tones, careful tones, hidden feelings which cannot break through because of the care given to non-essential things.

All registers should unite in one tone stream. Not only the voice sings but the entire human being becomes a sounding column.

Awakened<sup>21</sup> ear demand so that the organism places itself willingly at the disposal of the singer, whereby every atom of tone rises to a ring as effortlessly as the strength allows, and then you can "Sing like a Bird."

Life and vibrant power are demanded of the whole body, not just of the throat and larynx, as one often hears in lifeless singing. The whole upper part of the body must vibrate so that the human being is like a sounding column.

Voice development is the root of singing. It means finding the basis of the voice. It is the study of attacking the tone in a manner that will allow the whole singing organism to be fully active and that will hold the entire vocal organism under control.

If a singer has an intellectual understanding of the pure tone development principle, he can, after five or six {illegible,}<sup>22</sup> travel the right road by himself.

Since<sup>23</sup> constricted, narrow production is not effortless, the voice depends mainly on physical strength. This strength in the vocal mechanism often gives out rapidly. Then neighboring organs not meant to be used in singing are employed as a substitute. Sickness of these organs results.

Twenty to twenty-five minutes practiced five times daily practice with voice.

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<sup>18</sup> Page 45 is blank.

<sup>19</sup> Page 46

<sup>20</sup> Page 47

<sup>21</sup> Page 48

<sup>22</sup> Illegible in the original; only "-nts" or "-rts" is visible.

<sup>23</sup> Page 49

“Give me a primitive man with the brain power of present-day man. Then I, the teacher, will be able to guide his organs more rapidly into the right way of singing than those of some civilized men since I would save myself the extra work of freeing the tone before developing it.”

Give nature its rights. Add to these rights what the music and the impression<sup>24</sup> of it in order to reproduce and compare it. (capitals)

Experiencing correctly produced tones educated the memory ear and feeling and enables the singer to repeat those tones.

The untrained vocal mechanism, unaccustomed to such processes, sometimes will resist the singer. Miracles can be achieved with sufficient willpower. The muscles and sinews which are subordinated to the will, gradually learn to obey. The vocal organism thus develops a new capacity which in time becomes a habit.

Sometimes a student with an ear for correct vocal production can through his own efforts build up his voice better than with a vocal instructor. In the cases of such gifted “born singers” one needs only to awaken consciousness of the voice to set the musical taste on the right road.

“Voice<sup>25</sup> development consists in the exercise and practice of the correct tone function; hence the term Tone Building. Tone building is the root of the art of singing. The ear can be educated and developed for pure tone. Everything nature has provided – throat, larynx, head and chest – can be made to “sing.”

“Each vocal instrument consists of movable parts that are visible and invisible. The visible parts can be educated mechanically by comparisons and examples with pictures and words. The invisible parts can only be controlled by our feelings and impressions with physical and mental. The mental feeling is also partly determined from the outside – in the case of the vocalist, mainly through the ear.

The Singer’s ear allows the tone to sink in. His feeling absorbs it. His memory keeps the

## **J09.052 – Book Excerpts from “Voice Culture or Singing Lessons”**

“Voice<sup>26</sup> Culture or Singing Lessons”

By Mueller-Brunow,<sup>27</sup> written 1889 in German, free<sup>28</sup> translation – {Jolande Jacobi}<sup>29</sup>

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<sup>24</sup> Page 50

<sup>25</sup> Page 51

<sup>26</sup> Page 52

<sup>27</sup> Bruno Müller-Brunow (1853-1890) of Leipzig, Germany, taught singing and published “Tonbildung oder Gesangunterricht?” in 1890.

<sup>28</sup> “Free” was written above “translation” indicating that the translation is off the cuff; made by Jolande Jacobi, who was a native German speaker, Evangeline’s friend and therapist. – TJS ’20

<sup>29</sup> “Jacobi” in the original.

“The singer himself is a psychological puzzle. He sings because he wants to sing, because he must sing. It is often not vanity, but the urge of the soul to speak in a language beyond the commonplace. We often find people whose personalities are dry and reserved, yet who glow with warmth and imagination when they sing. They speak the language of the inner voice.”

“Singing is air, sound waves, resonance, hearing, feeling sound and music.”

“The secret” of how to build one’s best voice consists of catching and controlling the tone, developing its Concentration, Resonance, Roundness, and Suppleness by the proper use of all controllable parts of the vocal instrument.

## **J09.053 – {1957} February 20 – Reflections on Four Years with PB**

Words<sup>30</sup> of books have been motivated by an inner motive, and are only outer form for the true mental, emotional or spiritual inner states. Use the words only as a help to get underneath into this inner world! It is your world, everyone’s.

#

February 20th (approx. 4 years after meeting P.B.)

After all I have learned about the secrets of life – its longevity, health, balance – I could build an ideal life for myself in every sphere – physical, mental, artistic, and maybe spiritual. By concentrating my force and will on building such a life, by taking the interest in it – {there}<sup>31</sup> would be no limit to what I could do.

To this Guruji replied: “But after you have succeeded in doing all this remember that the X factor, the mystery, the unknown will have the final say. Remember this, but continue to do all that is in your power first. Most of us use little of the power we actually possess.

Back<sup>32</sup> to own world before marriage, of artistic creation, interest and growth in inner artistic world, but combine with what you have learned in P.B.’s world (both inner and outer) and what has taken place in you – the growth of the woman. Go back, but retain what you have gained – that will be balancing up. You are his friend now in your own world.

Indian “I don’t sleep much because I do not want to be without my consciousness that long. The same with eating. Too much slows one’s mental processes down.”

Back to the world of Plato and Kant, Beethoven and Bach, taking with you the purity, the moral kindness, the balance, the perspective and practicality that P.B. has given you. Your own world with a direct pivotal line to his.<sup>33</sup>

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<sup>30</sup> Page 53

<sup>31</sup> We changed “they” to “there” for clarity.

<sup>32</sup> Page 54

<sup>33</sup> Pages 55 and 56 are blank (aside from “Alaya,” which Evangeline wrote on the back cover).

woman  
Artist  
Philosopher  
Spiritual being

Nail

