

Evangeline Glass Journal 10 (1957)

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Editor’s Note: This journal is very brief and covers the period from June 9th, 1957 through July 13th of that year. There is an entry in Journal 03 for July 6th, and another in “Family – Evangeline Glass Notes with PB” for July 10th. PB and Evangeline would remarry in October, and in truth they were seldom out of contact with each other throughout his life. The entries for June have to do with fasting and finding balance; she has conversations with PB and with his son, Kenneth Thurston Hurst on these topics. Both PB and Evangeline followed the Hindu practice of fasting from time to time as a way of allowing the body to rest and cleanse itself; usually these fasts lasted one to three days, with a few longer ones in PB’s case. The latter entries in this journal are basically book extracts; it is probable that PB was aware of which books she was reading but there is no indication that he directed her to them. He was very respectful of Emerson as the Sage of Concord, so he may well have known of Whicher’s book.

Anything marked “Guruji,” “G,” and “Raphael,” 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 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

J10.002 – Dates and Places

October¹ 1951 – Pasadena, California

June 1957 – New York City

J10.003 – 1957 June 9 – {New York City} – On Beginning Fast, Meditating with PB and Kenneth

June² 9th 1957

So I begin my fast – expect great results physically and mentally and inwardly.

All that you wish to become is within Evangeline. The path to the woman is to be refined, cultured, quiet and self-poised at all times. Then the negatives cannot creep in.

Go your own individual way. Build your own life, not imitating but creating. You have so much within to become that woman which you desire – it takes probing and courage and discipline. Remember museum beauty and the mood it gave you. That mood is within at all times – bring it out.

Remember walk with Raphael to Rockefeller Center and all the beauty which made you remember Jan {Mitchell}³ and the woman he discovered in you. Do not forget her – she is what you wish to become – to live through each day. Only with Raphael you can make her even more beautiful and loving and spiritual – begin by being yourself.

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Evening – Listening to Butterfly's eve music and Raphael beside me – I remembered "the highest" as I used to feel so intensely in teens and with Rae⁴ – knowing and being "the highest" accepting nothing less – Oh, so long since I felt this. A vision of Guruji and I descending a great stair into heaven while the voices sang – at that time I felt the "I" being transformed into its real self. The highest which is real and exists here and now.

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A meditation with Guruji and Kenneth,⁵ during which I recalled Butterfly experience. Looking⁶ up at Tibetan tapestries I saw there – they represent the reality of

¹ Page 2. (Page 1, the front cover, is blank.)

² Page 3

³ Referring to a brief romance/flirtation that Evangeline had with a New York Restaurateur Jan Mitchell in 1956. – TJS '20

⁴ We presume this is a childhood friend of Evangeline's. – TJS '20

⁵ Kenneth Hurst, PB's son

“the Highest” I now feel! When I was young I was able to reach this state: “Above all else” I choose “the highest” beyond love for mate, or music, beyond all else – that is why I married Raphael and why I’ll never leave him.

During meditation a great being dwelt within Guruji – he turned his head slowly eyes open and looked at Kenneth for a long while, but Kenneth remained eyes closed. He was giving to Kenneth – there is a reason why he was born his son – I must respect him more for being his son.

Then Guruji turned to me with strange slow movement of the head and held my eyes, during which time I stopped breathing and prayed for light and liberation – then the reality that he was my Guru was so startling that I began to cry and had to close my eyes.

My Guru – the privilege of living with my Guru – of being close to this great spiritual being - ! Become purified.

(The two spiritual experiences came about tonight because I prayed naturally and opening for help, just as if I were speaking, with the same faith to Guruji.)

When you have to phone others, or write to them and feel “not in the mood” – temporarily identify yourself with them, putting part of yourself in their place (without losing identity) – then you can help them as you have been helped by Guruji and so many others. Momma and your sisters – return – give. Keep highest identity while doing this – never lose this consciousness or the closest you can get to it – for to try to efface yourself is like committing suicide – use positive method instead of previous negative one – become all that you are then transcend at proper time – never destroy – but fulfill.

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J10.005 – 1957 June 11 – {New York City} – On Fast, Substituting Positive Thoughts for Negative Ones, Meditation with PB, Humility

June⁷ 11th 1957

The fast has not yet been completely successful as my mental attitude has not been the best. I let fears overpower my consciousness and destroy positive frame of mind. I must dread nothing. If dread appears I must switch my mind away from it completely – not try to fight it (this is negative and only leads to more conflict) but change mind to something beautiful – Substitute not fight – then later the duty which was dreaded can be performed with harmony. You must teach yourself – for the personality was submitted to many powerful negative emotions and minds during childhood. Have compassion and love and understanding toward these defects and wrong habit patterns and she can be cured. Guide her in her weak negative moments

⁶ Page 4

⁷ Page 5

as a child and show her the harmony and joy of being at all times the poised, spiritual woman.

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On night of meditation Raphael said it is not necessary on the Path to give up possessions if the inner detachment from them is accomplished.

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Always remain humble and you will then be led higher – never feel that you have found all – humility is greatness.

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Remember no matter how the body feels, you are still of love consciousness and separate from it. Remember day when Mother came and how you were cured because you realized you were not limited to the suffering body consciousness, but free in loving womanhood!

It started when you earlier asserted your beautiful womanhood.

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J10.006a – 1957 June 13 – {New York City} – On Finding Balance

June⁹ 13th 1957

The reality of life – of the spiritual life – the answer to your problems and searching – the cure of your conflicts is: Become your basic self first – what you used to catch only in glimpses – your highest ego – self – then after that strong individuality is established – add spiritual principles – apply them to your life – Here lies the way of accomplishment, maturity and health.

Most people live for the body and its comforts – you are not such a one. Be yourself – free from the crowd. Beauty and health on every plane. Balance.

You are the center of your world – I am – as is every other living creature.

J10.006b – 1957 June 16 – {New York City} – On Fasting

June 16th 1957

Now is your opportunity, at the beginning of this complete fast to make a severe break with the past and take up a new way of life. Start with basic physical patterns: –

1. exercise every morning and night, including facial
2. raw food diet – fruit, nut butter and vegetable juices except eating out. This is the diet for you for you will keep body cleansed and vital, voice clear, and become spiritually sensitive. Small – 3 meals a day.
3. Just as careful to keep mind purified of all negatives – powerful, loving, positive, courageous attitude at all times.

⁸ The last line on this page is cut off by the scan, only “have faith and hope Guruji” is legible.

⁹ Page 6

On this fast cleanse character as well as body. Become the woman of strength and balance and maturity and spirituality which you have within you. Your place is with Raphael now. Fulfill this duty.

J10.007 – 1957 July 11 – {New York City} – On Creating Her Own Happiness

July¹⁰ 11th 1957

After working on Whicher's¹¹ book on Emerson's inner life, and having absorbed oh so quickly the stress Emerson put in Balance, and following Whicher's tracing of Emerson's inner development I was helped so much. I realize I am a complex person and need many sides of my nature fulfilled if I am to be myself. Accepting all of me has given me maturity. I will have my emotional life, my intellectual, artistic, and spiritual life. No more trying to fit myself into one tiny mold. But the basis of my personality is a woman, from her I branch out, expand and express. Fears are gone – peace and quiet happiness remain. Now I can build at each hour, whether alone or with others, my own happiness. Whatever joy and release I have experienced with others I can now create partially myself. The joy and knowledge come from me then. I will create each hour into concentrated vital alive experiences. I will live, each day, each hour and not depend on anyone. I am free, alone and capable of building a beautiful constructive life on every level for myself.

J10.008 – 1957 July 13 – {New York City} – Evangeline and PB on the Impermanence of Life

July¹² 13th 1957

"I'm a practical mystic – I need practical love as well as emotional and spiritual. I need a helper."

The many ways to love – to please the many sides of his nature.

Dream last night – Guruji said I must prepare to die for a five-year period – so I had in every physical and psychological way {to}¹³ prepare for death.

All day today I was conscious of the impermanence of life and the change that will come and I and he and those I love no longer live.

¹⁰ Page 7

¹¹ Stephen Emerson Whicher (1915-1961) was an English professor at Cornell University; his book "Freedom and Fate: An Inner Life of Ralph Waldo Emerson" was published in 1953.

¹² Page 8

¹³ We inserted missing word "to" for clarity.

Why – I asked Guruji – do we feel we will always live – “Because the Overself which is always with you in its nature is eternal.”

A detachment followed – serene and calm but definite and the ego lost its grip as I knew it is an impermanent thing – “I” alone will live on. “So short a time.”

This philosophic realization to be true and balanced and lasting must come as it did today through and out of the maturity of the self. Evangeline – the highest she is capable of realizes this. No separation – but fulfillment otherwise unhealthiness.

J10.009 – Book Notes: “Relax and Live”

Kennedy:¹⁴ – Relax and Live¹⁵ – “The principle of reducing the area of effort enables you to get things done that you ordinarily would never begin at all. Why is it that most of us are inclined to put off writing a letter, cleaning the attic, visiting the dentist – we want to, but never seem to get around to it. In a large measure it is because our anticipated area of effort is so big it scares us off. It defeats our will to work.

Limit your area on the jobs you want to get done. Don’t say: “Someday I’m going to clear out that old attic.” Instead say and mean it: “I have a little time and I think I’ll take a few things out of the attic.”

The will to work has a tendency to grow and spread all by itself when you indulge it and exercise it. It does not grow by your trying to force it.

Think of how much time there is to use instead of how little time there is.

The first hour of the day nearly always sets the tempo for the entire day. If you get up 15 minutes earlier the whole day will go by unhurried and calm.

We should use time always to our best advantage. Hurry is a killer. Hasty thinking and working seldom accomplish what you want. Find yourself the rhythmic, relaxed way of doing things and you will accomplish more, have fewer accidents and spend less energy.

Create a mental “slow” sign in your mind and every time you feel a sense of hurry, deliberately slow down.

Ultimately you’ll go faster and get more done by increasing your natural tempo – not by forcing time.

Work¹⁶ when you work – Play when you play. When we have work images and play images in the mind at the same time, there is a perpetual tug of war going on. Just as the play image can put the brakes on your work, the work image can put the brakes on your rest.

The secret of Teddy Roosevelt’s¹⁷ boundless energy and Edison – he used this principle of concentrating completely on his work for a while then taking a cat nap.

¹⁴ Page 9

¹⁵ Joseph Aloysius Kennedy published “Relax and Live” in 1953.

¹⁶ Page 10

¹⁷ Theodore Roosevelt (1858-1919) was governor of New York and president of the United States.

* Work that you do without emotional resistance will not exhaust you. The more energy you use purposively, the more your body creates. William James believed that few of us ever succeeded in tapping the apparently inexhaustible supply of energy within us.

Another emotional brake that tires us is worry. If you worry about the outcome or any other worry, you are holding negative failure images in your mind. Unless these negative images are present it is impossible to worry. When our attention is focused upon the possibility of failure, which is what happens when we worry, our will is helpless and powerless to direct our energy wholly towards our desired goal. The worry image acts as a brake, it drains off part of our energy, we then make an extra effort to overcome the brake.

J10.010 – Book Notes: “In the Name of Common Sense: Worry and Its Control”

Book on conquering worry: “In the Name of Common Sense”¹⁸ by Matthew N. Chappell.¹⁹

“Do not use willpower against worry. Relax from trying. For a period of several weeks make it a practice to draw yourself up short whenever you start to worry and realize that you are picturing unpleasant images. When you realize this, then deliberately begin to picture pleasant²⁰ ones. Remember some pleasant incident in your past – anything that has pleasant associations. Decide on them alone. Don’t resist your unpleasant images with willpower. Leave them alone and focus attention deliberately on pleasant memory.

Try slow-down practice (like typing²¹) in all activities and learn to relax thereby. Never allow hurry to attack us. One step at a time. Tension from impatience is nearly always due to an unconscious unwillingness to go through the job in an orderly way.

* When thinking about your work, break it up into small parts and cope with each part at a time.

Most of us stay in a state of hurry and tension and we never give our subconscious a chance to work for us.... Relax your muscles and it will serve us.

Our concern with final results is the same thing as fear of failure. Fear of failure is a negative image in the mind. Our muscles continue to try to obey our mental images. Therefore, it is impossible for you to let yourself out and plunge into a job wholeheartedly when you fear failure. You are literally trying to do and not do at the same time. You are going forward with your brakes on.

¹⁸ “In the Name of Common Sense: Worry and Its Control” was first published in 1938.

¹⁹ Matthew N. Chappell (1900-1968) taught psychology at Columbia and Hofstra universities.

²⁰ Page 11

²¹ That is, by typing more slowly, one makes fewer mistakes, which matters when there’s no ‘delete’ button! – TJS ‘20

Forming the habit of positive rather than negative imagery requires that you keep the focus of your attention upon you doing in the present, rather than upon what might happen in the future.

If you want to achieve your own legitimate goals, never think you can't accomplish them because you do not have the best body or best brain. "The instrument you're using²² isn't as important as the woman or man that's using it." Learn to get the best out of your own instrument and that will be good enough.

Relax and Win.

Work that we do willingly uses us much less energy than work which is done resentfully or against our will, because without realizing it we use more effort when we force ourselves to do a job we inwardly rebel against.

Instead of forcing yourself by "willpower" relax and employ will by becoming willing to do the task.

Will can immunize ourselves against fatigue if we form the habit of throwing ourselves wholeheartedly into what we are doing, with complete inward consent and no mental reservations. If job is boring, associate it with personal meaning by thinking of the ultimate outcome of doing it. Find a larger meaning, keep ultimate goal in view. All successful people have done this.

Don't use excess energy to write or work - use only the amount needed.

* Whatever your work is, learn to schedule it so that you can give it your full attention to one job at a time.

Fear of failure makes failure much more likely. Fear causes us unconsciously to put forth additional effort, at a time when they most need to be relaxed.

Act as if success were inevitable.²³

²² Page 12

²³ Pages 13 and 14 are blank.