

Evangeline Glass Journal 12 (1956-1958)

Table of Contents

J12.002 – Book Excerpts: “Kahlil Gibran: A Biography,” by Mikhail Naimy	6
J12.004 – Evangeline Mundane Notes for Herself	7
J12.017 – Quotes from PB, Naimy, Lanyon	8
J12.018 – Lists of Records, Books, Shopping for Trip; Quotes from Kabir; Book Excerpts from “The Lifted Veil,” by Nargis Jessie Dowland	9
J12.019 – 1957 September 7 – Quogue, Long Island; Evangeline in Nirvikalpa Samādhi	11
J12.024 – 1957 September 11 – PB and Evangeline on Annihilation to Become the Overself, on Reincarnating Until All of the Ego Disappears; Evangeline on Dreams of Dying with PB	13
J12.026 – {1957} September 14 – Ideas for Book for Spiritual Women	14
J12.028 – On Lemon Juice in the Morning, Tepid Baths at Night, Lemons for Face, Diabetes, Diet	15
J12.029 – 1957 September 16 – On Becoming a Vegan, Morning Schedule; PB on Individuality and Ego, Becoming a Mystic	16
J12.030 – 1957 September 21 – Evangeline Asks About Higher Self, PB Says to Forget Personal Self; PB on Discipline for Good Habits, Being in Harmony with God	16
J12.031 – 1957 October 26 – {New York City} – On Catching Herself Being Egoistic, So Practicing the Short Path	17
J12.033 – 1957 October 1 – On a Visit From Someone (Possibly Her Mother); PB on the Need for Maturity and Patience in Questers, on the Self	18
J12.035a – 1957 October 4 – {New York City} – On Pledging to Rid Herself of All Bad Habits and Work Hard to Improve; Bernard on Raw Food Diet	18
J12.035b – 1957 October 7 – “We were married today.”	19
J12.036 – {1957} October 11 – {New York City} – On Her Duty Toward PB, Depression & Flu; PB on Keeping the Body Pure, on the Need for Evangeline to Individuate	19
J12.038 – {1957} October 14 – Contemplating Love Personified, Being Herself; PB on Not Injecting Personal Ego into Conversation	20
J12.040 – 1957 November 19 – On Hearing a Higher Voice During Morning Meditation; PB on Grace and on the Need to Strengthen and Purify Your Character	21
J12.041 – Book Excerpts from “The Prodigal Returns,” by Lilian Staveley	22
J12.042 – Book Excerpts from “The Golden Fountain,” by Lilian Staveley	22
J12.045 – Additional Book Excerpts from “The Prodigal Returns”	24

J12.046 – Additional Book Excerpts from “The Golden Fountain”	24
J12.048a – Additional Book Excerpts from “The Prodigal Returns”	25
J12.048b – Night of Dr. Misra’s Visit	25
J12.050 – Additional Book Excerpts from “The Prodigal Returns” & Noel’s Illumination	26
J12.059 – Time Out for a Lesson with Singing Buddha	30
J12.060 – Additional Book Excerpts from “The Golden Fountain”	30
J12.062 – 1957 November 28 – {at the Wesselmans’ in New York City} – On Seeing God in PB as Never Before, a paraphrase of PB’s thoughts.	31
J12.063 – 1957 November 29 – Dream of Silence	31
J12.064 – PB on Questers and Aspirants	31
J12.065a – Book Excerpts from “The Book of Mirdad,” by Makhal Naimy	32
J12.065b – Bronowski Quote.....	32
J12.065c – On Ego Crushing, on Movie That Helped Her Realize Her Real Self.....	32
J12.067 – PB on Wisdom, Wealth, and War.....	33
J12.068 – 1957 December 7 – On Self-Respect	33
J12.069 – Book Excerpt from “Guida Spirituale,” by Miguel de Molinos.....	34
J12.070 – Excerpt: Henry Scott Holland on Kathleen Lyttelton.....	34
J12.073 – 1957 December 15 – On Philosophic Illumination of 1951	35
J12.074 – Book Excerpt from Miguel de Molinos’ “Guida Spirituale”	36
J12.075a – PB on Bohemians and Carelessness	36
J12.075b – Evangeline and PB on Finding the Real “I”	36
J12.076a – On Wrong Eating.....	37
J12.076b – On Ego Crushing.....	37
J12.077 – On Escaping Self	37
J12.078a – 1957 December 15 – PB on the Short Path and the Long Path	37
J12.078b – 1957 December 15 – On Psychological Balance: Singing, Common Sense, and Reason.....	38
J12.080 – Book Excerpts from “The Romance of the Soul,” by Lilian Staveley.....	38
J12.089a – 1957 December 18 – On Being Sensible and Rational; Balance; the Meaning of Cravings	44
J12.090b – {1957 December} 19 – On the Importance of Individuality	44
J12.091 – 1957 December 20 – On Feeling Alive Again	45

J12.102 - 1957 December 23 - PB, Evangeline, and Henry Wesselman on Finding Balance Between Ego and Higher Self	46
J12.105 - 1957 December 25 - On the Individual; PB on Evangeline Trying to Grow Too Fast Spiritually.....	47
J12.107a - On Overcoming Lethargy.....	48
J12.107b - 1957 December 28 - PB & Evangeline on the Relationship Between Individuality, & the Overself	48
J12.107c - 1957 December 30 - On Adulthood, Beauty	48
J12.109 - 1958 January 4 - Description of Meditation, Written by PB from Evangeline's Dictation	49
J12.110 - 1958 January 9 - Massons' - California	49
J12.111a - On PB's Thoughts of Her; On the Name Brunton	50
J12.111b - 1958 January 10 - Hollywood, California - On Becoming a "Real Adult Spiritual Being;" PB on the World as Maya, Mentalism, and Christian Science	50
J12.116 - On Comte de Saint Germain's Teachings; PB on the Body and Sexual Experiences and Why Celibacy Is Recommended for Those on the Path	52
J12.117 - 1958 January 18 - PB to Massons and Evangeline: "Time Is the Only Teacher"	52
J12.118 - 1958 January 19 - On the Secret of Love	53
J12.121a - 1958 January 20 - On Balance	54
J12.121b - 1958 January - Palm Springs, California - On Expansion Rather Than Annihilation.....	54
J12.123a - 1958 January 29 - Santa Barbara, California - PB on Ridding Oneself of a Weakness; Evangeline on How to Start the Day	55
J12.123b - 1958 January 29 - On Being an Individual; PB on Living Within	55
J12.125 - 1958 February 11 - On Two Days of Near Death and Gratitude for PB Bringing Her Back to Life.....	56
J12.128 - On Love and Peace and Calm and Tolerance; PB on Lower and Higher Ego..	57
J12.130 - On Food and Health and Veganism	58
J12.131 - On Meditation with PB and Jacques; PB on the Danger of Meditation Becoming Self-Hallucination.....	58
J12.132 - On Zen Principles	59
J12.133 - 1958 February 17 - On Losing Control and Being Reprimanded; on the Pointlessness of Trying to Change People; on Adulthood; PB on "Being in Love" as Self-Deception	59
J12.136 - 1958 March 1 - PB on Why We Must Be Content With People as They Are	60

J12.137a – On Magnoni.....	61
J12.137b – Quotes from Emerson, Wesley, Burke; on Life and Love and Consciousness and True Self.....	61
J12.138 – On Love and Life	61
J12.139 – 1958 March 4 – On Being Yourself	62
J12.140 – Book Excerpts from Rabindranath Tagore’s “Sadhana”	62
J12.141 – On Deep Sadness, to the Overself, Then Down into Emotions; PB Tries to Help; Beau on Music.....	63
J12.142 – Book Excerpts from Rabindranath Tagore’s “Sadhana”; Evangeline on How to Attain Love by Giving It	64
J12.146 – 1958 March 18 – Meditation with PB and Jacques	65
J12.147 – On Bus to Santa Barbara, Nicaraguan Student Preacher on Performing as God’s Instrument	65
J12.148a – 1958 March 24 – PB on Ascetic Discipline.....	66
J12.148b – {1958} – On Atman.....	66
J12.149a – 1958 March 23 – On Beauty and Atman.....	66
J12.149b – 1958 March 26 – On Inspiration from Los Angeles Philharmonic Concert; PB on Expressions of God and How God Cannot Be Known with the Senses.....	66
J12.151 – Book Excerpts from Rabindranath Tagore’s “Sadhana”	67
J12.156 – 1958 April 8 – Vision of Evangeline, Beau, PB, and Other People as Actors on a Stage.....	69
J12.157 – 1958 March 1 – On Excruciating Pain of Emotional Loss, Followed by Peace; PB on “It Is Better to Be a Sheep”	69
J12.158 – Dream of Beau; PB on How Evangeline Needs a Harmonious Marriage, That Theirs “Should Not Have Been”	69
J12.160 – PB on How Evangeline Must Live Her Life.....	70
J12.161a – PB on Controlling Emotions and Impulses; Evangeline on Starting a New Life	70
J12.161b – 1958 April 20 – PB on Evangeline’s Singing	70
J12.162 – 1958 April 21 – Departure – PB’s Parting Advice to Evangeline	71
J12.163 – 1958 May 7	71
J12.167 – 1958 May 8 – On a Realization at Dinner with PB and Kenneth That She Was Pure Being, and That Only PB Knows the Real “I” of Evangeline	73
J12.168 – 1958 May 9	73
J12.171 – Excerpt from M. Nilson	74

J12.174 – 1958 May 20	75
J12.178	76
J12.180 – Quote from Whistler on Art.....	76
J12.181 – Quotes from Gibran and Chinese Proverb; PB on Avoiding World Wars.....	77
J12.182 – Excerpt from Walter C. Lanyon.....	78
J12.183	78
J12.184 – Records to Buy	79
J12.198a – Highest Life Energy Foods.....	84
J12.198b – Joseph Farrell Address.....	84
J12.204a – Excerpt from Walter C. Lanyon.....	84
J12.204b – Book Excerpt Mikhail Naimy’s “Kahlil Gibran”	85
J12.207 – 1956 January 18	86
J12.209 – On Deafness Caused by Negative Thinking; Picturing the Higher Self.....	87

Editor’s Note: This journal is extraordinary, and a very special gift to the archives. Please treat the contents with respect. This journal spans the period of Evangeline’s second marriage to PB (10/7/57 – 4/14/58), her falling in love with Beaumont Glass (January – March 1958), her divorce from PB and her marriage to Beaumont (June 1958) in that order. At the time she was also taking music lessons and performing. Any and all of these put tremendous stress on the psyche, but reading her journal, we find a person primarily full of love for both her husbands, and full of spiritual aspirations for herself.

Many of the entries contain very practical advice from PB on practicing what he calls the Short Path, for which Evangeline is very well suited. She has decided to share this journal with us out of her recognition that many others will have to go through (somewhat) similar upheavals in their lives and that PB’s words will provide both solace and guidance. I had to add “somewhat” because leaving a spiritual teacher’s side is seldom without trauma or drama – or very amicable for that matter. Yet we see that PB is nearly continuously in contact with Evangeline, even in the months after their separation and into the years of her marriage with Beaumont.

Beaumont was a remarkable man who was able to recognize his wife’s special devotion to PB both as her teacher and as her first husband; throughout the next 50+ years PB would come and go from their family circle as his travels and obligations allowed. It is also true that few who met PB with an open heart did not want to see him again, and often! While Beau never particularly practiced spirituality, he had profound respect for Evangeline’s mysticism and for PB to the very last days of his life. At the time of this journal Beau was just starting out as a piano accompanist for voice coaches; in a matter of years he became Lotte Lehmann’s primary accompanist and her biographer – and produced or directed any number of operas for the 19 years the family lived in Zurich.

There are many musicians, composers and compositions listed in these pages; also there are frequent references to Buddha or Buddha Gerace. It is clear that this was Evangeline's vocal coach but we have not been able to garner more information about them (or where they got their name from). There is also a reference to a Dr Misra whom we could not identify. As for the extensive book notes, for the most part we have left Evangeline's edits in the body of the text and put the original quote (where available) in a comment.

Anything marked "Guruji," "G," or "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 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

J12.002 – Book Excerpts: “Kahlil Gibran: A Biography,” by Mikhail Naimy

Mikhail¹ Naimy:² “How Infinite, how beautiful, how just you are O God. As you sow, so you reap. Never have we³ been oppressed except because we have oppressed; never have we suffered pain save because we have inflicted on others pain; never have we shed tears except because we have made others shed tears. As you are, so is your life.”

“How ignorant are we in detaching ourselves from You in everything we do, say, wish and think, suffering pain in consequence, and moaning and wailing when You draw us back into Your holy presence! How stupid of us to burn away our days and nights seeking any knowledge other than knowing You, and any right other than Your right, and any peace other than Your peace. How very poor are we amassing any riches other than the riches of Your love inexhaustible! How very weak are we buttressing

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

² This entry is a collection of excerpts, not in order, from Mikhail Naimy's biography of Kahlil Gibran, first published in Arabic in 1934. We adjusted punctuation and capitalization in these passages to match the original source.

³ Every instance of “we” in this sentence appears as “you” in the original quote.

ourselves against this hour with all manner of forts except the impregnable fort of Faith in You! And how blind are we in seeking You anywhere save in our own selves!"

#

"Man's only glory lies in his gradual ascent from the human in him to the divine; from the perishable to the imperishable; from the unbeautiful⁴ to the beautiful; from delusion to Truth; from Life's dual appearances to Life's inner unity.

We are all on the way. But the way is strewn with aches, furrowed with pitfalls, and shadowed with snarling passions. Yet does the spirit of God hover over it, and the light of God pierce the heavy mist that veils it.

Men differ from men insofar only as they keep, or do not keep, their eyes on the goal; or as they set, or do not set, their hearts on reaching it. Some toddle on the way, amusing themselves with pleasures that soon turn into pain. While others march on, knowing that all earthly pleasures are rooted in pain; that pain is the offspring of ignorance; that ignorance cannot be overcome save with knowledge; and that Truth is the only source of knowledge." (last page)⁵

"Be Still - Feel this Divine Emotion of Stillness which causes you to sink deep into the very heart of Power - Lanyon.⁶ "Be absent from the Body and present with the Lord."

Banks: "There is a Silence every moment whether working, playing, or resting - resting consciously or unconsciously upon this Absolute Power.

You are always held in that Silence - in which place you are the Expression of God, complete and eternal."

J12.004 - Evangeline Mundane Notes for Herself

Jan⁷ {Mitchell's}⁸ Birthday Jan 19th

Evangeline Brunton
Box 339
Times Square Station
New York City

⁴ Page 3. Printed on the right side of this spread is: "THE STANDARD DIARY" and "1950." Evangeline has crossed out "STANDARD" and written "SPIRITUAL" and crossed out "1950" and written "1957." She also wrote "1957" at the bottom of the page, which she later, with a different pen, changed to "1957-1958."

⁵ Evangeline continued this excerpt on the last page of this journal (page 205 in the pdf).

⁶ Walter Clemow Lanyon (1887-1967) was the author of more than 40 books on New Thought spirituality.

⁷ Page 4

⁸ Jan Mitchell is a man Evangeline dated very briefly in 1956 or thereabouts. - TJS '20

Youth: Obtained and Retained⁹
George Starr White¹⁰

By Grace of Love¹¹ – Anne Fremantle¹²

ground floor
302 E. 27th St.
1st door at right
Brenden Morrow

Tues. 6:00
Wed. 3:00
Class 6:00 Thurs
Fri 2:30

Thrust In the Sickle:¹³ {Walter Clemow} Lanyon

Home
Border Main 4-0022¹⁴

J12.017 – Quotes from PB, Naimy, Lanyon

G.¹⁵ – “I know people are a mixture of good and evil – therefore I don’t expect perfection and therefore not upset when the bad traits appear.”

#

an old prima donna who went insane in old age pretending she was once again young and beautiful. “That comes from living completely in the ego.”

#

Naimy – “Stay in your own world.”

Lanyon: “There is no other way into the “Consciousness of God” but by the “I am.”

⁹ “Youth Obtained and Retained,” by George Starr White, was published in 1921.

¹⁰ George Starr White (1866-1956) was an American physician, chiropractor, and inventor.

¹¹ “By Grace of Love” was published in 1957.

¹² Anne Fremantle (1909-2002), was a British-born author and convert to Catholicism who lived most of her life in New York City.

¹³ “Thrust In the Sickle” was published in 1936.

¹⁴ Pages 5 through 16 are void; printed with journal data such as calendars, postage rates, holidays, tide tables, moon phases, populations of state and cities.

¹⁵ Page 17

Referring to PB himself.

For {South America}¹⁶

nylons – blouses, underwear, stockings, nighties, negligees

sheets

stainless steel pots.

J12.018 – Lists of Records, Books, Shopping for Trip; Quotes from Kabir; Book Excerpts from “The Lifted Veil,” by Nargis Jessie Dowland

Gliere:¹⁷ Symphony¹⁸ No 3. Ilya Murometz (Columbia with Philadelphia Orchestra)

Red Poppies

Ravel:¹⁹ Daphnis and Chloe

Records:

Around the World in 80 Days

La Boheme – Kostelanetz²⁰

{Film²¹ Encores – Mantovani}²²

Rachmaninoff²³ Concertos and Symphonies

Flagstad²⁴ records

Caruso²⁵

{Liebestod}²⁶

Tetrazzini²⁷

Melba²⁸

Muzio²⁹

Four Seasons – Vivaldi³⁰

¹⁶ “S.A.” in the original. At one point PB was considering moving to Bolivia as scientists believed it would be untroubled by nuclear winter. – TJS ‘20

¹⁷ Page 18

¹⁸ Reinhold Glière (1875-1956) was a Russian composer.

¹⁹ Maurice Ravel (1875-1937) was a French composer, pianist and conductor.

²⁰ Andre Kostelanetz (1901-1980) was a Russian-born conductor of American popular orchestral music.

²¹ Evangeline later crossed out this line with pencil.

²² Annunzio Paolo Mantovani (1905-1980) was an Anglo-Italian conductor.

²³ Sergei Vasilievich Rachmaninoff

²⁴ Kirsten Flagstad (1895-1962) was a Norwegian opera singer.

²⁵ Enrico Caruso (1873-1921) was an Italian operatic tenor.

²⁶ Illegible, but this is likely “Liebestod” as it is an aria Kirsten Flagstad was famous for. – TJS ‘20

²⁷ Luisa Tetrazzini (1871-1940) was an Italian coloratura soprano.

²⁸ Nellie Melba (1861-1931) was an Australian operatic soprano.

²⁹ Claudia Muzio (1889-1936) was an Italian operatic soprano.

³⁰ Antonio Lucio Vivaldi

Nights in the Gardens of Spain – De Falla³¹

Sheherazade³² – Ravel (singer female)

*The Bells, Rachmaninoff symphony by Philadelphia Orchestra

Nargis:³³ “Every experience a human being contacts in his daily life is full of significance, however apparently unimportant or trivial it may appear.”

Books: Lü – The Prophet³⁴

Individuation³⁵ by Goldbrunner³⁶

Cowards Shoes store Empire State Bldg. for 19.95 rubber soled space shoes.

Before leaving New York

1. Locks, change name, and transfer or {pwr. suit.}
2. Capezio tie flats (ballet)
3. Indian antique jewelry dipped³⁷ – E. 55th St.
4. Jewelry repaired
5. nylon blouses fifth ave
6. {illegible}³⁸ nylon underwear dresses, blouses.

Kabir says: “As you may never find the forest if you ignore the tree, so He may never be found in abstractions.”

Nargis: The Lifted Veil³⁹

*“It is not by turning away from the unreal before it is understood that Reality can be found, but by going through it, which is a contrary process, and cannot be realized until the disciple can make it a part of his own being. This Realization is totally different from an intellectual conception and means rising above illusion and thus controlling it. When this is accomplished, unreality has no more power to hold him.”

“Ye⁴⁰ must be born again” – born out of the wisdom of man into the understanding of your Divine Heritage. In the new birth (the recognition of the fact

³¹ Manuel de Falla (1876-1946) was a Spanish composer.

³² Ravel’s song cycle “Shéhérazade” was first performed in 1904.

³³ Nargis Jessie Dowland (1866-1953) was an early editor and publisher of the works of her Sufi teacher, Hazrat Inayat Khan.

³⁴ Referring to the book by Kahlil Gibran; Lü remains unidentified. – TJS ‘20

³⁵ “Individuation: A Study of the Depth Psychology of Carl Gustav Jung” was published in 1955.

³⁶ Josef Goldbrunner (1910-2003) was a German priest with a doctorate in philosophy from Freiburg.

³⁷ A process for renewing the look of the jewelry by plating it with rhodium. – TJS ‘20

³⁸ Illegible; something like “Relaban” possibly a brand name. – TJS ‘20

³⁹ “The Lifted Veil,” by Nargis Jessie Dowland, was published in the 1920s.

that you are created by God and are Spiritual), Spirit becomes the Reality and matter – the Shadow. (Noel) In other words, the wisdom of man becomes a tool, just as the unconscious wisdom of the animal, our bodies are used by intellectual and artistic man. They have their worth and place, but are not ultimate. They only serve on their own levels whereas God rules all and is One. Thus is “Fulfillment,” not “Destruction,” and one grows out of, but still uses knowledge of body and matter.

(See previous page – Nargis)

It⁴¹ were at that point in the interval between incarnations

J12.019 – 1957 September 7 – Quogue, Long Island; Evangeline in Nirvikalpa Samādhi

September 7th 1957

Quogue

In meditation tonight after a few minutes all identity – personal and spiritual – was gone – an annihilation of the ego (individuality), non-being, blackness, no feeling or thoughts, static peace, void.

After 40 minutes passed and I came back to ordinary consciousness, dazed with an abrupt contrast between the void and individuality – the world. I felt – “I have never existed and never will again exist. It was like death, death of the ego. Now I know fully what the ego is.⁴² It was if it were at that point in the interval between incarnations⁴³ when I was neither the previous identity nor the next one. For 40 minutes nothing existed. There was not even a consciousness of “I am” (The Higher Self) to witness this void. “I am” was absorbed, annihilated in it. When I came back to ego consciousness, looking at Kenneth and P.B., it was so strange to become Evangeline again.

Now, I feel through this descent of Grace a detachment, calm and greater freedom from self. “She” is not important – everyone else matters, just as much – all springing from the One Source. What “she” desires is not too important.

At the beginning of the meditation “She” did not feel like meditating. She had no uplifted emotional mood for it, as usual, quite the contrary, but sat down anyway because she knew it was the thing to do. She felt a tremendous vibration from Guruji which quickly overcame the body, stilling it and then – annihilation – like night

⁴⁰ Page 19

⁴¹ This is a rephrasing of the final line on the right hand side of this page, see the 2nd paragraph in the next entry below. – TJS ‘20

⁴² “Now I know fully what the ego is” was written at the top of page 20 and appears to be inserted at the bottom of page 19. – TJS ‘20

⁴³ Page 20

descending and all loss of consciousness. Never before had the thoughts been stilled before so quickly and so completely before.⁴⁴

Talk with Guru later, telling him and answering his enquiries about this⁴⁵ state of being (or non-being) his comments:

1. You must read Buddha's analysis of 6 [states]⁴⁶ of consciousness in meditation. He mentioned "non-being." Now you can understand more of Buddhism.
2. This was a descent of Grace.
3. An annihilation of the ego.
4. Because you were not in an emotional mood (higher ego or lower) before meditation and it was easier to leave ego. Both combined.

Back to Noel -

In all previous meditations and glimpses the higher ego would continue to {have}⁴⁷ spiritual thoughts while dominated by the presence {of}⁴⁸ the Higher Self. That is how I knew I was the "I am" because of the contrast between the thinking ego and the ruling "I am." It was a duality. Tonight there was no duality, not even⁴⁹ a unity, but only an emptiness, when I used to be "I am" especially during sleep, the ego was still, I realized its nature to be life, light, deathless and birthless being, in a positive way. But tonight there was no such realization of the "I am" and instead a sensation of peaceful annihilation. It was quite free from morbidity and even from all feelings and emotions whatsoever.

Since this is something that started from the beginning of the meditation and with such intense force, I must conclude that it is a descent of Grace taking, what is for me, a very uncommon or {unusual}⁵⁰ form.

Now I can fully understand why Maharshi⁵¹ could sit in one spot and say that neither we nor he, nor the entire world exists. This is true - but with the⁵² teaching and guidance of any Guru, I know that this is the "Truth" but what of all those who do not know this truth but are seeking it? They need guidance and help. As Guruji says: "A child can feel (to itself) just as badly upon losing a doll as a mother who loses a child. So therefore the enlightened ones look on people as children who need help and guidance, and therefore become fathers and mothers in the largest sense - Spiritual

⁴⁴ "Never before had the thoughts been stilled before so quickly and so completely before" was written on the top right side of page 20 and appears to be meant to be inserted here. (The ink lines are a bit hard to decipher.) - TJS '20

⁴⁵ Page 21

⁴⁶ Evangeline changed "stages" to "states."

⁴⁷ We have inserted "have" for clarity. - TJS '20

⁴⁸ We inserted missing word "of" for clarity.

⁴⁹ Page 22

⁵⁰ We changed "usual" to "unusual" for clarity.

⁵¹ "Maharshee" in the original

⁵² Page 23

parents to spiritual children - whereas other people can only be physical parents to physical children.

#

P.B.'s modern painting of Buddha with begging bowl and two Indian women. Ajanta Cave XVIII (Fresco left of the entrance to the main shrine c 470 - 480 A.D.)

174.

#

66. Taxila, Jaulian monastery⁵³

J12.024 - 1957 September 11 - PB and Evangeline on Annihilation to Become the Overself, on Reincarnating Until All of the Ego Disappears; Evangeline on Dreams of Dying with PB

Wednesday⁵⁴ - Sept 11th 1957

Speaking with Guruji - "I now understand what the ego is after the experience Sept. 7th at Quogue." Then a flash of understanding and I just told Guruji "I know that if one were willing to sacrifice his very life (the ego, and all hopes of heaven, or further incarnations) and be willing to become nothing - one with the void, sink into a complete and lasting death - annihilation, giving up, renouncing all hopes and desire for ecstasy and illumination, becoming nothing, then and only then, as a consequence of this sacrifice, the bliss, joy and {being}⁵⁵ of becoming the Overself will be born.

"Except you give up your life, you will not be born again. Only by losing it will you gain it."

Buddha's Nirvana emerging with the All becoming one with Nothingness.

{PB}⁵⁶ Therefore when we die physically only the body dies, and⁵⁷ the ego connected with this particular expression of humanity - Evangeline - but the part of the ego which is still projected as a human will incarnate and take another form and name. Only when all of this ego disappears will one really die.

When one gains this knowledge it does not necessarily mean that one will not incarnate anymore - One can still incarnate and know that the ego is not the self and live as an actor and spectator of life and teacher to the children of humanity.

⁵³ Jaulian is a ruined second-century Buddhist monastery in Pakistan, near the city of Taxila.

⁵⁴ Page 24

⁵⁵ The word here is pretty clearly "being" but it doesn't quite parse in the sentence; we have left it as the better of our options. - TJS '20

⁵⁶ Evangeline did not differentiate between her own thoughts and any comments from PB himself; I have introduced him here as these two paragraphs read more like him than Evangeline. We have not had confirmation or correction from Evangeline. - TJS '20

⁵⁷ Page 25

{Evangeline} Now I can understand two dreams of dying with Guruji: 1. In California when he was in Hawaii (1954-55 winter) when he told me if I would drown with {him},⁵⁸ and sacrifice this life – Evangeline – then I would make great spiritual advancement in my next life. Then on night of Sept 7, 1957 (after void realization) I again⁵⁹ dreamed that we were to give up our lives, for our understanding was {not}⁶⁰ mature to be able to do this consciously and willingly. *

#

Raphael: “Your spiritual singing career is only ½ hour away. (will come soon)

#

When writing:

1. Write it out for inspiration –
2. Then rewrite for style and literary technique

J12.026 – {1957} September 14 – Ideas for Book for Spiritual Women

Saturday Sept 14th

Ideas for Book:

1. For spiritual women. On the Long Path they must have different way than men.
2. Most spiritual books written by men and for men and following man’s psychology. All ancient scripture is by men.
3. Because of slavery and lower status of women for centuries they were never thought of as evolved enough for the highest status – spirituality.
4. On the short path – it is the same way for both women⁶¹ and men. But the long path deals with the lower and higher egos and here there must be differences of approach – different psychology for the sexes – example {Powys}⁶² – Men are naturally ascetic – women not. If a woman tries this way – trying to live in a man’s world – a wretch, nagging, a shrew results for she has been untrue to herself – her world.
5. When people start on the Path they are in their lower egos usually with a touch of intuition of the spiritual realm. They must remain there until they have disciplined and educated themselves. Then they can rise to the Higher Ego and eventually transcend that. If negation drastic and strong, is the predominant way of

⁵⁸ Illegible in the original; we have inserted “him” per context. – TJS ‘20

⁵⁹ Page 26

⁶⁰ Illegible in the original, it looks like “no” but we have inserted “not” for clarity (meaning “Evangeline is not mature enough to consciously and willingly give up her life.”) – TJS ‘20

⁶¹ Page 27

⁶² Referring to Alyse Gregory (Powys); a staunch suffragette who aggressively challenged the institution of marriage, and then abruptly married Llewellyn Powys in her 40s. – TJS ‘20

discipline then the lower ego, which by nature is already {full}⁶³ of negatives becomes a bundle of complaints and maladjustments. Transcending fulfilling is the way – approach yourself with firmness but understanding and joy. “I have come not to destroy but to fulfill.”

“The⁶⁴ Golden Fountain”

6. Work through Long Path for women the end book with Chapter on the Highest non-Sex, Short Path,

7. Chapter on mental and physical celibacy.

8. Book written for the few women seeking Illumination who are really serious and intent on the Highest.

#

Raphael: Those who can concentrate can touch Higher Forces or Higher Will and Heal and Help others.

J12.028 - On Lemon Juice in the Morning, Tepid Baths at Night, Lemons for Face, Diabetes, Diet

In morning on rising, take lemon and cut in two. Brush teeth with pulp on brush and rinse mouth with juice.

Lemon juice in water has beneficial effect on the stomach and bowels if taken immediately on rising.

#

For face:

1. Corn meal – wet with water and lemon juice excellent.

2. Pulp of lemon or yellow part of peel can be used to massage it.

#

Neck –

rest, back, rest

rest, forward, rest, rotate

rest, right, rest

rest, left, rest

Tepid⁶⁵ baths night with rub down with towel

Diabetes: always a condition of wrong living and thinking, connected with worry. Due to putrefaction (fermentation in the intestines of sugar and starch)⁶⁶ worry

⁶³ We changed “for” to “full” for clarity.

⁶⁴ Page 28

⁶⁵ Page 29

⁶⁶ We inserted parentheses for clarity.

produces a poison in the system just as much as wrong eating. All meat and salts should be withheld.

Exercise, deep breathing, happy frame of mind.

Raw food and 1 or 2 tablespoons of ground nuts a day.

Milk is for calves and not fit for human consumption.

J12.029 - 1957 September 16 - On Becoming a Vegan, Morning Schedule; PB on Individuality and Ego, Becoming a Mystic

Sept. 16th 1957

I am going to be a Vegan and avoid white sugar, flour and any concentrated sugar. Only fruit sugar (in small quantities). I will not take anything which is harmful to the body.

#

Guruji: Not having enough individuality is just as much an evil as having too much. Then you take on the color of the egos around⁶⁷ you - you become a jelly wherein they stamp their impression. Thus you become many egos. Be yourself and protect yourself from others.

#

Mornings - Schedule

The self - first thoughts of highest individuality - concentration - vocalize and deep breathing, Yoga exercises. Be sure to stay on diet schedule previous night.

#

Guruji: Let him become a man first before he attempts to become a mystic.

J12.030 - 1957 September 21 - Evangeline Asks About Higher Self, PB Says to Forget Personal Self; PB on Discipline for Good Habits, Being in Harmony with God

Sept. 21st 1957

After⁶⁸ questions: "Is there {no path to a}⁶⁹ Higher Self - all books tell you it is there but no how to contact it? - Noel

Guruji [answered]:⁷⁰ "Be still - stop thinking about yourself and who or what you are. Stop thinking that you are going to find yourself after some struggles in some place you progress to. Be impersonal, universal and "Be Still and Know That I Am God." Forget your personal self. Drop it from your Consciousness. What is left? You

⁶⁷ Page 30

⁶⁸ This line was at the top of the right-hand page, above the date, but it looks like Evangeline added it afterward; we moved it down where it belongs.

⁶⁹ "no to" in the original; we have changed this to "no path to a" for clarity. - TJS '20

⁷⁰ Evangeline inserted "answered".

will know what is left - the universal, impersonal self. Do not try to do this - don't - {just}⁷¹ be still.

*⁷²{Reincarnation} - {Saint} Pantaeus - 150 A.D. Christian independent evangelist who when to India separate from church. Individual speaking of Christianity.

Guruji: The student needs issue severe discipline to the body in order to form good habits.

"God {will}⁷³ work with you but not for you - you must be in harmony with him. The Questers do not practice meditation or getting their egos in hand, so how can they expect God to take care of them? I've warned them, and now it is up to them to be adult and work to save themselves. If they were in harmony with God everything would be arranged. But since they are not, they must depend on themselves.

J12.031 - 1957 October 26 - {New York City} - On Catching Herself Being Egoistic, So Practicing the Short Path

October 26th 1957

Tonight at Lum Fong⁷⁴ with Raphael, Ida, Bernard,⁷⁵ I suddenly realized I was too egoistic, spouting any views and opinion as an authority - getting annoyed and hurt, etc.

I⁷⁶ decided to practice "forgetting my self" and when I did, I realized I was outside my body - the body being only a projection I knew that I was identifying myself with what the eyes saw, so I closed the eyes and was still existent. A great detachment came and I witnessed the scene before me with complete calm and peace. I realized that when in the ego and identified with it, I think from the stimulation of the senses but when in awareness of Higher Self my thinking stems from it. I think but unfortunately most of the time I identify myself with these thoughts instead of thinking - I think - I am separate from them. I am separate from all of the senses - I only use them to perceive the world. I am not the senses, but they are my instruments.

Later at home, when washing my face, and having forgotten temporarily my glimpse, I⁷⁷ was washing my face and suddenly I was no longer what I used to believe I

⁷¹ We have inserted "just" to clarify that PB himself meant to distinguish trying, doing, and being. - TJS '20

⁷² Page 31

⁷³ We changed "with" to "will" for clarity.

⁷⁴ Lum Fong was a famed Chinese restaurant with multiple locations in Manhattan.

⁷⁵ Referring to Ida and Bernard Masson (Bernard is the brother of Jacques Masson). - TJS '20

⁷⁶ Page 32

⁷⁷ Page 33

was - a personality and body ⁻⁷⁸ but pure, free consciousness floating in space. The body seemed invisible so light it became a mere waif of my projection. I know who - what I am.

A bit frightening, not in ordinary human sense, but because it is not complete but partial realization - and I live in two worlds. Exciting - How privileged I am to be living with a master.

J12.033 - 1957 October 1 - On a Visit From Someone (Possibly Her Mother); PB on the Need for Maturity and Patience in Questers, on the Self

Oct. 1st 1957

visit⁷⁹ - and with her she brought home sympathy, humility and mother-beauty. How she inspired me and taught me. - Simple love can carry one through the most difficult circumstances.

#

*P.B.: The world is a cruel, difficult place - only adults of real maturity are prepared to cope with it. The questers who are not grown to⁸⁰ this are in trouble and even so, if they had concentrated on spiritual growth and contacted God they would be taken care of but no, they have lazed through the years and are now panicky.

#

"He cannot be used as an instrument because he is so full of negatives."

#

The quester must have infinite patience.

#

P.B.: "The self does not expand in reality, but contracts to a point when the Higher Self takes over. The self is a projection of the Self - thus it cannot expand into the Self.

Start from loving Self."

#

Promise to P.B.: A dutiful wife, poised, serene, lovely, loving, helpful, sweet-tempered, kind, efficient, mature - all this springs from spiritual, mature woman. Start with loving sister to yourself.⁸¹ Love will solve all problems.

J12.035a - 1957 October 4 - {New York City} - On Pledging to Rid Herself of All Bad Habits and Work Hard to Improve; Bernard on Raw Food Diet

⁷⁸ We inserted a dash for clarity.

⁷⁹ Evangeline heavily crossed out the identity of the name before "visit". - TJS '20

⁸⁰ Page 34

⁸¹ We changed "Y. self" to "yourself" for clarity.

Oct.⁸² 4th 1957

Tonight after Radio City, sitting in Shraffts with P.B. I remember I hadn't smoked since I made the pledge to him in April. Now tonight I make a further pledge which I will and am keeping: I will cleanse myself of All bad habits, i.e. eating, speaking, nervous, thinking, acting etc. In their place I plant good ones. I take myself in hand to be my best, very best, at all times, and for all circumstances. I will work hard to improve, improve, improve.

sat in Lum Fong tonight - the inner voice clearly spoke - "not thy will - by My will be done."

#

Bernard {Masson}: "When I was on raw food I was never tired, needed only a few hours sleep a night - tremendous vitality and health."

J12.035b - 1957 October 7 - "We were married today."

Oct. 7th

We were married today.

J12.036 - {1957} October 11 - {New York City} - On Her Duty Toward PB, Depression & Flu; PB on Keeping the Body Pure, on the Need for Evangeline to Individuate

Oct.⁸³ 11th

Your first duty is toward your husband and guru - regardless of self - He is first in all matters, you must earn your benefits as wife and chela.

Remember beautiful loving selfless expression of {Lon} Chaney's mute mother in movie⁸⁴ tonight. All problems are solved by love.

Today while walking in crisp wind and seeing Buddhas in Madison⁸⁵ window - a deep vow for the spirit I sacrifice bad habits - E⁸⁶ - and rise to a new level of discipline and spiritual habits.

⁸² Page 35

⁸³ Page 36

⁸⁴ "The Man of a Thousand Faces," a film detailing the life of silent movie actor Lon Chaney, starring James Cagney, came out in 1957. Both his parents were deaf mutes, so he learned pantomime from birth.

⁸⁵ Madison Avenue

⁸⁶ I presume this means she intends to sacrifice her ego or Evangeline as a personality. - TJS '20

*Guruji: "Brother M.⁸⁷ stressed the importance of keeping the body pure. It is an instrument, a temple of the spirit and should be as perfect as possible. He had a beautiful wife."

#

The aspirant must make supreme efforts – far above ordinary human ones – to discipline himself so as to be a strong and purified vehicle for the Highest to manifest.

Guruji:⁸⁸ "Do not identify yourself {with}⁸⁹ everyone else. It is only their egos which you have such sympathy for. It is a higher psychic state but only a stage which you are now ready to be out of. Strength and individuation is now your path. Then you regard their egos as you regard your own and identify yourself with the Higher self in you and in them.

After suffering now from two days of flu and two days before it came depression – acute and miserable – Now I see how much the body affects the mind and emotions. I must be ultra careful in my sensitivity. After this a plain, light half raw food diet I will uphold – For the spirit I will live the way I should.

#

J12.038 – {1957} October 14 – Contemplating Love Personified, Being Herself; PB on Not Injecting Personal Ego into Conversation

Last⁹⁰ night – Oct 14th:

Love appeared. I saw him a beauty as spirit and when I looked closely into his emerald-golden-flecked with brown eyes – with colors of the most exquisite autumn leaf – there I found the piercing center of the eye – the black fathomless opening which is the one visible spot of the entire world where the spirit is completely revealed to the eye. I saw the spirit, impersonal, massive, unbelievably vast. I knew at that moment, who he was, not this form I [see as dear personality – but this vast spirit which projects the body but lives "outside it." He can never die, only pass on to different forms of expression for the body is not he.]⁹¹

be⁹² born out of I – a spiritual human being living in a physical body and world. Everything unfolds from the integrated person – not separate from but grows out of.

⁸⁷ One of PB's first teachers. – TJS '20

⁸⁸ Page 37

⁸⁹ We inserted missing word "with" for clarity.

⁹⁰ Page 38

⁹¹ The section from "see as dear" to "is not he" was written in a different pen and inserted here from the opposite side of the page. – TJS '20

⁹² This passage originally followed from "not this form I" but was effectively replaced by her edit. – TJS '20

Meditation each day a necessity

Evangeline – remember her when young as individual – not trying to imitate anyone. Content with being herself. Out of her and only out of her can spring the woman as sprung the child and teenager. She⁹³ had a wealth of virtues and contact with Nature. Be yourself and find happiness. Do not fear. Out of this grow into the spiritual Evangeline – then higher {heart won't}⁹⁴ escape from the center.

#

P.B.: In order for you not to get excited with other people and distort your speech you must think before you speak!

Important: P.B. – Be careful not to inject your personal ego into any conversation or into any point you want to put across. This only aggravates the ego in the other party and nothing is accomplished as the other then puts up a barrier to your ideas. Instead remain calm and appeal to his higher side. Speak from your highest to his highest.

J12.040 – 1957 November 19 – On Hearing a Higher Voice During Morning Meditation; PB on Grace and on the Need to Strengthen and Purify Your Character

Nov.⁹⁵ 19th 1957

During morning meditation Higher Voice spoke: The same self which is you every day is really the higher self but instead of being itself it reflects the human-mind-physical aspects of you. In order to get back illumination (it is close to you) you must practice unselfishness, love, compassion and service. (the Guru)

When illumination is given by Grace and the character is not purified it must leave as these negatives gradually arise and drive it away. Also the instrument is imperfect to express the Higher Light and therefore others do not benefit so much by it – the ego feels very happy but it has not reached the highest degree of selfless illumination until the ego is cleansed and purified – a perfect instrument for the Self to shine through.

P.B.: “Grace can remove the last traces of self which you can never do – but it is your job (following the⁹⁶ law of evolution) to grow and strengthen and purify your character.”

⁹³ Page 39

⁹⁴ Illegible in the original; it looks like “heart don’t” but we have inserted “heart won’t” per context. – TJS ‘20

⁹⁵ Page 40

⁹⁶ Page 41

“... to be always ruled from within.” (never from without)

J12.041 - Book Excerpts from “The Prodigal Returns,” by Lilian Staveley

Extracts from “The Prodigal Returns”:⁹⁷

“If⁹⁸ anyone knows in his heart the call of the Beautiful, let him use it toward the glorious end of the Contemplation of God.

Love, and the Beautiful – these are the twin golden paths that lead us⁹⁹ to God.”

“I¹⁰⁰ required silence and if possible, beauty and a distant view.”

“I commenced a new form of mental pleasure through looking at the beautiful in Nature.”

“This¹⁰¹ form of mental pleasure was the exact opposite of my previous dreamings, for all imagination absolutely ceased, all forms, all pictures, all activities disappeared – the very scene at which I looked had to vanish before I could know the pleasure of this occupation in which, in some mysterious manner, I inhaled the very essence of the Beautiful.”

“I was worshipping the Beautiful without giving sufficient thought to Him from Whom all beauty proceeds.”

#

“Holiness,¹⁰² was far beyond the Beautiful. I had not known this until I saw it before me.”

J12.042 - Book Excerpts from “The Golden Fountain,” by Lilian Staveley

The Golden Fountain¹⁰³ by {Lilian Staveley:}¹⁰⁴

“We shall find Him through a self stripped bare of all other interests and pretensions – stripped bare of everything but a humble and passionately seeking heart.”

“The¹⁰⁵ more one considers humanity, the more one sees that the education of the heart and will is of more importance than the education of the brain. For in the

⁹⁷ “The Prodigal Returns,” by Lilian Staveley, was published in 1921.

⁹⁸ This sentence is paraphrased.

⁹⁹ Evangeline omitted “all” from the original quote.

¹⁰⁰ This sentence is paraphrased.

¹⁰¹ Page 42

¹⁰² Evangeline omitted “then” from the original quote.

¹⁰³ “The Golden Fountain; or The Soul’s Love for God: Being Some Thoughts and Confessions of One of His Lovers,” by Lilian Staveley, was published in 1919.

¹⁰⁴ “Some Anonymous author” in the original; we have corrected it, since later editions of her writings disclosed her name. – TJS ‘20

perfectly trained and educated heart and will we find the evidence of the highest wisdom.”

“To my belief, we are quite unable to awaken our own soul, though we are able to will to love God with the heart, and through this we pass up to the border of the Veil of Separation, where He will sting the soul into life, and we have Perception.”

“The soul knows herself to be in the hands and the power of another, outside herself. She does not enter this joy of her own power or by her own will, but by permission and intention and will of a force outside herself though perceived and known inside herself.”

This contact with God – “It is not seeing, but meeting and fusion with awareness. The¹⁰⁶ soul retaining her own individuality and consciousness to an intense degree, but imbued with and fused into a life of incredible intensity, which passes through the soul vitalities and emotions of a life so new, so vivid, so amazing, that she knows not whether she has been embraced by love or by fire.”

#

“It¹⁰⁷ is the first steps we need take toward God. He does not drive, He calls. ‘Come to me.’”

“It is this failure to have the will to go to Him which is at¹⁰⁸ the root of all human woe. Would we but take the first few steps toward Him, He will carry us all the rest of the way.”

#

“We do well never to recall past ecstasies. In this way the soul comes to each encounter with a lovely freshness and purity, and neither makes comparisons nor curious comments, but gives herself wholly to love.”

#

It is better not to contend,¹⁰⁹ either with others or against¹¹⁰ own body. If we contend against anything we impress it more firmly upon our consciousness. So if we would overcome the lusts of the body, let us do it not by harming or by contending against the body, which but emphasizes its powers and importance, but let us rather proceed to ignore and make little of the body by forgetting it and passing out of it into higher things; and eventually we shall learn to live, not in the lower state, but in the joy of the soul.”

#

¹⁰⁵ Page 43

¹⁰⁶ Page 44

¹⁰⁷ The first sentence of this excerpt is paraphrased.

¹⁰⁸ Evangeline inserted “at” which does not appear in the original quote.

¹⁰⁹ Page 45

¹¹⁰ Evangeline omitted “our” from the original quote.

J12.045 - Additional Book Excerpts from "The Prodigal Returns"

The Prodigal Returns

"Cast off self-consciousness and pride, because they are ridiculous, and a man can only be great or noble in just so far as he has abandoned them."

"Fold up self-pity and lay it aside, because it does not live in the same house with Truth."

J12.046 - Additional Book Excerpts from "The Golden Fountain"

The¹¹¹ Golden Fountain

"Is¹¹² the leading of an orderly social life sufficient to find God? No. Is the hope, even the earnest expectation, that we shall, by some means or other (we do not know by what!), be brought to it, sufficient to find it? No, not without the personal laying hold can we ever achieve it. Shall we find it by¹¹³ outward study? No; and our aim is, not to be the student but the possessor; the key to this is not in books but in us."¹¹⁴

"His inward instruction has been this, quietly¹¹⁵ lay upon one side all that which is not pleasing to God; and one by one, and piece by piece, to fold up and put away all that He does not love."

#

"Where¹¹⁶ is He gone? - why this desertion? - I cry out in anguish. And finally he would whisper: 'I am here, I never left thee, but you were busy crying of your pain and did not hear Me when I answered you.'

And¹¹⁷ so I was. I was filled with self, and, asking for Your gifts. I forgot to give! And so lost love."

¹¹¹ Page 46

¹¹² The first sentence of this excerpt is paraphrased.

¹¹³ This appears as "in much" in the original source.

¹¹⁴ In the original quote, this last phrase reads: "and the key to this possession is not in books, but, for us, in Jesus."

¹¹⁵ Evangeline omitted "to" from the original quote.

¹¹⁶ This excerpt was significantly paraphrased. In the original source, it reads: "Where is He gone? - why this desertion? - I would cry.... And softly the Voice of the Beloved, saying: 'I am here, I never left thee; but thou wast busy crying of thy pains and did not hear Me when I answered thee.'

Lord, so I was! I was so filled with self, and, asking for Thy gifts, I did forget to give! and so lost love."

#

“Of¹¹⁸ this we may be sure of – that all the marvels of His grace are not poured out on some poor scrapper for no other reason than to give him pleasure. There is a vast purpose behind it all, and by keenest attention we must pick up this purpose, understand it, and do it. This is the true work of man, to love God with all the heart and mind and soul and strength, and not those material works with which we all so easily satisfy ourselves and our consciences, and our bodily needs.”

#

All three parts of the heart and mind (the intelligence, the will, the reason) “formerly occupied themselves entirely with worldly things, passing from one to another in most disorderly fashion; but now they occupy themselves (save¹¹⁹ for bodily needs¹²⁰ solely with Him.”

#

J12.048a – Additional Book Excerpts from “The Prodigal Returns”

Return of Prodigal

My father “taught me above all things the need of self-control, and never to make a remark of a fellow-creature unless I had something pleasant or kind to say.”

#

“I determined to try to become less selfish, less irritable and impatient, to show far more consideration for everyone else, to be rigidly truthful.”

J12.048b – Night of Dr. Misra’s Visit

Noel – Night of Dr. Misra’s¹²¹ visit – During his Sanskrit chants I saw plainly my way to God. It must be through first development of highest part of Noel as a person – the highest in character, intelligence, a real person – All the time with a fixed desire on ultimate goal and regarding this as a necessary formation of balance. All success depends on this. If joy comes she will be prepared – if sadness and pain – then too¹²² she will be prepared to take it – and therefore use it for growth. A deep real person who has a deep real constant desire to grow to be – all that she has within her to be – Life and relationships, works and love and beauty can teach her. She is in this place for the lessons which are here for her to learn.

¹¹⁷ Page 47

¹¹⁸ This appears as “But” in the original quote.

¹¹⁹ Page 48

¹²⁰ This appears as “necessities” in the original quote.

¹²¹ Possibly the Indian musician Dr. Lalmani Misra who toured Europe and the U.S. in the 50s – but Misra is a common last name so it might be someone else. – TJS ‘20

¹²² Page 49

An individual path

Everything, every teaching must be digested in the individual Noel center and nothing copied from another. "To Thine Own Self Be True." There are infinite riches to be mined there. Go slowly, step by step, with the powerful true guidance of your Guru. You are at a much greater advantage than "The Golden Fountain"¹²³ {narrator,}¹²⁴ you had a more philosophic illumination and also have a great philosophic Guru - your path will be less emotional and more balance. She had an unbalanced period when she couldn't bring¹²⁵ herself to face the world and shop for a badly needed pair of shoes. Here she was throwing her own unbalanced nature into the illumination. During my Experience I found the mind the most balanced, mature of my entire life. A great healthiness and balance of the mind. It was whole and adjusted perfectly to every plane. A whole being true philosophic sense.

#

The Anonymous writer¹²⁶ was on the Bhakti-feeling level with just a glimmering of the Raja. You are a bit on all levels with the Highest in Jnana.¹²⁷

#

J12.050 - Additional Book Excerpts from "The Prodigal Returns" & Noel's Illumination

The Prodigal Returns: (The following experience exactly describes Noel's period in Chicago station some hours before Illumination) "So now, in the time of this strange abstraction and poverty, when the cinematograph of my mind is closed down, and with it the delicate mechanism which takes up, uses, and connects all that we take in by the senses..."¹²⁸

"The¹²⁹ Thinker, thinking straight through, the proficient business man with his powers of concentration, the first-rate organizer, the scientist, the inventor - all these

¹²³ "The Golden F." in the original. Referring to "The Golden Fountain; or The Soul's Love for God: Being Some Thoughts and Confessions of One of His Lovers," by Lilian Staveley. - TJS '20

¹²⁴ Illegible in the original; we have inserted "narrator" per context.

¹²⁵ Page 50

¹²⁶ Referring to the version of The Golden Fountain she had - which lacked the author's name (Lilian Staveley). - TJS '20

¹²⁷ "Gnana" in the original.

¹²⁸ Page 51 is blank.

Editor's Note: After the physical originals were put into archival storage, we discovered that the page for Monday, March 13 and Tuesday, March 14, 1950 was not scanned. It is clear from the scan of the page for Wednesday, March 15 and Thursday, March 16 that we missed a full page of writing. It is perhaps worth noting that the missing page are very likely from Part IV, section II of Lilian Staveley's "The Prodigal Returns". - TJS '20

¹²⁹ Page 52

men are contemplatives who do not drive to God, but to the world or to ambition. Taking God as their goal, they could ascend to great heights of happiness; though first they must give up ('sacrifice') all that is unsavory in thought and living."

"I read Bergson's¹³⁰ 'Creative Evolution.'¹³¹ He¹³² takes the cold path of the intellect whereas the path of Love is so warm and quick. The road of Love comes easily to knowledge, but the road of knowledge comes not easily to Love."

"Only¹³³ God is Happiness. Each day we seek in vain among the near to hand - the visible, the small."

#

"We¹³⁴ must give to God if we would find him, our love, our obedience. And if at times in the stress¹³⁵ of this giving, when He makes no response, we feel it is too much, we are too discouraged to give more,¹³⁶ let us remember the strain and stress and endeavor that we and¹³⁷ our friends give to trifles and quietly use our common sense to judge whether in the winning of a game of ball, or in the pleasing and finding of God, we shall be the more blessed. For God is to be found. He waits."

"If the tennis player did not love the game, he would not give himself so to it.

"Give¹³⁸ yourself and your love to God. We are now grown up and no longer care to pass our time with air-balls. We are no longer puerile in our desires: at the same time we are not without desires, but, on the contrary, {we} glow with a new, more ardent, and larger set of desires."

#

"I never was so sane, so capable in my life as now. I never was so perfectly poised as now."

"To¹³⁹ come to the contemplation of God it is not necessary to go through any lengthy toil, some process of throwing out this or that, painfully, slowly, denying the existence of everything in order to arrive at God. The way is not denying, but concentrating; and in the act of concentration, because of love, all other things

¹³⁰ Henri Bergson

¹³¹ "Creative Evolution" was first published in 1911.

¹³² This sentence is paraphrased.

¹³³ This excerpt is paraphrased.

¹³⁴ This sentence is paraphrased.

¹³⁵ Page 53

¹³⁶ This appears as "we can give no more, we are too discouraged to continue," in the original quote.

¹³⁷ Evangeline omitted "all" from the original quote.

¹³⁸ This excerpt is paraphrased.

¹³⁹ Page 54

whatsoever in creation fall away into nothing and are no more, because God reveals Himself, and then He alone exists for the enraptured soul.”

#

“We¹⁴⁰ can enter the spiritual contest only by great endeavor. The occasions of these contests will be according to the everyday circumstances of the individual; the stress or distress of everyday life – for this is Christ’s Process – to take the everyday woes and happenings of life in the flesh and use them for spiritual ends.”

“Of entry to Christ’s Process first it is necessary that we try in¹⁴¹ everything to please Him: subjecting our plans, desires, thoughts, intentions, to His¹⁴² approval, asking ourselves, Will this please Him best?”

“I allow the inner Christ self through woes,¹⁴³ because it is the shortest way. The unguided soul wanders beside¹⁴⁴ woe, hating and fearing it, unable to rid herself of it, gaining nothing by it, suffering in vain.”

“We become aware of the failure of earthly consolations and amusements when we are brought by Christ to the new birth. The soul and creature become rid of woe; and, living a life altogether apart from the world, in a marvelous crystal joy, we¹⁴⁵ taste of the Godhead and Eternal Pleasures.

This for a short time only: we have entered the Kingdom, but are still the smallest of spiritual children, tenderly God cares for us, but we must grow, we must learn heavenly manners. So Christ calls us again, and¹⁴⁶ where does He lead us? Straight back into the world, the daily life from which we thought we had escaped! Here truly is a woe, a woe worse than any woe we ever had before. Now we enter the Course of spiritual temptations, woes, and endurances, and in the midst of the pots and pans of daily life the Christ self teaches us heavenly manners.”

(Noel: We are brought back to earth so as to balance the spiritual with the material and find the spiritual everywhere – here, there – everywhere. In the eternal Now. Live each moment as fully as possible in the most concentrated manner possible.)

#

“Love gives all when it gives itself, love receives all when it receives Love.

By love, then, the soul is the Delight of God.”

#

“A saint once wrote: ‘My Grace is sufficient for thee.’ And so I found it, and more than sufficient – when I consented.

¹⁴⁰ This sentence is paraphrased.

¹⁴¹ Page 55

¹⁴² Evangeline omitted “secret” from the original quote.

¹⁴³ This appears as “Christ leads through the woe” in the original quote.

¹⁴⁴ Evangeline omitted “the” from the original quote.

¹⁴⁵ This appears as “they” in the original quote.

¹⁴⁶ Page 56

Who¹⁴⁷ is it, what is it, that so punishes the soul? Is it God? No. Patiently, lovingly He waits. Our pain is the difficulty of consenting to perfection: every virtue has a hammer, every perfection a long two-edged sword; and the punishment we feel is the breaking and wounding of self-will under the hammers of the virtues and the sword-thrusts of the vision of perfection.

Put aside these wretched, these sometimes awful and terrible, battles and punishments, shrink from them when they come, and we may put aside salvation. Accept them – stand up to the hammer and take the blows and learn: consent to the sword that pierces up to the hilt, and what do we come to? – The Blisses of God.”

#

“At last I comprehend that Holy Love is not alone just Thee and me, but it is also Thee and me and¹⁴⁸ others, and Thee and the others and me.” Go and attend the sick and in so doing I forgot myself and found thee.

Beware¹⁴⁹ of spiritual greed – spiritual self-indulgence. “The soul finds it bitterly hard to rid herself of selfishness and self-will: she gets rid of one form, only to find herself falling into another. When first my soul reknew the Joy of God, I said to myself, ‘I will hide it in my own bosom,’ I will keep it all to myself. I am become independent of all creatures, I want none of them, I cannot bear the sight or sound of them, how joyfully I leave them all behind! I want only my God – I want – But what is all this? – I want – I will – I, I, I, I!”

(see previous two pages they come before this)¹⁵⁰

#

“Sins are all imperfections, thickenings of the soul from self-will: pure soul is necessary for the happy reception of this celestial activity, and because impurities are automatically dissipated by this activity, and the dissipation of them is the most awful agony conceivable when too¹⁵¹ suddenly done, what is bliss to the saint is the extremity of torture to the sinner.”

#

“3¹⁵² thoughts occupy the aspirant.

1. How to please God
2. How to get nearer to Him
3. How to show practical gratitude.”

#

¹⁴⁷ Page 57

¹⁴⁸ Evangeline omitted “the” from the original quote.

¹⁴⁹ Page 58

¹⁵⁰ This comment is double accurate but opaque: the passage found on page 56 of the pdf does indeed occur two pages prior to this passage in the original! – TJS ‘20

¹⁵¹ Page 59

¹⁵² This excerpt is paraphrased.

J12.059 – Time Out for a Lesson with Singing Buddha

Time out for a Lesson with Singing Buddha: On my way to lesson a lovely woman of about sixty boarded the bus, with lovely trimmed eyebrows, mascara, lipstick, lovely suit and hat with a rose in it. I could not keep my eyes off her for here was a woman unconsciously expressing God in her care and self-enhancement. She was lovely, when without the care and adornment of color she could have been plain and drab – but instead she was a joy to see. The desire to be beautiful is an expression however small of Eternal Beauty. May I always look, think and be my most beautiful!¹⁵³

The¹⁵⁴ way to be released from depression, whatever its cause, physical, mental, or spiritual, remember it is still centered in self – so think of others then – stop concentrating on self. It will pass.

#

While taking lesson suddenly the truth of individuality and what it is rooted in – the eternal now and the Eternal Being – No need for escape it is here – now – find it by slowly penetrating deeper into own individuality.

J12.060 – Additional Book Excerpts from “The Golden Fountain”

“The Golden Fountain”

“As the soul returns to her source nothing is more strongly emphasized to her than the strength and intensity of individuality; she is shown that the essence of all joy is Individuality in Union.

In the marvelous condition of Contact, though we cease to be the creature or the soul adoring the Creator (but by an incomprehensible condescension we are accepted as one with Himself in love), yet we retain our own¹⁵⁵ consciousness, which is our individuality.”

#

“God once found, we return to the interests of creatures in moderation and with judgment.”

Contemplation: “The mode of entrance into active contemplation: The body must be placed either sitting or kneeling and supported. Now the mind must commence to fold itself, closing forwards as an open rose might close her petals to a bud again, for every thought and image must be laid away and nothing left but a great

¹⁵³ Evangeline herself took great care with her appearance straight through her life, adapting herself naturally to the changes brought about through aging. – TJS '20

¹⁵⁴ Page 60

¹⁵⁵ Page 61

forward-moving love intention. Out glides the mind all smooth and swift, and plunges deep, then takes an upward curve and up and on till willingly it faints,¹⁵⁶ the creature dies, and consciousness is taken over by the soul, which, quickly coming to the trysting-place, spreads herself and there awaits the revelations of her God. This final complete passing over of consciousness from the mind to the soul is by the act and will of God only.

The creature worships, but the soul alone knows contact.”

J12.062 - 1957 November 28 - {at the Wesselmans' in New York City} - On Seeing God in PB as Never Before, a paraphrase of PB's thoughts.

Nov. 28th 1957

Last night at Henry's¹⁵⁷ as P.B. was sitting across from me - I saw God in him as never before. We were listening to Rachmaninoff 2nd piano concerto - He was afire with God. He transcended the angels and I beheld such purity, love and beauty in his face that I was spellbound and raised to a great height.

#

Henry told us astronomers have discovered thousands of suns, some younger than¹⁵⁸ ours which have their own planetary systems revolving around them.

I understood that we are going on and on in our evolution, evolving to higher planets, on and on - ever living and growing. Nirvana is the highest man and this planet can go, but it is only the beginning of a new and higher life, somewhere else. The yogis who work entirely on inner plane {have}¹⁵⁹ gotten into that habit - But philosophic Guru works on both planes in a balanced way. Each spiritual person on individual path.

#

J12.063 - 1957 November 29 - Dream of Silence

November 29th 1957

A dream last night - after intense physical suffering - Noel entered into a silence beyond silence where there was no one else in the universe.

J12.064 - PB on Questers and Aspirants

¹⁵⁶ Page 62

¹⁵⁷ Referring to Henry Wesselman.

¹⁵⁸ Page 63

¹⁵⁹ We changed "who" to "have" for clarity. (This is very much a paraphrase of PB's viewpoint at the time - TJS '20)

Today¹⁶⁰ P.B. says: "The questers first need to rid themselves of their neuroses and quirks so that the spirit can flow through them unimpeded and unobstructed."

#

"She cannot go on going against her basic nature by living the philosophic life - She has squeezed too much (forced) already. You cannot force - each has to go their own way."

*Guruji: To tell beginning aspirants to be "self-reliant" is useless, as what "Self" can they depend on at their stage.

Guruji*: "Purity means sufficient detachment from ego." Then one is ready for Short Path.

J12.065a - Book Excerpts from "The Book of Mirdad," by Makhal Naimy

The¹⁶¹ Book of Mirdad¹⁶² - Naimy

"There is no judgment in my mouth, but Holy Understanding."

"When you know all, you would judge none."

J12.065b - Bronowski Quote

J. Bronowski:¹⁶³ Science and Human Values.¹⁶⁴ "Power is the by-product of understanding."

J12.065c - On Ego Crushing, on Movie That Helped Her Realize Her Real Self

Today a terrifying ego crushing through Bernard.¹⁶⁵ Then continued tonight - When ego tried to hold out to last with Guru defending itself - disguised in self-respect.

After movie tonight - the world seemed so colorful - the lights so bright and clear - the air so pure. Strangely detached from everything.

"You are not the body - you - it is only your instrument.¹⁶⁶ The danger of this knowledge before self is balanced and integrated is that you may not be strong enough

¹⁶⁰ Page 64

¹⁶¹ Page 65

¹⁶² "The Book of Mirdad," by Mikhail Naimy, was published in 1948.

¹⁶³ Jacob Bronowski (1908-1974) was a British mathematician and historian.

¹⁶⁴ "Science and Human Values" was published in 1956.

¹⁶⁵ Referring to Bernard Masson.

¹⁶⁶ Page 66

so taken away from body association what is left? Just a concentration of you - then shifting away from body association.

You are not the body - first step - so much more ahead, but go slowly - so slowly and calmly and as balanced as possible.

#

Early this morning after yesterday's and evening's strange experiences - in semi-sleep - so clearly came the realization of the real "you" strong, mature, balanced - creative - alive - real - as Nicolas in movie - who as a boy of 16 who so maturely did what grown-ups had so miserably failed to do - try¹⁶⁷ to stop III world war. He was himself - so mature and Self-centered. I will become all that I am now. Let every other thing or experience follow as a natural consequence - but the important thing is to become Me - This is the first step, the strength, love, intelligence, and beauty of Me.

#

First woman of maturity must live and be established - then deeper probings can be taken on. But practical common sense first - This checks and balances "Delights."

J12.067 - PB on Wisdom, Wealth, and War

Guruji: "It is not enough for a person to have goodness, he must have wisdom too. People who say there will not be another war if we stop fearing it are foolish."

"The trouble with the world is that it does not give. The Americans are the most wealthy nation in the world and the other countries want a¹⁶⁸ higher standard of living too. Selfishness, greed - hate lie at the face of war. If the Brahmins of India had not kept their teaching to themselves all these years, keeping the lower castes in superstition, then the lower classes would not have to grow now in such a way where they throw all spirituality to the winds in order to reject superstition.

Evolution forces intellectual development. The exploited classes will rise up (against Catholic suppression etc.)"

J12.068 - 1957 December 7 - On Self-Respect

December 7th 1957

Self-respect - The answer - the problem was lack of it - the cure is - cultivation of it.

(on waking this word or words boldly sounded in my mind)

What does self-respect mean and involve - Think of every aspect and think of the root of the word.

¹⁶⁷ Page 67

¹⁶⁸ Page 68

J12.069 – Book Excerpt from “Guida Spirituale,” by Miguel de Molinos

Guida¹⁶⁹ Spirituale¹⁷⁰ – Molinos:¹⁷¹ “The inner way which leads to union with God.

They, withdrawn into the interior of their souls, truly resigning themselves into God’s hands, and totally detached from everything, even themselves, live always with uplifted spirit in the presence of the Lord, in great security and complete tranquility and peace.”

Noel – When self is forgotten – another great expansive Self of the Universe is found as clear and unstained as a clear glass – endless, eternal.

Remove the obstacle and see what you shall find hidden far behind it.

J12.070 – Excerpt: Henry Scott Holland on Kathleen Lyttelton

“She¹⁷² was¹⁷³ entirely devoid of all self-consciousness and had no self-hindering infirmities to check the spontaneous outflow of her character and impulses. She spoke when she wanted to with undisguised willingness and ready freedom. She was silent when she chose, without deeming it necessary to fill up the interval with conventional small talk. She made herself at once your reasonable companion, responsive to all moods, forcing none.

Equality of level was a special note of her character. She took you onto her level and at once herself assumed that you and she were on equal terms.

She read the literature of mysticism. She absorbed its spirit. She learned its method. She equipped herself with its science and language. She could suspend all the outgoing forces of her being in order to live still, repressed, hushed; shut within the Silence of the Eternal. It seemed to her that only so, out of these secret springs, were¹⁷⁴ the activities of life sustained. How was it to be done? It involved deliberate effort, consciously applied. It needed practice and habit.

¹⁶⁹ Page 69

¹⁷⁰ “The Spiritual Guide” was first published in 1675 in Spanish, soon followed by an Italian translation.

¹⁷¹ Miguel de Molinos

¹⁷² Page 70

¹⁷³ We could not find the original source for this excerpt, though parts of it appear in “The Working Faith of a Liberal Theologian,” by T. Rhondda William (Union Church, Brighton), published in 1914. Henry Scott Holland (1847-1918) was a professor of divinity at the University of Oxford and canon of Christ Church, Oxford. Kathleen Lyttelton (1856-1907) was a British activist, editor, and writer, who was married to Arthur Lyttelton (1852-1903), the Bishop of Southampton.

¹⁷⁴ Page 71

She¹⁷⁵ told how she could use the thought of the wide ocean, of the immensity of space, or of limitless light, to draw her mind forward into the supreme act of contemplation.

The soul recognizes that it is only from within God that God is known. Such apprehension of God is realized, not through deliberate and logical approaches of the discursive reason from outside the object of its search; but through the inward and immediate and intentional contact of life with life. The lesser life sheathed (as it were) within the larger and is aware of the encompassing element which is in possession of it, within and without. In so apprehending, the soul is not effortless but the effort is exercised, not in seeking and finding so much as in surrendering itself¹⁷⁶ to being found. The resignation, the acquiescence, the self-abandonment, which is necessary in order to receive the increasing power, is itself an act of high and tense energy. The will is actively engaged in the resolution to hold itself utterly emptied of itself. The acceptance of what arrives from the Divine Will is, in one sense, passive, but the posture of passivity is one which it takes the utmost force of the living will to retain.

She claimed this could be done in the very heart of common activities. The soul could learn, by resolute practice, the habit of retreating into the spiritual recesses that lie behind life.¹⁷⁷

There were perils in the mystical life which such common activities would serve to avert. She knew the deep delight of escaping beyond words and acts and forms and appearances and of passing out into the elemental sea of Being. And she recognized that¹⁷⁸ this delight needed strict discipline and correction. The mystical tendency needs always correction, and balance. It asks for some strong control, St. Theresa¹⁷⁹ found this in spiritual direction: she bound herself strictly under its yoke, of set purpose.

K. Lyttelton¹⁸⁰ never failed the demands made on her by practical interests. She never sat loose¹⁸¹ to her social and domestic obligations. She never slacked in her absorbing responsibilities.

J12.073 - 1957 December 15 - On Philosophic Illumination of 1951

December 15th 1957

¹⁷⁵ Evangeline marked this paragraph with a line in the left margin.

¹⁷⁶ Page 72

¹⁷⁷ Evangeline marked the last sentence of this paragraph with a line in the right margin.

¹⁷⁸ Page 73

¹⁷⁹ Probably referring to St. Teresa of Ávila, who was seen alternately as a reformer and troublemaker, an intellectual and a mystic. — TJS '20

¹⁸⁰ Kathleen Lyttelton was Virginia Woolf's first editor; Woolf and her husband later bought their printing press and lodgings from PB. — TJS '20

¹⁸¹ Sic. The writing is clear, even if the meaning is not. — TJS '20

Speaking and thinking of the immensity and balance of the philosophic illumination of 1951 last night on returning with R.¹⁸² I was lifted partially into it again upon recalling it and my consciousness seemed to stretch a little and on waking this morning I still feel its effects.

“Thy Will Be Done in Time and in Eternity.”

J12.074 - Book Excerpt from Miguel de Molinos’ “Guida Spirituale”

Michael¹⁸³ de Molinos: excerpts for Guida Spirituale 1685

“Mystical knowledge proceeds not from Wit, but from Experience; it is not invented, but proved; not read, but received; and is therefore most secure and efficacious, of great help and plentiful in fruit.

It enters the soul not by the ears, nor by the continual reading of books, but by the abundant Infusion of the Holy Spirit, whose Grace with most delightful intimacy is communicated to the meek and lowly.”

J12.075a - PB on Bohemians and Carelessness

R.¹⁸⁴

“These bohemians are careless with other people’s belongings. This shows they are selfish when they show no sense of responsibility for them.”

J12.075b - Evangeline and PB on Finding the Real “I”

Guru¹⁸⁵ - “The purpose for living is to find the real ‘I’ - philosophic illumination for more highly evolved worlds - but the “I” can be found and kept.

The meditation of self-enquiry of which you speak is an excellent one and good for you at this stage.

Your path is to follow your Guru wherever and whatever he does or wants you to do (half in jest).

Noel - “When am I going to become more spiritual?”

Guru - “Practice meditation first¹⁸⁶ of all. Start with individuality of character then proceed slowly within by self-analysis.

¹⁸² “R.” refers to Raphael. Shortly after birth, PB’s father changed his name from Hyman to Raphael Hurst as antisemitism was strong, due to the Dreyfus affair. – TJS ‘20

¹⁸³ Page 74

¹⁸⁴ Page 75

Referring to Raphael aka PB.

¹⁸⁵ Evangeline circled this word.

¹⁸⁶ Page 76

J12.076a - On Wrong Eating

Wrong eating and constant work of body in digesting and eliminating cause enervation of energy dissipation. Rationality in this matter will restore and preserve health plus energy for spiritual endeavor and service to Guru.

J12.076b - On Ego Crushing

Noel Ego Crushing:

Unless the ego is humiliated to its very core it is almost impossible for it to be conquered – for it is extremely subtle and unless it “dies” a part of it always remains, no matter how refined it becomes.

J12.077 - On Escaping Self

Last¹⁸⁷ night we saw a movie – “Hunters of the Deep”¹⁸⁸ – the photography of sea life was so beautiful fascinating – it opened a new world to me. To think of all the interesting and lovely things the world offers and we are usually too preoccupied with our little emotional worlds to see objectively beyond them. What a relief – a therapy from turmoil of self. No wonder man – with objectivity and reason has built and accomplished so much outside, in the world, while woman with her home instead is more wrapped up in the emotions and home and small¹⁸⁹ world.

This is the first step – getting away from self by interest (emotion free) intellectual interest and development – an expansion of self – a getting out of one’s own selfish little world – then the same strength of mind and selflessness can be turned inward to explore Self. Then one is already to a certain extent detached. Hence the importance of study,¹⁹⁰ art, learning in man’s ascent. Later even these have to be surmounted in order to pass “over” but first we must climb to that level. Climb, Noel, climb – each day an adventure – take advantage of this marvelous culture and learn and grow. Excellent discipline and keep thoughts off oneself – become less self-centered. An intellectual woman – how nice – “to be all that is within me to be.”

J12.078a - 1957 December 15 - PB on the Short Path and the Long Path

¹⁸⁷ Page 77

¹⁸⁸ We have changed “Hunters of the Sea” to “Hunters of the Deep”; a (1954) documentary about underwater exploration off the coast of Southern California and Mexico.

¹⁸⁹ An arrow points here from the next paragraph.

¹⁹⁰ Page 78

December 15th 1957

Almost the Anniversary of '51 Illumination - tomorrow the 16th of Dec. 1951 - I felt the presence of the God Self.

Tonight Dec 1957 - with my guru - I felt him transfigured into a great spiritual Master sitting on his Dais - such majestic power and light - shedding it upon all - he said - "the Short Path can be too great a temptation - and then the Long Path is dangerously¹⁹¹ discarded. Beware of this - the balance must be kept between the two. The Advaitists are right - at this moment we are the "I" (the God Self)" only the feelings are not aware of it. It is perpetually there whether we know it or not. But to get to it, the emotion and body and ego must become so purified (Long Path). So there is nothing to block the Self from revealing itself. "We must become real human beings before we can become super human beings.

The Long and The Short Paths must be balanced perfectly.

The Master Speaks!

J12.078b - 1957 December 15 - On Psychological Balance: Singing, Common Sense, and Reason

Singing of great Importance to psychological balance
December 15th 1957

The answer to all your emotional problems and their often physical effects is - common sense and reason. This came as an answer, directly to the prayer I made tonight about my health and the disturbing causes of its upsets.

J12.080 - Book Excerpts from "The Romance of the Soul," by Lilian Staveley

The¹⁹² Romance of the Soul:¹⁹³
(by author "Golden Fountain")

"And we say, 'I¹⁹⁴ have desired and I do desire, but¹⁹⁵ God does not give. Why is this?' One reason¹⁹⁶ - are these marvelous things to be given because of one cry; for one petulant demand; for a few tears, mostly of self-pity, shed in an hour when the world

¹⁹¹ Page 79

¹⁹² Page 80

¹⁹³ "The Romance of the Soul" was published in 1920.

¹⁹⁴ Evangeline omitted "But" from the original quote.

¹⁹⁵ This appears as "and" in the original quote.

¹⁹⁶ Evangeline omitted a sentence and paraphrased this phrase from the original quote.

fails to satisfy us, when a friend has disappointed us, when our plans are spoiled, when we are sick and lonely? This is when we look for the consolations of God.¹⁹⁷

But let anyone have all that he can fancy, be carried high upon the flood-tide of prosperity, ambition, and success, and how much time will he or she give to God?¹⁹⁸ – not two moments during the day. Yet the Maker of all things is to bestow His unspeakable riches upon us in return for two moments of our thought or love! Does a man acquire great worldly wealth, or fame, in return for two moments of endeavor?”

“One must outgrow the raw uncivilized creature that he or she was.¹⁹⁹ All tastes must alter (all capacities will increase in an extraordinary manner), and all thoughts of heart and²⁰⁰ mind must become acceptable to²⁰¹ God. The man who has not yet begun to seek God – i.e., has not even commenced to try and learn how to live spiritually, but lives entirely absorbed in things of the flesh – is a spiritual savage. To watch such a man and his ways and his tastes is to the spiritual man the same thing as when a European watches an African²⁰² haunts, notes his beads, his frightful tastes in decorations, foods, amusements, habits, and habitations.”

“In the whole spiritual advance, it is first we who must make the effort, which God will then stabilize, and finally on our continuing to maintain this effort He will bring it to complete fruition. First the will to do – and then the Grace to do it.²⁰³ Without the willing will God gives no grace:²⁰⁴ no will of Man can reach attainment.

God’s will and Man’s will, God’s love and Man’s love – these working and joining harmoniously together raise Man²⁰⁵ into²⁰⁶ Eternal Life.”

“In the most supreme contacts of the soul with Himself, He does not wipe out the consciousness of the soul’s individual joy, but He increases it.²⁰⁷ Jesus teaches that²⁰⁸ that life here is both the means and the process of the gradual conformation of the will of Man to the will of God, and our true “work” is the individual learning of this process.

¹⁹⁷ Evangeline paraphrased this sentence. The original quote reads: “These are the occasions on which we mostly find time to think of what we call a better world, and of the consolations of God.”

¹⁹⁸ Evangeline omitted “Almighty” from the original quote.

¹⁹⁹ Evangeline paraphrased this sentence from the original quote.

²⁰⁰ Page 81

²⁰¹ The original quote reads “acceptable and pleasant to God” followed by a paragraph break.

²⁰² Evangeline omitted “in his native” from the original quote.

²⁰³ Evangeline omitted “with” from the original quote.

²⁰⁴ Evangeline omitted “without God’s grace” from the original quote.

²⁰⁵ Evangeline omitted “up” from the original quote.

²⁰⁶ Page 82

²⁰⁷ Evangeline omitted some phrases from the original quote in this sentence.

²⁰⁸ This appears as “us” in the original quote.

But the cultivation of our individuality must not be subverted to the purpose of the mere gain of personal advantage, but because of the heartfelt wish to conform to the glorious will of God.”

“We are not taught when children that what we are here for is above all and before all to arrive at a sense of personal connection with God, to identify ourselves with the spiritual while still in the flesh. – We are taught to grow shy, even ashamed, of the spiritual! and to regard the world as a place principally or even solely in which to enjoy ourselves or to²⁰⁹ make ‘a successful²¹⁰ career.’ Children are taught to look forward eagerly and mainly for holidays and ‘parties’; grown men and women the same upon a larger, more foolish scale, and always under the terribly mistaken belief that in spiritual things no great happiness is to be found, but only in materialism.”

“Man²¹¹ fails to use his true and needful instinct of finding happiness in the way intended.

Touching God – something which, not knowing what it is, yet feeling it exists – we have named happiness.

Reverse your method for finding God. Instead of asking from God – give to him.

What is keeping you back? You are afraid of what God will demand of you; those words ‘Forsake all, and follow Me’ fill you with something like terror. I cannot leave my business, my children,²¹² my home, my luxuries, my games, my dresses, my friends. Neither need you but, knowing this initial agony of mind, Christ said it is easier for a camel to go through the eye of a needle (the name of an exceedingly narrow gate into Jerusalem) than for a rich man to enter heaven.

What does it mean to ‘set the heart’ upon something? We say, ‘I have set my heart on going to see my son,’ ‘I have set my heart on doing so-and-so,’ but this does not mean that in order to accomplish it we must wander homeless and lonely until the day of achievement. No, but we set our heart and mind upon eventually accomplishing this wish, we shape all our plans towards it, we give it the first place. This is what God asks us to do; give Him the first place. We need not go to Him in rags – David and Solomon were immensely wealthy, Job²¹³ was a rich man, but we must eventually think more of Him than we do of our dress, than we do of our business, more than we do of lover, friend, or child – ‘Thou shalt love Me with all thy heart and mind and soul and strength.’

When we desire He sends the capacity, and day by day sends us the power to reach this love through Jesus Christ.

²⁰⁹ Evangeline inserted “to”.

²¹⁰ Page 83

²¹¹ Evangeline heavily paraphrased this sentence and the following three.

²¹² Page 84

²¹³ Page 85

Give²¹⁴ us this day our daily bread – the bread of the soul – which is Love.

Divine²¹⁵ love starts in us as a very feeble flicker, for we are small and feeble creatures. But God takes the will for the deed and the²¹⁶ comes when suddenly we are filled with true love, as a gift.

This²¹⁷ is the baptism; then at last the great wall which has hitherto divided our consciousness from God goes down entirely. Though²¹⁸ this is not our work, still we have had the earnest will, the longing desire.

This is the New Life within us, this is the New Birth. The first proofs of the power of this New Life in us is the victory over all the lower passions, victory over the animal ‘that once was ourself’! Can any man free himself in such a manner? Common sense forbids us imagine it. It is then a living power within us, slowly transforming us to higher levels – shaping us to meet the purity of God. And such is the tender consideration of this Power for our weaknesses that while we are learning to give up the baser pleasures²¹⁹ of the soul – we are not left comfortless.

So in our earlier stages we may have many wonderful ecstasies which later are altogether dispensed with and eventually not desired by the soul, or even the²²⁰ more greedy heart and mind, which all now ask and desire one favor only – to be on earth in continual fellowship with Christ and ever able to enter into the love of God. – This²²¹ fear of being cut off from Responsive Love of God, holds the soul and creature towards God both day and night lest by the least forgetfulness or wrongful attitude they should lose Him or displease Him.

A single adverse thought eventually proves as injurious to the Spirit as a grain of sand is to the eyes.”

(Noel – “How very true!”)

“The petty human aims, the smallness of our former standards, the instinct for ‘retaliation,’ must all be overcome, laid upon one side – a slow task of much humiliation to the creature, revealing²²² its own smallness and vanity and its own extraordinary ineffectiveness of self-control,²²³ its puny powers over itself: nothing short of an absolute self-conquest is aimed at and demanded by this inward monitor – the Soul.

With what profound veneration for and recognition of the power of God does the regenerated creature think of those alterations in its own nature which, after long

²¹⁴ Evangeline inserted “Ideal – 118-120 lbs.” at the top of the page.

²¹⁵ Evangeline paraphrased this sentence.

²¹⁶ Evangeline omitted “day” from the original quote.

²¹⁷ Evangeline paraphrased this sentence.

²¹⁸ Page 86

²¹⁹ Evangeline deleted “He teaches us the higher pleasures” from the original quote.

²²⁰ Page 87

²²¹ Evangeline paraphrased the beginning of this sentence.

²²² Evangeline omitted “to” in the original quote.

²²³ Page 88

strivings, are eventually given it by God, and of those alterations not yet stabilized because not yet gifts, but only on the way to perhaps becoming gifts, - i.e.²²⁴ still only where the power of the creature itself has been able to raise them: for of these last it may invariably be said that today we may feel serene security and tomorrow fall and fail - and this in the very meanest way!

We²²⁵ see men and women who try to fill an emptiness within²²⁶ themselves - a wanting - by every sort of means except the only one which can ever be a permanent success. Women devote themselves to lovers, husbands, children, dress, society, and dogs. Men to business, ambition, the race track, drink, games, and arts. They descend to old age surrounded by the dust of disillusionment. Lonely and soon forgotten by the hungry pleasure seeking crowd."

What can be more beautiful, more happy,²²⁷ to find the only Being who loves us as much as we love ourselves.

All of us seem to have two personalities. The repentant and unrepentant Magdalene. But true repentance cannot come before love.

At first on awakening the soul would like to cast away material things and is inclined to despise the body. But - it is His will that she should lend assistance to²²⁸ the creature in its weaknesses and uncertainties, not disdaining it, but helping it. It is the soul which maintains contact with the Divine Guide, and then in turn should guide the creature. As the Divine Guide condescends to the soul, never despising her, so must the soul condescend to the creature: acknowledging that nothing is too small or humble for the soul to attend to and lead the creature to do in a beautiful and gentle manner.

The life of conscious connection with God is true living as far as we may know it in the flesh, an enormous increase over the petty normal life of the world or, more rightly, the petty and lacking life of the world. For in this life of God-consciousness is an immense sanity and poise, a balance between soul and body and heart and mind never achieved in the "normal" or the "natural" life. Therefore the God-conscious life is not to be named an abnormal but the complete, full,²²⁹ and only truly normal life: a life in which both soul and creature have found their center, and the whole being in all its parts is brought to evenness, to harmony and peace and a greatly magnified intelligence.

To convey some idea of this condition of consciousness would seem to be impossible, still there are some types of people to whom a little something of the commencement of the larger life of the awakened soul might be conveyed before they themselves experience it. The lovers of nature, of music, of the beautiful and romantic,

²²⁴ This appears as "that is to say" in the original quote.

²²⁵ Evangeline paraphrased this sentence.

²²⁶ Page 95. Evangeline wrote "(cont. June 11th)" at the bottom of page 88, referring to the printed dates on each of the pages of this journal. We have continued this entry here, covering pages 95 through 101. Entries for pages 89 through 94 appear below this entry.

²²⁷ Evangeline omitted "than to find this remedy," from the original quote.

²²⁸ Page 96

²²⁹ Page 97

and of poetry: in the highest moments reached by such they are aware of an indefinable Something – an expansion, a going out towards, a longing – yearning, subtly composed of both joy and pain, which goes beyond the earth, beyond the music, beyond the poetry, beyond the beautiful²³⁰ into a Nameless Bourne.²³¹ At these moments they live with the soul: This is the commencement of the spirit-life.

When the Nameless Bourne has become to the soul that which It really is – God – and He sends His responses to her, then the soul knows the fullness of the spiritual life.

But she can neither know the Nameless Bourne as God nor receive His responses till the heart and the mind have come to repentance of their ways and have been changed at least in part.

One of our great difficulties is that when, as the merely half-repentant creature, we turn to God and, beginning to ask favors of Him, get no response, then all our warm feelings and longings towards²³² Him fall back, we go into a state of either profounder unbelief or into total apathy. Apathy is a deadly thing. The more God loves us the more He will do His part to keep us from it. All the circumstances of life will be used to this end. We may lose our nearest and dearest. If it is material prosperity²³³ a too complete content²³⁴ without Him, then some or all of that²³⁵ will be removed.

In whatever spot we are most tender – there He will touch us.

If we do not get out of this apathy, we shall miss the whole reason of our life here.

By these living thrusts He brings us to our knees, humbled, humiliated, anguished, in order that, having awakened and purified us, He may lift us into His Divine consolations.

Let²³⁶ the man who would know happiness here study the works of God, and not think he will gain virtue by putting everything he sees here upon one side, saying it is not real or not good. It is very real of its own kind, and good also if he learns how to use it, and very marvelous. Let him study how things are made – God’s things, not trivial man-made things – let him observe how all are made with equal care, the humblest and the proudest, “the tiny violet perfect as the oak.” Let him learn the manner of the ways of light and the colors of all that he sees, and then stop to consider how, having made all these marvels, God then fashioned his own delicate eyes that he might see and know and enjoy them all. To consider all these things, accepting them

²³⁰ Page 98

²³¹ “Source” was written in different ink and different handwriting after “Bourne.” It does not appear in the original source. It is probably meant to be a synonym, but “bourne” means “goal” more than “source”. – TJS ‘20

²³² Page 99

²³³ Evangeline omitted “that causes” from the original quote.

²³⁴ Evangeline omitted “to live” from the original quote.

²³⁵ Evangeline omitted “prosperity” from the original quote.

²³⁶ Page 100

from God with love, makes the heart and the mind and the soul dance and²³⁷ sing together not with noise but like sunshine upon water.

What is Nature but the demonstration in visible objects of an invisible Will? This Will we need to trace to its Source; having done this, we are able to praise and bless God for every thing of beauty He has fashioned here.

Because of this appreciation of God's works, both soul and creature find their sweetest consolations as they wait to be taken to a holier world.

When they both bless God with the fire of their love for every tender thing that He has made, then their days become to them one long delight."

J12.089a - 1957 December 18 - On Being Sensible and Rational; Balance; the Meaning of Cravings

December²³⁸ 18th 1957

Noel's Christmas Gift from Higher Power.

One must take sensible attitude, live in it whole day and all habits will necessarily be also sensible and rational. Activity - mental and physical and spiritual - all balanced for perfect living, all coming out of and focused in Individuality -

Today met Rae again

December 18th 1957

Henry {Wesselman:}²³⁹ "A person like a tree, if it stops growing, it atrophies, deteriorates, dies. A business too."

Women who crave fattening things are in reality compensating themselves for a lack in their life, usually love. They think they will treat themselves to something nice since they are not getting in reality what they desire.

A balance between outer reality and contact with inner reality ideal goal of life.

J12.090b - {1957 December} 19 - On the Importance of Individuality

Further²⁴⁰ morning of 19th

All outer movement, habits, activities, must be outer expressions of real individuality - not the personalities, complexes and confusions manifesting themselves - and the way to rid yourself is to from waking to sleep, guard that you are the individuality not its illusions of fears, complexes, etc. Have desires, thoughts, speech

²³⁷ Page 101

²³⁸ Page 89

²³⁹ Evangeline's friend Sarira's husband. This puts her in NYC most likely. - TJS '20

²⁴⁰ Page 90

and actions spring from her - from inner - not let her be buffeted about by the world - or lost as a child waiting for adult directions and instructions. This is the short path (the beginning of it). The individuality must be firmly established before it expands into a yet Higher expression. I have been trying to make too big a jump into Higher consciousness regardless of the fact that there was no concentrated individual to transmute hence nothing but confusion and misery results. Common sense, individuality leads to maturity. Watch that you are motivated constantly from within individuality - Oh, what peace, peace, happiness results.

The²⁴¹ mental level is a great step above animal, keeping the mind filled at all times with thought - or if not thought a positive emptying of it - but never lapsing into Animal lethargy or stupor. Life - a great gift - Health of mind the greatest health. Self-control the real meaning is lodged in real self (individuality) control is gained over all parts of body and mind.

Take each step upward slowly - Don't try to fly to the top - walk slowly and steadily, making each step a part of you facing reality and living and thinking and being "all that you have within you to be."

J12.091 - 1957 December 20 - On Feeling Alive Again

December 20th 1957

Yesterday, starting with the morning, I began to feel that "I had come alive" - that for some years I had been "afraid to live and afraid to die" - a somewhat state of shock. Can I trace it back to auto accident or to 1951 experience or to R.?²⁴² It²⁴³ seems my encounter with Loyola 2 days ago, gave a tremendous shock to my mind and many old complexes and fears instantly dropped away.

Yesterday was like one of those rich, full days of childhood when the world was "yours" to explore and exciting events were always "just around the corner."

Colors were vivid, people fascinating - yesterday it was like all of us were great individual actors in a play - only some of us were more awake than others. The {ones}²⁴⁴ who were sleeping were only aware of a vague ego - personality and drive, but the awakened ones were more aware of their individuality. From this plane one can go slowly to the plane of the creator of essence of individuality and for a little while I felt it.

To be alive, to be alive, to be alive! What joy, what joy! I said this all day - I will today and tomorrow. It is being alive in a deep way,²⁴⁵ so even if one passed from the body he would still be alive for death seems to be only when one is submerged in the lethargy of the animal, vegetable, lower human.

²⁴¹ Page 91

²⁴² Referring to "Raphael" aka PB. - TJS '20

²⁴³ Page 92

²⁴⁴ We changed "only" to "ones" for clarity.

²⁴⁵ Page 93

I am healed and hope will become more so. Like I was infirm for so many years. Hear my thanks, my thanks my God and my Guruji.

Alive to live to plan my life so that I grow in every way, physically strong, vocally perfect, mentally strong, spiritually strong. It is my life. I can work, I can pray, and I can grow. Whatever comes I can, with such physical, mental and spiritual health and with God's help, use it as a means of achieving my goal and growth and balance and finally Illumination.

But until I am advanced, I take each day, live it to the fullest capacity I have to love, to help, to think,²⁴⁶ to meditate and be the individual that I AM to its fullest. Then I can expand into the next stage of individuality and the next and next, but not until I live in the fullest of this stage. Look about you and see the duty, the joy, the learning, the creativity of this day, as Buddha Gerace²⁴⁷ says "the greatest day of your life" is each new day.

No fear of life. First a mature woman then and only then a spiritual woman.

You have the most fortunate and happiest and rewarding of lives with PB. Walking hand in hand with master, a holy adept, a life filled {with}²⁴⁸ balance of intellect, spirit and the world. An interesting, vital, most perfect life!

I failed my test with B²⁴⁹ and his accusations as P.B. said because "you have to grow up. A woman would understand him and not descend to arguing with him like a child."

J12.102 - 1957 December 23 - PB, Evangeline, and Henry Wesselman on Finding Balance Between Ego and Higher Self

December²⁵⁰ 23rd 1957

Henry:²⁵¹ "One rids oneself of the lower aspects of the ego functioning through the Higher Ones - self-reliance, self-respect - then turn these over for the Higher Self to use as its instrument. Then one can say The Higher is working through them instead of the ego working for its puny self."

{Noel}²⁵² - All this time I have been confused and the ego has been fighting against giving itself up by making it²⁵³ seem as though the Higher Ego was not Me and I

²⁴⁶ Page 94

²⁴⁷ This word appears to be Gerace; there is a woman (now in her 90s) by that name; we don't know anything else about her except that she is referred to as a singing coach on page 183 of this journal. - TJS '20

²⁴⁸ We inserted "with" for clarity.

²⁴⁹ Referring to Bernard Masson, who was a very hypercritical person. - TJS '20

²⁵⁰ Page 102

²⁵¹ Henry Wesselman - Sarira's husband.

²⁵² "N" in the original.

²⁵³ Page 103

should discard everything – A death in life a negative action – self destruction. P.B. last night said, “The Greeks were so right in preaching balance – not the balance of nothing with nothing, but something with something.”

The ego has tricked me into thinking that the Higher self should be Me – when it is always above me and I must be humbled before it and worship it and ask to be guided by it.

*Guruji: “Your job is to achieve balance between the ego and the Higher Self – both cannot be lived in the same extent – when one is engaged in practical work the Higher self is necessarily felt to the extent it is in meditation – but comparing the Overself to a man – a baby boy and²⁵⁴ a grown man are still male human beings. So with the Overself when felt to a greater or lesser extent. Your job is to live the life that God’s will has given you whether in a cave or with me (you have actually “given up” the world by choosing me). Act your part but do not be attached to the results of your actions. Be only attached to the Overself. It makes no difference where you are or what you have, but what your inner realization of the Higher Is. It is always with you. Do not go to excess in anything not even in worrying about your ego. The existence of the ego is the manifestation of God’s will. Play your part without attachment to results of your actions. Don’t rebel against God’s will. You are here to learn the lessons which He wants you to learn.

J12.105 – 1957 December 25 – On the Individual; PB on Evangeline Trying to Grow Too Fast Spiritually

Christmas²⁵⁵ 1957

The individual prevails throughout life –

Babies are all babies yet each individual

Children are all children yet each individual

Adolescents are all adolescents yet each individual

Adults are all adults yet each individual

Then – from adults to individual spiritual babies

individual spiritual children

individual spiritual adolescents

individual spiritual adults

*Illumined Adepts.

Raphael today told me that I am a spiritual babe and must not be impatient to grow too quickly. God cannot give the Babe too much responsibility just as he cannot give the baby a man’s car to drive. Have faith in Him and have patience. Rule out confusion and negatives to prepare the way for His Guidance.

[*P. 3]²⁵⁶ – Difference between God’s will and man’s will. God created the ego but the ego goes astray when it loves itself – instead of being used for God’s plan for the

²⁵⁴ Page 104

²⁵⁵ Page 105

world. Example: It is God's will that we become hungry and want to eat, because he²⁵⁷ created us that way. But it is the Ego's will to overeat and become gluttonous. Example – to satisfy its desires and appetites to an extreme forgetting else and others. Centered on its own desires and pleasures.

The self does not expand into the Higher. It has to become humble before the Higher and ask for its guidance. It must transcend for the Higher Self is not on this plane.

All negatives and complexes then are ungodlike – for they rise out of the ego's desire and its self love. It is miserable because it isn't love, being paid attention to, etc.

"One day I will be very proud of you, I know." O²⁵⁸

God created me as a woman – all of her tastes, loves, need not be denied, only used for a Higher Purpose – nothing to extremes or selfishness. Trust her as kindly and all else.

J12.107a - On Overcoming Lethargy

When²⁵⁹ negative or lethargy overcomes, the quickest remedy (and best) is to get busy – for this takes attention from ego and self and relieves tensions and lets individual come through.

You²⁶⁰ must accept yourself before you can accept God.

J12.107b - 1957 December 28 - PB & Evangeline on the Relationship Between Individuality, & the Overself

Dec. 28th 1957

Noel to Guruji: Is there a bridge between the individuality and the Overself –

Guru: - Yes, and that is the substratum of both – Pure Consciousness

#

J12.107c - 1957 December 30 - On Adulthood, Beauty

Dec 30th 1957

On eve of departure for California – so busy last few days – felt really alive and playing my new part in life. I am made for beauty of²⁶¹ loveliness and lovely things and lovely manners and lovely contacts. Beauty is important to me.

²⁵⁶ Evangeline circled “*P. 3” in a different colored ink. We presume this means part or page 3 of the conversation, even though this is in the middle of a page. – TJS '20

²⁵⁷ Page 106

²⁵⁸ Referring to PB. – TJS '20

²⁵⁹ Page 107

²⁶⁰ Evangeline circled this sentence.

Adulthood is what Life is meant to be. Why hang on to the transitory steps up to it – why be afraid to let go of the partial in order to grow into the whole? All life moves toward this meaning. Awake and accept. Be What Is Within You To Be.

J12.109 – 1958 January 4 – Description of Meditation, Written by PB from Evangeline’s Dictation

Jan²⁶² 4/1958

When²⁶³ I sat down to meditate with P.B. and the Waegners, although I had no emotional drive to meditate for my body was very sick with intestinal trouble, there immediately fell a dark colored blanket over my whole being. It shut out all thoughts, feelings, desires and willings. The ego completely vanished. It was a state of nothingness, wherein the world had disappeared, and yet there was an awareness of impersonal being, the real me. It was deeply deeply calm. The screen of existence showed no sights or sounds, only the screen itself remained. I felt that if this experience could be repeated a few times more, and of more prolonged duration each time, I would achieve philosophic balance for I emerged from it whole and serene, integrated and deeply centred, so I was in control of everything. When the ego returned at the end of the meditation, I knew what real ego-freedom meant. Further I could see that my former belief that ego would then no longer exist, was a wrong one. The fact was that it continues to exist even in spiritual realisation but its nature is completely purified and the impersonal Overself completely dominates it.

Counsel by PB²⁶⁴

Practise treating yourself by positive affirmations such as, “I am infinite spirit, which is infinitely well and infinitely perfect. It expresses through perfect bodily organs perfectly functioning. I am the Universal life-force, healing and recuperating the entire body.” Do not pray or ask for {health;}²⁶⁵ that is for devotees on a religious (lower) level and implies a remote personal god. Assume the god-power in yourself.

J12.110 – 1958 January 9 – Massons’ – California

Massons’²⁶⁶ Jan 9th 1958²⁶⁷

²⁶¹ Page 108

²⁶² Page 109

²⁶³ This entry is entirely in PB’s handwriting – so we have kept his British spellings of ‘centred’ and ‘realisation’.

²⁶⁴ This is also written by PB himself. – TJS ‘20

²⁶⁵ We changed “heal” to “health” for clarity – though he may have meant “healing”.

²⁶⁶ Page 110

²⁶⁷ Jacques Masson and his wife, Diana Zeiger, were followers of PB. The Massons had two children: Jeffrey was 16 in January 1958, and Linda was about three years younger.

California -

Arriving here has been an uplifting time. Harmony, children, routine, balance between physical and spiritual. Last night on arrival Guruji said to me: The lower sexual and animal nature is like a wild horse. If you are weak and easy with it, it will drag you through life. You must seize the reins firmly and control it in one tremendous effort. Otherwise it will drag on and on. This applies to all lower nature.

#

Comte de St. Germain

So balanced - Think life has so much. So much to accomplish. Such advantages to grow. Turn every event and activity to spiritual use. Your life can and will be a great one.

J12.111a - On PB's Thoughts of Her; On the Name Brunton

"I²⁶⁸ saw you sleeping and thought to myself - how beautiful she is" -

"I love you for what I know you have within you become!"

The beautiful woman of outer and inner beauty and accomplishments.

*Tibetan Buddhist disciple of great Reformer: Name Brun-ton very advanced - succeeded first Buddhist reformer of Tibet.²⁶⁹

J12.111b - 1958 January 10 - Hollywood, California - On Becoming a "Real Adult Spiritual Being;" PB on the World as Maya, Mentalism, and Christian Science

Hollywood Jan. 10th 1958²⁷⁰

Our beautiful Griffith Hilltop meditation where I felt we were in India - sitting high above the world - My Guru beside me exuding love and light. What moments of truth! Tears welled from my heart and fell down my cheeks. An emotion so real but yet calm.

Back to the home and life again began its busy pace and conflict set in again - the Reality and its asceticism or life-? No compromise between them. Such²⁷¹ sadness and despair. My Guru said that I must therefore rise above emotion as only the emotion can feel despair. But how?

²⁶⁸ Page 111

²⁶⁹ Dromtön in Wikipedia, also Brom-ston (circa 1004-1064), the foremost disciple of Atiśa, was the initiator of the Kadam school of Tibetan Buddhism. Note that spellings were unstable in the 1950s, so PB may have been told about this similarity when he was in Tibet in the 1930s. - TJS '20

²⁷⁰ This is around the time that Evangeline and Beaumont Glass first met. - TJS '20

²⁷¹ Page 112

I began to read "Splendor in the Night"²⁷² by a pilgrim. She too went through this despair where all the world was separated from her and intense suffering was felt. While reading I went through the exact experience with her, so similar to the pre-illumination experience of 1951. In doing so my heart seemed to break in two and I felt once again shattered and so desperately alone.

Then - quite naturally and unexpectedly - a deep feeling of contact with my deepest self came and with it a calm, beyond emotion. Just as my Guru had said - "beyond emotion." I became the self I have for so long wanted to become. The mature deep expansive self - that which I really am and knew I was. Yet²⁷³ in this awareness I sensed that I had no ending - or I ended but was "open" to an influence far beyond my Highest self and in order to be my Highest Self, I must leave this door open. In other words I could never shut myself into a compact entity - alone - but must always leave the door open for something greater than myself to infiltrate "down" into myself.

With this an inner voice demanded that I vow, in order to keep this depth, to discipline myself and keep the lower nature under strict control. All the character, stability, maturity - a real adult spiritual being came alive and at last Evangeline Noel lived. Alone, yet with all. An individual in perfect control of herself and motivated by the Highest part of her being. No longer the child ego, acting, reacting to others, but²⁷⁴ now a spiritual individual creating, experiencing, living.

*Today Gurujī said: "Maya means that the world is not what it seems to be. Mentalism says: the world is a series of ideas in our consciousness. Christian Science says that since the world is idea then we should have control of the ideas and change a sick body into a healthy one. But this is very difficult for many reasons."

Noel: Strength and determination must be used every day to keep lower nature under control and to transmute all to Higher purposes. She has been through the "detaching" phase to a great extent, now what is needed is strength and will in developing the entire character and being. A balanced person in every phase must be the goal.

Oh, to become all that I AM. There²⁷⁵ are so many potentials.

To be all that I have within Me to be!

*A period of profound thinking and contemplation is needed every day in order to reach the depth of yesterday's experience. Only concentration of emotions and thoughts can bring about inner awareness. Use will and determination and emotion to plunge to this depth. Do not be content to stay on surface. Be vigilant in watching speech and thoughts. Beware of criticism and all negatives. They are on ego level and

²⁷² "Splendor in the Night: Recording a Glimpse of Reality" was published in 1933 by Adele Brooks Fort.

²⁷³ Page 113

²⁷⁴ Page 114

²⁷⁵ Page 115

the consciousness finds its way back there when thinking and feeling thus. Bigness, vastness greatness are where you breathe, think, feel and finally speak.

#

J12.116 - On Comte de Saint Germain's Teachings; PB on the Body and Sexual Experiences and Why Celibacy Is Recommended for Those on the Path

Comte²⁷⁶ de St. Germain:

He taught that man has in him infinite possibilities and that from the practical point of view he must strive unceasingly to free himself from matter in order to enter into communication with the world of higher intelligences.

Guruji: "Thrills of sexual experiences keep one believing that they are the body for when they are feeling these thrills it is impossible to know one is not the body (unless he is a Master). That is why celibacy is recommended to those on the path. This is the great deception and the hardest test to pass."

#

"If you believe that you are young, beautiful, desirable, or old, ugly and repulsive, you are identified with your body. You do not know who you really are."

#

"She follows persons, not principles."

J12.117 - 1958 January 18 - PB to Massons and Evangeline: "Time Is the Only Teacher"

Eve²⁷⁷ Jan 18th 1958

Guruji talk with Jacques, Diana, Linda, Jeff²⁷⁸ and Noel:

"Time is the only teacher. No one is really more advanced than another, for it is only a matter of time which has passed which makes one more evolved than another.

We cannot become illumined and leave this plane completely at one time, as we must then work off the karma of the past. The ego is made up of the past. After its illumination it continues but only as a reflection of the Real Self and has no volition of its own. It continues to play its part in time, but only as an actor and it knows the actor is not itself.

Only the human can recognize itself as an individual with a power higher than himself which is superior to himself.

We can only get back to the source or center of our being by stopping thinking.

²⁷⁶ Page 116

²⁷⁷ Page 117

²⁷⁸ Referring to Mr & Mrs Masson and their two children. – TJS '20

All the yoga disciplines and purifications are²⁷⁹ necessary to trim down the ego and control it. It takes an iron will to take hold of animal nature and guide it and control it so that real self can be Master.

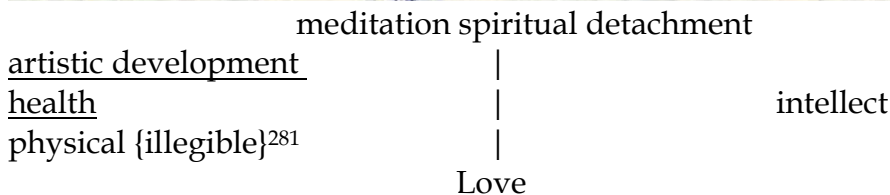
A man can be 40 years old before his spiritual consciousness of past lives awakens if he has lessons to learn in the world and must concentrate upon them till that time. The Overself knows what he needs and gives it to him."

J12.118 - 1958 January 19 - On the Secret of Love

January 19th 1958

The answer, the secret... Love. Stop denying ourselves this great gift of giving - Love. My precious guru, my precious most beautiful loving husband. Thank you God, oh thank you for this greatest of all gifts. I am down on my knees before him. He has saved my life, has rescued me. I owe all to him. Give me the strength to repay him over and over for his love and gifts to me.

Love²⁸⁰ him, love all - let it flow and flow never ceasing, lighting all around. Come down to this reality and balance it with the mental development and artistic, but make it the basis of your life, the foundation of the pyramid.



This has been your great downfall - you have not loved enough - Love as basic as it was in your childhood toward your beautiful mother. Love as strong and as pure toward everyone. All are your children, your brothers and sisters. Let the Divine Mother be revealed through your individual means of expression.

#

²⁷⁹ Page 118

²⁸⁰ Page 119

²⁸¹ Illegible in the original. The word might be "aging." - TJS '20

The above came to me as a revelation after suffering greatly physically and mentally. Last week I found some equilibrium after diary entry of the 10th but that left me during the intervening period and now I see why it left. Love was left out of it and balance²⁸² between the innermost philosophic detachment and the Love of the Divine Source (coming from).²⁸³ I realized this through the Grace of my Beloved and after I was humbled. Today I realized that I must have made bad karma, that part of my character is selfish, self-centered and negative and that I was not really spiritual. How great then was that gift of love and mercy he has given me, so unworthy have I been of this! Love, love, love, in loving return for this great gift of love and help.

Beware of the ego's loving in order to enjoy the feeling - but love purely - just for the sake of giving to others. Then it will grow. The more one loves, the more one is capable of loving.

Humility and love - this is your path.

J12.121a - 1958 January 20 - On Balance

Jan²⁸⁴ 20th 1958

Balance must be made between individuation and loving selves.

#

J12.121b - 1958 January - Palm Springs, California - On Expansion Rather Than Annihilation

Palm Springs

Jan. 1958

"The best way to have a man love you, to get along with you, is to sincerely flatter him by gratitude and appreciation." - Ida²⁸⁵

#

Each problem in the outer life which arises within your circumference is your responsibility and you must try to cope with it - adulthood.

Expansion²⁸⁶ - The true way to the Self is expansion (not annihilation on this level). Annihilation comes at a higher level. All consciousness of the senses and world expand to their source - and where {do}²⁸⁷ you come to? - the Self.

Positive, mature healthy way to growth and balanced results, you outgrow, not kill out - "Fulfill not destroy."

²⁸² Page 120

²⁸³ Evangeline drew an arrow from "(coming from)" to "Source."

²⁸⁴ Page 121

²⁸⁵ Referring to Ida Masson, Bernard Masson's wife. - TJS '20

²⁸⁶ Page 122

²⁸⁷ We changed "to" to "do" for clarity.

Came to this realization profoundly last night sitting in yard looking at stars and mountains in background.

#

...the noble, loving, gentle expansion, and qualities that the thought motherhood gives birth to.

#

All understanding of life can come to a person only through the individual consciousness²⁸⁸ of that life. It must filter through the circle of the self and assimilated there Therefore – “Imitation is suicide.” – Emerson²⁸⁹

Death:²⁹⁰

J12.123a - 1958 January 29 - Santa Barbara, California - PB on Ridding Oneself of a Weakness; Evangeline on How to Start the Day

January 29 1958

Santa Barbara

*Guruji: “To rid oneself of a weakness do so by combining the Long and the Short Paths. Picture clearly the weakness, then picture even more strongly its opposite – the virtue – see yourself possessing it and leaving no room for the vice. Then drop both these pictures and seek the inner security and purity and love of the Higher Self where all is perfect. Then give up problem to Higher Self and know it will be solved.

Noel:²⁹¹ “Start each morning on right foot – very important that first thoughts of the day are positive and strong. Light breakfast then hike and hatha yoga – Then ready to start the day.”

J12.123b - 1958 January 29 - On Being an Individual; PB on Living Within

Individual

Jan 29th 1958

Sarira:²⁹² “They have the courage to live as individuals – to be themselves.”

Sarira Satori

²⁸⁸ Page 123

²⁸⁹ Ralph Waldo Emerson

²⁹⁰ The preceding was all in pencil; this word is in blue ink, as is the right half of the pdf page (J12.123a below). – TJS ‘20

²⁹¹ Page 124

²⁹² Sarira Wesselman

The name we have almost decided is lovely for Sarira.

*Guruji: "The more one lives within, the more one can live without. He sees and feels more and more. He sees the whole, not just the surface as others do."

#

To be an individual is my greatest joy. Would that I had the strength to do so, instead of being swept along on the surface of others' lives.

#

J12.125 - 1958 February 11 - On Two Days of Near Death and Gratitude for PB Bringing Her Back to Life

Feb.²⁹³ 11th 1958

After two days of mental and physical torture when my whole system collapsed and faced death, relief has come at last - my god, my God - forsaken was I in the agony of it. Raphael so kind and strong breathing - shuddering his very life force into my body as I faced death. Then saying, "I haven't been a very good husband, so stern and unfeeling toward you. I will change. You must live for me and come to South America with me. I married you because I loved you and need you with me." Then a long deep spiritual look and I was in his arms - clinging strongly to each other. My love - how I learned to love you from this experience. How much I need you and how much can I ever do to repay this great love you give me?

I realize the suffering now of all in pain mental and physical, and want to devote my life²⁹⁴ to relieving it. All whom I contact to soothe, relieve, bring joy, strength and light. This is my real purpose for living - for my talent.

I see values now in their true light -

Don't ever let me forget the agony and suffering of these last two days. A combined physical and mental torture! Let me stay aware and in sympathy - compassionate toward all. This it has taught me - to love - to have compassion toward all living creatures and especially a great love and devotion to the greatest of all humans - my guru - who stood by me, poured his strength and compassion into my being - who radiated such warmth and love that it was my only hold on life. He stood between myself and death, for it was more than just physical pain, it was mental torture, a pressure on my brain, a sapping away of my life. I would have died, save²⁹⁵ for his love toward me. I owe him my life, both physical and spiritual now. Never let me forget this experience of agony (no way out experience, mentally similar to Chicago ego crushing) and the lesson of love and compassion it taught.

Then nothing matters but relief from this gripping monster of death and agony. Clothes, beauty, pleasure, music, nothing mattered but Peace.

²⁹³ Page 125

²⁹⁴ Page 126

²⁹⁵ Page 127

Keep sense of real values always in proper balance. The privilege to help and love is the greatest of all gifts – use this gift and it will grow and you will be living no longer a selfish existence but a spiritual one.

J12.128 – On Love and Peace and Calm and Tolerance; PB on Lower and Higher Ego

“Tranquility²⁹⁶ breeds tranquility – Love produces more love” –

#

I know what the secret is love and peace. The deep inner calm where all is clear and unhurried – where perfect repose and control is. The emotions and thoughts appear on the surface as an outcome, not in control the Self remains calm and serene reflecting the Divine.

#

I love him. I therefore seek his happiness above my own – his comfort above my own.

#

During severe illness all petty cares, concerns, thoughts drop away and one is faced with ultimate realities with expansion of – Life is the only important thing and should always remain so.

The newly recovered person should strive to keep this attitude through the day and evening. Keeping everything in²⁹⁷ its proper proportion, values real. Time and thought and energy spent only on necessary and valuable things and as little as absolutely necessary on petty things. More attention to inner beauty than outer, more time spent on mental and emotional housecleaning than on outer concerns. Great part of time thinking of others and little time about self and then mostly spent on meditation upon Higher Self. Think of the Universe, of beauty, of spirit, of peace and love. Fill mind with these and other petty and negative thoughts cannot exist. If they do appear immediately take hold of the wild horse (uncontrolled mind and emotions) and stop him dead in his tracks. Control will eventually result.

*Guruji: “The lower ego shows itself wherever one shows a negative, an unpleasantness, a meanness or selfish thought or act.

The higher ego still exists but being purified it can exist expressing The Higher Self in the world.” But eventually it must {be}²⁹⁸ humbled²⁹⁹ to realize it is only an instrument of something higher than itself – no self existent. Then we become – “a servant of the Lord.”

“I AM the vine, ye are the branches.”

#

²⁹⁶ Page 128

²⁹⁷ Page 129

²⁹⁸ We inserted missing word “be” for clarity.

²⁹⁹ Page 130

Real Love appears after deep calm and serenity arrives, and this comes after thinking loving thoughts. Then when identification with Higher Self is realized Love appears and we can understand and forgive all people and creatures, for each on his own individual level does as well as he can and must not be criticized but praised and extended a loving hand of help.

#

This is true tolerance.³⁰⁰

#

J12.130 – On Food and Health and Veganism

To eat little and no concentrated foods is the way to health and to physical purification, so that the spirit is able to express itself through an alert mind and body.

It³⁰¹ is a spiritual necessity and same as last giving up of vice. The last and complete purity through veganism.

#

J12.131 – On Meditation with PB and Jacques; PB on the Danger of Meditation Becoming Self-Hallucination

*Meditation³⁰²

Just finished meditation with P.B. and Jacques:³⁰³

Became conscious of a powerful consciousness after first, at beginning of meditation acknowledging the great privilege of being allowed to sit with a Master who has the power and knowledge to lead me to expansion when I am ready.

Then I shut off all thinking with help of Gururji's vibrations and what remained – the expanded consciousness of 1951 Illumination – It is always existent. An expansion of most {acute}³⁰⁴ everyday consciousness. But this is only possible after self is annihilated and this is done only when thought is stopped, for the self or ego is only thought forms. Stop thought, annihilate ego and what remains?

The only important thing is Self – it is beyond, disconnected from self. The self³⁰⁵ can never realize it. It can only purify itself and seek Grace.

#

³⁰⁰ Evangeline drew an arrow pointing from this sentence to the previous paragraph.

³⁰¹ Page 131

³⁰² Evangeline wrote “*Meditation” and an arrow pointing to the following paragraph.

³⁰³ Referring to Jacques Masson. – TJS '20

³⁰⁴ Illegible; our best guess is “acute” though some see “astute” – we recommend examining the original scan. – TJS '20

³⁰⁵ Page 132

Beware of being fooled by your thoughts of Reality instead of actually experiencing it. In your own conscious awareness, you could be fooled by being in “thought” of Reality, not in Reality. This is one of the big pitfalls of meditation.

It must be experienced as clearly as one experiences the results of the sharpened senses.

#

Guruji: “One must be purified before practicing meditation – otherwise it can lead to self hallucination.”

J12.132 – On Zen Principles

II

Zen Principles

1. In the morning before dressing, light incense and meditate.
2. Retire at a regular hour. Partake of food at regular intervals. Eat with moderation and never to the point of satisfaction.
3. Receive a guest with the same attitude you have when alone. When alone, maintain³⁰⁶ the same attitude you have in receiving guests.
4. Watch what you say and whatever you say, practice it.
5. When an opportunity comes do not let it pass by, yet always think twice before acting.
6. Do not regret the past. Look to the future.
7. Have the fearless attitude of a hero and the loving heart of a child.
8. Upon retiring, sleep as if you had entered your last sleep. Upon awakening, leave your bed behind you instantly as if you had cast away a pair of old shoes.

J12.133 – 1958 February 17 – On Losing Control and Being Reprimanded; on the Pointlessness of Trying to Change People; on Adulthood; PB on “Being in Love” as Self-Deception

Feb. 17th 1958

After losing control tonight at dinner at M’s³⁰⁷ over their ridicule of Ida, and consequent rebuke by Raphael, I tried to defend myself and he turned strongly toward me saying “Do you want to remain a child all your life or to grow up and face the facts of life.” The first thing an illumined philosopher knows is that – 1. People are as they are from a lifetime and lifetimes of building up these tendencies. You cannot change them overnight. It is not your³⁰⁸ place to interfere and to try to change them. Keep silent and let life do it to them. It is not our place. They change gradually and as they

³⁰⁶ Page 133

³⁰⁷ Referring to Jacques and Diana Masson; Ida is their sister-in-law. – TJS ‘20

³⁰⁸ Page 134

grow inwardly their habits, thoughts and eventually their outer life will also change. Practice patience and tolerance knowing that all is in God's plan – all is as it has to be and you should not interfere. Only when they seek your advice. Otherwise they learn by your example and your love toward them and whatever inner help you can give them. This is philosophy.

Remember to time of Illumination when you saw everything, every word a person uttered had to be so – and you could not interfere. All is as it should be. Don't try to change people directly only by helping them spiritually.

#

When Guru said, "Do you want to remain a child?" those words were so meaningful to me. All the petty, ugly, evil, unkind things done³⁰⁹ in the world are done by children, even if they are over 40. One truly becomes adult when one becomes tolerant, kind, big, understanding – spiritual and loving. The rest of the time we are like selfish ego-centric children, wanting everything our way. Watch people and note how much of the time they act as children. The true adult – big, generous and kind as Mary Podea³¹⁰ – my example of true womanliness.

Raphael: "The kind of love 'being in love' – as with Jan³¹¹ and with most people is really – self-deception – not true love –

Noel: "The basis of equilibrium is being at all times the biggest, most mature and womanly highest ego, you are capable of. Be big and grown-up – not petty and childish."

J12.136 – 1958 March 1 – PB on Why We Must Be Content With People as They Are

*March³¹² 1st

Upon retiring and during meditation – Guruji gently spoke – saying "Do you understand why we must be content with people as they are? Do you understand with both your head and heart."

"This is why – intellectually we know that each does as he has developed to do in the past. He cannot act any differently. He acts as well as he can according to his experience.

Now – with the heart – We must love each person momentarily, identify ourselves with them and with their stage of development and give them sympathy and understanding. You can only do this through love – they feel this sympathy and are helped thereupon. Be careful of too much identification then you lose contact with yourself. Withdraw into yourself after you have made the contact with them."

³⁰⁹ Page 135

³¹⁰ Dr. Mary Podea, Evangeline's friend and the first wife of Titus Podea (his second was Melody, Evangeline's daughter). – TJS '20

³¹¹ Referring to Jan Mitchell. – TJS '20

³¹² Page 136

Noel: “This is the work of the adept – one who can identify himself with others and the I AM of others.”

J12.137a – On Magnoni

Today³¹³ saw Magnoni³¹⁴ – the lesson I always learn from her is her complete honesty. Her valuation of the most important things in life – love, sharing, honesty, love of beauty and humanity. A true developed woman of real beauty. A woman of great feeling and depth – honest, real – alive, sympathetic.

J12.137b – Quotes from Emerson, Wesley, Burke; on Life and Love and Consciousness and True Self

Emerson³¹⁵ –

“Give all to love;
Obey thy heart;
It is a god,
Knows its own path
And the outlets of the sky.”

#

“I dare no more fret than I dare curse and swear.” – John Wesley

“Never despair; but if you do, work on in despair.” – Edmund Burke

All³¹⁶ consciousness lives on and on to higher and higher forms of life –

“Love has never failed me.” – Mary³¹⁷

They should not try to escape life – but to face living and unite with its source.

The more one becomes, lives in one’s true nature, as an individual, the closer one gets to the True Self – one’s Real Self the center of individuality.

J12.138 – On Love and Life

Love – the answer to all problems, doubts, despair, conflict.

³¹³ Page 137

³¹⁴ Referring to Jolanda (or Iolanda) Magnoni, a soprano in the 30s and then a voice coach. – TJS ‘20

³¹⁵ This excerpt is two separate passages from Ralph Waldo Emerson’s 1847 poem “Give All to Love.”

³¹⁶ Page 138

³¹⁷ This is probably from Mary Podea. – TJS ‘20

Love, that is the real of us – it is Life. We are really this – all else is only a part of us. We as life use all of life as our instruments to express – we are life – love consciousness never dying –

J12.139 – 1958 March 4 – On Being Yourself

March³¹⁸ 4th 1958³¹⁹

This morn sitting in Sarira's³²⁰ living room peacefully watching the trees and mountains – I had my first meditation – The Buddhi³²¹ – or Christ self in me became unblocked and filled me with light and peace. How silly to fear we are alone – this Christ-Buddhi is closer than our idea of ourselves. Oh Buddhi always shine through me.

Maharshi³²² – is – He

Mary³²³ is – she

Raphael is – he –

each on their own path – their own individual expressions of God power –

Each must be a complete individual moving, living in his own orbit or path.

Then real progress is made – Otherwise it is only imitation.

Emerson – “Imitation is suicide.” Live – be yourself without fear – go deeper and deeper into this individuality and you will then find the Source which you are seeking.³²⁴ This is fulfillment, not the destruction of deliberately destroying all individual feelings, thoughts or will.

Be well, be strong – be yourself in all its completeness. “Love – it is a God – follow it –

#

J12.140 – Book Excerpts from Rabindranath Tagore's “Sadhana”

Tagore³²⁵ – Sadhana:³²⁶

“The emancipation of our physical nature is in attaining health, of our social being in attaining goodness, and of our self in attaining love. This last is what Buddha

³¹⁸ Page 139

³¹⁹ This is around the time that Beaumont proposed to Evangeline (who was still married to PB). – TJS '20

³²⁰ Sarira Wesselman. – TJS '20

³²¹ This is not an error; ‘buddhi’ is the name for the level of mind-consciousness achieved by the Buddha. – TJS '20

³²² “Maharshee” in the original

³²³ Mary Podea.

³²⁴ Page 140

³²⁵ Rabindranath Tagore

³²⁶ “Sādhanā: The Realization of Life” was published in 1913.

describes as extinction – the extinction of selfishness – which is the function of love, and³²⁷ does not lead to darkness but to illumination. This is the attainment of Bodhi, this is³²⁸ the true awakening; it is the revealing in us of the infinite joy by the light of love.”

#

“Outwardly nature is busy and restless, inwardly she is all silence and peace. You see her bondage only when you see her from without, but within her³²⁹ heart³³⁰ is a limitless beauty.”

“The immortal being manifests himself in joy-form. It is the nature of this abounding joy to realize itself in form which is law. The joy, which is without form, must translate itself in³³¹ forms. The joy of the singer is expressed in the form of³³² song.”

J12.141 – On Deep Sadness, to the Overself, Then Down into Emotions; PB Tries to Help; Beau on Music

What a two days I have experienced. After deep sadness I was able to turn completely – (with the whole of me –) within and sought to know the Overself above all else. Then the big test came – I fell – down from my aspiration into the snare of emotions and excitement and lived there until through the utter selfishness of the situation – I turned away from my beloved to desire – Oh love – return and hold me³³³ in³³⁴ your expansive unselfish embrace.

Raphael told me to resolve the conflict of being a singer and a spiritual aspirant by balancing my ambition with the spiritual good – thus – a singer of the spirit – Your work and your aspiration become one – conflict resolved!

I feel as if I am being pushed, taken quickly up to heights by some Grace, something good I have done at some time, but I don't feel worthy³³⁵ or ready for this.

³²⁷ Evangeline omitted “which” from the original quote.

³²⁸ This appears as “or” from the original quote.

³²⁹ Page 141

³³⁰ Evangeline wrote “Pg 104, 105, 106” at the top of the page, most likely referring to the page numbers in “Sādhana” where these excerpts appear.

³³¹ This appears as “into” in the original quote.

³³² Evangeline omitted “a” from the original quote.

³³³ Evangeline wrote “cont. Pg. Sept 18th” at the bottom of page 141, referring to the printed dates on each of the pages of this journal. We have continued this entry here, covering the bottom part of page 144 and all of 145. The entry for pages 142 through 144 appear below this entry.

³³⁴ Page 144

³³⁵ Page 145

Nevertheless I will climb, and follow my Master wherever he leadeth. "The Master is to be loved far more than any relative, child or husband."

Beau:³³⁶ "Music is only a part of the greatness of life - it can help us to become nobler, more sensitive human beings, to grow and expand. Whatever path we are led onto - we follow it as truly as we can and grow therefrom."

I must go my own way, find my own place.

Raphael: "To find yourself you must meditate every day."

J12.142 - Book Excerpts from Rabindranath Tagore's "Sadhana"; Evangeline on How to Attain Love by Giving It

"It³³⁷ is through the heightening of our own consciousness into love, and extending it all over the world, that we can attain Brahma-vihara, communion with this infinite joy."³³⁸

Noel start from where you are, inject it slowly but constantly into your everyday life. Each moment each contact showered in Love and give - To attain love, we must give it. Take your life - your individual daily destiny - do and act what is set before you as his wife, as a singer, as a part of a universal family. Heighten your consciousness and give to all.

"The³³⁹ summit of consciousness which is Love."

"God helps those who help themselves."

Do your part each moment and perhaps grace shall again descend and you can throw off ego once more. Now it is the time for you to consciously work through climbing to the summit of your consciousness which is love. Forget all else - It³⁴⁰ is only mental - words - but by practicing love you will be living - becoming - being in God's world, however little your love seems compared with His. Give to each what he needs.

Love is your path. Your God Now - Concentrate your entire life on this.

At last your feet are set upon your individual path - you were floundering, imitating before because you - as an individual - must take this path. Because you didn't these last years - you were floundering and miserable. Your path is to love all those whom you meet on this path, to help, to serve, to inspire, to give to

In giving of yourself you will find yourself. Walk slowly, giving steadfastly and deeply - your whole life will take on perspective and reality. You will be "inside" of it - not out as in the past. The misery you have felt in not finding yourself has cleansed you and forced³⁴¹ you to find your only and true path - Go in - go on with courage. You

³³⁶ Beaumont Glass.

³³⁷ Page 142

³³⁸ This is another excerpt from Tagore's "Sādhanā."

³³⁹ This sentence is another excerpt from Tagore's "Sādhanā."

³⁴⁰ Page 143

³⁴¹ Page 144

will be healed! (Give up Messiah, or ascetic yogi, mountaintop ideas here and now in your small way contribute – Love.)

“Man is body, mind and spirit, and this spirit is truly known only by love.”

J12.146 – 1958 March 18 – Meditation with PB and Jacques

Meditation³⁴² with P.B. and Jacques³⁴³ March 18th

The deepest I have ever gone in a meditation

The entire body first, then the mind became a vibrant peaceful vibration – still, but pulsing magically.

Mind realized – I – which was inhabiting body – realization that meditation is as (or does) ego crushing pre-illumination 1958.

It serves the same exact purpose – eliminating ego completely so that Overself is unblocked and can reveal itself.

Through concentration of mind and body ego can be offered up to Higher Power. (Last night) Then realization any outer pleasure or enjoyment is a nothing compared to this “inner” realization of the “I.” All temporary, limited, but this – everlasting eternal –

J12.147 – On Bus to Santa Barbara, Nicaraguan Student Preacher on Performing as God’s Instrument

Problem³⁴⁴ is loving – He is your family – Don’t be afraid to love – No great soul is ever afraid of this – Give, give, give, no matter if unrequited.

#

On bus to S.B. we met and spoke with {Managua}³⁴⁵ Nicaragua student preacher who was very idealistic {inspired}³⁴⁶ and dynamic – he said: “I believe in individuals. If I were to come to one of your concerts, I come, not to hear Marian Anderson³⁴⁷ (or Flagstad)³⁴⁸ but you – your voice, your interpretation. I think an artist who has been gifted with talent owes a debt to God – not to perform for fame or money but as God’s instrument to uplift them, to comfort them. It is not to glorify yourself through fame that you should sing but to be of service to others.”

³⁴² Page 146

³⁴³ Referring to Jacques Masson.

³⁴⁴ Page 147

³⁴⁵ This looks like “Manaw” or “Monau” in the original; our best guess is that it’s a hasty reference to someone from the capital. – TJS ‘20

³⁴⁶ Illegible; our best guess is “inspired.” – TJS ‘20

³⁴⁷ Marian Anderson (1897-1993) was an American singer of classical music and spirituals, and the first black person to perform at the Metropolitan Opera.

³⁴⁸ Kirsten Malfrid Flagstad (1895-1962) was a Norwegian opera singer.

J12.148a - 1958 March 24 - PB on Ascetic Discipline

Raphael:³⁴⁹ One must go through ascetic discipline simply for the reason of ceasing identifying oneself with the body. Sex is the greatest form of identification.

March 24th

J12.148b - {1958} - On Atman

Sunday after Vedanta Lecture:

The body is real, the mind, the emotions are themselves, but they are not us - we are using them - we are atman - their Master - their evolution goes on - but we are free - we know what we really are - and therefore do not die even if the body does.

“Seek ye first the Kingdom of Heaven” - then all of the world and its beauty and its possessions are involved correctly and used correctly in service to the Atman.

J12.149a - 1958 March 23 - On Beauty and Atman

Sunday³⁵⁰ March {23rd}³⁵¹

All things of beauty - all music, all art, nature, literature, can be enjoyed, can be sung. -

All are to be evolved in their proper lesson - in subordination to Atman - Each has its place in the Plan - but we seldom know its relation to the Highest.

J12.149b - 1958 March 26 - On Inspiration from Los Angeles Philharmonic Concert; PB on Expressions of God and How God Cannot Be Known with the Senses

Tuesday - March {25th}³⁵² 1958

*

Tonight a concert by Los Angeles Philharmonic - Mozart's³⁵³ Jupiter Symphony, Schubert's³⁵⁴ 7th Symphony. Raphael next to me in deep meditation:

During Mozart I felt the dawn - the sunset, the stars - the universe - the vastness and majesty and harmony of it all. Schubert was very close to Illumination - God

³⁴⁹ Page 148

³⁵⁰ Page 149

³⁵¹ Evangeline has this as the 24th, but Sunday was the 23rd in 1958. - TJS '20

³⁵² Evangeline has this as the 26th, but Tuesday was the 25rd in 1958. - TJS '20

³⁵³ Wolfgang Amadeus Mozart

³⁵⁴ Franz Peter Schubert

seemed to speak to me and showed me all manifestation is his expression³⁵⁵ – each individual – He – Raphael said to this – “All are expressions of God. We know these by our five senses, but God is the unmanifested. Only expression is manifest – If all the people and the universe ceased to exist God would still remain – therefore he cannot be known with the senses.”

I asked him what is music from the philosophic “point of view?” In its highest, inspired forms it can give a glimpse of the Higher Power – and in its other forms it expresses emotion – both higher and lower.” Beethoven,³⁵⁶ Schubert, Bach³⁵⁷ and Mozart contacted the Universal Soul and therefore much of their music expresses this.

Tonight I remembered the depths of understanding, feeling and awareness I used to attain in my teens through music and love. Why do not I dare to again express³⁵⁸ my deepest feelings and awareness – Dare to live on these heights away from the mass awareness?

To be more than ourselves – to be greater than our puny human selves – to be master of ourselves – to climb steadily and strongly out of desires and body weaknesses to the heights of purity, strength and peace. Thou Highest in Me – reveal thyself in me!

J12.151 – Book Excerpts from Rabindranath Tagore’s “Sadhana”

Tagore: Sadhana

“The human soul is on its journey from the law to love, from discipline to liberation, from the moral plane to the spiritual. Buddha preached the discipline of self-restraint and moral life; it is a complete acceptance of law. But this bondage of law cannot be an end by itself; by mastering it thoroughly we acquire the means of getting beyond it. It³⁵⁹ is going back to Brahma, to the infinite love, which is manifesting itself through the finite forms of law. Buddha names it Brahma-vihara, the joy of living in Brahma. He who wants to reach this stage, according to Buddha, ‘shall deceive none, entertain no hatred for anybody, and never wish to injure through anger. He shall have measureless love for all creatures, even as a mother has for her only child, whom she protects with her own life. Up above, below, and all around him, he shall extend his love, which is without bounds and obstacles, and which is free from all cruelty and antagonism. While standing, sitting, walking, lying down, till he fall asleep, he shall keep his mind active in the³⁶⁰ exercise of universal goodwill.’

Want of love is a degree of callousness; for love is the perfection of consciousness. We do not comprehend because we³⁶¹ do not love. For love is the

³⁵⁵ Page 150

³⁵⁶ Ludwig van Beethoven

³⁵⁷ Johann Sebastian Bach

³⁵⁸ Page 151

³⁵⁹ Page 152

³⁶⁰ This appears as “this” in the original quote.

³⁶¹ Page 153

ultimate meaning of everything around us. It is not³⁶² mere sentiment, it is truth. It is the white light of pure consciousness that emanates from Brahma.

It is through the heightening of our consciousness into love, and extending it all over the world, that we can attain Brahma-vihara, communion with this infinite joy.

Man's spirit is truly known only by love.

It is our desires which³⁶³ limit the scope of our self-realization, hinder our extension of consciousness, and give rise to sin, which is the innermost barrier that keeps us apart from³⁶⁴ God, setting up disunion and the arrogance of exclusiveness. For sin is not one mere action, but it is an attitude of life which takes for granted that our goal is finite, that our self is the ultimate truth."

Upanishad³⁶⁵ verse:³⁶⁶

"From unreality lead me to the real, from darkness to the light, from death to immortality."

"Thou who art the spirit of manifestation, manifest thyself in me."

"Oh self-revealing one - reveal thyself within my soul"

(free translation)³⁶⁷

"The real misery of man is in the fact that he has not fully come out, that he is self-obscured, lost in the midst of his own desires. He cannot feel himself beyond his personal surroundings, his greater self is blotted out, his truth unrealized."

"From love the world is born, by love it is sustained, towards love it moves, and into love it enters."

"Bondage³⁶⁸ and liberation are not antagonistic in love. For love is most free and at the same time most bound. If God were absolutely free there would be no creation. The infinite being has assumed unto itself³⁶⁹ the mystery of finitude. And in him who is love the finite and the infinite are made one."

"Beauty is his wooing of our heart. It is a call to us, but not a command. It seeks for love in us, and love can never be had by compulsion. Compulsion is not indeed the final appeal to man, but joy is."

³⁶² Evangeline omitted "a" from the original quote.

³⁶³ This appears as "that" in the original quote.

³⁶⁴ Evangeline omitted "our" from the original quote.

³⁶⁵ Page 154

³⁶⁶ The first two verses below are from "Sādhanā"; the third seems to be Evangeline's interpretation of the second. The original is from the Bṛhadāraṇyaka Upaniṣad (1.3.28.); it is called the Pavamana Mantra.

³⁶⁷ Evangeline drew an arrow from "free translation" to the line above.

³⁶⁸ Page 155

³⁶⁹ This appears as "himself" in the original quote.

J12.156 - 1958 April 8 - Vision of Evangeline, Beau, PB, and Other People as Actors on a Stage

April³⁷⁰ 8th 1958³⁷¹

Last night after forcing myself to obey the Master's wishes - a calm overcame me. I lay on the bed and then I seem projected in space (this was a mental, not astral projection) and I saw Evangeline in this little flower-covered cottage, with her sorrows and conflicts - Beau a distance away with his - P.B. near with his thoughts - people, people everywhere scattered throughout the world, all puppets or actors on this great stage and "I" was the essences of all these - not only Evangeline.

J12.157 - 1958 March 1 - On Excruciating Pain of Emotional Loss, Followed by Peace; PB on "It Is Better to Be a Sheep"

March³⁷² 1 1958³⁷³

After tremendous emotional experiences of past few days - tonight after excruciating pain of emotional loss - peace came from the presence of my Master - His way is my way - I shall follow him wherever he goes and will lead me.

R: "It is better to be a 'sheep' following a shepherd, than a ram running in the wrong direction."

From all this I have learned - emotion, good, deep emotion has its place, but it should be checked and controlled and ruled by the self of peace out of which the emotion rises. The depth of us which is peace. The clear, smooth, calm, healthy silence out of which all manifests. This is our true nature and that which we should be identified with and rule ourselves and our minds and emotions and bodies. I³⁷⁴ thank thee God I thank thee Guru for your Grace for your kindness and your patience - for _____.³⁷⁵

J12.158 - Dream of Beau; PB on How Evangeline Needs a Harmonious Marriage, That Theirs "Should Not Have Been"

Dream of Beau. He said to me, "I need you for what you can give me which I need, stability and spirituality - you can give me these -"

³⁷⁰ Page 156

³⁷¹ Evangeline and PB were divorced on 4/14/58. - TJS '20

³⁷² Page 157

³⁷³ This is around the time Beaumont Glass proposed to Evangeline. - TJS '20

³⁷⁴ Page 158

³⁷⁵ Evangeline inserted an underline.

Noel – Give him the great gift of stability and living beyond emotions – Beau is spiritual and deserves this gift – lift upward – it can come through me – He and I were on same level of development (before my Illumination) and I can help him now.

Raphael: “Most people when they first meet me don’t feel anything unless they have reached that³⁷⁶ level within themselves beyond emotion. Then they know – experience the Spirit.

Away from me you must learn to find me within – which is the most important – Maharshi³⁷⁷ always maintained this – If you meditate you can do this. I will always love you and remain your Guru and friend. Our marriage should not have been – we should have been close without marriage. You need the experience of a harmonious marriage to give you physical, emotional, and artistic outlets. You can digest and put into practice, assimilate all the instruction I have given you. Your progress spiritually will be a stable integrated one – a lasting one –

J12.160 – PB on How Evangeline Must Live Her Life

Guru:³⁷⁸ “You must rigidly check emotion, will, reason with all your being. Force yourself – otherwise your life will always be in chaos. Rule out emotion.”

“Just because you are out of my aura there is no need to relapse to a lesser self. Be the best in you, the strongest, most noble, at all times. Do not plan your life by your weaknesses but make each new moment each new day a noble experience by making it so by your depth and nobility now. Life lived on the highest level, morally, intellectually, and spiritually.”

J12.161a – PB on Controlling Emotions and Impulses; Evangeline on Starting a New Life

- 1.³⁷⁹ Control³⁸⁰ emotions (when they are negative) by reason
 2. Control impulses (when their consequences are important) by will
- #

On starting new life keep spiritual disciplines and aspiration foremost. Combine both people, both environments, both influences – always keeping spiritual foremost. Love which is free nonpossessive is greatest.

J12.161b – 1958 April 20 – PB on Evangeline’s Singing

³⁷⁶ Page 159

³⁷⁷ “Maharshee” in the original

³⁷⁸ Page 160

³⁷⁹ Page 161

³⁸⁰ 1. and 2. were written by PB himself.

Raphael - April 20th 1958

Last day - "You can use your singing as a meditation. Sing all songs in uplifted way - Use concentration and transmutation. Sing spiritual songs too and be 'full' with them. Don't remain on the emotional level as Lehmann³⁸¹ but rise to transfigured stage."

J12.162 - 1958 April 21 - Departure - PB's Parting Advice to Evangeline

Raphael³⁸² - April 21st Departure

Will is a divine spiritual force. When putting it into action we are using spiritual forces. Reason and will must be employed.

Danger of wallowing in any emotion. Your M.³⁸³ has lived in it for years, thus not applying unity principles. You must help her now, she can't act herself.

Apply these principles too in your own life.

Now you must discover my presence within you. First you see and feel me outside, now you know the presence within yourself - It will inspire and uphold you. You will never be alone.

Marry him for child and artistic development. He has many manly qualities and with time should develop greatly.

This is when you become a real adult. I had to go³⁸⁴ through this as every aspirant does.

Stand on own two feet in every decision whether married or unmarried.

J12.163 - 1958 May 7

May 7th 1958

Raphael: "S³⁸⁵ had a wrong picture of the Quest and as long as this persists she will not know the Truth about it. She thinks it is a lonely, isolated, ascetic life, without joy and love. She can only know extremes - freedom from this Quest where she is carefree, happy and abandoned without any disciplines or to be on this Quest renouncing all happiness and immersed in gloom. The true picture of the Quest is the

³⁸¹ Lotte Lehmann (1888-1976) was a German soprano opera singer who emigrated to the United States in 1938, settling in Santa Barbara. Beaumont became Lehmann's biographer and longtime accompanist. Evangeline studied with Lehmann and that's how she and Beau met. - TJS '20

³⁸² Page 162

³⁸³ Probably referring to her Mother. - TJS '20

³⁸⁴ Page 163

³⁸⁵ Probably referring to Sarira Wesselman. - TJS '20

balanced and total approach. The correct mental attitude is the chief thing. It is all the mind – all the teaching employed and practiced.

You must develop and use the will. Stop conflict about outwardly leaving me for a time. The Maharshi³⁸⁶ said to be in the presence of the Guru is important for beginners, but to³⁸⁷ advance one must go out on one's own and realize the true being of the teacher. He is not the body and he does not identify himself with the body. So thus you must find him as he really is – within the highest part of yourself. You are forced to find him there when you no longer see his body.

Your mental attitude is the important thing. Practice meditation, physical disciplines, mental disciplines and live each moment in the highest – most integrated way employing and practicing all that you have learned from me in your life. You must not associate the spiritual life with living with me only, but must live it on your own. Never give way to negatives but be positive and strong.

I will always love you above everyone and you will never be really separated from me.

Perhaps your path to meditation is through music as it was with the great composers. They³⁸⁸ received the same results through this medium that others achieve strictly through formal meditation. After you have reached the concentrated heights there – there pass quietly beyond thought. This may be your path of yoga meditation.

True Intuition is that state of peace and calm where you are completely detached from ego (beyond) and you see and know for a certainty without any emotion or conflict.”

Noel:³⁸⁹ Wherever you are – whatever part you play the only true happiness manifest in your life will come through being your real spiritual self and practicing its principles of love and service.

Keep spiritual being individuality at all times – maintain independence of all people and of all circumstances. Never identify yourself with anyone but this true being of yourself. Then you will be secure and only then can you make those people around you happy, secure and loving.

Remember Mother's description of Elsie – “She³⁹⁰ was always serene and never raised her voice – because she loved her children at all times and they knew this. She never stopped loving them, thus never became angry. When they needed discipline she would look straight at them with firmness in her manner and eyes but without raising her voice tell them what she expected of them. She never told them more than once or twice. They realized that she was serious and reacted accordingly – but she never lost perfect control of herself.”

³⁸⁶ “Marshee” in the original

³⁸⁷ Page 164

³⁸⁸ Page 165

³⁸⁹ “N” in the original.

³⁹⁰ Page 166

“Lack of something to feel important about is almost the greatest tragedy a man may have.” If I am a good husband, it is because her understanding of this has made me feel needed, appreciated - and important.

#

Raphael: See what only interpretation of emotion has done in L.S.³⁹¹ case. By this age she should have reached a higher level of being³⁹² and understanding. She is enslaved by the emotions and the body. Beware of this in your concentration on being a singer. Concentrate on spiritual songs and stay away from just emotional opera roles.”

Noel: “This summer use as a refinement of emotion - all parts of my being must be developed and refined - then I must pass on from this to development of spiritual faculties which will employ refined body, will, emotions, intellect.

Never be caught in emotional art world but keep spiritual purity as center of the life and art as only the one medium of its expression. My whole life and being will constantly live spiritually - free from the senses and the emotions.

#

J12.167 - 1958 May 8 - On a Realization at Dinner with PB and Kenneth That She Was Pure Being, and That Only PB Knows the Real “I” of Evangeline

May 8th 1958

Tonight dinner at Ratner’s³⁹³ with Raphael and Kenneth - During dinner and conversation about saints a sudden realization came³⁹⁴ to me. I was pure being divorced of body, emotions and personality - An individual being using these instruments. Nothing of the world held any more importance or demand on this spiritual being - free of all the world - Alone - with the Master. The only person who knows the real “I” of Evangeline - who can really understand her deepest real self. All others fade away in Maya - Oh my love my Teacher, my only companion!

J12.168 - 1958 May 9

May 9th 1958

All night so close in love in his arms. Feeling the highest part of my nature - so gentle, sweet, beautiful - loving - This morning I told him of this deep love and that my real, true being loves him only - he is my true mate, my companion - for only he knows

³⁹¹ Referring to Lorraine Stevens. She was a long-time student of PB’s who was extraordinarily emotional. (This is from my own long association with her.). — TJS ‘20

³⁹² Page 167

³⁹³ A famous Kosher Deli, a favorite of actors back in the day. — TJS ‘20

³⁹⁴ Page 168

my real self. I would be willing to sacrifice B³⁹⁵ for him. I realize that I am two beings – the human ego who loves B – beautiful clothes, music, romance – and the Higher³⁹⁶ Self – ego free – who realizes all but itself is illusion. And who only loves the Guru. Two selves have I.

Raphael answered: “When I was young in deep meditation I used to have the experience you had last night – The entire Western world seemed to be lost – blind – chasing happiness in the wrong direction – never to find it. Life is not made for enjoyment only – although we find this in bits and snatches – but it is for our growth.”

I also knew this experience I was having was so far above the human consciousness that it would be impossible at present for them to grasp it.”

“I love you more now than when we were first married. Destiny has sent us Beau. If destiny wanted us to be together then we would have both been young at the same time. It is very difficult for me, living in the world with a young³⁹⁷ attractive wife I who wants to be obscure then remains in the limelight. Especially in S.A.³⁹⁸ where the men are so aggressive. It will be extremely difficult. Beau can protect you and look after your needs and be of service to me also.

Destiny sent him, that is why he felt compelled to marry you and why you were so drawn to him.

The experience you had last night does not mean that you must stay married to me – but that you should remain on the Quest. The Quest does not depend upon who you are married to. You must find your inner guide and develop on your own now. Never forget the Quest through the days ahead.

Beau is your human mate. I am your spiritual mate. Keep us separate and love us both. Develop through your love for each of us.

The Quest must always be first in your life.

Guru:³⁹⁹ “Politeness and manners are the first requisites of the philosophic life for they are based on consideration of others.”

Noel: “First requisite of a successful marriage.

The marriage will be a successful one if you try to be cheerful, busy, adjusted and happy within yourself. Understand a man’s world. He cannot share your world all of the time. Build your own little routine happinesses. Be an adult woman and accept and adjust to each mood-phase of your life in marriage.

J12.171 – Excerpt from M. Nilson

³⁹⁵ Referring to Beau.

³⁹⁶ Page 169

³⁹⁷ Page 170

³⁹⁸ South America – PB was contemplating living in Bolivia. – TJS ‘20

³⁹⁹ Page 171

M. Nilson: The charm of encouragement, approval and admiration rightly used will get everyone more for his money at the theatre, at home, in business and socially. The resulting stimulation brings to the surface capabilities and indications of depth that cannot be brought out any other way. Men need this type of stimulation more than women, and do their best⁴⁰⁰ work when it is supplied by mother, sweetheart or wife, sometimes children. Men's need of admiration is so great that they will seek it and find some form of it no matter at what cost to themselves or others. Any woman not feminine enough to sense this need, and uses it for a weapon and a tool with which to wield and defend her home and life, is not a true woman. Almost everyone deserves much more praise than he gets. Look in the mirror and try a little approval on your cranky self. There is something splendid in everyone. Cultivate the habit of seeing only the admirable qualities and you will see them grow under your very eyes. Attention will nourish and develop your husband's virtues, until they overshadow, stomp out or entirely change the things you have wasted your energy fighting.

Through constant disapproval we render ourselves incapable of harmonious relationship with the opposite sex at any point.

"When⁴⁰¹ thine eye is single (seeing only the good), thy whole body is also full of light."

"Know that that which you really are is quite worthy of expression, or you wouldn't be here to express. It is comforting to feel that each of us is necessary to the eternal infinite plan, or we wouldn't exist at all. So, do not be afraid to relax and still this external hodge-podge of confusing details and let this real self shine through in a setting, a harmonious background. This is charm!

So let each of us decide what type she really is, then dress, feel, look and speak in harmony with that type.

J12.174 - 1958 May 20

Morning⁴⁰² of leaving N.Y.

May 20th 1958

Guru: "Important to remember away from me is don't be swept into other people's aura and lose your own individuality. Danger of this so beware. Keep your own self free amidst all - It will be difficult with B⁴⁰³ at times because as a wife you must identify yourself with your husband to a great extent, but never lose self completely in his ego-individuality."

⁴⁰⁰ Page 172

⁴⁰¹ Page 173

⁴⁰² Page 174

⁴⁰³ Referring to Beau.

“The test you failed was not a spiritual test but a marriage test.”

You are to him what I am to you. All need discipline – all on the quest must conquer the physical aspect of sex. {Once a} ⁴⁰⁴ week. Otherwise there is danger of losing yourself in his aura – lack of substance for regular meditation – danger of saturation. Even karezza is still sex and we must be masters of it. As you are the spiritually more advanced, you must be the stronger disciplined and point the way. The Quest will always come first in your life.

You ⁴⁰⁵ must find me within yourself now. You find first the Guru’s Higher self which acts as a link to eventual finding of your own Overself. Maharshi ⁴⁰⁶ said being near the Guru is only for beginners. To make real progress one must go out into the world and find the Master inwardly. The outer is not so important.

Beau will be your outer partner. I will always be your Inner one. I’ll pray for you, think of you during meditation and during the day. I’ll always love you. You are my only accepted disciple and closer to me always than anyone else.

Life is no bed of roses. It is difficult, but your worst years are behind you. All must learn that sacrifices must be made for real spiritual growth.

Meditate each day. I start my meditations ⁴⁰⁷ with Higher thoughts, then in later stages pass beyond thoughts. ⁴⁰⁸

J12.178

Wayfarers ⁴⁰⁹ Chapel ⁴¹⁰
Portuguese Bend.
Palos Verdes,
Swedenborgian ⁴¹¹ Church L.A. to make arrangements

Perfect Love casteth out Fear. ⁴¹²

J12.180 – Quote from Whistler on Art

⁴⁰⁴ “1” in the original; I read this as suggesting sex once a week – a fairly normal pattern in the 40s and 50s. – TJS ‘20

⁴⁰⁵ Page 175

⁴⁰⁶ “Maharshee” in the original

⁴⁰⁷ Page 176

⁴⁰⁸ Page 177 is blank, except for an archivist’s note: “The next 17 pages are blank.” These pages were not scanned.

⁴⁰⁹ Page 178

⁴¹⁰ Wayfarers Chapel, also known as “The Glass Church,” was designed by Lloyd Wright (son of Frank Lloyd Wright) and built in Palos Verdes, California, in 1951.

⁴¹¹ “Swendborg” in the original.

⁴¹² Page 179 is blank.

Whistler:⁴¹³ “Art⁴¹⁴ happens – no hovel is safe from it, no prince may depend on it, the vastest intelligence cannot bring it about, and puny efforts to make it unusual end in quaint comedy and coarse farce.” (Noel – so with the Spirit.)

J12.181 – Quotes from Gibran and Chinese Proverb; PB on Avoiding World Wars

Gibran:⁴¹⁵ “When Love is led to a couch of sensuality it commits suicide.”⁴¹⁶

Old Chinese Proverb: One must be miserable to be cruel.

She⁴¹⁷ doesn’t understand me – Try please in all things only harmony no friction.

Grown up now – Jeanne Eagels Novak.⁴¹⁸

*

Gu: “I was protected from both World Wars even though I was drafted both times. In the 1st I was made assistant sec to a general’s secretary although I was scheduled to join the tank corps on the front after the Battle of the Somme were {1,300,000}⁴¹⁹ soldiers were killed. The tanks were fast destroyed as they were new weapons. By a twist of fate I was saved.

In the 2nd I was in India, drafted, for the Japs were expected to invade, when I was staying with Maharaja of Mysore, a few days before leaving for the army – Gen. Telfer Smith,⁴²⁰ former General of Hong Kong who just escaped there from the Japanese,⁴²¹ came to dinner and I spoke with him through to evening, however never mentioning my induction. However the next day, another chap who was present that evening and a friend approached Gen. Smith and told him I was to go, and wasn’t it a shame a mystic and writer like P.B. had to waste his time in the army. The General agreed it would be a waste and telephoned the army center in Bangalore and told them not to bother me further.

⁴¹³ Page 180

⁴¹⁴ James Abbott McNeill Whistler

⁴¹⁵ Page 181

⁴¹⁶ This quote appears in Mikhail Naimy’s biography of Kahlil Gibran.

⁴¹⁷ An arrow points across page from previous sentence to this one.

⁴¹⁸ Jeanne Eagels (1890-1929) was a Ziegfeld Girl who became a stage and film actress. A mostly fictionalized film biography titled “Jeanne Eagels,” starring Kim Novak, came out in 1957.

⁴¹⁹ “30,____” in the original; the final count is between 1,000,000 and 1,300,000 depending on which record of the German casualties is used. – TJS ‘20

⁴²⁰ We have been unable to confirm this name; nor have we been able to determine who might have been the “General of Hong Kong” at this time. (Several different armies were in Hongkong at this time.) Possibly referring to Lieutenant General Sir Arthur Francis Smith. – TJS ‘20

⁴²¹ “Japs” in the original, which was not understood as a pejorative prior to WWII, and PB tended to continue using it into the 1950s. – TJS ‘20

J12.182 - Excerpt from Walter C. Lanyon

Lanyon⁴²² - "Stop⁴²³ taking thought" - the power of God is greater than any and all instruments through which it functions. Many instances are recorded of people doing things they apparently could not do. A woman, unable to move for years, lying in a hospital, incurable, helpless, hopeless, has been known to rise and rush from the building during the excitement of a false fire alarm. She did what her body apparently could not do, whilst held fast by her conscious thinking backed up by "the wisdom of man." She was helpless as long as she kept her attention on herself, but when she followed the counsel of Jesus Christ - in this case - unconsciously and took her attention from the appearance, she found a power moving within her doing things which she positively could not do, a power entirely outside the "thought-taking" capacity of any man.

The moment you give up and forget the body, at that moment the power will use the body to express Its holy purpose.

(Noel - during and after ego crushing of 1951 Illumination I gave up the body and its attending mind)

J12.183

Buddha Gerace⁴²⁴ / Sing teacher

⁴²⁵1. Sing all tones like your B flat open - sensation of outwardness.

2. All high tones will be sung of eh instead of ah

Exercise: A C
 ah eh⁴²⁶

Sing this third as if you were singing the two notes on A instead of rising to C.

3. Practice eh blatantly with buzz as a baby - mad crying

4. Try to make low E's buzz and focus as other vowels. It tends to go into falsetto.

"There⁴²⁷ is no room in the universe for the least contempt or pride; but only for a gentle and reverent heart."

⁴²² Page 182

⁴²³ Walter C. Lanyon

⁴²⁴ Page 183

⁴²⁵ Evangeline inserted an arrow from "Buddha" up to "Gerace." This same person is referred to on page 91 of this journal. - TJS '20

⁴²⁶ Evangeline inserted arrows pointing downward from "A" to "ah" and "C" to "eh"; she also inserted an arc from "A" to "C."

⁴²⁷ This quote is from James Martineau (1805-1900), an English philosopher.

Worry

Buddha {Gerace}:

1. When singing *Mf*⁴²⁸ as one should lower register comes in on D. When singing softer through D and lower notes corresponding are falsetto.
2. Don't shrill high notes. Don't find "security" there but open them full and don't shrill.
3. Exaggerate. Sing more of your technique never less. It is easy to be less of yourself than to⁴²⁹ be more. Make the effort and you will grow if you first give.

J12.184 – Records to Buy

WRFM Woodside 77 N.Y. for program guide

Records

{Masquerade}⁴³⁰ Suite:

*Sibelius 4th Symphony.

*Wagner:

Prelude to Die Meistersinger

Funeral Music from Gotterdammerung.

*"Lovers in Rome" – Monia Liter⁴³¹ and His Orchestra.

*Stravinsky "The Firebird Suite"

Clark MacFalkin⁴³² and Orchestra (wonderful)

"Our Paris" Franck Pourcel⁴³³ and Orchestra⁴³⁴

To Buy for New Zealand⁴³⁵

Black hostess house coat of nylon like Sarira's.

⁴²⁸ "Mezzo Forte" – i.e. moderately loud. – TJS '20

⁴²⁹ Page 184

⁴³⁰ "Mascarade" in the original; referring to the Masquerade Suite of Aram Khachaturian. – TJS '20

⁴³¹ "Mona Libra?" in the original.

⁴³² Evangeline wrote "Macfalsin" below this, probably unsure of spelling. We could not find any orchestra by either name.

⁴³³ "Frank Percel" in the original.

⁴³⁴ Evangeline inserted a question mark after this entry, perhaps unsure of spelling.

⁴³⁵ Evangeline changed "Brazil" to "New Zealand."

Plastic clothes bags and plastic⁴³⁶ garment bags.
Wraparound coat-dress on 63rd and Madison.
Gimbels sub-zero weather underwear by Curtiss - ?

Records:

Bach's Passacaglia and Fugue in C minor for organ
Liszt⁴³⁷ concertos for piano

Dacron⁴³⁸ Suit -
Oppenheim Collins \$25

black orlon blouse, scoop neck.

Buddha {Gerace}: "The way to sing all the tones of a song the same beautiful full intense way - is through concentration. As you go up apply more energy. Sing in phrases not tones and make an aria one "long phrase."

*Important: Keep lips formed for "Ooh" out and away from lips. Don't move lips - just close and open again for consonants.

Ein {Zamen Treshen togen.}⁴³⁹ (Don't move lips.)

R Records

Beethoven's Ninth with Bruno Walter if on Hi Fi.
Flagstad⁴⁴⁰ Wagner and latest recording of Bach Handel arias
Opera Tosca with Callas⁴⁴¹ or Tebaldi⁴⁴²

*R. Strauss:⁴⁴³ Don Juan

*Ein Heldenleben

Mozart Jupiter Symphony

King Cole record for lighter mood relaxation

Mary Peramore (spelling?) buy for Kostelanetz⁴⁴⁴ type beautiful music with an angelic singing voice added.

March⁴⁴⁵-April

⁴³⁶ Evangeline used ditto marks for "plastic".

⁴³⁷ Franz Liszt

⁴³⁸ Page 185

⁴³⁹ An illegible German phrase. - TJS '20

⁴⁴⁰ This line and the following four were crossed out in pencil.

⁴⁴¹ Maria Callas

⁴⁴² Renata Tebaldi

⁴⁴³ Richard Strauss

⁴⁴⁴ Andre Kostelanetz (1901-1980) conducted "easy listening" orchestral arrangements.

Songs to Sing:

"I'll See You Again"
"Over the Rainbow"
"A Lovely Day Tomorrow"
"So in Love"
"Summertime"
"Baubles, Bangles, and Beads"
"Danny Boy"
"One Night of Love"

Buy music for:

*"You stepped out of a dream"
Fascination

Arias to Learn:

Un Bel Di⁴⁴⁶
Traviata
Aida
Vissi d'arte⁴⁴⁷
Boheme

Records:⁴⁴⁸

Opera Highlights London recording.
Tebaldi - (Beautiful)
Highlights from Traviata
Highlights from⁴⁴⁹ Tosca

Prokofiev - 3rd piano concerto
Prokofiev⁴⁵⁰ - 3 or 4th Symphony

Schumann - Piano Concerto in A minor.

Popular music played on piano for relaxation.

Music of Spain (London Recording) magnificent suite of angelic string music

Operas to Buy

⁴⁴⁵ Page 186

⁴⁴⁶ "Un Bel Di Vedremo" is from "Madame Butterfly" by Puccini.

⁴⁴⁷ From Tosca. - TJS '20

⁴⁴⁸ Page 187

⁴⁴⁹ Evangeline used ditto marks for "Highlights from."

⁴⁵⁰ Evangeline used ditto marks for Prokofiev."

Tristan
Die Walkure
Tosca⁴⁵¹
Cavalleria Rusticana
Aida?

*Boris Godunov (fantastically beautiful) If I cannot buy whole thing buy only
prologue

Buy Delius⁴⁵² records - Listen to

Faure⁴⁵³ - Requiem

Elisabeth Schwarzkopf
Lieder records and "Four Last Songs" of R. Strauss

Buddha {Gerace}:⁴⁵⁴ 1. On high tones open mouth always wide - keep lips away
from teeth - all obstruction removed so that all force is concentrated on larynx.

2. After you are disciplined then you can become an abandoned singer - very
exciting - but if you do not have discipline first, then instead of abandonment you go
wild - or hysterical - this is the difference between Caruso and Callas.

3.

Records German Flagstad Lieder

Beethoven's 7th Symphony (miraculous) on Stereophonic Tape

Wagner Operas (first)
Tristan
Gotterdammerung
Die Walkure
Tannhauser
Die Meistersinger

Buy Buddhist Bible⁴⁵⁵ Goddard.⁴⁵⁶

Buy⁴⁵⁷ Pinza⁴⁵⁸

⁴⁵¹ Evangeline crossed out in pencil "Tosca," "Cavalleria Rusticana," and "Boris Godunov."

⁴⁵² Frederick Delius (1862-1934) was an English composer.

⁴⁵³ Gabriel Fauré (1845-1924) was a French composer.

⁴⁵⁴ Page 188

⁴⁵⁵ "A Buddhist Bible," by Dwight Goddard, was published in 1932.

⁴⁵⁶ Page 189 is blank.

⁴⁵⁷ Page 190

Pinza records
Especially Mozart
Aria *
Extremely beautiful.

Vivaldi Concertos in C - Opus 85

Beethoven's Ninth
*A must - majestically beautiful - ascends to higher planes.

Rondo Capriccioso by Saint-Saens⁴⁵⁹

Buy
Bard's W 57th St
Wedgie black shoes with bows, very dressy and comfortable.
Also flats with straps.

W. 57th St. Blouse shop - 1. Black scoop neck nylon lace blouse for lace skirt -
2. 1 or 2 black convertible crepe blouses for singing use.

Look in Stores for blouse clips.

Buy⁴⁶⁰ thick Indian or Siamese silk scarves in Village 8th St. for turbans. (perfect)

Two more stretch belts at small shop near Buddha.⁴⁶¹

Shoes:
2 Capezio ballerina with leg ties - black
1 pair Gimbels space shoes
1 pair barrister leisure flats (black)

Buddha {Gerace}:

1. "High tones open up mouth, throat and then give it tremendous pull. Make it broad, not closed. After having established pure tone with action - Apply action (but beware of "letting go") only give more pressure and bear down and out with the body."
2. Practice two octave drops. Stop and breathe between high tone and low tone.
3. Don't set mouth or jaw before making tone. Sing spontaneously.
- 4.⁴⁶² Practice arpeggio going down on

⁴⁵⁸ Ezio Fortunato Pinza (May 18, 1892 - May 9, 1957) was an Italian opera singer.

⁴⁵⁹ Camille Saint-Saëns (1835-1921) was a French composer of the Romantic era.

⁴⁶⁰ Page 191

⁴⁶¹ Meaning a shop near Buddha Gerace's office. - TJS '20

(oo - (falsetto)

I

(I

(I

or Aw (if higher than Ow vowel)

OO

I

I

5. When singing Falsetto tones whether Oo or Ah (if higher) moisten lips and keep lips away from teeth.

7. On high B's and C's you can change vowel sound to eh without changing Ah then throw falsetto off into forced throatiness - a great tendency at present to do this. Watch it.

*5. Be sure all tones have dark vibrato - less Oo
falsetto basis - The tones should be {based} on this sound.

6. When singing High or above go straight to ee without hesitation. Belt it out.

7.⁴⁶³ Practice chest tones with jaw stretch to get proper sound. Later not necessary but now to keep them from going throaty.⁴⁶⁴

J12.198a - Highest Life Energy Foods

The⁴⁶⁵ highest life energy foods are - Red beet leaves, celery stalk and leaves, mustard greens, kale, lettuce, endive, turnip tops, carrot tops, alfalfa and watercress.

J12.198b - Joseph Farrell Address

Joseph Farrell
5854 Gregory Ave.
LA 38.
Hollywood 5-9210⁴⁶⁶

J12.204a - Excerpt from Walter C. Lanyon

Lanyon:⁴⁶⁷ "If you cannot see God in the lowest you cannot see Him in the Highest, and you can see Him in these places only when you have perceived Him Within Yourself."

⁴⁶² Page 192

⁴⁶³ Page 193

⁴⁶⁴ Pages 194 through 197 are blank.

⁴⁶⁵ Page 198

⁴⁶⁶ Pages 199 through 203 are blank.

⁴⁶⁷ Page 204

Your Universe is only an objectification of what you think to be true about God.

*Hence, when you see through the eyes of another's consciousness you see everything colored by what that consciousness has accepted as real.

See that ye tell no man. This means all those you know. Very Important. It is a powerful spiritual {secret.}⁴⁶⁸

Hence it is hopeless, to try to change things by working on them from the outside.

J12.204b - Book Excerpt Mikhail Naimy's "Kahlil Gibran"

Naimy: "Art is not what we paint or draw, nor is poetry what we compose of rhythmic sentences. Art is the realizing of the harmony of being in our own spirits and of translating that harmony into aims, thoughts and deeds which leave no room for friction {in our souls} between good and evil. And poetry is finding of the proper measure and rime for our days and nights. So long as we pass through states which so crush the heart and muddle the mind as to cloud our sight, and turn honey in our mouths into gall, and disjoint our joints - what is the good of a beautiful picture we draw, or of a ringing poem we write? Can we draw beauty unless it draws us first? Can⁴⁶⁹ we utter {Truth} before Truth has uttered us? Did we but live a beautiful life, we should do nothing but the beautiful; and then we should have no need of drawing Beauty. Did we obey the Truth in our thoughts, we should be able to utter nothing but the Truth; and then we should have no need to preach the Truth."

Gibran: "But is it not true that every time we draw Beauty we approach a step nearer to Beauty? And every time we write the Truth we become one with it? Is not self-expression a deeply seated need in the human soul?"

#

#{continued}#⁴⁷⁰

"We are all vessels for Truth; but we cannot contain⁴⁷¹ more of it than we make room for in our souls. The heart stocked with earth passions, unless emptied first, cannot be stocked with heavenly desires.

We reflect the Truth clearly or otherwise according as the mirror of our soul be clear or tarnished. If⁴⁷² the mirror is tarnished, the same will reflect the Truth, disfigured and tarnished. This is not to say that he is devoid of Truth; for the moon reflected in a muddy pool is the same moon reflected in a clear one; and the sun that⁴⁷³

⁴⁶⁸ Illegible - "secret" is our best guess. - TJS '20

⁴⁶⁹ Page 205

⁴⁷⁰ Evangeline inserted an arrow that points to the following paragraph, which is a continuation of the passage from Naimy's biography of Kahlil Gibran that Evangeline started at the beginning of this journal (page 3).

⁴⁷¹ This appears as "can contain no" in the original quote.

⁴⁷² Evangeline paraphrased this sentence.

⁴⁷³ Evangeline omitted "that" from the original quote.

peeps at you through a clean window pane and brings you joy and warmth is the self⁴⁷⁴
same sun that looks at you through a smoked or dusty⁴⁷⁵ pane, and you barely see it.”

#

Noel – God is everywhere and everything when you are conscious that “you are He” – for the world is created by you through your awareness of it. You project it – good and evil – until Oneness occurs from Realization of It.

Buddhist Scripture

“He who is tender to all that lives is protected by Heaven and loved by men.”⁴⁷⁶

J12.207 – 1956 January 18

(Jan⁴⁷⁷ Michell time)

January 18th 1956

A writer I shall be – a singer and a writer – in these two worlds along with the inner world of meditation I shall live. Transmute my energies into creative activity no matter how poor the result (writing) my time must be occupied creatively – occupied, occupied, no time for thoughts about the ego and its pitying of itself and thinking of its unhappiness. Evangeline spends too much of her sixteen hours each day in her ego instead of in her self. A change is here and the ego is going to be neglected, lived in less – it will be engaged reflecting creative inspiration and directing its brain to its sole use – concentrated on creation. Perhaps I will paint too – Each moment will be employed usefully – no more waste and laziness. Arise Evangeline Noel become your true self – cast off the past with its neurotic character traits and be reborn in the self.

Concentration will lead to self-control – Now No. 1 lesson is life. How to get along with others for this is the first problem which has to be faced and conquered.

*Tonight⁴⁷⁸ and tomorrow and every day thereafter remember this: – You are dealing with egos – everyone concerned primarily with their own thoughts and desires, opinions. Surround yourself with light. Separate yourself from others isolation within your Self – then you contact the other’s higher self and thus separate yourself from their ego. This way you are objective and never tread on their “egos’ toes.” You let them always speak and have their own way. Respect for the individuality of others develops poise in every situation – peace and self control.

Remember you are contacting egos. Isolation with light and contact the higher selves. fathers.

⁴⁷⁴ Evangeline omitted “self” from the original quote.

⁴⁷⁵ This appears as “dust-ridden” in the original quote.

⁴⁷⁶ Page 206 (the back cover of the journal) is blank.

⁴⁷⁷ Page 207 (From here until the end are loose pages from inside the journal.)

⁴⁷⁸ Page 208

J12.209 - On Deafness Caused by Negative Thinking; Picturing the Higher Self

his⁴⁷⁹ deafness⁴⁸⁰ is mostly caused by his negative thinking. The nerve is dead, because it has been fed dead force instead of living force – negative thoughts are dead.

not⁴⁸¹ as⁴⁸² before {with}⁴⁸³ the mind imagining her or picturing the Higher self – but this way become and Be. The other way the Higher Self is projected in space. Now this is becoming and being. (This is how it seems at present.)

⁴⁷⁹ Page 209 a scrap of paper.

⁴⁸⁰ The top of the page is torn off.

⁴⁸¹ Page 210

⁴⁸² The top of the page is torn off.

⁴⁸³ We inserted missing word “with” (where page is torn) for clarity.