

APRIL 1970

(1)

Thursday 6

He is a philosopher
first, an artist
second. This is the
order by which he

Friday, July 1, 1970

(he lives in a hierarchy)

Yet this does not
render him any less
appreciative of
poem; does not stop
him enjoying
music to its fullest

Saturday 2

Sunday 3

MAY, 1970

Monday 4

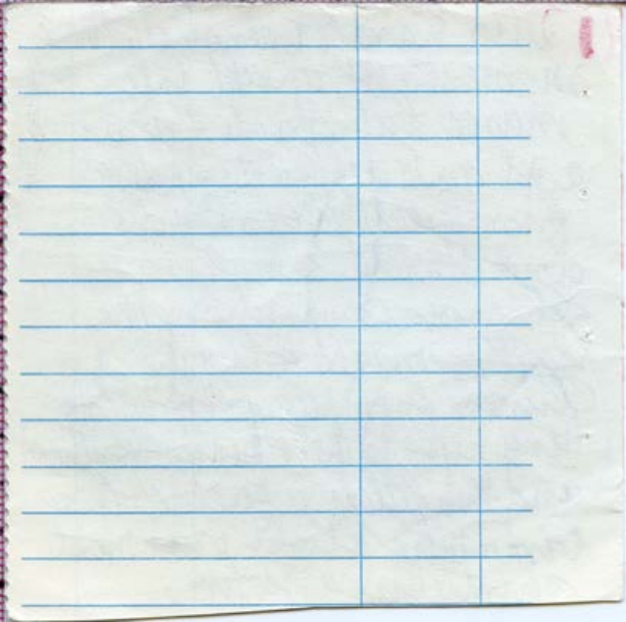
Tuesday 5

Wednesday 6

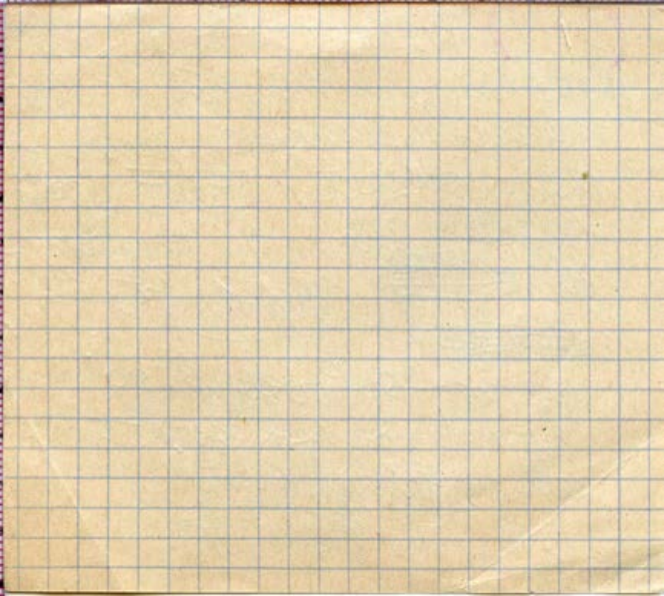
Thursday 7

9:30am (P)

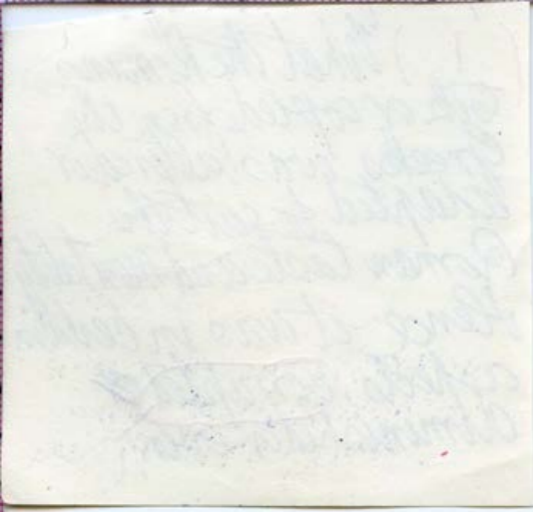
(1) It is hard to translate these moments of uplift into music but, aside from a quite different nature from Beethoven's Bachs and Handel's most religious compositions, the ~~best~~ music got by the Chinese from pigeons by tying tiny pipes to their pinion-feathers and then letting a flock of these birds take flight is ~~the~~ most spiritually suggestive.



(1) No hour of the day ²⁵
provides a stronger ~~bit~~ of life's
tragically passing character
than sunset. HINT what
reflection tells us in thoughts,
this ~~lovely~~ lovely through but
~~doomed~~
period — so lovely yet so
doomed to perish soon —
tells us through sight.
ecstasy



(1) What the Romans 27
took or copied from the
Greeks, was altered or
adapted to suit the
Roman taste and mentality.
Hence it was in certain
aspects, corrupted ~~and~~
diminished or even.



9/14 To revel in the sky's
twilight colouring, its
translucent gold and
~~part~~ purple to wait further
and revel again in the after
-glow — this is poetic
feeling, artistic develop-
ment and semi-mystical
experience

(7)

30

The level in the street

is higher than the level of the

water in the canal and

the level of the ground

is higher than the level of the

water in the canal and

the level of the ground

(17)

30

the

level

of

the

ground

(1) The way a 29
thought is expressed,
the style in which a
teaching is conveyed,
possesses a value
which is highly
exaggerated by the
intellectualist or the
artistic, but highly
under-valued by
the mystic and aesthetic

1883

(The name of the person)

I would like to express
 my thanks for the
 trouble you have
 taken in
 writing to me
 and for the
 interest you
 have shown
 in my
 work. I
 am glad to
 hear that
 you are
 well and
 hope you
 will continue
 to be so.
 I am
 very
 truly
 yours,
 [Signature]

(35) The joy of watching
the sun pass away in a
glow of colour is not entire-
ly un-mixed. At some
point in the period, towards
the end, the remembrance

that all this beauty, so
intense at that moment,
is doomed to vanish very
soon, touches the mind
with melancholy.

(36) The sun, which is
to be seen, is a reminder
of that which is not to be
seen (unless the inner sight
and of active) and the inner
life

glorious hidden
the World-Mind royal Sun of
to blind faithless
man



(137) If imagination is permitted to wander unbalanced, unchecked, totally free, it may lead to genius, inspiration, or to lunacy, disorder.



(42) However hard-

Wednesday 13

pressed, troubled or
fatigued his day has
been, this is the hour
which relieves — even

Thursday 14

saves — it, his
pause harmonised with
Nature's ^{own} pause.

Sunday 17

Monday 18

(I) The poet's appeal to feeling, the architect's graceful forms, the composer's melodious music can be and elevated from a merely technical level, dependent on talent alone.

to one of jewelled inspiration if he (lets)

himself surrender to this ethereal stillness.

32

It is no waste of time to let
activity melt into idleness when
the evening pageant of the sun's
departure sets in.

[Faint, illegible handwriting on aged paper]

(33)

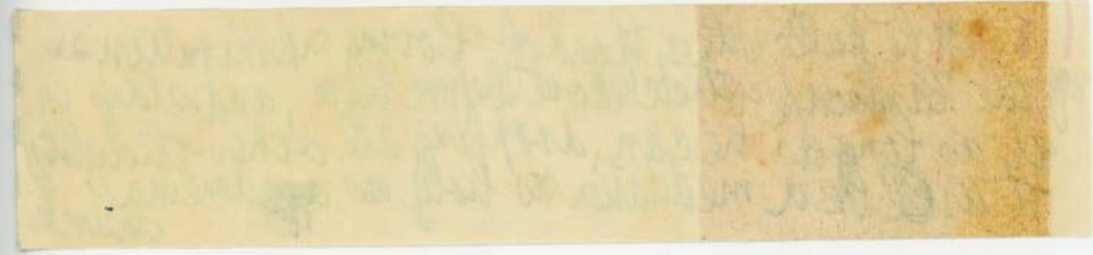
In this matter of communication he
must be contemporary; producing work of, and
for his own time, current and therefore
resultful, alive and therefore able to
reach the living more closely and more
personally

than a dead man could reach them.

34) What is all this reverence for holiness
and appreciation of beauty which come of them-
selves! at sunset put an effect of light
upon Nature's land- or ~~sea~~ seascapes?

Handwritten text in a cursive script, likely a letter or document, written on aged, yellowed paper. The text is extremely faint and illegible due to fading and the quality of the scan. The script appears to be a form of cursive, possibly from the 18th or 19th century. The paper shows signs of wear, including small stains and discoloration.

1) If he falls into a kind of loving admiration ²⁶
of the landscape stretched out before him, and stays in
it as long as he can, dropping all other thoughts,
it will be a meditation as holy as ~~any~~ ^{if} done in a
church



28

(1) Whether in the presentation of Nature's scenes or the productions of man's art, the beauty which attracts the best instincts is a faint reverberating echo of the highest divine world.

coming down from

Handwritten text enclosed in a rectangular box, possibly a signature or a specific note.

Main body of handwritten text, appearing as a list or series of entries, though the characters are highly stylized and difficult to decipher.

37
~~Journal~~

(I) It was one of those lovely summer evenings ①

when I sat back into the night, first, enjoying the sunset
town, the landscape, watching the light alone. The curtains

Remained undrained; I could not bring myself to attend to
any work, and shut out the fascinating scene. For
it drew me away, held me, melted me. The 9:42 a.m. train

①

③

I have these two American
summers sunbells. When I had
put them aside, I got from the
1917

a creature which, like unhorns (4)
and go with all this, CONSTITUTION
beauty into MYSTERY ITSELF.

He is

Handwritten musical notation in blue ink on a five-line staff, consisting of several notes and rests.

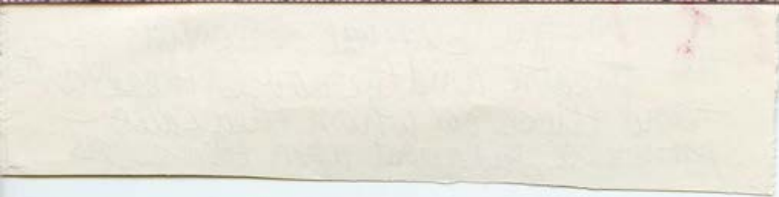
Handwritten text in blue ink, appearing to be lyrics or a description of the music, written in a cursive style.



Small handwritten mark or scribble in the top left corner.

40

In the sexual obsessions of
the theatre and the novel, these arts
— and those for whom they cater —
pronounce judgment upon themselves



(1) There are moods when
the aesthetic feeling in
some men rises to the
surface and expresses
itself as the beauty of

~~lofty~~ lofty aspiration,
or the beautiful
nurturing perseverance.

(1) The contributions of
motivated MEN in the 1950s
render the world, with
43
Loren
etc

calves and cows, more
endurance and take in it ~~more~~
somewhat pleasanter.

(44) I If his affect-
ions are engaged and
he feels the effect of
beauty — whether in
Nature or art — 30

Source:

deeply that admiration
verged on worship, he
would do well to take
the next step and
search for beauty's

45) What he gets from
these delectable inner
meetings he tries to give the

World in whatever way his
situation allows, in an
artistic creation or a simple
5 mile or otherwise.

VI (1) Sometimes a man's words
are wiser than he knows. Sometime
he speaks a truth above his

ordinary knowledge, but
these times are rare;

VII (15) There is nothing wrong in seeking to make nature's ~~energy~~ ^{ENERGIES} and materials serve the needs of mankind. ~~But~~ Technology is not all

evil, as beguining escapees from a
materialistic society so often believe: Even
Oriental peasants use a simple technology.

(VI) The value of a systematic course in
philosophy is that it gives a solid foundation
~~of~~ of causal self-education leads

thus, has no teacher to question, or to organize
the reading, or to check up knowledge on
P.E.M. The fragments are complete and scattered

(vi)) Something of this (14)
knowledge, and even
this practice should be
put in the curriculum
of every school certainly
every college.

Handwritten text in the right column, possibly bleed-through from the reverse side of the page. The characters are faint and difficult to decipher.

Handwritten text in the left column, also appearing to be bleed-through from the reverse side. The text is very faint and illegible.

1 VIII

2

The discomfort of being
confronted by the fundamental
questions which we must, at
some time, early or late, ask
of life can't be evaded; as all-

- too many persons do evade it,
by turning to more activity, or by
deliberately reinforced egotism

(VII. ①)

Suggestion enters largely into the opinions and beliefs, the homotside views and outlook, of masses of people. It is just as true, possibly truer, of the mystically-minded, by they seekers or gurus, what is really known - rather than echoed back - ~~is~~ ~~small~~ dwindles down to a residue.

be they Orientals or Westerners.

Handwritten text, possibly bleed-through from the reverse side of the page. The text is mirrored and includes phrases such as "The first...", "of a...", "to a...", and "the...".

The first...

(vii) The mass mind, with its ignorance
of higher laws, its confused state resulting
from this ignorance ~~and~~
and from the

~~_____~~
The report of the
Confession of the
of a

varied pressures, suggestions, traditions or
~~opinions~~ authorities imposed on it from
outside opposed by

resistances or
desires from
inside, is at first
thrown into greater
confusion if challenged
by a messenger of truth

(iii) No simile or metaphor, used to help explain an idea, should be pressed too far for meaning, wrong-out too much for consequences or implications. It is only a starting-point and not a finishing post.

Take what you can from it, then
let it go.

and



(VI) (10) Through the many changes of
experience in the many lifetimes on
earth — and later elsewhere — the mind
grows. It wants to move upward from mere
↓

curiosity to actual knowledge. It inquires
if there be any purpose in ~~life~~ if there be a
purpose. It demands to know to be fulfilled
if there is a God ~~and~~ yet doubts the
possibility of finding a sure answer.

(vii) ~~Atomic science~~ Atomic science needed
mathematical formulae and equations
to carry on its work. They are, after all,
symbols and abstractions, that is, pure
concepts. So too physical science ~~is~~
generally ^{now} needs metaphysical concepts
to carry its work further. The refusal to

do so on the objection that metaphysics
is not physics, leaves ^{the} scientist
powerless to answer his own
ultimate questions.

(2) (vii) Education ought to be a
threefold affair. The acquisition
of information and knowledge; the



skill and training for a livelihood; the
improvement and refinement of quality
of the human being. Under this last head I put ^{opportunities}

"Heisenberg" work Encyc. Britanica

on the quantum theory profoundly
influenced the development of
atomic and nuclear physics

--- He was awarded the 1932 Nobel
prize for "the creation of
quantum mechanics"
physics for

(VII.)

(9)

"The ..."

...

...

...

...

...

...

...

VII

(A)

...

~~111~~ A slow measured
delivery of these
unfamiliar metaphysical
and mystical explanat-
ions ~~but~~ helps the
hearer understand better
and accords with the
dignity of the subject.

(VII 6)

Handwritten text on aged paper, likely bleed-through from the reverse side. The text is mirrored and includes phrases such as "The above mentioned", "copy of the", "language of the", "to the", "at the", "with", "of the", and "of the subject".

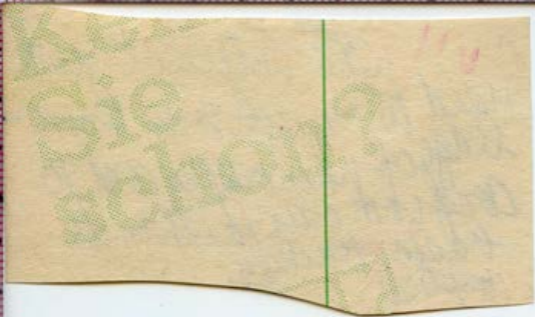
(vii) It may be hard,
a rough stone obstructed
path, for the common
man to find his way
into philosophy, but
the journey is well
worth while. etc

has to stretch his
mind, but there are
moments of relief
of joyful discovery
of encouraging
PERCEPTION

(✓✓✓) (4) What a pity that
Kant did not put his
meanings more directly
clearly and compactly
for then his greatness
as a transition thinker

would have emerged with
less difficulty for most
readers.

(11) The intellect can be
used to enrich our know-
ledge of philosophy and to
condition our faith in its
basic teaching
(mystical)



(114) (13)

It is not a secret knowledge which has been kept away from others — unlike science which is shared with them and confirmed by them.

10/10/10

not a great success
with the
new
work them and
them.

(VIII) When a book
has come to mean
so much to a man
that its reading and
rereading are consid-
-ered among his
best hours, his more
fortunate destiny, its
ideas may have some
value for some
other men, too.

111

[Faint, illegible handwriting covering the page]

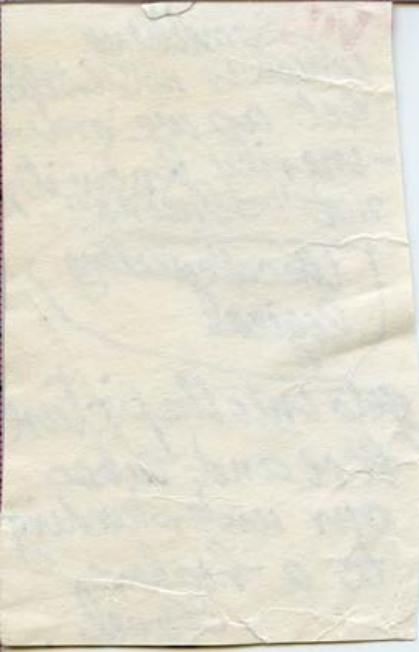
ms. 5136

ms. 5136

(vii) Something ¹⁹
which is not ~~intell-~~
ect as we ord-
-inarily know it,
not "Brains",

the calculating
logical

gets into the picture
here and takes
our understanding
to a higher
level.

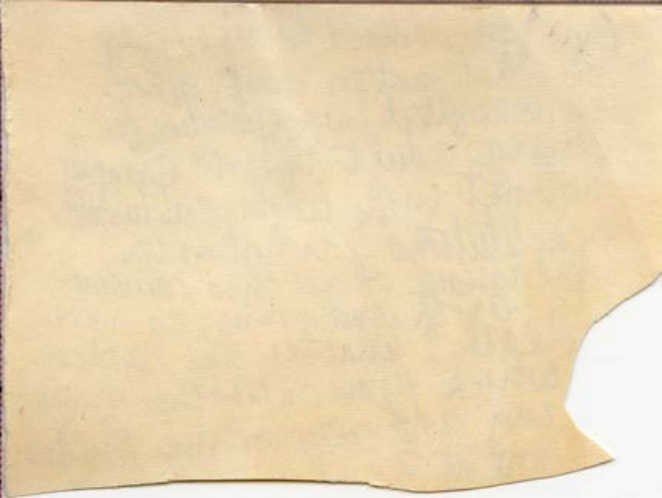


(VII.) ^{18th} some of detaching
can be validated by
nuclear physics, the
rest is too far out
for the scientist to touch
without becoming
something else,
something more than
a scientist.

[- let alone grasp -]

111

(vii) The demand for knowledge of what matters most, what is weightiest in preparation for coming adult life, is simply not met in the higher cultural institutions. What is the meaning of all this coming-to-birth and going-on-into death? What are the purposes which flow out of this meaning and require my fulfillment?



VIII. (6) In experiments made by a group of physicists with whom I worked many years ago, it was found that London By passing an electric current through argon gas contained in a sealed glass tube in which two wires were fixed ~~at certain points~~ certain astonishing results were obtained. The tube glowed with light when brought within an area about eighteen inches wide

and extending all around the human body in ovoid form. This
indeed was the otherwise invisible aura of man. But it was not this astral
aura

etheric

8 (1) VIII (2) Frankly, and without shame, he
will acknowledge the animal within him. He
knows its place in the Congrowth which he
underwent through many an earth-birth.
It served its purpose. But a higher purpose
has now shown itself - and must in its
turn be fulfilled. The half-human must
next become the fully human. For this,
the control of self must
be learnt, hard though it be. ~~It~~

9 Sonntag

111 V

(8 V.M.) The travelling Goethe wrote his
friends ~~about~~ in Germany about a princess
he met in Naples — she was young gay
and superficial — who advised him to go

to her large country estate in Somerset
where, ~~she added~~, "The mountain air
and lovely view would soon cure me
of all philosophy!" Some of us, however,
would only be ^{more} incited by them to philosophy.

regulation on one side of the period and
to cultivate while and make the plan can
on the other the reverse way is to

drive the body into frenetic ascectic-
transand folkish extremes, it should
become a useful ally. (A)

⑤ There is a wise use of the body and
an initial one, the plus together increase
its value as a softant by improving ①

to health and increasing its vital
force. These energies will be used to
strengthen concentration & sustain

VIII

It is not easy to live on a diet which is socially unacceptable. But then I have no social desires, let

alone ambitions.



His animal nature must be governed if he
is to fulfil the World-Mind World-Mind
World-Mind
the lesser part of his being,

(18)



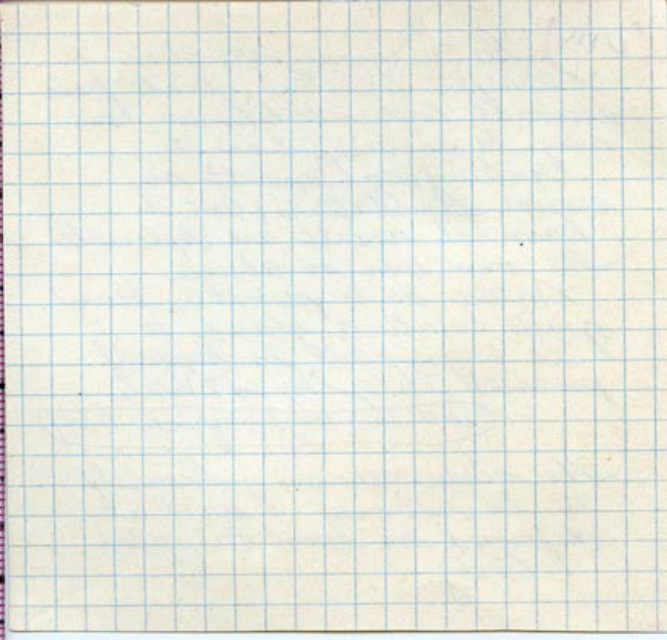
London Sunday Times
wrote in 1968:

"Young people are taking up vegetarianism in the last couple of years increasingly. They are not ~~just~~ moving away from meat but ~~also~~ just towards whole, unrefined foods. Apart from the Beatles vegetarians include Samantha Egger, Lord Londonderry, Mark Palmer; Malcolm Muggeridge said "I love animals. It is out of respect for them. Also.. I remember that drink is associated with sexuality: I gave it up too." (VIII)

(viii) ⁽³⁾ The surgical operation to transfer certain glands from animal bodies to human ones may be successful in its vitalizing results or sexual stimulations, but its karmical results are deplorable. The man who so abuses

Nature as to permit a lower grade creature's glands to be engrafted, is himself punished later by Nature (into his higher grade body).

He risks causing himself to be reborn with a deformed or even crippled body.



(viii) (4) That Tantrik
sects have inferior
eagerly used
the teaching to make their
sexual desires appear
as holy aspirations is
quite true. This is
part of the danger in
such methods and
why they are held in
ill-repute by many
~~and~~ Indian authorities

Shall contract
with you or sell in
the future for your
good method and
part of the paper in
quite the same way as
a very important
example of the paper
the teaching to make this
copy by hand
The paper

The foolish
illusion which
besets the new young

(1) many of that
unrestrained sexual
indulgence ~~is~~ ~~is~~
is a path to happiness
~~being~~ is supported
for a time by modern
scientific devices. But

in the
end the
illusion
will pass;
mind and
health, peace
and nerves
will have to
suffer



VIII (2)

The animal cravings and appetites must be submitted to the censorship of reason, the light of ~~higher~~ knowledge and the claims of the higher self

111

The Government
has appointed a
to the Commission
of the
the

(VIII.) Mann, India's Moses told
his ⁽¹⁶⁾ followers that the body was "infest-
ed with decay, harrowed by pain,
wrecked with passion and altogether
penible."

11111

[Faint, illegible handwritten text, possibly bleed-through from the reverse side of the page.]

(VIII ⑤) The nurse are taught not to rush across
a room nor to run along a corridor. A paced,
slowed, walk ~~is~~ is the proper way. This helps
recollection, remembrance, self-control and

the growth of inner calm!

4

21111 The wisdom of the World - Mind has put guide -
lines into the animal mind which you may call
① instincts if you wish - and which show
it how to keep alive ~~by~~ by picking out

~~the~~ food needed. Man being the possessor of an
the animal body shares a proportion of these
instincts; for the rest he must use his judgment

So much may depend on so little! The condition of a
single grain or half-centimeter of land may cause a
man's whole life ~~to~~ more than any sorcerer can.

The shape of the nose may be so deformed by pressure that
the nostrils are thwarted or the desire for love defeated.

(viii) (13)

There is an ability of the physical body to prescribe correctly for its own disorders. But it is not easy for many persons to receive the message — so much have they blocked its way by the past wrong living.

(viii)

There is an abstract of the minutes
of the Executive Committee for the year
1920-21. It is not clear how many
pages there are. The minutes of the
Executive Committee for the year 1919-20
are also included in this copy of the
minutes.

(viii) If he lets himself be guided by the physical sensations or limited to the animal appetites
New intentions

①

(17) (2) will be wither-
ed at birth

12 Sonntag

or despised by those who are of fered them

①

1978

7. Woche

14 Dienstag

15 Mittwoch

(VIII)
①

After all that the
saints and metaphysicians
have said, the fact is

say there that man is incarnate,
not a disembodied spirit in an
invisible world.

very much in
the flesh,

(IX②) It is pathetic to hear men
reason in so shallow a way that they
find nothing more than mere chance
in the coming together of nuclear
forces to make a world. It is sadden-
ing ~~to observe~~ to observe them ~~falling~~
~~into~~ ~~into~~ into so great a mistake
slip

with so little resistance and so
large an ~~an~~ insensitivity, For it
shows that in this matter they think
and feel in a one-sided and ill-
balanced way. But just as materialism
came as an opposition to superstition
masquerading as religion, as a corrective
gone too far, so there are signs of
beginnings of new dawns! little

(8)

(ix)

Many of humanity's troubles today are due to the mis-use of science, its ~~its~~ blind application of technology, the personal failure to curb population growth through equivocal ignorant mis-use of sexual desire and finally, the lack of foresight into consequences in general.



(IX) ~~When~~ (A) I ~~read that~~
Heisenberg's ~~using~~ ^{read} the word (B)
(poetry) in a small book ~~was~~
~~used~~ almost interchangeably
with what "mysticism"
(obviously to protect his ^{HIMSELF} ~~reputation~~
among fellow scientists
against the accusation of
becoming woolly-minded
~~was~~ reminded of ~~it~~
~~was~~ prompted the
remembrance of two things.
First, Carl Jung's statement
(in a conversation we had
at his home in Küsnacht)
that he kept his mystical
belief and experience secret
in order to preserve his
scientific reputation.
Second, Matthew Arnold's
prediction more than a
hundred years ago that
religion would be dis-
placed by poetry, and
William Butler Yeats's
statement in a conversation
at his London club
that the poet and the
artist were taking over
the work of the priests

(See over for insertion)

INSERT (A)

reflections

INSERT (B)

Noticed that he used

(17)

(26)

The masses ~~are~~
fill their leisure
with more entertainment
and trivial pleasures:

their intellectual and
spiritual interests are
either non-existent or
puerile

4) These are ideas which,
sparsely at first but
insistently have invaded
the writings of our
time. (IX) 27



to take the truth
about God out of
the monastery
and relate it to

IX

the world of today, the
nuclear physical
knowledge of today,
and the altered ways,
and views of today

(IX)

We live in a world -
culture where meaning does
not sink deep enough to give

inner experience but
remains shallow and
superficial.

(2) (X) The culture, the education, the arts and styles
of a people, it must be said, even the religion, inherited
from the past belongs to the past. The young

need a new world, a better one, a new way of
life and thought, even a new diet in food and
drink.

1 IX (23) In the past only a small
number of persons had the interest,
the equipment or the time for
such a quest
In the future

there will be many more. But in
the present, though the interest grows,

the interest and
swells, the limits
remain.

(25) IX Those of the young who firmly
reject all restrictions which hamper
their freedom because they want to be
themselves, to keep their individuality

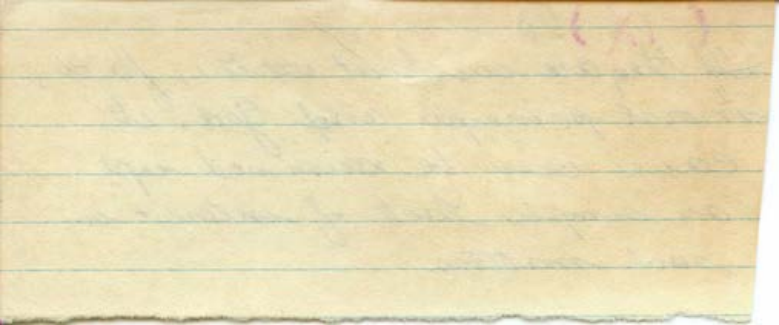
are right in a blind unseeing
uninformed way. They are free to be
their best selves. Until they recognise
this truth they need control, from within
and from without.

(IX ②) The neophyte who comes from the study of philosophy with uplifted mind and ennobled character, soon finds that the world reduces him to his ordinary level. OR tries to reduce him

Handwritten text in a cursive script, likely a letter or document, written on aged, yellowed paper. The text is mostly illegible due to blurring and fading. A large, irregular white mark or tear is visible on the right side of the page.

(IX) ⑤

If they are without virtue, faith, moral principle, and God, its cause can be summed up as simple lack of interest in such matters.



(ix) Their elders do not move quickly enough to alter society for youth's satisfactions. Hence its violence, but it is the elders who have

the experience, judgment, knowledge and power
even if they lack the will. Change will come but
the two classes must get together if it is not to come ^{at all}

(ix) The romance of industrial
and commercial success, so applauded
in the Victoria era, is less appealing
today. So many, especially the young,
want to know, and to do for, the

human cost involved, the price
in bad labour conditions, ⁱⁿ the
desertion of bread for factory.

(20) (ix) The coarse and obscene humour which delights many audiences of the lower class shows up their closeness to their animal origins. In the same way

~~the~~ journals, books ^{and} films of a violent
and vulgar ~~leisure~~ character
show ^{up} the _R materialism.

①

(IX.) Out of their
suffering during wartime
years, and in larger or
lesser degree, men and
women, soldiers and
civilians, are forced into
an awakening that
could have been learnt
also! more painlessly
from their prophets and
sages. They come to see
where truth and illusion have
governed them but too

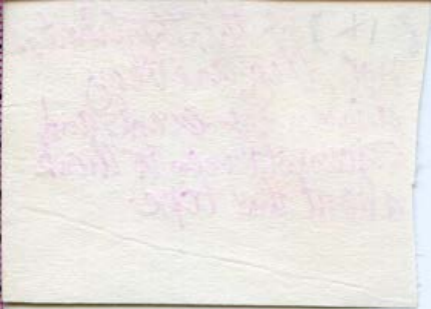
often their selfishness
and materialism misled
them into accepting different
forms of the same errors.

merely

(IX) In ordinary times
the less evolved masses
were not pressed to
accept a faith far
beyond their mental reach
or to submit to a discip-
line which they could not
bear. But (an ascetic)

these are extraordinary
times. The young post-
war generation has an
intelligence quotient
nearly one-third higher
than the earlier ones. The
desire for knowledge is
world-wide

(17) Whether they like it or
not, they are being
driven by events and
circumstances to think
about this topic.



(9x) How dreadful the times
must have been that many
people, despairing of conditions
prevailing in the world, left it
altogether and entered religi-
ous establishments;

(۱۰)

الحمد لله الذي جعلنا من عباده

الذين آمنوا به وصدقوا بحديثه

وكانوا على الهدى ورضوا بما كرمه

وكانوا على الهدى ورضوا بما كرمه

وكانوا على الهدى ورضوا بما كرمه

وكانوا على الهدى ورضوا بما كرمه

(10) IX)

How right was Russian
writer Maxim Gorki: "It is necessary
to put oneself above politics; politics
has always a repugnant character

Because it is inevitably founded
on the lie, the calumny and
recalcitance. " To which one could add
cynicism, hypocrisy and ~~other virtues~~.

(17) ⁽¹⁸⁾

The truths which found embodiment in ~~some~~ statements by Marcus Aurelius did not come to him because he was an Emperor.

(11)

(8)

The world is full of
~~men~~ men who are
 looking for a
 better life.

(IX) Those of us who
have lived through
(15) the two world wars, also
feel the atmosphere of
catastrophe which
still permeates our
era, may possibly see
that philosophy's
quest of inner peace
is not so foolish
after all.

~~1) insect pollens~~

~~2) " PTT~~

~~3) " Genes~~

(ix) The ministers of religion

MAY, 1965

(11) Saturday 29

who claimed to be doing
God's will and the
advocates of ~~and~~
godless

Sunday 30

COMMUNISM

Memorial Day

who claimed to be
doing the work of
historical necessity

Monday 31

were both merely
utopian persons
openly. What did
you have to do with it?

Handwritten red scribble

or history

ROOM 404
MAY, 1965

Tuesday 25

Napoleon
doubt
between

Wednesday 26

philosophy

Thursday 27

philosophy (O)
~~the exaggerated~~
~~self-accusations of love~~

(IX) We complain about the
disorderly conditions prevailing today.
We do not realize that they would
be considerably worse if it were
the saints, and the prophetic, had
not lived the inspired among us.

In this context, we ~~should~~ may
remember the words of a Chinese
Mo-tzu: "To give peace to the
world is a function of the sages."

IX) The Commission of the European Communities
has the honour to inform you that the Commission
has decided to grant a loan of 100 million
to the Government of the Republic of the Congo
for the purpose of financing the construction
of the Congo River bridge. The Commission
will be pleased to discuss the details of the
loan with you at any time.

(1) Caste is certainly a fact in nature, but
it is not an eternal unchangeable fact.
(2) Individual members can rise to a higher
or sink to a lower caste, and do. To
maintain the standards of any caste is
proper but to do so by preventing all
new entries behind rightly-bred,

unscalable walls is tyrannical.

(IX: ②) vegetative masses, whose minds
asked no questions about the general
meaning of life and could offer no answers
even if they did, have stirred into

agitated ~~the~~ life throughout ~~the~~
the world.

(3) (1X) The miserable mental confusion of so many young rebels is pathetic, but it is also perilous to Society. Apart from a minority of intelligent idealists, who seem to ~~rather~~ separate themselves individually from their mixed-up contemporaries, the others are neurotic and irresponsible drifters, dirty in clothes and bodies, compuls-

sive and impulsive, victims of false teachings or
hallucinatory ideas. If this is true of the nineteen-
sixties in America it is still true in other
countries elsewhere

IX (10) Wrapped in these narrow confines of his
little self ~~never~~ rarely seeking to expand beyond
it, without interest or aspiration outside a half-
animal existence, he perishes forgotten

XX

[Faint, illegible handwritten text, possibly bleed-through from the reverse side of the page.]

(*) However much a Mentalist I
may be by conviction and experience
I do not let it blot out the kind of
world in which my body is living
and active. The need for practicality,
the keeping of both feet on the
ground is still there.

How ever much I thought
the paper contained
I do not get any
work in mine
one or two
the paper at
ground a
one or two
the paper at
ground a

(*)

(1)

(2) If in earlier times ^{select} a tiny minority
alone could take hold of the basic
truths of mentalism, because they
alone had the educational preparation,
the intellectual development and emotional
the personal leisure and the refinement
~~will~~ to do so, in this era the
ordinary man may, at least in
part, do so - Teachers and

revelations formerly regarded
as inaccessible in this case ^{CAN} now
have meaning for him

more interest and some

~~_____~~

(X) ⁽³⁾ When Sir Humphrey Davy
inhaled 'laughing gas' as it
was called in those days, the
scientist was transfixed, the world
experimentally lost its solidity.

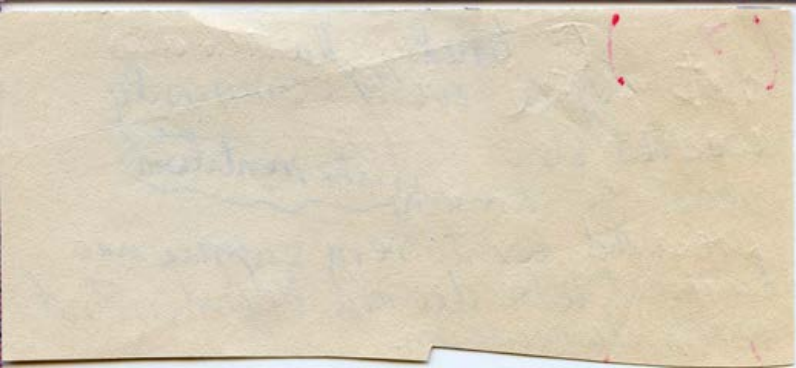
and became a purely mental thing.

(X)

[Faint, illegible handwriting, possibly bleed-through from the reverse side of the page]

Platinum report

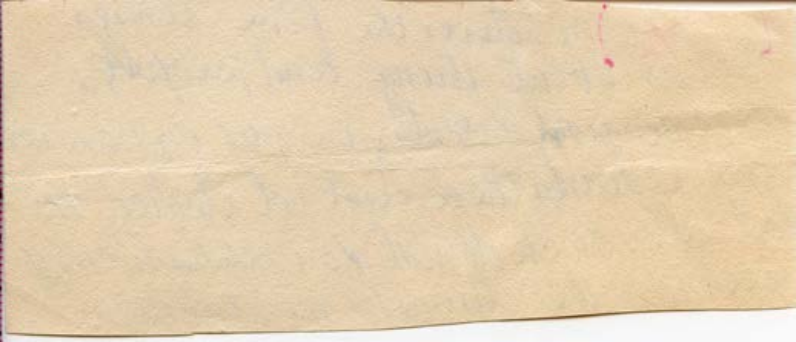
(X ④) A teaching, which does not agree with commonly accepted ideas must be carefully like mentalism presented for its very surprise may cause it to be deemed beyond, or not worth, discussion.



(X) ③ / We see with our eyes
forms and colours, we feel with
our hands soft ~~or~~ hard things
wet liquids; large or small
objects. All these observations

are true ones, the body is not
deceiving us. but in certain
circumstances appearances are
doing so that the use which
the mind is making of body is an
~~interpretation~~ *interpretational one*

(~~X~~ ⊙) Whatever the five senses
tell us about things and people,
Scenes and events, in our experience
are certainly there and not denied ~~in~~
at all: such denial is emphatically
outside the claims of mentalism



(X^①) Those who have no ^{better} ~~other~~ concept of
consciousness than the usual one, regard
any other as a curiosity, as unnatural,
and not as something which

might be worth the trouble of ~~(OX)~~
investigating, much less of acquiring.

(x. 13) To Albert Camus, reflecting the deep
the ordinary simple yet ~~not~~ articulate man
enough to say that he can touch the world to
merely

Handwritten text in blue ink on aged paper, possibly a list or notes. The text is written in a cursive script and includes several lines of text, some of which are circled in red ink. The text is oriented vertically on the page.

①

②

③

(X 8) Two things which
are totally different from
one another, quite unrel-
ated, cannot work together
or affect each other.

THIS IS PLANTATION CASE



(9) X) Before he can
benefit by the Presence
he must put himself
in a receptive state,
must be prepared,
mentally and emotionally
and even physically.

Rested and relaxed, self-
cleansed and God-tuned,
humbled and involved.
He is ready for the
"touch."

X (10)

~~Large~~

accept only the
physical presence of
the world and the
beings in it. (of that)

-s they become their
own prisoners, held in
from their higher poss-
ibilities

(X) Is mentalism
(12)
a mere fantasy, a
product of disordered
minds, or a species
of mystic insubstant-
iality which no one
need trouble his own
head about

1870

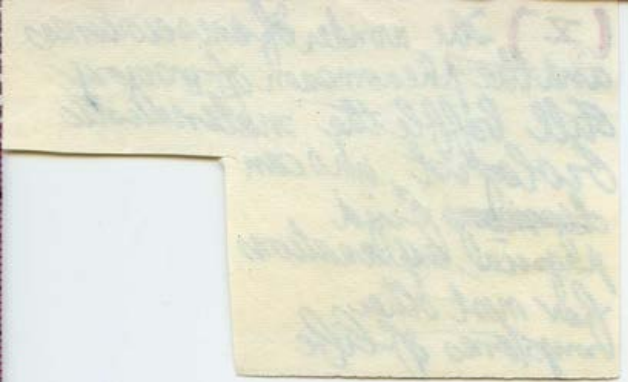
to the ...

...

...

...

(IX)
① The wonder of consciousness
and the phenomenon of memory
still baffle the materialistic
biologist, who can
~~hardly~~ find
physical explanations
for most other
complexes of life



(x) What the experience
(14) tells us is ~~that~~
not complete. For

1/3 without analysis
it does not add

the entire
experiences^{or} Mental
~~Experiences~~ It is
inside consciousness

(xi. ①) Millions live in the unbeing
of maya and are satisfied to stay thus.
They have no glimpse of their own
being; no reality, no glory, and

its stillness are inconceivable to them.

HENRY FONDA) "I have no self-consciousness when acting ⁱⁿ ^{the} ^{theatre} like ~~putting~~ putting a mask on; let's put me, but someone else."

I feel that (X13)



"Man ought to know
himself ~~and~~^{AND} see what
he is... And it is this
very thing which we
cannot seek out and
investigate without
inquiry into the
universe, since
things are so coherently
so linked and associated
together."

— the Latin
writer MINUCIUS FELIX
in "OCTAVIUS" [2nd cent.]

(XI. (4))

our feelings ~~are~~
or in relation to

of the things

from which we
first take steps

"None is poor, O Bhikha
Everyone has rubies in his
bundle;

But how to open the knot

He does not know,

And ~~thus~~^{THIS} remains a
~~poor~~ pauper "

— Bhikha Sahib

16th cent North India holy

man

(XI 6)



(x1) When all ~~thoughts~~ ^{thoughts} vanish
into the stillness, the ego-
personality vanishes too.
This is Buddha's meaning
that there is no self also
Maharshi's meaning that ego
is only a collection of ~~thoughts~~ ^{thoughts}



(+) The whole structure of
ego and its body
tyranny must be overturned
↳ a feat beyond his
direct capacity but achiev-
able if philosophical insight

is the goal-~~end~~

(XI. ^①) Ordinarily the ego
is the agent of action. This
is apparent. But if an
enquiry is set going and
its source and nature
penetrated successfully, a
surprising discovery about
the 'I' will be made: its
true energy is derived
from non-I, pure being.

~~ΠΑΡΑΣΚΕΥΗ - FRIDAY~~

0
-IX

1967
ΠΑΡΟΥΣΙΑ
ΑΡΧΙΔΙΑΚΟΝ 7 Μ
ΔΕΛΤΑ 5 Μ
ΕΡΕΥΝΑ 6 Μ

6

[Redacted]

~~ΓΑΡΟΥΔΙΟΣ - JANUARY~~

~~ΠΑΡΑΤΗΡΗΣΕΙΣ (ΑΥΓΙΑ ΜΗΝΟΥ)~~

"But first a hush of peace, a
soundless calm descends;

The struggle of distress and fierce impatience ends;
Mute music soothes my breast — unuttered harmony
That I could never dream till earth was lost to me.
It rends down the invisible, the Unseen its truth reveals;
My outward sense is gone, my inward essence feels —
Its wings are almost free, its home, its harbour
Measuring the gulf it stoops and found;
dare the final bound!

— Emily Brontë

(XII) (2)

Amplitude

(6)

Amplitude
11 B 1/2 inch of paper 10

Measurement of the full v. steps and
found the final bound.
found the final bound.
See maps on Great Falls, its forms, its history
My outline some paper in in which comes from
I understand the impossible, the like some that you
That could never dream till we had the
What more could we expect -
The struggle of history and force and power and



(XII) Whether in the sage or the simpleton the thought of the world, as well as of ~~whatever~~ all that that the man has to do in the world, is inescapable if he is to remain in it. The difference between them is that the ignorant one is held captive by what appears to ~~the~~ him whereas the enlightened one knows also its inner reality. Whoever believes that he is the body alone cannot escape the name materialist. The other man reverses this belief, regards himself as distinct from, and possessor of, the body. His is not just a belief, however, but a piece of knowledge. It has the certitude of ~~which~~ breed from all doubt. Why which follows being then should he be afraid of acknowledging his personal-impersonal existence ~~in~~ and awareness of, the world?

(?) (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

... in the world
... the thought of the world
... as well as of
... that the man has to do in the world
... is successful if he is to remain
... the difference between them is
... that the important one is that of
... by what appears to the mind
... the only thing we know is
... that he is the body of one
... the same material
... covers this leaf, reports
... as distinct from and
... that a bit of
... but a piece of
... has the contents of
... from all doubt
... than should
... the spirit of a
... general impression
... of the world?

(XII) ⑤ "Of the strangest strangeness is the bliss,

That from their limbs all movement takes,

Yet the increasing rapture brings

So great a wonder: ---

These neither speak nor movement make
But stare into their deepening trance

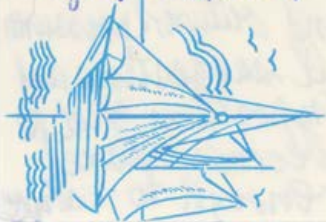
As if their gaze would never break."

— Edwin Muir

1 up the strongest string
- cross is the best
that of mountain bands
of movement takes
let the movement
repeat
so that a number
of the other speak not
movement
of state into their
deposition
do it in page
would be not the
- shown their

(viii) It is only
as he frees himself
from all inward
and outward pressures
all suggestions and
impositions that he
becomes relaxed
enough to receive

what the Overseer
can present him with
- ego-fred truth.



(XII) If the glimpse
slips away from
the great calm,
where does it go
• Into the ever active
outward-turned
THINKING movement

(XII)

[Faint, illegible handwriting, likely bleed-through from the reverse side of the page]

(X!! 14) Whoever has felt in
his own experience the
awakening of mind, hope,

reception and faith may
be ready to learn a
little more about philosophy.

(xii) It is because the
World-Mind supports
Man, gives him knowledge
- help and energy.

3

that he is a sharer in
divine existence.

(XII. ①) It is his own greater self, his
Overself, that he thus experiences,
although he may be so overwhelmed
by its mysterious power, so awed by
its eternality, that he usually believes
— and names — it God. And in

(11X)
one mode of meaning, his belief is
not without justification. For at the
core of the experience, he, the atom
within the World-Mind, receives the
revelation that it is ever there and,
more, ever supporting him.

(X 11) ② A glimpse is only a beginning and those who are willing to follow it off may be ready to study philosophy and learn why this world is only a husk.

It must be penetrated, the mask removed
and the kernel revealed, for a truer
understanding, both of the world and
oneself, to be gained.

appeals to the man thinking
about God!

13

1



2

(xii) The Divine Power is without shape, ~~that~~ is
pure Spirit; ~~but~~ ^{so} the worshipper who accepts 1
or creates any concept of it, or who sees it on
spectral celestial vision, himself furnishes a

SPARKS IN WHATEVER LANGUAGE

~~from~~ a vehicle for it. In the case of the concept
it arises from association of ideas. In the case
of the vision, by expectation or familiarity. In
both cases, mind ~~is~~ assumes whatever aspect

~~Work on this~~
~~Work on this~~
16

XII

Without
going deep
enough learn to
expect comments -
write results, not
more. This is as
true of of what

Name ✓

The hands make
as of what the
brain thinks.

It is immeasurably
truer of the inner
life of soul
and holiness.

(XII) There is a zone of
① utter calm within man.
It is not only there but
always there. Those who
suffer, fret or are confused
may doubt or deny this
— understandably and
pardonably.

1900

1. The first part of the book is devoted to a description of the general principles of the theory of the structure of the atom.

2. In the second part the author discusses the question of the structure of the nucleus of the atom.

3. The third part of the book is devoted to a description of the general principles of the theory of the structure of the molecule.

4. In the fourth part the author discusses the question of the structure of the crystal lattice.

5. The fifth part of the book is devoted to a description of the general principles of the theory of the structure of the solid body.

6. In the sixth part the author discusses the question of the structure of the liquid and the gas.

7. The seventh part of the book is devoted to a description of the general principles of the theory of the structure of the plasma.

8. In the eighth part the author discusses the question of the structure of the neutron star.

(x¹¹) To work faithfully
day after day to attract
a glimpse is not only
worth while for the
sake of its joy and
strength resulting

but also because it
provides an image
upon which to
mould oneself and
by WHICH TO
CORRECT ONESELF.

(17)

(XII)

In our best moments we discover that we are not really alone for with them comes our best self. It is our guide and comforter.

111

[Faint, illegible handwriting on aged paper]

(XII) If some have
③ had a mystical glimpse
before the age of ten,
more have done so
during adolescence,
still more during
their thirties or
forties. If thereafter
the experience is
less known it can.

still happen even
in the seventies.

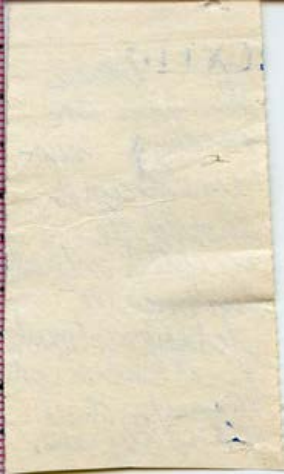
(5) (X11) It is the beginning
of what he really wants to
happen, this feeding of an
Edward-drawing of an

presence. This awareness
is a new experience so it
flashes on and off, unadorned.

(XII⁽⁴⁾) Is it possible for a man to perform a whole series of actions without being aware that it is he who is doing them?



(CXLII) These
glimpses are
rarely sus-
tained and
should be
accepted without
surprise or
disappointment
for the short
lives they
usually are.



(XII) In becoming
conscious of the not thinking
personality
background of
my
I attain
true
being.

(XII) 10

प्रमाणित
पत्रिका
प्रमाणित

प्रमाणित
पत्रिका
प्रमाणित

(XIII)

(4)

The World-Idea works itself out
in time which is the form wherein
the thoughts appear, and in history,
which is the record of time.

The World-Is-Not-As-It-Seems
is the best description of the
subject in the history of time.
The World-Is-Not-As-It-Seems
is the best description of the
subject in the history of time.
The World-Is-Not-As-It-Seems
is the best description of the
subject in the history of time.

(XIII) ⑤ ~~ENTIRELY~~ ~~OUR OWN~~ ~~THOUGHTS~~ ~~MAKING~~ ~~POWER~~ ~~IS~~ ~~DERIVED~~ ~~FROM~~ ~~A~~ ~~HIDDEN~~ ~~ONE~~, the UNIVERSAL MIND, in which all other MEN'S minds are embedded. What he does with this power is a man's own concern, for better or worse, yielding him

more knowledge or more ignorance.

(XIII) Both forces are present in
existence, in Nature and
human life — the static
and dynamic.

(XIII)

©

The name of the
 person named
 in the
 list 2 of the
 records are present in
 the list of names and

(XIII)

①

Ordinary

He has come to the inner sight of the World-Idea's meaning for him; that he is to use the human self to lift his nature up from the animal one, and that he is to put himself at the service of his angelic self to lift his nature up from the human, his best self. In this way he co-operates with the World-Idea. This is the use he is to make of his

Life on earth: his personal life, his family relations, his professional career — all must become subject to the higher purpose. The resolve made, the matter of success or failure is no longer urgent for every subsequent embodiment will point in the direction. Philosophy has instructed him in the unreality of time and ~~in the~~ revealed to him two indissoluble connections with the Oversee. All this was seen by the sages long ago, and symbolized by them in the SPHINX and the Pyramids.

(13) XIII) The World - Idea
must subsist through
all the spectacles of
history, must remain
the beginning; the

middle and the end of
it all, must operate
and dominate inside
and outside men's will.

(XIII) (10) This energy which is within
the cosmos, ~~and~~ ~~absorption~~ may
this life - force, may be called
from which it is drawn by

'Bioelectric' for it shows itself
on one level as light, on another,
as the whole spectrum of colours.

(16)

(XIII)

there are beings not
subject to the same
laws as those governing

mankind's physical
existence. They are
not visible to men ~~normally~~ they
are gods.

XIII (2)-cont

of us acknowledge the sun as the
"source of our physical life. If (3)
original we humans
are so much more
advanced than our animal co-
habitants of this planet that we
alone can produce the three above

mentioned things, we cannot
all recognise that we owe our
Spiritual life — what there is of
it — to the spiritual Sun, the
ever-glorious Sun behind the sun,
to God. our relationship with

(xiii) No animal, insect, fish or
bird has ever produced a
metaphysical work or written
a mystical poem ^{OR} wondered
about its own consciousness

A CREATURE LIKE

Yet each possesses intelligence
within its grade, and each, from a
bird to chimpanzee, turns inst-
inctively to the Sun at certain
times, showing ^{ITS} reverence, again
within its grade. ALL

(XIII) The opposites come
into being because they are
needed. Without them the
great work could not be
accomplished. ~~of the universe~~

Hence Lao Tze; "Being
and non-being create
each other."

The opposite of
this being the
receded, but
least what
of the

back other
and non-being
"being" type;
"being"

(XIII)
(19)

The world of ~~our~~ humans
which
we know is an image, seen in
a self-reflecting ~~mirror~~ &
mirror, of the basic World-
Idea.

the world of ~~the~~ ~~world~~ ~~of~~ ~~the~~ ~~world~~ etc
the world of ~~the~~ ~~world~~ ~~of~~ ~~the~~ ~~world~~ etc
the world of ~~the~~ ~~world~~ ~~of~~ ~~the~~ ~~world~~ etc
the world of ~~the~~ ~~world~~ ~~of~~ ~~the~~ ~~world~~ etc
the world of ~~the~~ ~~world~~ ~~of~~ ~~the~~ ~~world~~ etc

XIII

the world of ~~the~~ ~~world~~ ~~of~~ ~~the~~ ~~world~~ etc

(XIII) (14) Human beings have made too much fuss about themselves, their own importance in the cosmic scale. Why should there not be other forms of life superior

to them, conscious intelligent ~~and~~ higher in
2) ~~the~~ and spiritual knowledge, better
mentality, character, being ~~and~~

equipped with powers and techniques?

③



LXIII (5) As mental experience the world certainly exists but it is not the highest kind of existence. We can hope and look for another which transcends the present one. Nor is it necessary to wait for death to find it.

XIII

Principles of
the

of mental experience
is not but who
the only one
which connects
is necessary to
the
the world

(XIII) What is this mysterious thing
from which, according to both ancient
sages of the Far East & modern
SINGLES

physicists of ~~the~~ our own West, all
the other things composing the universe
have been constructed?

⑧ (XIII) The One Mind appears as ~~the~~ ^{BOTH}
the millions of little minds and the ~~millions~~
mental images or things or events
which they come to know or experience



(XIII) (M)

It is in here and out there,
the fundament upon which all
universes **are structured**
to the substance of which they
are composed, yet it is seen
nowhere to be seen

microscopically or
measured geometrically.
When all else is extinct
it remains, indestructible and
unique.

CATEGORIES

(1)
(XIII) This is a universe of unceasing change, both within its atoms, and within itself; a ~~sort~~ hence of unceasing movement ~~of~~ in the same two ~~kinds~~. It is an active universe.

Yet at ~~the~~ ^{the} heart of each atom there is quiescence, that mysterious stillness of the unseen power which must be, and is, the Power of God.

CATAPULT

This is a simple
 machine for throwing
 stones or other
 missiles. It consists
 of a long wooden
 beam pivoted in the
 middle. One end is
 attached to a strong
 cord or rope which
 is fastened to a
 fixed point. The
 other end is held
 by the hand. When
 the hand is moved
 back, the beam is
 raised. When it is
 released, the beam
 falls and the missile
 is thrown.

(XIII³) In the larger
working of the World-Idea
we may see the ~~fall~~
~~and~~ rise and fall of
entire cultures, civili-
zations, religions and
even races
whole continental
areas with their
inhabitants and

her

(11/17)

On the 11th of November
 we had the World
 War I centenary
 and the day was
 spent in various
 ways. We had a
 service in the
 morning and then
 a concert in the
 afternoon. The
 service was very
 moving and the
 concert was
 excellent. We
 also had a
 display of
 World War I
 artefacts in the
 school hall.

(XIII) What they may expect to find is the slow uncovering of little fragments of the World-Idea: but with intellect at most with intuition the

the Cosmic Vision.

subtler meanings and larger patterns are possible. These include but also transcend the physical plane: a few fated persons, whose mission is revelation, are granted once in lifetime

it. (XIII) (2) All personal
EIN
200 172
Gates are fulfilled within
the larger pre-determination
of the World-Idea. And
only within that larger
meaning can men find
any real meaning in their
own lives.

EIN

AUS

	EIN		AUS

(XIV)
24

So long as men love the ephemeral
and lose themselves ^{only} in it, so long
will they continue to suffer from
that portion of their troubles which
is avoidable. This was a chief

element in the
Buddha's message
twenty five hundred
years ago and it
is still as true
today

Only

X 1/2

The paper was found to be
and was the same as in the
with the same texture
that portion of the
so similar to
element in the
Buddha's name
throughout the
years ago but
is still in the
today

The paper was found to be
and was the same as in the
with the same texture
that portion of the
so similar to
element in the
Buddha's name
throughout the
years ago but
is still in the
today

(XIV) Why do the sensitive find
19 the freedom of an uninterupted
view across landscape or seascape
so appealing? The open largeness
and freedom of space echo back

from outside, through the body to
the same attributes of the
spirit within

(XIV) ~~Approving~~ persons who were saved and
suppressed fear and had the feeling of time slipping
backward
out as a medicine

expecting being reprieved. This is an experience
which is not theirs alone; it has been to all who
Pass through the PORTAL OF DEATH

XIV ①

Why should the silly or the simple
take their existence ~~prolonged~~ beyond
the present ~~circumstances~~? ~~Why not~~ it

not be better for themselves and for others if
it were discontinued? There's no answer
to these questions: to appease everyone.

(XIV)

33

Fate hands him the hardships
and the difficulties: what he does
with them is his business, for which
he is responsible



IXIV If the membranes of previous extinctions
were re-introduced to the world, it
would be a failure on the part of Nature not to

32

Provide this evidence to incarnate persons. But it
would be a deception to do so in such a selective
way. The massacres and horrors are part of their history

(XIV) ⁽¹¹⁾ Which of us is really free, and not
imprisoned, either by some physical
circumstances, environment, or by
mental & ~~state~~ \rightarrow
state?



(x.v. ⑧) To carry the burdens of existence
in one body after another ~~in~~ a long
series may seem an through
unpleasant

prospect to some minds, as it did to
Gautama in India and Schopenhauer in
Germany.

(XIV 21) He who constructs negative thoughts about others, will himself suffer from them. It is one of the great discoveries of Gautama the Buddha. Such thoughts if steadily maintained, fortified and coloured

with personal emotion shadow the mind
and disturb the health.

(XIV)
31

Is there any animal which tries to understand the meaning of its life, much more the meaning of life in the whole cosmos? Only when its consciousness

has advanced to some extent into
the human kingdom does the ~~beginning~~
beginning of such an attempt become
noticeable.

XIV. (6) When he was dying Keisenberg said to von Weizsäcker
"It is very easy; I did not know this before!" At another moment
he said "I see now that physics is of no importance, that the
world is illusion!" He passed away in peace.



26
(XIV)

Of what is it to quote the need for following
tradition and obeying authority or for joining in
protest and rebellion. Men move into action of the
one or the other kind as their tendencies dictate.

Drumbeater's

in accordance with the pressures from
these programs births. This is what Buddha
was talking about, a nalyed human nature and why
we are on ~~earth~~ the emancipation
of oneself FROM ONESSELF.

(xiv) If life is the last hope,
2² death is the last blessing,
without it social personal
the animal and human
worlds would become horrors. If
with its presence we complain

of over-population, where could
we have together ~~its~~ⁱⁿ
absence? The world - ~~the~~
Idea does not include such a
~~sub~~ fault, fortunately.

(XIV²⁰) He tries to transcend
both future and past, to live in
the immediacy of the present.
But it will not be the ever-
moving present. It will be
the still Eternal Now.

ΚΥΡΙΑΚΗ -- SUNDAY

1967

ΗΑΙΟΥ

Ανατολή 6.33

Δύση 6.34

Σελήνη Πρ. 181.

19

ΜΑΡΤΙΟΥ

Κ	—	5	12	19	26	—
Α	—	6	13	20	27	—
Τ	—	7	14	21	28	—
Τ	1	8	15	22	29	—
Π	2	9	16	23	30	—
Π	3	10	17	24	31	—
Ξ	4	11	18	25	—	—

(xiv) What he does to
⑨ others or himself
returns like a
boomerang to the
leaves an effect
which

sender.

(xiv) (13) Men are accountable to
the higher powers, especially
to Karma
what they do, laws and
and to

themselves for what they
persistently think and feel,
for these are the sources
of their actions.

(xiv) Just as in the playing of golf
the impact of one ball hitting
a second gives the a latter
an impetus and a direction, so
the karma of one birth is brought

VIX

over to the next birth. This
is not the same as a particular
entity, a thing called ego, being
carried over.

Every man is really on trial. ~~with~~
Life itself is his judge ~~through~~
the ~~state~~ ^{working} of karma, the ignorance
or wisdom of his fellows, ~~and~~
~~through~~ the voice of his
conscience: and the capacities
or incapacities of his personality.

(XIV) 29

(vix)

17 (xiv) It is often not easy
but the sooner he does so,
the sooner his mind will
become less resentful and
more tranquil, to recognize
that this happening or this
person is part of his fate; that
his (this position) only free-
dom ~~is~~ in such a case is
a moral one. He can select
his mental attitude

[Faint, illegible handwriting on aged paper]

(X-V-18) whatever has happened
in the past and whatever
may happen in the future,
the self carries itself
into both and will deal
with them according to its
conditioning, its knowledge,
its quality.

1
The first and most important
step in the process of
writing is to choose a topic
that interests you and that
you know something about.
Next, you should do some
research to gather information
and facts. Then, you should
organize your thoughts and
write a rough draft. Finally,
you should revise and edit
your work to make it clear
and concise.

XIV) Are some faults of
conduct, weaknesses of
character, quite
incorrigible? Give
the man enough time,
enough lifetimes, and
that is to say, he will
be
unable to resist
change and reform,
that is to say, unable to
resist the World-Idea,
God's will in religious
parlance.

I have been thinking
 of writing you for some
 time but have been so
 busy that I could not
 find time. I hope you
 are well and happy. I
 am well at present. I
 hope to see you soon.

Love is all that will
 do.

I hope to see you
 soon and hear from
 you. I am well and
 hope you are the same.
 I am your affectionate
 friend,
 J. W.

(XIV) Men who are
otherwise capable and
27 sane, ^{CONDUCT} as in their
business activity,
will reveal a
paranoid imagination
when racial, class,
religious or aesthetic
OF CORRECT JUDGMENT

prejudice gets into
their head or eyes.

(or pernicious delusion)

(2)

What are the

principles of the

constitution

of the

state

and

the

relationship

of the

state

to the

people

①

(XIV) His moral ~~response~~ response to a happening, as well as his mental attitude to it and emotional bearing under it, are largely free. It is in this realm, moreover, that important possibilities of further spiritual growth or materialistic hardening are available. (else)
 He may renew inner "

strength or fall back
into sensual weakness

(xiv) Each period of a
16 life has its own evaluation
and opinions differ about
that. Some say the early
years are best, others the
middle years, and so on.
But the truth is that it
depends on a person's
Karma more than on his
age as to which shall
prove best for him and
from which he shall extract
the most satisfaction.

Handwritten text, likely bleed-through from the reverse side of the page. The text is mirrored and difficult to decipher. A red circular mark is visible in the upper right corner.

(XIV)¹⁵

Several Indian
muptics have drowned them-
selves by walking into
river or sea.

such as Yukaram and
Ram Jirtha,

, and not always for the common
reason that they were
too old or too infirm;

But willingly starving
to death was regarded
as a higher way of
bringing one's life to an
end. However all

this ~~_____~~ has nothing to
~~_____~~ do with the barbarous
murderous custom
of suttee, which is
~~_____~~ suicide
forced

~~_____~~

~~_____~~

Death can open out higher XIV
possibilities to the man who
leaves this existence in faith,
^{WHO} ~~and~~ trusts the One self
and commits himself to its
leading without clinging
to the body which is being
left.

(3)

(XIV.) Those

who overdo their understanding of the idea of reincarnation by postponing the karmic effects to realization in some distant return to earth, should take a

He speaks of

hint from Emerson:

"The fallacy that the bad are successful, that justice is not done now"

(X) ✓ (X) ✓

[Faint, illegible handwriting on lined paper]

14

(xiv) From our study (5)
of the law of karma
we may deduce
that a man must
grow up, become

~~_____~~

adult, and learn
to be responsible for
his actions, decisions,
and thoughts. It
is even emotions
he who is accountable
for which ideas he
accepts and which
he lets pass or pushes
away.

especially which
impulses

(xiv) Some find it fascin-
ating to speculate ^{about} whom
they are the reincarnation
but they ought to keep
clear in mind that this is
imagination given free
play: But in ~~some~~ ^{few} other
cases there is genuine
remembrance, which
may appear in either
waking or dream states

Since first to begin
of foot
mill, delay at photo
they are the new connection
but that ought to be
been in mind that this is
important given
that but was further
enough there to give
remembrance, which
may appear in either
not only on the same

(4) XIV) Some events in the future are inevitable, either because they follow from the actions of men who fail to amend character or improve capacity or deepen knowledge, or they follow

from the basic pattern of the
World-Idea and the laws it
sets to govern physical life.

(XIV) It is ³⁰ better to pass out
of the physical body in
possession of consciousness
rather than in a state of
drugged anaesthesia. But
this applies more particularly
to spiritual aspirants.
But where there is great

Pipain, local anesthesia
may be unobjectionable

²³
(XIV) This little bit of existence which
is mine will not last. The consciousness
will be removed from this world, the
body will be destroyed, the relationships
will be slowly or abruptly severed.

(XIX)

15

16

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18

(12) XIV ✓

Fatalists assert that the necessities of the cosmos predetermine what happens in each successive event. ~~It is what God does~~

26. Socratic Usterii

MÄRZ/APRIL		1978	13. Woche
27 Montag	Ostern	28 Dienstag	29 Mittwoch
8 h			
9			
10	XIV		

XV¹⁰ That which is called the Void, the
Emptiness, is not the total annihilation of
all things but of the matter of which
they were supposed to be composed.
~~total lack of that~~

VX

[Faint, illegible handwriting in red ink, possibly bleed-through from the reverse side of the page. The text is mostly obscured by the paper's texture and fading.]

2) ~~What~~ ~~happened~~ in all those earlier years
to how we led history to the enlightened man,
what happens now. In the eternal now, is

The important significant matter.
The mind of the people
needed, clear from all
unclear things can be
removed.

stop

intra-
tion

of
the
country

9/14 ~~14~~ He resisted the temptation to introduce
15 himself to the woman who later became
16 his wife; he felt it was not the right
17 moment either for him or for me. But
18 now, six months later, he knew that
the right time had come. (It proved
so.) Thus the importance of timing in

NOVEMBER (30 TAGE) -

1972

47. WOCHEN (321-324)

retaliation to events is once again
illustrated by this short story, and

constantly illustrated daily by
the work of astrologers.

14
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MONTAG

20

DINNSTAG



21

MITTWOCH

22

NOVEMBER (30 TAGE)

1972

48. WOCH (325-327)

XV

17

You can begin this quest by trying to get
rid of your idea of time. This will be your
honorable diploma. This will be your certificate

manipulation, when you succeed in turning tunnels
illusion into the reality hidden behind it, into the
ever-present.

XV) We live in the limitations
of Relativity but pursue the
freedom of divinity. Only later
do we discover both are counter-
part ideas — to be transcended.

Handwritten text in a cursive script, likely a list or notes. The text is written in black ink on a light-colored background. The words are difficult to decipher due to the cursive style, but appear to be organized into several lines. At the top right, there are two red handwritten marks that look like 'X' or 'M'.

19

~~(XV)~~ XV)

and get enlightened by it

Sri Atmananda told me that he
was taught the higher philosophy
~~in~~ in a single session. But it

caught in the early morning but the
clouds could from sunset to sunrise
the next day

(XV) The Hindu doctrine of world
illusion is itself an illusion
because it denies its own

Experience instead of ~~admit~~ admit
very but reinterpreting (that is
understand (ing) it

(XV 25)

Do not look for it among familiar things for it is beyond all that we mind can take hold of. Where then is the mark to be made?



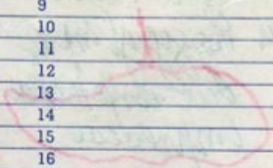
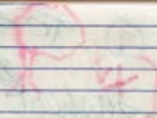
(XV) Time concepts, be
they of the past or the
future, seem vague and
fuzzy as they recoil

into this eternal Now. Is
there then no sense of
time left at all? In the
practical mood, there is.

① TO ~~the~~
+v
some who begin to
suspect that all this
may be like a dream
which is a hazy glimpse
of ~~but~~
imprecise

mentalist - it comes
as a shock

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xv (3) Time passes, change
alone endures. This is
what we find here and lament
How then can we

traceably significant,
any further whiteness above
the triviality of a few short
leaves?

(XV) They are the most important, the most inspired and the most creative years of his life.

It is easy to look at the past with detachment and to judge it with calm, but to do both during the flow of current events is very much harder.

(xv) They are the most
important, the most important
a nation must create
of the life.
It is easy to see that
great work, but it is not
perhaps so much as that
of the past during the
of our own country in
French Revolution

(XV. 2) This basic
consciousness was ~~or~~
ready in 'before' or in
'after'. It is ~~at~~ ~~then~~
where it is now ~~at~~
even



XV, 8

The feeling until now was
one of living in time. Imper-
ceptibly or suddenly this goes and
he finds himself ^{at} timeless

also glorious

condition, with the tick-tock
of thoughts following one
another absolutely stilled.

It is temporary - But it is

(x v 2) Knowledge of, and deep
meditation upon, the Void, leads in
the end understanding and more quickly
than by wearisome yoga methods,
to the dissolution of ~~all thoughts~~
the thinking-process.

The following is a list of the
names of the persons who
were present at the
meeting held on the
10th of the month of
the year 1880.

(XV²⁴) The Witness is both
an metaphysical concept and
abstract & concrete mystical
experience. It is not an
ultimate one, yadday being,
the unsplit Consciousness,
but a provisional one.

1. The first step in the process of
writing a paper is to choose a topic.
The topic should be something that
you are interested in and that
is relevant to your course.
Once you have chosen a topic,
you need to do some research
to find out what has already
been written about it. This will
help you to narrow down your
topic and to find a specific
question to answer.

ALLAMA PRABHU, gnanin

17th century, of Northern Mysore

State, author of book SUNYASAMPAD-
ANE ("Attaining of the Void")

only half of which has (lately
in the 1960's) been translated into English
and published in Dharmawati. This
describes the loftiest mystical condit-
ion reached in meditation:

(121) "The motion of the will is still!
All words are dedicate to Him.

Nay, language ~~has~~ ^{HAS} NO trace of sound;
Not is there in all space a bound—^v

(12)

(XV²⁶) When a man
falls totally asleep, when
no thoughts and no dreams
are active, he has withdrawn
(or more accurately been
withdrawn) into the centre of

his being. He can go
no farther onwards. He is
mentally alone with the Over-
Self. But, being unable to
fraternalise with it, the
principle of consciousness is
NOT active.

(XX.) 23

Consciousness
is a continuum
but, at deeper
levels, changes
its form until the
little ego is SHUT
out.
again
deep SLEEP.

no projection

XX

concentration
minutes

helped to develop
efforts to change the
TUMS is open with the

no projections

out the
2002
2003

DONNERSTAG 20

FREITAG 21

SAMSTAG 22

8ⁿ (XV 9) they wrongly (semantic standards)
 9 denounce the illusion which
 10 makes the world be accepted as the real
 11 existence without attempting to qualify
 12 their statements by humanity
 13 level of existence which contrasted with
 14 the absolute and purely relative
 15

SONNTAG

23

17 it should elucidating the situation by

MONDAY

24

TUESDAY

25

WEDNESDAY

26

APRIL (30 TAGE)

1972

18. WOCHEN (115-117)

MONTAG

24

DIENSTAG

25

MITTWOCH

26

8h

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~~QUERTIKON~~

DONNERSTAG

13

FREITAG

14

SAMSTAG

(XV)

15

8h

Theses Unfinished

ile

9

(1) Making states viewed in comparison with a new state (2) ~~is~~ a direct right to equalization. (3) ~~is~~

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SONNTAG

16

17

18

APRIL (30 TAGE)

1972

17. WOCHЕ (108-110)

MONTAG

17

DIENSTAG

18

MITTWOCH

19

84

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18

(xv) He lives, as Joyce
wrote, ²⁰ on the pin point of a
moment. He has no clear idea
of his next move forward
and less of his probable
position ~~in~~ in the future
generally.

(11)

General
 position in the
 and less of his
 of his more
 management. He has no other
 note, and the
 (The cover, as I
 have)

Not all minds are fitted to
comprehend the tremendous bulk of
the Void, which science has discovered
and philosophy
proclaims. It

⑤ (XVI)

would ~~be~~ be in vain to
ask the untutored to accept
No-thing as the cause of things,
to believe that there

2

can be effects
without causes,
~~and~~ that all is
in the Mind.

(3) They would need education
in the most advanced nuclear
physics, capacity to cope with
the most difficult mathematical
formulae. And even more
than education, the tutors

~~XXXXXXXXXX~~

(4) themselves would need
inspiration. For though the
facts are there, only a genius
like Heisenberg, or a mind
like his disciple von Weizsäcker,
~~can~~ can quickly see
their sublime meaning
to God.

(17)
[XVI] He will discover
that renouncing the
world is only a
stage on the way; that

renouncing
oneself is an
even longer stap
and much more acutely.

(xvi. 10) Of what use or help
is it to tell the enquiring
Westerner that "the Hindu
sage does not see the world; he
sees only Brahman!" If he
does not see the world, then
he does not see God ~~as~~
~~to~~ in front of him, nor

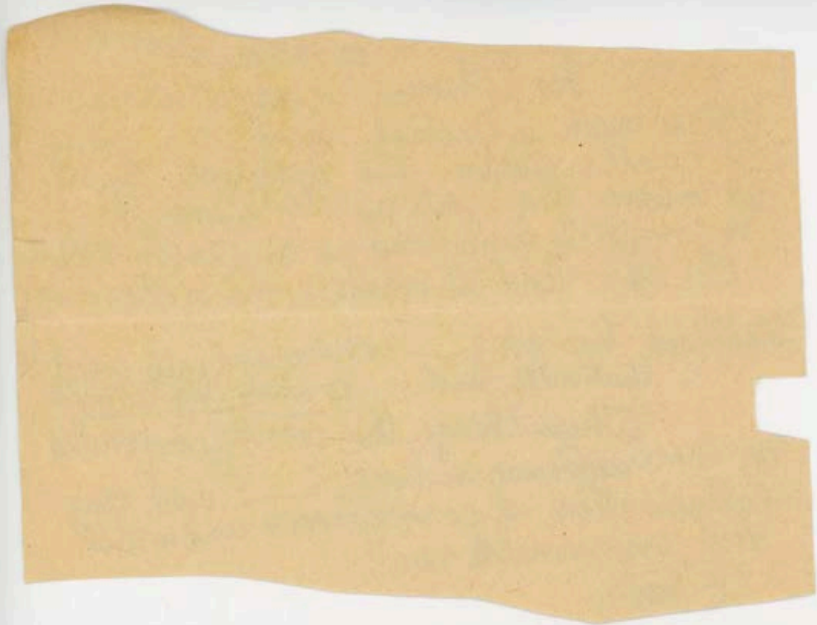
even his own body —
both being parts of the
physical world. Such
statements merely create
confusion for others. The Greek
philosopher saw the world but
understood it for what it really
was. He did not need to deny its
existence.

(xvi) (6) For us, human beings, ^{so utterly absorbed,} the Void is not so much a factual thing as a state of contemplation. Its deepest level is where the contemplator himself is completely immersed ^{as to vanish entirely} — and the whole world with him.

Selfhood has gone — where, and into what?
that were here to which they belonged

These things, this world, suspended in space and known in time, — were they hallucinations of consciousness and is this Void experienced too?

(a non-)



(+v) (2)

There are mystics who have developed a considerable depth of meditation. They come back from their session of practice feeling the peace they have touched, but at the same time they come back smugly satisfied with the experience, and especially with the attainment it seems to point towards. This is not enough. Even if they go apparently to the apex of the stillness the ego has traveled with them. They may be aware of where they have been but they were aware that they were aware. Thus there was duality in what they thought was unity. Do not praise the ego for having found God. It was Grace which

brought about the discovery. It was
not the ego. It is true that the
beginner needs humility but it
is even more true that the
advanced man needs even more
humility.

(XVI.)

Evaluative

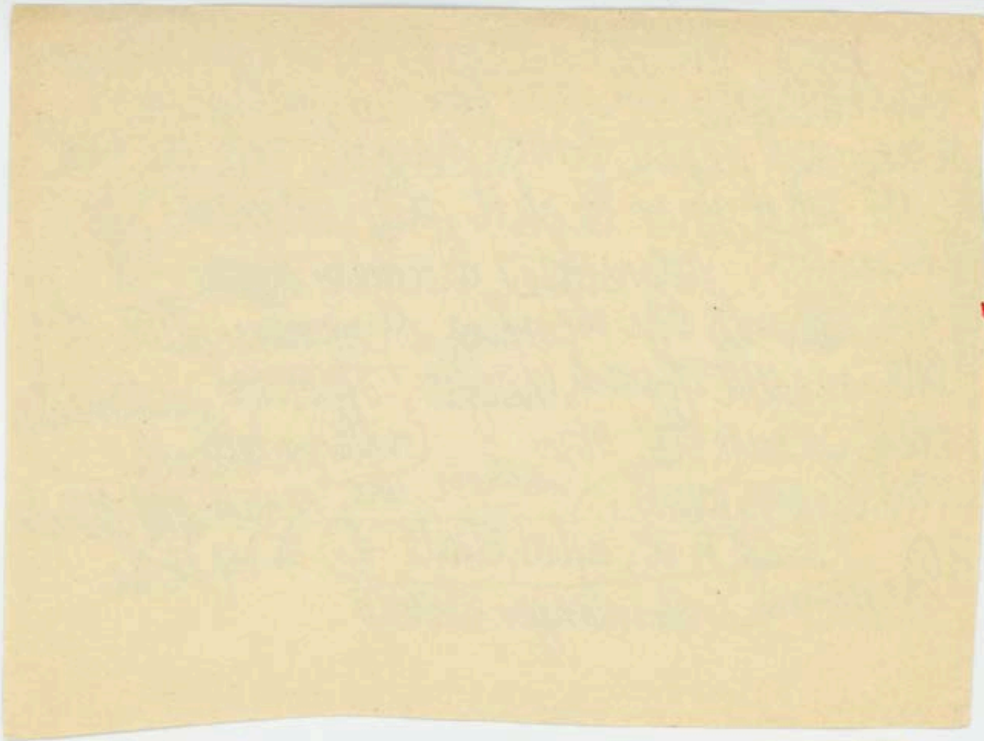
ALL theories are assemblages

of thoughts. In so far as religions theories depart from insight into the real, into what is, or lack it, they are mere thoughts.

When these thoughts ~~enter~~ ^{direct} into the recording, or communication, of the result of such insight they colour it. It is no longer pure.

opinion, judgments, interpretation

When the person attempts to report the Impersonal, this danger exists.



(XVI) all teaching which
③ try to inform us what the
Real is like can only honest-
ly do so if they use negat-
ive terms: they can only say
what it is not like. For
where is the ~~dece~~ individual
who can exist in its
continue to
discovery and note its nature
or attributes? His limited
consciousness has dissolved
in the larger one. Only
~~also~~ afterwards, when looking
back at the experience, ~~that~~
we say that the experience itself
was ineffable but what it
concerned was incomprehensible;
luminous but that which shone
was an unseen POWER.

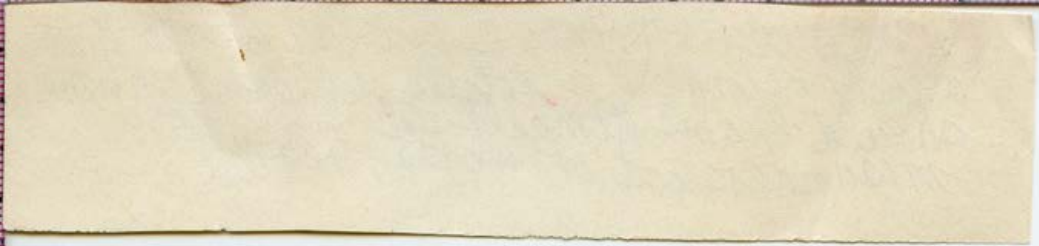
⑥ (XVI) The Great Mind — invisible and
untouchable; the host of little minds
visible and pseudo-conscious; the
words incessantly poured out until

the Silence ~~for~~ descends. The Great
Mind again! Yet it was always
there. But men looked elsewhere.

(xvi) (2) The notion propounded by certain
celebrated theologians and mystics that
'God has need of me just as I have
need of ~~him~~' is a fantasy, a self-

constructed opinion based upon an
egoism which is unwilling and
unable to let go of its own importance

(XVI 23) Whoever tries to put into words that which belongs to a totally different sphere should blame himself if there is misunderstood or, worse, perilled



(XVI) The truth becomes self-evident on
this highest level, and needs no endorse-
ment from anything or anyone outside.
It puts the searching intellect and the
aspirings emotions back in their

place as mere channels for its use.

(XVI) There those among the ancients
- Greek sages who taught
with reverence about "THAT"

WHICH REALLY IS."

(XVI) All of my work has been directed ~~at~~ towards myself, said Jung; all of the books are but by-products of an internal process of individuation.

(18) (XVI) Unless a man is blind, deaf dumb,
and skinless, or anesthetized by a chemi-
cal drug, his body will certainly
register the impressions made upon it.

by the world outside. That is to say, he
will become aware of that world's
existence, be he philosopher or not. ~~The~~
nature of this awareness is a different matter.
The fact is still there. So a mentalist,

(xvi) There are a certain number of engineers which the man needs to make. They are: what is the meaning of

the self, the world, joy, life, truth,
sanity and health. These are essential
if he is to function satisfactorily ~~as~~ man.
(HC)

(xviii) He still remains, both
in memory and ever-clear,
heard visualization picture,
if he has passed from the
physical scene, he has not and
can not pass from the heart's

deepest feeling →

heart

~~Quadrata~~ raises the
question of reality and
pursues it until an
answer can be
found. That answer
asserts there is some-
thing unique, which
alone can be the Real,
which ever was, is,
and shall be.

Philosophy

①

(XV)

The first series of
experiments of feeding
on various kinds of
food was made
in 1880. It was
found that there is
a large amount of
food which is not
digested in the
stomach, and which
is excreted in the
feces.

(14) (15) (16) (17) (18) (19) (20)

of ~~to~~ keep up this remembrance
all the time, ~~in~~ in all
circumstances, requires
practice and perseverance
that seems beyond the
ordinary. (to an extent)

But they are
actually within everyone's
untapped resources and
untouched reserves.

1870

Jan 1st

to the

of the

of the

of the

of the

of the

of the

(XVI)
(9) It is in a sense, one
long ^{EXPERIENCE} process of becoming
impervious to desires &
ambitions and ~~at least~~ of
all its aspirations. It is a
even FOR GROWTH.

dying to the lesser, personal
self ~~in order~~ as one awakens
to the greater Overself.

and surrenders

(XVI ③) The huge paradox of

Vendredi 26

life becomes plainer as
he becomes older. nothing
stands alone, all things
come in couples. But

stay! — there is one

Samedi 27

~~the~~ which is exempt from
this law. No law can hold
it for it holds them all itself.

11/11

30 Mardi

31 Mercredi

(xvii. ①) In the beginning
~~the~~ was Being - Mind; the
principle of Being, living, was
inseparable from the principle
of knowing, consciousness. It
was transcendental and eternal.

~~and therefore~~ it's only ~~the~~

we humans who dwell in
time who are compelled to
talk of beginnings although
there was no such thing
This is why ~~the~~ Absolute
is unapproachable, ineffable

(421) 27 The Void is called so only as it is empty of all forms, of all things shaped or patterned, of all creatures, drawn in any image whatsoever. It is their annihilation, but only to be followed.

at a later period by their self-unfolding
again

(XVI²⁶) The way out of the ~~tragedy~~ to-and-fro wandering
of his mind, to spirit and then away from it, to accept
the double ~~part~~ of his being and the double ~~part~~
Nature, the ~~nature~~ double ~~part~~ of truth and

the double aspects of God. Then, struggle ceases
and harmony prevails. There is then no warlike
confrontation within himself but peaceful reconciliation.

(xvii) He divides into two persons;
the onlooker and the player, a heat
beyond ordinary capacity and

possibly only when the philosopher
must have a trained mind and need not
ed feeling.

Those whose study can
lead them to this high
level must then let go
of ~~words~~ words, abandon
images, representations,
~~and~~ symbols, numberings,
~~and~~ divisions and
dualities; ~~and~~ must be
ready to enter the stillness.

(XVI) What Lao-tse calls
"the great Emptiness" is
34 the Ultimate Being,
without Form, Matterless
and Motionless, ineffable
and undescrivable except
by statements of what it is not.

(XVI₂₉) There was a period of
absolute clarity, when the
thought of a problem was
welded ~~into~~ one with its
~~the~~ solution, when there
was no gap of time between
QUESTION and answer.

(XV)

[Faint, illegible handwriting covering the page]

32

thoughts and words

(XIV) Concepts, would bring him down from the plane of being to that of thinking, which would not only be a descent but also a

falsification at worst, or a
deformation at best!

(XVI²⁹)

When body is ~~at~~
still and ego-mind is
at rest there is peace
sometimes even ecstasy
But when both are active

but I am not, when there
is neither quasting nor
nonquasting, there is
unchanging stability.
That is realisation.

(XVI) ~~August~~ 1870 (24)
Among all numbers, it
is the lowest one - 1 -
which is the foundation
of the entire series. But
as well as constituent

the empty number -
nought - is even
more important and
significant because it
symbolizes the inexpress-
ible ineffable and
inconceivable power
behind all powers.

SEPTEMBER, 1970

Tuesday 1

Wednesday 2

Thursday 3

Friday 4

(XVI) Consciousness -
in-itself, its own
pure formless being,
is incorruptible and
indivisible; univer-
sal and collective
we,

but viewed
from our side, our
relation to it,

individual entities,
emerge from it and
eventually fall back
into it. This

applies to all
who take on
an existence ~~which~~
however tiny it be in
dimension, however
immense in time,
however ^{or} feeble
in power or however
majestic in rulership

(47) (XV 13) The ordinary person is quite incapable of penetrating the absolute. The extraordinary person - the genius - magget flashes of intuition which reflect some truths that left him about ~~the~~ the little self. But ~~not~~ one really attains the highest absoluteness.

without getting dissolved in it, without ~~knowing~~ ~~nothing~~ ~~of~~ ~~it~~ - ing and remembering nothing of it. Those who claim these "unions with God" are really ~~talking~~ describing something quite different. So often they are overwhelmed by their experience and quite naturally take it

Novembre

Novembre 23

Mercredi 24

Jeudi 25

Dimanche 26

Nov

to be outside relatively
November
when it is in fact a
27 Lundi
higher degree of it.

48

28 Mardi

29 Mercredi

☼↑7.56 ↓16.36

☾↑10.32 ↓20.22



(XVI 31)

When this knowledge
becomes a fusion of thought and
feeling, intuition and
meditation, it bursts
out as insight. This
is extremely clear,
finally established
and certainly balanced
when adjusted to everyday
living, it is naturalized
There ^{THEN} is no higher
satisfaction for the
self, no nobler ethic
which stays inside wisdom
and no more religious
way to worship God.
In profiting himself
he profits humanity
also. For what has
happened in his mind:

Décembre

Jeudi 7

Immaculée Conception

Vendredi 8

Samedi 9

Dimanche 10

will and must affect
other minds too

Décembre

(50)

11 Lundi

12 Mardi

Escalade

13 Mercredi

☼ ↑ 8.09 ↓ 16.35

☼ ↑ 19.42 ↓ 9.50



(XVII) The self and the world are linked closely
③ together: to understand the resulting
combination both must be studied, hand
side by side. Otherwise the end of the
road is ~~not~~ a half-truth, not the ~~total~~
full truth



(XV) (1) It is foolish for a man to
become so unbalanced that he
looks all the time for an ego that
he is told to hunt down until it

becomes an obsession. Rather
should he ~~look~~ ~~wake~~ himself up
and look for his diviner ~~look~~ being
instead

[XVII (1)] Bringing his mind back again
and again to this remembrance and
practice should become, not a task

but a welcome joy.

ova burden

SHEN TSAN ^{is} radiant is the wondrous
Light; free it ~~is~~ is from bondage of matter
and ~~set~~ ^{senses} ... Never defiled is
Mind-nature ... By merely casting away
four delusions The Sudden of Buddha
- hood is realized!

(XVII) (8)

ZEN
SCHOOL

THE TALK
The first part of the talk is from the point of view of the
... ..
... ..
... ..
... ..
... ..

(XIV) ③

14

Bodhidharma was asked "How can one get into Tao?"
The answer was: "Outwardly all activities cease, inwardly
the mind stops its panting." (xvii) ⑨

The main steps to printing
the answer was: "cutting" all the
of the answer was about 1/2" from center
to get into the
The main steps to printing
the answer was: "cutting" all the
of the answer was about 1/2" from center
to get into the

(XVII)
©

(xvii)
⑩

More than any other author, Lao-tse has put on the tersest and simplest way the importance, the meaning and

the result of the sitting - still Practice
the patient waiting for inner being to reveal
itself, the submissive allowing intention to be
felt and accepted.

(XVII) Those mesmerizing breath-taking
announcements of inner grandeur
awaiting human beings — in
the way they sweep aside those
negativities and ~~disturbances~~
pessimisms which ~~have~~ beset
us — belong to the SHORT PATH.

11/2

Faint, illegible handwriting in blue ink on aged, yellowish paper. The text is mostly illegible due to fading and bleed-through from the reverse side of the page.

(19)

(XJ11)

The seeker after stillness should
~~be~~ be told that the stillness is
always there. Indeed it is in every man.
But he has to learn first, to let it in
and second, how to do so. The first
beginning of this is to remember. The
second is to recognize the inward pull.
For the rest the stillness itself will
guide and lead him to itself.



(XVII) ①

It is a transcendental idea that the mind gets hold of and knows.

It is a gathering of clear supra-mental perceptions. It is the higher reason, the discriminating understanding. It penetrates the whole being and remains. Thus it becomes naturalized and continues the natural consciousness of the man.



Datum:

Speisen
inkl. 8% MwSt.

Getränke
inkl. 18% MwSt.

Kennnen
Sie
schon?
GÖSSER
BIER

(XVII)⁽³⁾ There is so much
truth in Anshnamurti's
teaching, so much
excellent advice, that
it is easy ~~to~~ for ~~the~~
his followers to get
carried away, swept
up emotionally by his
sharp biting criticism
of orthodox and trad-
itional ways. If this
happens the end result
is confusion. For the

overlooked fact is
that his teaching
cannot stand all alone,
by itself — it is too
negative for that —
it takes people out
into the wilderness
and naive leaves
them there. But

— If K's counsel is put
in its proper place, if it
becomes part of a
whole, of philosophy, then it is valuable

(XVII) (2) His own mind acts
as a medium which inter-
prets ~~the~~ colours, each experien-
ce, event, object. Hence it
necessarily if unwittingly
or even reshapes what is
received by consciousness.

And in the case of the ideal, the
end result for him is a
paradox. He cannot know it
without transcending himself.
He cannot transcend himself
without rising above ^{the} knower.

~~and known duality~~

X11

XVII (15) cont.

Personal involvement with
the world is complete. I use
the term 'materialistic' here
as referring to one who has
not awakened to the truth
or once experienced a
glimpse; the situation

3

is plainly to be seen in most
theatrical actors. They
become the part they play ⁽⁴⁾
during the time but they
do not wholly forget who
they really are.

existent. (A B comment; He means not-existent
as matter, but existent to Mind)

(XVII)

(6)

Gamma C. C. Chang. 95 What the Zen Masters have done is
to point out our delusions in thinking of the non-
existent as existent and the existent as non-

(18 x viii) The practice of this remembrance
exercise may be pushed so far that
it comes to haunt the man in a
surprising degree.



(XV11) Without knowing the true
nature of consciousness the
mixed up effect with cause.

(17)



(XVII) ⁽⁴⁾ they complain about the noise outside their meditation room. but the noise of their ego inside it is louder. THEIR techniques are useful and preparatory but unless accompanied or followed by discrimination, knowledge, understanding, fail to root out ego, only

(P) (114x)

calling it and tying
them to the espoused
system, dogma or
credo.

(XVII⁵) This kind of truth depends 29
on the physical senses entirely. The
higher kind, the metaphysical, depends
on real thinking, it is abstract. Such
pure a faculty needs practised cul-
tivation

11/14

The kind of truth depends on the physical senses entered. I repeat first the metaphysical depends on what we think, it is distinct. I repeat a faculty needs practiced out.



(19)

~~_____~~

(X^o)

When he shifts the
to the of his interest to the
his life begins from the eye

from the eye

~~_____~~

~~_____~~

manage itself, Happen-
ings pertaining to it
come about without
its doing **anything** at all.

SA (xvii)

~~_____~~ there was one
operation which Jesus left
unanswered. It was
Pontius Pilate's "What is
truth?" There was one

question would Buddha
I heard several times but

~~somebody~~ always refused to
answer. I was "What is
Reality?" "Choice makes
the amount of reality."
Both amount to the same.

(xvii) To say that he
becomes a detached
spectator of the world
is not wholly true
for a part remains

there but he keeps
a certain distance
from it. This is not
possible to the materis-
tice man for two

(116x)

(116x)

(XVIII)³ Whoever seeks
this intimate awareness
of the Overself-presence
does not need to seek
anywhere outside his
own heart and mind; does

not need to go ~~to~~ to any
distant land nor try
to find some other person
to become his "Master."
Yet such is the power of
suggestion that because
he hears or reads that the one
or the other is an essential
pre-requisite, he kills
himself with unnecess-
ary anxieties, frustrated
yearning or futile speculations
as a result.

ΤΡΙΤΗ

14

Γ Ο Σ 1964

έμ Σελήνη

ΗΛΙΟΥ :

νατολή 7.43'

ισις 5.26'

Δ.Τ.Τ.Η.Π.Σ.Κ.

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27 28 29 30 31 — —

ΙΑΝΟΥΑΡΙΟΥ

TUESDAY — JANUARY

352

ων ἰν Σινᾶ καὶ Ραϊθῶ ἀναιρεθέντων μαρτύρων

(XVIII) ⁽⁵⁾ whoever will take the
trouble to search for them,
as I once did, may find that
several records have been
left behind for posterity by
men who ~~had~~ penetrated to
the inside of South and
made themselves at home
there. The lands in which
they lived were wide apart

successfully

and included England (France)
Germany Denmark Greece
Palestine Iraq Persia
India China Japan Vietnam
and even Australia. For
such men Truth was not a
theory but a living experience

(XVIII)
⑤ You may find
God; you may feel his
presence at the very
core of yourself; but
if you lack reputation,
the world will pass you
by; the discoverer remains

unshared secret,

(XVIII) ①

A complete surrender
of will and reason
to any teacher is
risky - for both persons.

Only a truly great soul
can afford the risk.
In any case the

final ~~final~~ submission sh
be made to God alone, if
to the god within, the O



Datum:

Speisen
inkl. 8% MwSt.

Getränke
inkl. 18% MwSt.

Faint, mirrored watermark text: Kennen Sie?

Handwritten note (mirrored text):
to the good weather, the
be made to get yourself
the most interesting
and interesting
the most interesting

(10)

though (XVIII)

the transcendental power
which may be using him
as a channel, he himself
is ~~not~~ ~~remains~~ still
a very human human
being. Only inexperienced,
untraveller, (youthful) or
fanatical naive ^{can} ~~so~~
deceive itself as to THINK otherwise

The most common error
made by the gum seekers of
greek is to believe him like

gum-

perfect ~~the~~ The
haze which **SURROUND**s their
eyes prevents them from noting

~~the~~
~~the~~
~~the~~
~~the~~
~~the~~

the plans.

(XVIII) With all his (14)
reclusive habits,
the sage is compass-
ionate in temperament,
benevolent in
personality. Even
when he avoids
men, he does not
hate them.


(17)

XVIII

I have been thinking
 of the things that
 have happened to me
 since I came to this
 country. I have seen
 many things that I
 never saw before. I
 have met many people
 who are very kind
 and helpful. I have
 also seen many things
 that are very different
 from what I saw in
 my own country. I
 have learned a great
 deal about the world
 and about the people
 who live in it. I
 have also learned a
 great deal about
 myself. I have
 discovered that I
 am a very strong
 person and that I
 am capable of doing
 many things that I
 never thought I
 could do. I have
 also learned that I
 am a very good
 person and that I
 am worthy of the
 love and respect of
 others. I have
 also learned that I
 am a very happy
 person and that I
 am grateful for all
 that I have and for
 all that I have
 learned. I have
 also learned that I
 am a very brave
 person and that I
 am willing to face
 all the challenges
 that life has to
 offer. I have also
 learned that I am
 a very loving
 person and that I
 am willing to help
 others in need. I
 have also learned
 that I am a very
 kind person and
 that I am willing
 to listen to others
 and to understand
 their point of view.
 I have also learned
 that I am a very
 patient person and
 that I am willing
 to wait for things
 to happen. I have
 also learned that I
 am a very forgiving
 person and that I
 am willing to let
 others go. I have
 also learned that I
 am a very honest
 person and that I
 am willing to tell
 the truth. I have
 also learned that I
 am a very hard-
 working person and
 that I am willing
 to do whatever it
 takes to succeed.
 I have also learned
 that I am a very
 determined person
 and that I am
 willing to never
 give up. I have
 also learned that I
 am a very confident
 person and that I
 believe in myself.
 I have also learned
 that I am a very
 optimistic person
 and that I believe
 in the future. I
 have also learned
 that I am a very
 positive person and
 that I see the good
 in every situation.
 I have also learned
 that I am a very
 resilient person and
 that I am able to
 bounce back from
 adversity. I have
 also learned that I
 am a very
 adaptable person
 and that I am able
 to change with the
 times. I have also
 learned that I am
 a very flexible
 person and that I
 am able to go with
 the flow. I have
 also learned that I
 am a very open-
 minded person and
 that I am willing
 to try new things.
 I have also learned
 that I am a very
 curious person and
 that I want to
 know everything.
 I have also learned
 that I am a very
 inquisitive person
 and that I love to
 ask questions. I
 have also learned
 that I am a very
 thoughtful person
 and that I take
 time to think about
 things. I have also
 learned that I am
 a very creative
 person and that I
 love to come up
 with new ideas.
 I have also learned
 that I am a very
 imaginative person
 and that I love to
 dream. I have also
 learned that I am
 a very sensitive
 person and that I
 feel things deeply.
 I have also learned
 that I am a very
 empathetic person
 and that I am able
 to understand how
 others feel. I have
 also learned that I
 am a very
 compassionate
 person and that I
 am willing to help
 others in need.
 I have also learned
 that I am a very
 caring person and
 that I love to be
 around people who
 love me. I have
 also learned that I
 am a very
 affectionate person
 and that I love to
 hug and kiss people
 who I love. I have
 also learned that I
 am a very
 affectionate person
 and that I love to
 be around people
 who love me. I
 have also learned
 that I am a very
 affectionate person
 and that I love to
 be around people
 who love me.

XVIII) ⑤ It is sometimes needful to remind those who exaggerate the office and service, the power and knowledge of their masters and display this trait in their relationship with emotionally

him of Jesus' words; "It is good for you that I go away," and also of
Ramana Maharshi's words to Sri Sri Dandapani when he was
expelled by the ashram. "This is the best thing for you now," to have happened

(xviii. ⑬) "I have learned what I have learned
only after my teachers had freed me of the
habit of attaching myself to what 

regarded as teachers and teachers!⁴ — Self's
Master ZIKIRIA IBN EL YUSOFI.

or ostentation.

16 Sept

Once a man has found his way to truth he can speak of it simply directly and naturally, without personal pretentiousness. Yet those who underestimate the worth of what he has to say would be in error. Who insensitive

and coarse may not feel it but the others will
not need much dealing with him to ~~see~~
find an air of distinction
not easily explicable

29. Woche

1978

JULI

19 Mittwoch

18 Dienstag

17 Montag

(xiii)
(6) It is not an isolation due
to arrogance, to too high a notion of his
own status. It is the
other who are really apart,
by their animalism or egotism

But I have never seen
any other who was
so good at this. I
was very pleased
to see you again
and to hear of your
successes. I hope
you will continue
to improve and
become a great
man. I am
very
yours
John
D. [unclear]

(114)
①

(12)
(xvii) In the end a man
must come to himself, his
diviner self, his essential
being. And where shall he
look for it if not there,
where Jesus pointed, within?
Not outside, not to some

other man, however high
his repute as a man, nor
to some book, however
sacrosanct its scriptural
authority. Both man and
book must, if they are loyal to
their highest, also ~~point~~ direct
him INWARD.

(XVII) In the ~~course~~ of such an adept, the sensitive person gets a feeling first of peace second, of security and safety personal

(6)

1 Km 1/2
The first of the
series, the
first of the
series, the
series, the
series, the
series, the
series, the

(XVIII) (9) But ~~power~~ he warned
that the same power which
on your side brings you
into good will relationship
with all people also
isolates you from them. For it
withdraws you from the

herd's narrow outlook
and petty interests to
seek high aspirations.
ER

① (XVIII) Although there is no
need to follow the ~~myth~~^{HERP} into
fanatical game adulation,
there is a need to regard him

properly for what he is —
a channel for higher forces,
an instrument for the higher
power — and so deserves hom-
age and reverence

(XVIII) Do not believe that every
② ~~the~~ first meeting with a philosopher
- her will necessarily enlighten you
or even please you. The approach
may be made with bated breath
— such is the picture an aspirant
and especially a young one creates
for himself — but the exit may
often

~~feel like~~ be darkened with
disappointment.

XVIII What a man who lives so near me as
to be almost a neighbour, should have
became the recipient of a divine revelation
is highly improbable.

Alms

that such a man

The far-off scene carries a suggestion of
mystery. There are greater possibilities in
the unknown. The prophet who finds honour
will get a better hearing if he travels forth-
WITH.

(XIX)

27

He will avoid disturbing
the faith carefully
of others but, except in
special circumstances or for
special motives — persecution,
poverty, children or mission —

he will not go out of his
way to encourage them.
It is not his business to
encourage superstition.

51 (XIX) Let us go to the great minds,
the sources of our best values, our
truest insights, be they far or near
in time and space, Oriental, Occident-
al, antique, modern, their writings
and their sayings, their lives
and ~~teachings~~ **TEACHINGS.**

(XIX)

Let us go to the great minds
the essence of our hearts
thoughts, words, deeds
of the past and present
of the world, of the
of the human mind
of the human soul
of the human spirit
of the human heart
of the human mind
of the human soul
of the human spirit
of the human heart

FROM MINDS.

~~TO MINDS~~

39
~~ix~~ ~~ix~~ ~~ix~~ if anyone wants the processions
and banners, the lights and incense,
the ^{PRIESTS} robes and litanies of ritualism as
essential to ~~this~~ religion, let him have
it. But if feeling for he insists on

imposing these things on others who do
not share the same feeling, he acts
wrongly.

(XIX) Religion without reason ^{was} for the
38 dumb masses. Now, slowly awaken-
ing they seek improvement but
blindly and replace old error with
new. Religion plus some knowledge. ↴

with genuine glimpses and, later, with
truth, will be the answer.

the pure

impurities.

(XIX 68)

So long

Dimanche 21

As I remember more and more
with more realistic conditions
than with -unfortunate- realist ones,
So -long de leur show

how little religion
has meant to them. It
shows that inner value
need defending.



(XIX)

A religion might possibly
gain universal support ~~and~~^{and}
day but unless its devotees
had touched and kept the
philosophic level, etc

would eventually appear
within it to break the
uniformity and disturb the
harmony.

(XIX) Tradition is ~~the~~
a complement of caste.
When it is completely out
of touch with the times
it is likely to break.

wear out and
fall to pieces. And
then the caste falls
with it.

become threadbare,

(3) (X, X) These who get
this worshipful feeling
more easily in a
congregation than
assembled for the purpose

in seclusion should
follow their inclination

(XIX)

The men of ancient
times who mend the law-
givers to their trace or
tribe - like Moses

The Israelites, Muhammed
of the Arabs and Manu to the
Indians — were inspired.

~~al nostro paese e all'estero. nonch~~

of the kind of God man
can think about is an
imaginary one. It is a
concept which can take
different forms in
different heads 40 (xix)

(XIX) ⁴⁸ To put the masses in a
lower category of development
may find supporting reasons—
at least in past centuries — but
to try to keep them there permanently
is unjust: To feed them on
myth, symbol, allegory, keeping
back the

higher truths and not telling
them the facts ~~SECRET~~
about their existence, is also
unjust.

~~SECRET~~

~~SECRET~~ LA AMERICA
Vol. 17, No. 2

49
(XIX) ^{because} It is the ~~efficiency~~
concepts of God held by these
elders actually believe God
that a proportion of the young
to are prompted discard the old
established religions and

seek elsewhere — partic-
ularly in Asia, ~~and~~

(XIX) not only Buddhism but
also ~~Muhammad~~ Islam and
Judaism originally banned
the artistic representation
of man's form in religious

symbolism. Why? Because
it commonly led to worship of
idols, in the form of the human
formulator of that particular
religion.

(XIX) Let the past make its
contribution without however
overwhelming us. For then some
traditions may turn to debris.
Let the

Present bring forward what
is new and needed to counter
the past, that the ever-creative
divine power in us may speak again.

(XIX²⁸) Even if there is nothing
new in the basic doctrine, its
~~and~~ venerable and stable truths
will serve some people to fend



atum:

Spei

Inkl. 8%

their way through the
obscurities surrounding
the religious
life

(XIX) Men and women can be
persuaded, or can persuade themselves
to believe in anything, to worship
stones or deities, other men with
infallibility and omnipotence.

— however illusory —

1875

Dean Swift: "We are the precious few,
let all the rest be damned;
There's only room for one or two--we
can't have Heaven crammed"

OXI
56



22 (XIX) whether a man goes to
church or mosque, temple or
pagoda is mostly a matter

of family inheritance. He
still has to seek further to the
parents to advance to the

(XIX) It is right and proper to continue a good tradition, to keep a spiritual inheritance from the past which has intrinsic worth.

but it is not right to demand enlargement -
either such additional capital or so
that nothing new may enter or be said.

111
The moral, sin and suffering? The
religious side is said to be connected with
the Deity but does God care?

(XIX 5)
transcendental concepts which are too
abstract or too vague for the ordinary person
to understand. For the simple

As an educated man of earlier days, Picturised
symbols, figures of speech, allegorical talks were
easier to give and understand.

~~XXX~~

DONNERSTAG

27

FREITAG

28

SAMSTAG

29

8h

9

10

11

of those who prefer to be helped by a Church's ministrations may properly do so, but there are others who are repelled by its past inaction and persecutions

W

16

17

18

58

59

(XIX)

Some human beings

62

to time,

something visible in space and a power in
who is aware of his contact with divinity

it might be too much to ask for an
angelic or other transcendental contact, but

→ If he were to make himself American or to
be discovered, would be one of the rarest
of persons.

[XIX]

50

Thou shalt have no other God before
Me! we know the Commandment. Yet the
ignorant republicans still give to the Limited —

an organization or a man — the worship
which they ought to reserve for the Unlimited
God — alone

~~(XIX)~~ Records can be
left for the enlight-
-enment of seeking
men. Caliphs and
inquisition may
destroy them.
But new times
will bring fresh

records, for
the creative spirit
in man cannot
be destroyed

53

(XIX)

Sri Krishna: "Oh
UPDHAVA." discard
both the scriptures
and the commentari-
es.

and prohibitions,
and turn to Me as
your only refuge. "

(XIX) He⁶³ who has seen
the truth cannot forsake
it by joining himself
to narrow fanaticisms,
still less to ill-
informed falsities

100

Handwritten scribbles in blue and red ink, including a large blue loop and several red lines.

(XIX) When it comes to
this, we must exclaim,
with Goethe: "Spare me,
and take your
absurdities elsewhere."

(X X X)

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Handwritten text, possibly a name or title, written vertically in cursive.

Handwritten text, possibly a name or title, written vertically in cursive.

Handwritten text, possibly a name or title, written vertically in cursive.

XIX

The masses are
not sensitive to
the mystical, not
comprehension of
the philosophical
religion either
path

INSERT SECTION

INSERT ~~over~~

They must be
reached through the
physical senses.
Hence

(XIX⁵⁹) It is not the
person that is being
criticized; on the con-
trary he is a likeable
and able gentleman;
it is the ^{cap} institution
that is faulted

XIX

(XIX) All those who have
tendencies toward religio-
mysticism are beset with the
perils. Some among them
may need a healthy corrective
of being distracted from ~~the~~
higher purpose!

(10)

Let there be a law

to govern the world

and let it be the law

of the universe

and let it be the law

of the human race

and let it be the law

(XIX) When the emphasis
in religious practice is on
externals and their details,
reformers arise up
who try, often excessively
excessively, to bring
it back to essentials.

(XIX)

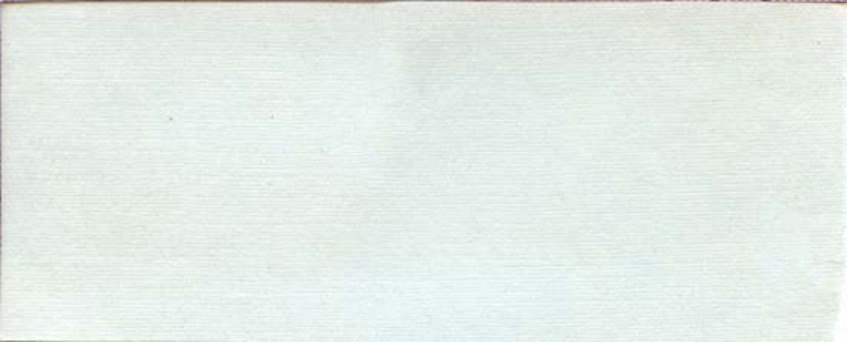
When the English
will give me a
letter on the
subject of the
proposed
amendment
to the
constitution
I will be
glad to
reply to it
as soon as
possible

(XIX) Why should
we believe that
God communicate
with men -d
only through the
prophets of
Biblical times and

not today? **They**

"I am that which
was, is, and shall
be!" recorded in
ancient Egypt was
earlier than the
"I am that which I
am!" recorded in
the Holy Land.

XIX²⁹ The colonnades of the Greek temple are admirable but still, men no longer worship before or behind them: their gods and oracles are silent. We ^{too} need new inspirations today and are not too comfortable among the debris of the past



(XIX)

34

He has freed himself from the
traced credal trap, from the
fanatic sectarian exclusiveness
from the tight limits of ~~of~~ insufficient
caused by non-existence

comparative knowledge. He has
yet to free himself from himself, to
become detached from the egotistic
way of viewing ideas, to become
detached and impartial and
equilibrated

(XIX) Buddha found the masses were being led into superstition in the name of religion. He deplored the utility of the ceremonies which were supposed to placate the gods, remove troubles and attract fortune. He deplored

the slaughter of animals in temple
sacrifices, He denied that caste was
a rigid congealed institution, open
only to those born into it. Instead, he
asserted that anyone, by developing the
capacities, could enter it.

(XIX⁵₆)

The need and demand today
is for explicit statements,
not ~~for~~ enigmata only.
They are a ~~result~~ ^{result} from

medieval periods when
religious persecution was rife
and ignorant. Orthodox like
Unwellth symptoms of mental
disorder

(XIX) those who fail to find
enough³³ support from rituals
or satisfaction from dogmas
enough and neither one
nor the other from agnostic-
ism or atheism, are
increasingly turning to other
traditions or innovative
metaphysics studying.

(21) This was what had
been believed, followed
and practised for generations
this was the tradition
The possibility of
questioning its truth, of
never arise.

burrowing deep beneath
its origins in the human
mind and history

212

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- 22

[Faint, illegible handwriting, possibly bleed-through from the reverse side of the page]

All the outer forms of
Klypon, all the outer
rites affect their sincere
devotees emotionally, but
within the higher part of
the ego only. But all
the samadhis of yoga,
and certainly the insights
of philosophy, escape
this limitation by attaining
completeness through emotion.

36

into its deep
calm core —
the real being

XXIX

(X 14)
25) The vehicle which
carried him through one
entire stage towards truth
becomes an obstacle to the
next stage if he fails to
get out of it
to entry in

Dear Mother
I received your letter
of the 10th and was
glad to hear from
you.

I am well and hope
these few lines will
find you the same.

I have not much news
to write at present.

I am, dear Mother,
your affectionate son,
John Doe

(XIX)

3⁹

their tests are often
 packed with quibbling
 and hair-splitting,

empty quite

useless, irrelevant to
 our ~~own~~ everyday life
 entangled with

P

ADDRESSES

1911

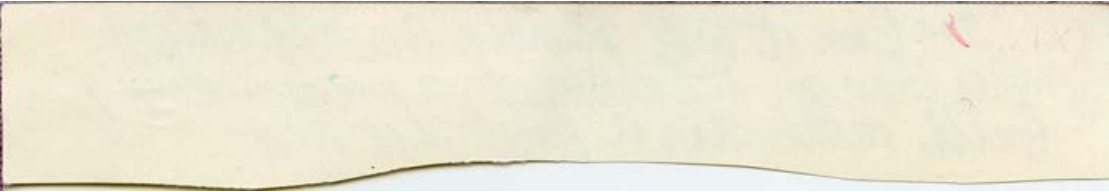
[Faint, illegible handwriting on lined paper, possibly containing names and addresses.]

(41XIX) Wisdom did not stop with
any particular century
for the simple appearing among
reason that men
men did not stop appearing.
Nor was it confined to any
particular land. Despite that
it is correct to
say there were
certain great
periods when it

flourished most and
widest. These can be
found in history
across the world and
across time.

(XIX) For him it will remain an aspiration
rather than an achievement, a perpetuation of
faith rather than a fulfillment of it.

64



(XIX) (2) Whatever evidence in disproof of God's
existence is provided by thought, ~~it~~ can ~~not~~
refer to a personal God of ~~the~~ religions
rather than to an impersonal God.

popular

of an intellectual elite

XIX

If one dares to look forward,
a new reliance will arise

with the decay of the old; a new
prophecy will bring the fresh
word of divine inspiration to
a dulled humanity. But both

religion and its prophet must be new, fresh,
vital. 11/14/41

(XIX)³¹ They come to religion seeking consolation. He comes to philosophy seeking truth; the two aims are quite different events. But in the end the philosopher experiences consolation and the religionist

take a step towards truth.

(XIX) His large ~~vision~~ **VISION** leads him
to transcend religious frontiers

60

institutional



of the organization will
gather round such a
prophet, especially after
he has left his body
and cannot control them,
may become obstacles,
and to some extent,
even traitors to his
real value.

and true
message.

(18)

(XIX)

of the experimental work
of the various kinds
of the, especially of the
the has left no doubt
and cannot contain
that become objects
and a sense of
even further
real value

(XIX)

(18)

and time
message

(XIX)

There is a wide difference in the styles of ~~two~~ two men who meant so much to aspirants.

Consider the style of Jesus' sayings and contrast it with Epictetus's.

The first moves directly to the ~~point~~ idea in a PIPHY, announcement, (of practice) and then leaves it almost immediately.

The second seeks to persuade, ~~and~~ circles round and round it, and leaves only after its meaning is abundantly clear.

only after its **Logic** is sufficiently acceptable. That each man puts a value upon style cannot be gainsaid.

OXID

(2)
(XIX) Whatever men
may say or write
about the divine,
will always fall
short of the
actuality. This for
three reasons. First,
the Real transcends
thoughts and their
clothes, words, without
Second personal
experience and fit,
and ~~impersonal~~
achieved insight into
it, the intellect yields
only opinion. Each
man sees and says
from his own stand-
point, gives his own
reaction to the divine.
This is always an
individual one. Third,
~~No man has~~ There are

* ~~§~~ many aspects
of the divine.

Muhammad listed
no less than one
hundred, without
exhausting them
So far their
totality has
eluded description.

Let no one
insist on his own
~~his~~ picture of the
divine as being the
whole one. Let no
one set up his ^{favoured}
symbol of it and
exclude all the
others from the right
of worship.

{ XIX } When, along with
⑤ the Jews, the Arabs
were expelled from
Spain in the 1490's,
Europe lost a great
source of culture and
civilization and
mysticism. The
Sufi ~~and~~ tradition,
knowledge, art, and
meditative practice
which was thus thrown
~~out of~~ ^{OUT OF} SPAIN
~~into~~ ~~the~~ ~~millennium~~
Africa and Asia was
a valuable asset. Part
(MOST)

of this asset was
religious tolerance

[Faint, illegible handwriting covering the remainder of the page]

(XIX) A Guest necessarily
comes a pilgrim
seeking his destination
in ~~the~~ a Holy City. He
may be a metaphysician
or mystic, a profound
thinker or a profound
connoisseur
of Orientalism, but he may
not leave out the simple
humble reverences of
religious feeling



atum:

Speisen
inkl. 8% MwSt.

Getränke
inkl. 18% MwSt.

D

(XIX) The reality in religion is true, but what too often passes for religion may be quite untrue. in it maybe doubt of what is false, → faith in, and consequent upon worship of, the real Deity.

the result in ref
there is time for what
too often passes for volume
may be quite untrue
Point of what is false
Point in, and comparison
upon which of the real
Point

may

may be

(5)

(XIX) Where is the religion of
spiritual movement which has
not degenerated from the
purity and ~~intention~~ intent of its founder?

(17)

INTENT

XIX

INTENT

①

[Faint, mostly illegible handwritten text in blue ink]

XIX) ⑤ John Locke: "We are all short-sighted and very often see but one side of a matter... it is no wonder that we conclude not right from our partial views. This might instruct the proudest esteemer of his own parts how useful it is to talk and consult with others." unwittingly provides an excellent argument for the comparative study of religion in his statements:

(XIX)

John L. ... "We are all"

... and very often all
... matter it is
... that we know an
... from our general views. This
... the present
... our hearts how useful
... and counsel with

... an excellent
... for the comparison
... of ...

(XIX) There was a time when the truth was diligently kept from being known: today such safeguards are largely, but not wholly, irrelevant. The harm that the laity could bring upon themselves, the miscomprehension that the truth could suffer, the perils that ^{could} be introduced to society, the misuse of power ~~in which the communication of know-~~ promiscuous ledge — all

could follow

by its unworthy or unready recipients,

these are not to be overlooked. But they ought not be all used as an excuse for the ~~the~~ everlasting ^{SE} ~~concealment~~ ^{concealment} of truth. Even

Buddha did not disdain to preach
to the masses; he even told them
that he held nothing back!

(XIX)
The dualism of
the Persian religions
- Zoroastrianism
and its kindred

Mithraism — is
ethical but the
dualism of Indian
religions is meta-
physical. These
are two quite
different definitions,
But in the case

of the Christian
Manichaeans,
whose doctrine St
Augustine followed
for a time and later
renounced as a
heresy, there is
a strange mixture
of the ethical with
the metaphysical.

along

(XIX^①) In history we find that the
same religious gods who were
worshipped earlier were
deposed by time and ~~regarded~~
scorned as false ~~and~~ or feared as
devils. Whether this happened by
the coming appearance of new
revelations or by the of fanatical
invaders using force, the lessons
may be learnt. ~~So~~ is that.

its influence will one day wane
and perhaps even perish.

(XIX) The language used,
the fables told as if
they were history,
may not be acceptable
to an honest mind.
well-educated

But it could still, if it
wished, accommodate them
and remain within the fold
of traditional
religion by taking
them ~~not~~ literally,
allegorically.

(XIX) He is the best of worshippers
who comes to Me in secret, who
prays in silence, and who tells no one.



Incense may be used for religious purposes in ceremonies and worship but less devout persons use it to help smoke out mosquitoes, while more aesthetic ones find its fragrance and colour attractive.

TOBER

1978

40. Woche

Montag

3 Dienstag

4 Mittwoch

(19)

XIX

was

It is a prudent idea to instal —
at least for the masses — ceremonies,
observances and services to recall people to
their hygienic and spiritual duties once a
year in connection with bright and dark
memories!

at least for the moment -
I think a good idea to
have a meeting with
all the people to
discuss the situation
and to see what
can be done to
improve it.

1.4

(4) x (x) Do it only well-robed prelates who
are entitled to spiritual authority over
others and final credibility
about doctrine?

(5) XIX If he is sufficiently developed as a human being, he finds himself wondering at this existence of his and of his world. And if he becomes serious enough to look around for the answers

which others have given he can easily
become bewildered by the contradictory
results, (R) to his questions

(12) (XIX) Deceit is not religion as natural
with a good reason because all religions are
founded on belief in the existence of

an unknown and - to them - unknown
entity.

(~~***~~) The more the studies of comparative religion and mysticism philosophy go through the full range of human revelation and research, concepts and practices, in different parts of the world and in different centuries, the more

material they will have to work upon to
evaluate, and to draw conclusions from

XIX

Tibetan

①

texts admit frankly what other religious documents fail to admit, that the crowds of god whose forms fill temple altars and wayside shrines are virtually "the play of one's own mind", that all the

pageantry of worship, chants, music
and prayers is directed to symbolic
figures.

25
[XX.]

Marijuana is a mild plant origin
drug of ~~the~~ ~~category~~ ~~that~~
harmful the user only, but in most cases
its use leads ~~to~~ him to go on later to

strong drugs of chemical origin ~~which~~ which
which make the user dangerous to other
persons.

(.XX)

42 by the young like L.D.D. is favored
the mind up to the claim that it opens
be, but at the same time, that may
the mind up to illusions and self-
deception. These could be dangerous
harmful.

XX
I thought - like L.D. the
to pay the room on the
the mind up to with and
be but at the same time in
the mind up to know one
these could be helpful

41
(XX) Do not mistake
imagination or speculation
for knowledge of truth:
too often they show up the
personal attachments
and wishes, expectations
and inclinations.



(XX 6) First
he empties his mind of all
things, then he empties it of him-
self. The first part of the work
he may accomplish by his own
training but the second part

can only be completed by
a higher power - grace.
It begins by unknowing and
ends by knowing.

(XX^①) People throughout history
have been able to think
themselves into any belief or
conclusion; have been able to
deceive themselves into acceptance
of whatever is offered them; have
been susceptible to the most
opposite, contradictory and varied
suggestions which the human
mind can formulate.

XX

People have been
 been been able to
 themselves into any
 conclusion, have been
 their themselves into
 a substitute is not
 been successful to the
 special committee
 committee which the
 may can

9) A sane mysticism is
needed as also a philosophy
metaphysics which does
not get lost on its way
to //

if aspirants are to
keep their balance in
such rarefied atmospheres,
re,

(2)

(XX)



(X + 3) whatever
weakens or takes
away good judgment
is to be avoided; ①
whatever enhances
it is to be

welcomed Drugs
come into the first
category:

alcohol, and rage

useful sometimes as a
medicine, and

(xx) He may enter the
④ state of meditation
achieved after a
certain amount of
practice and may
accept the ideas

and images it gives
him as corresponding to
fact and truth. Yet
this may be a deception
which this unpurified
mind has created for itself

(x ≠)

⑤

When men
claim to be God's mouthpiece
they claim non-sense. If they rise to
their best level they see more clearly
and sharply than their fellows in
the dazzling
light of that level.

But they still see as human beings
and in the moment that they try to
formulate in thoughts for themselves
or in speech for others what they now
understand, they are subject to
human error,
(coloring or)

(++) To bring ~~on~~ ^{on} such
experiences by 10

chemical means, as so many try to do
nowadays, is not to be recommended.
There are perils in playing with one's
consciousness by artificial ~~means~~

stimulants.

1st) The amount of
stimulation is
proportional to the
amount of
stimulation
applied.
2nd) The amount of
stimulation is
proportional to the
amount of
stimulation
applied.

(XX) The drug-takers are looking for
experiences, and more especially ecstatic
experiences. The mystics who ~~regard~~ the latter
as their goal are inferior to those who regard
~~them~~ it as the prelude to their goals.

XX

[Faint, illegible handwriting on aged paper]

(XX) He is being appealed by suggestion all the time¹⁴. If he could catch it at the point of entry, he might be able to protect himself. But this presupposes the ability to recognize the influences for what they are, or to detect their real source.



Faint, illegible handwritten text in a cursive script, likely Chinese, covering the majority of the page.

(XXX⑨) Freaks lunatic neurotic and psychopathic
write me letters, send them express, don't miss

immediate replies or interventions. I ~~have~~ ~~to~~
try to keep them at a distance — not an easy feat

(xx) I would not minimise the importance of a mystical
experience but only ~~the elements~~ which exaggerate
that importance. where it is adulterated, distorted or
misinterpreted where ignorance in those cases without discrimination, only
ONLY and bias meet

7
24
5
the encounter and diminish its value.

(XX) The dragged trace of these
⑧ young adventurers ~~may~~ yield
not truth, only hallucination —
even the hallucination ~~that~~ of
finding truth.

who seek to shift the level
of their perceptions

(xx)

The a map of traces of
of young and old
with only
from the
of

for the
of these

may easily

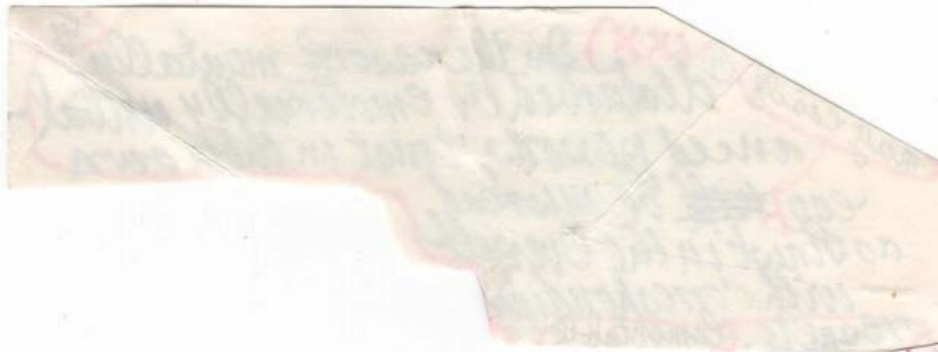
①

(XX)

In the case of mentally ^{ly} disturbed or emotionally unbalanced persons, trust in their own

ego ~~will~~ be misread as trust in the Overself

with corresponding results. Lamentable



(XX) 13

Padre Pio was ^{self-}lifted above other priests. By continuous concentration and the belief that he was sharing Jesus' sufferings, he created the stigmata.

13

(¹²xx) It is not surprising that in the
past history of India drug-addiction
among occult sects was not ~~in~~ un-
commonly associated with ~~the left~~
such activities as sex-perversion,
~~and~~ drunkenness, sorcery, witch-
craft, and yogic groups and

74) The first experiment was that for the
best growth of *Order* *dry-alkalium*
around 60000 *cells* were used -
The normally associated with the
such *alkalium* as *dry-alkalium*
~~the~~ *alkalium*, *dry-alkalium*
and *dry-alkalium*

(XXII) The self-indulgence
which characterises some of these
modern groups is a miscon-
prehension in some cases,
and in others a perversion, of
the authentic earlier move-
ments and traditions.

XX

There is no...

(X) (X) (X)
The self-indulgence
of the character of these
modern people is
in some cases
and in others a form of
the extreme and more
into and conditions.

(XX, 18) The ~~key~~ ~~point~~ is that they are
not the same, ~~the~~ ~~drug-induced~~
experiences only ~~look~~ the same, if
they are uplifting many and
belong to the nether ~~world~~ astral
world if degrading, brightening or

fantastically absurd.

memories and traditions.

XX There is no need
to let go of all
national control
of oneself in order
to reach public
experience but ¹⁶

there is also no
need to become
tyrannised by it
through fear of
the results

(XX) That his mind may fall into
a²⁴ contemplation so deep there are
no emotional ~~in~~ ecstasies, is
a point not easily understood
or granted by those who are
not so well advanced as he,
but who have had mystical
experiences.

fervent and
rapturous

(XX)

Handwritten text in red ink, appearing to be bleed-through from the reverse side of the page. The text is mirrored and largely illegible due to fading and bleed-through.

Handwritten text in green ink, possibly a signature or a note, located at the bottom left of the page.

(xx) the emotionally
²³ and mentally disturbed persons
who take to occultism, ~~and~~ ^{SIMILAR}
psychism, spiritualism and cults
do so at their own risk. ~~for~~
they ~~will~~ may aggravate their
condition. Instead, they need
treatment, purification, prep-
aration or rectification.

~~is~~ that ~~is~~ all
people see. It is a
perfect replica of midget
size placed in the heart
or head. It

INSERT THIS OVER
at (A)

[Faint, illegible handwritten text on aged paper]

(XX) ²⁹ These drugs — the
Chang of India, the
hashish of the Near
East, the L.S.D. of America
— make it more difficult
to find truth, not easier as

addict's claim

(XX)

Although the
mystic experience got by
through drugs is only a
copy, and not the genuine
thing, it has been used
to some persons because

It is both suggestive of
new concepts and
confirmative of old ones
~~and~~ In the first category is
the possibility of
higher realms; in the second
is the factuality of religious
beliefs

(xx)

At some mysterious
moment a higher power
takes possession of him
dictates his thoughts, words
and acts. Sometimes he
is amazed by them, but

their difference from
what he would normally
have thought, spoken or
done.

34

(XX) To be fully open
to intuitive feelings that
originate in his deeper
being his sacred self?
Or does his ego get in
the way by its rigidities

habits and tendencies?
The importance of these feelings
is that they are thread-like
clues which need following
up, for they can lead him to a
renewal or revelation.

blessed

(XX) the space that lies between
two persons is filled with
26 their two auras, with the
vibrations from the electro-
magnetic ~~but~~ if invisible,
extensions of their physical
bodies, and with the
mental-emotional atmos-
pheres surrounding them.
In that narrow space

(Podgenae) "My friend's teacher Jung
was not opposed to yoga: it was only
that most of the people who came to see
him were patients who suffered from
psychosis. He thought this should
be cared for, ~~not~~ ^{but} yoga would be ^{his} ^{own} ^{business}

INSERT OVER LEAF

INSERT

*FROU POGGENSEE,
LONG TIME PERSONAL DISCIPLE OF
PROFESSOR JUNG, TOLD PB,

(XX)

19

INSERT
over
TINY

~~the figure of a Buddha~~

(XX)
28

The figure of
a Buddha ~~is~~ appears
in some Tibetan paintings
or statuettes, is put in by
the artist to show the
unseen, the real Buddha
within the form ~~is~~
(outer)

~~is~~ that ^{is all} ~~not~~
people see. It is a
perfect replica of midget
size placed in the heart
or head. It

INSERT THIS OVER
at (A)

(XX₃₀) Those of us who know from personal observation of many cases that the harmfulness of taking drugs is a real possibility cannot be misled by those cases which seem to have escaped it.

Three cups (100g) XXX

paper from removal of
- and all that the
is a group of
transformation
be prepared to
which occur in

(XX.) The tendency to ³¹
exaggerate the personal
virtues, qualities and powers of
the guru is usually there
sometimes to the point
of falsification



ROYAL HÔTEL

SOCIÉTÉ ANONYME, CAPITAL 220.000 F.

20, PLACE BELLECOUR, LYON

(XX²⁰) The illusions and aberrations of historical
materialism need not make anyone regret its value,
~~or~~ rejection

beauties, facts and experiences. They remain
unassessable and are entitled to exert their
influence.

INTUITIONS

(Between extremists on the one side and
exploiters on the other, yoga, mysticism, and
the like became somewhat dubious if not
quite disreputable, in public attitude. Today
this has largely changed

(XX) 32



(~~XXX~~³⁶) The exhilaration induced
by Aldrin's can be as heady as
champagne. The belief that there is
only the real and that nothing else
exists or is to be ~~counted on~~

concerned with, can be quite
unsettling to intense temperaments
the votary or neurotic
become ~~unbalanced enough~~ mildly mentally
disturbed

(XX)

His encounters with other persons may affect him emotionally or interfere with him. Mentally, so sensitive does he become. This is why it is better to limit his contacts

23

and if possible avoid those who become undesirable
effects. Mental such time as the development brings
them under control. He learns to govern the mental
purposes and inner peace. by experience now

(XX) The abnormal enlargement of
the pupil in the eyes ~~of~~ after using
particular seen drugs ~~and~~ in
particular mental, psychical

or your states makes them
interesting and attractive.

(+ + +)
300

The younger generation not only insists on understanding but also on feeling. Hence their interest in psychedelic drugs.

of course. there is no doubt
that also in the
the number of
of course. there is no doubt
that also in the
the number of

(+ + +)

(^vxx^v) The feeling of oneness
with others will ~~be~~ ^{like}
he is carried farther by
this indrawing force. They
seem removed from him,
receding not lost
and then vanishing



(XX) Hashish, bhang, ganja
and charas — to name the four
35 principal ~~ones~~^{drugs} — have been
used in India since the
early historic days, but
those who used them belonged
to the lower, less cultured
yogis.

(XX)

Handwritten text, possibly a name or title.

grass

Handwritten text, possibly a name or title.

Main body of handwritten text, appearing to be a list or notes.

can also be seen. Hence
their interest in psychedelic
drugs.

and
sacro-
sanct

(XX 37) All such mystic experiences
may be accepted as valid in part —
that part which has not been
supplied by personal background,
opinion or imagination or expectation

and valid if taken as possibly
incomplete ~~and possibly~~ a particular
aspect of the divine only and not
the whole.

but also in feeling
them interest in
of words.

It is not the same as, and not to be confused
with, the method of meditating upon affirm-
ations, pithy condensed truth-statements (3
called MAHAVAKYAS in India) since these
openly possess a meaning whereas Boas
are puzzling, often illogical and always

(xxi) ② I feel falsely placed
when anyone tries to put ~~the~~
~~part~~ of a guru's ~~part~~ role
on my ~~shrinking~~ reluctant
shoulders.

Who should not know better
than myself that the measures are
different, & that my status is overvalued?

(111)

h It was partly out of deference to his noble character, his exalted mind, and my unbroken ~~of~~ partly because of unknown link with ~~the~~ Ramana Maharishi that I kept such a silence for such a long time, except by a very few friends, ~~this~~ it will not be understood. (XXI) (it) ...

10

(1/1)

(XXI) (6) The books have for intention the
awakening to certain ideas of minds
that are at a point of readiness for them

The author of the books is not able to go
farther than that; not a guide to guide
the reader through successive stages.

⑤ (x+x) ~~feel~~ feel happy when writing some
lines of higher interest, something of philos-
opical plane, but happier still if the pen falls to rest ^(touching the) leaving

me transfixed, as it were, by a sacred power
which commands both stillness of body
and silence of thoughts

(XXI) My published words showed this
veneration I always felt, and feel, for
the Maharishi. If later the technical
difference between mystic and philosophy
was completely withdrawn from print where
the reference was to the Maharishi —
thus finally getting done what had
been sought for so many years
against real difficulties in
other quarters — I am happy it
was done (frustrating) during my lifetime.
But ~~lingering~~ and fall ~~amendment~~
troubling ~~will~~

come later still at the hour
dictated by fate.



XXI. (3)

I am happier when I attract no attention at all. I enjoy being quite anonymous. That was one, but only one, of the reasons why I published nothing for the twelve years between "The Wisdom of the Overself" and "The Spiritual Crisis of Man" and nothing during the ~~years~~ since then.

INSERT

more than a quarter
century

XXX

ST 015B
FRENCH

41 Devotion must be dovetailed
in with knowledge,
reverence must be locked
together with understanding if
this inner work is not to be
one-sided, unbalanced and
even, in some cases, unreliable.
-ble. (XXII) 17

εΛθηνη 26 Ἡμ.

Π	—	6	13	20	27	—
Π	—	7	14	21	28	—
Σ	1	8	15	22	29	—

ΑΠΡΙΛΙΟΣ — APRIL

τυχίου Κων) πόλεως, Πλατωνίδος δσας

XII

(XXII) Many have failed to
① identify themselves
from their thoughts, despite
all attempts. This shows ^{ITS}
~~the~~ difficulty, not its
impossibility. In such
cases, grace alone will
liberate them from their
thought-chains.



So often the quaker, after
a certain number of years,
wants to be admired for his
magnificent spirituality.
But
So often, in another
mood, he enters the confes-
sional to be humiliated for
his great egotism. (15) XXII.

the great
want to be
wrote to be
wants to be
a certain
no other

(XXII)

(XXII) It is not only by
feeling, the presence of
God, the experienced

12 that an aspirant may develop
at times inwardly:

it may also be happen by
the non-experience, by
equivalent feeling

quite deserted by God, quite
alone! This left
7 - the 'dark night of the
soul' — is just as essential

~~11~~

~~11~~

~~11~~

~~11~~

~~11~~

~~11~~

(XXII) The rise to a higher
level from a hollow, merely
formal and outward
religious life to a ^{simple} child-
like trust in God is
excellent. But those who
are unable to ~~put~~
aside their ~~intellects~~
, and devotion to,
inwardly

so easily, may ask for
something more

(XXIV) What the
Hindus call
detachment.
What the Muh-
amedans
call submission.

to God's will
are really one
and the same

③

XXII

When will the Christian and
saint, the Muhammedan Sufi,
the Hindu yogee, comprehend
that band when they reach

EXPERIENCES

a height of inspiration
what comes through is ^{personal} not
different in any of the three.
Difference begins with their own
INTERPRETATION OR INTERFERENCE

(XXII) The wonderful
effect of profound sleep is
not only the recovery of the
physical body's energy.

13

~~13~~

13

but much more the man's
return to himself, his
spiritual self, the pure
universal consciousness

ADDRESSES

W

(XXII)¹⁸ Even if a man does not respond to it, the divine presence is itself a grace. Even if he is quite unaware of its being in his heart, his centre, its in the world guidance and the intuitive thoughts which may arise are manifestations of grace.

W

ADDRESSES

~~Max Zahn with
multisensor
to lead~~

~~Transfusion from~~

⑤ **XXII**) Release your problems.
Work in the Silence — until
the Silence rules. — The
Infinite Intelligence will then
take over your problems
— to the extent that you
release them to It.

(XXII - 16)

He begins with turning his problems over to the higher unseen power: he ends by turning himself over to it. This is what is also called "surrendering to God" and "taking refuge in Him alone."

8	Do		
9	Fr	Good Friday (U.K.)	Karfrei
0	Sa		
1	So	Easter Sunday (U.K. - USA)	Ostersonn
2	Mo	Easter Monday (U.K.)	Osternor
3	Di		
4	Mi		
5	Do		
6	Fr		
7	Sa		
8	So		
9	Mo		
0	Di		
1	Mi		
2	Do		

(XXIV) No¹⁰ scientific technol-
ogical advance, no
political gain, no
economic improvement
will ever be enough
in and of themselves
to provide a proper goal
for human endeavor.
It is easy to forget this
in ~~times of~~ certain
favorable periods, and
if we do we come
close to disaster in the
end.

(XIX) The scientific method
of research, no
theoretical point, no
experimental improvement
will ever be enough
for any of them
to provide a paper
for the journal
of the Royal Society
in the field of
experimental science, and
of us as we are
class a thousand into
one.

DONNERSTAG

25

FREITAG

26

SAMSTAG

27

8h

XXII

If ^{he} remain faithful to the practice of these periods of daily reflection upon the ~~truth~~ ^{texts} or the ~~quest~~ ^{quest itself}, ~~or~~ the meditation which is really contemplation ^{he} can say with truth that ~~he~~ ^{he} continually receives ^{as my} daily bread.

kind of
non-discursive

Thus the Lord's Prayer has been answered, the Biblical "cup which runneth ~~off~~ over" has been filled anew and anew.

SONNTAG

28

INSPIRED

DIVINE Affirmations

WOLFRUM

30

DIEZTAG

30

WILLMOCH

31

MAY (31 TAGE)

1972

22. WOCHE (146-149)

MAI (31 TAGE)

1972

23. WOCHSE (150-152)

MONTAG

29

DINNSTAG

30

MITTWOCH

31

8

9

10

11

12

13

14

15

16

17

18

DIENSTAG

25

DIENSTAG

26

DIENSTAG

27

18. Woche	1978	MAI
3 Mittwoch	2 Dienstag	1 Montag Staatsf.
		8 4
		9
		10 11 12 13

(~~xxx~~ ⑤), All these methods and procedures are simply devices to draw attention inward away from the outer world,

and then to focus feeling upon the way
of aspiration

(xxii.) With the dark night
there is a ^②withdraw from
active work life, from
social responsibilities and from
personal duties. A feeling
of their futility accompanies
the wish, a vaguely pessim-
istic outlook ~~surrounds~~ it.

(7-11-11)

With the dark night
there is a withdrawal from

active (most) life, from

social responsibilities and from

general duties - a feeling
of their falling away

the wish, a deeply personal
note outward

(XXII) Learn to penetrate within yourself, your deeper almost
unknown self. It will need ~~the~~ patience to return day
after day, ~~to reach~~ not stopping until the truth is reached. ①
reached, the peace is felt, the blessing descends. It will
need perseverance until the source of strength is

found. Thereafter it will take you over. This is
grace. But remember, with each return from the
days efforts you will be confronted by the world again,
by its harsh reality ~~and~~ yet glorious beauty,
stark conflicts yet benign interludes. So know, its
world in which you have to live, its petty mind this

XX (i)

19

A profound feeling of reverence
for the Sun should be a part of the worship,
the visible orb being regarded as the

vesture worn by the great
Being behind it,

(XXII) It is 'g' hemmed in by its ignorance
and limitations, is a small affair.
compared with the 'g' which is drawing
him onward and upward through the
quest and which he must one day
become. His personal self, controlled
and purified, kept in its place, humbly
prostrating itself before the deities,
can ~~be~~ gratefully receive even

now glimpses of that day, momentary
revelations that bless the mind &
and put intense peace in the heart.

Whoever does not feel that these
affirmations apply to him but who is yet
able to believe in their truth, will be
befriended by grace at the time of ~~being~~
death.

and noble souls. Learn from both. And when
you have seen enough of ~~the~~ our face ask for its
tremendous secret.

the world's

3

Handwritten text on a yellowed, torn strip of paper, likely a fragment of a document or letter. The text is extremely faint and illegible due to fading and the condition of the paper. The visible characters appear to be a mix of letters and numbers, possibly including "1862" and "No. 1000".

Symbolically

(XXIII) When the 10 fingers are folded together, they form the two aspects (active and passive) of the One Reality. When outspread they symbolise ten aspects of its human expression thus: LEFT hand: - little finger = benevolence, next = Virtue, middle fingers = Submission, Resignation, Calmness, index = ~~power~~ Strength, thumb = meditation. RIGHT hand: - little finger = Comprehension, Understanding, next = method used, practical

middle finger = ideals, index finger = power
and thumb = highest knowledge. This plan is
drawn up by Chinese Mahayana.

(XXIII) The High Priest's
Buddha saw much Cham-
ese history in his time,
on the matrang,
heard many important
conversations and
confessions in that
far land. Now he

hears little talk,
for I am mostly
alone, but he does
sit in on all my
meditations

(xxx)

17

(XXIII)

Youngsters who take to these Indian religions with all the enthusiasm of converts, too often get a hazy understanding ~~of~~ of the philosophy associated with them ^{and} ^{intelligently} actually there is any interest beyond the religious one itself. Nor is this surprising when the

swamis who collect Western disciples confuse religion
with philosophy in a kind of mixed-up Irish stew.



(X^{xiii}) Alexandria, in Roman
Imperial days, became the
great centre of commerce and
crime, learning and sects,
magnificent Giddings
and lowly slums, the noble

Neo-Platonic Philosophy
and the Prisoner's evil
(vile)

(~~FROM~~)³ In ancient India the Broths
were ~~later~~ drunk with ~~delight~~ much
satisfaction: there was even a cook
book on the subject called "Supa-
sutra" (Soup-scripture), although
it has now been lost; ~~as well~~
while the very title of cook was
"Supa-krit (soup-maker). Today

三
十
三

the
Southern part of India still
preserves a few remnants of
the ancient tradition, among
which is Mulligatawney (pepper-
water) a curried soup.

(XXII)
(4) There are areas of the
Himalayan Valley which is
strange country for a part
from the ~~small~~ ^{FEW} straggling
villagers the ~~only~~ other
~~dwellers are~~ inhabitants one
is likely to meet with are
either holy recluses or
unholy bandits.

(XXIII) ⁽⁵⁾

what it is were fit to restrict the
beginnings of culture to ancient
Greece (Egypt, China, and India
were doing grander things and
contemplating ~~larger~~ deeper ideas before
Europe did).

1772

Faint, illegible handwriting on aged paper.

(xxiii)

Here in Europe the
summer days die slowly
into long ~~evenings~~

TROPICS

Evening than those of the

2

XXIII

(9)

Under the
upturned eaves of
a Chinese building
and behind its red-
painted pillars
art may be born
or wisdom con-
ceived

1871

[Faint, illegible handwriting on aged paper]

~~we find~~ We have only to look on
any drawing or painting of the dark
faced Bodhidharma
feel that any teaching coming
from this man must be abrupt
 terse, direct.

Japanese

Chinese

likely to

shock and (8)

certain to surprise XXIII-

INSERT
OVER

"and glaring eyes"

EX-111

(XXIII) These pundits, success-gurus and
such like are only copyists. They are rigid and
frigid, congealed in the forms of other world lives

Before their own time, they are only imitators
neither original nor creative, and above all sunk
in the letter and insensitive to the spirit

(XXIII)

of this
in a

Confronted by statements and records
experience which are being collected
only scientific manner, it becomes

think and more the case for the West
to find its way through the human mind to
clarity. It will then reverse its views

Box 111

20

It was not only the
cultured Chinese who thought it
unpleasant and demeriting to

shake hands but also the
orthodox Brahmin. For ^{the} ~~the~~
touch or SHADOW of ~~an~~
his own ~~all~~. ~~NON-BRAHMIN~~ ~~is~~ ~~called~~ ~~polluted~~

18 (XXIII) Congregations do
not favour (and wet) the open
a graded coarctations, the trickling
Mountains in the centre and
little tubs of palm-trees around
which I visit so fondly in
the Near East!

111 111

(XXXII) Traditions left over from parts of the globe quite distant from each other tell us of teachers and teachings, religious joys revealers and ~~those~~ ancient revelations which should not be entirely cast aside.

as worthless. Knowledge is not wholly confined to
our own era alone. There are still ~~some~~ other forces
in existence which are undiscovered but used elsewhere.

(XXIII ①) Those who care for Keans will
wander about in circles and in the end come
back with empty hands. They will have to
start afresh on a new road having learnt

That wisdom is not hidden in lunacy —
except for minds already confused or
distorted

XXIV In China conservatism was ⁽²²⁾
carried to the extreme, so that people could
only converse in platitudes and clichés
in conventional and expected phrases. No
departure from this rigid formulation was
permitted. After a thousand years this

loved its own evils. The Empire, and its
civilisation, fell apart! changes
came in quickening succession. Then
came the climax - Mao Tse Tung's
brand of Communism, with its own
special kind of changes.

(XXIII) I went to India several times
15 in order to get finished with the pre-
dispositions picked up in the past lives
~~which~~ in that area, although I did
not know this at that time. At
last I got cured and got into the new
rhythm which is the coming wave.
What India is fast losing, the West
is acquiring. But over approach

will be more scientific and less
religious; it will become as neat ^(a)
and precise as the Buddha's
~~statements~~ statements. Moreover it will
bring the ordinary life of the world into
the quest and not part from it as
an unholy thing. All this will be
more apparent in the future but it has begun

(x x III)
21

When the vivid colours
of sunset went out of the
sky I took up (Egyptian)
migration by
the Nile, ~~and~~ and
mentally went with
them. The self was little

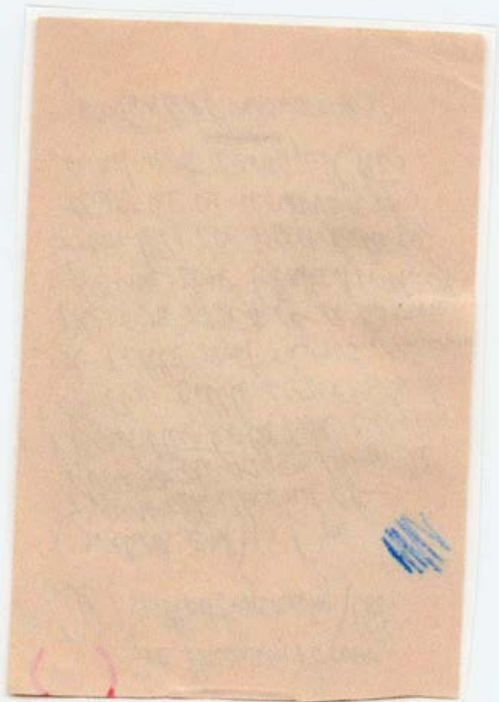
left far behind as I
passed into Nature's
stillness.

(XXIII) The Oriental
16 Use of the term
'wisdom' not only
includes our Occid-
ental notion of
Solomonic judgment
in dealing with a
situation but ranges

far enough to
include the capacity
to understand the
universe as it ~~really~~
is, and not merely
merely in
terms of sensory
experience
in depth,

14 The Unseen Power
All (without beginning) ~~lah~~

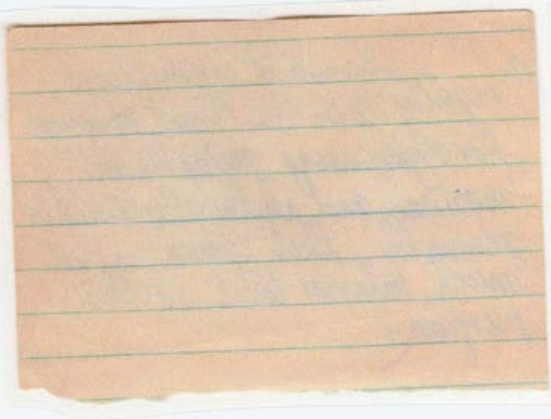
(without end) is One ~~the~~
Every other kind of
power derives from It.
And this holds true even
of the little power which
a little ant shows. Hence
the energies of a human
being are linked with It.
From this we may deduce
that he is unaware of,
and not using, all his
potential resources.



13

(XXIII)

Sanskrit is considered, rightly, to be the finest language for expressing metaphysical, mystical, and philosophic thought generally. But Greek was not much inferior to it for this purpose.



(12)
(XXIII)

~~Why~~ Why did
Buddha not wait
even a week before
going out to preach
~~his first sermon~~
among the people?

after his enlighten-
ment near Benares

Why did he keep up
the spreading of
his message &
incessantly for the
remaining forty
five years of his
life? Contrast
this with the ~~many~~^{many}
~~one~~ Hindu sages
and mystics, from
his own time till
this day, who sit
and wait for would-be
disciples to approach
them? The answer

his ~~of~~ only
partly in the idea
- & mission and power
with which he was
invested by the
World-Mind

36

(XXV)

Injured texts, portions of scriptures, great men's writings and sayings, offer guidance on the course of action to be followed, the ethical considerations to be heeded, the decisions to be made under

Certain pressures, crises or confrontations, decisions
whose consequences are often quite grave, who can
price the value of such reactions at such times?

(XXV)
38) Any person with experience can
write of things, diverse matters sometimes,
but he is then called upon to weave them.
His words come back later, to praise
or to accuse, according to the result.



29

(XXXV)

The quality of consciousness is affected by the way we live. Food, hygiene, surroundings, personal habits, speech, manners and

atmospheres should be in harm-
auric ony with the spiritual
ideal, that is, SATVIK.

(XXV₂₈) I have written at times that life was meant to be lived, that philosophy was not a hide-out for vague shiftless dreamers or an escape for ~~the~~ timid into futility. But some who applauded the words of my protest narrowed their significance. I did not anywhere say that the implied action ~~was~~ referred solely to physical living. ~~On the contrary~~ For the life of man must include adequate attention to his inner mental and emotional intuitive self or it remains incomplete WILL

ελθην 22 'Ημ.

Π	--	6 15 20 27	--
Π	--	7 14 21 28	--
Σ	1	8 15 22 29	--

ΑΠΡΙΛΙΟΣ — APRIL

ΝΗΠΤΕΙΟΝ (Σταυροσταυρημας) Τριου βολων

(XXV¹⁶)

We may learn this
truth from books or bibles,
from reason's product or
inspired revelation, but
we can also learn it with-
out either; that is,
from the experiences of
life itself

(XXX)

The first part of the
book is a history of the
from the early days
through the middle
the can also be
-out with the
from the experience of
the first

~~Sunday 16~~
(XXV³⁵) He has freed himself
from the world's domination
over his life, more
inwardly than outwardly.

~~Sunday 17~~ to a large extent.
He has done this by freeing
himself from attachments,
passions and ambitions. He
has no wish to impress
~~Monday~~ anyone else, no
craving for attention from
the public.

Wednesday 20

VXX

Thursday 21

Friday 22

at I offer no proofs, no
documentation, no argum
ent, when IT is there, it
is enough to silence me,
But when I do offer them
and speak, you ~~should~~
depart **AMN** 33
1984 (will do better to



(3) (XXV) Selflessness of purpose is said to follow attainment of this high spiritual status. On this point there is mis-
presentation so that beginners some get half-false, half-true notions. It does not mean that, as against other men, an enlightened person must surrender his possessions, his position or his services to them. He

has his own rights still and does not automatically have to abandon them all.

2 301

~~SOCIÉTÉ DE BANQUE SUISSE / SWISS BANK CORPORATION~~

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~~SCHWEIZERISCHER~~



~~For Ihre Bankgesichte / Pour vos opérations bancaires / For your banking transactions~~
~~Per le Vostre operazioni bancarie~~

(xxv) The truth is practical.

(5) For it ~~seems to~~ ~~change~~ worldly
experience ~~to~~ behind
with ~~the~~ compensation
~~of~~ higher understand-
ing. Life is then
seen as leading
to — but only
so far as we
are willing to
learn.

(XXV) MENTAL Attitude is
all-important. He may
respond to ~~the~~ suggestion
— that either he is
the feeble ego or he is
the divine Overself; it is
a matter of where he puts
his faith.



[XXV]
9

The circumstances
of his outer life
must affect the
condition of his inner
one. But this is true
only to the extent that
he admits or counters
them by his ^{will} acceptance
or ^{dynamis} resistance

The circumstances

of his case are

most of the

conditions of his

case. But this is

only to the extent that

the amount of

them for the

of the

(xxv) We look to last years, pleasant times gone
by, successes but we see also grim events and
frustrating failures. We can certainly learn
something from the past but that done, let it go. It
is better to get hold of something more lasting.

n,
e,
nd

(6) The Younger generation, whose influence is felt everywhere today, does not have enough experience to avoid falling into self-deception, superficiality and extremism. And because

XXV

experience comes slowly the young would do
better to temper their rebelliousness with
consultation with dialogue thus keeping the
whole picture in view instead of only one side of it.

~~(XN)~~ We ^② must look more closely for the greater purposes and higher laws which control our lives. They are there, amid the small events and the big ones. Men may grumble when they feel the effects of some of them but they work in the end to shape them into better

Persons aspiring for purer lives and seeking clearer
vision of truth.

(x + √₁₀)

If you take the widest possible view, all sections of ^{the} action and thought are the different inseparable from the amount of spirituality there is in a man.

11/11/11

(xxv) (17) Most people react
mechanically to surrounding
and situations, events and persons,
not creatively.

In this they are like
children and animals
not like ~~the~~ fully human
being. truly and acting

from
many
years
ago

[XXV] There are certain
ideas which a man
thinks he can never

Getting himself to
believe. And yet,
time may compel
the change.

~~XXXV~~ Those Christians
who were closest to
Jesus' time did not
set up two categories
— those in the world

(18)

and the Curving
withdrawn from it
outwardly, with
the second as superior.
It is monks who later made this
division.

(XXV) We do not
make mistakes (21)
through ill-chance
but through the
fault of our

personality and
through the extent
of our ignorance.

(XXV)

19 In order to live
among other humans, he
finds it advisable to
accept ^{HARD} compromises,
conscience questions him

how far to go in this
direction? ⁽⁺⁾

(xxv) The world confronts him
and its events or situations
demand action from him
to meet them. (22)

(++v) The beginner
needs knowledge,
needs to attend
lectures, study books,
discuss ideas and
even debate the
criticism of them.
But the man who
has done all that
needs to move
on, to get

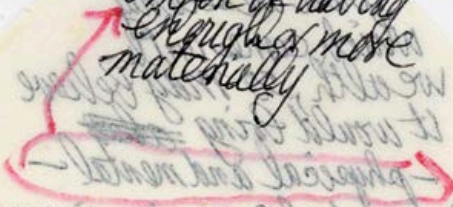
into the testing-ground
where values must
prove themselves;

~~teachings and~~

that is, into life
itself.

~~So~~ So many
want the security
which comes with
wealth, so may believe
it would bring ~~the~~
(-physical and mental-)
the end of anxiety inwardly
(XXV) (14)

and the
comfort of having
enough or more
materially



~~the end of the next morning~~
- physical and mental -
(XIV) (XV)

(16) "When Gustave Meyrink was in great danger
he would concentrate on his heart and
maintain an unalterable calm," said Herman Hesse

(2) When further investigation is required
the word "continued" or "no heart beat"
should be written on the instrument card, and then in pencil

23

(XXV)

Life itself puts a man to
the test, so that he may endure

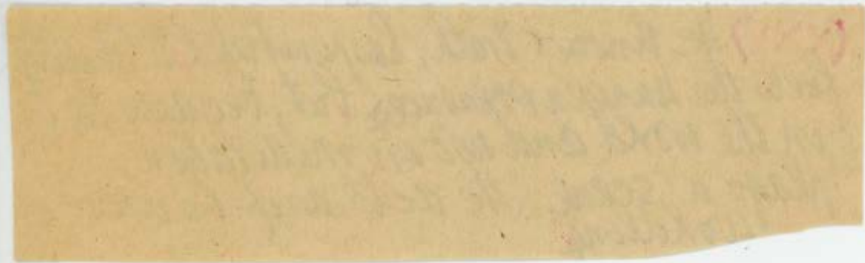
So himself what sort of stuff
he is really made of.

(xxv) The years of varied experience
give a man advice - if he will but
take it correctly and not distort it - no
less than other, more knowledgeable, men

(xxv 13) The most important questions which a man can
ask himself "What he is? and what he is here for?"
must be answered before his life finds its

proper course. Otherwise, in the higher sense, he
remains a mere animal.

(XXXV) He knows truth, has penetrated to Reality
feels the unseen presence but, because he is
in the world and not in meditation,
plays a scene. He acts as if he were a
worldling.



(XXV.) The need to make a rapid decision
may create panic in an uncertain mind. (12)
Here again the best counsel is to go into the
calm Silence.

push aside the insistent thoughts of pressure,
and wait in patience for mental ~~rest~~ quiet
to manifest itself. Then only can intuitive
guidance emerge.

(xxv) It is easy to create an idealistic figure in imagination and declare that he would ^{always} act in such-and-such a ~~noble~~ way, but in actuality his actions are unpredictable and what they are can really be known only when they happen

It is easy to understand why the
temperature and change that he would
be to know it that he would be
in fact, but in a sense - and - fact -
we think we are actually as
and what they are can really be known only
when they happen

(vxxv)

48

(XXV)

The desire to know other
will be seen for the vain activity
that it is. The need to perform

Overall will be understood for the
more urgent activity that self-
respect demands

(XXV)

Experience is an important school, provided we include other peoples, also and do not limit it to one man's alone.

177

Just as you are at sea in the
middle of the ocean
and you are at sea in the
middle of the ocean

(XXV.) It is not easy
but it is possible to
live in the world
and yet support the
inner quest at the
same time

50

~~XXIV~~ If, with the ⁴⁶
years, he uses them
to grow, improve and
correct himself,
gain balance and
peace, he can spare

himself reproaches
for the failures...
the lapses... the
stupidities.

(xxv) A large measure of secretiveness
about business is to a advantage
which is to protect it from the

the world. If this forces him to
pretend ~~to~~ to be of lower spiritual
status than he really is, the blame is on **the world**

It is when
a man is patient
enough to let
his thoughts and
quieten down,
and (feelings)
especially so
his passions,
that his
intuitions can
come through
and correct
judgments be
made

~~TTV~~
44



INSERT over

and however much they may
misjudge him,

~~...~~

(XXV 31) ^{ASK} For a man to

act with complete disinter-
estedness, utter imperson-
ality and perfect self-
lessness

think with is
feel with

to ask what is
close to the impossible.

But to ask him to polar-
ise himself towards
these goals so that he
has direction, is to
ask what is both reason-
able and desirable.

(XXV) He believed that living simply and on a low income promotes spirituality which

Rousseau supported by is improves character or

correct only in the case of those who have renounced the world, that is, of monks and nuns. In the case of the others, who constitute the mass of mankind, it is correct only for exceptional persons who know how to live in the world and yet not be of it. But most people

are in the grade of develop
~~ment~~ life's school where
they need to experience
and faculties, human individ-
uality. The spur to that
are first, responsibility, and
second ambition. These must
in the end force them to
improve themselves, to
improve their position, and
discharge family obligations
and the need to

(XXV 2) Every circumstance or situation may be
looked at ~~from~~ ^{FROM} a higher plane than the merely
animal or narrow, selfish one so that a
higher benefit may be got from it. But
this attitude calls for a willingness and detach-
ment and

(XXV)

... of circumstances or conditions may be
looked at ^{from} a higher plane than the merely
animal or material. ... so that a
higher report may be put down in. But
these other things, which are all
... -ment and ...

(XXV.) The aspirant lives a kind of double life. He sees
all his experiences as personal events just like other men
do, but he also sees them ^{AGAIN} as material for study. What
34 is and what ought to be his reaction to them?



(xxv) Experience is not
(24) always pleasurable:
it can be bitter and
depressing, perhaps
even tragic.

~~XXXXXXXXXX~~ Sir Thomas Browne,
"Adversity stretcheth our days."
(LIGHT) The Blind Milton could write
"Hail, holy Light,"

Handwritten text on a piece of aged paper, possibly a letter or document. The text is mostly illegible due to fading and bleed-through from the reverse side. A vertical stamp or mark is visible on the left edge of this section.

Handwritten text on a piece of aged paper, possibly a letter or document. The text is mostly illegible due to fading and bleed-through from the reverse side. A vertical stamp or mark is visible on the left edge of this section.

Handwritten text on a piece of aged paper, possibly a letter or document. The text is mostly illegible due to fading and bleed-through from the reverse side. A vertical stamp or mark is visible on the left edge of this section.

() It ~~would~~ is an illustration of the
Ying-Yang coupling that, in general, great
men are not without their small ~~weaknesses~~
virtues ^{ous} men, not without their blemishes and
successful men not without their failures

-XXXV- 42

Handwritten text on a yellowish-green fragment, possibly a label or note, with some illegible markings.

Handwritten red markings, including a series of 'X' characters and some illegible text.

Q/Multitudes believe they
can live without religion, which
is possible, and without God, which is
not. The very mind which makes
this assertion is itself a projection
from God

(xxv) 37

and then it has turned
its back on God and has
put him as God



(XXV. 32) Problems and troubles come to all alike,
at different periods of their incarnation, to the
wise and the foolish, the passionate and
the controlled, so that it would be futile
to try to find one person who has never had
them. But, wisdom or foolishness will be
revealed by the attitude, mental and moral,
brought to deal with them, and by the
dependence on self alone, or on self and
Overself ~~shown~~ together.

Handwritten notes on lined paper, oriented upside down. The text is mirrored and illegible due to bleed-through from the reverse side of the page. A circular hole is visible on the right side of the paper.

(XXV)
40 Miguel ~~Serrano~~

SERRANO referred to what
he called "the de-humanizing
path of the Orient" and
asserted that modern
Western Christian man does
not want it. He would

find his solution ~~to~~ by
combining the two —
contemplative life and
active life — in a single
mode.

XXV

The trivial tasks
which in their
totality drain off
energy; the abusive
cares and
problems

43

which, with the course of
time diminish hopes
and wear down idealism
— these may be there
but inner resources
are also
there.

(XXV)

39

He must solve the problem
by accepting the fact that
he lives on two utterly
different levels — the
immediate and the ultim-
ate — simultaneously.

XXX

(XXV) Those who are
unready for the higher
truth will also be
ungrateful to anyone
who foolishly brings it
to them.

1777 - 1778
The first year of the
war with the British
was a year of
great suffering
and hardship
for the people
of the colonies
The British
army had
moved into
Philadelphia
and the
Continental
Congress
had fled
to Lancaster
and then
York
The British
army
was
in
the
city
of
Philadelphia
from
September
26 to
October
4, 1777
The
British
army
was
in
the
city
of
Philadelphia
from
September
26 to
October
4, 1777
The
British
army
was
in
the
city
of
Philadelphia
from
September
26 to
October
4, 1777

(XXV) We exist on more
3 levels than one, from the
grossly ~~material~~ to the
finely ethereal. We
have to Physical
take care of our body,
of our ~~health~~ vital force,
our emotions and thoughts
because we have to live
with them and use them.

XXVII

Whether freed from the demands of
set by the coming of old age or by the
fulfilment of spiritual aspiration, he who
enjoys this freedom can turn his mind to
the Peace WITHIN.

more easily

1872

Department of Criminal Justice
University of Toronto

1872

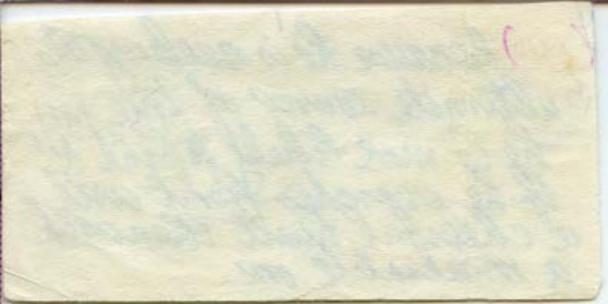
(XXVII)
18

This calmness comes partly from the self-improved training of thoughts and feeling during the day's activity; partly from practice of meditation; and partly from knowledge of the World - Idea and

the profound trust in the World-Mind which
it engenders.

(XXVII)

Because he is seeking the ultimate source of true joy, he is more likely to find it if he searches for it with a cheerful heart than with a miserable one.



11 (XXVII) These moments when negatives
are non-existent and peace within
is vivid can only be called
delicious, exquisite, and he
will do well to linger over

them and stretch out their time

(XXVII)

22

To enter into the presence of a high inspirational, feel its ennoblement and understand its message brings a deeply satisfying joy!



[Faint, illegible handwriting covering the page]

(XXVII) This even-
ness of temperament
comes gradually of
itself as he loves
more and more
with the deeper
part of his being.

1175

[Faint, illegible handwriting, likely bleed-through from the reverse side of the page]

(XXVII) Why does
one's face ¹⁷ tender that face more
attractive in a woman and more
welcome in a man? So it not

because we believe the person
live in a happy mood or a
generally attitude?

Hung Chou often
said: "Since I received
enlightenment I have
always been cheerful
and laughing

in the infinite wonders of
truth

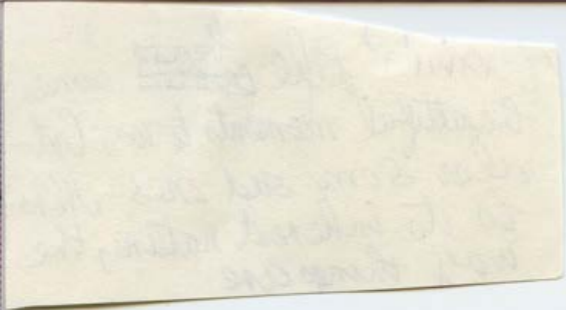
(XXVII)

23

ZEN



(xxviii) Life ^{bears} ~~contains~~ some
beautiful moments to us, but
also some sad ones. This
is its inherent nature, the
way things are.



() There is no other remedy
for human suffering of the
emotional kind than this
acceptance of truth: all else
is alleviation

~~merely~~

- XXV || -

< XXVII > ¹⁹ The more he
gathers in this peace, the
less he feels the need of
artificial stimulants like
drugs or tobacco or alcohol.



(XXVII)
10

It is true that a number of men find peace of mind on abundance of wealth, but it is also true that they do not find the greatest peace of mind! This comes from, and can only come from, the abiding tranquility of the soul.

1111

(XXVII) ¹³ The satisfaction,
even happiness, got
from any thing or person
is certainly there.
But it is only there for
a limited time and in
a limited way and to
a limited extent. For by
relaxing from the desire
when it is first gained,
the tension is dropped and
there is inner peace.
This may last a short
period of time but other
situations will arise which
oppose, reduce or even
destroy it and remove
whatever satisfies him
now may bore him

SITUATION

XXVII

later on.

1871

[Faint, illegible handwriting covering the rest of the page]

(.) The ordinary man, living his
simple existence uncomplicated by
questions about the abstract meaning
of that existence, not troubling his
head about yoga, religion, God,

and such ^(limited) matters, enjoys his own
kind of peace, one which the
guest has forfeited.

XXXVII

(XXVII) ¹⁰ The first way
of finding peace is to turn
away from the tumult of
thoughts and ~~and~~ look for
the still centre within

when harassed by a hard
problem or situation

When it is found and just
when it leaves, or must
be left, ask it for the
guidance needed. Let it
correct those thoughts

() The suffering which is attached
to life may vary in extent and kind but
it is missed by no one

(8)

XXVII

① (XXVII) The frequent practice of meditation slows down emotional responses and thus makes the practitioner more relaxed, calmer.

① (11/11) The experiment involves
investigation of labor that
performs and thus makes the
more relevant, columns

① (xxvii) When people seek excessive
entertainment & amusement, what a pile
they do up but confessing their lack
of happiness and their need to forget

this fact?

(XXVII) However adverse or (6)
difficult a situation may be
it is not only in conformity with
the quest to keep one's equanimity
but in the end one's advantage

X X X
However, although
difficult a student may be
to not only in conformity with
the best to keep one's emotions
but in the end find satisfaction

(4x2113) That mind is truly free which has emerged from the common state of being conditioned, distorted, unbalanced and sense-bound physically

~~TELEPHONE 21-359~~

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~~VICTORIA STREET,~~

~~AUCKLAND, C.I.~~

~~the~~

(XXVII^④) Did ~~Butta~~ Gautama magnify the sorrows he came across during his first free explorations of the world outside his palace? Was it fair to concentrate on them alone?

(xxviii) ⑤
~ as calm. Suzuki always kept imperturbable, also
Herman Hesse whenever and wherever we met, or, as
said of him, "He ~~does not~~ does not
allow

himself to be touched," This was when Arthur
Koester's criticism of him appeared in "The
Lotus and the Robot."

②

() Most men do not learn the practical wisdom of life the easier way. They do not heed the true secrets ~~of~~ sages, the far-seeing the inspired prophets. There is a harder way which they choose because it appeals both to their animal instincts and selfish purposes. This is why they must ~~not~~ be tutored by

XXVII.

necessity, that is to say by harsh circumstances
of their own making, by karma. -ces

(XXVII) whatever one is doing, to stop suddenly, at an unarranged moment and in an unforeseen position becomes a useful exercise when repeated several times ~~a few times~~ each day. It is necessary to hold the ^{entire} whole body rigidly fixed in exactly the posture which had been reached at the very moment of command. Even the expression on the face and the thought in the mind must be included. This is one of the 'Awareness' exercises, they ~~are~~ are performed sitting walking working when eating or moving.

(xxviii) The ^{USE} use of
short state

② mento made by a master to a disciple as a means
of getting the flash of enlightenment
often strangely worded, flourished in China
during the TANG dynasty. It was ①
taken up later by the Japanese,

among whom the method's original name —
"Kong-an" changed slightly to "fo-an".
Despite extravagant claims made for it
the successful practitioner got a glimpse
only, not a permanent and full result.

the best of
Kong-an (mix)
fo-an (2)

(XXVIII) The Cross is a symbol given to man
by the creative imagination of ~~the~~ his
Face's early seers. ~~Its~~ flat cross-bar
is his ordinary its everyday life
which he shares with all other men. Its
Upright bar is his higher spiritual life

which he shares with God. The entire
figure tells him that crucifixion of his
ego is resurrection of his spirit ~
normally and daily dead in the material
life.

which he shares with God
spiritual life

xxviii) The sign made by joining the
① ~~tip of the~~ **RIGHT** hand & also form
a ~~circle~~ circle
THUMB TO TIP OF
FORE FINGER

show that the person knows the
highest truth. It appears in both Hindu
and Greek Orthodox sacred pictures.
(atom is one with Brahman)

Note that all this happens
without any effort on his
part, without any use
of the personal will. It ③
is all done to him. Grace
acts in the same way.

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Handwritten number '13' in red ink, enclosed in a red oval.