

## Carbons 06 (Phrases)

*Editor's Note: This file was never meant for publication; it consists of PB's record of phrases and even sentences which he wanted to note down as they occurred to him. Some of these were integrated into paras at a later time; some may even be cribbed from other authors, though that is rare. While there is some value to the documents like this, their primary value is as a record of PB's writing process – and certainly not a primary source of his ideas! A few phrases have been given category numbers; these are all Old Category numbers.*

*For more information about the people and texts PB quotes or references here, please see the file titled "Wiki Standard Info for Comments." For more information about the editorial standards, spelling changes, and formatting that we have implemented – including page and para numbering – please see the file titled "Introductory Readers' Guide." We have introduced minimal changes to the text; our changes deal with inconsistencies of spelling, educated guesses at illegible words, and the rare modification of grammar for clarity's sake. Whenever there is any question as to whether what is typed is what PB wrote, please consult the associated scan of the original pages, currently to be found in a PDF of the same name. – Timothy Smith (TJS), 2020*

1<sup>1</sup>

(1-1)<sup>2</sup> From:

APT.8  
L. Stevens  
690 S. C. H'wy  
Laguna Beach, CA  
92651 U.S.A.<sup>3</sup>

DUPS  
"PHRASES"<sup>4</sup>

To:  
APPT 22 – Dr. P. Brunton  
107 Avenue des ALPES  
1814 La Tour-de-Peilz  
SWITZERLAND  
APT 22<sup>5</sup>

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<sup>1</sup> Envelope front with handwritten addresses.

<sup>2</sup> The paras in this file are all unnumbered.

<sup>3</sup> Lorraine Steven's handwriting, and her address at the time. – TJS

<sup>4</sup> PB himself inserted "DUPS 'PHRASES'" by hand, when he repurposed the envelope to hold duplicate para pages.

<sup>5</sup> This was PB's final residence in 1979-1980. – TJS

VIA AIRMAIL

2<sup>6</sup>

3

(3-1) The lessened vitality of elderly persons

(3-2) The brusquely-opposite elements are everywhere present

(3-3) The inflamed passions

(3-4) It is not that the higher truth is to be brought to the door of everyone – and especially the young – but that

(3-5) These scattered notes written on perishable paper

(3-6) The rich crimson beauty of these sunsets

(3-7) The slow-beating wings of butterflies

(3-8) Not only for a few special persons

(3-9) They take shelter in false beliefs

(3-10) Nature Food HF Store

1. Whole millet

2. Coupon for free Vitamin E given only with purchases.

4<sup>7</sup>

5

(5-1) High and heroic aims

(5-2) It is the best of himself

(5-3) Susceptible to the aura of places and people

(5-4) The intrigues and manoeuvres of politics

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<sup>6</sup> Envelope back cover

<sup>7</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 9." At the top of the page by hand.

- (5-5) Where {intellectual}<sup>8</sup> acceptance of these religious tenets
- (5-6) The need of a balance between the different forces in man
- (5-7) The long fight between reasoned thoughts and sensual impulses.
- (5-8) To give such hard and high doctrine a touch of humanity
- (5-9) There is no room here for smooth facile optimism
- (5-10) In this stillness of the total being
- (5-11) These elegant and delicate drawings from Japan

6<sup>9</sup>

7

- (7-1) Forlorn grandeur of the site
- (7-2) Mosquitoes skimmed the surface of the pool
- (7-3) An overactive brain
- (7-4) Bring it up for judgment by the tribunal of reason
- (7-5) A gaunt austere relentless asceticism
- (7-6) These minutes when twilight closes and night comes on
- (7-7) These whispered and mumbled occult secrets
- (7-8) The different systems of religious belief and ritual worship
- (7-9) The beautiful felicity of the Presence
- (7-10) Ever risking emotional entanglements

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<sup>8</sup> Lorraine Stevens left a space after "intellect" in the original, either because she couldn't read PB's handwriting, or because PB himself left a blank in the para. We have amended it to "intellectual" for clarity.

<sup>9</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 10" at the top of the page by hand.

(7-11) It brought with it a sense of rightness.

(7-12) Study, meditate and apply

8<sup>10</sup>

9

(9-1) In this acted drama on the world-stage, we

(9-2) The difficulties which appear are challenges to ingenuity; how are they to be countered.

(9-3) Keep an even balance

(9-4) The inner worth of a man

(9-5) Men of uncommon spiritual height

(9-6) The world is the perfect expressing imperfect

(9-7) The hard elongated visage of an Atlantean

(9-8) Those who seek ampler outlooks must go beyond scientism

(9-9) With palm clasped together in the submission of prayer

(9-10) That there are a sufficient number of people to support such movements is a sign.

10<sup>11</sup>

11

(11-1) This spherical world and its spiral movement

(11-2) They fail to recognise their finest intuitions, so subtle tender and delicate is it, and so lose celestial treasure

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<sup>10</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 11" at the bottom of the page by hand.

<sup>11</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 12" at the top of the page by hand.

(11-3) The scintillating colours of a medieval Italian Master painter's painting

(11-4) This exquisite tranquillity

(11-5) Unforced and natural abidance in the Overself - this is sahaja<sup>12</sup>

(11-6) The world is there inside our mind's

(11-7) To be indifferent to surroundings

(11-8) They expect - and want - to enter a permanent ecstasy

(11-9) Total independence is quite illusory

(11-10) Solitude and peace are the good companions

(11-11) Technology are matched by its misdeeds

12<sup>13</sup>

13

(13-1) Ends in deflated ecstasy

(13-2) The arrears of correspondence is always uncomfortably heavy

(13-3) His charmed phrases, like "the kingdom of heaven"

(13-4) Whether he be enraptured mystic or quiet philosopher

(13-5) The smoky glow of incense

(13-6) This demonic haunting

(13-7) Have I an individual destiny?

(13-8) The massive impenetrability of these

(13-9) Emotional excesses

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<sup>12</sup> "sahaj" in the original.

<sup>13</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 13" at the top of the page by hand.

(13-10) Trapped within the ego

(13-11) Within the field of human affairs

(13-12) He has passed into memory's hinterland

14<sup>14</sup>

15

(15-1) Poor humanity, fettered by its own desires suffering from its own frustrations,

(15-2) The world out there and the consciousness in me

(15-3) Rushing to keep appointments, keeping up with the modern tempo

(15-4) The eyes stare vacantly

(15-5) They find their truth in falsity

(15-6) The experience leaves him exalted

(15-7) Intoxicated by drugs

(15-8) Minds not yet wholly strangled by convention; or snobbishness, or

(15-9) The robed and girdled figure of a monk

(15-10) A noble quietude slowly infiltrates him

(15-11) The melodic inspirations of Beethoven.

(15-12) Moments of explosive revelation

16<sup>15</sup>

17

(17-1) Authorised exponents of official religions

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<sup>14</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 14" at the top of the page by hand.

<sup>15</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 15" at the top of the page by hand.

- (17-2) Retire into his inner being
- (17-3) Whether in religion, politics the conventional fictions of officialdom
- (17-4) The danger of fancied knowledge
- (17-5) They reject conventional views
- (17-6) In language that is clear and understandable
- (17-7) Clean-cut prose
- (17-8) The awed quiet
- (17-9) Apathy and emptiness within them
- (17-10) The self-accusing stage of the Long Path
- (17-11) To float the cares and burdens of life as if on air
- (17-12) To lay undue stress on material things

18<sup>16</sup>

19

- (19-1) If life turns into a bloodless unfeeling and much-narrowed thing
- (19-2) I must maintain my privacy
- (19-3) Uncertain and hesitant, torn between faith and scepticism
- (19-4) Romantically utopian notions in which they want to believe though facts contradict them
- (19-5) Man at his best moment
- (19-6) Wild statements
- (19-7) The flow of awareness \_\_\_\_\_<sup>17</sup> intermittent at first but becomes continuous later

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<sup>16</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 16" at the top of the page by hand.

(19-8) To reflect upon the basic truth

(19-9) This feeling of one's personal self

(19-10) When a considerable extent of meditation has been done

(19-11) The stillness of a countryside twilight

20<sup>18</sup>

21

(21-1) Information as a part of education but only a part.

(21-2) The years abate passion

(21-3) Who try to find a meaning in life

(21-4) Dusk which puts out the light of day

(21-5) The puppet of fate

(21-6) Squabbling humanity

(21-7) Crippled questers

(21-8) The silence is most impressive

(21-9) The feeling that this moment is an ordained one is inescapable

(21-10) He may try to hold the glimpse but it is in vain

(21-11) They wait vainly for deliverance from their

(21-12) He does not seek adulation, he has no delusion

22<sup>19</sup>

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<sup>17</sup> A blank space was left in the original because the original typist couldn't read PB's handwriting, or because PB himself left a blank in the para.

<sup>18</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 17" at the top of the page by hand.

<sup>19</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 18" at the top of the page by hand.



(23-1) To find peace in the cloister, with its covered walk and bare rooms

(23-2) Bewitched into stillness and spell-bound by its charm

(23-3) Some lonely thinker holding to his own original thoughts

(23-4) Chained as they are to worn-out dogmas and false theories

(23-5) This leaves more questions than it answers

(23-6) To be still is also another way of praying for enlightenment

(23-7) Civilised behaviour and urbane manners

(23-8) The upsurge of interest in these studies and practices

(23-9) Whether the ego's wishes are satisfactorily fulfilled or miserably frustrated and stubbornly opposed,

(23-10) Many a chill and solemn discourse

24<sup>20</sup>

25

(25-1) When inspiration flags

(25-2) Art rises to a higher level when the artist forces himself from sectarianism with its narrow trappings and specialised symbols

(25-3) The intense concentration needed

(25-4) The quality of refinement and purity

(25-5) To reach that peace when all questing done,

(25-6) Repulsive and compulsive habits

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<sup>20</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 19" at the top of the page by hand.

- (25-7) Thoughts must be regulated and then focussed.
- (25-8) Cities with well-spaced avenues
- (25-9) - inured to disappointment
- (25-10) Where privacy cannot be violated
- (25-11) Untimed and unspaced being
- (25-12) The equanimity of a philosopher
- (25-13) Writing is my daily bread it nourishes<sup>21</sup> satisfies and fulfils me

26<sup>22</sup>

27

- (27-1) The beginner needs certain cautions
- (27-2) Yogi who sits without moving limb, trunk, hand, face.
- (27-3) Those who are enslaved by clamours voluptuous passion.
- (27-4) Whether the effort comes to early death or lingers on to drawn out
- (27-5) In the fading dusk
- (27-6) These dingy industrial towns, where leaves struggle precariously for life against brick and soot
- (27-7) The desire for concealment is strong
- (27-8) The spiritual nature that, in his better moments, he knows himself to have.
- (27-9) Religion without superstition,
- (27-10) The mere task of ordinary existence
- (27-11) Less intolerance bigotry and less harsh uncharitableness

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<sup>21</sup> "nourished" in the original

<sup>22</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 20" at the top of the page by hand.

(29-1) In the pursuit of worthy goals

(29-2) A fatalism which ties man hand and foot

(29-3) The years when I roamed in India

(29-4) Noisy raucous voices which grate harshly upon refined ears and sensitive feelings

(29-5) Duped by their own fantasies

(29-6) Studying books without any discrimination or system

(29-7) The passivity which overcomes the aged

(29-8) The charm of a lingering sunset

(29-9) It is his heart's core, his soul,

(29-10) This placid quietism

(29-11) A statue-still figure meditating on a couch

(29-12) A space-held, time-embalmed thing

(31-1) Held-in emotions

(31-2) The world is not self-existent but MIND is.

(31-3) That luminous wisdom which was for Socrates' the soul's or quality."

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<sup>23</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 21" at the top of the page by hand.

<sup>24</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 22" at the top of the page by hand.

- (31-4) The pleasure of having things
- (31-5) They have had a sufficient share of life's troubles and sufferings
- (31-6) Peace - so slowly found so quickly lost!
- (31-7) History - with its endless old abuses and endless new reforms
- (31-8) Helpless in their sensualism
- (31-9) Our best thoughts come out of it
- (31-10) The self within the self
- (31-11) Beware of bizarre cults
- (31-12) Is it a futile expectation?
- (31-13) Lost vitality of the religions

32<sup>25</sup>

33

- (33-1) Creation is inexhaustible
- (33-2) How irreverent is such an attitude!
- (33-3) New thoughts, new ideas form themselves in the mind
- (33-4) The crude but picturesque symbolism of primitive faiths
- (33-5) These fragile petals of a short-lived flower
- (33-6) Through lingering summer evenings
- (33-7) His excited sentences
- (33-8) The deepening stillness
- (33-9) Body falters and disintegrates

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<sup>25</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 23" at the top of the page by hand.

(33-10) Provides us with inner peace

(33-11) "By frequent occupation with it" 1) the Foundations of Mindfulness are cultivated - Buddha

34<sup>26</sup>

35

(35-1) To protect a man against his own excesses

(35-2) Obscure language and impenetrable foggy communications

(35-3) He feels that a benign presence is with him

(35-4) In the time, whatever it be, that remains to me

(35-5) So incoherent in expression so incredible in message

(35-6) Where brown autumn leaves strow the ground

(35-7) A concentrated stare is uncomfortable to others

(35-8) These perfect men are imaginary men

(35-9) Negative thoughts adversely cast their shadow on the chemistry of the body.

(35-10) Innovations of Euro-America confront traditions of Afro-Asia

36<sup>27</sup>

37

(37-1) Soothes him into a state of peace

(37-2) Intermittent revelations which I have called "glimpses"

(37-3) The measured cadences of a fine classical poem

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<sup>26</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 24" at the top of the page by hand.

<sup>27</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 24" at the top of the page by hand.

(37-4) The diabolical noise of modern machines, whether on the road or in the air

(37-5) The punishments threatened for bad deeds, the rewards offered for

(37-6) Until his surroundings are effaced

(37-7) The calm picture of a westering sun

(37-8) Seraphic is that peace

(37-9) The body's ever-flowing blood

(37-10) Worldly happiness is often precarious

(37-11) It is a study which is quite out of the ordinary

(37-12) He is a keeper of the divine secret

(37-13) He keeps the soul's secret within himself

38<sup>28</sup>

39

(39-1) The slow descent of twilight

(39-2) The languid pleasant hour of eventide

(39-3) We who have served our noviciate

(39-4) The last evening light fell upon the scene

(39-5) An upset balance

(39-6) Tawdry vulgar taste

(39-7) Rose-flushed eastern sky

(39-8) An artistically educated taste

(39-9) Softening his grief, muting his despair

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<sup>28</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 25" at the top of the page by hand.

(39-10) When the eyes begin to uncloze, when awareness comes to the waking self and the world reappears -

(39-11) A calmness which is total and quite uncommon

(39-12) To bring some truth to the people

40<sup>29</sup>

41<sup>30</sup>

(41-1)<sup>31</sup> The spirit as freedom  
The spirit as spiritual realisation

(41-2) To state his relationship with the divine being and with

(41-3)<sup>32</sup> If class standing creates pride and haughtiness, arrogance and selfishness, it is abused. The general order of Nature

(41-4) In their search for mystical bliss

(41-5) A life of outer ease but inner emptiness

(41-6) The personalised self

(41-7) The charmed hour of sunset

(41-8) Weak ineffectual efforts

(41-9) Impose a graceful stillness upon a fidgety body

(41-10) It offends good taste

(41-11) Inexperienced indiscriminating aspirants

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<sup>29</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 26" at the top of the page by hand.

<sup>30</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 27" at the top of the page by hand.

<sup>31</sup> There is a pencilled question mark at the beginning of this para - probably Lorraine asking PB to 'check' this para.

<sup>32</sup> There is a pencilled check mark at the beginning of this para - probably Lorraine asking PB to 'check' this para.

- (43-1) The overtense living of our times
- (43-2) Their distresses and disharmonies
- (43-3) The unrealistic fantasy of solipsism
- (43-4) The vast network of the universe
- (43-5) They run away into romanticism
- (43-6) The constant mumbling of a mantram
- (43-7) The long stretched-out sentences of his German writing
- (43-8) The wistful melancholy of an autumn evening
- (43-9) Modern youth, critical and scornful
- (43-10) To refind his equilibrium
- (43-11) A mere cerebral commotion
- (43-12) The charlatans who pose as artists
- (43-13) It is an appeal to one's moral self-respect

- (45-1) In the elusive subtlety of a Buddha's half-smile
- (45-2) Passions and the troubles which come with them
- (45-3) Thoughts jump hither and thither

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<sup>33</sup> Blank Page

<sup>34</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 28" at the top of the page by hand.



- (45-4) The tasteless vulgarity of the masses
- (45-5) The mystery at the very core of our consciousness
- (45-6) Questers create their own illusions
- (45-7) All are ego-ruled
- (45-8) Weightless but witty pages
- (45-9) He will pass through many phases and various stages
- (45-10) Doubts and questionings may come
- (45-11) A distant but not cold look in his eyes
- (45-12) A grave but not sombre expression around his mouth

46<sup>35</sup>

47

- (47-1) To have witnessed human follies for so long a lifetime
- (47-2) Cultivate mind, improve character practise mental quiet
- (47-3) The green tranquil beauty of the garden
- (47-4) The creeping of old age
- (47-5) Extricate oneself from tangles of attachments
- (47-6) Such high-powered concentration is necessary
- (47-7) The simulated "I"
- (47-8) When dusk falls meditation's opportunity rises
- (47-9) When this earthly life comes to its weary finality
- (47-10) Above the vanity and folly of social ambition

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<sup>35</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 29" at the top of the page by hand.

(47-11) Suffocated by too much conventionality and formality

48<sup>36</sup>

49

(49-1) The sage looked beyond his hearer as he spoke

(49-2) Remote from the common life

(49-3) Until a cultivated trait becomes an instinctive one

(49-4) Background is to be reckoned too. It contributes something

(49-5) Life was withdrawing back into the darkness whence it emerged

(49-6) Confirms our ideas and renews our faith

(49-7) Self-approval

(49-8)<sup>37</sup> And refuge for the world-weary

(49-9) ego-shrinking

(49-10) A practical visionary

(49-11) Floundering in a sea of words

(49-12) The colour and quietness of sunset

(49-13) The anxieties which beset human existence

50<sup>38</sup>

51

(51-1) Calvinist and Puritan in austerity

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<sup>36</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases-Pg. 30" at the top of the page by hand.

<sup>37</sup> There is a pencilled check mark at the beginning of this para - probably Lorraine asking PB to 'check' this para.

<sup>38</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 31" at the top of the page by hand.

(51-2) The long chain of cold peaks which look down from the North on hot India

(51-3) The daylight withdraws, the evening shadows invade

(51-4) When the tulips raise their coloured heads in spring

(51-5) The quietude of deepening dusk

(51-6) Whether aloof or accessible, these holders of secret truths

(51-7) To sweeten human relations by little courtesies

(51-8) That serenity of the figured Greek gods which Plato noted

(51-9) Some fates he cannot escape

(51-10) Those lines of words which grow into a paragraph

(51-11) The meridian lines which move into the Pole

(51-12) The

52<sup>39</sup>

53

(53-1) Debased morals

(53-2) Moral degradations

(53-3) squalid scenes of sexual lust-perversion are portrayed too often on stage or film

(53-4) Their standards of taste are low; the lack of civilised behaviour

(53-5) Overwhelmed by events which forced their will on him

(53-6) Seeking non-existent goals or inaccessible heights

(53-7) Sensitive to impressions which come from within

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<sup>39</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 32" at the top of the page by hand.

- (53-8) Low standard of manners
- (53-9) Events will soon correct their error
- (53-10) A smile hides behind his beard
- (53-11) The long journey from savage to sage
- (53-12) Until it becomes a passionate concern

54<sup>40</sup>

55

- (55-1)<sup>41</sup> To withdraw from the world for a short time, as into a sanctuary,
- (55-2) Aeons of time may pass but what has been will, in some other form, recur again
- (55-3) A life made up of trivialities
- (55-4)<sup>42</sup> You are called on to seek your own divinity, not to fuss about other men's.
- (55-5) Isolated in his proud self-sufficiency
- (55-6) He wants truth in its totality
- (55-7) To appreciate rather than denigrate
- (55-8) Is it casual chance?
- (55-9) The relentless realistic Greek tragedies
- (55-10) When an idea is received into consciousness
- (55-11) This agitated century
- (55-12) This interior equilibrium

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<sup>40</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases - Pg. 33" at the top of the page by hand.

<sup>41</sup> There is a check mark at the beginning of this para - Lorraine is asking PB to check this para. She adds the note "comma or period?" at the end.

<sup>42</sup> There is a check mark at the beginning of this para - Lorraine is asking PB to check this para. She comments "Sentence" meaning this is not a phrase.

(57-1) These calm statements

(57-2) Give a guarded answer.

(57-3) Some have a colossal ego

(57-4) One whose nerves and mind are weakened by his frequent submission to lusts may

(57-5) Noises bang at his ear-drums

(57-6) A liberating feeling of infinity stretching itself out and carries him into mystery

(57-7) Bondage to institutions organisations and

(57-8) What is the difference between the concepts of existence and Being? Hegel has tried in his ponderous way to express it metaphysically and only intellectually

(57-9) Chirping music of the cicadas

(57-10) High-quality intuition

(57-11) To slacken the sprightly pace of his thoughts

(57-12) The ignominy of materialism

(59-1) When he feels taken with surprise to the point of breathlessness

(59-2) Amid progress and setbacks

(59-3) Midnight meditations

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<sup>43</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 34" at the top of the page by hand.

<sup>44</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 40" at the top of the page by hand.

- (59-4) The dying splendour of the sun
- (59-5) Theologies which religion breeds, some dour and some gentle
- (59-6) To shackle the beast in man
- (59-7) The rhythms of poetic works
- (59-8) High-quality research work
- (59-9) The metaphysical consciousness
- (59-10) These works are documents of philosophic value
- (59-11) In strong muscular sentences
- (59-12) Its gracefulness, its elegance and its style
- (59-13) This is expectable

60<sup>45</sup>

61

- (61-1) The tawdry facade that covers up our emptiness
- (61-2) He has no faith, prefers to struggle on alone
- (61-3) The gains that go, the pains that come
- (61-4) A lively imagination
- (61-5) The total picture
- (61-6) Zen regards being as the Self-unfolding of the Unformed Nothing
- (61-7) Spontaneity to originality
- (61-8) This inner withdrawal from the world

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<sup>45</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 41" at the top of the page by hand.

(61-9) Such a course would be sane and prudent

(61-10) Grace is inner healing

(61-11) The homeward-turning quester

(61-12) The subtle persuasiveness

(61-13) Cramped by orthodoxy

62<sup>46</sup>

63

(63-1) The little time we spend in life

(63-2) The point of light which holds a world – a star –

(63-3) Stilted pompous conventional sentences

(63-4) The thought puts a gloom upon one's mind

(63-5) That very slow-dying satellite the moon

(63-6) The unique quality of the Stillness

(63-7) A new day brings fresh hopes

(63-8) When summer's green turns into winter's grey

(63-9) The white peace of the snow-covered fields

(63-10)<sup>47</sup> These are the strange moment when world seems unreal

(63-11) The glory of sundown wanes into the gloom of dusk

(63-12) The stillness of a statue

(63-13) Time erodes all things

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<sup>46</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 42" at the top of the page by hand.

<sup>47</sup> There is a handwritten check mark at the beginning of this para – Lorraine asking PB to 'check' this para.

(65-1) LIBRARY: Fung Yu-lan<sup>49</sup> "The Spirit of Chinese Philosophy" London 1947 also his "History of Chinese Philos. 2 vols Princeton University 1952

(65-2) 1. The supreme importance of turning to the stillness  
2. The magic work of the stillness.

(65-3) He needs these retreats to mobilize his forces,

(65-4) Those who are becoming aware of deeper needs which belong to the spirit

(65-5) Dispel the mystery

(65-6) These heavenly messengers

(65-7) Totally convincing statement

(65-8) They are mere echoes and distorted ones too not real voices

(65-9) The Alps are silent, the lakeside gulls are squawking,

(65-10) To confide his sins and sorrows to a willing ear  
[Cont. Pg. 45]<sup>50</sup>

(67-1) The cracking structures of ecclesiastical organisations

(67-2) The enfeebling dissensions concerning dogmas and creeds

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<sup>48</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 43" at the top of the page by hand.

<sup>49</sup> "Fung Yu-tuan" in the original; this writer's name should be Fung Yu-lan (Chinese philosopher/historian, 1895-1990).

<sup>50</sup> Lorraine Stevens deleted "The cracking structures of ecclesiastical organisations," as it appears again at the top of the next page, and inserted "Cont. Pg. 45" by hand.

<sup>51</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 45" at the top of the page by hand.



- (67-3) Bizarre sects
- (67-4) To gain an overview of history's meaning
- (67-5) To sit so long without a movement of the body
- (67-6) Bizarre cults
- (67-7) Bemused followers
- (67-8) I gaze at the great bulk of the Alps
- (67-9) The wonder of the cosmic order
- (67-10) To be realistic without being revolting
- (67-11) Music of primitive origin or of adolescent appeal
- (67-12) Truths which take on immediate force

68<sup>52</sup>

69

- (69-1) The shuffling walk, the bent shoulders of so many old persons
- (69-2) The opposites must be reconciled
- (69-3) A mental numbness may supervene
- (69-4) Their wan strained faces
- (69-5) The lack of reverence in life today
- (69-6) The heated fancies of their pseudo-romantic
- (69-7) The statuesque beauty of ideal goodness
- (69-8) Cunning politicians are not capable statesmen
- (69-9) People who are psychically ill

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<sup>52</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 46" at the top of the page by hand.

(69-10) Traits which keep his own self-respect and acts which earn his own self-approval

(69-11) Their soiled characters

(69-12) Their shabby experiences

(69-13)<sup>53</sup> The haunting but high presence of the Overself

70<sup>54</sup>

71

(71-1) To shake attitudes and shock minds

(71-2) Exuberant creativity of an inspired genius

(71-3) Troubled by hardships in the present and anxious about uncertainties in the future

(71-4) That he exists makes more satisfying coming to earth at this period.

(71-5) To find a stable balance

(71-6) The values which influence behaviour

(71-7) Salaried spirituality

(71-8) Their poor balance makes success unlikely

(71-9) This churchless life

(71-10) Lustrous moments

(71-11) To a yellowed leaf or a grey-haired man

(71-12) The inspirer of life's hopes, the supporter of its journey.

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<sup>53</sup> There is a checkmark at the beginning of this para. Lorraine asks: "Period?" meaning "should this phrase get a period?"

<sup>54</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 47" at the top of the page by hand.

(73-1) The gestures forms and garments used in religious ceremonies

(73-2) We must avoid such confusion of categories

(73-3) Not always but quite often this happens

(73-4) The misery caused by incorrect choices

(73-5) It does not repudiate the senses

(73-6) As passions wither

(73-7) The mantram echoes in the mind

(73-8) There was a kind of remoteness in his eyes

(73-9) The fall from youth to age

(73-10) He may have been accustomed in the past to

(73-11) Hieratic symbol

(73-12) Those melancholy, but not miserable, late autumn evenings

(73-13) With the world in a state of perpetual crisis

(75-1) These messianic militarists

(75-2) The wish to bring their bodies together

(75-3) Atrocities in the slaughter-yards

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<sup>55</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 48" at the top of the page by hand.

<sup>56</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 49" at the top of the page by hand.

(75-4) Is God

(75-5) A disciplined life, yes, but not a harsh one

(75-6) Personal holiness is also, and as much, a necessity as personal understanding

(75-7) It is not the cold frozen silence of mild hostility

(75-8) It is charged with particular meaning for him

(75-9) Curbing desires and restraining tempers

(75-10) This is creative discipleship not the blind slavish kind

(75-11) Until peace captures the mind

(75-12) Their naive worship

76<sup>57</sup>

77

(77-1) The hysterical frenzy of a mob

(77-2) Balanced upon the edge of mystery

(77-3) Great in his work small in his mind

(77-4) Overwhelmed by their sex passions

(77-5) The spectator of such a picture

(77-6) This ascetic rigour

(77-7) The Alps raise their high impersonal rampart around the lake

(77-8) The disciple's enthusiasm wanes or waxes Strangle the ego

(77-9) The attractiveness of evil

(77-10) The flash of recognition

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<sup>57</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 50" at the top of the page by hand.

(77-11) Whether the ill-being or well-being of people

(77-12) Poetic charm of twilight

(77-13) Small indulgences in harmless pleasures

78<sup>58</sup>

79

(79-1) When the mind wanders away from its surroundings

(79-2) Soaked in these certitudes

(79-3) It will happen again in a future life

(79-4) Whatever interrupts work or disturbs privacy

(79-5) With hands lying idle in his lap

(79-6) Whoever is willing to meet the price may find inexpressible peace

(79-7) The enchantment of a great belief

(79-8) Sincerity needs the accompaniment of clarity

(79-9) The quest may be unsparing in its demands on his self-discipline

(79-10) Read what exalts you, supports you and inspires you

(79-11) The pronouncements of sages and preachments of saints

(79-12) A splendid intelligence

80<sup>59</sup>

81

(81-1) He forfeits self-respect

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<sup>58</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 51" at the top of the page by hand.

<sup>59</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 52" at the top of the page by hand.

(81-2) This divine peace could come again

(81-3) Supercilious postwar wasters

(81-4) Unbalanced, faddish, lacking essential elements

(81-5) The moments when he is most susceptible to this influx

(81-6) The shrunken little ego

(81-7) A cultural void

(81-8) Atrophied conscience

(81-9) Stirred thoughts must quieten down

(81-10) Who cares to look forward to the slow walk and shrivelled hands of old age?

(81-11) Who readily transpose [an after-glow]<sup>60</sup> from the pages of such books the ideas and feelings expressed there

(81-12) A steely stoicism

82<sup>61</sup>

83

(83-1) A benign figure in an evil time

(83-2) They are off-balance

(83-3) Self-born

(83-4) Non-academic presentation of philosophy

(83-5) They are mere animals

(83-6) This voluntary isolation

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<sup>60</sup> "an after-glow" was typed above the line and inserted with a caret.

<sup>61</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 53" at the top of the page by hand.

- (83-7) A deceitful haze of illusory reality
- (83-8) So often sought but so seldom gained
- (83-9) Shut the door on the past and then lock it.
- (83-10) All religions illustrate the power of suggestion
- (83-11) A collapsed ego
- (83-12) Placed between contraries as we are
- (83-13) Mind engaged in the contemplation of itself.

84<sup>62</sup>

85

- (85-1) These dark dingy miserable muddy colours
- (85-2) In this lofty consciousness the thinking principle is not attached to any object.
- (85-3) An austere iron discipline
- (85-4) Self-reverential
- (85-5) Truth, whether drawn from tradition or out of themselves,
- (85-6) The misery behind the laughter
- (85-7) Men of confused or vague ideas about this subject
- (85-8) Willing surrender to the Highest
- (85-9) A feeling which ought not to be denied or repressed
- (85-10) Established, naturalised and humanised in the Real
- (85-11) This assumed enlightenment
- (85-12) The quest, its aspirations and consolations

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<sup>62</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 54" at the top of the page by hand.

(87-1) Deformed characters

(87-2) These time-stilling moments

(87-3) That exaggerated respect for anyone of high birth, high office or much fortune which is snobbishness

(87-4) The secondless Reality

(87-5) These psychedelic experiences

(87-6) Quiet and distant among others

(87-7) Victim of their own feelings

(87-8) The ego's strong centricity causes it to glorify itself, to be permeated with vanity and

(87-9) Teeming cities

(87-10) The dark corners of human nature

(87-11) The stately ceremonial of a formal religion

(87-12) Practise a cautious silence.

(89-1) Helped by this atmosphere of noble graciousness and restful unhurried ease.

(89-2) Vague half-formed notion

(89-3) Sectarian outlook which fossilises the mind and prevents growth, extremist

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<sup>63</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 55" at the top of the page by hand.

<sup>64</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 56" at the top of the page by hand.



obstinate narrow, hence missing opportunities

(89-4) Day leaves and night returns

(89-5) Moments of blessed quiet

(89-6) The sun still owns a large area of sky

(89-7) Culture, that is the study or practice of religion science, art, literature, ethics

(89-8) Inspires and supports his activities

(89-9) Shut in with egoistic cares

(89-10) When consciousness is isolated from its products - thoughts -

(89-11) Where taut nerves can slip into soothing peace

(89-12) The enormous waste of energy is stopped,

90<sup>65</sup>

91

(91-1) He will question the questioner.

(91-2) The wise man walks prudently between two extremes so that he may not fall into imbalance

(91-3) Fully purified by knowledge, discipline, suffering and time

(91-4) The stillness smiles upon him

(91-5) Quiet unobtrusive way

(91-6) To humanise what seems at first a chilling doctrine

(91-7) There is something of

(91-8) These time-resisting truths

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<sup>65</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 57" at the top of the page by hand.

- (91-9) The void's immense blankness
- (91-10) Cultivate finer appreciation of the arts
- (91-11) The very thought of himself will pass away
- (91-12) To tell us in clear precise language what we need to know

92<sup>66</sup>

93

- (93-1) Fear may easily create fantasies.
- (93-2) The peace never leaves him
- (93-3) The slow rhythmic and dignified tread of a long camel colonnade
- (93-4) The supercilious glances which the camel bestow on us humans
- (93-5) In those days when the soft padding of camels' feet brought me to the shade of a pyramid
- (93-6) An aloofness which is not at all arrogant
- (93-7) Someone who has come into accord with the truth
- (93-8) Perplexed by these strange assertions
- (93-9) This physical body in which we are temporary guests
- (93-10) Does his body really mean nothing to him?

94<sup>67</sup>

95

- (95-1) Acts of violence are too common
- (95-2) As I sit with bent neck to indite<sup>68</sup> these words

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<sup>66</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 58" at the top of the page by hand.

<sup>67</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 59" at the top of the page by hand.

(95-3) Since only a minority of those who take to chemical drugs in their teens live longer than thirty years,

(95-4) This nullification of the individual, this atomization of him,

(95-5) Eloquent speaking stillness

(95-6) Where Nature is his only company

(95-7) Comfortably receive the traditional ideas

(95-8) It helps men overcome their sorrows

(95-9) It escapes academic classifications

(95-10)<sup>69</sup> Amid worldly loss or gain, humiliation or glory

(95-11) Before I walk into the shadows surrounding the end

96<sup>70</sup>

97

(97-1) Give him the gratification of serving truth

(97-2) To cover up his mistakes

(97-3) Whether they are swift-passing moments of long-extended moods

(97-4) To walk the rough woodland paths

(97-5) It may suit low vulgar tastes

(97-6) He is entitled to state his point of view

(97-7) Noise-filled air

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<sup>68</sup> even though we now use "indict," this archaic word is correctly used here. — TJS

<sup>69</sup> There is a handwritten check mark at the beginning of this para. On the reverse side, there is a note at this point on the page, which reads "check original"

<sup>70</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 60" at the top of the page by hand.

(97-8) Squatting with feet curled under him

(97-9) The joy of the Short Path

(97-10) A step nearer to the truth

(97-11) This feeling of quest

(97-12) The experience takes him away from the multitude

98<sup>71</sup>

99

(99-1)<sup>72</sup> The mind can directly perceive only its own ideas

(99-2) The noble [arcaded]<sup>73</sup> loggia of old Italian cities

100<sup>74</sup>

101

(101-1) Truth has a razor-edge not a jagged-edge

(101-2) He assumes this attitude out of his inner security

(101-3) The unerring capacity to put his finger on a spiritual truth

(101-4) The monastic or hermit life does not draw most people.

(101-5) Until the time when death lays its clammy hands on him

(101-6) The troubles and torments which belong to the human condition

(101-7) The decrees of fate and the absurdities of chance

(101-8) Stonehenge is orientated to the sun

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<sup>71</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 61" at the top of the page by hand.

<sup>72</sup> There is an X mark typed in the parenthesis at the beginning of this para

<sup>73</sup> Lorraine Stevens typed "arca" and then wrote "ded?" - which is no doubt correct. - TJS

<sup>74</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 62" at the top of the page by hand.

(101-9) The most unforeseen and unexpected events

(101-10) Great change in values

102<sup>75</sup>

103

(103-1) The chicanery and mediocrity of politicians

(103-2) He wants to become a better person

(103-3) An interest which the young of my generation would not touch

(103-4) Captives of their own beliefs

(103-5) To put truths forward without fanaticism

(103-6) Uncaught by lunatic fads or commercialized fancies

(103-7) Unspoiled calm of a landscape

(103-8) Neither the heat of wild emotions nor the cold of shrivelled feelings

(103-9) Too preoccupied with the darker corners of the subconscious

(103-10) With animal passions sublimated into spiritual aspirations

(103-11) Only the fool can believe there is unlimited freedom of choice

104<sup>76</sup>

105

(105-1) To unleash the animal in man

(105-2) It is a romantic fiction not a factual reality

(105-3) It acts as a continual reminder of holy truth

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<sup>75</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 1" at the top of the page by hand.

<sup>76</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 2" at the top of the page by hand.

- (105-4) This baleful influence and bestial horror
- (105-5) He lives as a god-like being in God.
- (105-6) Originally lower motives were the drawing force but later not
- (105-7) If he can extend these period
- (105-8) A kaleidoscope of cults
- (105-9) The gentle winds of Greece
- (105-10) When passion seethes and reason sleeps,
- (105-11) Unfaltering patience
- (105-12) Those mysterious moments when it is not day and not night

106<sup>77</sup>

107

- (107-1) A feeling of being outside it all
- (107-2) To know the truth is to feel it
- (107-3) At this point mental movements stop
- (107-4) We waste life
- (107-5) For in the measureless Void God is
- (107-6) Without hope or want without looking back or forward
- (107-7) This harsh rejection
- (107-8) Cherish these aspirations amid an earth-bound, pleasure-seeking society
- (107-9) The gap between aspiration and realization
- (107-10) This is no thin-lipped, tight-jawed asceticism

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<sup>77</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 3" at the top of the page by hand.

(107-11) The holy rites of religion

108<sup>78</sup>

109

(109-1) Obsequious flattery, sycophantic slavishness and fulsome adulation so often found around monarchies

(109-2) The childish antics of primitive sorcery

(109-3) The common activities of everyday life

(109-4) The status-decorated, long-sleeved Mandarin robe

(109-5) The anger and anguish of the young

(109-6) In this meaningful silence

(109-7) This polished gem of truth

(109-8) Genital lust is not human affection

(109-9) The firmness needed for self-control

(109-10) Discipline without severity, purification without austerity

(109-11) Too emotional or too imaginative an enthusiasm may weaken judgment, a quieter one is safer

110<sup>79</sup>

111

(111-1) Refined sensibilities get jarred, wince with repulsion,

(111-2) An easy, cushion-banked existence

(111-3) There is order in Nature

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<sup>78</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 4." At the top of the page by hand.

<sup>79</sup> Lorraine Stevens inserted "P.B. Phrases Pg. 5" at the top of the page by hand.

- (111-4) Whichever side of a man is the strongest
- (111-5) That this quest is worth what it demands
- (111-6) Kali = goddess of blood, disorder and death
- (111-7) Beauty and function must work together
- (111-8) A flower flaunting its coloured beauty
- (111-9) Sepulchral gloom
- (111-10) This is not the only thing to be considered in the subject
- (111-11) Pictures thrown in by memory

112<sup>80</sup>

113

- (113-1) The growing dusk
- (113-2) When the sun shows its last evening glow
- (113-3) This worship of the sport god.<sup>81</sup>
- (113-4) There is only one way to avert war.
- (113-5) Irresponsible ravings
- (113-6) Emotional injury
- (113-7) Emotionally deformed
- (113-8) The fallacious dreams of youth
- (113-9) Long patient meditations

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<sup>80</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 6" at the top of the page by hand.

<sup>81</sup> This phrase lacked its own parentheses, but it is not really linked to the prior phrase, so I made it a new "para." – TJS



- (113-10) The fleshly being tamed
- (113-11) A few moments of utter sincerity
- (113-12) Awes him into silence
- (113-13) Sheer destructiveness is their ugly motivation

114<sup>82</sup>

115

- (115-1) They will not desert their self-made prisons but obstinately remain within them.
- (115-2) The evening lamps begin to shine
- (115-3) Confused adolescent boys and girls
- (115-4) Resolved to keep his composure in all circumstances
- (115-5) The pathetic evanescence of human life
- (115-6) Without falling into a drab ascetic existence, devoid of aesthetic feeling
- (115-7) A delicious feeling of utter rightness
- (115-8) From quest to conquest
- (115-9) Philosophy, with its wider vision of being and life
- (115-10) To be anxious, hopeless, angry or resentful is to hold negative thoughts
- (115-11) The ordinariness of their lives/

116<sup>83</sup>

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<sup>82</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 7" at the top of the page by hand.

<sup>83</sup> Blank page. Lorraine Stevens inserted "P.B. Phrases Pg. 8" at the top of the page by hand.