

JOINT
MEDITATION
REPORTS
- DUPLICATES

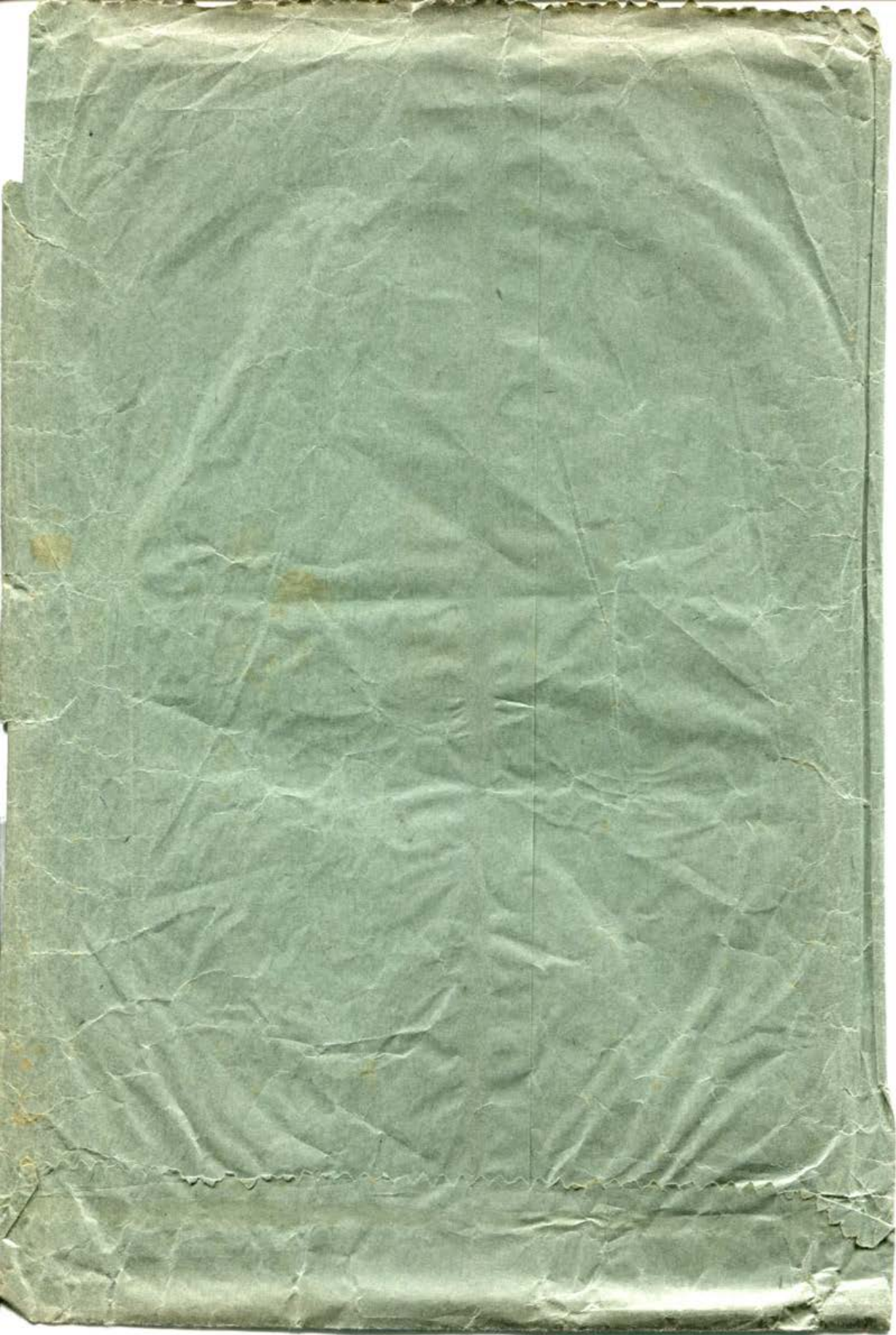


Athen's

HAY ST.
THROUGH TO
MURRAY STREET
PERTH

EVERYTHING FOR
EVERYDAY WEAR





21

MRS PEARL MITCHUM SMITH. At the sounding of the AUM. From my head to my feet came the electrical thrill playing over my body like waves. I get an acute feeling of joy, a liberation, as if I could slip out of the physical body and go on and on, So much I feel but cannot express. Strange that this alone feeling should steal back, out into space again, strange how the group fades away, What ineffable peace. My mind seems cluttered with random thoughts, and yet there is a curiousness about this peace, deeper is this silence, such a rush of love for the whole world. On all sides I sense the need of this spiritualizing force to inspire this struggling groping mass of human seekers, in this fair land.. the stillness of his presence foreshadows that peace that I long for, that I have sought. I know this.

ELOISE MOELLER. I had no difficulty in losing consciousness of body. Then came a time when visions faded and I was in "nothingness", in an all pervading silence. I came out of meditation with an unwillingness to hear sounds. In the second meditation the process of relaxation was similar. I found my place of peace again. Then suddenly something about my consciousness began to rend. An integument or web or veil, was suddenly drawn away from me by invisible forces, and as it parted I realized that I was THERE, here, where I now am, in the place I have been so earnestly seeking. I realised that I was CONSCIOUSNESS, and I then knew that I had been that way ALL THE TIME only I had been blind to it. I realised how I was in and through all things and that I was HOME at last. I said to myself "Now there is no place to GO-- 'I'm THERE' and from here I will have to do all that I have to do in days to come. Then I sat in bliss, utter contentment, utter stillness, and yet such stillness that I knew it was INTENSELY ALIVE, the most alive thing I have ever known. I realised that I WAS that alive stillness August 18th. "I AM ETERNAL LIGHT". That is my new Consciousness. Realization has come that "I am That Light." I have been pushed into the centre of my being so that I could see and recognize myself.. I have entered the World of Light. There is no night in my world, I am in the world of divine Intelligence. And I am in the centre of my Being. The Universe is within me. God is no longer outside me. All is within me.

ELIZABETH NESZTHLY. Budapest.

First I felt that I became bodiless and a force turned my body up and stood it on my head. After a little time this feeling disappeared and then a power like a stick went up my spine to my head and my head opened like a flower. After a short while this too vanished but I felt a pain in my spinal column as if a large T-square were in my back and shoulders. That left too and I felt as if a higher power, or being, wished to tell me that I should not make any great effort but surrender to it instead. So it raised me above my thoughts. I saw nothing, heard nothing. I felt an absolute presence, that "I am" and absolute rest and peace held me. This peace remained in me even after waking so the whole evening, and also the next day, I was in a serious and solemn state of mind and still am. I feel that I penetrated much deeper into my "self". My husband also noted this mood for he often said that something good and peaceful emanated from me and it also did him good.

MRS MARGIT GRAETZ. (psycho-analyst) Slowly breath subsides; thought obey more quickly and grow still. Soft and fine the breath rises out of its base and meeting that "Chakra" and playing around it. It lingers a while around the heart. It makes me smile as it comes from a wide sea of goodness, beauty and happiness. It is good to be here; still I am not here I am a Bodhisattva. The smile is still there, the current of goodness; a warm golden light enters my breast. I feel this being that I am, light, good and calm. There is a tiny being staring at me, really inside me, for I see into myself, into the Bodhisattva, as if I were a glass. It is as if the power of one in prayer have moved me. My hands get warm, from the centre of my palms rays stream out as power, a stream of energy, like two searchlight beams together toward the guru. The current is shut off again and the rays die out. Now it seems as if all those praying and seeking have left me and I can rest. Gratefully I bring myself back from this being.

FRAU LUCI BERNATSKY. Budapest. (Sister of Mrs Nesby)

At the beginning of the meditation I felt that I flew away, then a current flowed into my limbs. This current came from the center of my head and later became warm. Then after a time I felt I was expanding and getting

LUCI BERNATSKY cont: wider like my body. It was as if I were made of some aeriform matter. My body was inside me, small and much harder. Then I suddenly rose high above my body. The current that streamed into the middle of my head suddenly became very ~~still~~ strong and felt as if it would whirl swiftly the length of my spine. That lasted for a while; then I came back by slow degrees into the real world.

During the whole meditation I felt great peace and calm and for a little while, everything stopped quite still within me.

MR. SZABO. Budapest. At the beginning of the meditation I heard your wonderful words and then such peace came over me, I thought I had fallen asleep. Not until towards the end did I come to. First I opened my eyes but had to close them again, my hands were asleep. Then I felt electric sparks flowing from the finger-tips in your direction, then as suddenly became normal. Back home I fell into a deep sleep.

MR SZABO. Budapest. In the meditation the unusual nature of the situation disturbed me and I could not shut out sense impressions. Then I felt or perhaps thought that you wanted to draw me with you inwards. My gravity, or the outer self, would hardly let me go.

But I found myself as though in a very large empty space where there was a faint light. It seemed as if a red gleam would appear. A little later came the words " Sir you called me. Here am I " and I repeated the words several times. But I did not reach the inmost point; the longing remained in me. Then I was completely back on the other side and I thought of you and Maharshi and of the great deep power you must have within. When I left you I was weary and sad but then later on peace and joy came into my heart

LUIGI BERNATSKY cont: wider like my body. It was as if I were made of some soft firm matter. My body was inside me, small and much harder. Then I suddenly rose high above my body. The current that streamed into the middle of my head suddenly became very strong and felt as if it would whirl swiftly the length of my spine. That lasted for a while; then I came back by slow degrees into the real world. During the whole meditation I felt great peace and calm and for a little while, everything stopped quite still within me.

MR SZABO, Budapest. At the beginning of the meditation I heard your wonderful words and then such peace came over me, I thought I had fallen asleep. Not until I thought the end did I come to. First I opened my eyes but had to close them again, my hands were as fingers tips in your direction, then as suddenly became normal. Back home I fell into a deep sleep.

MR SZABO, Budapest. In the meditation the unusual nature of the situation disturbed me and I could not shut out sense impressions. When I fell or perhaps thought that you wanted to draw me with you inwardly, or the outer self, would hardly let me go. But I found myself as though in a very large empty space where there was a faint light. It seemed as if a ray of light would appear. A little later you came the words "Sit you called me, here am I" and I repeated the words several times. But I did not reach the inmost point; the longing remained in me. Then I was completely back on the other side and I thought of you and Maharshi and of the great deep power you must have within. When I felt you I was weary and sad but then later on peace and joy came into my heart.

MEDITATION EXPERIENCES.

with P.B.

L. BILLERBECK. Meditation was marked by a definite physical reaction as though a metal band was slowly tightening about my head. Also, there was a conscious sense of coming back to the body as I heard the tinkle of a bell. The meditation period at home cannot compare with the ~~too~~ I have thus far been privileged to spend in your presence.

ERNEST BILLERBECK. At the beginning of your intonation the heart started a very strong throbbing, or it seemed more of a vibration that spread to the entire body and being. The same thing took place during meditation the following two days although very much weaker in the absence of the intoning. At the second meeting I experienced nothing as above and met with less difficulty in quieting the mind, feeling greatly refreshed at the finish. On the way home in the midst of a conversation about other things, I suddenly became aware of a peculiar sensation between the eyes that lasted about an hour. . . . My morning meditation periods are now something to look forward to and have improved in this way, that a half-hour seems about ten minutes. I am experiencing a great happiness, and a sense of sureness, and above all a renewed enthusiasm.

MICHAEL SHERIDAN. It was as if I were a bottomless well and a feeling of peace sank slowly through me. I was conscious of outside noises and yet I did not hear them; it was as if they belonged to another world. The only recurring thought was peace, peace, peace. Upon reading in your letter that the group meditation would last approximately half-an-hour I suddenly realized that I did not know how long our meditation had lasted and I still do not know. I was unconscious of the passage of time; it had ceased to exist. I though I was fully awake all the time; yet when the bell went it took me several seconds to return to consciousness as if I were awakening from deep sleep.

16.
BAY DRIVER. I was a little nervous and tense at first. I think I was trying too hard but that condition soon left me. While breathing slowly, it was like rising, as though one could pass up and out through the head. I might add that a feeling of expansion. Then when I started to think, as though sinking into the heart, I could distinctly hear it beat, and as I sank the inside me seemed to float out into a sea of peace. There was a period when rays of light seem to come through to me just above the eyes. I can't recall just when that was as though I were being drawn through by that light. The floating peace is what seems to stay in my feeling world most.

VERA EYTON WAVELL. Yesterday I had an almost immediate realization of the Presence; not, however, in the manner usually experienced, as penetrating and melting Bliss suffusing flooding my being, but in a kind of pervading strength and peace and much confidence, with a sense of security. I realised what seemed like a broad, quietly powerful waves steadily pouring out from you and through me and I was very conscious of you throughout the silence as if the long sought for had been reached-achieved. as I write now I feel the divine exaltation, Holy Spirit, pervading me in a kind of dissolution of every condition of me which is not Itself. Physiologically, I was conscious of a persistent quaking from the solar plexus, I think, also a stertorous type of breathing which I could feel affecting the the brain in a faintly drug-like manner, very faintly so but pleasingly with symptoms of becoming Ecstasy; there was a most acceptable lack of the sensation of hot pepper on my face and skin of my throat which I have had for about a year past. There was also a lack of the profuse perspiration I usually experience in my home meditations. I was ver alive to the fact of Self and personality, and that the former observed a kind but watchful and firm attitude to the very natural desire and the attempts of the latter to take charge. All the way home I was blissfully suffused with Holy Spirit. This happens to me when driving or in crowds sometimes, but today it was steady and lasting and I felt your benevolent influence in it.

2. MADELEINE GOSS. At first there seemed a shortness of breath and palpitation of the heart, - a certain sense of excitement which I tried to conquer, deliberately slowing down the breathing. With the first chanting of the Mantram came a feeling of outside force, or deep vibration, which grew stronger with each repetition of the chanting. With this came an increasing stillness of the body, until it became a completely inanimate thing and I felt myself apart and detached from it. Mentally the detachment was not so complete. Fragmentary thoughts came at intervals. Some of these were analytical, and investigation of the present state of mind and body. Others were a definite effort to raise the consciousness to a higher plane, a realization of the importance of the moment and a desire to receive its benefits, (prayers for illumination, help and an effort to "let go" and be completely quiescent).. At the same time a feeling of great peace, and the increasing detachment was so strong that I felt a complete indifference at the thought of returning to the thought of returning to the body, as if it could go on for ever in the state of calm peace which possessed me. The early morning meditation on the hill-top, while disturbed by the wind and noise, etc, left me an abiding sense of peace and inner poise, with a deep joyousness, which remained for some time during the day. When in your presence I felt a sense of spiritual stillness around you, which seemed to have a direct influence on my subconscious.

BETH GRIFFITHS. I began the meditation you advised many months ago and within the first week had what was to me a wonderful experience. There was a sudden internal illumination and a vast expansion of consciousness.

MRS SAWIN. As in all my meditations the presence of a great peace and a spiritual aloofness came. The Allness of Good, the supremacy of something outside myself was present. My thoughts went at times to different individuals, but not as a person.

~~the one asked why, it is for~~

MONICA BULL. During the half-hour of quiet on Nov 29th, my chief feeling was one of peace. I felt my body leave me and where I knew you were sitting there was only a silence - as though the "physical" you had gone. This latter feeling I had very strongly.

MAY ELY. The first change I recall was in the breath which became much slower and deeper with no conscious effort on my part. During meditation I could unconsciously diminish it. During the first few moments the mind was restless and active even tho' I tried to let it sink into the heart as you suggested; later without effort the mind ceased all activity and seemed to rest in the heart. I might best describe it by calling it a feeling of "awareness" in the heart. During the remainder of the time deep quiet and peace prevailed, more profound than I have ever experienced.

M. HAWLEY. (Considering my inexperience and lack of practice, I think it quite remarkable that I was able to experience such a successful meditation with you. It is still vivid - at first a circle of blackness and the return of the white centre, then recurring blackness pierced by the white light. This was altered later when the white lights came in definite forms like snowdrops, each time in a slightly different formation.

ADELAIDE HAWLEY. Consciousness of infinitely deep blackness, same as experienced when alone, but coming sooner. A feeling of lightness - especially that my hands did not exist. After about 20 minutes a tug in the region of the heart, as if a string ran through my body from front to back, which someone pulled. Then a suffusion of golden light which faded slowly leaving a feeling of quiet peace.

CONSTANCE JOURNIAUX. I seem to me that I received such great encouragement during that meditation with you that I can still hardly believe it - that I must endeavour to act in consequence.

RITA CURTIS. The meditation with you has been so helpful. I am increasingly conscious of an inner light which calms my spirit when I look within, and I am confident now that I have been in touch with you that I will make progress on the Path.

ELIZABETH NESZTHLY. Budapest.

First I felt that I became bodiless and a force turned my body up and stood it on my head. After a little time this feeling disappeared and then a power like a stick went up my spine to my head and my head opened like a flower. After a short while this too vanished but I felt a pain in my spinal column as if a large large T-square were in my back and shoulders. That left too and I felt as if a higher power or being wished to tell me that I should not make any great effort but surrender to it instead. So it raised me above my thoughts. I saw nothing, heard nothing. I felt an absolute presence, that "I am" and absolute rest and peace held me. This peace remained in me even after waking ~~and~~ the whole evening, and also the next day, I was in a serious and solemn state of mind and still am. I feel that I penetrated much deeper into my "self". My husband also noted this mood for he often said that something good and peaceful emanated from me and it also did him good.

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divine Intelligence. And I am in the centre of my
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Mrs. Helen S. Allen, Los Angeles, Cal.:

Attending parochial schools for many years, I was at an Easter Service with my mother, when in the midst of it, I suddenly burst into uncontrolled deep weeping. It is hard to define, as I was unusually, strangely happy, though sobbing so hard. . . . I was lifted out of myself, my surroundings, completely. It was sort of holy and beautiful. I think I came closer to God then. . . . So it was (now) during meditation . . . Beautiful, reverent emotions and a seeming "Presence" seemed to come and go . . . just as in church long ago.

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Ernst Billerbeck, Santa Monica, Cal.:

My morning meditation periods are now being something to look forward to and have improved in this way--that a half hour seems but about ten minutes. . . . I am experiencing a great happiness, and a sense of sureness, and above all, a renewed enthusiasm.

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Patricia Opie Craig, San Francisco:

. . . I was aware of an overwhelming feeling of peace. . . . it was almost as if I were wrapped in a blanket of quiet. . . . As my thoughts started "seeping" in again, they were like the "slow motion" speed of a film.. The feeling of being "wrapped" in great depths of peace and quiet persisted . . . A strong feeling of complete relaxation and utter harmony enveloped me. Almost like the feeling one has immediately upon awakening--half conscious and half in the dream state.

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Mrs. Ettore Ferrari, West Springfield, Mass.:

. . . I felt in perfect harmony with God and the universe. I seem to have known (the Over-self) all my life . . . To see (It) is to climb high. To hear (Its Message) is to know that what is today a dream shall later become a reality.

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Margaret Houghton, Los Angeles, Cal.:

. . . A feeling of powerful thought waves enveloping me--a receptive acquiescence to these waves--then darkness. Then a feeling that the top of my head was opening to light. Mind and heart united in Light. . . . I saw the real self--naked--stripped of all illusion and leech-like thoughts and conditions. Great clarity of thought followed. Also greater sensitivity. . . . Entered Silence easily . . . a tingling electric sort of sensation in the top of my head and then Light. . . . The most wonderful experiences of my life.

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Mrs. Newberry, California:

(It) came in waves. I would come out of it a little and then sink in again. Once I penetrated deeply. That time I knew that the love one gives out is all that matters, not what one receives in return. All last remaining resentment against someone I cared for vanished; with relief I knew that I could still be fond of him, as I wanted to be. Tears came, but not of sadness, more as a release.

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Barbara W. Parker, Beverly Hills, Cal.:

For a time the body expansion sensation was experienced, which left me feeling as if I were suspended in mid-air. The surrounding darkness gradually turned into a bright white light which engulfed me. It gave a feeling of complete quiet happiness.

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Miss Margaret L. Schirmer, Boston:

. . . This was a holy thing . . . Suddenly I was crouched on my knees at the foot of a cross. I saw no cross, but it was there. I tried to get up and couldn't. Then I yielded and remained there. I wept--not in grief, not in joy--just humility. Then . . . (it was as though) a hand upon my head brought relief (although) I saw nothing. . . . Tears gushed from my heart . . . This Presence gently lifted me to my feet--a holy calm and feeling of power enfolded me. I think I saw or felt myself as I shall be when I come into my own. . . . Without any effort to do so--unconsciously--breathing became deep and very slow . . . My spine loosened . . . I found myself being uplifted with a sense of gratitude, of new hope, of tenderness for all living creatures, of love of life. Then I was lifted, not off my feet, but more like an extending of my whole being. I felt it most in chest, back and neck . . . All burdens, perplexities, annoyances, hurts were gone. It seemed . . . healing. Life seems only beginning.

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Mrs. Sawin, Wilmington, Del.:

. . . A great peace came . . . I released human thinking as far as I could and just drifted. The Allness of good, the supremacy of something outside myself, was present.

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Michael Sheridan, Hollywood, Cal.:

. . . It was as if I were a bottomless well and a feeling of peace sank slowly through me. I was conscious of outside noises and yet I didn't "hear" them; it was as if they belonged to another world. The only recurring thought was peace, peace, peace. . . . I was unconscious of the passage of time; it had ceased to exist. I thought I was fully "awake" all the time, yet . . . it took me several seconds to return to consciousness, as if I were awakening from a deep sleep.

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Mrs. Pearl Mitchum Smith, Pasadena:

These personal sorrows that have been placed on the altar--purged of every tinge of bitterness --leave the distillation of pure gold. It takes all fear away from me. It is worth any price that one may have to pay for this understanding. . . . for the moment what ineffable peace. . . . I know I would not be afraid to slip out of this envelope . . . My mind seems cluttered with random thoughts-- and yet there is a curiousness about this peace--deeper is this silence--such a rush of love for the whole world. . . .

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Harold Stacy, Arlington, Va.:

. . . I recall distinctly a loss of the sense of time. I concentrated upon the Overself or Higher Self or my heart, never allowing my trend of thought to stray. . . . My hands began to feel numb and there was a sort of ringing in my ears. There seemed to be a lightness in the head, a feeling of inner joy that continued long afterwards. . . . This feeling of numbness or asleepness in my hands rose to my elbows . . . I (am) determined to grow spiritually.

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C. A. Stice, Los Angeles, Cal.:

. . . I felt the Divine Presence, and I distinctly received a blessing . . . for the first time in my life, I caught the inner meaning--I heard the inner voice--I felt the attainment of the Goal itself . . . It was a realization that I had never before experienced. . . . I could learn to completely enter the Silence.

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Adelina Tovar, Los Angeles, Cal.:

First--a sort of rushing strength, an awareness of other spirits, all in harmony with each other--an inward advance, a falling away of the usual, outside things of everyday life. A question of great importance to me in the ordinary, outside world was answered--completely--not by a voice, but by an awareness--a widening of the scope of consciousness--a realization, too, of its true unimportance! A knowledge of a truer sense of values, of discrimination. . . . I saw that I was looking outside myself, and that within was all the help and wisdom and Reality for meeting any person or situation in the world . . . Then a warm sense of peace came, and, like a ship, when the anchoring ropes are cut, all questions and answers disappeared, for I had sailed smoothly out and away from all such matters. I knew that I was nearing the heart--the core--the essence of Reality. . . . I felt a great sense of peace, not an inert sort of consciousness, but a vivid, alive one . . . I thought . . . how our senses are given us to

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Adelina Tovar, Los Angeles, Cal.: (second page)

serve us, not--O! never!--to master us. And through everything--underlying everything--was the sure knowledge of the Truth . . . It is there --complete--in the Eternal--serene--impersonal-- waiting for us to become aware of it. Then, curiously, I was aware of a sword of light, and I knew . . . that it stood not for strife and warfare, but . . . for Truth, which would destroy negative things--not by violence, but merely by being.

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Alice Welch, Hollywood, Cal.:

. . . There came . . . a stillness, and through my body from head to toe there seemed to flow a revivifying energy, akin, somewhat, to an electric current. . . . This seemed to flow through me in steady rhythmic waves. . . . I had a feeling of uplift and buoyancy. Somehow, I know that I shall never again feel absolutely alone.

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alone.

. . . (There was) a rapid gliding of the consciousness, as though gently propelled, into a harbor of repose. It was so gentle yet so speedy and direct that my attention was caught (Again I was) caught up by the inflowing current to a state of such stillness it seemed one must hear something! . . . I became conscious of a drawing sensation on my forehead at times extending back on a line above my ears--affecting them somewhat--and an upwelling spirit of worship

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. . . I felt almost overwhelmed by a great spiritual peace; this feeling was very strong. . . . I knew that I was surrounded by some strange power, a power entirely beneficent and above all, healing. . . . I felt that something was being brought to me. "Peace, be still" echoed through my mind. "Deeper peace". . . . Then a quiet dreamlessness followed by a glimpse down the long arched tunnel with the pale white light at the end . . . I have known a rare quietude. . . . Contemplation will be easier in the future . . . I feel on the borderland of remembered truth . . .

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Emma Douglas, _____ :

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May Ely, _____ :

The first change was in the breath, which became much slower and deeper with no conscious effort on my part. . . . During the first few moments, the mind was restless and active even though I tried to let it sink into the heart . . . Later, again with no conscious effort, the mind ceased all activity and seemed to rest in the heart. I might best express it by calling it a feeling of awareness in the heart. . . . a deep quiet and peace prevailed, more profound than I have yet experienced.

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I distinctly smelt incense . . . all knowledge of my physical body deserted me. Nothing existed but an unplumbable void within. . . . Then I felt a great light spread around me; it was white and of greater intensity than ever I have known before. A tingling sensation became apparent in . . . my spine. . . . My mind was keenly alive, and I found that I could glance from this state to the existence which I had previously known . . . I did not experience fear or any other unpleasant sensation, not even astonishment. . . . An added significance to my life had been granted me, and it seemed indeed that life until that moment had held no significance at all. . . . I rested in absolute peace, and it seemed that my form spread until it embraced all things.

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. . . (The thoughts) seem to surrender willingly to peace. The head is light, relaxed. A feeling as if a beneficent hand were drawn freely across the forehead and smoothed it. There is a fleeting image of . . . someone sitting cross-legged on the sand--African sand--an unknown aroma mingles gradually with it. . . . Wind blows the sand about; white garments softly stir; the hand lets sand trickle through the fingers. All is timeless. Whether I am that, where it is, when it is, is all one. It is. . . . I feel thanks, true thanks out of pure rightness. . . . The forehead is a lofty white cathedral rising up into the blue sky. . . . In me it is calm, life is sure . . . I am a gigantic mountain or a god seated on a mountain, hands and legs grown out of rock; around me is wind, storm, world, sun and moon; far below is a magnificent valley, hills, trees and people as seen from a plane. . . . I see everything unroll and repeat itself. . . . I am calm. . . . I am a Bodhisattva. . . . (I feel a) current of goodness-- a warm golden light enter my breast . . . I feel

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this being that I am, light, good and calm; neither big or little--big rather; in a beautiful landscape and in deep dream, waking. And there is a tiny being standing staring at me as a curious tourist eyes strange things. . . . It is I who stand there, my ordinary self, my person. . . . So very tiny is it standing before me--really inside me--for I see into myself, into the Bodhisattva, as if I were glass. There it is on my lap, the ordinary I. . . . I take it up into the interior of my spine, draw it up as if by a light wind. It is gone and disturbs me no more. It is as the powers of one in prayer have moved me. My hands get warm and alive; from the center of my palms rays stream out as power, a stream of energy, invisible rays like a pencil of lines from two searchlights.

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. . . I was conscious of the touch of Divinity--that inner ecstasy which I can only liken to the happiness felt when some one with whom you are utterly in love comes into your presence. Only it so deeply stirs you, that human and personal love is but a pale shadow, for It is the reality of love. And I did have one distinct experience. I was suddenly enveloped by the most exquisitely fragrant perfume I have ever experienced. . . . It was "experienced" rather than limited to the sense of smell. Perhaps the term "vibration" is the one most applicable to (it). A current that flows through the body, so that it seems to be not physical, but made of light. . . . I have only to turn my thoughts to (the Overself) to be flooded with light--with harmony and spiritual blessing. . . . I have laid all of myself in surrender at the feet of God.

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. . . I felt the uplifting presence of the Overself and . . . concentrated on the abstract quality of "abiding faith". . . My consciousness soon became unaffected by passions, ambitions and worldly cares and desires, and the bodily senses receded until I experienced a sinking feeling, and of just being, impassively quiet. . . . Prior to this meditation I regulated my diet more carefully and was able to sooner acquire concentration of thought. This matter of diet and other physical preparations I believe are of importance and should be carefully adhered to. . . . My mind became quiet . . . I concentrated on faith in the Overself. Then this was also repelled from the consciousness and I remained peaceful, all thought having been swept away. Then I became aware that there seemed to be a veil slowly rippling in the darkness before my inner consciousness. . . . The darkness seemed to be alive with the shadowy moving curtain which had a small geometrical design. Soon a long tunnel formed, piercing the curtain, wider nearest me and

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extending and tapering gradually a considerable distance away, where, at the far opening, there was a light and moving figures . . . While I watched these, trying to bring them closer, so I could identify them, my head became warm and seemed to build up an inner pressure. I felt a distinct effort to raise it to the highest possible extent so that my neck was stretched upward. A gentle warmth pervaded my upper body, and a very inspired and satisfied feeling took possession of my consciousness. My body seemed much lighter, like it was gone or disconnected from my consciousness. . . . When the tunnel disappeared, I felt peaceful. A white hand also appeared upon my left side, extending toward me. It was about the height of my heart, and then this also faded away.

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. . . I went to the state where a deep peace pervades, and in the deep peace, as I seemed to sit in it and be bathed by it, it seemed as though children's faces were thrown on a screen, and I was looking at them from my throne of deep peace and deep silence. Sometimes the faces and bodies would "build up" out of a vapour-like material; at other times they looked like children that one would see passing along a street. Colors were natural, in skin and clothes . . . All that faded away and I was in "Nothingness", in an all-pervading silence . . . I found my place of peace again . . . I went on deeper and deeper, and suddenly found myself face to face with (the) Soul . . . in fire like a golden neon light. . . . Then, something about my consciousness began to rend. An integument, or web or veil . . . palish grey, like smoke, but with a definite texture, was suddenly drawn away from me . . . and as it parted from my consciousness, I realized I was THERE--here where I am now--in the place I (was) seeking. I saw

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I was not flesh and blood--at least the flesh and blood part of me became very infinitesimal in that great WHOLE. . . . I realized that I was CONSCIOUSNESS, and I then KNEW that I had been that way ALL THE TIME, only I had been blind to it. I realized and saw how I really was, in and through all things. I realized and KNEW that I was "HOME" at last. . . . I realized that I was Creative Energy, and the weight and RESPONSIBILITY of my . . . position in INFINITY dawned upon me. . . . I knew that whatever came I would be equal to it. . . . Then I sat in BLISS--utter CONTENTMENT--utter STILLNESS . . . that I knew was INTENSELY ALIVE, the most alive thing I had ever known. I realized that I was that ALIVE STILLNESS. . . . I felt a gushing through and down me of a light which seemed to come from above my head . . . I did not see the light except inwardly, but it was white-yellow. I felt its WARMTH and there was a LOVE in it, a feeling of UNION with infinity, as though (my) cells (were) taken into this VITAL CONSCIOUSNESS which I had entered and become.

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Felt completely relaxed; was conscious of my hands becoming quite detached; . . . had slight sensation of lifting, sort of soaring; liked it immensely. . . . felt as though my mind were quite detached from my body and as though my arms and legs were dead; . . . felt as though I were looking down on myself, as though I were someone else . . . Marvellous sensation! . . . Feel wonderful afterwards.

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Miss Geida Reinitzer, Gratz, Austria:

. . . I felt strongly aware for the first time of certain great truths. . . . I felt the consciousness expand. . . . Then I looked for the Overself. This was suddenly followed by a feeling of inner liberation. This was like the light of the Overself streaming from behind the Tree of Life. I was suddenly conscious of purification, freedom, as if the way was made clear inside for the influx of this spiritual force. I was completely aware all over my body as if a new life were pouring into it: it quite overpowered me.

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. . . Everything around became more intense. The mind watched the body and the effects of stillness upon it. The hands began to feel pleasantly asleep; then the feet; (soon) both legs and arms. The mind then became "afraid" as if it were about to defend its stronghold; but it was trapped. . . . (The mind) gave a final struggle and . . . a sigh escaped from the lips. Immediately a lightness came in the head. Everything seemed to recede. . . . Then fear. A fear as if one was on the brink of a great abyss and a dread to make the next step into ? Each time after this the same place was reached, but instead of awakening to consciousness, the very opposite (took place) -- a complete state of unconsciousness, no feeling of "where", only a feeling of "long sleep". Upon awakening, all the limbs were heavy; the mind was there but not thinking; the feeling was of utter peacefulness and a dislike to move limbs, mind or anything. Just a desire to stay like that for ever.

Everything around became more intense. . . . The mind watched the body and the effects of stillness upon it. The hands began to feel pleasantly asleep; then the feet; (soon) both legs and arms. The mind then became "alarmed" as if it were about to defend its stronghold; but it was trapped. . . . (The mind) gave a final struggle and a sigh escaped from the lips. Immediately a lightness came in the head. Everything seemed to recede. . . . Then fear. A fear as if one was on the brink of a great abyss and a dread to make the next step in- to? Each time after this the same place was reached, but instead of awakening to consciousness, the very opposite (took place) -- a complete state of unconsciousness, no feeling of "where", only a feeling of "long sleep". Upon awakening, all the limbs were heavy; the mind was there but not think- ing; the feeling was of water perceptiveness and a desire to move limbs, mind or anything. Just a desire to stay like that for ever.

I had an almost immediate realization of The Presence . . . as penetrating and melting Bliss-suffusion, flooding all my being, but in a kind of pervading strength and peace and much confidence, with a sense of security. I realized what seemed like broad, quietly powerful waves steadily pouring out from (the Overself) over and through me, and I was very conscious of (It) in a most happy way, as though the long-sought for had been reached, achieved. (The Overself's) benign spirit enlightening and empowering me! . . . I feel this divine exaltation, Holy Spirit, pervading me in a kind of dissolution of every condition of me which is not Itself. How blessed am I!

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At moment of opening eyes, was met by great waves of something completely engulfing me and pulsating towards me. It gave a great calm, pleasantly relaxing, peaceful. I wanted to remain in that one spot until every bit of it had been absorbed--until I was IT. It polarized me for a week after . . . Expansion over the chest area; full-feeling like an expanding balloon. A sublime state of happiness . . . a most expansive, all-pervading, deeply penetrating love. I was in love with all creation. . . . Blissful state of happiness. I expanded at least two feet from body. This was a light airy experience like a bubble filled with breath. There is always a circular motion. (At one time) a pressure, a one-pointedness, in the center of the chest was noted. . . . There was a sense of heat. A rigidity of the body developed together with a pressure toward the center (heart region). Hands on knees seemed to push, although silent. Slight throbbing in center of forehead between eyes. Sweetness, tenderness, love, quiet, a sacred hush. I wanted to examine it...leisurely.

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. . . I was aware of a strong emotion as of great devotion, of freely giving all and receiving fully. This was very forcible. I let myself sink into a condition unconscious of desire and thought until I seemed to rest in a peaceful but conscious sleep. Some time later, I seemed to be more aware and for a while I was conscious of the immanence of a still Presence and Power . . . large and overshadowing; this I perceived hardly in a physical way but in a remote other-state. With this Presence seemed communication, silent, a pouring in, a giving and receiving not by word or thought, but by understanding. . . . Then the meditation was broken at intervals by pictures, small as if in perspective: the figure of a young man--I think myself--this figure very bright as of light . . . there seemed little colour, only light; then, chambers, passages, halls, etc., and I was explaining the places; then, the earth in heaven, rose-pink. . . . I saw things that made me feel like laughter. Afterwards, I felt very light physically and light-hearted. . . . I had felt cold.

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 light-hearted. . . . I had felt cold.

Kornel Bernatsky, Budapest:

At the beginning . . . a force lifted me. Then I saw a shining dark-blue color, at first with a moving black shadow that vanished, and the color turned to brighter blue. Calm and peace. Later I felt a tension in the back of the head under the crown; it forced me to lift my head. Then I grew bigger, as if I had risen. Breathing grew easier, the air refreshing and invigorating.

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Breathing grew easier, the air refreshing and
invigorating.

Frau Luci Bernatsky, Budapest:

. . . I felt I suddenly flew far away. This feeling lasted only a short time; then a current flowed into my limbs. This current came from the center of my head and later became warm. Then, after a while, I felt I was expanding and getting wider, like my body. It was as if I were made of some kind of aeriform matter. My body was inside me, small and much harder. Then, I suddenly grew way up, high above my body. My spinal column was wholly relaxed. The current, which streamed into the middle of my head, suddenly became very strong and it felt as if it would whirl swiftly the length of my spine. . . . I felt great inner peace and calm . . . everything stopped quite still within me.

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Edwin C. Bolt, Cambridge:

It was in the early part of 1915 that I made my first contact with something or someone during meditation. It was sufficient to last me for years. Again in 1925, while in the midst of a large number of people, I was aware of someone or something very very beautiful, and again was recharged. (Now--
this time--it has been) like entering into the most exquisite SILENCE I have known. . . . I was conscious of the noise of the gas-fire and yet it became as music. A wonderful ONENESS--the body was calm, and a delightful aroma filled my senses. . . . A beautiful face was there all the time. The body became very light and I felt to be sitting in mid-air. I saw many wonderful Lights. . . . How strange that one can wander as I have done for more than forty years and yet have such an opportunity at last. MEDITATION is so vital and deep that I want to go without any talk. . . . The Moments in Meditation are as doors into another world . . .

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BRIEF REPORTS

1st Group:

Mrs. M. Dixon: "It has been of greater value to me than all the Theosophical books I have read. I know now what REALITY IS."

Mrs. Briggs: letter sent.

Mrs. Ripley: "It has given me an entirely new approach. My old world has gone."

Mr. and Mrs. Blackburn: letters sent.

2nd Group:

Mr. Grenshaw: letter sent.

Mrs. Grenshaw: "It is impossible to tell you what it has meant to me. I have a wider horizon and clearer understanding."

Mrs. Dodd: letter sent.

Mrs. Armitage: "I am still a little bewildered. The experience is a milestone on the journey. I never realised that such Teachers could be found."

Mrs. Stocks: "I have had a PEACE in my daily life since I visited Dr. B. As you know, this means so much after the years of nursing and turmoil."

Miss Hodgson: letter sent.

Miss Collins: letter sent.

Buchholdt: "It has been the One Experience of my life."

3rd Group:

Miss Hendersen: letter sent.

Mrs. Griffiths: "I think I received most of all. It was like heaven opening."

Mr. Griffiths: "A great mental stimulus."

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3rd Group:

Mrs. Henderson: Letter sent.
Mrs. Griffiths: "I think I received most of all. It was like heaven opening."
Mr. Griffiths: "A great mental stimulus."

Nancy Bradburne, London:

. . . The strange and lovely peace stayed
with me . . . The memory (of it) and even Some-
thing more, persists, and gives me a certain
courage. . . . I know that . . . I have been
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Mrs. Briggs, Cambridge, England:

. . . I experienced during the meditation an exquisite stillness and peace. . . . Some hours later, I was very conscious of a great feeling of release, and of being on the verge of some realm where I had long desired to be. (For two days), although I lived outwardly my normal life, I was inwardly jubilant.

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Mrs. Monica Bull, London:

. . . My chief feeling was one of Peace.
I felt my body leave me . . . There was only
Silence--as though the physical . . . had gone.
This latter feeling I had very strongly.

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Silence--as though the physical . . . had gone.
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Florence Clarke, Doncaster:

I simply could not speak . . . I have never been in the presence of such great stillness--my voice sounded like a great blast disturbing harmony, and I felt such an appalling midget. . . . I begin to see things much more clearly--and I feel a powerful urge to ponder . . .

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Lady Clonmell, London:

It was all peace--a being alive peace . . .
which I loved. I felt a great power . . . with
awareness of it in my mind--I mean outside aware-
ness. It all just WAS, perfectly natural, every-
thing seemed to BE. The body didn't exist. It is
so difficult to express this BE-ness: I was exist-
ing without the body . . . This at-one-ment with
people and nature seems to be growing stronger. .

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people and nature seems to be growing stronger. .

Mrs. R. Cobbold-Sawle, London:

. . . a great clearness and peace . . .
numbness came over limbs. A tremendous power all
round and congestion of mind. . . . I received
messages. Then an impression of great peace and
happiness.

. . . a great clearness and peace . . .

It is wonderful how much A. A. has done for me. A tremendous power all

round and comfort of mind . . . I received

messages. Then an impression of great peace and

happiness.

Mrs. Jessie Dodd, Halifax:

(There was a) feeling of detachment from the physical body--not unaware of its sensations but detached from it--and . . . a feeling of light and a wonderful feeling of happiness which persisted afterwards. There seemed to be moments when I was not conscious of anything. . . . A marvellous glimpse of the Path to the Overself. I do feel an immense urge to do my utmost to tread it. I think . . . that the unimportant things in life must be put aside--that adjustments must be made--that all things that help towards attainment must come first, and that no opportunities must be missed.

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Constance Eoumarix, Paris:

I was at once aware of a force that I have not encountered before, and a sensation of drawing in, or sinking inwards, and an awareness at my throat centre. Something seemed to exclaim in me, "Oh Love" and then "Oh Beauty". . . . This was followed by bliss and ecstasy leaving a feeling of peace I tried to think about it, and put it into some words or form which I could keep to help me in my ordinary life, but I could not. . . . I was aware of vibrations a new force very strong, and coming towards me rhythmically in waves.

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Cecil Grenshaw, Halifax:

At the close of the silence, I thought that I had not lost my conscious realization of what was happening around me and within my brain--but later thoughts convince me that I did "lose" myself; when and for how long I do not know. The predominant thought in my mind was, "I must not move or I shall break the 'Spell'". That may have been my last conscious thought or my first on coming back. I do not know. The 'Spell' was this: I had sat with my upturned hands in my lap and I became conscious that somehow they had lost their weight and were not two hands anymore, but were one part of myself, joined together. These I felt must not be broken. I seemed suspended somewhere. . . . I know something has happened to me, but, as yet, cannot describe it any further. . . . (I am grateful) for this opportunity of touching a higher Rhythm. . . . A further sensation was the prickly "oozing" of something through the skin of my face.

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Mrs Grenshaw, Halifax:

. . . I knew the Power was there. . . . a most unusual disturbance arose like a sandstorm. All my limitations, littlenesses and bogeys of all kinds rose up and whirled round until I could have cried aloud. . . . they subsided and I felt again the rhythm I am beginning to recognise, and in its light I saw my weaknesses as unimportant as my virtues; and that virtues are just pathetic little flags we wave in the hope of catching the attention of the Self. When the God descends the half-Gods and reflections go, and one (has) no sense of virtue or vice. . . . The rhythm is entirely distinct . . . It has nothing to do with a certain expansion one feels sometimes, when one goes out and out like a great AUM. One can recognise this other rhythm as distinct from oneself. . . . it wells up like Grace. . . . I calmly regarded IT. . . . it came like a living glowing thing . . . I get a strange sensation of light that blinds and hypnotises me . . . a most curious phenomenon! . . . Even recognising IT, I

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Mrs. Grenshaw, Halifax: (second page)

did not realise what had happened until (later).
. . . (I) had indeed touched Reality. . . It
was the realisation of another life force which
had merged with my usual stream--a precious
beautiful thing which was none of my producing,
and all I could do with it was to guard it until
it came to birth. . . it was a life force which
would give itself to the world without my inter-
ference. . . I realised that when one touches
any ray of the Overself, there is no question of
using it. It carries within Itself its own dif-
fusion like a light. . . it is not a personal
intrusion but a response--a rhythm. . . it
came clear and lovely like cool, running water
shining! . . . I have wonderfully vivid thoughts
. . . There (is) a centre of consciousness at
the heart which one can use. I can turn from
brain consciousness to this other. . . Some-
thing goes on watching, thinking, noting with
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Beth Griffiths, London:

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Elisabeth Haich, Budapest:

First I became bodyless and a force turned my body, seemingly, on its head. After a time, this feeling disappeared and then a power like a stick went up my spine to my head and my head seemed to open like a flower. Then, this, too, vanished, but I had a pain in my spinal column as if a large letter T were in my back and shoulders. This left me, and I felt as if a higher power wished to tell me that I should not make any more effort but, rather, surrender to it. It raised me above my thoughts. I heard nothing, saw nothing. I felt an absolute Presence, the "I AM", and absolute rest and peace. This peace remained, and afterwards, I was in a serious and solemn state of mind--and still am. Others have noticed it and said that something good and peaceful emanates from me, and it does them good. I feel I penetrated much deeper into my Self.

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noticed it and said that something good and
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Ella von Hild, Budapest:

I felt power under control, peace and stillness, and love. Love without an object. I could watch my thoughts--they passed and vanished.

There were no emotions. All merged into peace.

I tried to look deep down into myself. Then I felt as if the (Overself) was sitting in my heart

. . . radiating. . . and in the hearts of others.

. . . There was a great peace. The thought came to me: "This is the peace which passeth all understanding".

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Mrs. E. B. Prouty, Paris:

First (there was a) recentralization of consciousness from the head to the heart. Second: stabilization, which permitted receptivity. Third: a release, or outgoing. Fourth: registration and thanksgiving. . . . Vibrations seemed to be completely harmonious. . . . a crescent of bright light flashed in my head instead of the circle I usually see (in meditation). I soon ceased to be conscious of my body as a whole. Only the heart and its rhythmic pulsations were within the area of my consciousness. . . . As I relinquished preoccupation with the control of my mind and body, a period of tranquil receptivity began. . . . Instantly, a face flashed into sight, then faded at once. It was a man's face, dark eyes and dark or black hair rather in disarray around it. . . . My body seemed to come alive in the region of the throat. . . . My heart beat strongly . . . (Suddenly) I felt a distinct change: a sensation of outgoing and release, accompanied by a kind of heightening of consciousness. I seemed to enter a new field of action, and to feel

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Mrs. E. B. Prouty, Paris: (second page)

confident of my place in it, and of my power to be useful there. I found myself gratefully recognizing an increase of power and of life and of opportunity, and I know that a kind of joyful chant of thanksgiving uttered itself within me. The whole impression was one of outgoing consciousness and of liberated energy. There was no feeling of emptying myself, for I seemed part of an endless stream of energy. For several years I have been conscious of potent vibrations in my body during meditation, and, at other times, I have been aware of being a channel for force; but (now) the channel and the force were one, and at-one with all life. . . . All I realized filled me with joyous confidence. I was convinced that this realization was real, vital and permanent, and that practical knowledge would eventually replace the intuitive acceptance and evaluation of what had taken place.

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the intuitive acceptance and evaluation of what
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Countess R. zu Solms-Laubach, Germany:

I could not resist the strange atmosphere of Peace that was going out from (the Overself) during meditation. Perhaps if I had felt its influence longer it might have revealed Its secret to me. . . . I am not ripe for it. . . . But I shall not give up hope, and wait. I know that (It is) guiding me.

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But I shall not give up hope, and wait. I know
that (it is) guiding me.

Mrs. Szabo, Budapest:

. . . Such peace came over me . . . I had the sensation of electric sparks flowing from my fingertips . . . I thought that (the Overself) wanted to draw me inwards . . . I found myself as though in a very large empty space where there was a faint light. . . . a rose-colored gleam. . . . Peace and joy came into my heart.

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in a very large empty space where there was a
faint light . . . a rose-colored gleam . . .
Peace and joy came into my heart.

John Utter, Paris:

A force seemed to be at work (in my heart) trying to push something away. Suddenly it was as though the stone had been rolled away, and light burst forth, diffused and brilliant light, which rose in me, expanding all through my being. I was light lifted into the universe--soaring in radiance--away from my body. . . . (There was a) realization of certain forces at work within me. Images of a buddha-like figure and the lotus blossom welled up in me; all was serene contemplation. On arising my body was aglow.

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7
ELLA V. HILD. (Budapest) The invocations had a strong effect on me. First on my physical body, then on my feelings and thoughts. I felt power under control, peace and stillness and love. Love without an object. I could watch my thoughts, they passed and vanished. There were no emotions, all merged into peace. I tried to look deep into myself and it was as if the Maharishi was sitting in my heart, very small, and in the hearts of the others and in the centre of the circle. There was a great peace; the thought came to "This is the peace that passeth all understanding".
.... This morning I tried to go through the same meditation and felt again that great peace and still feel it.

MISS GEIDA REINITZER. (Gratz, Austria). During second meditation my search for the Overself was followed by a feeling of inner liberation. It was like the light from the Overself streaming from behind the Tree of Life. I was suddenly conscious of purification, freedom, as if the way was made clear inside for the influx of this spiritual force. I was completely aware all over my body as if a new life were pouring into it: it quite overpowered me. Words cannot express it, the atmosphere you bring with you, in which it is so easy to breathe and in which one can become so quiet, and in which so many worldly things that seem important become unimportant. That atmosphere that brings majesty and yet a solitary sadness. I feel such marvellous things during these meditations. Continually the inner feeling of recurring spirituality, of getting into the eternal "I

MRS E. B. PROUTY. (Paris) The meditation appeared to have had four aspects. First a centralization of consciousness from the head into the heart. Second, stabilization which permitted receptivity. Third, a release or outgoing. Fourth, registration and thanksgiving. I was aware of you as a beneficent force rather than as a person and no distractions or uneasiness was felt at any time. The vibrations seemed to be completely harmonious. When I first closed my eyes a crescent of bright light flashed in my head instead of the circle I generally see, but I soon ceased to be conscious of the body as a whole. Only the heart were within the aura of my consciousness. My breathing gradually slowed down and a period of tranquil receptivity began. Soon my body seemed to

MRS PROUTY CONT:
become alive and the heart beat more strongly, and I realized that some change had taken place. A sensation of outgoing and release was accompanied by a kind of heightening of consciousness. I seemed to enter a new field of action, and to feel confident of my place in it and power to be useful there and I found myself recognising an increase of power and of life and opportunity, and a kind of joyful chant of thanksgiving uttered itself within me. I seemed part of an endless stream of energy. I have been aware from time to time of being a channel for force, but in this case the channel and force were one, and at-one with all life. I felt convinced that this realization was real, vital and permanent.

MRS RUTH VAUGHAN. When you intoned the OM I felt a most strange lightness within, as if filled with clear thin air and light and supported by it. It seemed to come from universal space and penetrated me like a shaft in the region of the heart and I felt enveloped in the light clear air and joined with it. A great feeling of utter rest and at the end a column of blue smoke rising like a column from me. During the second meditation a profound sense of letting go of everything. I seemed to lose consciousness though quite quite awake. I seemed to sink down, and was in a great quiet darkness, the sensation was as if I were hidden in the heart of the universe. I saw nothing and heard nothing, just this hidden sense.

FLORENCE CLARKE. I have never been in the presence of such great stillness, my voice sounded like a great blast disturbing harmony and I felt a midget.

MRS HESPER HUTCHINSON. All sense of a body vanished; consciousness seemed to be outside my head suspended in a realm of happiness and a voice seemed to be telling me that all would be well, we were cared for and protected. On opening my eyes it took some seconds to bring my mind back to that heavy vehicle which was the body.

Mr E. J. Rock. An immediate consciousness of an exterior force penetrating to a deeper self than previously experienced. Mantric sound definitely impactful. A glow on either side of the face. An inner calm followed by a sense of inner strength and elation.

CONSTANCE BEACH MEDITATION RECORD For some years after starting

I got no result at all from the practice of meditation. Then, after my second meditation with P.B. on his visit to England in 1937, my whole inner life underwent a rapid change. I then found it possible to attain a depth of meditation never before experienced and also its quality was transformed. From that time onward, I was able to banish thoughts during the meditation.

I find it still takes the best part of an hour to get into the deep state where immersion in the Real is complete, although it takes very little — often none at all — time to reach the state where thinking stops. I achieve complete mental stillness. There is a consciousness of great depth and great tranquillity. There is a sense of a higher power taking hold of one utterly. However, all the time, there is a vague awareness of surroundings and of what is happening there. They are never fully blotted out and I never go into a trance so deep as to become unaware of physical environment. Also, although I am free from the physical headaches which afflict my body, they return when I leave off meditation. I do not attempt to direct this higher power. It reveals to me the subconscious character of those who come to me for help and I act accordingly. I do not attempt to deal personally or straightway with any problem. I meditate briefly on it before sleep and turn it over to the Overmind. The solution comes later by itself.

I am fully aware that the power which has brought me to this degree of attainment emanates from P.B. One thing that does not come to this deep spiritual state is any knowledge of the mysteries of the Universe. That is denied me. Nor do any visions nor any phenomena of any kind come to me within.

I find that the best term to describe that higher state of being which I experience in meditation is the Buddhist term "essence of mind". I do not like the Hindu term "bliss" because it is not blissful. It is peaceful. The stage of loving interplay between devotee and Divine has not come to me. My development skipped it. There is no love, only peace. There is a great sense of well-being with it, of harmony and goodness. I feel that the meditation with P.B. opened up centers within me which brought about this expansion of consciousness. Sometimes the very sense of personal identity is lost entirely in this state and I do not know or remember that I am Constance Beach.

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after my second meditation with P.D. on his visit to England in
1937, my whole inner life underwent a rapid change. I then
found it possible to attain a depth of meditation never before
experienced and also the quality was maintained. From that
time onward, I was able to sustain thoughts during the meditative
state. I find it takes the best part of an hour to get into
the deep state where fascination in the soul is complete, although
it takes very little — often none at all — time to reach the
state where thinking stops. I achieve complete mental stillness
there in a concentration of great depth and great tranquillity.
There is a sense of a higher world being held in one's hands.
However, all the time, there is a vague awareness of surroundings
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and I never go into a trance or come to deep as to become unaware of my
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I am fully aware that the power which has brought me to this
state of attainment emanates from P.D. One thing that does
not come to this day a final state is my knowledge of the
mysteries of the Universe. That is denied me, for do any vis-
ions for any dimension of any kind seem to me within.

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this about this expansion of consciousness. Sometimes the very
sense of personal identity is lost entirely in this state and I
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Miss E Collins. (Halifax) Both write of the privilege of the group meditation. Mrs Dodd writes, "I remember most clearly the feeling of detachment from the body, not unaware of its sensations but detached from it, and towards the end a feeling of light and wonderful happiness which persisted afterwards. There seems to be, also, moments when I was not conscious of anything. Since when I have felt an increased aspiration to tread the Path to the Overself".

MRS RIPLEY "It has given me an entirely new approach. My old world has gone".

Mrs Armitage "I am still a little bewildered, the experience is a milestone on the journey".

MR JOHN BLACKBURN The main experience I had was one of agreeable surprise and joy that I could for so long a time sustain harmony and a sense of unity in the group.

MRS A BLACKBURN. I have felt so peaceful and happy since our meditation.

MR EDWIN BOLT. It was like entering the most exquisite SILENCE I have known. I was conscious of the noise of the gas-fire and yet it became like music. a wonderful ONENESS.... the body was calm and a delightful aroma filled my senses. On the second occasion it was wonderful also. The body became very light and I felt to be sitting in mid-air. I saw many wonderful lights etc, but as these things have played a large part in my life since I was a child, I only just mention them. ... The moments in (group) meditation are as doors into another world into which you take us.

Countess of Clonmell Physically I was hardly aware of anything, it was all peace, a very alive peace.. After and during the chanting, which I loved, I felt a great power yet somehow little awareness in my mind I mean outside a wholeness. It all just WAS, perfect natural, something seemed to BE, the body did not exist. I was existing without the body as I have done sometimes before but this was more definite which with people and nature seems to be growing much stronger. Since I came to you I find it so much easier to understand people and to be more tolerant and many other things.

MR WALLACE WOOD. After a while when my mind was quite I began desiring unity, deeper understanding. I was soon aware of a strong emotion as of great devotion, and of freely giving all and receiving fully. Then slowly I let myself sink into a condition unconscious of desire and thought until I seemed to rest in a peaceful but conscious sleep. Later I became aware of the immanence of a still presence and power (I think think yourself) large and overshadowing. With this presence seemed communication, silent, a pouring in a giving and receiving, not by word, but in understanding.

MR CHARLES POTTIER. The mind began to travel through events and experiences near and afar off, but slowly it was brought to heel. Then everything became more intense. The mind watched the effects of this stillness upon it, the hands began to feel asleep, then the feet. Slowly both arms and legs were "falling off to sleep". Slowly the face became restful. Everything felt as if one were slipping into a restfulness not of sleep, but of consciousness. The mind gave a final struggle, then everything began to recede again, a fear as if one was on the brink of a great abyss and a dread to make the next step into ?

Each time after this the same place was reached but into a state of complete unconsciousness, but not a feeling of "where" to, only a feeling of loss of sleep. After awaking all the limbs were heavy as if drugged; the mind was there but not thinking; the feeling was of utter peacefulness and a dislike to move the mind or body. Just a desire to stop like that for ever.

Lydia Bilbrooke. When I walked into your room I felt almost overwhelmed by a great spiritual peace I knew that I was surrounded by some strange power entirely benificent and above all healing. During meditation when thoughts died down, I did not have any sensation of release on going out, I felt that something was brought to me "Peace be still" echoed through the mind. The face in the photograph you showed me, then a quiet dreamlessness followed by a glimpse down the long arched tunnel with the pale light at the end. I think I brought back measure of peace. I slept deeply that night, my heart itself has worked more easily and at times have known a rare quietude.. So often I feel on t

9. FRED GRONBERG. It took some minutes to gain control of myself. By the time you had finished the Mantram quiet descended on me, A tingling sensation from the head to the toes asserted itself. It seemed in the nature of an electric charge and carried with it an idea of expansion and well-being. I saw fleecy clouds, of such pristine whiteness that I knew for the first time in my life what whiteness is. The clouds seemed to billow without gradations of quality. After seeing an image of a child, I experienced various phenomena of light. The whiteness merged into a golden glow, which again merged into azure, pinks and soft mauves. All sense of duration ceased when I felt, as on other occasions, that I was not I, but that I was all things and knew the answers to all problems, in fact there were no problems. Once or twice I reverted to the normal state of viewing the world-image and I remember wondering if I could carry my daily ^{life} into any semblance of what I was experiencing in meditation. My major experience, however, was the idea of expansiveness and well-being. I felt that something was passing from you to me, but what I could not tell.

C. A. STICE. Los Angeles. When I first entered the house and sat down, I felt the Divine Presence, and I definitely received a blessing then and there. After the first two talks I succeeded wonderfully in bringing thought down to the right ventricle. In the second talk I caught the inner meaning and heard the inner voice. I felt the attainment of the Goal itself, it is difficult to describe. It was a realization that I had never before experienced. As the direct result of the talks, my determination to seek the "One thing needful", and nothing else, took possession of me as never before, though the control of thought is still difficult to me.

MARIE HALLIBARTON. It is difficult for me to meditate deeply in company with others, since I have always been so utterly aloof and alone in spirit. But last Thursday I was conscious of the touch of Divinity... that inner ecstasy which I can only liken to the happiness felt when with someone dearly beloved. Only, it so deeply stirs you, that human personal love is but a pale shadow, for it is the reality of Love. I did have one distinct experience. I was suddenly enveloped by the most exquisitely

MARIE HALLIBARTON. cont: 2003 JI .

Fragrant perfume. It was so pervasive that it was experienced rather than limited to the sense of smell. Perhaps the term "vibration" is the most applicable to my experiences in meditation. A current that flows through the body, so that it seems to be not physical, but made of light.. In your presence I do experience spiritual awareness. I have never experienced such spiritual power, or nearness to the Divine Source as during your talk last night. I felt so perfectly in harmony with all the universe of Divine Spirit, through you. Purity, Harmony, Wisdom, Love, Balance, and Power... words can only hint, not express these attributes of Spirit, but they do combine to create Peace, don't they?

ARIEL LOTUS. New York. From the first moment of our first meditation I had a clear realization of great power emanating from your presence, perfectly controlled and unerringly directed to the highest Good. Slowly a quiet stream of peaceful bliss grew slowly permeating all. No thinking of any kind remained. No emotion but an intense and curiously detached floating joy. Then words floated by, then no more words, only a vibrant quality of Bliss. And slowly the realization that everything had fallen into place. All disharmonies and jarring influences were gone. And the most clearly canalised sense of Unity I have ever felt, established itself, permanently I feel, within myself. Also a quality of Peace seemed to invade everything. In all the meditations your power is clearly perceived like a strong current of serene harmony, switching gradually and strongly more light on. The lovely quiet I felt so intensely seemed to have been charged with unformulated lessons: Something like poems without words.

MRS AVRIL WEEKS. Hollywood. (1) Something completely engulfing me and pulsating towards me. IT gave a great calm, relaxing, peaceful, I wanted to remain in one spot until I was IT. IT polarized me for a week, until I became annoyed. (2) No noticeable difference except an expansion over the chest area; like an expanding balloon. (3) A sublime state of consciousness (happiness) was experienced, a most expansive, all-pervading, deeply penetrating love. I was in love with all creation. (4) Recaptured the blissful state of love and happiness and I expanded like a bubble filled with breath.

6 Lydia Bilbrooke cont:

borderland of remembered truth, especially after sleep with the sensation of stepping back to a bewildering and unreal world.

SIGURGEIR SIGURDSSON. Iceland. The force that came from P.B. was overwhelming. I felt I had begun a new chapter in my life.

Samuel A MURAD. There was a softening and slowing of breath, the feeling of peace, the soothing of mind the lessening of thought finally a tremendous force entered the right nostril pushing its way upward and moving the head from right to left. The tremendous inhalation seemed to come through both nostrils throwing the head back and holding it there.

Emme Douglas. I cannot tell you how much I enjoyed your talk, not alone for the subject matter but also for the divine-like vibratory waves that your words seemed to carry and alight upon one's consciousness.

DOLOR VAGHYA. When I reached the street, I seemed to plunge into a strange, hazy world. I saw nothing around me. In mind and spirit I was still sitting opposite you and enveloped in serenity. Once in my room it appeared almost foreign to me. I sat down feeling dazed, feeling very weak; as one who has carried a burden along a steep road for some considerable time, feels suddenly that the burden has become lighter. I felt that a turmoil, an ebb and flow of undefined thought, or a sifting, was taking place inside me. I remembered how, each time that your voice rose in the silence something had stirred in me. And now, the last time, I had felt a breeze round me with a sensation of bliss. I seemed to be taken back to almost forgotten days, when I found peace and happiness in meditation. Since, every day at 5 o'clock a scent of incense pervades my room, reminding me to sit calmly for 20 mins, and I obey the injunction.

MRS NORA BRIGGS. I experienced during the meditation an exquisite peace and stillness, and some hours later I was very conscious of a great feeling of release, and of being on the verge of some realm where I had long desired to be. All through Monday and Tuesday, although I lived outwardly my normal life I was inwardly jubilant.

COMBEACH. I achieved an incredible stillness, mentally and physically. All my life-forces appeared to be in abeyance as if my body was transparent, then I was not formless and away, as sometimes. There was no thought or movement of any kind. I felt surely the next stage is oblivion. When I opened my eyes I saw Star, or cross, over my Altar and remembered being told some years previously that when I saw a star my spiritual life would change.....

On Sunday I rose through a dim sort of cloud into a rarefied atmosphere and found myself in a vast state of consciousness. I felt desperately lonely on the way and tried to find you and a sort of struggle followed. I seemed to hear " Let go of your earthly idea of P.B. and yourself, you must stand alone. I saw that it was only an idea of you and of myself and of the universe, and I let go and felt that I was facing infinity and alone. I was in an immense vastness and KNEW that it was in all or rather that it was all there is. I seemed to hear " You have been reborn again into the Spirit. I felt that I been through a great struggle but it had taken place on a plane above the emotions. As I returned to body-consciousness something broke in my heart and I wept copiously. It was all so subtle and intangible except that I feel so changed and have been in a constant state of meditation and calm ever since.

BABARA PAULKNER. (2nd meditation) I sat as before thinking of a picture and of P.B. I closed my eyes, breathed gently and when I felt a peace interrogated myself reverently and with deep sincerity. During the second pause all knowledge of my body deserted me. Nothing existed but an unplumbable void within, into which I might enter if I so desired. Then I felt a great light spread around me; it was white and of greater intensity than I have ever known. A tingling sensation in my spine and my eyelids twitched. My mind was keenly alive and I found that I could glance from this state to the existence that I had previously known. I experienced no fear, and when something instructed me I returned to the world of forms. I neither regretted nor desired to, it just was so. (3rd Meditation) Today the light did not make itself apparent. I rested in absolute peace and it seemed that my form embraced all things.

LUCI BERNATSKY cont: wider like my body. It was as if I were made of some aeriform matter. My body was inside me, small and much harder. Then I suddenly rose high above my body. The current that streamed into the middle of my head suddenly became very still strong and felt as if it would whirl swiftly the length of my spine. That lasted for a while; then I came back by slow degrees into the real world.

During the whole meditation I felt great peace and calm and for a little while, everything stopped quite still within me.

MR SZABO. Budapest. At the beginning of the meditn I heard your wonderful words and then such peace came over me, I thought I had fallen asleep. Not until -1 towrds the end did I come to. First I opened my eyes but had to close them again, my hands were asleep. Then I felt electric sparks flowinf from the finger-tips in your direction, then as suddenly became normal. Back home I fell into a deep sleep.

MR SZABO. Budapest. In the meditation the unusual nature of the situation disturbed me and I could not shut out sense impressions. Then I felt or perhaps thought that you wanted to draw me with you inwards. My gravity or the outer self would hardly let me go.

But I found myself as though in a very large empty space where there was a faint light. It seemed as if a rbe gleam would appear. A little later -r came the words " Sir you called me. Here am I" and I repeated the words several times. But I did not reach the inmost point; the longing remained in me. Then I was completely back on the other side and I thought of you and Maharshi and of the great deep power you must have within. When I left you I was weary and sad but then later on peace and joy came into my heart

LUIGI BERNARDINI cont: Under like my body. It was as if I were made of some soft matter. My body was inside me, small and much harder. Then I suddenly rose high above my body. The current that streamed into the middle of my head suddenly became very still strong and felt as if it would whirl swiftly the length of my spine. That lasted for a while; then I came back by slow degrees into the real world. During the whole meditation I felt great peace and calm and for a little while, everything stopped quite still within me.

MR. SARGO, Budapest. At the beginning of the meditation I heard your wonderful words and then such peace came over me. I thought I had fallen asleep. Not until I towards the end did I come to. First I opened my eyes but had to close them again, my hands were asleep. Then I felt electric sparks flowing from the fingertips in your direction, then as suddenly became normal. Back home I fell into a deep sleep.

MR. SARGO, Budapest. In the meditation the unusual nature of the situation disturbed me and I could not shut out sense impressions. Then I felt or perhaps thought that you wanted to draw me with you inward. My gravity or the outer self would hardly let me go. But I found myself as though in a very large empty space where there was a faint light. It seemed as if a gleam would appear. A little later I came the words "Sir you called me. Here am I" and I repeated the words several times. But I did not reach the utmost point; the longing remained in me. Then I was completely back on the other side and I thought of you and "where" and of the great deep power you must have within. When I left you I was weary and sad but then later on peace and joy came into my heart.

Madeleine Goss, Lake Arrowhead, Cal.:

. . . There came a feeling of outside force, or deep vibration, which grew stronger . . . With this came an increasing stillness of the body, until it seemed a completely inanimate thing, and I felt myself detached and apart from it. . . . Fragmentary thoughts came at intervals. Some of these were analytical . . . others were a definite effort to raise the Consciousness to a higher plane . . . At the same time a great feeling of peace was evident, and an increasing detachment from the body. This sense of detachment was so strong that I felt a complete indifference at the thought of returning to the body -- as if I could go on forever in the state of calm peace which possessed me. . . . (It) left me with an abiding sense of peace or inner poise, together with a deep joyousness . . .

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Fred Gronberg, San Diego, Cal.:

A tingling sensation soon asserted itself, beginning at the top of my head and going to the tips of my toes. It seemed to be in the nature of a very mild electric charge and carried with it an idea of expansion and well-being. Then there seemed to impinge on my consciousness an image of fleecy clouds. These were of such pristinely pure whiteness, that for the first time in my life I know what whiteness really is, although I cannot describe it. These clouds seemed to billow, but, paradoxically, without any shadings or gradations of quality. At one point, there seemed to be extraordinary activity, and soon out of this center there obtruded on my mind the image of an infant . . . filled with the wisdom of the ages. . . I experienced various phenomena of light. The whiteness merged into a golden glow, which again merged into azure, pinks, soft mauves. During this time all sense of (time) ceased. . . . I was not I, but was all things and knew the answers to all problems, in fact there were no problems. . . . It was truly ineffable.

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It was truly ineffable.

Mrs. Edith Vasz, Budapest:

There was a power . . . far away and above everyday life, peaceful and fervent. Happiness without emotion--may I say divine happiness? I felt . . . wrapped in a veil of helping thoughts. . . . An electric current began to vitalise my body starting at the bottom of the spine. Then came a feeling of outbursting devotion. I longed to kneel down and weep and adore the bliss (which) was nearly unbearable. . . . (There was) a reassuring warm pressure calming my nervous fingers. . . . This feeling was a perfect synthesis of quieting, strengthening and uplifting power. My hands . . . (became) humble servants of a streaming power . . . transformed. . . . I felt the living and powerful existence of my Self collected in a marvellous unity of body, heart and mind, and the divine atom--growing and vitalised. . . only happiness dominated. I felt . . . so perfectly myself.

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Mrs. Ruth Vaughan, Chelsea:

. . . I felt a most strange lightness within, as if I were filled with very light, clear, thin air and supported by it. It seemed to come from universal space, and penetrated me like a shaft, just in the region of the heart. I had a sense of being enveloped by the light clear air and joined with it. I also saw a momentary picture of ranges of mountain peaks, all in this same clear light. . . . A great feeling of utter rest, as though I abandoned all weight and care (was in me); and just at the end, a column-like cloud of thin smoke rose from me. . . . (There was a) profound sense of letting go of everything. I seemed to lose consciousness, though I was quite awake. . . . I had no thoughts, though at moments a queer mixture of thoughts, confused as when you wake from a dream rushed past me, but they did not come into my centre. I seemed to sink down and was in a great, quiet darkness . . . as if I were hidden in the heart of the universe. I saw nothing and heard nothing, just this hidden sense. . . . A very strong sense of power (ran down my centre).

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Dolor Vaghya, London:

When I reached the street, I seemed to plunge into a strange, hazy world. I did not see the people around me. I did not hear the hubub of town life. In mind and spirit, I was still sitting calmly . . . enveloped in serenity. Once in my room, I felt dazed. Its familiar sight had become almost foreign to me. I sat down, feeling very weak, like someone who, having carried a very heavy burden along a steep road for some time, feels when the burden becomes lighter. At this stage, I had the vivid sensation that a turmoil, a disturbing ebb and flow of undefined thoughts, a sort of clearing--or rather of sifting--was taking place inside me. . . . Something had stirred in me and made me heave a deep sigh. . . . I had felt a breeze around me accompanied with a sensation of bliss. . . . Every day at five o'clock, a scent of incense pervades my room, reminding me to sit calmly for twenty minutes, and I obey the injunction.

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tion.

MARGARET HOUGHTON. Los Angeles.

In the beginning the thought of powerful thought waves enveloping me - a receptive acquiescence to these waves then darkness for a period, then a feeling as if the top of my head was opening to Light. Mind and heart united in Light. In meditation the following night I saw the real Self, naked, stripped of all illusion and leech like thoughts and conditions - great clarity of thought followed, and greater sensitivity. Second Meditation. Entered Silence easily, with the same sensation of tingling (electric feeling) in the top of my head and then Light. At the close I felt it was difficult to speak or remember for several minutes. These two lectures have been the most wonderful experiences of my life.

MISS A. HOUGHTON. Boston. Breathing gradually slowed and a sense of rest began. Circulation seemed to increase in head and face and heat flowed through body and at intervals a deep breath seemed to diffuse rest, and calmness where the tension had been. Near the end of the half-hour a coolness like a pleasant breeze seemed to flow around me. Cheeks hot, feet cold, did not wish to speak or move but did both in few seconds.

At bed time sobbed and wept, most unusual for me.

In the meditation today there was no fear of letting go. I trusted your guidance fully without any sense of your personality intruding my quietness. It was a deeper calm than before. My desire was to breathe deeply and rest quietly, waiting.

NELLIE H. SLOPER. After some tenseness due to the unusual situation the second phase that stands out is the peculiar gyrations of my heart. It commenced bumping and thumping and fluttering in a very unusual manner, as tho I had been engaged in violent exercise. It quieted down later and then reluctantly it seemed. Thirdly I remember a sustained sinking back, blue-grey vistas and a comforting sensation permeating me, of being "cared for". I just seemed to remain there. In all meditations now there is a decided drawing feeling throughout entire upper half of my head.

My third meditation with you, I became unbearably drowsy during your talk, when meditation started I became very much awake and alert. After a time, as breath and thoughts slowed down I was drawn back, even whilst still thinking, into a sort of velvety

NELLEE SLITER cont:

blackness, after which a couple of warm thrills passed over me, and a protected feeling, both seeming to have come from you. I also experienced a sense of joy and gratitude.

MILTON SLITER. Our second meditation was marked by a rapid gliding of the consciousness as tho gently propelled into a harbour of repose. It was so gentle yet so speedy and direct that my attention was caught, the intellect took hold. After a struggle with impinging thoughts before again being caught by the inflowing current to a state of such stillness it seemed one must hear something. During our last meditation I became conscious of a drawing sensation on my forehead and at times extending back on a line above my ears, and an upwelling spirit of worship, tho not so withdrawn as previously. Meditation at home is now easier and more soul-satisfying than formerly as I am no longer fearful of breaking through into some psychic realm. The spiritual guidance of a teacher is a boon my heart is ever grateful for.

MRS NEWBERRY. California. At first I was a little dizzy and fearful. This wore off and I was relaxed and did not want to move. Gradually I became rested though it was not the part of me that is rested by sleep. The spell came in waves, I would come out of it a little and then sink into it again. Once I penetrated deeply and that time I knew that the love one gives out is all that matters, not what one receives in return. A last remaining resentment vanished, with relief. Tears came but not from sadness, more as a release. I can still feel a nice warmth as if remembering some happiness.

KATHLEEN HOWARD. Hollywood. It was difficult to grow calm. My head rose, then sank. I asked for permission to enter the Path. Later I was told that I would never be alone again. It was so tremendously beautiful that it filled me. Later I had a strong feeling that my head was held upright. I asked again to be accepted. I felt the sensation of a burning jewel on my breast but without any heat. I felt that I was accepted. My head sank and sank. Though of the outside world intruded. Later after the meditation I knew that it was the greatest day of my life.

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MR CECIL GRENSHAW. (Group leader in Halifax)

I had the feeling that if only the silence could go on for an hour that I should get clear (consciously) of my body. I felt that I must keep perfectly still or I should break the spell. My hands were crossed but I had the sensation that they were suspended in the air and of no weight and joined together. Later on I felt a jar or bump as one feels if one falls asleep and is brought back suddenly. I know that something has happened to me but cannot describe it better. I suppose that during the silence that my brain became stilled.

MRS GRENSHAW. At first a most unusual disturbance arose like a sandstorm. All my limitations, little-nesses and bogeys of all kinds rose up and whirled around until I could have cried aloud. I just held on and suddenly they subsided and I felt again the rhythm I am beginning to recognise and in its light I saw my weaknesses as unimportant as my virtues and that virtues are just pathetic little flags we wave in the hope of catching the attention of the Self. When the God descends the half-gods and reflections go and and one would have no sense of virtue or vice. The rhythm is entirely distinct to me. It has nothing to do with a certain expansion of consciousness one feels sometimes in meditation when one goes out and out in like a great AUM. One can recognise the rhythm as distinct from oneself, shall I say that it wells up like Grace. All the earlier discomfort of posture, etc, vanished and I calmly regarded IT. I first sensed it whilst reading the Secret Path, that word that glides like a meteor behind the other words. Again when reading your last book when I got a strange sensation of light which blinds and hypnotises me until I cannot read and grasp the sense at times. Even recognising it I did not realise what had happened until we were outside and knew that we had touched Reality, for London was even a dream picture, whilst one dwelt in a radiance observing it! So I realised that when one touches any ray of the Overself there is no question of using it. It carries within itself its own diffusion like a light. I realised also that there is a centre of consciousness at the heart which one can use if one turns from the brain consciousness to this other.

ADELINA TOVAR. A sort of rushing strength, a falling away of the usual outside things of every day life. A question of the greatest importance to me was answered completely, not by a voice, but by awareness

A widening of the scope of consciousness, a realization, too, of its true importance. A truer sense of values and discrimination. Then a warm sense of peace came and like a ship when the anchoring rope are cut, all such matters disappeared for I sailed smoothly away from such questions and I knew that I nearing the heart, the core, the essence of Reality. When they are seen in their true perspective security replaces fear and peace is truly understood. Truth is there, complete, in the Eternal, serene, impersonal, waiting for us to become aware of it. Then, curiously, I was aware of a sword of Light, and I knew that it had a symbolic meaning. Not a thing that would stand for strife and warfare, but one which would destroy negative things, not by violence but by merely being. ... for with Truth there could be no limitation, it is universal, like the other qualities of Reality of which you spoke. There was a white flower

that opened and I knew that it was myself, opening my consciousness and understanding, not by strife but by being. And all fear left me.

HELEN S. ALLEN. When in childhood aged about 7, I was at an Easter Service when I suddenly burst into uncontrollable weeping. I was unusually happy though sobbing so hard. Perhaps it was the atmosphere of the music that affected me as I was lifted out of myself and my surroundings; it was sort of Holy and beautiful. I think I came closer to God then than I ever will. So it was in our meditation only in a lesser degree. Beautiful emotions and a "presence" seemed to come and go when you intoned those words, just as in that Church that long time ago.

MRS R COBBLE-SAWLE. An effort to centre the mind. Then a great clearness and peace; numbness came over my limbs and a tremendous power all round. Twice I seemed to drop off into conscious sleep on one occasion complete sleep for a second. Then again great peace and happiness.

MRS EDITH VASZ. It is nothing and everything. Stillness and peace. It gives the feeling of tremendous power, ready to change the creation in the twinkling of an eye. To destroy and create again the whole universe, it is the last reason the end of an endless chain of causes.

JOHN E. UTTER Under the auspicious conditions of the full moon I began my meditation with you. Deep and slow breathing stilled thoughts, and I slowly brought my consciousness down to the heart. For some time I was aware of the beating, but gradually this disappeared, leaving me tranquil, yet conscious of that centre. A force seemed to be set to work there, trying to push something away. Suddenly it was as if the stone had been rolled away and light burst forth, diffused and brilliant light, which rose in me expanding all through my being. I was light-lifted into the universe- soaring in radiance- away from my body. Then I returned after this moment of ecstasy to a state of utter quiet, which was little by little replaced by the realization of certain forces within me at work there. Image-like a Buddha figure and the lotus blossom welled up in me; all was serene contemplation. On arising my body was aglow

MRS LUCKIE. As I brought my consciousness down from my head to my heart, I was very conscious of the slowing of my heart-beat. I gradually felt more peaceful. Then a slight dizziness, together with a feeling that I was swelling or expanding slightly. The last few minutes my head seemed entirely separated from my body, my heart beat quickly and I felt very nervous and not fully integrated- a very unpleasant feeling. Almost from the beginning I was aware of a wide, opaque band of something, perhaps ether, running between the top of your head and the top of mine.

MRS EDITH VASZ OF BUDAPEST.(I) cont: above.
It was the first real meditation in my life. It was a power far away above every-day life, peaceful and fervent. Happiness without emotion, may I say divine happiness? First I felt it physically, an electric current began to vitalise my body starting at the bottom of the spine. Then came a feeling of devotion, I longed to kneel down and weep the bliss was nearly unbearable. My hands became riveted, weigh

(2)
MRS E VASZ cont:

not any more part of my body but humble servants of a streaming power and yet they were my own sensitive, restless hands, not forced but transformed for blessing and helping. This 25 mins were timeless, eternity, and yet I felt the living and powerful existence of myself collected in a marvellous unity of body, heart and mind and the divine atom growing and vitalised. Everything vanished only this happiness remained. Eternity has nothing to do with time. It is not a very long infinite time. It is a condition. (cont: on top of previous page.)

MRS STUART. (Marie Doro, Hollywood.)

Waiting, waiting, how still except for that cricket. And now, a new region of universe is quickening into life, the place of secrets. It spreads like veins growing on a leaf.. even as I write this a glittering cloud of silver glistens like radium to my left. Never shall I be afraid again, my gratitude is boundless. Not once but several times a feeling imposed itself upon me, like the beginning of dreaming. I was standing against a tree and could see and feel its bark, listening for its heart to beat; or listening for my own heart beating in the tree.

COUNTESS R. ZU SOLIMS-LAUBACH.

I could also not resist the strange atmosphere of peace that was going out from you during meditation. Perhaps if I had felt its influence longer it might have revealed its secret to

CONSTANCE JONIAUX. (another short extract on page 26)

I was at once aware of a force that I have not encountered before, and a sensation of drawing in, or sinking inwards, and an awareness of my throat centre. When you sounded the Mantrums I heard, or said, " I am" and after the last one, " I am That". This was followed by bliss and ecstasy which caught me and then slowly passed leaving a feeling of peace which I longed to stay in and I seemed to be imploring someone to let me stay like that. I felt such waves of force that I could not think or do anything, except to beg that what I was her should shape me so that I can fulfil the purpose of my physical life. During the whole meditation I was aware of vibrations and forces as well, very strong and coming towards me in rhythmic waves