EXCERPTS FROM REPORTS OF

(1)

MEDITATION EXPERIENCES
WITH P. B.

(Santa Monica)

L. BILLERBECK. Meditation was marked by a definite physical reaction as though a metal band was slowly tightening about my head, centering in the forehead. 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 two I have thus far been priviledged to spend in your presence. Santa Monica

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 any 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 but about ten minutes. I am experiencing a great happiness, and a sense of sureness, and above all a renewed enthusiasm.

Hollywood 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 meditn 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 thought 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.

X.B.

(2)

BAY DRIVER. (Los angeles) 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 of the heart, as though sinking into the heart, I could distinctly hear it beat and as I sank the inside me seemed to float out on a sea of peace. There was a period when rays of light seem to come through to me just above the eyes. I cant 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 feelin world most.

VERONICA WAVELL (Hollywood) Yesterday I had an almost immediate realization of the Presence;not, however, in the manner usually experienced,i,e, 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 a broad, quietly powerful waves steadily pouring out ~~through~~ 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 brain in a faintly drug-like manner, very faintly so but pleasingly with symptoms of becoming Ecstacy; there was a most acceptable lack of the sensation of hot pepper on the skin of my face and 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 very 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.

(Pasadena)

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 Mantra 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 detached and apart from it. Mentally the detachment was not as complete. Fragmentary thoughts came at intervals. Some of these were analytical,- an 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 great feeling of peace, and the increasing detachment was so strong that I felt a complete indifference at the thought of returning to the body, as if I could go on for ever in a 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 of peace and inner poise, with a deep joyesness, which remained for some time during the day When in your presence I felt a sense of spiritual stillness surrounding 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.

(Wilmington)

MRS SAWIN. As in all my meditations the presence of a great peace and a spiritual allofness 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 perso

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 thought the "physical" you had gone. This latter feeling I had very strong strongly.

MAY ELY (Los angeles) 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 consciously 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 remainer of the time a deep quiet and peace prevailed, more profound than I had ever experienced.

Mark HAWLEY. (New York) 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 -ness 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 resembling snowdrops, each time in a slightly different formation. New York

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 and peace.

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

Sylvia CURTIS (Paris) 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 am confident now that I have been in touch with you that I will make progress on the path.

(Rita Curtis - Bucks, N) amersham,

continued on page 5

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 ecstacy 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 aglo

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 quikly 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 rivetted, weigh

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, g restless hands, not forced but transformed for blessin and helping. This 25 mins were timeless, etermity, 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 ~~Dore~~, New York.)
Waiting, waiting, how still except for that cricket. And now, a new region of the 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 standin 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 SOLMS-LAUBACH. (Frankfort) 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 me

CONSTANCE JONIAUX. (~~continued from extract on~~ page 3)
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 ecstacy 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 then 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

ADELINA TOVAR. Los Angeles 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 ropes are cut, all such matters disappeared for I sailed smoothly away from such questions and I knew that I was 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.

(Long Beach)

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 c all round. Twice I seemed to drop off into conscious sleep on one occasion complete sleep for a second. Then again again great peace and happiness.

4.B.

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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 weaight 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, littlenesses and bogeys of all kinds rose up and whirled ~~arc~~ 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 ~~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.

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Miss E Collins. (Halifax)
Mrs Jessie Dodds (ditto) 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 seemed 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 occassion 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 (London) Physically I was hardly aware of anything, it was all peace, a very alive peace,. After and during the cha nting, which I loved, I felt a great power yet somehow little awareness in my mind I mean outside a wholeness. It all just WAS, perfectl 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 quiet 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 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 no feeling of "where" to, only a feeling of long 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 he 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 a measure of peace. I slept deeply that night, my heart itself has worked more easily and at times I have known a rare quietude.. So often I feel on the

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 slowin 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. Then the tremendous inhalation seemed to come through both mostrils 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 mee'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 dazedy feeling very weak, as one who has carried a heavy 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 how, 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, and

CCMMBEACH . I achieved an incredible stillness, mentally and physically. All my life-forces appeared to be in abeyance as if my body was transparent, tho' 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 a 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 born again into the Spirit." I felt that I been throug 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 intagible except that I feel so changed and have been in a constant state of meditation and am ever since.
BABARA FAULKNER. (2nd meditation) I sat as before thinking of a picture and of P.B. I closed my eyes , breathed gently and when I felt at 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.

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 Marharishi 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 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 impactive. A glow on either side of the face. An inner calm followed by a sense of inner strength and elation.

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 t 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 unual 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.SLITER. 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 sleepy 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 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. Thought of the outside world intruded. Later after the meditation I knew that it was the greatest day of my life.

FRED GRONBERG. It took some minutes to gain control of myself. By the time you had finished the Mantrum 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 experienc 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 remeber wondering if I could carry my daily into any semblance of what I was experiencin 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. (Illumination remained permanently until he died a year later)

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 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 meditat 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 ecstacy 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:
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 appl applicable to my experiences in meditation. A curren 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, Wisdo 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 control led and unerringly directed to the highest Good. Slowly a quiet stream of peaceful bliss grew.slowly permating 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, stitching gradually and strongly more light on. The lovely quiet I felt so intensely seemed to have been charged with unformulated lessons: Somethin like poems without words.

MRS AVRIL WEEKS. Hollywood. (I) Something completely engulfing me and pulsating towards me. IT gave a grea 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 noticeably differenc 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.

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. — 1947

CONSTANCE BEACH - ILLUSTRATION EXCERPT

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MEDITATION REPORT WITH P.B.

Tom Wilt:

(1) ~~Meditation Report with PB~~: "I felt that I had always been sitting here." This means he touched eternity, timelessness.

(2) M. Ames: The privilege has flooded my Being with so much of Wonder-Awe-Peace and with such a realization of the sacred abounding Love; I find no words at present -- just a deep inexpressable gratitude in my heart for Everything

(3) Dr. Howard Brenton Macdonald: "My meditation with PB crystallised a lot of karma in my life. Things for which I had been struggling for a long time began coming into realization. Also one week after her meetin with PB my wife recovered her singing voice which had been lost for three years.

(4) After the firstmeditation with P.B. a woman of thirty who was attending a medical college, who had literally been obsessed by sexual desires and quite unable to get any balance in the matter, found herself magically freed. She was S.F.

MEDITATION REPORT WITH P.B.

TOP WITH:

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Extracts from Translation of letter from Miss Geida Reinitzer. 29th October, 1937.

I have a feeling that you are near me and helping me to continue my inner work, even though I don't know where you are. I wish I could write to you what that single day in Vienna meant to me. I really don't believe that words can 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 which brings majesty and yet a solitary sadness. I follow the meditation as you have shown me. I feel such marvellous fine things during these meditations, as you have described in your books. Continually the inner feeling of recurring spirituality, of getting into the eternal "I". You cannot tell how happy you can make me with a few words.

Suddenly, I felt that all the trees on the hillside, all the vast expanse of sky and field were within me. This was the first time I had experienced this, although I had felt a feeling of it all, this is a deeper feeling. — Jane Fagan Columbus, Ohio

MED REPORTS

Right away, meditation became so much easier! Now, by simply closing the eyes, I am in That which seems to be pure Consciousness; at least I think it is. When you were here, you asked me how I reached this and I gave you a foolishly poetic reply. Since then I've discovered a more practical way: I direct the attention very briefly to "That which moves and acts--the body", then to "That which thinks--the mind", then through "That which knows--the heart" into "That Which Is--Pure Being". At first this was a directly upward movement of awareness, leaving out the heart and calling "That which knows" the Overself. In some ways, this is clearer. But I remembered what you'd said about heart-consciousness (in the conversations), so I re-routed the course back downward. Sonn, there was a firm, sweet, drawing-in sensation in that region, just such as you described, and it turned out to be about as easy to go through that as to go upward. I don't suppose this is too important anyway; the important thing is where one ends up.

Because of two or three happenings, it does seem as though I am sometimes being led, now. If these, too, come from you, I do thank you most gratefully! Anything is encouraging, at this point! What may, or may not, have led into them was the extending of meditation-proper (sitting at it) to a half-hour or longer upon awakening, another half-hour before retiring; and then, sometime during the day (when I rest lying down) ~~when~~ I carry on with the exercises for as much as an hour, at times (if I fall asleep, I pick them up again upon waking.)

Sarra Wesselman

Budapest
1937. X. 6.

Am Anfang der Meditation, als ich die Mantrams hörte, erhebte mich eine Kraft. Nachher sah ich eine leuchtende, tiefblaue Farbe, anfangs mit einem sich bewegenden, rührenden schwarzen Schatten, der dann verschwand und auch die Farbe überging in ein helleres Blau.

Dann fühlte ich auf meinem Kopf einen Druck oder eine Spannung, die später aufhörte.

Stille und Friede. Später spürte ich im Genick unter dem Scheitel eine Spannung, die mich zwang, den Kopf zu heben. Dann wurde ich größer, als hätte ich mich erhoben, der Atem wurde leichter, die Luft erfrischend u. kräftigend. Die Meditation war

/.

sehr kräftigend u. erquickend.

Übrigens bin ich nicht sehr tief gekommen, nur gegen Ende der Meditation hätte ich tiefer versinken können; aber die Türklingel erinnerte mich auf die Kürze der Zeit.

(B)

MEDITATION REPORT
FROM

BUDAPEST HUNGARY

Herr

Koriel Berudsky.

Not expected

from Mrs Briggs
wife of a Fellow of St Johns College
Camb. University

Monday.

8, LUARD ROAD,
CAMBRIDGE.
TELEPHONE 87181.

Dear Mr Ball.

Will you accept the loan of this library book until you go away. I think you will quickly know whether it is true or not. if the former, as I believe, the knowledge will be invaluable to you in your dealings with your students. You have already gleaned some of this knowledge. I think you will be able to piece it together much more quickly than I can.

I am in no doubt as to
Mr Brentano's high lineage. My
spirit rises in glad recognition.
& in love & reverence towards him.
The "Eurie grace" (lovely phrase)
is beyond measure & price.
How very grateful I am to you.
and to him, and to the high
loveliness of life which you
illumine.

If I may be permitted
to attend the Thursday classes
I shall be most grateful. In
some time & place I expect
I shall have to follow in your
steps. & teach.

Yours very sincerely
Nora Briggs.

Blavatsky's works. I joined the T.S & read almost everything in it, & came out again undernourished, but keener than ever on my inward search, which has always had to be quite apart from my outward life. I am inarticulate about it. I have had to face much derision & scientific objections & opposition from my husband, & theological quibbling from my brother. Not that I have been at all unhappy altho now when I attempt to commit it to paper the tears will come. But I am beyond that now. My life is very happy, & my relatives are content to let me read & delve undisturbed.

Another Indian student - now a Professor in Calcutta - or rather his

wife. Told me of your book on Secret India, & I introduced it to Mr Bolt, whom I know from T.S. days! through his son-in-law, who died.

Forgive this long preamble.

Mr Bolt very kindly invited me to come with his group, & he said that when you saw my name on the list you said "I shall know that lady". Please turn aside my question if you will, but it is in no personal sense that I ask how should you know me. Did you mean you would know a middle aged University Don's wife anywhere, did you remember me from some far place & time, or is it possible that in some area of apparently unconscious life we meet in the

pursuit of this high knowledge?
Are the great Teachers, Masters,
accessible to everyone, everywhere.
Are you a Magus? And how
did it come to me that I must lay
down much of my "good works"
& make a greater turning inwards.
at least a month ago. The
compulsion was so strong that
I am obeying it, to the
perplexing again, of my friends.

You have yourself attained
to great wisdom, & superb balance.
through what effort, & perhaps
suffering. I can only dimly
imagine, but very gladly do I
pay my homage of deep respect &
reverence to the exquisite loveliness
of life which you illumine.

I asked Mr Bart. if he thought
of your further grace I might come to

your Thursday groups, but I quite realize these are probably small & intimate & a stranger would be a disturbing element.

This is perhaps a foolish letter - I do not come out of my conventional shell very gracefully, but please believe that whatever reply you make, or whether you make none, I will not repeat or presume upon anything you say, or be anything except immeasurably grateful to you.

Yours very sincerely

Nora Briggs

New York City

May I thank you again for coming to our apartment and more especiallyfor the much needed metaphysical inspiration.

Considering my inexperience and lack of practice, I think it quite remarkable that I was able to experience such a successful period of meditation - to you again, thanks.

The recollection is still very vivid - at first a circle of blackness pierced by the white light - then recurring blackness and the return of the white center. This was altered during the later half of the meditation period, when the white lights came in definite forms resembling snow-drops under a microscope - each time in a slightly different formation.

The length of the period is further proof that it was a successful beginning.

M. Hawley

New York City

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Cecil H. Smith

Consciousness of infinitely deep blackness, same as experienced when alone, but this time coming sooner.

Suggestions as from an outside source of certain mental housekeeping chores that could be done to advantage. (chores that had been deliberately sidestepped with all sorts of excuses)

Feeling of lightness - especially that my hands did not exist.

After about twenty minutes a tug in the region of the heart, as if a string ran through my body from front to back - a string which someone pulled. Then a suffusion of golden light which faded slowly leaving a feeling of quiet and peace.

Adelaide Hawley

We had half hoped to see you again, but if it is not to be, then a pleasant journey and we look forward to September

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blackness, same as experienced when alone,
but this time coming sooner.

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of certain mental housekeeping chores that
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the region of the heart, as if a string
ran through my body from front to back -
a string which someone pulled. Then a
suffusion of golden light which faded
slowly leaving a feeling of quiet and peace.

Hurley

Dear Mr Brunton,

Looking back on tonites concentration which you have asked me to describe, I find it a little hard to do but I will try. 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 thru the head. I might add to that a feeling of expansion. Then when I started to think of the heart, as though sinking into the heart, could distinctly hear it beat and as I sank the inside me seemed to float out on a sea of peace

N ear Mr Rounton,

no doubt you have
been waiting with impatience letter
at an end so now we
a ti bnif b, ehrcdb
b tuel all at bnow ettel
a aou b, not lber
to eanet bno anoqrer ettel
aou b dinw b, tarif
tuel bnow oat pinet
tfel ugoz natibbaw tonw
pettoerd elitw. ew
ladil aow ti, ylnale
ene dgnarf, ao, pinair
bno ge ago b bnoa
b. boet ew nent tno
a tonw at bbo tbgnw
, naianog ne go oabed
at betrots b sette nent
on ao, tnoed ew go dlicw
b tnoed ew atnspinalu
toel ti roed yltemtaio bnoa
ebinw ew dnoa b ao bno
tno toalf at bemoo ew
eaoq go ene a no

There was one period when rays of light seem to come thru to me just above the eyes... I can't recall just when that was, It was as though I were being drawn thru by that light. The floating place is what seems to stay in my feeling world most. // I liked the autograph very much thank you.

Sincerely yours.
Ray Driver.

939- So. Serrano.
Oct 31st. - 38

being one of our early
meetings I told you that
we at first made it
a rule that we would take
with them those who
wished to do so, you don't
remember much even
this. I'll tell you what
we do, probably at
most of dances there is
plenty of privilege for it
we behind the scenes
down are regulating
the. my dear.

Yours affectionately
Robert Frost

P.S. - Do you
Dat 31 - 38

BARBIZON·PLAZA·HOTEL
101 west 58th street · · · central park south · · new york

Meditation April 30 Miss A. Houghton Boston

Not fully at ease with the artist who had talked of her "visions" — wanted to sit cross legged on floor but, as nobody did so, remained in chair — little sense of fear of giving up consciousness [tension in body and brain busy with memorized words].

(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 pleasant fresh air seemed to pass over me.

cable address "barbplaza" . . . . telephone CIrcle 7-7000

Only pleasant darkness before eyes – no unfamiliar odor or sense of being moved out of body. Just rested

Perfectly aware of the rain on the window, the stopping and starting of the electric refrigerator motor (or at least it seemed to me to be that)

Opened eyes when something hit the floor at your feet as it seemed.

Chucks hot, feet cold, did not wish to speak or move but did both in few seconds.

Wiped tears out of eyes and listened to others talk.

At bed time sobbed and wept! Most unusual for me. Slept well after. Houghton

MEDrapot

BARBIZON·PLAZA·HOTEL
101 west 58th street · · · central park south · · new york

Miss H. Houghton
Boston

In the meditation today there was no fear of letting go. Your sincerity seemed to be beyond question and I trusted your guidance fully without any sense of your personality intruding my quietness. It was a deeper calm than before.

Physically there was the increased circulation in my head, slight, brief tenseness at the back of my head and neck and one very small quick pain in my left side lasting not even a second.

My desire was to breathe deeply and rest quietly, waiting.

Miss Houghton

cable address "barbplaza" . . . . telephone CIrcle 7-7000

Although in asking us for reports on the meditation period at the meetings, you suggested omitting the first, I am including it because of a certain reaction that may or may not be of any moment. It was very much of a surprize to me though. 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 & being. The same thing

Consciousness like one gets when one is or has fallen to sleep. but I don't think that was the end of the meditation. or it may have been. then the finish & we slowly gathered ourselves together. I suppose somewhere during the silence my brain must have become stilled. I know that I had a very vague idea as to how to reach the Heart centre. perhaps you will tell me whether I did so or not.

I hope you felt the experiment was satisfactory from your point of view. Personally I & all of us would like to meet P.B from time to time should circumstances & the work permit one can only feel of him as a Brother & Teacher He seems no strangers to us. I am writing to him but find I have left his address at home. so will have to wait till then before posting. We arrived home in Halifax about 11.30 & got to bed for a little while before starting work. very tired but well worth the effort.

Mr Stern has given me a Photograph of yourself for my Birthday & much appreciate I have chosen the one looking directly at the Camera I believe he is sending you 3 copies on

Greetings & Love from all

Cecil Grenshaw

Sincerely
David Spencer

ith - I cannot [illegible]
But after all, why should I not write it
lightly - mount the steed and give him the
rein? - It was rubbish - vulgar
bad taste. This is torture.

~~Why~~ thing read + read - why not display
an intellectual prowess? - I penned
a fringe -- of conceit. Oh indeed
- I cannot do this task. What prevents
it - all these ghosts. But when they
have gone, there is only a blank wall
- the same wall - of the meditation.

Before that, my old friend Caution held sway.
He has stood guard for so long - he feels privileged.
He dictated to me in high terms - I could hardly
argue him down. He even jeered at me in the
- Do you think you are going to hear bells and
smell roses? I almost heard his raucous laughter.
I quieted him, and then there was nothing
going on at all -- except -- what beatings
- pulsations - hundreds of throbbings - Never - never
have I felt like this - my heart pounding like -
- keeps away now phantasy - and all your
vigours of my poor little brain.

... Mr. Alden ... -- good

Dear Mr. Brunton:-

Last Thursday afternoon's meditation was marked by a definite physical reaction, as though a metal band was being slowly tightened about my head, centering in the forehead. Also, there was a conscious sense of coming back to the body as I heard the tinkle of the bell.

The meditation periods at home cannot compare with the two I have thus far been privileged to spend in your presence, but this morning, very briefly, I again experienced the tightness about my forehead.

Your book "The Quest of the Overself" is leading me into far places, and I am breathless at the hope which its pages inspire.

In deepest gratitude and devotion

Larrabee Billerbeck

from Mrs Pearl Mitchum SMITH
Pasadena, Cal.

First Meditation.

How gently patient and understandingly kind he has been.

I pray that he will sense how grateful I am that I am granted this rare privilege.

The annoyances of getting here with other people-- the stress and strain of much seems so inconsequential. Why do we allow this imperil?

Will I ever be able to touch the tap roots of this freedom?

Mighty Intelligence help me-- take me-- and make me understand.

Again this sensation of whirling into space-- quick vistas of unknown places. Those snow capped mountains-- I recognize them, although I have never seen them.
What is this dizzy floating it must be at a great height- with glimpses of far off places.

What is this interior place-- all gold and purple-- I have a definate awareness just in this place we aren't alone.

If I spoke I would whisper-- If I made a mistake his gentle smile would soften the rebuke.

Give me some assurance-- a sign of something tangible that my Over Self is not so deeply hidden.

How wonderful to know one can pick up the threads and weave anew one's pattern.

This most Holy Man has such understanding. He radiates something, that for the first time in my life I long to be led, steadied, and inspired.

He is what I have always imagined the Great Ones would be like.

The sounding of the Aum* * * **** *

From my head to my feet came the electrical thrill playing over my body like great waves. I always get this acute feeling of joy-- a liberation-- as if I could slip out of this physical body and go on and on-- so much I feel but cannot e xpress.

I wonder if I shall have the courage to ask for my meditation picture?

Mrs. Jean Hudson Smith
Hudson, Ill.

First Meditation.

How gently patient and understandingly God must have been.

I pray that he will know how grateful I am that I am granted this rare privilege.

The annoyances of living here with other people-- the stress and strain of much seems so inconsequential. Why do we allow this temporal?

Will I ever be able to touch the top roots of this freedom

Mighty Infinitence help me-- like me-- and make me understand.

Again this sensation of whirling into space-- quick visions of unknown places. Thoroughness cannot something-- I recognize them, although I have never seen them.

Just to hide away. Floating it must be as a great delight- and happiness of the off places.

Just to this interior place-- all gold and purple-- I have a definite awareness just in this place to myself alone.

If I spoke I would whisper-- If I made a gesture the gentle smile would soften the wonder.

Give me some assurance-- a sign of something tangible. That my over self is not so deeply asleep.

How wonderful to know one can pick up the threads and weave anew one's pattern.

The most holy man has such understanding. He realizes something that for the first time in my life I long to be led, steadied, and inspired.

So is that I have always imagined the great Ones would be like.

[illegible] of the Holy [illegible]

From my heart to it flows the electrical thrill driving over my body like great waves. I always get this same feeling of joy-- a likeness-- as if I could fly out of this physical body and go on and on-- so much I feel but cannot express.

I wonder if I shall have the courage to ask for my meditation returned?

3

My third Meditation with you — I wondered why you asked for the third instead of the second, — at which I had seemed to experience more than at the third. I had felt that had been rather unproductive, in so far as I could tell.

While you had been speaking, and I had been listening very intently, I became almost unbearably sleepy — (same thing had happened previous week) — which was very unlike me — then when the meditation was being held, I became very much awake, and mentally alert. After quite a length of time, as breath and thought slowed down, I was drawn back, it seemed, even while still thinking some, — and into a sort of velvety blackness — after which I don't remember much, except a couple of warm thrills passing over me, and a protectively feeling — both seeming to have come possibly from you. I also experienced a sense of joy and gratitude. This is all I can tell you, and I probably have not expressed it very well at that. With love — your pupil,

Nellie A Slater.

My third Meditation will you
I shouldn't wishing you instead for the
third instead of the second – it
worried I had blamed * suppose more
than at the third. I had felt
that had been rather unsympathetic
so for so I could tell.
Will you that have appreciating and
I let the listening my intuitively I
[illegible] – [illegible]
(now thing that happened previous week)
which were very useful to – the notes
the meditation are being held. I have
my usual anxiety, and mentally what
right quite a length time, so I went
and through blamed them, I now
know that, it blamed, are writing
still thinking more – and into a
right – [illegible] time of the
[illegible] I had remarkably [illegible]
– people I more thinking [illegible]
more [illegible] – and – [illegible]
that blamed it was [illegible]
for you. I also appreciate
[illegible] for and [illegible]. The
[illegible] I can tell you – [illegible]
is all I can tell you – [illegible]
not appreciated it very well at that. Not the [illegible]
[illegible]

2 The ~~other~~ 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 only considerably later, - and then reluctantly, it seemed. I spoke of it to Mr. Slater as we walked home, and learned that he had not had that experience while there.

Thirdly, - I remember that at length came a gradual but sustained sinking back, - blue gray vistas - and a comforting sensation permeating me, - a sort of "being taken care of" feeling. I just seemed to remain there, until you rang the little bell. That, outside of some pale purplish shades that I usually see almost immediately upon entering meditation was all, - so I recollect it.

P.S. Forgot to mention that in all meditations now, there is a decided drawing feeling throughout entire upper half of my head - affecting my ears, also.

NHS.

"Mr. Todd" gave that plaque out to the question appertaining to my heart. It answered tempting and tempting and fluttering in a very unusual manner; - So the I had been engaged in modest pleasure, it proved then only amusingly bitter - and the reluctantly to learn. I sighed as it & Mr. Dieter as we walked home, and learned that it had not had that appearance while there. Finally, - I remember that at length - a product had unusual nothing that, - the very nature - and a surprising amusing humoring me. - a sad & "sad" take on & "feeling" I just learned I was there, until you - my the little tall girl, which is one girl English whole that I usually in school unmistakably upon entering Manhattan was all, - so I realized it.

O! Dorothy & mustn't that in all institutions now, throwing behind throwing feeling throughout entire upper flat & my had - appertaining my behalf after Mr

Georges Bülliger
Bachtobelstrasse 101
8045 Zürich
Switzerland

ON LIGHT

16th August 1965.

Usually I meditate in the morning after getting up. I sit alone in the room and have my eyes closed. After approximately ten minutes I can eliminate disturbing thoughts and I try to dive into quiet and peace. There are various light experiences. There is a big, but not too vivid lightglow which does not move and is still. However there appear also single, sparkling points of light which move or are still and unmoving for a few moments. All this happens with the eyes closed. The big light glow and the sparkling clear points of light produce in me a feeling of quiet and happiness, without bringing me into a great extasy. Thanks to the philosophic knowledge which I received from Dr.Brunton's book "The Wisdom of the Overself" I know that not too much importance should be ascribed to these light experiences. The aim of meditation is a diving into pure Mind which is without form, image, invisible and untouchable.
The meditation, which takes me usually 45 minutes, ends with a quiet stillness of thoughts, without any strong extasy, which still means activity.
I don't seek these light experiences; they are for me accompanying manifestations which cheer me up during meditation, but which are not the aim of meditation. The purpose which I have in mind is to experience the fourth state (i.e. the true Reality) every day during the waking and the sleeping state.
Naturally I still have to work and to have patience until it is so far.

I kindly request you to pass on to Dr.Brunton my kindest regards.

ON LIGHT

EDITORIAL

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EDICIONES EN ESPAÑOL

ENERO

D	L	M	M	J	V	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
13	17	18	19	20	21	22
[illegible]	[illegible]	25	26	27	28	29

FEBRERO

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ABRIL

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MAYO

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JUNIO

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JULIO

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AGOSTO

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SETIEMBRE

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OCTUBRE

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NOVIEMBRE

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DICIEMBRE

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