

Re Demonstration (Oct. 1-1937)

1. Success in focusing consciousness upon the "I" without reducing it to an object or a "me" results in an opening of the Door of Brahma.
2. This induced a state of Samadhi consciousness without trance.
3. The Samdhi consciousness was Consciousness without an object, or Primordial Consciousness.
4. Associated therewith was a second consciousness, a derivative of primordial Consciousness, which carried the power of self-analysis.
5. This second consciousness made possible both thought and speech while in the higher consciousness.
6. The analysing consciousness had to be subdued as a light is dimmed, in order not to cut off the higher Consciousness.
7. This requires a carefully maintained balance between the two forms of consciousness, a state which is instable and temporary.
8. The relationship between the two levels of consciousness is somewhat like a gap in a circuit across which a spark is playing. Increasing the gap too much the spark breaks.
9. Those present were introduced into a field of Force which tended to induce the higher Consciousness to the degree that each individual was prepared to make correlation.
10. The simplest experience of higher Consciousness is in the form of awareness of a field of energy.
11. It may manifest as symbols seen or otherwise sensed.
12. It may be realized as an induced affective state, such, as Peace or Joy.
13. To realize the formless Consciousness as such apart from symbols is very difficult, but is the true state of Cosmic or transcendent Consciousness.
14. Consciousness without an object is Consciousness which may or may not contain objects but in any case is consciousness no longer pre-occupied with contents.

Reports re Event of Friday Oct. 1, 1937

Miss Grace G. Carson:

"We felt a mystic something, as if all life stood still,
"When suddenly that moment of ecstasy broke through -
"A glorious yellow Light, far too lovely to describe
"Crept 'bout His head and shoulders. then down on either side.
"Soon the rosy hue above - our Heaven for that night
"Turned a radiant yellow, - a beauteous Heavenly Light!
"Electrified, alive for some moments it remained
"As open hand I welcomed the Freedom which I've gained."

John Kraus

"Even although I did not get the cosmic consciousness experience as the few chosen ones had, yet the power was so tremendous to me in a clairvoyant way that I hardly could dare to look at our Dr. F. Merrell-Wolff, who was enveloped in such a white Light that were I looking at him, I would have had a similar experience, possibly much grander to those of touch of Kundalini experience. The only difference with the latter is the ~~xxxx~~ latter is the Light of the golden kind."

Blanch Slocum:

"Friday evening I felt first of all very much uplifted; I felt as if the earth was receding. I also felt as if the air was charged by a great force. I had the feeling that ponderability had less power over me. I felt that I had a small degree of the realization of the real meaning of what the real 'I' is."

Bertha Kallerud:

"First I felt ^{the} ^{was a} spiritual force or energy ^{which} seemed to come from within, but was manifested in (the) physical body.
"I was conscious of Space and contentment. (I was) above all care and ~~xx~~ (there were) no conflicting thoughts or problems. This continued for hours and the following day all seemed to be Joy.

"I hope the experience in Consciousness of this Friday evening October the First nineteen hundred thirty seven may abide with me."

Edyth Baynard McConnell:

"As I was trying to absorb your words and all that they implied, suddenly I became conscious of vast stillness, deep quiet, and, as far as I was personally concerned, I might have been alone, hanging in space, - colorless space, not a darkness that presses on the eyelids, but lack of light as we define it. My very heart seemed to stop beating.

"Absolute quiet and Peace for a few moments, then realization of what was transpiring around me, a mighty rush of energy through my body and back to earth with a jolt."

Carmen de Cono:

"My experience of last Friday was of a sweet, peaceful flowing of power. I felt I was in Space and my existence only an idea. There was a White Light of an unusual whiteness."

Ester Barcus :

E "Yogi told us to try to find that 'I' within without trying to think of it as an object. To try to sink within. A great sense of peace and stillness suddenly filled the room, and a force seemed to be flowing through me, or in me, or about me, I do not know which. that I could feel very distinctly. I did not know what it was, but I knew that I was in the presence of something very sacred and Holy, and that I must be very still. I could feel my consciousness sinking deeper and deeper, step by step as it were, when suddenly there was - Nothing. Yet that does not describe it. It was only nothing in the terms of the relative world. There was a great sense of Peace, happiness and Freedom. The Peace and Happiness stayed with me in a marked degree Saturday and Sunday. Some of the Peace still remains within me. I pray it may remain always."

Eleanor Richards :

"Concerning Friday night; as a calm before the storm.

✓ J "By elimination, on the mental plane, of all objects, seen and unseen, from the beginning of the course of instruction, - inward, each night inward still, until Friday night the inward dropped off and only the stillness was - awe-inspiring, profound Beness. Conscious throughout. Thoughtless, motionless colorless, no light, no darkness, no sound, Nothing.

"A glowing, radiant warmth penetrates the body, - exhilaration, life, wellbeing. Tears of Joy cancel each other - in control.

"Now and then this is followed by a shudder."

Ann L. Peat :

E "My experience was as follows: (1) 'A tight feeling over the upper brain; (2) Then a rapid spiral movement on top; (3) then intense powerful Silence, followed by a clam, serene feeling of Peace; (4) This song came to me: 'Peace, peace. sweet peace, wonderful gift from above; Oh! wonderful, wonderful peace. sweet Peace, the gift of God's Love.' That Peace has stayed with me.

"On Sunday, during the meditation period, I had a rising sensation, upward and upward, then came down again as you closed. This song came to me: 'Nearer my God to Thee, nearer to Thee, e'en though it be a cross that raiseth me. Or if on joyful wings cleaving the sky, Sun, moon and stars forgot, upward I fly. Still all my song shall be, nearer my God to Thee, nearer my God to Thee. nearer to Thee.'"

L.L.Felver :

now ve "It is very difficult to describe how I felt. It just seemed that everything just slipped away into unconsciousness except an intense consciousness of (what?). I don't know. Just Nothing. As for anything to describe it, (it) was just consciousness, I guess. I could hear your voice but it was soothing and not connected with any feeling of your or myself. I was just I. When we were through I couldn't seem to gather my senses to a complete function of the usual routine. Felt sort of far away from it. I went home and sat for about an hour in a chair, still

not completely conscious of surroundings. I went to bed and passed into a deep sleep - (the) most restful for some time. I was conscious of hearing you telling me something during sleep, but unable to bring it through."

Bertha B. Foster:

+ "There was a sense of awe and peace and satisfaction and stillness and nearness like the hush of a new dawn. It seemed as if there was a soft covering, a blessing, a love and forgiveness of the Divine that included all as one."

Eugene Sedivy:

"Topic under discussion was relationship of subject-object aspects of ordinary consciousness. The class seemed to get a grip deep into the subject, as a peculiar field of group consciousness made it possible for Yogi to very finely draw the distinction between subtle objective subjectivity and pure subjectivity."

E "The field of consciousness there afforded a suitable individual (a) 'take-off', as it were. Never before have I merged more completely in the 'I'. At first there was a sense of motion through the top of the head. Consciousness soaring. Normal vision recorded a deep perspective. Then a lessening of vision as from a great height. Consciousness, while imparting the feeling of ascending, also tended to draw to a point or union, the objective sense. All of a sudden when the apex or focus was reached, there was a blinding outburst of Light followed by a terrific sense of expansion. It seemed as if the 'I' were everywhere. Although this lasted only a fraction of a second of our relative time, I could not help notice the sense of boundlessness the moment imparted to my returning objective ~~xxxxxxxxxxxx~~ awareness."

C. Wegener:

+ "I only felt a sense of heat."

Sadie Forest:

ve "My experience (was of something) like an electric current or a very essence of Life (which) thrilled through my body. The pure Substance and Peace filled my whole being. The room also was filled with Peace and (a) most exquisite Substance or, shall I call it, Ambrosia.

"My body began to sway and my spine straightened. I noticed my consciousness was rising ~~or~~ as though I ~~was~~ rising. (The) top of my head began to tingle and in the center of my head I felt as though my body was hanging down on a string. Looking down on my physical body, it appeared to be so small and unimportant, like a little child.

"I sensed such a beautiful Peace and Fulness, (such) ~~that~~ ^{as} I had never experienced in this life before. I really cannot find words to express it.

"Peace was with me several days that followed. I noticed its beautiful effect upon people I met, and wish I could share it with all, ~~because~~ ^{because} this restless human family, needs it badly,

although they do not realize its importance."

Alma Sedivy:

"Never before have I experienced such silence, peace and quietude. While my eyes were closed, it seemed as though a bright light was before my eyes. Suddenly I opened my eyes and everything about me seemed so very far away, and the whole space about me seemed to have an entirely different hue."

W.G. Roesner:

"My first experience happened during sleep. I was aware of being in a twilight state and, at the same time of a partial or slight consciousness as not being asleep. I cannot tell for how long it lasted, but it seemed to me all night. I awoke unusually refreshed and strengthened."

"My second experience was also during a deep sleep. This time in a twilight state, also slightly conscious as being not asleep. The words 'God', 'GOD', 'G-O-D' whispered in my ear or rather were impressed on my outer consciousness, or better became aware of it with short intervals continually. I also awoke refreshed as I have seldom experienced."

Miss Terisa Lind: (Account written by Sherifa from oral statement)

"When you (Yogi) entered the room it was as though a million sunbeams entered the top of my head and entered my body. I was immediately healed of an illness. And then I found everything so still. I could not hear nor see anything; nothing was but stillness. Then something very fine seemed to come through, like a wave or wind. Later when you placed your hand on my shoulder, an electric shock went all through me. Now, when I ask myself a question, I get an answer so quickly and it is always right. I listen and listen and listen in the Silence and I seem filled with wonderment and joy. I feel as though I could crawl to your feet. I so want to do something you would like me to do; something to help others get this love and joy and understanding."

"Your eyes turned in exactly as though you were in a higher world, and the Power spread and spread, and a line began to open in my brain, and at its entrance I saw your face in Gold Light, like a morning or dawn light, and it opened into a dim something. It was as though something gave out a shine; as though two things met and a Flame sprang forth. Then I felt a numbness followed by such a stillness. It lasted until I got home. Then I got eager - eager to do something for someone. Even now (six days later) I still feel it and the Stillness. It is here now. I am open to it now. It's all over like. It was so deep I couldn't find bottom. Then I saw a smile, so sweet, so trusting and tender, and I listened and felt authority of someone who knew. I was still and there was the sweetest humbleness in your appearance. I cried with joy. I was so filled it poured through me. Your face is before me now mixed up with a picture I have of Jesus. I really adore now. I, like many, can now understand that something that goes beyond all things."

"In my business all anxiety has gone. If people say 'no' to me now I just bless them. It is just as though God just crowded

in on me more and more. The greatest of all my experiences is to come into your presence. You came when I needed you so. I never miss my purification. I want to be fine and clean like you."

Yogi: "Did you feel drawn to the Twilight?"

Ans.: "Yes, I want to go up in It."

Yogi: "Did you find any objects in It."

ANS.: "No, nothing. I did not even stir, it was so perfect."

"I recognized my Guru, the moment I laid my eyes on him. Such a longing came. I found everything in finding him. I want to be joined with THAT. I want to be with you and Mother."

"A Star of white Light came above you as you speak now."

"God answers me when I ask. I open my eyes and I am in a white Light."

Ann Bouford:

E "Friday evening as you carefully led us from one fact and experience of mysticism to another and read your poem as a finale prior to the meditation, almost unconsciously I seemed to enter into the spirit of all of it and all about us, within and without, seemed almost electrically charged and to penetrate my inner being. Surely it was a Current of Love, of Life. Over and over again the words came in a definite rythm: 'I am THAT; Om Tat Sat'. The sense of physical awareness almost entirely disappeared as I sat in class. It was as though all was merged into a stream of Consciousness of an entirely different character from ordinary consciousness. Upon arriving home a friend asked me an unusual question. I heard, yet I seemed somewhat dazed, but there appeared an echo of sound in my consciousness which was the correct answer to the question. This echo of sound in my consciousness was an entirely new experience to me. I had a similiar experience to this one on the following day. I seemed to to hear the tones of the Master's Voice in my consciousness, but not an audible sound. Following Friday evening I scarcely slept for two nights, but I did not need sleep. In succeeding classes I have been in this same Current from time to time with an added sensation at the base of the spine, up the spine, and particularly at the back of the head almost, if not at the Ajna center, and at the front of the head. I am grateful and happy-----

"P.S. I failed to state that after Friday night the words and rythm changed to 'I AM' instead of 'I am THAT'. That phase too of 'I AM' has passed to one of greater stillness."

A? Quale:

J "I saw an individral with a boyish form and bright, sparkling, small, dark eyes. His face and torso are a golden yellow, a very happy disposition and always smiling. He seems to dart in and out of my physical form. Have seen this being on a number of occasions, but I never see either his arms, Hands, legs, or feet."

Mary Miller:

✓ "A gentle flow of that most energizing Currnet vibrated through every part of the body, centering more forcibly in the head, face and neck. Trying to follow your instructions, senses stilled, I withdrew within, deeper and deeper, holding to the thought that 'I am that "I", not a "me"', letting go of the 'me', then the 'object "I"', the mind, consciousness of body gone, a sense of floating on air, and found myself in a realm of vastness, expanding into what seemed an endless void. There was an impenetrable darkness at first, then I became conscious of the darkness not being so dark, and of being whirled about by gentle winds as soft as clouds on high mountain peaks, and a restful, satisfying peace - but always there seemed to be a sort of veil separating me from something that was just beyond."

Henry Olin:

"As Dr. Wolff spoke about the 'I AM' presence I saw a vision of a blue star that seemed to run along, or rather bounce along the ceiling. Suddenly a white Light surrounded the star and seemed to flash in streams from it. I then closed my eyes and I saw a great ocean liner go by me; as this disappeared I saw a very unique and beautiful spiral stairway, very elaborate in design and unlike anything I ever saw. I then saw a body of very blue water and coming up out of it a human spinal column which seemed to point to a mountain (or seemed to separate a bit to form steps in the water toward the mountain). As this vanished from my sight the mountain appeared with water flowing from it at various levels from top to bottom. Next the vision

changed to a double symbol in an indigo blue color as illustrated below."

Edith Bryant:

"I was conscious of being within a field of energy which sent a thrill throughout my physical being. (This condition persisted throughout the meeting and for sometime after my return home.)

g "Gradually all became very still both within and without. There was a sense of peace and of freedom.

"Suddenly, in what seemed to be darkness there appeared a center of golden light of considerable size. It appeared to be in motion and points of light of great brilliance projected from it. This lasted but an instant and then the objective world again claimed my attention."

Elizabeth Forest:

✓ "A light filled the upper portion of my body. It felt as if it wanted to pass out through the palms of my hands, my face and chest. If I could have let go I felt that I would have been set free of everything that binds me.

"Then on the following Monday from about 10:30 AM till about 3:00 PM I became free and indifferent to all the daily disturbances. All the discordant states within and without my consciousness became meaningless and insignificant. I worked undisturbed and clam. I was free. This state improved my eyesight to the extent that I could see better than usual, of which I became aware when attending the class the same evening. I could see the flowers in the vases better than before."

Mathilde Roesner:

"As soon as I entered into the silence, out I was immediately, not in the wide open space, but in a rather limited part appearing like this \ / . There I basked myself and enjoyed this marvelous air which was at the same time velvety and so ~~subtle~~ *substantive* that it was also a food. When I could not decide to go forward, as I did not know how to go or to fly further, then I heard your physical voice (Yogi's). This made me to be back in an instant. Then, while fully conscious, I still enjoyed this marvelous atmosphere (rather in memory). Then, suddenly I felt in the right lobe of my brain a cold flow ascending through my head and parts of my face in forms of streams or muscles or veins, and it whirled in my right ear good and well, like a cleaning out or clearing out. Then it went all over the right side of my body, also in streams which lasted until I went to sleep at 11:30 PM. Coming home, in front of our apartment door a strong and very deep thought or memory came to me, slowly and powerful, "I and the Father are one". Had a very sound and deep sleep. Awoke at 6:30 AM, with remembrance of having had a dream not like others but in deep in far distance from my body. My physical attitude at awakening was a happy one, having had a real good rest, which I had not had for many months.

Carmen De Cono: (Report on subsequent Recognition on Oct. 7th)

"The universe is destroyed! Now I see what Yogi meant by 'Substantiality is inversely proportional to ponderability.' Everything melted away and Space alone remains and I (am identical) with Space. A state of real happiness and satisfaction. Now I know (the meaning of) what Yogi told us last night concerning that 'Satisfaction' that gives nourishment. I see the meaning of the symbolism of the Tree with (its) roots in the sky. Here I see a real key to Life. This inside out and upside down Reality where there was no reality, and unreality where there was reality. How simple it looks now and how hard did (it) look a few days ago."

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800-8th St.,
San Fernando, Calif.,
April 29, 1936.

As Dr. Wolf spoke about the I AM presents I saw a vision of a blue star that seemed to run along or rather bounce along the ceiling, suddenly a white light surrounded the star and seemed to flash in streams from it. I then closed my eyes and I saw a great ocean liner go by me; as this disappeared I saw a very unique and beautiful spiral stairway, very elaborate in design and unlike any thing I ever saw. I then saw a body of very blue water and coming up out of it a human spinal column which seemed to point to a mountain (or seemed to separate a bit to form steps in the water toward the mountain) as this vanished from my sight the mountain appeared with water flowing from it at various levels from top to bottom next the vision changed to a double symbol in an indigo blue color as illustrated below.



Henry Clin.
1035 Barry ave
Chicago. Ill.

Questions (Oct. 1, 1937)

Grace F. Ghalson - How can the effects of the Great Awakening and Illumination, if, as and when it achieved, be made to abide; and endure; to the end of this life?

Is Primordial Substance ever a manifestation or is it that from which matter, as we see it, comes?

M.B. Fulcher: After we attain the level of consciousness that fits our understanding or growth in consciousness, shall we be able to proceed alone on the Path leading to the next level?

Is Primordial Substance eternal?

Mrs. Fletcher - Do we indulge superstition when we delve into the meaning of our dreams?

Mrs. Peat - What books would you suggest for profitable study along the currents of thought taught in this class?

Mr. Wegener - Is there any certain way of attaining Cosmic Consciousness or, in other words, a better way of procedure in concentration than using some abstract thought or idea?

Mrs. Bouford - In terms that the class can understand please explain your mystic death.

Lottie Metcalfe - Do you think it is right to kill animals (our younger brothers for food) for food?

Grace Carson - In what way or in what field may I best serve and lift humanity. whether yet in this sphere or, if Illuminated (as am earnestly wishing for)?

Why is it comparatively easy to give a definition of Substantiality and ponderability, but so hard for me to state what the inversely proportional is? Is that what is meant in the Bible where it says the last shall be first and the first shall be last?

Questions (Continued) Oct. 1, 1937

Miss Kallerud: In Cosmic Consciousness is it possible to extend one's consciousness into the consciousness of other human beings and living forms, trees, flowers, etc., and know how it feels to be a flower, etc.?

(Note for ans.: We may say that with the winning of C.C., depending upon the degree, a number of treasures inclosed in safes come into one's possession. There remains the problems of mastering the combinations of the safes.)

Carmen De Cono: Will the man that Realizes Cosmic Consciousness be capable of understanding the work and law of the Cosmos?

(Note: C.C. is Primordial Consciousness and in this sense completely synthetic, the container of all. The understanding of Law requires the action of the self-analyzing consciousness and this requires what is equivalent to research effort. C.C. which is consciousness without an object gives the commanding position, but not organized knowledge as something completely developed without effort.)

Mrs. McConnell: Is it necessary to abstain from certain foods in order to reach Cosmic Consciousness?

Mr. Fulcher: A matter upon which I would appreciate more light is that of; Subjective consciousness,

Dream consciousness,

Trance state,

Psychical consciousness and Clairvoyance.

These several subjects; their inter-relationship; the matter of tying up dream consciousness with subject-object consciousness, or rather carrying dream consciousness over into our present consciousness, are not clear to me. I can more clearly conceive Cosmic Consciousness; but all the intermediate states of consciousness between that and our every-day consciousness are not clear to me.

Can you explain what causes the feeling of UNREALITY in which a person is conscious and can control his body, yet has a feeling of being conscious outside the body?

Mrs. Rocine - Read question from paper.

Mr. Roesner: "Do I in subtle or obvious ways steal from another that which I believe rightly belongs to him?" What does that "subtle" mean? If I see anything being done once or twice I can do it too. I might call it stealing with the eyes. Is this act justified?

Mrs. Roesner: In what phase of development is psychism? Is it objectionable and should it be overlooked and how can it be balanced in extraordinary cases where the human being sometimes has to depend upon it?

Speech of Shierpa's class.

Eugene Sedivy - Substance is Space. Absolute matter would be pure nothingness or a vacuum. The wider the receptivity of the Grand Consciousness the simpler and purer the instrument for its reception. At the limit Grand Consciousness transcends the power of all instruments and Realization is possible only by fusion with the Grand Consciousness. The more complex the form the greater the obscuration of Substance. The more subtle the form the more Spirituality stands revealed. At last there stands pure Spirit in absolute formlessness.

Blanche Slocum - To the degree that all objects have no value to me except as symbols, to that degree shall I know real Substance. Life, Truth, Space, Power are Substance or Divinity. When I Know Substance I shall be one with my Real Self.

A. Quale - To the degree that we lose materiality we gain in substantiality or spirituality.

Unsigned - I would liken Substantiality to God. The more we know of Him through meditation and knoweldge the less mysterious He becomes.

Grace Carson* - The Divine quality in man increases and grows as the material quality decreases or shrinks, et visa versa. Cosmic Consciousness ~~grows~~ more easily approached as man becomes numb to feeling, sensing and thinking on worldly plane. Heavenly, internal and soulful increases in lives as the worldly and external fades. As Light increases, Darkness decreases. As love, faith and joyfulness increase, hate, fear and anger decrease.

Mrs. Matts - An excellent and extended discussion with too much material to make an adequate abstract.

Harlan Wesley - The more concrete the less abstract. The more tangible a thought the less intangible that thought is.

Mrs. Henriksen - Confused and far from clear.

Mrs. Bouford - As the Divine increases, pain and sorrow decreases. Primary condition of realizing the Substantial is purification.

Mrs. Felver - All forms are dependent upon that which has no form and is self-existent, i.e., the Substantial.

Mr. Wegener - Substance contains all that is, has been and ever will be whereas the ponderable is only crystalized or materialized ideation. The ponderable is nothing but emptiness whereas the Substantial contains, is and is contained by everything.

Mrs. Peat - The deeper the inner forces are developed the less the hold of the outside world.