

10 August 1955

Mother reads from *Lights on Yoga*, "Surrender and Opening".

Here we are. Nothing to ask? Nobody has anything to say?

(Silence)

We can meditate for five minutes. Let us try collective meditation, shall we? It's going to be a little difficult. We can try.

You would like to try on what we have read?

Do not think, just concentrate like this: let what we have read enter into you, and try to experience it; try.

Don't try to think, to turn over ideas, have answers to questions, nothing of all that. Just remain like this (*gesture*), open.

It was about opening, right through. You should let what was read enter into you, and then, in this way, do its work inside you. You must remain as silent and quiet as possible.

We shall see what is going to happen.

(Meditation for more than five minutes)

Something to say? No? Good!

But it was not bad for a beginning. It is quite good.

Is that all? We don't go farther? Nobody has anything to say?

Then it's better to stop.