

## **PB Night Meditation**

(As given by PB to Tim and Devon Smith in Switzerland 1980, distributed to W.G. Community ~1982)

A night meditation is a unique practice - it requires sacrifice and dedication, but the rewards are far reaching and include special sleep following the meditation. When you wake, you will feel very close to what you are seeking.

Wake around 3 a.m. to begin the meditation. The exercise is for the night time specifically, but if this is too difficult, do it at dawn or slightly after. It is better to sleep afterwards. Start by drawing attention to the special point below the solar plexus, about one and a half inches below the navel. Breathe in very slowly, and hold breath, but with no strain. Try again, hold breath comfortably, again, no strain. Resume normal breathing for a while. During this phase eyes should be lightly closed or slightly open with hazy effect, eyes turned downward.

Let nothing unpleasant come from holding of breath. While you hold the breath, mind must be one pointed and centered on thought of Overself or highest form you can think of. Must keep your mind centered on a point while you hold breath. After a while, move the focus up to the heart region and breathe very slowly (no longer holding breath) with mind centered on the heart region.

Let your mind stop on thought of Overself, either thinking that you are actually in the Overself, or thinking of your thought as being projected out by Mind, and that very Mind being in the projected thought. The feeling that you are in the thought of the Overself is really the same as: "Your thought of the Overself is really a feeling." Think very strongly on the thought of the Overself then let it go. From this point you have to be carried to the next stage by yourself. Continue with this feeling. Eventually you may be able to stay there in the Overself - let yourself do this for an hour or two.

After the meditation sleep 1 -2 hours. It will be a great sleep. When you wake you will feel very close to what you are seeking. Act very deliberately and slowly when you dress, etc. Very important - everything is there then.

**PB Night Exercise as Conveyed to Barbara by Anthony in a letter:  
Anthony's rephrase of PB exercise in the letter-- in black.  
Anthony's commentary-- in blue... makes it more accessible.**

(Do at least a couple of months. Never wasting time even if there aren't results you can perceive. Only you know when it's time to change exercises.)

We have identity without continuity – Beam of light striking dust in test tube - concentrating on the abstract idea to locate attention. Get so familiar with mind that you say “This is stupid. I AM my mind.” That's a good sign. Feeling more and more like yourself because you're less and less preoccupied with thoughts.

PB Night Exercise – special thing – have to be prepared to sacrifice for it – Get up at 3:00 AM. Meditate an hour or two, then sleep another hour or so. Concentrate attention 1 and 1/2 inches below-behind navel (solar plexus). At a certain point, you bring it up to the heart center, so you finish up there. While you're working on place below Solar plexus, breathe in, then hold the breath – but with no strain on retention of breath. Then you try again-hold comfortably- 3 or 4 seconds – expel. Resume breathing normally while you hold breath, the mind must be one-pointed. If anything happens, it will be then. Centered on thought of Overself or the highest thing you can think of. Let nothing unpleasant come into it. Holding of breath centered on a point. That point is localized on the point below the solar plexus. After you have done this awhile, move to heart. Stop retention but breathe slowly. The mind can stop...re: the thought of the Overself. Let it arise and carry you into the Overself. Stay there. After – can sleep one or two hours. If you feel that, stay as long as you can. When you awake, you'll feel very close to what you are seeking. Actions thereafter should be very deliberate, very slow.

Can try concentrating on the interval between two heartbeats. (Are focused on that point and breathing, When retaining the breath, think of the Overself. Breath's coming and going right down to that point.) Go by the feeling the organism provides you with – no calculation. Feeling stately. Intuition should guide you. Do it every night if you're going to do it. The sleep you get after that makes all your other sleep seem like restlessness. Your thought of the Overself is really a feeling, mind stops there. Higher kinds of knowledge are more like feelings. Each thought feels very organic, alive, like it has a Being of its own, it's not something that belongs to you. Can close eyes or leave them slightly open if you wish. If open – things should look hazy, not looking up – half open, looking through lashes. (When very concentrated, eyes roll up.) Heart Center – whole regions of heart,

You can also practice this just around dawn – but better to sleep afterwards.

The mindset you start an exercise off with is all important. Mind must be set about what it's going to do and stick with it. Doesn't need to be a regular time. Oncoming intuitions upon waking.