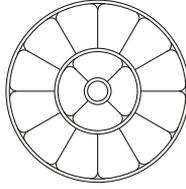


THE MOTHER

More Answers from the Mother

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The Mother

**More Answers from
the Mother**

Sri Aurobindo Ashram, Pondicherry

VOLUME 17
COLLECTED WORKS OF THE MOTHER

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The Mother in 1960

Publisher's Note

This volume contains the Mother's correspondence with six members of the Sri Aurobindo Ashram. The material covers a thirty-five year period, from 1932 to 1968. All the correspondences are presented in chronological order. Two of them were written in English; four were written wholly or partly in French and appear here in translation. Further information is given in the Note on the Texts.

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Series One

Series One

To a young disciple who joined the Sri Aurobindo Ashram in 1930 at the age of thirteen. After eight years of study he took up work, first on the construction of Golconde (an Ashram residential quarters) as a carpentry supervisor and then in the Granary and Dining Room. In 1945 he became a teacher in the newly-opened Ashram school and worked in the Reception Service until his passing in 1993. The disciple started writing to the Mother at the age of fifteen.

When I sleep at noon I am not conscious; if there is any noise I don't hear it. But at night when I sleep, I am sometimes conscious and can hear nearly everything.

Is it all right not to sleep at night?

No, it is not all right not to sleep. It is necessary to sleep very quietly and well. Besides, this does not prevent you, when you dream, from being conscious of your dreams. What is it that prevents you from sleeping?

You must tell me everything very sincerely and without fear. Telling me everything very frankly brings you closer to me.

8 December 1932

Mother, I don't know the significance of animals.¹ For example, the lion...

Power.

¹ The disciple enquired about this because the Mother was sending him pictures of animals pasted on the front of the envelopes containing her replies to him.

More Answers from the Mother

the deer...

Swiftness of movement.

the swan...

The soul.

birds...

Some birds have a meaning, but it is not one and the same for all birds.

23 December 1932

I want to know the significance of the elephant whose picture you sent me today, and also of the parrot.

The parrot signifies “fluency of speech” and the elephant “strength”.

25 December 1932

The dog on the envelope means: obedience.

31 December 1932

What is the significance of the picture you sent me this morning?

It is a seal — a very clever animal that can be taught all sorts of tricks, even juggling.

3 January 1933

What does the peacock signify?

Victory.

5 January 1933

What is the significance of the picture of the rabbit you sent me today?

It is not a rabbit, it is a *hare* and the hare means “prudence”.

6 January 1933

Now I understand everything. I will never make the same mistake again. I am very sad about this. Now I will be calm and try not to do anything you do not like.

That is good, my child; I trust you and I know that you will never deliberately do anything I do not like. So you must not be sad nor dwell on the past, but think only of the joy of not making any more mistakes on this point in the future.

And you may be sure that my affection will always be with you to help you to do the right thing.

18 January 1933

I think that what I wrote yesterday was not good. Now I regret what I wrote.

You must not regret. It is always better to be frank and open; that is the best way to correct one's mistakes.

24 January 1933

X tells me that she won't make any shirts for me, only punjabis. Then, after a lot of quarrelling, she tells me

More Answers from the Mother

that she will make one punjabi and one shirt, but I want two coloured shirts.

You were quite wrong to quarrel. I completely disapprove of this behaviour. You are still a child and ought to respect your elders. Besides, it is the worst possible way to get something from someone.

You say, “I *want* shirts”; that is not the way to speak. By what right does a desire or preference dare to impose itself in this way?

After enquiring I shall tell you what can be done.

5 February 1933

I didn't quarrel with X. I didn't answer her questions and I don't know enough French to quarrel with her.

If you didn't quarrel, it is all right. To *quarrel* means to say unpleasant things to each other with violence.

6 February 1933

The reindeer on the envelope is the symbol of endurance.

15 February 1933

(About a picture of a dove)

I am sending you the bird of your name: Peace.

16 February 1933

The cat means receptivity.

21 February 1933

The pelican on the envelope is the symbol of devotedness.

25 February 1933

I shall oppose the vital, I shall fight with it, I shall win the victory. One day I shall win the victory over all the dark forces. The Divine Grace is there — why should I fear?

Yes, you should not fear, you should keep an entire faith in the Divine Grace. The second point is to keep your body well-balanced by getting enough sleep — seven hours out of twenty-four — and enough food.

2 March 1933

Yesterday at noon I was reading a book and after a while I fell asleep. I awoke with a start and looked at the time: it was almost one o'clock. I had a class at one o'clock. So I was able to go. Was it the Divine who woke me up?

Not necessarily. One part of the subconscious is always alert, and having the will to wake up at a certain time is enough for that part to wake you.

3 March 1933

How can one change the obscure vital into a luminous vital?

By the surrender of the vital, its opening to the light, and the growth of consciousness.

4 March 1933

Last night, I got the idea that I would try to observe absolute silence, not even laughing or thinking. Thinking only of the Mother. Praying to the Divine.

Not laughing or thinking, that is going a bit too far!

More Answers from the Mother

I said to myself: But why not observe silence all day? I shall try to do so.

That is a bit too much. Control over one's speech is more important than complete silence. The best thing is to learn to say only what is useful in the most accurate and truthful way possible.

5 March 1933

Sometimes I become absolutely calm. I speak to nobody, I walk about alone, thinking of the Divine. If someone talks to me and sometimes speaks unnecessarily, I don't answer him. Is it all right to keep this condition all the time?

It is an excellent condition which can be maintained without any harm, but it must be sincere. That is, it must not be an appearance of calm, but a true and deep calm which spontaneously keeps you silent.

9 March 1933

(About a picture on an envelope) Is it a goat?

It is an antelope, with the significance "swiftness of movement". The goat is "agility".

9 March 1933²

(About a picture of some pigs)

The envelope I am sending you represents the obscure movements of the vital in the nature.

15 March 1933

² This date is the same as the one above it because the disciple sometimes corresponded more than once a day.

I don't know which comes first, second, etc. For example, what comes after Truth?

After Truth comes Truth and again Truth!

23 March 1933

At night I sleep well only after 11:00. I get up at 5:30, but I wake up at 4:00 or 4:30.

It is not good to lie in bed when you are awake; it is more tiring than restful and it also increases *tamas*. It is better to jump out of bed as soon as you wake up; then in the evening you will feel sleepy and can get to sleep earlier. The hours of sleep *before midnight* are the best and most restful.

25 March 1933

In the story of Prahlad the child was about to die, but he thought only of the Divine who in his consciousness replaced the fire that was to burn him. Death was changed into life, into joy, and through that he realised the Divine Light. Does this story mean that through the Divine or the divine help, difficult things can be changed into easy things, even death into life?

Yes, it is morally true and one day it will also be physically true.

26 March 1933

I want to ask you two other things I remember now. Write for me: "Do not read stories to console the vital." And the second: "Do not speak unnecessarily to satisfy or please the vital."

More Answers from the Mother

Do not waste time reading frivolous and unwholesome things.
Do not waste your energy in idle small talk.

28 March 1933

What does “compassion” mean?

Compassion is the equivalent of *miséricorde*. It is a pity full of strength and kindness, a pity that pardons and makes amends, forgets all offences and wants always what is best for everyone.

31 March 1933

I am observing myself and I find no special movement or any doubt and what is more I feel happy. But sometimes it happens that the observation is not quite true.

One needs to have reached a pinnacle of wisdom before one can hope never to be mistaken. All of you have much to do before that.

3 April 1933

Y is a good boy — there are some fine qualities in his character. But one bad thing I find in him is vanity.

He is very young — he will grow out of it. Have you no vanity at all in you that you can reproach others with it?

3 April 1933

(After describing a dream the disciple commented:) I have not written just exactly how I saw things in the dream because it is difficult to describe.

I advise you to be very attentive and scrupulous about saying

only what is perfectly accurate. It is very easy to make things up when one is telling a dream and then it no longer has any value.

10 April 1933

What is the significance of this picture showing a young girl with her hand on a lion's back? "With the help of the divine power all the hostile forces can become calm and peaceful" — is that it?

The lion is the symbol of power. It would be better to say that under the control of the Divine Will, power is beneficent, while without that control it harms everyone and becomes terrible.

10 April 1933

(About a picture of some hunters which the disciple sent to the Mother)

What an ugly picture you have sent me! The men are sinister brutes, the cruellest of all living creatures.

12 April 1933

The Divine is the true supreme goal of our life. We must fulfil the divine will. But who is the Divine, and what is the divine will?

These are things one cannot speak about; they have to be discovered through personal experience.

13 April 1933

I have faith in my strength and believe I am capable of doing all the work.

It is not in *your* own strength that you should have faith. It is in

More Answers from the Mother

the divine force, which works in all who are consecrated to the Divine and sustains them in their action.

I have faith that I am capable of doing all the work. I like the work a lot; so if you don't mind, I would like to continue.

I repeat: having faith in *yourself* cannot take you very far and it is certain that sooner or later you will feel a reaction and be obliged to stop.

First establish the true attitude, which is to find your base, your support and your help in *the Divine alone* — then all possibility of fatigue will disappear. Until then it is better to let the servant do at least part of the work, which you can supervise if you like.

17 April 1933

After finishing the meter-reading work,³ I felt very tired. It seemed to me that something wanted to prevent me from doing any more work, so I pulled myself up and said to myself, "No, no, you must work. Have faith, everything will go away." And indeed, the tiredness disappeared. In the evening I had a very bad stomach-ache. I thought that it too wanted to prevent me from working. But I told myself, "No, you must work. It is only through work or through faith that the pain will go away. If you rest, it will get worse." As I expected, the pain went away after my supper. O my divine Mother, grant that my faith in you may become more and more unshakable and strong.

The faith is in your active consciousness and your will, but it

³ The electricity meters of the Ashram houses. The disciple read them daily in order to record the consumption of electricity.

is not yet in your body; that is why your body feels tired and suffers; you must give it some rest. Until you know how to organise your work and eliminate all the useless coming and going, it would be better to give up the sweeping work and leave it to a servant; or if you insist on doing the sweeping, you should find someone to take care of your garden.

18 April 1933

This evening I was extremely tired. It wasn't even possible to write down the meter-readings.

If you are tired, you must organise your work to avoid so much coming and going.

26 April 1933

Now I have something else to ask of you. Would you please write that I should never under any circumstance touch women nor allow them to touch me.

Since you feel that you are weak in regard to women, never touch a woman. Never allow a woman to touch you.

4 May 1933

This morning I felt some weakness. But in the afternoon, on the contrary, I felt joyful; all my anxiety had disappeared. Why was this?

Joy comes from surrender to the divine command.

6 May 1933

If you don't mind, I would like to have a stool to put the

More Answers from the Mother

file-box on. As it is very low, it is a little difficult to take things out of it.

Why do you always want things to be easy?

15 May 1933

I have the feeling that the tiredness has disappeared. If so, then is it necessary to take a rest during the day?

Yes, it is better to rest for a little while during the day. At your age you are still growing and you need a lot of rest alternated with strenuous activity.

22 May 1933

Is there any difference between the answers “you may” and “if you wish”? I think that when you answer “if you wish”, it means that you don’t like it very much. Is it so?

“If you wish” obviously implies that there is a risk that the consequences of what you want to do may not be very good for your Sadhana, but also that perhaps you are not yet ready to make the progress necessary for you not to do what you would like to do.

29 May 1933

How should I meditate?

Fix your mind on the aspiration and dismiss everything else.

If thoughts come, what should I do?

Dismiss them.

Nowadays I don't know what to write; everything I need to know, you tell me inwardly. Then how shall I hear it?

Listen in a total silence of your whole being — mental, vital and physical.

6 July 1933

When I go to eat at the dining-room they sometimes give extra vegetables. Is it good to take them?

Yes, it is good, if they are given. What is not good is to ask.

14 July 1933

Where should I learn good French style?

It is taught in advanced grammar courses, and there are also special books. One of the principal rules of style is that in a prose passage one should not use “I” except when it is absolutely impossible to avoid it, and in any case *one should never begin two consecutive sentences* with “I”. This gives you an idea of what you must do to give some style to your daily report!

20 July 1933

You should eat in moderation, that is to say, without taking too much, because gluttony is always bad.

26 July 1933

Break the bonds of the limited consciousness. Illumine the consciousness, fill it with life, make it resplendent. You must do this quickly.

More Answers from the Mother

What is done in a hurry is never done well.

29 July 1933

This morning during pranam I was sitting in the pranam room. Sweet and humble tears began to flow; there were intense and ardent prayers. Love and joy were also there. What happiness! What is this movement?

It is a contact established with the psychic, the true soul.

8 September 1933

Will you please explain to me why I felt a trembling when Z was displeased?

Vital movements (desire, anger, fright, etc.) produce vibrations which spread through the atmosphere like waves of electricity and strike those who are open, sensitive or weak.

16 September 1933

Today I am feeling tired. I think I have not taken enough rest. But what to do? I can't find time!

If your day were organised more logically, avoiding a lot of useless coming and going, you would certainly have time to rest.

30 September 1933

If someone loses or breaks something, is it true that he ought to feel uneasy or sad?

I don't see how feeling uneasy or sad can help to find what has been lost or repair what has been broken!

1 November 1933

Instinctively I uttered the following words: “My little garden is opening to the Divine Consciousness.”

Plants too can open to the Divine.

5 November 1933

May I have some kerosene and soap to prepare a liquid for killing insects?

Yes, but kerosene is dangerous to plants — be careful not to kill them along with the insects.

7 November 1933

When a depression comes, what should one do?

Shake it off, as you shake off the dust from your feet.

8 November 1933

I think that a depression fell on me when I got up this afternoon. I can't find any reason for it.

During sleep one often comes in contact with undesirable forces and things, which drain your vital forces so that when you wake up you feel weak and depressed.

15 November 1933

What is real happiness and when does it come?

When one no longer feels any attraction for the other, false happiness.

More Answers from the Mother

Real happiness is of divine origin; it is pure and *unconditioned*. Ordinary happiness is of vital origin; it is impure and depends on circumstances.

18 November 1933

What does life-energy mean?

It is the energy that creates and sustains life in the physical organism; it is this energy which is used, when it is consecrated to the Divine, to transform the body and its activities.

1 December 1933

X told me, "Mockery is not bad; if you never mock, you are like a tree without sap." Is it true?

No, it is not true. Mockery is not at all a sign of intellectual superiority, but of ignorant mental arrogance. The psychic never mocks.

2 December 1933

I said, "Y, we must not see the bad side of people, but always the good." He answered, "No, we must see both sides and then distinguish between them."

It is certainly very bad to speak about the faults of others. Each one has his faults and to emphasise them in your thoughts certainly does not help to cure them.

4 December 1933

Z told me that if I had no time to read newspapers, I should at least glance at them. I asked him, "Is it a law

that we must read newspapers?” He answered, “I have to know what is going on in the world too; I am not a sannyasi.”

I am not a sannyasi and I never read a newspaper! I don't have time for it.

It is difficult to read newspapers without having the consciousness descend to a very ordinary level. Only when the consciousness is firmly established in union with the Divine is it possible to read newspapers without any risk of falling into a lower consciousness.

5 December 1933

Sri Aurobindo has written to X that the Mother does not want him or me to accept anything from Y. Will you tell me what happens when one accepts something from a person?

If you want to progress in yoga, you should receive things only from the Divine.

10 December 1933

A few days ago I felt that I had risen into a happy consciousness, but a few days later I felt quite the opposite: I had again fallen very low. Now I am feeling all right. Will you explain this movement to me?

It is a very common movement of the consciousness, which finds it somewhat difficult to remain in a state higher than its ordinary condition.

12 December 1933

More Answers from the Mother

Would you please tell me the reason for the cyclone?

The cyclone was the result of a violent attack of hostile forces.

18 December 1933

Do you think that solely through an intense aspiration one can gain silence of the whole being and do sadhana by that silence?

Yes.

Can all the impurities of the mind, vital and physical disappear by the descent of this silence?

Silence cannot cure all the impurities, but it alleviates a great many of them.

23 December 1933

Isn't it true that to read monthlies and stories one has to sink into an altogether ordinary consciousness?

It isn't *obligatory*, but it is very difficult to do otherwise.

28 December 1933

When is it possible for the Divine to pour out his love upon the vital and for the vital to be influenced by him alone?

When the vital is converted — that is, when it *wants* the Divine.

30 December 1933

This evening Z talked to me about yoga. I know now that it wasn't very good to have talked with her. It would have been better if I hadn't done it. But do you think it has done me any harm?

We should not get upset about the mistakes we make; we need only maintain a *perfect sincerity in our aspiration* — then all will be well in the end.

4 January 1934

When X was ill on December 31st you asked Dr. Babu, "Can't X get better by tonight?" If instead of saying, "It is impossible", he had answered, "If it is your will, it can be done", then perhaps X could have attended the midnight meditation for the New Year.

An *answer* is not enough to change the course of events. Only aspiration or faith can do that — for it is aspiration and faith that allow the Divine Grace to act.

9 January 1934

Isn't it true, Mother, that the vital will soon be surrendered to you?

Yes, if it is sincere in its aspiration, it will soon be converted.

11 January 1934

What does "sincere aspiration" mean?

An aspiration that is not mixed with any egoistic or self-interested calculation.

12 January 1934

More Answers from the Mother

What do you think about the love between Y⁴ and me?

Only the love that is based on the Divine Presence can remain unmixed and present no obstacle to the sadhana.

17 January 1934

... So I don't feel any repulsion for Z.

Repulsion is always a bad thing and just the other side of attachment.

19 January 1934

I told X not to do exercises because his body is weak.

It is never good to tell someone that he is weak. That is not the way to make him strong — on the contrary!

20 January 1934

Sweet Mother! Tell me what I must do to get rid of this attachment for Y.

The best thing is to try not to think about it any more.

20 January 1934

I think that the Mother doesn't like someone to go to another person's place except for Her work.

That is because when people meet outside their work they usually indulge in idle chit-chat and it is not good for them.

27 January 1934

⁴ A young fellow-disciple

My sister asked me, "Will you come to my house?" I replied, "I will see; I will ask Mother."

In her case you should apply the same rule that applies to other Sadhaks. See her only when it is necessary and speak to her only when it is indispensable.

1 February 1934

Should I inform my sister that it would be better if she speaks to me only when it is indispensable?

You can always tell her that you don't like to chat idly.

3 February 1934

Z asked me, "When a man becomes spiritually realised (siddha), what will he do? Perhaps he will go somewhere and open an Ashram and the Mother will work through him."

Our aim is quite different. It is most unlikely that for a long time to come any new centres will be established, at least with our full approval. What we want to realise requires concentration rather than expansion.

5 February 1934

Mother! Don't you think that as long as the body exists we shall make mistakes and sometimes forget things?

Not necessarily. It all depends on the development of the consciousness.

6 February 1934

More Answers from the Mother

May I know how the vital works? I think it is still full of impurities.

Thinking too much about one's impurities does not help. It is better to keep your thought fixed on the purity, light and peace that you want to acquire.

7 February 1934

Just now I feel that all is at rest. What is this state — true rest, or a formation?

Why disturb the rest with useless questions? The mind also should be at rest.

8 February 1934

This morning during the general meditation I felt some pressure. I hope it will not become a hindrance to my studies; in that case I think it would be better not to meditate.

I see no reason why meditation, properly done, should be a hindrance to study — quite the opposite. Only if what you call “meditation” is not meditation at all, but a state of *inert passivity* and drowsiness, can it harm your studies; and as that state is thoroughly undesirable from every point of view, of course it is better not to indulge in it.

12 February 1934

What is real meditation then?

It is an active and deliberate concentration on the Divine Presence and a sustained, alert contemplation of that Sublime Reality.

How and why does this pressure come?

If you mean the pressure of inert passivity, it comes from the resistance of the lower vital and the obscurity of the material nature. It can be overcome by an untiring will and aspiration.

12 February 1934

*Mother, may I know something about this depression —
how did it come?*

The depression was in the general atmosphere and it attacked everyone who was open to it.

1 March 1934

So what can be done to avoid being attacked by depression?

Pay no attention to it and behave as if it were not there.

*But first of all, how does one know that the depression
is in the atmosphere before it enters us?*

This is not correct. You can see and feel things at a distance, things that are outside of you. In the same way you can feel depression in the atmosphere before it touches you.

1 March 1934

*I don't understand why X still wants my contact. Will
she never stop? Never mind — I have only to remain
firmly on my guard.*

Yes, that is all there is to do. When you no longer have any weakness for women, they will stop pursuing you.

More Answers from the Mother

Sweet Mother! What is the quickest way to overcome this weakness?

Think of other things.

12 March 1934

My jealousy must be destroyed, Sweet Mother! Let me become aware of the jealousy and reject it immediately.

If you could just understand that what I do is *always for the good of each and every one* and never for the good of a few at the expense of others, you would very soon overcome your jealousy and be delivered from this painful sore spot.

Be convinced that what I do for you is always exactly what you need in order to advance on the way; then all jealousy and envy will disappear.

20 March 1934

Mother, please explain why I felt some hesitation about speaking to Y.

It was the influence of her external will acting on your mind and vital.

20 March 1934

Why doesn't the influence of each person's external will act on others, as in the case of Y and me? For example, I don't like speaking with my sister, but she talks to me; that shows that the influence of my external will doesn't act either on her vital or her mind. Why?

That proves that her will is as strong as yours — and that is very good. By what right do you want your will to act on others?

Each one must be free. Only the Guru has the right to impose his will upon the will of the disciple who has chosen him.

21 March 1934

Mother, if the thought, "What you do is always for my good", is firmly established in the mind, then won't the mind be able to influence the vital being?

Certainly; but in return the vital being often influences the mind and creates doubts in it.

21 March 1934

This morning during pranam there was a psychic depression.

The psychic is *never* depressed.

During the depression I prayed, "How unfaithful the vital is! Mother does so much for me, but still it rebels. O Sweet Mother, grant that the vital may no longer rebel and come to believe in the Divine alone." Who observes this movement?

It is the part of the mind that is converted; it detaches itself from the rest, observes, judges and regrets the behaviour of the ordinary mind and the unregenerate vital.

21 March 1934

Isn't it true that there are three kinds of depression: depression of the mind, of the vital and also of the psychic?

I tell you that *the psychic does not know depression* because it is divine by nature, and *in the Divine there is no depression.*

More Answers from the Mother

Doesn't the psychic get depressed when the mind and the vital act as they want and disobey the Divine or rebel against Him?

No, no, no. Do you understand?

The psychic may see and regret the stupidity of the other parts of the being, but by its very nature it is impossible for it to be depressed.

22 March 1934

Yesterday you wrote, "That proves that her will is as strong as yours - and that is very good." I don't understand what you mean by "that is very good".

It is always very good when someone has a strong will.

22 March 1934

How does Y's will act on me, while mine does not act on my sister?

This simply shows that you are more open to Y's influence than your sister is to yours. It is always regrettable when one is open to the influence of another person. One should receive no other influence than that of the Divine.

22 March 1934

Is there a way for the mental being to avoid being influenced by the vital?

Let the mind receive the light from above and refuse to be influenced.

22 March 1934

What can I do about being influenced by Y?

Pay no attention to her, in thought and deed.

How am I influenced by her?

Because you feel an attraction for her, and her will seems to be stronger than yours.

Since my sister has a strong will to speak to me, I don't understand how that can be good?

That is a desire or an instinct rather than a will.

I am not saying it is good that she wants to talk with you; I am saying that in general it is good to have a strong will. When you have a strong will you have only to direct it properly; when you do not have a will you first have to develop one, which always takes time and is sometimes difficult.

Before asking random questions you would do well to think a bit and try to understand by yourself.

23 March 1934

I stayed behind after pranam because you told me that you had no objection if a few people remained. Today I didn't stay because Z told me that the Mother had forbidden it.

I had a notice put up when there were a lot of outside visitors who all used to stay, and also because more and more people were getting into the habit of sitting down after pranam and watching the others, as if it were some kind of show. But if only a few people stay, I do not mind.

24 March 1934

More Answers from the Mother

Since this evening I have been feeling that a dark cloud has lifted and I feel happy. Is it true?

You must *will* that it may be true and lasting.

24 March 1934

What can I do to strengthen my will?

Educate it, exercise it, as you exercise your muscles — through use.

26 March 1934

Mother, do you want me to write a prayer every time?

You should write only when the prayer comes spontaneously.

31 March 1934

The months are passing quickly and my weakness is increasing. How uneasy I feel! How disobedient, insincere, jealous, weak, covered with passion, ignorance and falsehood! I am unable to see my lower nature. O Mother, what shall I do?

It is better not to look at it too much and to turn your attention to more interesting things. One becomes what one thinks: you should think of the strength, the uprightness, the sincerity you wish to become.

March 1934

How can there be any hope for me, seeing that there is no vigorous effort to purify the lower nature? Why do I think about others? What good will it do me? O Mother,

I am fit for nothing! There is still no candid and sincere aspiration. O Mother! Give me some advice. I am an ignorant and obscure child. Guide me, show me the true path.

You seem to be very conscious already of what ought and ought not to be done, but with you the difficulty begins with putting it into practice. You should ask, not for more knowledge, but for the strength and courage to apply sincerely and scrupulously the little you already know.

4 April 1934

I don't know what it is in me that hurts X. Since my nature is inferior to his, I thought he might get affected by it.

Who told you that your nature is inferior to X's? Each one has his own nature and follows his own path, and comparisons with others are always useless and most often dangerous.

4 April 1934

Weakness. Last night Y asked me: "How do you say, 'Give me some water' in Gujarati?" I gave her the answer. I cannot displease anyone. My nature seems childish to me. What weakness! By this weakness I am creating countless difficulties for myself.

You should not attach too much importance to these little things. The important thing is never to lose sight of the ideal you wish to realise and always do your best to realise it.

6 April 1934

More Answers from the Mother

What is the significance of the flower “Radha’s consciousness”?

Consecration of love.

6 April 1934

My sister likes to talk to me, but I remain very serious with her. I never smile at her when we meet. But that’s how it is with nearly everyone.

You could smile at her if you smile at others. In a way smiling at your sister would be less dangerous than smiling at Y or Z.

10 April 1934

Mother, I am very happy to know that even a smile is dangerous. I will never smile at any woman.

This resolution is perhaps a bit severe. That was not the object of my remark, but rather that you should not treat your sister too badly — for she can make nothing of it. The truth is this: your consecration to the Divine should be so complete that you no longer attach any importance to these relations with others.

11 April 1934

You told me, “The truth is this: your consecration to the Divine should be so complete that you no longer attach any importance to these relations with others.” How can I apply this in practice?

You should concern yourself more with strengthening your consecration to the Divine than with working out the details of your relations with people.

12 April 1934

Divine Mother! Tomorrow is the day of the attack. It comes at about seven o'clock — a revolt of the vital.

I don't understand what you mean. Why acknowledge and accept a bad habit?

21 April 1934

I wrote this because the attack came last Sunday and the Sunday before, so I thought that it might come this Sunday too.

It is better to reject these thoughts, because they help to bring the attack.

21 April 1934

I don't think that X and I are making good use of our friendship. We often have useless and dangerous conversations. Wouldn't it be better not to see him too much?

I think it would be far more advisable to get into the habit of *controlling your speech* and refusing to speak about unwholesome and dangerous topics; but obviously if your getting together arouses in both of you the very thing you want to overcome, it is surely better to refrain from it.

26 April 1934

Usually it is X who speaks about yoga. For example: "Y's music comes from the vital; that is why Mother has forbidden him to sing."

If your conversations are restricted to remarks of this kind, they have no more importance than all the countless ignorant remarks

More Answers from the Mother

which the members of the Ashram are in the habit of exchanging among themselves when they think they are capable of knowing what I do and why I do it.

27 April 1934

Sweet Mother! I felt some uneasiness tonight. Did this uneasiness come from my contact with Z, or was there some other reason for it?

Possibly — but as a general rule there are rarely any reasonable reasons for this kind of uneasiness, except that the vital has a small movement of dissatisfaction or revolt.

1 May 1934

I found some pieces of paper with Sri Aurobindo's handwriting on them. They had been thrown into the dustbin at Trésor House.

I hope you picked them up and kept them.

4 May 1934

I have been feeling uneasy, tired and depressed since this morning. I spend a lot of time in a state of inertia, I am not sincere and I am restless.

The outer nature is always full of imperfections until it is transformed by the divine Presence. But it is wrong to let these things depress you.

4 May 1934

When I removed my bedsheet a scorpion fell on the floor. I touched it with my sandal and killed it before it could

get away. A few days ago I saw almost the same thing in a dream.

That is what is called a premonitory dream. You saw beforehand what was going to happen.

7 May 1934

I am often deceived by other people's suggestions. They frequently seem right to me, but often they are wrong.

That is quite true.

For example, I hadn't thought of asking you about the significance of the scorpion dream; it was X who suggested that I should ask you.

Yes, it is better to do only what comes from deep within yourself.

9 May 1934

Last night I did some grammar exercises which kept me busy up to 11:45. I didn't feel sleepy. Is that good?

No, I don't find it good at all. You should go to bed by ten at the latest. Sleep is a matter of habit. If you get into the habit of always going to bed at the same time, sleep will come automatically.

9 May 1934

Two days ago I went to Y's place to pick some flowers in the morning. When I saw her I felt a trembling and immediately afterwards some uneasiness. I think it is the

More Answers from the Mother

vital that caught the uneasiness, but I don't understand why I felt this uneasiness when I saw her.

Some people carry around them these ideas of despair and depression and are harassed by them. These ideas are contagious, like an illness, and one catches them just as one catches any other illness.

14 May 1934

How can I avoid being attacked by these wild and hostile ideas?

You must learn to reject them when they come.

Not to come into contact with the people who carry them?

That is impossible — there would be too many people to avoid.

But the point is to know who is carrying them?

That is impossible by any outer method; it is only by acquiring an inner discrimination that these things can be known.

15 May 1934

You told me, "I would be surprised if Y took your advice seriously." Does that mean that one should not take someone else's advice seriously?

As a general rule it is better not to give advice unless you are asked for it. But if you receive some advice from someone, you should think it over carefully and try to take advantage of it.

16 May 1934

Sweet Mother, why do we doubt you? Is there anything better or anyone wiser than you? Why don't we believe in you?

Because the outer nature is ignorant, obscure and foolish, so naturally its behaviour and its action are also ignorant, obscure and foolish.

16 May 1934

When I saw Z this morning I felt a trembling, but this evening I didn't feel it. Why is that?

You were probably more active and less open to vital contacts in the evening than in the morning.

If one can distinguish all the day's movements by standing back from them like an observer, then I think that one can soon rise above the lower nature. But in order to get the true discrimination, one must first have a consciousness that can distinguish falsehood from truth. I observe my movements, but I am still unable to make a clear distinction between darkness and light.

Yes, this is true. But discrimination grows through exercise and control. In other words, you ask me if what you have observed is correct, and with the help of my answers you can rectify your observations.

17 May 1934

This morning Z asked me, "Why didn't X drink his cocoa and why is he taking a walk?" I told her what I thought about it.

More Answers from the Mother

Speaking about others is not only useless but most often harmful.

But why seek to know the motives of other people's actions? I don't know what to do in such cases. If someone asks me, I simply have to answer.

You can always say, "Mother does not like us to gossip about others."

18 May 1934

But it all depends on the person we tell this to. What if he rebels?

So much the worse for him!

What should I do so as not to open myself to vital contacts?

Fix your consciousness higher than the vital.

18 May 1934

I have decided to smile only at a few people and never at a woman. Is this all right?

Always to maintain an attitude of concentration on the Divine Life is more important than making rules that are too rigid. It would be better to resolve not to smile in expectation of a vital interchange.

21 May 1934

Isn't it true that one should know all one's impurities?

Knowing them is indeed necessary, but it is not good to fix one's

attention too constantly on them; it does not help to remove them — on the contrary.

21 May 1934

Z asked me, "What is that?" I replied, "Mother wrote something to me for my birthday." "May I see it?" she said. I let her read it. I don't think I did the right thing.

Obviously, when I give a prayer on such an occasion I concentrate a certain force in it. By showing the prayer to others you destroy a great deal of the effect of this force.

22 May 1934

I think there is also some force in your letters, so it is better not to show them to anyone.

Yes, and as a rule I do not like answering questions about others. In yoga each one should attend to his own progress — the progress of others has nothing to do with him.

23 May 1934

Isn't it better to tell you the ideas we have about someone so that you can correct them? Because if they are wrong, it is very dangerous.

Certainly, and the best thing is precisely to refrain from all ideas about people, for then there isn't any risk of having wrong ideas.

Of course, the best thing is not to have any ideas about people, but I don't think this is possible until the mind is purified.

More Answers from the Mother

Yes, it is quite possible if the mind is interested and engrossed in something more useful.

23 May 1934

So it would be better to reject the ideas I have about others and stop making mental constructions about people?

Yes, it is preferable.

Is it good for me to see X?

That depends on what you mean by *seeing* him; if it is to exchange a few words or to do some work together from time to time, it does not matter. But long conversations should be avoided.

24 May 1934

What pleasure does one get out of making fun of others?

Indeed, I fail to see what pleasure one finds in hurting other people's feelings. It is not nice and shows so much pretentious foolishness.

24 May 1934

Was it right to write this to you: "A man like Y thinks he is very disciplined. Where is his discipline when he talks like this?" Aren't my last words exaggerated?

They may not be exaggerated, but in any case they are not very kind, and kindness is an indispensable step towards the widening and illumination of the consciousness.

25 May 1934

*Sweet Mother! When will the vital yearn for the Divine?
May its passion be changed into psychic love, its anger
into*

Equanimity

its jealousy into

Trust

its vanity into

Modesty

its selfishness into

Self-giving.

26 May 1934

*X used to go home with me after lunch, but yesterday
he left without me. He told me that he didn't have any
reason for doing so. Is it true?*

It is quite possible that he left without any reason. One does so many things without any conscious motive.

26 May 1934

*You wrote that one does so many things without any
conscious motive. But is that really desirable? I think
it is better not to do anything without thinking it over
carefully.*

Certainly, that is preferable.

28 May 1934

More Answers from the Mother

A dream: It was night, I was writing a poem. Suddenly Y came and put out the kerosene lamp on the table. A little later she also switched off the electric light. Does this dream have any significance?

If the dream has a significance (which is not sure), it would mean that a certain type of hostile force took the likeness of Y in your consciousness. Lights going out are always the symbol of the consciousness descending into unconsciousness.

Sweet Mother, I would like to know why my consciousness is going outwards and also why my aspiration has diminished.

Probably a part of your nature which is not yet converted has risen to the surface and is active at present.

29 May 1934

So what should I do when an unconverted part rises to the surface?

Put the light and the knowledge on it patiently until it gets converted.

29 May 1934

Mother, you wrote that I should put the light and the knowledge on the unconverted part until it gets converted. I think it is You who can do that.

That is exactly what I mean; you have only to call Sri Aurobindo or myself and ask that this obscure part be enlightened and converted.

30 May 1934

Z often asks me questions about grammar. I don't know French well, so it would be better if he didn't ask.

What little you do know, you can tell to others, but take care to warn them that you do not know much and that you are not sure of the correctness of your answers.

31 May 1934

Is it good to go to the temple? The idea came to me that if one believes in the Divine without form, one will not believe in the Divine with form — as a human being, I mean.

You mean: if one has faith in the god of a religion, how can one have faith in the incarnate Divine? That is quite right.

1 June 1934

May I take the geography books home? I won't let them out of my room.

Yes, you may take the geography books, but you must take great care of them so that they don't get torn or stained or eaten by insects.

2 June 1934

I don't understand why and how X has had difficulties because of affection. I haven't had them. Perhaps it is because I am not aware of them.

It is because affection creates an attachment in him, and all attachment is contrary to Yoga.

4 June 1934

More Answers from the Mother

Does affection create attachment in me?

Affection always creates attachment, unless one is a yogi.

*It seems that there is no electricity in the vital world —
the dreams are always dark.*

Who told you this extraordinary tale?

Certainly there is no electricity such as men use in the physical world. But there are as many lights as one could wish for — even most beautiful, most brilliant ones, so that unless one is forewarned one might believe oneself to be on a very high plane.

4 June 1934

*You say that there are as many lights in the vital world
as one could wish for — but are they real lights or are
they created by vital beings?*

The lights in the vital world are vital lights, of course.

*In my dreams I do not see daylight as I do here; I see
everything very dim.*

That is because your vision is not fully developed in that world or because you go to dark places there. But that does not mean that the whole vital world is dark!

5 June 1934

*How can I keep the most enlightened part of my mind
always on the surface?*

Will for it, and call on the enlightened part to intervene each time that the parts which are still obscure, ignorant and egoistic try to dominate your being.

Why is it that you do not answer certain questions? Is it because the question is not sincere?

Usually it is because the question is badly stated; often it is because it would not be good to reply.

6 June 1934

These last two days I have been feeling sad about my jealousy.

Feeling sad is of no use. All the energy you waste in feeling sad would better be used in transforming the wrong movement.

But this morning, after my pranam, I felt very happy. Is it impossible for the ordinary mind to turn easily towards the Divine, even when there is an intense aspiration?

There is nothing impossible about a prompt conversion; the difficult thing is to make it last.

9 June 1934

Often when there is something to be done, two answers come. One part says not to do it, the other says there is no harm in it. Who decides which part is wrong and which is right?

If the psychic consciousness were fully awakened, it would decide. But in this case it is one part of the mind arguing with another and, at best, it is the mental Purusha that steps in and decides.

11 June 1934

More Answers from the Mother

I don't quite understand what you mean by "There is nothing impossible about a prompt conversion; the difficult thing is to make it last." It gets converted for a moment and then falls back again?

Yes. The mind suddenly sees clearly and is converted, but then it is attacked again by obscurity and falls back into its old habits.

How can the conversion of the ordinary mind be made lasting?

Persist in bringing it into contact with the light until the conversion becomes lasting.

11 June 1934

It seems that women have a power of attraction which they throw upon men — a natural movement — and that men are caught like fish in a net and often unable to escape. Is this true? What is the way to avoid being touched by this power, or what must we do to escape from it?

I think it is a mutual effect — and women complain that men do the same thing to them. The remedy is to turn the consciousness towards the Divine alone.

11 June 1934

Y told me that it is very good to take tea or coffee when one has a sore throat and that he takes it two or three times a day.

Each one has his own remedies and habits, which may be good

for him, but it would be a great mistake to generalise and try to apply them to other people.

26 June 1934

I spent nearly three-quarters of the night awake. I think that visions are preventing me from sleeping.

In any case, it is the restless and unquiet vital.

28 June 1934

This afternoon I slept from 12:30 to 3:30; that is too long, I think.

No, it is all right since you are sleeping very badly.

28 June 1934

How can I calm the vital so as to sleep better? By aspiration?

And a concentration, a will to reject the restlessness.

As for deciding about ghosts, I would like to know which part it is that doubts the reasoning of the other parts.

These are various fragments of the mind opposing and contradicting one another, and they are not all at the same stage of development.

28 June 1934

More Answers from the Mother

It would be very interesting to become conscious of anti-divine ghosts.

So long as it is in order to reject or conquer them.

29 June 1934

There are ghosts who try to lead us astray, but aren't there also ghosts who help us in our sadhana?

I thought you were using the word “ghosts” to mean vital entities. Those beings are certainly not the ones who can help you in your sadhana.

I would like to know how to conquer these anti-divine ghosts.

By willing to do so, and by always refusing to believe in their suggestions.

29 June 1934

Yes, Mother, these vital entities lead us astray; but aren't there beings who can help us, lead us back to the right path?

Yes, they do exist, but since they do not belong to the vital world that is nearest to the physical, it is more difficult for them to enter into contact with human beings. Their action is sometimes perceptible in the mind, and in the psychic it is very clear.

In a dream, I was gathering flowers in the garden of my house. Suddenly the gate opened and three ladies came in. One lady asked me for flowers. I answered her, “All the beautiful flowers will be sent to the Mother. You can

take the ones that are not beautiful.” But these ladies disturbed me.

This is probably the symbol of certain forces of the lower nature trying to seize hold of what is already given to the Divine.

30 June 1934

Yesterday I was in a very strange state: for five minutes I felt bad, then five minutes later I felt joyful, and so on for three hours. Then I understood the whole game and I rejected it by will-power and prayer. But I really don't understand this movement.

Two parts of the vital being were struggling together, each one in turn getting the upper hand.

Z told me that in the mental and vital worlds there are beings who are against the anti-divine entities and who help us.

Just as there are people on earth who like to help others.

2 July 1934

Today I feel happy. I would like to know whether this happiness is spiritual or not.

Instead of asking yourself such questions, it would be better to remain very quiet, concentrated and calm, so that the happiness may last.

3 July 1934

O Sweet Mother, teach me to remain unshakable when

More Answers from the Mother

someone talks to me, because afterwards my mind wanders.

Do not identify yourself with the conversation. Watch it all from above and from a distance, as if someone else were listening and speaking, and say no more than is absolutely indispensable.

4 July 1934

Today I experienced the force working in me. I wonder how I did such a hard work — digging for a whole hour without taking any rest. But I don't understand why some trembling remained even after the work was over.

The force was probably a bit too much for the body, which found it difficult to bear — hence the trembling.

You wrote to me: "Say no more than is absolutely indispensable." But what should I do when someone asks me an unnecessary question?

Just answer evasively with a word or two, without attaching any importance to it.

4 July 1934

How can I prepare my body to bear Your force, Sweet Mother?

The power to bear is found in calm and quietness.

5 July 1934

X told me that it is very good to read Sri Aurobindo's messages on doubt. "It is not at all necessary to read

about doubt,” I answered him. “At this stage I don’t think it is possible to be free from all doubt,” he said.

It is not only quite possible to be free of all doubt, it is an absolutely indispensable condition; but before being able to state with assurance that one is free from doubt, one should wait for a few months at least, in order to make sure.

In any case this kind of discussion is quite useless — it does not help to overcome doubt.

9 July 1934

Remove all weakness from me. It is not as easy as people think, Divine Mother, to become Your child integrally and perfectly. To do so one must...

Be very sincere and straightforward, tolerate nothing in yourself that you could not show me without fear, and do nothing that you would feel ashamed of doing before me.

11 July 1934

It seems that there is an ego in each state of consciousness; for example: mental ego, vital ego, physical ego.

There is also a spiritual ego, and even the gods who live in the Overmind have their egos.

And each one must be freed from his ego in order to attain the divine bliss.

It is not enough to surrender; the ego must be dissolved, must merge with the Divine, disappear in Him.

12 July 1934

More Answers from the Mother

I think that the Supramental Gods have no ego. So I believe that we must become egoless like them, on earth itself, and then act according to the divine guidance.

I think it is useless to speculate just now about what may happen in the Supermind.

12 July 1934

At five o'clock I got ready to go and watch the Republic Day celebrations from the terrace of Aroumé. But thinking that You would prefer that I didn't go, I came back.

I have no preference in this or in any other matter. For each person the decision depends on his own need.

14 July 1934

I don't understand what you mean by "I have no preference..." Does it mean that we have to decide for ourselves whether the thing is to be done or not, without asking You?

No. I did not complete the sentence. I meant that I do not decide according to *preferences*, but according to each one's need.

16 July 1934

Mother, it wasn't an explanation that my sister asked me for last time, but something about one of Sri Aurobindo's letters. When I read what she had written about the material world, about leaving her house, I was disturbed — hence the obstacle to my aspiration. My Sweet Mother, I will do as You wish.

If it disturbs you, you need not listen to what she says or explain Sri Aurobindo's letters to her.

This evening I gave her an explanation without feeling disturbed.

But obviously it is much better if you can overcome the weakness that makes you feel disturbed, because that is the true cure.

23 July 1934

My sweet little Mother,

Yesterday evening during the meditation I felt so much love — I felt waves, vibrations of love. But this love pours itself out on others. Before, when I felt a lot of love it remained silent; I became more serious and I did not express it. But this time, on the contrary, I allowed the love to express itself because I don't find it undesirable. But if You think it necessary, I will turn it inwards.

The love that one contains in silence acts within oneself for purification and transformation. The love that one turns outwards — if one does it in a pure and disinterested way — may occasionally help others. But most often they receive it wrongly... So you must do as your instinct guides you.

24 July 1934

Today I spoke to twenty-four people; it is too much, I think. Since this morning I have been feeling a lack of happiness; there is no bad feeling, but the love I felt is no longer there.

That is quite natural — you have wasted it right and left; instead

More Answers from the Mother

of concentrating on the Divine what came from the Divine, you have squandered it on others and lost it.

24 July 1934

After reading your reply, Sweet Mother, I became serious. I thought that I should keep silent, at least for today. A moment later another part of my being said, "It is not a real silence but rather a dissatisfaction of the vital, for you can very well see that there is not much happiness and enthusiasm in it." I thought that the second part was right.

Both are partly true and partly false. It is wise to receive the descending Force in silence and concentration, but this silence and concentration should not come from the vital's resentment at not being allowed to follow its whims.

This concentration and silence should not only be full of a *great peace* but also of a *very intense happiness*. Then one knows that the movement is true and unmixed.

24 July 1934

O Mother, I want to become Your perfectly obedient child, I want to know Your will before You express it. To achieve that I must...

Have no preference about anything except to carry out the divine will.

28 July 1934

Will You tell me, Mother, what to do to get rid of egoism?

One achieves it by persistently willing it.

1 July 1934

My sweet Mother, in a dream I saw You in various forms. You were very young, my age, about seventeen or eighteen, and yet I behaved towards You as if I were Your child. But I doubt very much whether this young girl I called Mother was anything more than a being taking on Your form.

It is not at all impossible that I should appear in various forms, even in the form of a young girl.

1 August 1934

I don't understand, Mother, why I so often see scorpions and snakes in my dreams.

They are symbols of bad thoughts and perverted or obscure energies.

1 August 1934

Mother, I don't know what to do about my studies when there is a pressure, because my mind stops working.

Just wait until your mind starts working again.

2 August 1934

This evening I talked unnecessarily, so that when You came I felt nothing.

When I saw you as I left, your atmosphere was very agitated and your consciousness quite superficial. I could clearly

More Answers from the Mother

see that contact with all those women is not doing you any good.

18 August 1934

Certainly I have no doubt that one day I will have love, but how can I spend even a day without love? Better to die than to remain without love for You — that is the suggestion that came to me.

That is absurd.

It is not by dying but by living that one can realise love.

20 August 1934

Everywhere in me I see nothing but obscurity and ignorance. When will I stop wasting time? Where are my obedience and my sincerity? Where is the peace, the happiness? Why has my zeal dried up? Where am I, Mother?

It is no use getting upset or tormenting yourself. Only in peace and calm can the good experience return.

22 August 1934

Will you tell me something about relationships with other people, because it is not fully clear to me.

It is impossible to give any external rule, since each case should receive its own particular solution. The inner attitude must be *true* and perfectly sincere.

23 August 1934

*You wrote to me, concerning relationships with others,
“The inner attitude must be true and perfectly sincere.”
Since I don’t have this attitude yet, I think it would be
better not to associate with anyone and wait until it
comes.*

You must make an effort to attain this attitude — waiting is not enough.

25 August 1934

*Isn’t my attitude towards Y undesirable? Sometimes I
tease her by giving her flowers.*

I cannot see any benefit in these familiarities — surely they do not help to raise the consciousness.

27 August 1934

Somebody said that the monthly review “The Theosophical Path” helped Sri Aurobindo a lot.

What nonsense is this!!

Can Sri Aurobindo be helped by anyone or anything? It is *He who helps*, he is not helped!

When I came out of Z’s house the love and happiness in me had disappeared. Besides, this is not the first time I have been disturbed by contact with her. So I got the idea to stop seeing her.

After so often having the same experience of losing everything there, I cannot understand why you continue to go!

Normally what happens when You do not reply is that there is a struggle between two parts of the mind.

More Answers from the Mother

When I do not reply, it is because it is neither good nor bad, true nor false, and it would take too long to explain the truth.

Give me Your love, Mother.

I give it to you constantly, but you must not always lose it by continually repeating the same mistakes.

30 August 1934

Please tell me what to do, Mother, so that nothing and no one can disturb me.

The whole being must be governed by the psychic being and by that alone.

31 August 1934

I don't know what to do, for my being has been under attack since last night. At the moment I feel restless, depressed, in darkness and ignorance. Above all, consciousness is absent.

The less importance one attaches to these dark periods, the sooner they are over.

5 September 1934

Where is my consciousness at the moment! What is the nature of this depression and why is it lasting so long? Before, Mother, Your force would come and drive it away. Where is that force now? Alas! I have lost it.

Be calm and quiet; it is only a crisis which will pass with the increase of consciousness.

10 September 1934

Sweet Mother, I feel that I am doing something against Your will. This unknown thing is hostile and makes me feel bad.

I am not aware of anything special that is being done against my will. But you must not let yourself be disturbed. You must will to become more and more honest and sincere, and, for the rest, rely on the divine Grace.

11 September 1934

The mind wants to know how this crisis came and why it has remained so long. What should one do when this happens?

It has been quite a widespread attack. When this happens, the best thing is to remain quiet without getting agitated either inwardly or outwardly.

14 September 1934

Even when I am in a good state of consciousness, the mind is not always at peace. There are all kinds of random thoughts.

It is behind the mind, behind the vital, in the psychic centre that one can find the quietness that never wavers.

15 September 1934

The pressure is constantly there. Grant me quietness, my sweet Mother.

I never cease pouring peace and quietness and calm on you why don't you accept them?

17 September 1934

More Answers from the Mother

What must I do to accept the peace and quietness and calm?

Want them sincerely and integrally — not only with one part of your being.

Last night I talked with X until 11:40, But in spite of that — no sleep!

Staying up late is surely not the way to prepare yourself to sleep well.

17 September 1934

I must have felt something during my pranam, because afterwards I wept. O my sweet Mother, why?

Because during the pranam I reestablished the contact between your ordinary consciousness and the psychic consciousness.

The extreme sweetness of the psychic consciousness always makes the outer consciousness weep with emotion.

21 September 1934

For a long time I have been aspiring with all my heart, Mother, for You to grant me Your love and peace.

My love and peace are always with you — it is for you to learn to receive them.

22 September 1934

This morning Y came up to me and I spoke freely with her. Then as I was speaking, I felt as if I were surrounded by fire. I felt feverish almost the whole day. All these

things come through contact with her, I think, so I ought to avoid her.

Rather than avoiding this person or that, to no great effect, it would be so much better to change your consciousness, to close it to all these influences and keep it open only to the Divine!

23 September 1934

For several days I have been feeling that Z has an attraction for me. Since You wrote, "Rather than avoiding this person or that..." , I thought I could talk to her and thus gradually come to the true attitude.

Mother... love.

If it is divine love that you mean, one can obtain it only by renouncing human love, which is a travesty and caricature of it.

26 September 1934

O Mother, I want to act according to Your will and nothing else.

Then quickly leave the path you have taken — do not waste your time wandering about and talking to girls. Start working in earnest again, study, educate yourself. occupy your mind with interesting and useful things rather than useless chit-chat, and do not give false excuses for your vital attractions. If your wish is truly sincere, you may be sure that you will have my force to help you to conquer.

27 September 1934

When will my being, which has gone astray, return to the path leading straight to You?

Nothing could be easier — you have only to decide resolutely

More Answers from the Mother

that you want nothing but the divine life and turn away from everything else. You are sure to find me immediately.

29 September 1934

Because my nature is weak, it becomes difficult to renounce ordinary things. But it is sure that I want only You; if You are not there — death and nothing else.

There is no question of dying. Leaving your body is not a solution; you remain with your desires and it is worse. It is much more reasonable and true to let your desires die, understanding how useless and stupid they are.

Since you want the Divine Life so much, you need not be afraid of failure, for a sincere and sustained aspiration is always fulfilled.

Make a firm resolution to overcome your weaknesses and you will see that it is not so difficult as it seems. My force is with you to overcome the obstacles, and also my blessings.

29 September 1934

Today I did not study. I still have a headache. I often lose courage and wish that the Sudarshan Chakra⁵ would come and put me to sleep for ever.

To have so little courage at your age — it is shameful!

Rest if you are tired, but never lose the will for victory.

13 October 1934

I am very much interested in writing and reading stories. Then I forget the pain.

Which proves that your pain is at least three-fourths imaginary.

⁵ The lethal weapon of Sri Krishna.

So the only question about continuing to write or read like this, if You approve, is that of time — writing stories takes a lot of time.

I see no harm in your reading and telling stories, but it should not interfere with your studies. Besides, to develop your style you can very well write any stories you please.

15 October 1934

O Mother, make me understand this imaginary illness. I don't understand it at all.

You think that you are ill and that increases the illness. When you forget the illness, it goes away almost completely.

15 October 1934

This morning X offered me some betel. I told her that Mother forbids it. "No, one can take it sometimes," she said; "then you can wash your mouth before going to pranam."

What hypocrisy!! IT IS SHAMEFUL.

O Mother, how can one hope for Your love with such open disobedience! Why press others to act against Your will?

Yes, it is very base. It is because of such actions, constantly repeated, that these people never make any progress.

16 October 1934

I think that illnesses of the physical body are mostly imaginary. So if one always remained outside the body,

More Answers from the Mother

as one does during sleep, probably one would never feel ill. It is only a matter of remaining outside the body.

It is not remaining outside the body that cures illness. it is thinking in the true way and refusing everything in one's thought that could give support to the illness.

18 October 1934

My mind is busy from time to time with the story I have started writing. But is it good for it to be occupied in this way?

It is better for it to be occupied with that, *if your story is interesting*, than with flirtation or nonsense.

20 October 1934

O Mother, why don't I feel Your love?

Because you are looking for it in the wrong place, or under a false form.

I feel that I am alone, wandering here and there.

The vital must have decided that my love would express itself in a particular way, and as it did not happen that way, the vital says, "There is no love!"

20 October 1934

I think, Mother, that there are three states of consciousness for feeling Your love. In the first, a man is only an ordinary human being and feels nothing whether he sees You or not. In the second, he feels something if he does

not see You for a long time. In the third, he does not need Your physical body — in the extreme fire of love Your body and his physical body are dissolved in a soul-communion. I think, Mother, that man does not need Your physical body, since You are already in his heart.

That is not quite true. If there were not something more in the physical contact than in the inner contact, there would have been no reason for me to take a body upon earth.

23 October 1934

You wrote to me: “Making an effort consists in refusing to do anything that leads you away from the Divine.” I have thought about this, but I don’t understand it.

Every time I answer one of your questions, you tell me that you don’t understand my reply. What to do? You must learn to reflect a little and enter into a deeper kind of thought.

Y⁶ has just written to me about the great number of novels you read. I do not think that this kind of reading is good for you — and if it is to study style, as you told me, an attentive study of one good book by a good author, done carefully, teaches much more than this hasty and superficial reading.

25 October 1934

O Mother, what shall I do? I try to understand but I don’t succeed. It is the same with my studies.

It is because your mind has not been sufficiently trained in the discipline of study.

⁶ The Ashram librarian.

More Answers from the Mother

I had two reasons for reading novels, to learn words and style.

In order to learn you must read with great care and carefully choose what you read.

25 October 1934

Mother, what is this discipline I must learn in order to understand better?

The discipline of intellectual study as it is practised in colleges in France. You can talk to Z about it; he will explain it to you.

There is a good writer in Gujarati—I could study his books. X told me that his style is like Anatole France's.

Really! If he writes like Anatole France he must truly be a marvellous writer!

26 October 1934

Since my illness was imaginary, it is beyond my mental capacities to understand why You gave me permission to take Sudarshan.⁷

Because your body did not know that the illness was imaginary, and it needed a remedy in order to believe in the possibility of being cured.

26 October 1934

Is it good to be “obliging” or to help other people?

⁷ An Ayurvedic medicine.

It is certainly better to be obliging than to be intensely selfish. But even in being obliging one should observe moderation.

At the moment there is not a single psychic element in my activity. O Mother, let nothing in me consent to lower activities.

Yes, you must never yield to the lower nature, not only when it manifests in you but also when it manifests in others. Never listen to bad advice, never follow bad examples, never accept any other influence than that of the Divine, and your uneasiness will disappear.

30 October 1934

X is the only one who gives me advice and sets an example and I am under his influence.

It makes little difference from whom the influence comes; do not accept it.

This morning X asked me to tell him whenever I feel depressed.

I see no use in speaking about your depressions to other people. It can help neither you nor them.

30 October 1934

O Mother, what should I do? I am completely unconscious. Mother, where are You?

In your psychic being — I am always present there. It is there that you can find me and must find me, and when you have found

More Answers from the Mother

me there, in the depths of your heart, you will also recognise me in my physical form.

31 October 1934

But how can I enter the psychic centre when there is a black veil between the psychic and the integral being? (The Mother substituted the word “external” for “integral” and commented:)

Integral means complete, entire, omitting nothing, total — the external being is very far from being integral. When we speak of “the integral being”, we mean the being in its totality, from the physical body to the true Self, the Divine Consciousness.

31 October 1934

You write “the true Self, the Divine Consciousness” — does that mean the true soul, the psychic?

No, it is not the same thing. In several of his messages Sri Aurobindo has explained the difference between the psychic being, which is the divine element in man, and the states of being that belong to the overhead regions. Study Sri Aurobindo’s messages and books a little (instead of reading novels) — then you won’t ask me unnecessary questions.

1 November 1934

Of course, it is natural that I am very far away from You. First I must have a true attitude towards You and a perfect opening — which I lack. O Mother, where are You, and where am I?

You are not so far from me as you think. You have only to calm the agitation of your mind and vital a little, remain a bit quiet

and concentrated, and at once you will find my presence within you and around you.

1 November 1934

Do You think I should stop reading Gujarati literature?

It all depends on the effect that this literature has on your imagination. If it fills your head with undesirable ideas and your vital with desires, it is certainly better to stop reading this kind of books.

2 November 1934

Even when one is identified with You, is it true that one can do actions that are not consecrated to You?

No, after identification it is impossible.

2 November 1934

O Mother, I want to identify myself with You in such a way that I shall see You in every action.

It would be more correct to say that you would be able to act only according to my will.

3 November 1934

Mother, I have been searching for You since yesterday evening, but I do not find You and I feel alone, without support.

All these are false imaginations. If you told yourself, on the contrary, that I am always with you (which is true), it would help you to become conscious of my presence.

9 November 1934

More Answers from the Mother

O Mother, I am sad now because I don't believe what You tell me. But what can I do, the thing is not clear to me. This shows that I have no faith in You. Of course, I still have many things to learn.

You have *everything*, absolutely everything still to learn. Above all you have to educate a mind that is still raw, ignorant and obscure, and has all the impudence of ignorance.

O Thou, whom we must know, understand, realise...

The first thing you must do is to learn a little humility and to recognise that you know *nothing* — you read words, you read prayers, and you repeat the words, you copy the prayers, but *you do not understand them*; you mix up all these ideas and notions in a brain that is still like a child's, and then you have the illusion of understanding!

15 November 1934

On the days when I do not study, I feel uneasy. But when I begin to study, happiness comes. I don't understand this process.

What do you mean by process? It is not a process; the disappearance of the uneasiness is the very natural result of concentrating the mind on study, which on the one hand provides it with a healthy activity, and on the other draws its attention away from this morbid contemplation of the little physical ego.

3 December 1934

O Mother, where are the joy and the love that filled my whole being last night during meditation? I have never known how to receive and keep what You give me.

You know how to receive, since you feel the presence of love and joy, but you do not seem to know how to keep them. You must learn to treasure in yourself silently what you have received.

4 December 1934

Please explain to me how I lose what I receive.

By dissipation — by throwing out, either in thoughts, words or actions, the force and energy you have received.

4 December 1934

I have the idea that the divine peace will not reign over the whole of the earth.

What do you know about it? Can your mind have any knowledge of the future? And especially the supramental future!

7 December 1934

This morning I told Y that Mother had told me that She does not know what will happen to this Ashram in the future. "How is it possible?" he said, "I cannot believe that She knows nothing about the work for which she has taken a body on earth."

I do not think that I said any such thing. You must have misunderstood me. But Y is wrong to believe that I came upon earth to establish an Ashram! That would really be a very paltry objective.

8 December 1934

Mother, will You explain how looking at pictures can be harmful?

More Answers from the Mother

Naturally it depends on what the pictures are; but most often they are concerned only with things of the ordinary life and so they draw the consciousness towards that.

10 December 1934

Mother, my sweet Mother, when shall I become one with You, when shall I live in You and for You?

You must will with persistence, but not get impatient. Through calm determination you will achieve it more quickly. By getting restless, one wastes more time than one saves.

13 December 1934

Mother, is it good to go to Z's house to read the poems he has written in Gujarati?

It all depends on the effect it has on you. If you come away feeling more peaceful and content, it is all right. If, on the contrary, it makes you feel melancholy and dissatisfied, it would be better not to go there. You have only to observe and see how it affects you, then decide accordingly.

13 December 1934

May I know, Mother, the conditions for the Supermind to descend in me? When I heard that the Supermind would descend in a relatively short time, I felt extremely happy.

It is better not to speak of these things. All sincere spiritual effort towards an increase of consciousness is a preparation.

18 December 1934

Will You explain why the joy and love in me get attacked by obscurity? I am not aware of having done anything, and it is not possible for the happiness and love to withdraw for no reason.

No, nothing withdraws; it is the physical being which is unable, by nature, to hold the joy and love for very long, unless it is completely governed by the psychic.

It is only after getting up that my condition changes.

Yes, it is particularly at night that the physical being falls into obscurity and unconsciousness.

I don't understand why, just after so much happiness, so much disturbance comes. This is not the first time it has happened.

The movements of consciousness are like a pendulum. The more it swings in one direction, the more it swings back in the opposite direction.

19 December 1934

By what signs can one tell that the psychic being has come to the surface?

One feels peaceful and happy, full of trust, full of a deep and true benevolence, and very close to the divine presence.

20 December 1934

In my dream I saw that You had written, "My dear child, why have you stopped studying?" You had written much

More Answers from the Mother

more, and I would like You to write it here, if possible.

Yes, last night I asked you why you had not studied, and I said that to yield like that to the impulses of the vital was certainly not the way to control it. You must create a discipline for yourself and impose it on yourself at all costs if you want to put an end to vital bad will and mental depression. Without discipline one can do nothing in life, and all yoga is impossible.

22 December 1934

For physical work it is not difficult to follow the discipline, but for study it becomes difficult when I feel disturbed. All the same, I have decided that on the days when I do not study, I will not eat my lunch.

What a funny idea! To punish your body for a fault that the vital has committed! It is not fair.

22 December 1934

X told me that for the last few days everything has been done according to Your will. But I think just the opposite — that very few things are done according to Your divine law. (I didn't tell him that.)

You were right not to tell him; but it is quite true that in this world very little is done according to the divine will.

27 December 1934

Tell me, Mother, what am I?

Outwardly, you are an unconscious child striving to become conscious.

Inwardly, you are an eternal soul attempting to manifest in a body.

7 January 1935

I thought that the soul was always in the body, that there would be no existence without its presence.

Certainly the soul is in the body, but it is not *manifested*—its presence is not evident and has very little effect on the life of the body.

Which part of the being aspires for love, for peace?

It is that part on any plane (physical, vital or mental) which is open to the psychic influence.

7 January 1935

May I know, Mother, how many centuries ago You descended upon earth?

I have never left the earth since it was formed.

10 January 1935

It is said that Krishna, Buddha and Jesus Christ were Avatars. So weren't these people yourself?

Krishna was an Avatar, but Buddha and Christ were only emanations. As for the second part of your question, I have no idea what you mean.

11 January 1935

More Answers from the Mother

I would like to know exactly what You mean by remaining calm.

It means not to get agitated — I mean above all *psychologically*, in your feelings and thoughts.

14 January 1935

How does one change the sex-centre and its energy into a mass and a movement of the inner Light, into a creative power, into a pure divine Ananda?

By the gradual infusion of light into the centre.

15 January 1935

I nearly always feel upset or depressed, and I am afraid of disturbing other people.

That is a very laudable sentiment — but the best thing would be to get yourself out of the depression so that there won't be any risk of passing it on to others.

16 January 1935

Just this morning there is a very big depression, so it is becoming impossible to study. O Mother, what shall I do?

Force yourself to study and your depression will go away. Can you imagine a student in college coming and telling his teacher, "Sir, I didn't do my homework today because I felt depressed"? Surely the teacher would punish him most severely.

16 January 1935

My being is falling into a lower and lower state of consciousness.

Don't you find that you are thinking a bit too much about yourself? You remind me of a hypochondriac always feeling his pulse to see whether he has a temperature.

17 January 1935

Certainly I think too much about my own movements. In the future I will inform You about a movement only once. But it won't be easy for me not to think about it.

It won't help at all not to inform me if you go on thinking about it. On the contrary, if you tell me about it, I can help you more easily.

18 January 1935

Is it true that at one time the Divine ruled everywhere — the "Satyayuga"?

Certainly not on earth.

Does the soul never come to an end? Must it always take a body?

Not necessarily; but the soul needs to have achieved a *very high degree of perfection* before it has the power to choose whether to return to the physical life or to rest outside the manifestation.

23 January 1935

I thought that the soul was perfect in its nature. I don't understand "the ascension of the soul towards the truth from which it springs".

More Answers from the Mother

The essence of the soul is divine, but the soul (the psychic being) grows through all the forms of evolution; it becomes more and more individualised and increasingly conscious of itself and its origin.

24 January 1935

I think that Your action changes according to my state of consciousness. I see a great difference when I am in a good mood and when I am depressed.

It is not my action that changes, but your way of seeing it.

25 January 1935

I think that You do not like it very much when I do not apply myself to my studies.

Studies strengthen the mind and turn its concentration away from the impulses and desires of the vital. Concentrating on study is one of the most powerful ways of controlling the mind and the vital; that is why it is so important to study.

28 January 1935

Something in me likes to help other people. But it is not desirable.

It is the sign of a very good nature, but to be able to do it safely one needs to have complete control over oneself.

30 January 1935

There is so much to be done, and I am wasting my time in vain. When will my actions be in harmony with You, Mother?

It is a matter of will. You must cultivate and strengthen your will — then your time will no longer be wasted in vain.

30 January 1935

My mind does not become peaceful, I think, because I do not study hard enough. Studying does not give me much pleasure.

One does not study for the sake of pleasure — one studies in order to learn and to develop one's brain.

1 February 1935

When You were small, in Your childhood, did you know that You were the incarnate Divine?

I was conscious.

2 February 1935

I usually become aware of a movement only after doing the action. If I waited just a minute before acting, I could avoid these wrong movements.

Yes, it is very good to learn the habit of pausing a few seconds before acting in order to ask oneself whether the action is truly helpful from the standpoint of spiritual life.

4 February 1935

It is said that knowledge is already within us, but I think that knowledge is received by the soul and transmitted to the mind and vital.

I see no contradiction in these ideas. The Truth is received by

More Answers from the Mother

the psychic, which transmits it to the mind and vital.

6 February 1935

“The psychic is not, by definition, that part which is in direct touch with the supramental plane.... The psychic part of us is something that comes direct from the Divine and is in touch with the Divine.” (Sri Aurobindo)

I don't know the difference between the Supermind and the Divine.

The Divine spoken of here is that which has been in contact with the earth from the beginning of time; the Supermind is a new aspect of the Divine, which up to now has not been manifested upon earth.

7 February 1935

What fun life is! It is fun to see the soul in evolution. Everything is interesting. Who feels like this — the mind?

Yes, it is the mind, but with a first influence of the flame of Agni.

8 February 1935

How can the human mind say that it is fun to see the soul developing, when the soul is above the mind?

When the mind says this, it is referring to the vital soul, because that is what develops in life.

Mother, I would like to know something about this flame of Agni.

It is the flame of purification, the will for progress.

9 February 1935

What You mean by “vital soul” is the vital being, I think.

The vital soul is what the ancients called the “anima”, that which animates, gives life to the body. It is also sometimes called the etheric being.

11 February 1935

The inner development is the most important thing, for through that we receive Your love and peace, not through any outer thing. The joy that comes through outer things, through Your outer actions, is not of divine or spiritual origin. The proof of this is that when Your actions change we feel upset.

Absurd!!!!

You are mixing up two different things. I can assure you that my action, whether inner or outer, is *always of divine origin*. The disturbance you feel is not proof of a lack of divinity in the action, but of a lack of plasticity and receptivity in your mind, your vital and your physical.

I think it is the physical consciousness that is active now and finding fault with You. The disturbance is still there — I don't know how to shake it off.

The only way to save yourself from these disturbances is through true humility — the humility that consists in knowing that at the moment you are utterly incapable of understanding me and that it is presumptuous stupidity to try to judge me.

13 February 1935

I am completely ignorant, totally lacking in consciousness — so in this condition how can I understand and judge You!

More Answers from the Mother

Do not get upset — keep calm. Certainly the part of you that is speaking now has never tried to judge me. It is in calm that one can unify one's being around the highest aspiration.

14 February 1935

I would like to know which parts try to judge You.

A part of the physical mind and the most material vital.

15 February 1935

O Mother, when will I become humble?

It will come soon, I think, since you have recognised your mistake.

15 February 1935

I would like to know what You mean by “the most material vital”.

It is the part of the vital that is closest to the physical consciousness, the part that gives life to the body.

16 February 1935

Is it desirable to talk with Y about Yoga?

I do not think that it is good for you to talk to people about Yoga in this way — it gives you the illusion that you have something to teach them and it does not foster humility in you.

18 February 1935

It is quite impossible for me to study, because inertia is there.

If you do not study, the inertia will go on increasing.

4 March 1935

What is meant by “beauty” in “to bring the Divine Love and Beauty and Ananda”?

There is a beauty on every plane of the being right up to the Divine himself. Material beauty is but a very poor translation of that beauty.

5 March 1935

Isn't it undesirable if Y sometimes talks to me about his sadhana?

As long as you do not give him any advice, it does not matter much. As a general rule, however, the less one speaks about sadhana the better.

6 March 1935

Is it possible to progress without encountering obstacles and difficulties?

No. Difficulties do arise, but there is no reason for them to cause depression.

8 March 1935

How can I prevent difficulties from causing depression?

Become conscious.

More Answers from the Mother

*What is meant by the yogic term “through the heart”?
Is it the higher vital?*

Yes, the emotional being.

*Isn't it possible to overcome a difficulty without any
lowering of the consciousness?*

Certainly—in fact it is impossible to overcome a difficulty if the consciousness gets lowered. On the contrary, in order to overcome difficulties, the consciousness must strive to rise above its ordinary level.

9 March 1935

*“When the central being has surrendered, the principal
difficulty has disappeared.” What is this central being?*

The central being is not the same in everyone—it is the part that governs the rest of the personality and imposes its will on it.

When the psychic being holds this central position in the personality, everything becomes very easy.

14 March 1935

*Now the vital must become well-behaved. I hope that I
will be able to do it with Your help.*

Yes, surely you will be able to do it. The part that has good-will must grow stronger until it has the power to control the recalcitrant part and force it to be converted.

16 March 1935

I see that mental preparation helps a great deal.

Yes, it is very useful when it is properly done.

What is the difference between the voice of the mental Purusha and the voice that comes from the depths of the heart, the psychic voice?

The psychic voice is silent—it manifests in the form of an understanding or knowledge rather than in words.

17 March 1935

Isn't there any difference between the effect of the psychic voice and the voice of the mental Purusha?

Yes, there is a great difference. It is much more difficult to hear the psychic message than the voice of the mental Purusha—the latter is not infallible and is liable to err. The psychic never errs.

Why isn't my vital controlled by the vital Purusha?

The vital Purusha awakens only when all the desires are mastered and the vital being is calm.

Where did the love and peace that I used to feel come from, since my heart was always closed?

Your heart is not always closed. When it opens, the peace and love enter into you.

18 March 1935

When can one hear the psychic message?

When one is very silent and attentive.

More Answers from the Mother

*My mind is still ignorant and totally lacking in calm —
so how did the mental Purusha awaken?*

The mental Purusha is always more or less awake in those who are in the habit of observing themselves.

*I think that the love and peace which come by the
opening of the heart are psychic and unmixed.*

Not necessarily; even if they come from the psychic, they may get mixed with other less elevated movements when they manifest in the mind or the vital.

Love and peace can also come from above, directly from divine regions.

19 March 1935

*Is there any difference between the psychic voice and the
voice of the Divine?*

One can hardly say that the Divine expresses himself through a *voice*, but rather by imparting a certain state of consciousness.

*When can the physical Purusha awaken and control the
physical being?*

When the Light has descended into the physical consciousness.

*Can't the love and peace that come from above get
distorted when they enter the mind and vital?*

Indeed they very often are; the love gets changed into a kind of passion and the peace into inertia.

What must I do to stop my heart from closing again and to keep it always open?

You must will for it persistently and one day it will happen.

20 March 1935

Are there any other Purushas besides the mental, the vital and the physical?

The psychic.

21 March 1935

Z told me not to open my fountain-pen, but as the ink wouldn't flow, I half-opened it, and an accident happened.

You were wrong to open your pen when you were told not to — because it is I myself who said that if anyone tampered with his pen it would not be repaired for him.

I will have it repaired this time, if possible, but you must promise me never to touch it again.

I don't feel anything when I break or lose a material object.

It is a fault. Not to take care of the material objects one uses is a sign of unconsciousness and ignorance. One has no right to use any material object unless one takes care of it.

23 March 1935

Now I understand that there is something of the Divine even in material things.

Yes, and we must take care of them, not because we are attached

More Answers from the Mother

to them, but because they too manifest something of the Divine Consciousness.

I would like to know by what signs one can tell that the heart is fully open.

It is something one feels and there can be no doubt about it when it happens to you.

Opening the heart means bringing the psychic to the surface?

The psychic coming to the surface is the result rather than the method.

25 March 1935

Today I feel as if the whole world were at rest; everything is calm, and alien to me too. I am a stranger in this world. I don't know if I have described the experience correctly.

I understand very well what you mean. It is an experience that takes place when one enters into a new field of consciousness.

If it is a good experience, I don't understand why I don't feel Your love and happiness.

Happiness and love do not accompany all experiences.

Instead, I find that there is an active concentration. I often feel a pressure in the heart-centre. But why can't there be a little happiness and love too?

The experience is only one of an awakening of consciousness.

27 March 1935

All will be You, nothing but You; I shall become You and You alone will exist. I don't know if I am exaggerating.

It is up to you to make true in practice the ideal that your mind sets before you.

Yesterday I wrote that there was a deep calm — but today there is only a deep disturbance!

There is at the same time a part of the being that lives in light and joy, and a part that lives in disturbance and obscurity. If you turn your attention towards the disturbance, you feel it. But if you turn your attention towards the light and joy, you live in them.

2 April 1935

In fact, I attributed the cold to my disturbance, which always pulls down the consciousness.

It is also a resistance in the brain, expressing those elements of the physical mind that refuse to be transformed.

6 April 1935

I think that one gets the psychic consciousness only when the psychic comes to the surface.

Or when one can go deep enough inside to enter into contact with one's psychic being.

So what should I do about the resistance of the physical mind? It is preventing me from studying and giving me constant trouble.

First you must detach yourself from it, stop identifying yourself with its movements.

More Answers from the Mother

Would You tell me something about the obscure parts of the vital? I don't understand how they pull my consciousness down and I don't see how they act on the material plane.

They are connected with the material plane through the sense-organs (sight, hearing, etc.).

8 April 1935

How can one conquer the subconscious?

By entering into it step by step, through attentive observation, with the light of the consciousness.

Why am I on earth in ignorance and obscurity?

The mind cannot answer these questions nor understand the true reply.

9 April 1935

I don't know how to spend my time, since I understand nothing.

Study, that is the best way to understand.

You tell me to study, but I dislike studying.

You don't give enough time to study; that is why it doesn't interest you. Everything one does with care necessarily becomes interesting.

10 April 1935

I wish to have a consciousness that would prevent me from behaving badly. I think that only the psychic consciousness can do that.

Failing the psychic, the enlightened mind can prevent the vital from behaving foolishly.

15 April 1935

My cold goes on and on. Something has to be done about this disharmony.

The only unfailing method for getting rid of illnesses is to turn one's attention away from them and refuse to give them any importance.

16 April 1935

Why doesn't the spiritual consciousness remain all the time?

Because the ordinary consciousness drives it away.

19 April 1935

What must one do so that nothing drives away the spiritual consciousness?

Remember it always and in all circumstances.

20 April 1935

Do you think that a pure love between human beings is possible?

More Answers from the Mother

I do not have much faith in *pure love* between human beings.

21 April 1935

What does “spiritual consciousness” mean?

Generally speaking, it is the consciousness that is turned towards the Divine.

22 April 1935

I don't understand why men want help from other imperfect beings.

They understand them better, because they are closer to them.

23 April 1935

My last few nights have been very restless. When I wake up in the morning I feel tired! How much longer will this go on?

Getting upset and impatient certainly will not help this bad period to end any sooner. On the other hand, if you can maintain a little inner calm, you will get out of your difficulties more quickly. It is only in a state of calm that one can enter into contact with one's psychic consciousness.

Will my life always be as it is now?

I hope not! But if you could be a little more peaceful within, your troubles would end more quickly.

24 April 1935

Now I long with all my soul to be Your child.

You are my child; you have only to become conscious of it.

25 April 1935

When will men have the right attitude towards the Truth? When will they stop wandering about in vain, wasting their energy in useless struggles? Why don't they understand?

Because they are still mentally immature.

30 April 1935

I have not yet got rid of my affinity for other people. Please tell me how to do that.

Affinities are almost instinctive and not very important. Only you must be careful that they do not become attachments.

One begins to do yoga only when one has realised one's soul.

These things are not so clear-cut and one may have started doing yoga in one part of the being even while the rest — the other parts of the being — still refuse to be transformed.

2 May 1935

You say that people fall into an ordinary consciousness when they come into contact with each other, so what should I do to remain in my central consciousness?

Never forget the divine presence.

4 May 1935

More Answers from the Mother

X says that You change according to her condition.

No, I do not change towards people according to their condition. It is their impression of me that changes according to their mood at the moment.

4 May 1935

I would like to know about my present state of consciousness because I feel that everything in me is at peace.

To be at peace is a good thing. Do not risk spoiling the peace by talking about this state.

4 May 1935

Of course, in a general way, You are always with us, but what I want is to be conscious of Your presence. If You were with me, I wouldn't get rebellious and I would feel Your love and peace in spite of this dark turmoil.

It is the desire and rebellion that prevent your vital from feeling the Presence, but the fact that you do not feel it is no proof that it is not there.

8 May 1935

Perhaps my way of helping is not really good.

I do not think it is bad either — but of course it is proportionate to the consciousness you possess.

I would like to know how to prevent any outside force from entering in when we have a good experience.

An undesirable outside force does not always enter into us each

time that we have a good experience. On the contrary, the good experience ought to give us the strength to repel the outside force when it tries to enter.

10 May 1935

I don't understand what is gained by telling lies.

Nothing is gained by lying, of course; on the contrary, one darkens one's consciousness.

12 May 1935

I cannot see the superhuman, spiritual, divine life anywhere, and without the divine life everything is meaningless for me.

If your consciousness were superhuman, divine, or even spiritual, you would see that same consciousness everywhere.

13 May 1935

For the time being, may I stop thinking about sadhana? I can't find any other way of getting inner peace. I am continuing my aspiration for the opening of the heart. But I see that it is not so easy to obtain the psychic consciousness — it requires a patient concentration.

It is certainly not sadhana that stands in the way of inner peace — on the contrary, for the sadhana is based entirely on this inner peace, which is the essential condition for progress. To enter into contact with the psychic consciousness, a patient concentration is indeed necessary.

14 May 1935

More Answers from the Mother

By Your will, I will give French lessons to Y. I will go to her place for that. But I would like to know why she should not come to my place.

First of all, as a general rule, it is better if women do not visit the rooms of men. In this particular case, if she came to your room, I am afraid she would leave behind an atmosphere that would be very disturbing to your peace of mind.

15 May 1935

I don't understand why the darkness comes so often and stays so long. Have I become worse than before?

No, you have become more conscious. Before there was even more darkness, but you were not aware of it. You did not perceive it as darkness.

I have no peace, no love, no energy for work. What stage am I going through at the moment?

A transition period in which you have become more conscious but have not yet gained control.

In what part does this darkness lie and how long will it remain there?

Especially in the physical consciousness — until the physical gets illumined.

17 May 1935

So what must I do to get the physical illumined, as well as the vital, which is also dark and obscure, I suppose?

Always choose the light instead of the darkness.

18 May 1935

Darkness, darkness, vanish away! O Mother, are You not here?

I am here and I am concentrating upon you all the light needed to dissolve any darkness whatever. It is up to you to receive it.

18 May 1935

Which path must I take then? And what is the right and true way of making the effort?

Do what I explained to you yesterday — make your brain work by studying regularly and systematically; then during the hours when you are not studying, your brain, having worked enough, will be able to rest and it will be possible for you to concentrate in the depths of your heart and find there the psychic source; with it you will become conscious both of gratitude and true happiness.

23 May 1935

Despite my disturbances and depressions, I will do my best to progress in my studies. But it will only be possible with the constant help of Your force.

My force and my help are constantly with you and my consciousness is enlightening you as you study.

Z told me that she felt a great depression after pranam and wept bitterly. She would like to know the cause of this movement.

More Answers from the Mother

She must have come to me with some desire, and her desire, sensing that it would not be satisfied, made her sad and depressed. It is more or less what happens to you too.

23 May 1935

Now I know why the darkness always returns to you, even after I have driven it away. It is because the sense of gratitude has not yet awakened in you.

23 May 1935

I think that some element in me does not believe in the divine Grace: that is what prevents the gratitude.

Obviously.

At first I used to feel so much love for You, but now my love has become more selfish.

Yes, that is it; you began to bargain in your giving and that has dried up the source. If, however, you resolve not to demand anything in return for what you give, you will soon rediscover the incomparable joy of loving.

24 May 1935

Is it possible to be near to You with a selfish love?

Until the nature is entirely transformed, it is always mixed — the good and the bad side by side. So until the transformation is achieved, there will always be a mixture of egoism in all who come to me.

I am aware of all my wrong actions, but unfortunately

I am not able to control them. That is what makes me sad.

Do not worry — have trust; it is this lack of trust that veils your consciousness.

Teach me, Mother, how to make my love pure and psychic.

Do not think about yourself.

25 May 1935

Allow me to observe silence, let me go into solitude.

Observe silence in your mind, go into the solitude of your psychic being and you will find me there.

27 May 1935

You tell me to observe silence and to go into the solitude of my psychic being, but how can I do that? Only You can put me in that state.

This is a completely tamasic reply. My consciousness is always at work, but you on your side must *exert your will and make an effort*.

28 May 1935

I feel that it is necessary to go into solitude — I am living only in my outer being.

Certainly you are living mainly in your mind, vital and physical. A little concentration would do you no harm, but you must not overdo it.

More Answers from the Mother

Teach me how to make an effort to find You.

You must exert your will.

28 May 1935

I feel that in solitude I could remain more open and receptive.

If by solitude you mean not seeing people any more than is indispensable and not speaking with them unless it is absolutely necessary, then we are agreed.

30 May 1935

Remove all this misery from me and raise me above ignorance and falsehood. O Mother, hasn't enough time passed?

My dear child, I am only too willing to help you out of this absurd unhappiness, but I am afraid that it comes only from thwarted desires—and in that case you must first renounce those desires and ambitions. But you can be sure that my help is always with you.

30 May 1935

I think I should remain some distance away from You physically until there is no demand left in me.

This is a hostile suggestion which is completely false and you must immediately reject it.

1 June 1935

Nowhere in this world can I find a quiet and peaceful life. And yet a part of my being enjoys the evolution of the world.

Certainly a part of your being is in harmony with the psychic life of the universe.

4 June 1935

What do you mean by “the psychic life of the world”?

Just as there is a psychic life in human beings, there is a psychic life in the earth and doubtless in other worlds too.

Then what is the goal of life on earth?

To make the consciousness progress towards the Divine.

5 June 1935

Turn my consciousness towards You, Mother.

Never doubt my love, and then quite naturally you will turn towards me.

10 June 1935

If I get the psychic consciousness, all these difficulties will no longer exist.

Certainly the psychic consciousness has none of these difficulties; it has the constant experience of my presence and my love.

10 June 1935

More Answers from the Mother

Yesterday I made a great effort to get back into the light and joy, but I failed.

It is very good that you made an effort, but you must not get discouraged so quickly, just because you fail to succeed immediately. On the contrary, you must persevere in your effort until you do succeed.

My help will always be with you.

11 June 1935

But how can I get this psychic consciousness?

By aspiration, prayer and concentration.

Perhaps my aspiration is not intense enough?

Above all, it is too *intermittent*.

Please tell me why I don't succeed immediately in my effort.

Because the outer ignorance is very stubborn and will yield only to a persistent effort.

Why doesn't Your presence in me prevent me from misbehaving?

Because the outer being — the one that misbehaves — is unaware of that presence or refuses to recognise it.

I want the psychic consciousness with all my heart; I will pay any price for it.

The only price to be paid is *a persistent and unwavering will*.

11 June 1935

In our yoga, what attitude should we take towards animals?

One can have the true attitude only when one has attained the consciousness of the divine Oneness; meanwhile it is good always to treat animals with respect, love and compassion.

11 June 1935

But shouldn't we kill pests?

Of course.

12 June 1935

Is the obscurity inside me or does it come from outside?

Obscurity is everywhere in material things — inside and outside.

12 June 1935

What can one do against obsession when there is very intense suffering?

Look at a beautiful flower.

13 June 1935

But when one is in very great suffering, even a beautiful flower is boring, unless I am mistaken.

That would be the sign of a total enslavement to the vital part that is suffering. You must learn to stand back and detach yourself from the lower, external movements.

14 June 1935

More Answers from the Mother

I think it is a weakness not to be able to bear the suffering of other people and to avoid those who suffer.

If one has neither the psychological nor the material means to bring them relief, I see no point in dwelling on them.

16 June 1935

The same mistakes are always drawing me away from You, and I have to take refuge in solitude.

You must know whether you can do it without falling into a depression, which would be even worse than gossiping.

18 June 1935

Always the same fire is ravaging me from every side.

You ought to extinguish it if it is really *ravaging* you, or make use of it if it can purify you.

20 June 1935

A fire is burning in me; it is tremendous. It drains my vital energy; I have the feeling that someone is devouring me. I don't know what to do.

All these things are hostile suggestions that ought to be rejected. Have you got a fever? If so, ask the doctor to treat you. But if you don't have fever, this fire business is a wrong imagination that should be rejected.

There is a sacred fire that burns in the heart and envelops the whole being: it is Agni, who illumines and purifies all. I kindle that fire in you each time that you ask me for some progress; but it destroys nothing except falsehood and obscurity.

20 June 1935

You say that You kindle that fire in me — then why do the falsehood and obscurity still exist?

An integral purification is a long and slow labour.

21 June 1935

Is there such a thing as hell?

Yes, there are hells that are formed by human thought which exist in certain regions of the vital world.

21 June 1935

Is it true that it is the Divine who has made us ignorant and unconscious?

That is nonsense.

I would like to know something about silence. Is it more beneficial than concentrating on the lower nature?

Concentrating on the lower nature is NEVER good; you should concentrate on what you want to develop, not on what you want to destroy.

I think that one should be peaceful and silent outwardly too.

Peaceful, certainly; silence is not always possible.

23 June 1935

But how have we become ignorant and unconscious?

I suppose that by “we” you mean human beings. Human beings have not *become* ignorant and obscure. They have always been

More Answers from the Mother

that way, because material nature was unconscious and obscure long before man appeared.

Can silence bring all the force needed for purification and transformation?

Not exactly *bring*, but in silence one can receive it.

24 June 1935

Is it after death that one suffers those torments?

Yes, if one believes in them.

24 June 1935

*“When we have passed beyond enjoyings, then we shall have bliss. Desire was the helper; desire is the bar.”⁸
Is this Bliss gained by Desire?*

No. Desire is useful only at the beginning of evolution to awaken consciousness from its torpor, but desire cannot lead one to Bliss — only self-giving can do that.

24 June 1935

Tell me why I love You.

It is your psychic being, like all psychic beings, that loves me.

25 June 1935

⁸ Sri Aurobindo, *Thoughts and Glimpses*, in SABCL, Vol. 16, p. 377.

Everyone has a psychic being, but not everyone loves You.

Either because they are not conscious of their psychic being, or because they do not know me.

Have I stopped bargaining with my love now?

Psychic love never bargains — but the vital always tries to derive some benefit for itself in all circumstances.

Is it only my psychic being that loves You?

To the extent that the mind, vital and physical are under the control of the psychic being, they also love me.

26 June 1935

“When we have passed beyond individualising, then we shall be real Persons. Ego was the helper; Ego is the bar.”⁹

Ego is the helper so long as it is needed to form the physical individuality, but when that is formed, ego must disappear.

26 June 1935

What attitude should I keep so that nothing can harm me?

Perfect detachment, equality, disinterestedness.

⁹ Sri Aurobindo, *Thoughts and Glimpses*, in SABCL, Vol. 16, p. 377.

More Answers from the Mother

Tell me, then, how to overcome the danger of ambition which still remains in spite of my knowing the truth.

By learning to see the futility of its fleeting and hollow satisfactions.

Since in my previous life I made an effort without achieving transformation, what proof is there that I will achieve it in this life?

Because in your previous life the time had not yet come when an integral transformation would be possible.

29 June 1935

“The perfected ones were no longer obliged, like other men, to purify themselves in new bodies.” What is meant by “purify themselves in new bodies”?

It is during one’s physical life on earth that one has the opportunity to purify oneself, to make spiritual progress.

1 July 1935

“When we have passed beyond humanity, then we shall be the Man. The Animal was the helper; the Animal is the bar.”¹⁰

The animal is the helper in attaining manhood, later it becomes a bar.

Humanity in its present state is still at the animal stage; one must therefore go beyond this ordinary human state in order

¹⁰ Sri Aurobindo, *Thoughts and Glimpses*, in SABCL, Vol. 16, p. 377.

to become a true man, capable of becoming conscious of the Divine.

1 July 1935

A few days ago X told me some stories about vital beings and ghosts. Since then I feel afraid in the dark.

Why do you listen to these stories? They are very stupid. Most often ghosts exist only in people's imaginations. As for vital beings, if we do not fear them they can do us no harm. And with the divine protection what fear can one have? None.

I cannot find the love and peace anywhere.

The love and peace have not left you; it is you who no longer see them. No doubt it is again the same force you mention that is trying to make you blind.

3 July 1935

What force is trying to make me blind and what must I do to drive it away?

An adverse will that sends suggestions — you must simply refuse to believe its suggestions, that's all.

4 July 1935

You wrote that an adverse will is sending suggestions, but I am not aware of it. Will You explain this to me?

How can you say that you are not aware of it when you yourself write: "But often someone makes me blind and I no longer see

More Answers from the Mother

Your light”? What you call “someone” I call “adverse suggestions”.

6 July 1935

I see only the result of these suggestions — not how they come. I want to know how the adverse will works.

It makes a mental formation that has some affinity with the mind of the person who is to be influenced. This formation remains in that person’s mental atmosphere and slips in at the slightest opportunity. If the person is not conscious or watchful enough, he becomes aware of the formation only when it has already entered his brain and then he mistakes the formation for his own thought.

7 July 1935

I think there has been something unusual about the general atmosphere in the Ashram these last two days. My depression continues in spite of effort, aspiration and calm.

I do not think that things are as you say, and in any case, as far as you are concerned, the best thing is not to worry and to aspire calmly until your difficulties are dispelled.

I imagine that perhaps some force is going to descend and that all this is only resistance.

It is always resistance that creates confusion.

8 July 1935

I still have the feeling that the Ashram atmosphere is heavy. But it would be better if I didn't think about it.

Certainly it would be much better not to pay any attention to it.

8 July 1935

Why has my condition become so dry? Is it a test?

What do you mean by a test? It is certainly not something arbitrarily imposed on you. Your condition is always the natural outcome of your way of thinking, feeling and acting.

I have a premonition that something hostile is going to happen to me.

To have a premonition of something bad is of no use unless you take advantage of it to repel the bad thing.

11 July 1935

I don't know what this bad thing is, nor when it will come. If I don't understand it, I don't know how to repel it.

You can simply reject the idea that something bad is going to happen to you.

My effort to become the servant of the Divine will continue till the end of my life. I would rather die than give up yoga.

There is no question of your giving up yoga and I am quite sure that you will not do it. Nor is there any reason for you to die. You will live and you will live for the Divine.

12 July 1935

More Answers from the Mother

O Mother, I feel too far away from You. I appeal to You: give me the strength to overcome the adverse powers and to conquer my lower nature and all that is tormenting me.

I don't think there is anything for you to worry about. You are no further from me than you were before. It is still the same parts of your being that refuse to participate in the divine life; previously you were not aware of them, but now, on the contrary, you are becoming more and more conscious of them, and consciousness is a real progress — it is the way towards mastery.

15 July 1935

So what must I do to make these lower parts participate in the divine life?

You must educate them as one educates a child.

16 July 1935

I will do Your work, Sweet Mother, the work for which I am with You. When it is done I shall merge into You. I believe that is Your will.

For the moment my will goes only as far as this: to do the work that is to be done upon earth. For the rest we shall see later on.

18 July 1935

Everywhere the atmosphere is full of egoism; anyone who is not egoistic gets swallowed up, I think.

That is true only for those who are living in the ordinary consciousness.

18 July 1935

Is it possible to know the divine will without having any experience of the divine Reality, without rising to the intuitive consciousness or entering into the depths of one's heart?

Certainly, without at least one of these three conditions, one runs a grave risk of being mistaken and taking one's own sub-conscious will for the divine Will.

19 July 1935

“He who renounces his possessions is on a higher level than he who thinks only of increasing them.”

But if one renounces one's possessions, what will one do, how will one live?

I find this viewpoint terribly *egoistic*.

One must know how to *give everything* in order to learn how truly to possess.

21 July 1935

My studies are suffering because of constant depression.

I have told you that it is *by studying* that you can overcome the depression.

My consciousness is veiled. Am I Your child?

Certainly your psychic being is my child, and it knows it very well.

27 July 1935

More Answers from the Mother

How many more days must I suffer in this dark and painful abyss? I am very sad that I cannot be Your child.

I do not understand what you mean; I have never told you that you cannot be my child. I have told you, on the contrary, that in your psychic being you are my child, and that you will become fully conscious of it when you become conscious of your psychic being.

2 August 1935

I meant that I am sad because I am not able to become Your child and Your faithful servant, although that is why I am here.

That is exactly what I understood — and I repeat that nothing (except your own will) can prevent you from being my child and becoming my faithful servant.

2 August 1935

How can I receive anything from Sri Aurobindo if I go to Him with sadness on Darshan day?

Of course you must go to Him in calm and light.

3 August 1935

I want to live the divine life; if it is impossible in this life I shall doubtless do it in another life.

There is no need at all to think of other lives; you must strive to realise the Divine in this life itself, and you will do it.

But you must not be impatient. It is your impatience that is causing your depression.

4 August 1935

Deliver me from this painful obscurity. Give me at least one drop of peace and happiness.

You are like someone plunged in the ocean who complains of a lack of water!

6 August 1935

Wouldn't it be better if I withdrew from all contacts, at least until August 20th? Or else show me some other way to be a little peaceful and concentrated.

You will not get cured by doing this thing or that — the cure must come *from within*.

6 August 1935

Is it desirable for me to go walking with Y?

No, it is not very desirable, but if you stop and then get depressed, that is even less desirable.

8 August 1935

For two days I have been thinking of stopping my walks with Y; but will You please tell me why it is undesirable? I think I understand the divine will, but is it true?

I think that one part of your consciousness does in fact perceive the divine Will quite clearly; but when you try to carry out this will integrally, your vital, thwarted in its desires and impulses, becomes depressed and refuses to cooperate, and that brings all progress to a halt.

9 August 1935

More Answers from the Mother

I am depressed today. I so much wanted to remain silent and concentrated, but alas, it has all collapsed.

That is just what I was afraid of when you spoke of stopping your walks with Y.

9 August 1935

Was it a good thing for me to go to Z's house last night to listen to the music? Today I feel some disturbance.

It is not much use asking questions about things that are already past. If the effect was bad, you must overcome it, and if it is good, you must preserve it.

17 August 1935

X has been ill these last few days. How did she fall ill?

Probably as the result of a depression.

Why is X afraid of You? If we are afraid of You, how can we progress?

Certainly fear is a great obstacle on the way.

A part of my being tells me not to bother about other people's affairs. But my nature is like that; it is not at all easy to stop it.

There is no harm in being helpful and obliging.

23 August 1935

*Y is depressed. He says that the depression comes by
Your will.*

That is quite absurd. My will, on the contrary, is that each one should always go forward peacefully and steadily, without ever falling back into these lower states.

X says that she feels as if she were in prison here.

I never put anyone in prison.

24 August 1935

*What sort of freedom does X want? Why does she feel
imprisoned here?*

It is her vital complaining.

*Are we here to do yoga or to remain utterly free to act
according to our desires and ambitions?*

The so-called freedom claimed by the vital is not any freedom at all, but a slavery to the lower desires and impulses.

*O Mother! Who will calm this evil whirlwind that is
carrying people far from the true path? Mother, how
can You agree to remain in this terrible darkness and
ignorance?*

I am on earth because it is on earth that the divine work must be done, and for no other reason.

24 August 1935

More Answers from the Mother

Is suffering indispensable in order to make progress?

Certainly NOT.

26 August 1935

Is it true that it is not easy for You to work on each individual — that there is almost always some resistance or revolt?

Certainly there is resistance in almost everybody, and revolt in many.

27 August 1935

X says that her way is clear, but that there is one difficulty which can only be removed by You and no one else can help her. I don't know how to make her understand the truth, since she doesn't even listen to You!

Do not worry; you have done your best to help X. If she does not want to listen, there is nothing you can do.

29 August 1935

Before, I used to have periods of happiness, peace and love. Why haven't I had any for several months?

In children the psychic is often very much on the surface and it makes them peaceful and happy. As one grows up, the vital and the mind develop and take on more importance — and then the troubles and sorrows begin.

30 August 1935

My sadness goes on increasing. I know that it is still the vital, but certainly it will not be able to spread its depression.

I see no reasonable cause for this sadness; to me it looks like something unreal, a sort of false imagination that has seized hold of you. Reject all that immediately.

8 September 1935

I don't understand how the depression could penetrate so deeply. I think that it is again the same force that is putting me in this condition.

Yes, it is the vital indulging in its depression.

I don't know how to prevent the vital from enjoying its depression. What can I do? It does what it wants.

You must strengthen your will.

9 September 1935

Can You not pacify my vital, make it a little less rigid?

It has been pacified so often, and each time it has shaken off the peace like a cloak of boredom.

How can I strengthen my love so that it can vanquish the desires and impulses that hinder my progress?

Concentrate on the psychic consciousness.

Is it a lack of trust that is delaying the conversion of the vital?

More Answers from the Mother

Yes, without a doubt.

10 September 1935

Let me become like a child, simple, flexible, humble, trusting. O Mother, when will I be like that?

Soon, if your will to become like that is persistent.

10 September 1935

Is it true that You wrote that I would live for the Divine, only to encourage me?

No, I wrote it because I thought it.

Is it necessary to feel the atmosphere of other people?

It is better not to feel it as long as you have not acquired the power to correct all the wrong vibrations.

Is it necessary to know the nature of the people with whom one might enter into relationship?

Obviously if one is in contact with people, it is better to know what they are like.

11 September 1935

My condition gets worse and worse. I feel as if I am stuck, unable to take a step forward.

Sometimes it is precisely when one is dissatisfied with oneself that one makes the most progress.

Please tell me why my progress has stopped. Before, Your presence was constantly within me. Now I understand nothing and I don't know what to do.

I have already explained to you that the first contact with the force gives the psychic being the power to dominate the consciousness and govern the being. But gradually the other parts (mental, vital and physical) revert to their old activities and the good condition gets veiled. You must have a persistent will to regain it.

14 September 1935

What do You mean by becoming like a child?

In the child the psychic life is not veiled by the mental life. Because the child is not fully moulded, he has a great capacity for growth and is able to progress with sufficient plasticity.

16 September 1935

I would like to know about the childlike path that can be taken in this yoga.

The childlike path is one of unquestioning trust, total dependence, unreserved surrender.

17 September 1935

Do You think that it would be good for me to take the childlike path?

The childlike path is always better — but it is not so easy, for it must be taken spontaneously and in all sincerity.

18 September 1935

More Answers from the Mother

Is it true that X trusts me less now?

X does not want any intermediary between herself and me, and she is right.

Everything is happening as if in a dream where everything has to happen in order to bring about something good in the future.

Yes, you are right; that is how things happen here.

23 September 1935

You used to be in my heart; why aren't You there any more? Because I am blind, I do not see You: silence, silence, peace.

Yes, you are right; I am always there in your heart, but something in your outer consciousness is too active and makes too much noise for you to be aware of this presence. It is only in silence and calm that you can become aware of it.

25 September 1935

Why doesn't X want to listen to my ideas about yoga? I want to understand her movement.

I have already told you: she is afraid that she may be influenced by you and she does not want to accept any other influence than ours.

27 September 1935

Is there any path in which one doesn't need to make an effort from the very beginning?

I don't think so; but some people make the effort naturally, without attaching much importance to it.

28 September 1935

How the darkness rises up! It has veiled my consciousness and I don't know what to do. There must be an inner change, and until then, calm, aspiration.

Yes, that is right. You must constantly aspire for the inner change, you must have the will for the light to come into the obscure physical mind, and you must calmly wait for the result of this aspiration and will.

11 October 1935

I don't understand the difference between willing and aspiring, or how to do both things at once.

If you cannot do both things at once, then just do one of them.

14 October 1935

I don't understand what is meant by intellectual faith. Faith is a trust without reasoning.

It is not intellectual but *mental* — the mental being has a faith and the vital being too can have its faith as well as the physical being. As for the psychic being, its faith is natural and spontaneous — faith is the very essence of the psychic being.

18 October 1935

There are supposed to be two kinds of faith: simple, blind faith, in which there is no reasoning, and faith with some

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reasoning, some understanding — intellectual faith. But I don't understand the latter: it is said to remain firm under all circumstances since it is based on a certain understanding.

There is only one faith, but it manifests in different parts of the being. I suppose that what the person you refer to calls “blind faith” is the faith in the heart, which needs no *reasons* to exist; but there is also the faith in the mind, which may be based on some kind of reasoning. To be sure of having an unshakable faith, one must have it in every part of the being.

19 October 1935

What is the origin of the faith that manifests in the various parts of the being?

Faith is the expression of a spiritual virtue.

21 October 1935

I feel that my nature is becoming more complicated, less sincere. Why is that?

As the mind develops, the simple and pure sincerity of the child disappears. It must be replaced with a more conscious, more spiritual sincerity — the psychic sincerity.

21 December 1935

How can I get this psychic sincerity? Life is becoming more and more boring. It will certainly take a long time to get this sincerity, but how can I live without it?

Patience is one of the most essential conditions of the spiritual life. One must know how to wait in order to receive.

23 December 1935

Please tell me how my consciousness got carried away to the very material and half-conscious domain?

It did not get carried there — it is there quite naturally, as all human consciousnesses are. What is exceptional is when the consciousness rises above this material plane.

2 January 1936

My nature will not obey my resolve. You seem so far from me, as if You were not there. I ask You for only one thing: peaceful solitude, so that everything may be all right.

My dear child, you have to find the peace, the silence and the solitude within yourself, and in that solitude you will become conscious of my presence.

My blessings are with you.

11 January 1936

O my Mother, I have no peace, no love. I know that this has happened through my own fault. Will I find You again, O my dear Mother?

Yes, if you allow the fire of aspiration to burn in you.

14 January 1936

Mother, what must I do so that the fire of aspiration never goes out?

One keeps this fire lit by throwing into it all one's difficulties, all one's desires, all one's imperfections. In the morning and evening

More Answers from the Mother

when you come to me, you should ask me in your heart to keep the fire lit and offer me all these things as fuel.

15 January 1936

I feel that it is necessary for me to go into retirement so that the fire may burn more intensely. Let me go into solitude.

It is in the midst of activity that the fire must burn, so that it may set right all your movements.

Keep the fire lit; I offer You all my movements.

As long as you aspire to keep the flame lit, I will take care that it does not go out.

17 January 1936

I have concentrated very much on the flame, but alas, my aspiration has not been strong enough to light it.

It is not your work to light the fire. As I told you, I am always lighting it—you have only to open yourself to receive it and tend it with your goodwill.

24 January 1936

Into the fire all desires, all attachment, all impurity, all imperfection, as fuel.

Yes, that is good. This movement should be constantly renewed.

27 January 1936

Is it true that there is a time when the good parts of the being recede into the background and only the lower parts remain on the surface? Hence the sense of a fall and the forgetting of the good experiences.

There are people to whom such a thing happens, but it is not *inevitable* and certainly not desirable.

13 February 1936

To go away from here! It is impossible to think that anyone can love us more than You!

You are right, my dear child; those who are not happy here cannot be happy anywhere.

7 March 1936

What attitude should I have when I come to You?

When you come to me, you should be peaceful and open.

11 March 1936

How can I detach myself from the sadness that comes from within?

Do not attach any importance to it.

Obstacles and difficulties should not cause suffering. I think that we create the suffering by our ignorance.

Certainly the suffering is not indispensable, nor even necessary. It is indeed ignorance that makes one suffer.

More Answers from the Mother

At least I believe there would be neither suffering nor difficulty in this yoga if I could look at everything calmly and patiently.

Yes, this yoga is based on peace and joy, not on suffering.

12 March 1936

I was irritated with X because her ideas were so lacking in humility.

Ignorance always lacks humility — the more ignorant the mind, the more it judges and the more it revolts.

13 March 1936

What must one do to illumine the mind?

Make it calm and quiet — in calm it can receive the light.

14 March 1936

My mind is always the same, ever full of thoughts. It has never learned to be silent.

This is precisely what I call mental agitation.

25 March 1936

In a dream I saw You embracing me; was it imagination?

In spirit I always hold you in my arms like a little child, to help you and protect you — but is that what you mean?

25 March 1936

In spirit You are holding me in Your arms, but when will You really hold me in Your arms so that I can be safe from every outside influence?

I don't think that you expect me to hold you in my arms physically! If I had to hold all my children in my arms (starting with the 140 people of the Ashram), my body would really have to be bigger than it is!

And yet to an awakened consciousness, my presence is entirely concrete.

26 March 1936

Please give me some advice on how to concentrate and be ready to receive Your grace.

Will for this concentration and strengthen your will.

4 April 1936

Will You tell me why, along with an awareness of my difficulties, I do not receive the strength to overcome them?

Because the consciousness in you is more developed than the will.

16 April 1936

You say that You don't want to intervene in this affair between Y and me. But why? Do You think that these things are unimportant? And yet they can disturb and even harm the sadhana. Please give me a very frank answer.

Since you have asked me to answer you very frankly, I will tell you that I do not want to intervene because I am not sure that you will have the strength and firmness to persist in doing what I

More Answers from the Mother

tell you to do. And for spiritual life it is better to act in ignorance than to act in disobedience to the command of one's guru.

21 April 1936

What do You mean by a life of true sincerity?

To make all your actions conform to your highest aspiration and purest will.

2 May 1936

I now feel even further from You, lost in darkness, like a ship driven by the storm. Being in this condition makes me very sad.

Just shake off all these wrong suggestions, which are not true, and stop believing in all this drama, which is purely imaginary.

7 May 1936

Please explain how these suggestions come to me. They seemed quite real to me.

As all suggestions come: they are mental formations that hover in the atmosphere and seize upon any mind that is ready to receive them.

7 May 1936

Do You think that it is very dangerous for me to have attachment?

Dangerous for what? If you mean for your spiritual progress, an attachment is certainly not considered to be a very desirable thing.

8 May 1936

I want to understand what You mean by a sentimental attachment, a vital attachment, and “no expression of any kind to such an attachment”.

A sentimental attachment is an attachment of the feelings; a vital attachment is an attachment of the senses. By “expression” I mean exchanging affectionate words or sensual gestures such as holding hands, caressing, etc.

14 May 1936

Mother, do You believe that everything I tell You will be without hypocrisy?

I truly hope that you are not a hypocrite, for hypocrisy is a great obstacle on the spiritual path.

16 May 1936

I see clouds all around me shutting out Your light. How can I feel Your presence again?

The first condition is to keep your mind calm and peaceful. It is in calm that the Light can descend.

19 May 1936

Forgive me, I am still ignorant, I know nothing.

My help is always with you, and also the strength to overcome your weaknesses and difficulties. But you must know how to receive and use them.

24 May 1936

More Answers from the Mother

Every day I make an effort, but unfortunately I see a great opposition to the effort. Great reactions occur.

If there were no reactions, there would be no need to make an effort.

28 May 1936

I am quite willing to do as You say, but tell me how to rise from the lower to the higher consciousness.

I have already told you that the first condition is to quiet your mind and to make an effort to quiet your vital as well.

Do You want me to avoid everything that can prevent me from rising, or to struggle against it and pass through?

I do not understand what you mean by “passing through”. In any case it is always wiser to avoid anything that lowers the consciousness.

The vital, unhappy and dissatisfied if we deprive it of its satisfaction, ravages everything and throws the consciousness into a state of inertia. But what is better than satisfying the vital?

From the point of view of yoga the question does not even arise; yoga cannot tolerate this kind of vital satisfaction.

30 May 1936

Did You look serious because I had not told You that I had yielded to the impulse to touch a woman? Make me aware of my insincerity. You promised to speak to me

frankly, so I do not understand why You didn't question me about what You heard.

Sincerity demands that you confess immediately without my needing to question you.

Is it because I have become more insensitive that I don't feel Your disapproval more deeply? Nowadays I don't get very upset, I don't feel sorry for my undesirable actions. Is it because I have got used to them?

Yes; by continuing to do things which you know very well ought not to be done, you are hardening yourself and veiling your consciousness more and more.

I think that the will to raise myself still persists.

It is of the greatest importance that this will should assert itself and triumph. It is absolutely necessary.

8 June 1936

Yesterday, when I heard that X was ill, I could not resist the impulse to go and see her and help her. Why is it easier to love a human being than to love the Divine?

I don't see that it is easier. It depends on the person. The difference is that what men call "love" for another human being is not love at all, but a frightful mixture of sentimentality, weakness, ignorance and sensuality. It is obvious that such a feeling cannot be directed towards the Divine.

17 June 1936

More Answers from the Mother

After receiving Your help, is it possible to use it badly or not even use it at all?

Yes, it happens very often.

26 June 1936

Will You explain to me how it happens that we misuse Your help, or don't even use it at all?

People receive the force and power that I give and use it to satisfy their own desires instead of using it to serve the Divine.

2 July 1936

How far I have drifted from the spiritual life, from the true attitude! This business of human love assumes such great proportions that afterwards it becomes difficult to extricate oneself from it. Why is it like this?

A great vigilance is required to avoid falling into the movements of the lower consciousness; and a still greater will is needed to get out of them. So arm yourself with patience and a strong will.

4 July 1936

It is too difficult — perform a miracle to detach me from my vital movements. Last night I was very restless; I didn't know what to do. I don't know if I can keep my feet in the midst of this chaos. I am afraid that some unfortunate reactions may occur in the future because of this forced break with X.

Do not make a mountain out of such a little thing; later you will laugh at this affair — which you are taking so tragically now —

when a little more light and consciousness have penetrated into your lower vital.

6 July 1936

X sent me a letter and I replied. But do You like us to communicate in this way? Do You want me to stop speaking to her altogether and refuse to visit her?

I see no point in your asking me what I want or do not want — for my will is that you should rise above the lower consciousness and become conscious of your psychic being, so that your psychic being governs your life and your actions. At this point you must ask yourself what you are able and not able to do, and then act at each moment to the best of your ability.

7 July 1936

Last night I went mad; my consciousness went down and nothing interested me — neither rest, nor reading, nor sleep. What I am saying is true and not an imagination.

I find all this completely ridiculous and quite out of proportion to the circumstances.

Please tell me why I am feeling all this now. I have never before felt such an extreme impulsive drive.

Because your vital is contrary. If I had told it, “You must not leave X and you will never be able to leave her”, it would have had only one thought: to run far away from her!

Are You sure there is no harm in detaching myself forcefully from X? Won't there be some terrible reactions?

Please don't exaggerate like this. These reactions are “terrible”

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only if you think they are. Set your mind straight, see how infantile and unimportant all this is, and all these “terrible” reactions will disappear completely.

7 July 1936

I believe a day will come when You will trust me and not believe that I am a hypocrite and do things secretly — a day when I will show You that I am sincere.

One can be perfectly sincere only when one is completely conscious. But keep your will to become more and more perfectly sincere — and everything will be all right.

10 July 1936

Will You tell me why my thoughts like to dramatise things and make mountains out of molehills?

The unenlightened parts of the being always enjoy doing that.

Please show me the true way of making an effort.

You must train the will as you would train the muscles — by methodical exercise. Never allow yourself to do something once you have decided not to do it.

Justice, justice — where is justice?

Fool! Do not call for justice — that is, for the strict consequences of your actions. Only the divine Grace can pull you out of your difficulty.

10 July 1936

Do You think that I have become worse than before? Or were all these things already in me and I was not aware of them?

Always one carries in oneself the seed of all that one is and does. But this seed may die before it develops, and that is what ought to happen to undesirable things.

15 July 1936

A doubt still lingers in my consciousness: You even believe lies.

I know perfectly well when people are lying, even when they lie very well and imagine that they can deceive me.

15 July 1936

I aspire for Your Grace to come and lift me from the ordinary consciousness to the spiritual consciousness.

For the Grace to help you, you must fulfil the conditions, and the very first condition is to reject all doubt, however slight. I repeat again: you would do well to read once more, carefully and attentively, the first two chapters of *The Mother*.

16 July 1936

I am proud and vain: I think that I can understand everything! It is quite natural that the Grace should withdraw from me.

Strictly speaking, the Grace does not withdraw; people make it impossible for themselves to receive it. But you have only to take

More Answers from the Mother

the right attitude and keep it, so that the Grace can once more do its saving work.

17 July 1936

Sri Aurobindo writes in The Mother: "If part of the being surrenders, but another part reserves itself, follows its own way or makes its own conditions, then each time that that happens, you are yourself pushing the divine Grace away from you."¹¹

Now I understand how I ought to surrender. But one part wants ordinary enjoyment and refuses a spiritual happiness that demands surrender. For this part, consecration is something terrible and it wants to flee from it.

You must remain firm in your will and use persuasion — gradually the rebellious part will surrender. It refuses to surrender out of ignorance. That ignorance must be dissolved.

17 July 1936

Will you tell me what still remains to be done so that the Grace can return?

Remain quiet and trust in the Grace; it is always present and ready to help those who call on it with a sincere heart.

18 July 1936

So long as I don't go out in the morning, I am calm, I can concentrate and study. But once I go out, I cannot study any more, especially because of the meter readings.¹² I

¹¹ SABCL, Vol. 25, p. 2.

¹² Electricity meter readings. The disciple recorded the daily consumption of electricity at Ashram houses.

have to go to people's rooms; sometimes I get a headache because the atmosphere is too much for me.

When you are doing your work, you should concentrate only on your work and not on the people — there is no need to speak to them or pay any attention to them.

21 July 1936

O Mother, I want to become aware that You are watching over me at every moment.

Take one step back from the surface consciousness, enter just a little inside yourself, and you will become aware of it.

24 July 1936

Does the universal Justice prevent us from rising above the universe when we want to?

To a certain extent, yes. Certainly in order to rise *above the universe*, one must be absolutely liberated from Justice, for Justice is part of the universe.

25 July 1936

Divine Mother, is it possible for us to receive kindness wrongly?

Yes, in fact that is just what most often happens among human beings.

27 July 1936

More Answers from the Mother

Mother, may I write to You directly when I need something extra? Because at Prosperity¹³ they behave like detectives and ask personal questions.

It is on my orders that everyone is questioned about their requests.

4 August 1936

O my Beloved, teach me how to love You truly.

True love is a self-forgetting.

5 September 1936

One cuts oneself off from the Grace through disobedience to one's guru. Because of my ignorant and obscure behaviour, it is quite natural that the Grace should be veiled from me. One day I will have it again.

I am sure that the Grace has not withdrawn from you, but perhaps your consciousness has put itself into a condition where it can no longer feel the Grace.

7 September 1936

I don't feel You in my heart, but I see You above me. If my feeling is not mistaken, will You tell me the difference?

No, it is not mistaken:

In the heart it is a psychic contact; above the head it is a mental contact.

10 September 1936

¹³ The department that supplies the basic material needs of the Ashram members.

In what part of the mind is Your presence found?

The higher mind.

What is the difference in effect between Your presence in the heart and above the body?

No difference in its effect.

11 September 1936

I don't know why, but I am unable to eat as much as I need. If I eat a lot, I get a heavy stomach.

You are probably eating too quickly — you must be swallowing without chewing. You must chew the food thoroughly and eat calmly. Then one can eat more and the stomach does not get heavy.

14 September 1936

Your presence has become rather cold, and for some time I haven't been feeling the happiness and peace. This shows that something has happened in me.

The outer consciousness finds it difficult to keep the fire of aspiration burning always with the same intensity. But with your will you must watch over the purifying fire and revive it when it fails.

14 September 1936

Mother, is there any place for reason in true love?

They may exist side by side in one nature, but normally they do not have much to do with each other.

18 September 1936

More Answers from the Mother

Humility — did You mean being humble towards everybody?

Certainly not.

To be humble towards You, yes, that I will do. Let me receive Your Grace so that I may realise humility!

It is towards the Divine that you must be humble, an absolute and integral humility.

19 September 1936

Isn't it true that one can feel Your presence before having psychic love for You?

It is above all the psychic that feels the presence. But sometimes the mind and the vital and even the physical also perceive it.

If it is Your will that a thing should be done, why shouldn't it get done? If You want me to understand philosophy, why shouldn't I understand it?

To develop the philosophical mind one must study philosophy methodically: the various schools, their theories, etc., etc.

22 September 1936

Mother, will You tell me the names of some good French writers I could read?

If it is to learn French, you should take a textbook of French literature to study and then read one or two books by each author mentioned in the textbook, beginning at the beginning, that is, with the earliest authors.

22 September 1936

I have always been good to X, even though she has abused me and done me a lot of harm. You see the result.

One should not do good in the hope of getting a reward, but for the pleasure of doing good. Then one is always happy, whatever happens.

23 September 1936

Someone told me that if one feels Your presence it is because one has a psychic love for You.

It is not impossible to feel the Presence without having psychic love. But it must be rather exceptional.

24 September 1936

I am starting to study the history of literature. I have found that I can't understand Corneille at all — I mean that I don't understand old French.

Corneille is not old French, Corneille is classical French. It is absolutely necessary to study classical French if one wants to stand a chance of speaking French correctly. You definitely should read the principal 17th century authors. This is essential in order to enter into the spirit of the language.

25 September 1936

I will do as You wish. I will systematically study one play by each author.

Don't be in a hurry; study quietly and seriously, without rushing, and make an effort to understand. You will find all the words used by these authors in the dictionary.

26 September 1936

More Answers from the Mother

Wouldn't it be better if I studied only French literature for the moment? Then when I have really grasped the language, I can take up other subjects again.

You can add geography, grammar, history and arithmetic — it won't do you any harm.

28 September 1936

At what time do You want me to go to bed and when should I get up?

You should get seven hours of sleep.

29 September 1936

How long do You want me to read and study?

Four hours of concentrated study a day is enough.

30 September 1936

What must I do to feel that You love me?

Care more about loving than about being loved.

3 October 1936

Do You think that studying helps me in my sadhana?

It is a good discipline both for the mind and the vital.

5 October 1936

Y has written to me that his friend Z told him, "We must extend our wholehearted sympathy to all who need it — even at the cost of our sadhana."

Absurd!

She says that this is the best and most ennobling sort of sadhana. "To withhold our love means to be shut up in our own little ego; to extend it to all means to enlarge our being and come nearer to Him." What do You think of this?

There is some truth in what she says, but it is mixed with the usual falsehood of human sentimentality.

I told Y he had better ask You before doing what Z suggests, because I don't think it is necessary to do all that when one is turned towards You.

The union with everything and everyone must be attained *in the Divine*, not directly and apart from Him.

12 October 1936

Do You think, Mother, that it is possible to have true sympathy for others before having it for the Divine?

No, it is not possible.

13 October 1936

Today You gave me a flower meaning "Disinterested work". So I must find the interest that lies hidden behind every kind of work.

The flower means precisely: all work that is done, in all sincerity, in consecration to the Divine.

13 October 1936

More Answers from the Mother

Mother, isn't it true that we should not think about our own progress?

Certainly you should not worry about it, but you should have the will to progress.

14 October 1936

Today You gave me a flower meaning "Psychic flame", but I really didn't understand what you mean to tell me.

Agni is the will for progress, the flame of purification that burns up all obstacles and difficulties. By giving you the flower, I am encouraging you to let it burn in you.

15 October 1936

Is it necessary to write out the geography and history lessons? I can study them by reading.

One learns things better if one writes them.

My hand often gets tired while writing.

You can simply rest a minute or two and then continue.

18 October 1936

Yesterday X told me that she doesn't like Napoleon 1st, that he was not a good man, that he destroyed France. And You, Mother, what do You think of him?

He was a great and exceptional figure. Of course he had his faults and made mistakes — but far from destroying France he gave her an undying glory. I am telling you all this, but you need not go and repeat it to X.

21 October 1936

What did You mean when You gave me the flower “Protection”?

The protection is there; it is for you to find out how to take advantage of it.

Mother, is there really any suffering in our yoga? When people suffer, are they suffering because of the difficulties?

No. Usually they suffer because of a lack of sincerity.

Perhaps they are seeking satisfaction through suffering!

Yes, that also happens.

I think that all suffering in this yoga is imaginary.

Yes.

Who suffers? The vital? Is it because its desires are not satisfied?

Most often — but it also manages to suffer when its desires are satisfied.

If we understand the cause of suffering, there is no suffering any more.

That is true.

We suffer through our own stupidity.

Usually it is so.

22 October 1936

More Answers from the Mother

Isn't it true that I always come to You with some desire?

You come to me thinking almost exclusively about yourself.

23 October 1936

I think that this is the reason I am not aware of Your love.

Surely, if instead of thinking about the love that I am giving you or that you would like me to give you, you thought about the love that you would like to feel for me, you would be more open and receptive.

I think that only the Grace can enable me to forget myself.

You must also exert your will.

24 October 1936

I feel tired today. Please tell me the reason for this tiredness.

You have probably been doing tiring things in your sleep.

26 October 1936

Please tell me what kind of tiring things I have been doing in my sleep.

Bodily fatigue is a physical rendering of certain activities and contacts originating in the vital. In one's sleep one may go to evil places in the vital and meet evil beings.

27 October 1936

*O Mother, how can I fight this tiredness? I cannot study
or read, I am so sleepy.*

If you are so sleepy, it shows that for one reason or another you need to sleep — it would not be good to resist.

28 October 1936

*Then how can I avoid these contacts with the vital world
and stop being tired?*

You must use your will before going to sleep. Have the will for a quiet rest during your sleep.

28 October 1936

*Please tell me how this great loss of Your presence, of
happiness and love, has come about and how to find
them again.*

By a firm and steady will and a calm determination, by refusing to let external things disturb you, by trusting in the Divine Grace and surrendering to its decisions.

29 October 1936

*Somebody told me that it is not necessary to surrender
or be sincere — we only have to open. Is it true?*

Certainly not. Who told you such nonsense?

Without sincerity the path of yoga is *dangerous*; without surrender it is impossible.

30 October 1936

More Answers from the Mother

*What did You mean to tell us by giving us the flower
“Trust”?*

Unless one has full trust in the Divine, the Divine help cannot bear its full fruit.

6 November 1936

*Do You think it may be harmful for me to read books
that tell only about ordinary life, the joys and sorrows
of life?*

Obviously it is not very helpful, unless the book is very well written and you read it solely for the sake of learning French.

14 November 1936

*I would like to know whether as a general rule it is good
for little children to play all the time.*

For children there should be a time for work and study and a time for play.

16 November 1936

*Sometimes I cannot concentrate on my studies. At that
time something in my brain prevents me from studying
or even reading.*

It is *tamas*.

17 November 1936

*What is it that doesn't like studying and gets tired: the
brain?*

Your physical mind, which did not get used to the effort of learning when you were young enough.

Is there any harm in my remaining serious and not mixing with other people?

No, no harm.

I think that a concentrated way of life would help me to turn towards You — and also to study better.

Without any doubt.

18 November 1936

Do You think that my mind is developing?

Regular study certainly cannot fail to develop it.

7 December 1936

I am turning more and more towards study and giving less attention to my sadhana. I do not know whether this is desirable.

It is all right; study can become part of sadhana.

8 December 1936

Mother, do You think that everything is getting better and better? I think I am making less effort than before.

At the moment you are making progress; but you must attach more importance to the stability and genuineness of the progress than to the appearance of progress. I mean that it is more important to make progress, even invisibly, than to look as if you were making it.

9 December 1936

More Answers from the Mother

Am I wrong in thinking that sadhaks should not have relationships with people in ordinary life, people who have no inclination towards the spiritual life?

Clearly it would be much better.

12 December 1936

There was a certain friendship between Y and me. Then suddenly one day, he stopped talking to me and has been avoiding me. I don't need anyone because You are mine and I am Yours. O Mother, O Mother, You are everything to me!

Human relationships are obviously very unstable. Only relationships with the Divine can be permanent.

14 December 1936

Mother, I would like to know whether my progress is stable or whether it is merely superficial.

There is always a way to keep what you have gained. You must learn to use your will.

15 December 1936

I asked "Prosperity" for two hard-cover notebooks, but they weren't given. Did You refuse them?

No, I didn't refuse anything; they must have run out of notebooks and new ones will have to be made. But to tell the truth, you use a fantastic number of notebooks. I am sure that you have a large number of them in which only a few pages are written on, and they could well be used for something else. It is

never good to waste things — too many people in the world do not have what they need.

15 December 1936

Another remark: it seems that Z is very fond of the company of boys — and she is no longer a little girl. I don't know whether I am absolutely wrong in making this remark.

I don't think that this kind of remark and the state of consciousness it implies can be very helpful to your sadhana.

17 December 1936

Please explain to me why remarks like the one I made yesterday cannot be helpful.

Remarks of this kind are always based on *appearances* and on the physical mind, which always tends to interpret things in an unkind way. Nothing could be further from the true knowledge, which is always based on an intimate understanding of things and on the psychic perception.

18 December 1936

Do You think that playing marbles will lower my consciousness?

It all depends on the spirit in which you play. If you are alert and always careful to remain conscious, it is all right.

19 December 1936

Yesterday I came to pranam after playing marbles and

More Answers from the Mother

I could not concentrate properly. This shows that the game isn't very good for me.

Obviously, playing before pranam cannot help your concentration.

What did You mean to tell me by giving the flower "Organisation"?

Organise your life, your work, your consciousness.

Organisation consists in putting each thing in its true place.

23 December 1936

O Mother, let me seek You in the place where You are!

When you have found me, you will see that I am everywhere.

23 December 1936

O Mother, I agree that my life and my work are not organised. Can't You help me to organise them?

The first step is to get into the habit of *regularity* in your daily discipline.

24 December 1936

I would like You to organise my daily time-table: what time I should get up; how long I should read French and study; whether I should take rest in the afternoon.

I don't think there is any point at all in my arranging all that for you. You have to discover, by progressive adjustment, the programme that suits you best and stick to it very carefully,

while keeping it a bit flexible so that it can be adjusted to the demands of each new day.

30 December 1936

Mother, do You believe that I feel for You the love of a child for his mother?

A child's love for his mother is full of a spontaneous and absolute trust. In you such a love can only be based upon a psychic opening, for the psychic is likened to a child precisely because it feels this spontaneous and absolute trust in the Divine.

12 January 1937

Mother, please make me understand where I am just now, what is happening in me.

You must make an effort to understand, otherwise all my explanations will be useless.

11 March 1937

I feel that something or someone in the physical mind is pulling me down. I don't know what to do.

You must stop this someone or something from pulling you down. Surely you have a will — what is it for?

12 March 1937

Will You explain to me now what this darkness that invaded me was?

When you feel a darkness invading you and taking you away

More Answers from the Mother

from me, you can be sure that it is an alien influence which has entered your atmosphere.

19 March 1937

Is there any harm in my reading novels in French?

Reading novels is never beneficial.

What must one do to avoid being affected by alien influences?

Concentrate on the Divine.

24 March 1937

No sooner is the headache gone than I get backache and a chest pain. Please tell me why I get all these pains one after another.

The causes are always complex, most often obscure, and they come from suggestions affecting the subconscious.

27 March 1937

A dream: I saw a papaya tree with very ripe fruits. Some crows and a monkey were on the tree to eat the fruits. I threw dust at them and they all ran away except the monkey. He sprang at me and I tore him to pieces. I think that this dream has a meaning.

The monkey usually symbolises the uncontrolled physical mind. In this case he probably wanted to steal the fruits of your spiritual aspiration.

29 March 1937

Yesterday I wrote to You about X because I don't like the exchange of influence between him and Y.

I knew about it, but I always prefer my action to be carried out in silence.

14 April 1937

You always prefer Your action to be carried out in silence. When do You choose to inform us in writing? You have often written so many things to me, sometimes even without my asking You about them.

When there is an immediate need for a result, I tell two categories of people:

1) Those who are very goodwilled and aspire very much to know.

2) Those who are so shut up in their outer consciousness that they would never understand anything unless I told them plainly.

15 April 1937

Would You tell me what place play has in this yoga, from the viewpoint of the higher consciousness?

No special place so far as I know.

28 April 1937

If You think there is no place for play in this yoga, why did You give me permission to play?

I did not say that play has no place in the yoga, I said that it had no *special* place.

More Answers from the Mother

Z writes: "I find you very restless all the time; your atmosphere is not at all suitable for teaching."

Yes, you lack the mental calm that makes study profitable and you find great difficulty in concentrating on what you are doing.

I would like to know how play is regarded from the viewpoint of the higher consciousness — as a vital pleasure?

Playing can be a useful relaxation, especially for young children; it can be a vital pleasure if the vital turns it to its own advantage. It all depends on your attitude when you play.

I think that joking is all right.

There are also jokes that are mean and ugly and ought to be carefully avoided. All jokes that wound or lower the consciousness are bad.

29 April 1937

What is the present state of my consciousness? I feel that I am not progressing any more. Why and how?

If you were concerned about yourself a bit less, perhaps you would progress more.

1 May 1937

Would You tell me why I think about myself so much? I suppose there are people who don't think about themselves at all.

Such people are indeed very rare. Thinking about oneself is the

most widespread habit among human beings. Only a yogi can become free of it.

3 May 1937

If one didn't think about oneself, one would get carried away by the stream of life into the ocean of misery and suffering where almost everyone is. It would not be good, one could never escape from the universe and reach the truth!

How fortunate that you are here to teach me what to do — otherwise, no doubt I wouldn't know!!!

4 May 1937

When one does something for someone, is it necessary to identify oneself with that person?

No, not necessarily; but it is difficult to avoid receiving something of their influence.

17 May 1937

If someone is teaching me, is it necessary for him to identify himself with me, to concentrate on me?

Without concentration one can achieve nothing.

18 May 1937

X writes: "People are advising me to take eggs and fish for improving my body. Please ask Mother if I can take fish."

The doctor should decide about these things, if it is a matter of health.

More Answers from the Mother

“I am attracted by Mother, but at the same time I must think of my parents who have brought me up. I must pay back my debt to them.” Please write something about this last sentence.

I have nothing to say about it. Each one has to find his own direction. Once you have chosen to live for the Divine, nothing else in the world should count; but so long as you have not taken the decision, you must find in yourself the direction you want to give to your life.

26 May 1937

Isn't it true, Mother, that a son is not obliged to serve his father?

Only one who has totally consecrated himself to the Divine has the right to forsake his duty to his parents.

27 May 1937

I feel that I am drifting further and further away from You. I also feel that I have become duller, more insensitive, more ordinary. In calm I pray to you: show me the path I must follow.

To discover one's weaknesses and imperfections is already a great progress. The first step towards progress is a sincere humility.

25 June 1937

Is it really necessary to feel a great deal of sympathy for other people?

Not necessarily.

I thought that a calm indifference was the best thing in many cases.

Yes, it is much better.

28 June 1937

Y spoke to me unnecessarily. Is it good to give importance to these things?

You should not attach any importance to them. But it would be even better not to listen. Gossip is always harmful.

23 July 1937

This morning I felt upset; perhaps a vital force came during my sleep.

When you feel upset, you should sit down in a quiet place and ask for peace until you feel that the disturbance has disappeared.

1 September 1937

My present life is undisciplined, although I think it is calm. Would You prefer it to be a bit more regular?

You must discipline the physical consciousness from within, and from within also will come the outer order of your physical life.

8 September 1937

You tell me to discipline my physical consciousness from within, but I don't know what it is or how to do it.

I mean that the physical consciousness must be disciplined by a force that acts from within.

11 September 1937

More Answers from the Mother

X has sent me a letter from his friend, in which he speaks of doing yoga and taking refuge here.

We cannot take anyone like this:

1. Without having full information about the person — name, family, state of health, occupation, etc., etc.
2. Without having seen him.
3. And in any case we will only take a person on trial at first, to find out whether he is fit to do this yoga or not.

So the first thing for this boy to do is to write us a letter in English giving us all the necessary details and also explaining his reasons for wanting to do yoga.

And he should also send his photograph.

7 October 1937

I ask Your forgiveness for having kept up a certain familiarity with Y, although You told me not to do so. O Mother, I want Your love! Without love how can I live?

To obtain the divine love, all other love must be abandoned.

28 December 1937

A head cold has been trying to get into me for a long time already. Would You explain to me why I haven't been able to resist this time? Is it a lessening of faith?

Not necessarily. There may be other reasons too. Only control over the subconscious can give an invariable resistance to every attack.

25 January 1938

My dear Mother, please give me Your blessings for this month of my birth.

Yes, my blessings are with you.

And I also wanted to ask you something. You know that we are going to put up a new building,¹⁴ using the most modern methods. A great many workers are needed to supervise the work. I thought the time had come for you to take an active part in the overall work. Of course this will imply regularity, steadiness and a great sincerity. You would have to work eight hours a day *regularly* except Sundays. The architect, who is arriving from Japan in a few days, will give you all the instructions required for the work. Tell me what you think of it, and whether I can put your name on the list of workers.

1 February 1938

I am happy with the work You have so graciously granted me. O Mother, let me feel Your presence constantly.

I am glad that the work pleases you. I am sure that it will do you a lot of good to work; it increases the receptivity considerably.

10 February 1938

I would like to talk to You about the work in general. A free exchange of ideas and opinions between the man in charge and the supervisors; not a blind work, but a work of knowledge.

What you speak of cannot be done in an arbitrary way, nor through any conversation; it demands a change of consciousness, and only yoga can bring about that change.

6 March 1938

¹⁴ Golconde, a fifty-room residential quarters.

More Answers from the Mother

Is there any harm in my talking with Y sometimes?

It all depends on the subject and length of your conversations. A few words in passing do not matter, but if you start talking about so-called spiritual things, then it becomes dangerous.

14 April 1938

Z found the shuttering perfect; he said it could not have been done better.

Are you so sure?

If you want to learn to work *really well*, you must be modest, become aware of your imperfections and always maintain the will to progress.

One does not progress through boasting.

22 April 1938

The organisation is getting more and more complicated and I am more and more anxious. I don't know where all these obstacles are coming from; up to now everything was going well.

Mr. Z wants a particular organisation; he himself has explained to me what he wants and *I fully agree with him*. It is the resistance of egoism in certain people which is complicating the situation — otherwise everything would be very simple.

30 April 1938

O Mother, why don't I feel Your presence?

It is an excess of mental activity that prevents you from feeling my presence.

3 May 1938

One part of my being has started to think about X's faults.

I fear that in this you are under influences that are none too healthy.

Another part says: "Why are you thinking ill of others? This is what prevents you from feeling the divine presence."

This is absolutely correct.

O Mother, let me weep in the silence of my heart for union with You.

Enter into a *strong* and *luminous peace*. It is there that you can best realise the union.

6 May 1938

Since yesterday things have gone wrong and I have lost my balance again. I don't understand anything about it.

Surely your vital has been thwarted in something, and probably something unimportant since you don't even remember what it is. You should not pay too much attention to these changing moods of the vital which have no real value.

9 May 1938

Mother, I would like to know whether I have reached the point of being able to surrender in work. I don't think so. I am going to try to take an attitude of complete obedience to the person in charge: whatever he says, must be done without any argument.

More Answers from the Mother

Yes, this is good. If you do not obey, it is you who become responsible for the slightest mistake; if on the other hand you scrupulously obey, the whole responsibility rests with the person who has given the orders.

10 May 1938

Mother, do You know that I am thinking all the time about the work — which perhaps is not very good.

On the contrary, it is very good; it teaches you to concentrate.

12 May 1938

O Mother, I am really very far from You.

It is because you are too dispersed — your consciousness rushes out into superficial external things instead of remaining concentrated.

June 1938

I have been feeling unhappy for some time; it seems that You have written to someone about my faults and he is telling everybody. I don't understand how this can help me. At the moment nothing interests me, and I feel as if I am entering into the dark side of my nature.

It was Sri Aurobindo who wrote that we are aware of the “*serious failings*” in your nature. Did you by any chance imagine that you have none? If you were more ready to recognise them, we would have less need to refer to them. In any case I take the opportunity to tell you one thing: you certainly have possibilities, which can become fine capacities if properly developed — but for the moment they are no more than possibilities and it

would be good to bear in mind that it will take a lot of time, effort and patience to change them into realisations.

23 June 1938

I feel that I am good for nothing, that I have no capacity to learn.

It is a lack of practice rather than a lack of capacity.

How far I have strayed from You!

Your vital is discontented because I have not given it the compliments it desired. But your psychic is always with me; it is happy that I am making you conscious of what needs to be changed in you, and it insists that I should do so in spite of the vital's discontent.

6 July 1938

Sweet Mother, I will try to do whatever You wish. Where are You?

Cross beyond the ignorance of a mind that judges without knowing, plunge into the depths of a calm and unassuming silence: there you will find me.

29 August 1938

About the work — is it better to yield to fate, or to fight against injustice?

Before fighting you should be sure that you know where the injustice lies. And only the Divine can have that knowledge.

2 September 1938

More Answers from the Mother

My dear Mother, would it be desirable to become intimate with Y?

For sadhana, any intimacy is certainly undesirable.

I would like You to tell me something about my sadhana. I need to know.

From the spiritual point of view it is not good always to be wanting to know whether what one is doing is good, whether one has made any progress, what point one has reached, etc., etc. It is yet another opportunity to satisfy one's "ego" by drawing attention to it.

27 September 1938

I spoke to Z about gossiping. It has made him greatly displeased with me and now he is cold towards me.

There is always a way of saying things to people which does not offend them.

18 January 1939

Sweet Mother, please tell me why this room at Golconde, which is to be concreted on Tuesday, has taken so long to get ready. I must know my mistakes.

The work is not going well because at Golconde there is an atmosphere of discord and disagreement which prevents the Force from working effectively. If each one made an effort to overcome his preferences and dislikes, the work would go much better.

22 January 1939

Won't I be able to see You in the afternoon as before and communicate with You any more? There are often things to ask You.

When the outer contact is not possible, it is time to cultivate and obtain the inner contact.

25 April 1939

Today is my birthday. I want this day to be the beginning of a more spiritual life and therefore something has to be done. Please tell me what I must do.

It is not with the mind that one should decide what has to be done. It should be a spontaneous movement taking place in a sincere and constant aspiration.

22 May 1939

Mother, I see that mosquitos are biting You in the evening during meditation. Would you allow me to drive them away with a fan?

No, the movement of the fan would be even more bothersome than the mosquitos.

12 June 1939

Let me enter into the solitude of my soul, O Mother Divine!

Certainly this is the surest way to find me.

4 May 1940

As long as one relies on one's own judgment of things, one is unable to discern and know the divine Will.

13 July 1940

More Answers from the Mother

I am very surprised that people are giving You false reports of this kind; and it is really a pity that such things should happen just at the beginning of the work. I hope that You still have confidence in me.

Reports never tell me anything; I never base my judgment on them. And what I hear from other people can never — make me lose confidence in anyone.

9 January 1941

Mother, since I started mathematics I have been getting headaches often. I need to go slowly and have to take two or three weeks for each lesson.

This is *absolutely impossible*.

Since the study of mathematics tires you, the best thing is to stop it.

20 January 1941

I have no mental tranquillity because I worry about my studies; I find arithmetic very difficult. I do not have that inner peace. I hope You will tell me something about what I have just written.

You yourself asked to take up these studies. I do not see why you now complain about having no tranquillity. But if you feel that you are working too much, you can drop one thing or the other.

8 March 1941

Yes, I was wrong to ask You if I could start studying mathematics. I want to go back to the attitude of doing

only what You want me to do; eight hours of work in the Building Service, that is Your will. Besides this work, what would you like me to do?

It seems to me that apart from the work at the Building Service, if you feel like studying, it would be better to read Sri Aurobindo's books seriously and carefully, without hurrying. This will help you more than anything else for your sadhana.

9 March 1941

Many people have told me to cut my long hair. What do You say?

It does not matter at all.

14 October 1947

At the moment I feel very far from You. Our former relationship, when I trusted You and You trusted me, no longer exists. I am full of desires and only try to satisfy them.

Since you are aware of the state you are in, it is time to take action and avoid the influences that estrange you from me and make you unhappy. Nothing is lost if you take immediate action.

23 October 1947

Mother, just now I feel full of despair and I cannot find Your support. My mind is full of tension and it is making me ill.

Obviously it is enough to make anyone ill!...

It is not possible to serve two masters at once. You wanted to satisfy your ego and its desires and you have moved away

More Answers from the Mother

from your soul. Rediscover your soul and you will rediscover me — I have not changed place.

7 November 1947

I do admit that I have moved away from my soul and that only there can I rediscover You. My purpose in writing all this was to ask for Your help in rediscovering it.

All my help will be in vain unless you resolve to overcome your weaknesses.

November 1947

Mother, could You give four rupees a month for the two of us, to buy some preserves or go to the cinema?

If I give you two rupees each, I can see no valid reason why I should not give every member of the Ashram two rupees pocket-money each month, and that makes a *minimum* of 1500 rupees (*one thousand five hundred rupees per month*).

No further comment is needed.

June 1948

I would like to go to Bombay. It is not that I am unhappy here; on the contrary, I live too easy a life. I feel an imperative need to compare the life here with life outside. I need a change, and for this change to take place I need to know the other life.

You may go if you like, but since I do not see how it can help you to overcome your lower being and go beyond the limits of your ego, do not expect any financial help from me in this affair.

28 November 1948

May I go to Madras to see the city and the surrounding area? My sister lives there with her family. I will come back before Darshan.

You may go if you like, but *your family* must give you the money needed. Do not expect me to do it because I will give you nothing for that purpose and I forbid you to ask money for it from any disciple or member of the Ashram, especially X.

4 November 1949

COMMENTS ON "PRAYERS AND MEDITATIONS"

(The following letters regarding the Mother's Prayers and Meditations are arranged according to the dates of the prayers concerned.)

"How many times a day, still, I act without my action being consecrated to Thee." (2 November 1912)

Even after communion with the Divine, can one act without the action being consecrated to the Divine?

Certainly, communion and consecration are very different things.

8 November 1934

But is it possible to experience communion before consecration?

The part of the being that experiences communion is not the same as the part that is not consecrated.

9 November 1934

More Answers from the Mother

In this prayer You write, "I am as yet far, no doubt very far, from that identification in which I shall totally lose the notion of the 'I' ", and at the same time, "and how many times already when I pronounce it ('I'), it is Thou who speakest in me, for I have lost the sense of separativity." (19 November 1912)

Mother, is there a difference then between "losing the sense of separativity" and the "identification"?

Losing the sense of separativity is the last step before the Identification, and in the Identification itself there are several steps.

24 September 1934

In the prayer of 26 November 1912 You say that You have "almost entirely lost the gross illusion of 'me' and 'mine'." In the prayer of 3 December 1912 You say: "in the measure in which my attitude allows Thee to act on me and in me, Thy omnipotence has no limits."

Even after the identification, one's attitude does not allow the Divine to act completely as He wishes!

There are *degrees* in everything, and what is perfect one day no longer seems to be perfect the next.

7 November 1934

"When it is needful that something should be known, one knows it, and the more passive the mind to Thy illumination, the clearer and the more adequate is its expression." (3 December 1912)

Mother, when is this possible? I often make mistakes; if I could know what is needful each time, it would be wonderful!

This can only happen when one has given up all personal preferences.

26 September 1934

“For now I should not be able to repeat what was said.”

(3 December 1912)

Why does this happen?

Because memory belongs to the mind and it was not the mind speaking but a consciousness from beyond.

28 September 1934

“Yes, we should not put too much intensity, too much effort into our seeking for Thee; the effort and intensity become a veil in front of Thee; we must not desire to see Thee.” (5 December 1912)

Is this true for everyone?

Certainly not.

Besides, as a general rule, you must never try to copy my experiences. I started to note them down *after having attained communion with the Divine*, a state you are far from having achieved.

October 1934

“I await, without haste, without inquietude, the tearing of another veil, the Union made more complete. I know that the veil is formed of a whole mass of small imperfections, of attachments without number.” (11 December 1912)

I think that the veil You mention here is the veil between the Supreme and the obscure material world — but it has nothing to do with You.

More Answers from the Mother

In order to do my work, I have had to identify myself with the material world and its imperfections.

6 November 1934

“Already there is heard from behind the veil the wordless symphony of gladness that reveals Thy sublime Presence.” (11 December 1912)

Does this mean that there is a glad, wordless music that contains Your sublime Presence?

Behind all appearances there is a harmony of forces and movements which is something like the harmony of all the different kinds of instruments in a perfect symphony.

30 July 1934

“I am endless Peace, shadowless Light, perfect Harmony, Certitude, Rest and Supreme Blessedness.” (5 February 1913)

What does “Certitude” mean, in the spiritual sense?

Faith confirmed by the spiritual experience of what one has faith in.

31 July 1934

“All who seek Thee with ardour should understand that Thou art there whenever there is need of Thee; and if they could have the supreme faith to give up seeking Thee, but rather to await Thee, at each moment putting themselves integrally at Thy service, Thou wouldst be there whenever there was need of Thee.” (10 February 1913)

Is this not for me?

This is for everyone — you as well as others — who is capable of taking this attitude with integral sincerity. But I ought to point out that it is even more difficult than making an effort.

14 November 1934

“And in this simplicity lies the greatest power, the power which is least mixed and least gives rise to harmful reactions.” (12 February 1913)

So I suppose that this simplicity isn’t good, since it contains a little mixture?

Idiot! What can be without mixture in the world as it is now? Nothing, nothing, nothing!

August 1934

“The power of the vital should be mistrusted, it is a tempter on the path of the work, and there is always a risk of falling into its trap, for it gives you the taste of immediate results.” (12 February 1913)

So we should never trust the power of the vital?

It is because we like immediate and visible results that we allow ourselves to be misled by the vital.

August 1934

“As soon as I have no longer any material responsibilities, all thoughts about these things flee far away from me, and I am solely and entirely occupied with Thee and Thy service.” (11 May 1913)

Here I don’t understand what You mean by “with Thy service”, since You said before: “As soon as I have no longer any material responsibilities”.

More Answers from the Mother

I wrote this because for a time I was not living at home, but with my mother, so I no longer had the responsibilities of the mistress of the house who has to see that everything is materially in order.

August 1934

“It is by becoming conscious of Thy Will and identifying ours with Thine that there is found the secret of true liberty and all-puissance, the secret of the regeneration of forces and the transfiguration of the being.” (11 May 1913)

I don’t understand what “the secret of the regeneration of forces” means.

The material and vital forces are perverted — they must be regenerated so that they become capable of expressing the divine will.

August 1934

“To turn towards Thee, unite with Thee, live in Thee and for Thee, is supreme happiness, unmixed joy, immutable peace; it is to breathe infinity, to soar in eternity, no longer feel one’s limits, escape from time and space. Why do men flee from these boons as though they feared them?” (18 June 1913)

Why don’t men want to rise above the falsehood and ignorance that reign everywhere in the world?

Because they love falsehood, vital agitation, violence, drama. The peace of eternity seems to them as empty as death because they live exclusively in the mind and vital.

29 January 1935

*“Thou art ourselves in our Reality.” (15 August 1913)
Here I don’t understand what “our Reality” means,
because I thought there was only one Reality.*

I use the word reality in the sense of truth of the being.

25 February 1935

“Undoubtedly, one must learn to control one’s subconscious just as one controls one’s conscious thought. There must be many ways of achieving this.... But there is surely something more rapidly effective.” (25 November 1913)

What is this “thing” that can overcome the subconscious?

The descent of the Supermind.

28 April 1935

“How many different levels there are in consciousness! This word should be reserved for what is illumined in a being by Thy Presence, is identified with Thee and partakes of Thy absolute Consciousness.” (13 March 1914)

I mean that the word *consciousness* should be reserved only for that which is conscious of the divine Presence.

19 April 1935

“Outside this state there are infinite grades of consciousness, going right down to complete darkness, the veritable inconscience which may be a domain yet untouched by the light of Thy divine Love (but this seems improbable in physical substance), or which is, for some kind

More Answers from the Mother

of reason of ignorance, outside our individual range of perception.” (13 March 1914)

What is this “veritable inconscience” You mention here?

The subconscious of the subconscious.

21 April 1935

“In the presence of those who are integrally Thy servitors, those who have attained the perfect consciousness of Thy presence, I become aware that I am still far, very far from what I yearn to realise.” (30 March 1914)

Are there any men on this earth who are already integrally Your servitors?

I wrote this after meeting Sri Aurobindo for the first time.

18 July 1935

“May my consciousness be identified with Thine so that Thou alone mayst be the will acting through this fragile and transient instrument.” (9 May 1914)

Why do You say “this fragile and transient instrument”? Because it will really pass away one day?

The instrument in question here is on earth, which has an ephemeral existence compared with the eternal consciousness.

1 June 1935

“And on the earth now I am the joyful child who plays.” (17 May 1914)

I think, Mother, that this “I” means You, so why not the feminine form of the adjective?

You ought to know the Hindu tradition that the world is the

result of “the Divine Child who plays”. It is with Him that I was identified.

5 November 1934

“All the individual faculties slumber and the consciousness is not yet fully awake in the transcendent states; that is, its wakefulness is then intermittent and in between there is sleep.” (19 May 1914)

Does this mean that before the consciousness has awakened in the transcendent states, there is a period in which the consciousness is asleep?

The consciousness is asleep in everyone until it is awakened.

How long does the consciousness sleep like this?

A second or an eternity.

10 April 1935

Then what does this mean exactly?

There are experiences of a universal order which can be revealed only to those who have had them.

13 April 1935

“Thou hast made a promise, Thou hast sent into these worlds those who can and that which can fulfil this promise.” (14 June 1914)

What do You mean by “that which”?

The force, the power, the consciousness, the knowledge, the love, etc., etc.

7 April 1936

More Answers from the Mother

“But the religious being turns to Thee, O Lord, in a great aspiration of love, and implores Thy help.” (24 June 1914)

What do You mean by “the religious being”?

The being which has religious, devotional feelings.

2 April 1936

“What wisdom is there in wanting to be like this or like that?” (25 June 1914)

What is the meaning of this passage?

Wisdom lies in wanting what the Divine wants, not in deciding for yourself.

13 December 1933

“O divine Force, supreme Illuminator, hearken to our prayer, move not away from us, do not withdraw, help us to fight.” (8 July 1914)

Does the Divine ever move away or withdraw from us?

No, it is we who withdraw from him.

11 July 1935

Then what do You mean by “move not away from us, do not withdraw”?

I was not addressing the Divine himself, but a Force, an emanation of the Divine, which had come down to do a particular work on earth and could have withdrawn if it had seen that the work it came to do was impossible.

13 July 1935

“Earthly realisations easily take on a great importance in our eyes.” (17 July 1914)

What do You mean by “earthly realisations”?

The works that we do upon earth.

30 January 1936

“The world is divided between two opposite forces struggling for supremacy, and both are equally against Thy law, O Lord.” (9 September 1914)

What are these two forces?

If you had read the meditation carefully you would not have needed to ask this question — the two forces are *conservation* and *destruction*.

22 May 1935

“It is in the cherry-blossom that lies the remedy for the disorders of the spring.” (7 April 1917)

What does this mean?

There are certain illnesses that people get particularly in Spring — boils, impurities of the blood, etc. — which the Japanese cure with teas made from cherry-blossoms. I did not know this when I had the experience.

11 February 1936

Series Two

Series Two

To a Frenchwoman who came to live at the Sri Aurobindo Ashram in 1937, at the age of sixty-six.

Nothing is inevitable. At every moment an intervention may come from a higher plane into the material one and alter the course of circumstances. But in this particular case there is a conflict between a very powerful mental construction founded on medical opinion and your faith in the divine Grace.

The power of this medical suggestion lies in the fact that it insinuates itself into the subconscious and acts on the body from there, undetected even by the conscious mind unless it is in the habit of scouring the subconscious with the vigilance of a detective.

So there we are — I cannot promise you that your faith in the Grace will be intense and unshakable enough to overcome the harmful effect of these medical suggestions; and I feel that I have no right to tell you, “It is nothing,” when everything in your material consciousness is crying out, “Danger!”

Rest assured that our help and our blessings are always with you.

24 March 1937

Certainly we will be happy to keep you here until June.

You are quite right in saying that these closed doors are an effect of the imagination. The will to pass through always has the power to open them, just as the certainty of victory brightens the path.

12 April 1937

Certainly when you are ready to return, after doing what you

More Answers from the Mother

want to do for your son, you have only to inform us and we shall be happy to receive you.

Inner calm and peace and an ardent aspiration towards the Divine are the best preparation for receiving the help we can give, and you can be assured of receiving it from us.

29 April 1937

Sudden conversions are usually neither integral nor lasting; they are flashes of lightning which most often dissolve into smoke. Slow and steady effort and persistent striving for progress are more reliable: “piano ma sano”.¹

And recalling what happened during your sleep is certainly not indispensable to the discovery of your soul.

I am glad you are feeling well.

Be sure that our help and protection are always with you.

12 May 1937

Do not let yourself be overwhelmed by the sense of vastness; bathe in it, rather, with joy and serenity. Were we confined inescapably within the four walls of our personal consciousness, that would indeed be sad and overwhelming — but the infinite is open to us; we have only to plunge into it.

29 May 1937

Sri Aurobindo has read your letter and agrees with me that it is difficult to make plans so far in advance, because circumstances are so unpredictable. One thing is settled, however: Sri Aurobindo has accepted you as a disciple — this is clearly shown by the fact that he has given you a new name. But being a disciple does not necessarily imply that one lives in the Ashram. In fact, there are more disciples living outside the Ashram than in it.

¹ Slowly but surely.

Several conditions are needed to live in the Ashram, one of which is that one's health should be good enough to allow one to conform to the Ashram discipline which does not provide any special arrangements for food, services and so on. Those arrangements can be made, for a limited period, for visitors; but for various reasons it is impossible to make them permanent. So when you are ready to return, let us know three or four months in advance so that we can see whether any practical arrangement can be made.

As for the readings, I think it would be better to spare yourself this strain for the time being. I think that the few private lessons you are giving are enough.

I am glad to know that you have recovered, and hope that your health will get better and better.

5 July 1937

I am sorry that you have been feeling sad these last few days. You should not have. The light should always bring with it the joy of new progress. Now I think that everything will be all right.

10 July 1937

Do not worry. You have not done anything wrong, either consciously or unconsciously. I was referring to a set of inner and outer circumstances, a set of circumstances which is the inevitable outcome of the preceding set, and so on. Only yogic power, the power of the divine Consciousness, can break this chain of consequences.

You must leave with your heart full of peace and your mind full of hope. You must leave with the assurance that our help and our force are going with you, and that our blessings are with you and will always be with you.

14 September 1937

More Answers from the Mother

(In September 1937 the disciple went to France for six months, returning to the Ashram in March 1938.)

Do not fear; I can see beyond appearances and understand in silence or beyond words.

My arm will always be around you, to uphold and guide you.

Certainly you are my dear child, but I want her to be happy, not sorrowful, illumined, not ignorant.

My blessings are very affectionately with you.

13 June 1938

Since I did not see you at pranam, I was about to write and inquire whether the exhaustion you mentioned in yesterday's letter was the reason. And just now I received your letter of this morning. What a pity that you had fever! But why? No apparent reason? In any case, I hope that it will soon be over.

Needless to say, our help, our force, our protection and our blessings are always with you; you must immerse yourself in them as in a soothing, healing bath. Let me add my tenderness.

17 July 1938

It is difficult for me to answer your question since I have no personal experience of utropine and its effects. But as a general rule I feel that when one goes to a doctor for treatment, one should do what he says. It is in cases of *nephritis* that utropine is supposed to be inadvisable. You could ask the doctor for an assurance that you are not suffering from nephritis — which seems very unlikely.

Our help and our blessings are always with you, affectionately.

20 July 1938

This “Aspiration in the physical”² with our blessings and all my love.

Do not let the doctor’s words disturb you. Illnesses are never serious unless we accept them as such. Besides, I expect to hear very soon that you are better.

24 July 1938

Here is a little “New Birth”.³

Indeed, what better use could one make of an illness than to take the opportunity to go deep within oneself and awaken, take birth into a new consciousness, more luminous and more true.

Our help and our blessings are always with you, affectionately.

28 July 1938

Sri Aurobindo and I think it would be wiser for you to wait another week before coming to pranam. And the meditation twice a day will be possible only when you no longer feel any weakness at all, because at the moment there are many people and the physical atmosphere is rather heavy to breathe.

So we ask you to be patient a little longer, to allow your material strength time to return. Our help and protection are with you for that.

Very affectionately.

26 August 1938

I do not recall mentioning any passages in which Sri Aurobindo prophesies present events. I referred to certain pages in which Sri Aurobindo gives a very brief glimpse of *his own Work* at present

² The Mother’s name for Flame-of-the-woods (*ixora coccinea* “*Bandhuca*”)

³ Sweet Marjoram (*oreganum majorana*)

More Answers from the Mother

on earth, his Work of divinising matter, and I told you that it is hinted at in one of the chapters of “Thoughts and Glimpses”.

20 September 1938

Do not worry; you told me long ago — in silence — what you “confessed” to me this evening. And I have always given you the same answer: do not worry; not all gifts need to be material ones — and self-giving is surely the best gift of all.

29 September 1938

These spontaneous reflex actions reveal the subconscious. By tracking down these spontaneous impulses one can gradually clear a path into the virgin forest of the subconscious and bring the Light into it.

Do not worry, and above all do not feel sad! On the 12th *the dose* was probably a little too strong and, as a result, a little difficult to digest. If you can simply remain quiet, *very quiet*, everything will settle down. Then the Light will reappear, brighter and more beautiful than ever.

Have no fear — nothing has the power to take you away from me, for I am always with you — in you.

Affectionately.

13 November 1938

Mother,

I have not taken the medicine advised by Dr. X, thinking that since I would be writing to you, I would not do anything without you. Should I write to Dr. Y in Paris and ask his opinion?

Yes, it would be better not to take anything without consulting your doctor in Paris.

Should I perhaps consult the homeopathic doctor? I don't know him.

No, not necessary; as few doctors as possible, as few medicines as possible!!

Z strongly advises me to take "Genaspirine". I am reluctant, as I never take sedatives. She says it is not a sedative but something to relieve congestion. I understand nothing about it and I told her that I would ask you.

Oh no, no drugs! The more drugs you take, the more you undermine your body's natural resistance.

To relieve tension, ten minutes of *real calm*, inner and outer, are more effective than all the remedies in the world. In silence lies the most effective help.

With our blessings.

30 January 1939

To tell the truth, I think the doctor is right: your complaint is nervous. I mean that it is a functional disorder, not an organic one. The fact that you have a headache does not contradict this, for one can have a nervous headache and suffer very much from it. In any case, nervous or not, it is quite clear that if you were in constant contact with the Divine you would be perfectly all right.

Our blessings are always with you.

Very affectionately.

9 February 1939

It would be so nice not to take any injections! Wouldn't it?

As for the other things, do not worry. The divine Grace is behind everything, even shortcomings, and with Its help there is

More Answers from the Mother

nothing that cannot be made an opportunity for progress.
Our blessings are always with you.

23 March 1939

How you torment yourself—about nothing! I knew perfectly well that you were going to dine with the banker, and I found nothing wrong with that, any more than with your little musical gatherings or anything else of that kind. I have always considered that you were free to see whom you like and go where you please. Only once did I give you some advice about this, but that was simply a piece of advice, nothing more, and referred to a single, very precise case.

I hasten to send you this note in the hope that it will bring you the peace and tranquillity I wish for you always.

My blessings are with you unceasingly.

3 May 1939

My dear little X,

If you want my *true* way of seeing things, I must tell you that taking a good dose of faith and confidence in the Divine Grace is better than all the pills and injections in the world.

With my blessings. I am always with you.

7 May 1939

My poor little X,

I am truly very sorry to have to disappoint you, but the interview you want certainly cannot take place until the war is over.

Besides, for inner growth, I do not believe that words are necessary. In silence all our help is there at its most powerful.

With love and blessings.

6 September 1939

My little X,

It is impossible to meditate with another person without *receiving something of the vibrations emanating from him*, just as one cannot enter a place without breathing the air that is there.

When someone has a harmful atmosphere and a bad influence (I warned you of this), one must be careful, while meditating, not to put oneself into a state of receptivity with that atmosphere!

It is not wrong, but it is an act of ignorance. And needless to say, it cannot prevent you from being my little X or stop my arms from surrounding and protecting you.

19 September 1939

Why do you want to break your silence? Silence is the door to all true spiritual realisations.

And I am with you always. Draw on my force in the silence; it will never fail you.

Our blessings.

23 December 1939

My dear little X,

When the demon of jealousy whispers a suggestion in your ear, you must be very careful not to listen to it.

When the war broke out, I told you that until it was over I would not give any interviews to sadhaks. I am doing what I said. All the regular interviews have been stopped. Occasionally, not always, I see a visitor before he leaves. Other than that, in all these months I have made only two or three exceptions, *including one for you* about your affairs. If someone told you otherwise, why believe him? You must quickly chase these shadows far away from you and live constantly in the serenity of an unshakable trust.

More Answers from the Mother

I am always with you. If you listen carefully, you will hear my answers to your questions. When all grows silent and calm within you, you will feel my presence concretely, and no help is more real or more effective than that.

With my deepest affection and our blessings always.

4 March 1940

My dear little X,

I agree upon the 22nd — probably it will be about 5:30 at the top of the stairs — but in these days of extreme instability it is difficult to make arrangements so far ahead. We must live from day to day our whole consciousness intent on the only luminous horizon: that of the divine Realisation.

Our blessings are with you, as well as my love.

5 July 1940

My dear little X,

Dryness is ordinarily the sign of too great a concern with oneself (whether material or spiritual) and a consequent narrowing of the consciousness, which is no longer sufficiently in communion with the divine forces.

The remedy: a completer self-giving to the Divine.

With my blessings and all my love.

8 December 1940

My dear little X,

Do not worry; I only meant that you are not yet completely free from social ties — but that will surely come as the flame of aspiration towards the Divine burns more and more ardently in you.

With my blessings and all my love.

16 January 1941

Series Three

*Series Three*¹

To a disciple who is identified in the text simply by his initial, R. Raised in Gurukul Kangri in Uttar Pradesh, the disciple joined the Sri Aurobindo Ashram in July 1938, at the age of twenty-one, and remained until his passing in 2002. He sought to serve the Mother especially through his work, and this concern is reflected in his letters, most of which deal directly with problems of work. During his sixty-four years in the Ashram, the disciple served in many positions. The main ones, mentioned here because they are referred to in the correspondence, are: the preparation of fruit juices for Sri Aurobindo and the Mother; the allotment of work to new Ashramites; the distribution of fuel and foodstuffs to Ashramites; the management (in conjunction with others in some cases) of the Fruit Room, Dining Room, Bakery and Laundry; editor of Purodha and Agnishikha, two monthly journals in Hindi; Hindi teacher at the Ashram's Centre of Education; and the Hindi translator of many works of Sri Aurobindo and the Mother.

Mother mine,

Sometimes I am translating stories written by various people both in the Ashram and out of the Ashram. If I want to send them to press, may I do so? In these days it would be inconvenient for Thee to give approval on each one. Does this literary work help me in my sadhana or is it a hindrance?

You can do this translation work occasionally but not to the extent of getting absorbed in it. The consciousness must remain free for the sadhana.

Love and blessings.

29 December 1938

¹ This series is entirely in English, with the exception of one reply in French.

More Answers from the Mother

In answer to your letter I can tell you that if the value of the property is given to me I will certainly accept it. But I cannot ask for it, I can only take it as a free gift.

My love and blessings are with you.

20 January 1939

Mother mine,

Some temptations are coming to me in the name of service to the motherland and mother-tongue. Fame, Gandhiji's personality and great philanthropic work are held out as baits. Kindly protect me. A friend is pressing me to join Kalelkar in his work. Kindly see that this and other such temptations do not snatch me away from Thy arms.

I have written a story. May I send it to the press?

You can send it provided there is nothing objectionable in it — that is to say, no political or social controversy, etc.

Love and blessings to my dear child.

25 March 1939

Mother,

Can I get a brief life sketch of Thine for publication in the special Sri Aurobindo number that I am editing? if so, whom should I approach with the request?

I do not want any life sketch of mine to be published. I have always refused the permission to all those who have asked it.

My love and blessings.

3 April 1939

Mother Dear,

The special Sri Aurobindo number is ready. The matter is prepared, but at the eleventh hour I am very

unwilling to publish the portions translated by me and so I want to postpone it — if not cancel it.

I am feeling rather depressed. I am thinking that my translations are not satisfactory.

I don't know what to do. I think it is Your Will that the number should not come out at present and hence the dissatisfaction in me. Because up to last week I was fully satisfied with my work. When it is against Your Will, how can I do it?

You must have worked too hard at the translation and that is why you are now dissatisfied and depressed. But I am sure the translation is all right and I see no reason to postpone its publication.

With my love and blessings.

24 May 1939

I have received Abhaya's letter. You can write to him: "It is absolutely out of the question for anyone connected with the Ashram to intervene in politics of any kind. He must not go to Sir Akbar Hydari (it would be quite useless in any case). If he went and Sir Akbar spoke to us of it we will be obliged to disavow his action as not sanctioned by us." You can send him our blessings.

3 June 1939

My dear child,

I am always present, close to you — in you — and my blessings are with you.

19 June 1939

Mother,

X came today for the books. I have told him on Your authority that it is impossible. He is not going. He says

More Answers from the Mother

he must remain near You and that really You have no objection in his staying.

This is quite wrong, both Sri Aurobindo and myself want him to go because we are convinced that the atmosphere of Pondicherry is not favourable to the balance of his mind and the climate is not good for his health.

21 June 1939

Abhaya writes to me that he wishes to take you away with him to Gurukula.

I have not yet answered to him.

I wanted first to ask from you how do you feel about it.

Of course if you ask *me*, I shall tell you that I do not see why you should go. But you must tell me frankly your own feeling.

Love and blessings to my dear child.

25 September 1939

(The disciple informed the Mother that he did not wish to leave the Ashram, but would go if she wanted to send him away.)²

I am quite pleased with your answer although it is not a surprise to me. I knew what was in your heart, but I wanted to have it in writing from you to be able to say categorically *no* to Abhaya.

You can be quite sure that I will not send you away from here.

Love and blessings to my dear child.

25 September 1939

Mother,

I want to ask You whether thinking of Your work is not a part of thinking of You. Is it going towards

² This note is based upon the disciple's recollection of his original letter, which has been lost. Such notes have been provided subsequently in a number of cases where all or part of the letter is missing.

*the right attitude if, even though I may not remember
You always, yet I may be remembering Your work and
thinking of it.*

Yes, it is quite good.

27 November 1939

Mother,

*I do not use any bedding or mosquito curtain or even
a pillow. I sleep on the cot without spreading anything
or on the ground with a mat. I have been told that You
do not like this. Is it so? Of course formerly I used to do
this for the sake of asceticism, but now that is not the
reason. I am habituated to it and I don't see any reason
why You should spend more money unnecessarily. I hope
You don't have any objection.*

I have absolutely no objection to it and wonder who could have told you that I had any!

*A cousin of mine — Professor Y of Hyderabad — wants
me to treat him with Ayurvedic medicine. It is not neces-
sary to see the patient — I can get the medicine prepared
in Gurukul and send it to him. I will get about Rs.
80/- from it (excluding the price of the medicine) which
will naturally go to You. If you allow me to treat him
and charge, then the money goes to Your feet; otherwise
somebody else will get it.*

You can have the medicine prepared there if you like but we cannot take money as payment. All money that comes here must be an offering.

My love and blessings.

15 December 1939

More Answers from the Mother

(In 1940 the disciple took charge of the “cart service” — delivering Dining Room food to Ashramites who ate at home. When he heard that someone had complained to the Mother about his work, he wrote to her, asking if it was true.)

Nobody has complained to me of your cart service and you can be sure that if I had something to tell you regarding your work I would *write it to you directly*.

But you must not get worried about the mistakes and weaknesses of others; the only thing necessary is *not to believe* what people say to you, especially if they speak in my name.

My love and blessings.

20 July 1940

Mother,

You know what has happened to me. Please tell me what to do when I am caught in this internal and external friction. I wish I could have goodwill towards those who are responsible for my external troubles, but I can't help it. Kindly give me some general directions which may be helpful in my present condition. I have become so sensitive that the least thing makes me upset.

These are vital perturbations which show themselves in the course of the sadhana and have to be eliminated. They must not be regarded as natural movements justified by the wrong action of others and bound to continue so long as there is the external causes. The real cause is internal and it can only be got rid of by yogic discipline, vigilance, self-detachment from the vital movement and a quiet but strict rejection.

My love and blessings.

26 July 1940

Even if you are not apparently successful in your meditation, it is better to persist and to be more obstinate than the opposition of your lower nature.

I am quite satisfied with your way of doing the work and it is sure to help you to come nearer to me.

My love and blessings.

13 September 1940

(The disciple mentioned that the sadhaks in a certain department talked a lot during their work.)

For the sake of sadhana and for the sake of work, it is always better to *work silently*.

Early 1940s³

(The disciple informed the Mother that he had measles and asked her blessings to cure him. He also noted that he had come to the Ashram in order to work, not to do sadhana.)

My blessings are with you.

You must take this illness as a sign that, in spite of all your convictions — perhaps even resolutions — you have to do sadhana and to add to your outer consecration in work, the inner consecration of deep understanding and psychological transformation, and make use of your seclusion for that purpose.

My help and love are with you.

6 April 1952

³ This approximate date has been provided by the disciple from memory; the original letter is undated. Such tentative dates have been given subsequently in a number of cases.

More Answers from the Mother

Mother,

I am trying my best to improve the quality of my work. I don't know whether I am successful. I still feel tired and run-down. After the illness my enthusiasm has not come back. My will to be more and more useful has become damp.

Mother, either make me useful or send me off. I do not want to lead a useless life. I may have a better luck next time. I am tired — tired of everything. Let me go if you find it impossible to change me. Let me have a very long and deep sleep.

Don't withdraw yourself, Mother. Once you have accepted me, if I have been of any use, even for a moment, don't let me down.

There is no question and no possibility of “letting you down”. My attitude towards you has not changed. But your illness and your present condition have the same cause. I am trying to move quickly towards the future Realisation; the progress is rapid and to remain close to me one must move quickly also. Something in you was refusing to change, the same something that was boasting that it was not interested in yoga, that it believed only in work, etc. etc. As a result of it you got out of my protection and fell ill. My word written at the beginning of the illness meant that. But it did not act as I hoped.

Now there is only one thing to do: face squarely the necessity of the change in some part of your nature and — with my help — *change*.

With my love and blessings.

10 June 1952

(The disciple sent to the Mother the letter of a worker who complained that he lacked the strength to do his work and could not feel her Grace. The Mother replied:)

Here, for each work given, the full strength and Grace are always given at the same time to do the work as it has to be done. If you do not feel the strength and the Grace it proves that there is some mistake in your attitude. The faith is lacking or you have fallen back on old tracks and old creeds and thus you lose all receptivity.

1 October 1952

Here, for each work given,
the full strength and Grace are
always given at the same time
to do the work as it has to be
done. If you do not feel the
strength and the Grace it proves
that there is some mistake in
your attitude. The faith is
lacking or you have fallen
back on old tracks and old
creeds and thus you lose all
receptivity.
1-10-52



Mother,

I would like to stop being present in the Playground.
If I sit, I am afraid that people will begin to collect there
for their business as they used to do, and that would
disturb the silence of the place.

And if I need you? The best would be to make a rule of *not speaking or listening* during all the distribution and to listen and answer as soon as it is over.

9 September 1954

More Answers from the Mother

(Not wishing to take up the Mother's time, the disciple deliberately avoided seeing her. About this she wrote:)

One more word to tell you that you must not *avoid* seeing me, because it gives a kind of support to the parts of your being which are somewhat unwilling to open to my influence.

With my love and blessings.

Try to be spontaneous and simple like a child in your relations with me — it will save you from many difficulties.

25 October 1954

Mother,

You have said: "We would be completely under Thy influence, to the exclusion of every other."⁴ I have translated it in Hindi as "We want to be dyed in Your colour, to the exclusion of other colours." This is idiomatic, but is it correct?

This is not the true meaning; each force or power has an influence on other forces and powers, and this action is reciprocal. To escape this constant and general confusion of influences, there is only one way — to concentrate exclusively on the Divine Consciousness and to open oneself only to the Divine Consciousness.

1954

Mother,

It is the general talk around here that if I want to assign workers to departments I can always do so, but for one reason or another I do not give them and thus I put people into difficulty. I don't know whether they actually believe it. I have never cared for popularity or public opinion, so this view had no importance for

⁴ *Prayers and Meditations*, 23 October 1937

me. But from the way you spoke yesterday morning, I wonder whether the Divine also shares this view.

No, the Divine *knows* and cannot share in any nonsense.

When exhibitionism seems to be more important than anything else, when all possible facilities are being given to make life easy, when everything is being given to us without any expectation of return, how can people work unless there is a change from within? — and, I am sorry to say, my eyes cannot see it within the range of sight. Life is becoming more chaotic, the Divine does not seem to be nearer, everything seems to be going topsy-turvy. In spite of all the bright promises, I wonder what is in store.

This is only a pessimistic view of things. The opposite also is true and through this apparent chaos a new and better order is being formed. But to see it one must have *faith in the Divine Grace*.

Cheer up! Things are not so bad as you think.
With love and blessings.

7 October 1956

(The Mother called the disciple to the Playground to see her on his birthday, but he did not go. That evening she explained to him that she had wanted to give him something inwardly. The next day he wrote:)

Mother,

I am sorry for my behaviour yesterday. May I apologise for it? I hope missed opportunities will not be lost opportunities. May I pray that this one may be the last of the series.

I wish I could be your true servant.

More Answers from the Mother

My dear child,

I have spoken a little “severely” last night so that the mistake is not reproduced — but to say the truth, the consequences of it are already effaced and what I wanted to give you *is given* — it is left to you to make the proper use of it.

I consider you already as a *true servant*, but I want you also to become a *true child*, so that you may have the full joy of it.

With my love and blessings.

27 January 1957

(The disciple wrote that he felt the Mother’s Presence only while working, and therefore work was his only sadhana. The Mother replied:)

In the integral Yoga there is no distinction between the sadhana and the outward life; it is in each and every movement of the daily life that the Truth must be found and practised.

16 March 1958

(The disciple informed the Mother about a difficulty in work, then added:)

*As a discipline I should not complain to you about anything. For some time I have been going on in this way. Somehow I feel that you will have a control over things in the very near future. The only thing to be done is to keep quiet. But I would like to know whether this attitude is correct — or is it *tamas* in a guise?*

Surely to be quiet is not *tamas*. In fact it is only in quietness that the proper thing can be done. What I call quietness is to do the work without being disturbed by anything and to observe everything without being disturbed by anything.

However if something seems to you quite wrong, you can

always report to me — without being disturbed — and I will see what is to be done.

My presence and my blessings are always with you.

19 September 1959

(The disciple wrote that he wished to give up teaching Hindi because his students were so apathetic. His letter ends:)

It is said that you give no importance to the Indian languages. Do you want me to continue in spite of my students' apathy or can I give it up?

Continue without hesitation.

I have the *deepest respect* for Indian languages and continue to study Sanskrit when I have time.

Amrita says that the situation of his Tamil class is much worse than that of the Hindi one. He says that he will continue even if the students come no more . . . he will teach to himself!

With love and blessings.

30 September 1959

(The disciple's Hindi students asked him to say something on the subject of holidays. He referred their request to the Mother, who replied:)

Holidays

Shall we say *holy days*? There are two kinds of them: traditionally, the Lord for six days (or aeons) worked to create his world and the seventh He stopped for rest, concentration and contemplation. This can be called the day of God.

The second one is: the men, the creatures, during six days work for their personal interests and egoistic motives, and the seventh they stop working to take rest and have time to look

More Answers from the Mother

inwardly or upwardly, in contemplation of the source and origin of their existence and consciousness, in order to take a dip in It and renew their energies.

It is scarcely necessary to mention the modern manner of understanding the word or the thing, that is to say, all the possible ways of wasting time in a futile attempt at amusing oneself.

October 1959

(The disciple wrote about a sadhak who did very little work and, in addition, was advising new workers not to “slave like coolies”.)

When you are not doing your work with a full sense of your responsibility, it is not a reason to incite new workers to act like you.

About 1960

(The disciple, responsible for assigning work to new persons entering the Ashram, was upset to find that work had recently been given to someone without even informing him. He asked the Mother how this could happen.)

All I can tell you is: Whenever a person or persons send word to me asking for work and expressing their intention to stay on for some time or to be admitted permanently, I always answer *without exception: go to R*⁵ (if I speak to the person himself) or *send him or them to R*. How this is changed into something else and you are not informed — that I cannot say — it is one of the mysteries of human nature, and I am quite sure that many things happen without my being informed of them at all.

But it is not a reason for being upset about it. There is only to remain quite cool and to do *our* best within the limits that human nature ascribes to us.

⁵ The disciple.

After all the whole, entire responsibility is the Lord's and nobody else's. So there is nothing to worry about.

With my love and blessings.

26 February 1961

We have announced that in the proposed Aditi book series each book will have about 100 pages. The first book will be "White Roses". Is it necessary to keep Huta's introduction?

Yes, because what I have written was for Huta and not for others — to each one what is said is said in a different way — and to mix all that makes a confusion.

1961

Mother,

I submit a summary of Anu's play, Rajkumar, in her own words. You may read it when you can. I would request you to make some suggestion that may help in raising it from the commonplace, that may help the consciousness of those who participate. I feel the need of some change at the end. I do not know what.

Are the circumstances of the story *historical*? or can they be altered? If they can be altered, it would be more interesting if the hostile's instrument gets converted by the Prince's love just at the moment of giving the poison, confesses and gets pardoned.

This old idea of the necessity of the catastrophe to make the power *effective* is a limitation that has to be overcome.

Of course, if it is *historical* and has to be kept, it is in the speech that the higher truth must be told.

25 February 1962

More Answers from the Mother

Mother,

I was under the illusion that I have to arrange work for people. X is in a very bad condition and Y is also unwell. So I thought that when Z comes, he could be put in Honesty Society to help X. He has been a merchant. As it always happens, the case has not been referred to me and I hear he is being given to Bureau Central under your orders!! Yet just the other day I gave a temporary hand to Bureau Central. X's need for a new worker is much more. But if it is your order, I bow down to it.

Each time that an unpleasant situation is there or an impossible person is to be handled, religiously they are passed on to me; otherwise . . . And you say that I am responsible for works.

My dear child,

Must I take it for bad temper and that the ego has been brushed the wrong way? . . . You seem very bitter. And yet nothing is *decided finally* on *my* side without referring matters and telling that *you* must be consulted for the most useful thing to be done. But never mind — if you think things are not going the right way and I am responsible, let it be — I accept the responsibility.

In the present case, I am glad to know that Z can be more useful in Honesty Society, so we shall send him there and hope everything will be all right. But it remains absolutely true that I am mostly busy with something I consider more important than exterior organisation — for the moment — and that is why I expect each one to do his duty with the best of his capacity, and with his eyes fixed upon the magnitude of the Divine's work which will surely help him in his personal difficulties.

Times are hard for everybody and in everything — but it is surely to teach us to overcome our limitations.

I have full confidence in you, count upon you, need your

work, and feel sure you will get over the present difficulties.
With love and blessings.

6 August 1962

Mother,

X brought this pen from Nepal. He gave it to me. I pass it on to you with the confidence that its coming to you will do good to China (it is made in China) and the relations between India and China.

Here is the writing. The pen seems good — blessings to China!

27 August 1962

Mother,

Yesterday I was sleeping in the day and you came in my dream and began to say something when someone knocked at the door and woke me up. This was repeated thrice and each time someone knocked at the door and gave me a severe headache. I hardly remember my dreams, but this one was so vivid. I wonder whether actually you had something for me.

Yes, indeed, I came to you — it is not the only time — with some insistence, for general affairs, Ashram affairs and sadhana (yours) — that is to say, stating the point of your advance.

Is there no way of preventing people from knocking?

A notice at your door, “Please do not knock now.”?

With love and blessings.

25 October 1962

Mother,

A state of emergency has been declared by the

More Answers from the Mother

President of India.⁶ The Government can take drastic action. Our people right from A down to X, Y and Z are speaking vehemently against Nehru and his Government at the gate, in the streets, in the Dining Room, etc. Some even go on involving your and Sri Aurobindo's name. This may invite unnecessary trouble for the Ashram. I bring it to your notice.

I am sending you a notice to put up in the dining room.
We shall have it on the notice board also.

Silence! Silence!

This is a time for gathering energies, and not for wasting them away in useless and meaningless words.

Anyone who proclaims loudly his opinions on the present situation of the country, must understand that his opinions are of no value and cannot, in the least, help Mother India to come out of her difficulties. If you want to be useful, first control yourself and keep silent.

Silence! Silence! Silence!

It is only in silence that anything great can be done.

28 October 1962

A good advice to all the ashramites
in their dealings with visitors and foreigners
(and even among themselves)

“When you have nothing pleasant to say about something or somebody in the Ashram, *keep silent*.”

⁶ On 20 October 1962 China invaded India at two points of her northern border. In the following week Chinese soldiers captured several Indian military posts, but then withdrew.

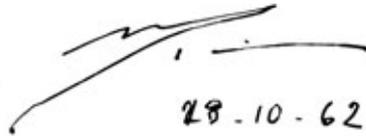
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28-10-62

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More Answers from the Mother

You must know that this silence is faithfulness to the Divine's work."

October 1962

Mother,

You wrote to me that at night you come to me. I also try to reach you but . . . alas.

Continue to try — one day you will succeed, as still I come.
Blessings.

9 November 1962

(When the disciple became editor of Purodha, he began writing stories and articles for the journal. But, as he explained to the Mother, he was afraid that his head would get swollen if his old ambition of becoming a great writer rose up again.)

Behind all ambitions there is a Truth waiting the opportune time to manifest. Now that the ambition is gone, it is time for the truth (the capacities and abilities) to manifest.

Take great care not to become "swollen", but I am with you, helping you, in order to do something that may be interesting.

With love and blessings.

1962

Mother,

Somebody connected with the Ashram wants to publish a diary (not for commercial purposes) with quotations from your writings along with the writings of Vivekananda, Ramatirtha, etc. I have said that it is not good to make this khichiri [mixture]. Better don't put Mother's things. Is it all right?

You are *quite right*.

About 1962

I hear that you have flu — that won't do.

You must *rest* — but a rest of *concentrated force*, not of diluted non-resistance to the adverse forces. A rest that is a *power*, not the rest of weakness.

Cheer up, my child, shake off the bad influence.
With my love and blessings.

7 January 1963

Mother,

I would very much like to see you in your new body.

I suppose you mean my new *appearance* or my *transformed body*. Because for a *new* body, I do not know of anybody who could make a complete living body within which I could step without losing, at least partly, my present consciousness. This of course could be a relatively quicker process, but not quite fair for the cells of this body so full of enthusiasm, and lending themselves so willingly to the somewhat exacting process of transformation.

In any case, as I told you already, you must be prepared to wait a long time for it, and to see many birthdays pass on. Which, of course, is very good and of which I fully approve.

With love.

25 January 1963

Mother,

X had written to you about the construction of the Orissa Boarding. Y has to do the work. Z and W will see the technical side and I am also there. My work is not

More Answers from the Mother

assigned in the letter. You have approved and signed it. X tells me that I am expected to be a sort of liaison for contacting you and the other departments as and when needed. The work will start after Darshan.

How can the work start after Darshan? They do not have the needed money, only a *very small* part of it. And it is *impossible* to start work before having *at least* three-fourths of what is needed.

Besides the plan is not ready, the calculations are not made, nothing is ready according to my knowledge. It would be pure folly to start anything in that condition. I remember the letter of X but did not take it seriously for the reasons above mentioned, and paid no special attention to your presence in this affair which seems to me a little superfluous. So, unless all the money is collected and all the plans and calculations are made and shown to me — *nothing doing*.

Blessings.

8 February 1963

Mother,

In my right leg — from the thigh right down to the heels — some nerves are not working properly. I have a feeling of numbness and I limp while walking, and sometimes if I am not careful it appears that I may lose control. Please see. It started when I was ill in January.

I wonder why these things do not get cured unless I inform you physically. When it is for others, I inform you in silence and it works. Can you tell me?

It depends on the physical receptivity of each one, and that receptivity depends itself on the more or less *dominating* mind.

3 March 1963

(While translating the Mother's Words of Long Ago into Hindi, the disciple found that the story of Kaikeyi told there differed from the version in the Hindi Ramayana. He wrote:)

I am afraid people will criticise what is different from their belief on this point. They say that as Rama loved her so much, she was chosen for the most difficult and unpleasant task.

It seems the Bengali version tallies with what you have written, but the Sanskrit and Hindi versions of Ramayana are different from it. What to do for the Hindi translation?

What I had written was not at all direct knowledge but the translation of a book written in English more than 60 years ago. So you can make all changes that are necessary.

Blessings.

6 March 1963

Mother,

You had told me that you do not want your name to be associated with the name of Paul Richard in any way. X is writing about the early days of the Ashram, where he speaks of your arrival. There he says that you came with Richard who had come for electioneering, etc. This has been published in English and Bengali. It has now come for publication in the Hindi "Purodha". What is your advice?

I am very sorry for this. Nothing was told to me about it. *Stop it at that;*⁷ by all means, let it be the last time something is publicly

⁷ "That" refers to the information that the Mother "came with Richard who had come for electioneering". From that phrase the Mother drew a line down to her reply, thus connecting them.

More Answers from the Mother

mentioned about (my?) past life! — this body does not want to be spoken of — it wants to be quiet and, as far as possible, *ignored*.

With love and blessings.

9 April 1963

Mother,

Now an impertinent question. You wrote to me in very strong language that you did not want to be bothered about the details of Ashram affairs because you were too busy with your inner work. But now you have begun to ask for such information. Does it mean that you have crossed that line where all your attention was needed, and the future is in your hand, or have we bungled so much that you have to spare time for these affairs? I wish it were the first. Will you tell me the secret?

There is no secret. The second is true. Things are in such a mess that I am compelled to keep an eye on them.

19 April 1963

Mother,

I see only two alternatives about this woman Y: either you keep her as charity or you allow me to be a little strict and send her away, giving her about 120 rupees for railway fares etc. for two. Z says that her organs are affected by T.B.

Always, from the beginning, I considered her as a case of charity and expected very little work from her — she is not of the type that likes to be useful. Let her remain at the Lake and be given some occupation that will keep her quiet.

Blessings.

20 April 1963

(Banarasi Ma, a woman from North India with thousands of followers, went about Uttar Pradesh preaching that she represented the work of Sri Aurobindo and the Mother. She made various predictions, among them that Sri Aurobindo would reappear in human form on 15 August 1964. To enhance her prestige, she produced forged letters supposed to have been written to her by the Mother. Writing about her, the disciple ends his letter:)

About 4,000 people in that area of U.P. have joined her fold. Quite many have left their jobs to be with her and all this on your mission and in Sri Aurobindo's name. People of our centre and members of Sri Aurobindo Society in that area want to know what should be their attitude and duty in face of this cyclone of falsehood. I have to give some reply. Please say.

All this must stop at once and for all. It is *sheer forgery* and the people who do forgery ought to go to prison⁸ — or, at least, not allowed to go about spreading their falsehoods and duping credulous people. Her first predictions *all failed*. These will *fail* in the same way, and those who believe are simply fooled.

27 April 1963

(The Mother asked the disciple to dismiss from the Ashram a woman who had become mentally unbalanced. When she refused to go, he wrote:)

Mother,

We had been to X. She refuses to listen to reason. She says she won't go even if her husband comes. Y is ready to take her forcibly. She wants an interview with you. She speaks all sorts of nonsense. Instructions please.

⁸ Beside “ought to go to prison”, the Mother wrote “joke”, indicating that she did not want the matter to go to court.

More Answers from the Mother

It is *quite impossible* to remove her forcibly. An interview is quite out of the question. Let her be here *so long as she wants to remain*. Try to lodge her somewhere where she will be as little harmful as possible, give her *just what is necessary* and otherwise ignore her presence (if she allows us to ignore it).

I shall see.

Blessings.

27 April 1963

Mother,

I did not get any reply to my question about teaching classical Hindi. Classical Hindi is a little difficult, but it contains the cream of the language. Sri Aurobindo has given high praise to the classical poets. Some students do not want it from the point of utility. They want only modern Hindi — that is more useful in day-to-day work. Even there they refuse to speak correct Hindi. They prefer the horrible thing that they call Playground Hindi.

I intended to answer, and in a hurry forgot to do it. The reply is: teach both — the true language and what it has become. That will be very interesting indeed — and more than anything else can cure them from the habit of speaking bad Hindi.

I am sending you one of Z's files containing reports of incidents in your life. I have put three or four marks. Almost all these things were published in "Mother India". Which of the things can pass in this book? Please give me some criterion by which I may say what is "passable".

I have just glanced at the file. All that is the kind of rubbish that, since long, I have stopped trying to check — it is like children's

toys. The only thing I wanted to see was the “Japanese boat” and my prophecy — because this sounds utterly false and needs rectifying.

Let me tell you one incident. (I won't publish it!) I had collected Rs. 67 from my writings. I required some books and I wanted to buy them. One day suddenly I passed on the money to you and immediately afterwards somebody sent me those books, plus others worth about Rs. 200 as a personal gift!

This kind of thing has happened hundreds of times and is happening more and more — but to me it seems “quite natural” although I am unwilling to explain.

9 May 1963

Mother,

I was popular with my students, but now I am losing my popularity since I expect them to work seriously. What is the way out?

The way out? — is to take it coolly, not to mind and to go on with the work quietly... expecting that better days will come.

Blessings.

22 May 1963

Mother,

A friend wants to offer four or five electric fans for the Dining Room. He will pay for the upkeep for a year or two. Do you accept?

Yes.

More Answers from the Mother

I have heard from his wife that he wants to put a ceiling fan in my room also. My first reaction is "No, I don't want luxuries." But it seems a greed is lurking somewhere. What is your advice? (I am not asking for sanction.)

The room is small. A fan would be good. You can take it and see if it helps.

What is bad is *slavery*—slavery to abstinence as well as slavery to needs. What comes, we take but always ready to let it go, if it goes...

Blessings.

24 June 1963

*what is bad is slavery -
slavery to abstinence as
well as slavery to needs.
what comes, we take
but always ready to let
it go, if it goes . . .*

Blessings


(The disciple wrote about two Dining Room workers who quarrelled and fought. His letter ends:)

X gave some blows, Y also gave some. Both fell on a window which in turn fell down. This was at 11:25 when the Dining Room is full of diners.

I received a letter from X and I told him what I thought of the event.

I am not answering to Y — but all that seems very much like going back to the time of primitive man in the caves...

We do not wish to live the artificial life of civilised society, but it would be better to climb up the ladder towards a greater civilisation, rather than fall backward to the rule of the blows...

With blessings.

6 July 1963

Mother,

On the 3rd July I finished 25 years of my stay. Usually I used to get a scolding from you for one reason or other. This time I missed that.

Because you needed no scolding this year.

Z — the man with T.B. — has dreamt three or four times that a very dark figure comes to him and tries to strangle him. He wants to know why this happens and what he should do.

It is some wrong formation in the subconscious. But it would not have recurred if he had not feared. It is the fear — more or less conscious — which does almost all the mischief.

Without fear nothing can happen.

You can tell him like that.

July 1963

More Answers from the Mother

Mother,

There is an all-round deterioration of work and workers, and the demands are increasing by leaps and bounds.

Yes, the disorder is general. The only help is FAITH.
Blessings.

6 August 1963

Mother,

About going to Dr. X, I think it would be better that my body should learn to depend upon you without any foreign aid. I have fears, and lack of faith also attacks me, but I think that in spite of this you can and do help me. Then is it necessary to go to somebody else?

It gives confidence to the body and that way it helps. But I leave it to your decision.

Blessings.

26 August 1963

(The disciple informed the Mother of recent difficulties in receiving visitors at the Ashram gate.)

To avoid all “stories” and complications, it is better to have a second man or boy at the gate between 12 and 2, to bring groups of visitors, especially when there are children, to Quadros House where there is a big verandah which will be provided with seats for them.

I have received complaints that Y is very rude. I do not know how far it is true, but you might ask him to behave properly.

The *reception room* will be closed between 12 and 2.

And the verandah cannot be crowded with families, children

and luggage. I am trying to arrange things decently and need your help.

Blessings.

24 October 1963

I enjoyed your letter and the “story”.

Here is my answer. Is it an answer?... at any rate it is a fact and might explain some things:

“I give orders to those who are *perfectly* and totally surrendered, as these orders cannot be discussed or disobeyed.”

With my love and blessings.

25 October 1963

Mother,

It seems I have to work as an intermediary between Sri Aurobindo Society and the Oriya group. Please remember our old contract: you do the work, I take the credit. Today I have to meet them.

Very good.

Say to Z that as I am expected to do miracles, each one of you must also do some — a few — miracles!

With love and blessings.

14 November 1963

(A group of investors wished to economise on the construction of a new building. The disciple asked the Mother for her opinion.)

In the matter of construction, you get what you pay for. They believe themselves to be very clever, but if they spend less, the house built will last less and even may not be strong enough to resist the violences of Nature. The appearance is the same for

More Answers from the Mother

an untrained eye but the solidity and the resistance are quite different. After saying all that, my conclusion is “Let them do as they like.”

After all everybody must learn his lesson.

Still I add a word of warning. A badly built house cannot be repaired — because most often it is the foundations that are defective.

Blessings.

18 November 1963

Mother,

I have just received a question from the President of the Sri Aurobindo Society through her Secretary. It asks me whether I am ready.⁹ Please say what I shall reply.

The question means

Are you ready for the Hour of God?

You can answer: Yes.

Blessings.

10 December 1963

Mother,

It seems that the Divine likes to be cheated. I have a note from X saying that you have sanctioned breakfast for two children staying with Y.

Where you are mistaken is to believe that I am cheated. This is impossible because their “intention” is for me much clearer than their words.

At first they were sent to the Dining Room under the cloak of emergency. After that, when they were checked,

⁹ The President of the Society was the Mother. Her question, “Are you ready?”, was issued soon after as her New Year message of 1964.

we were told that they had been permitted to take food. When a written permission was demanded, they stopped taking our food. Then I was approached to allow them on a payment basis. I know what it means. I refused. Then I was told they will purchase milk and offer the money to Mother. I said: "If you purchase milk, the money must come to the Dining Room." They agreed. And now this note that two children will have breakfast and pay you Rs.10 monthly. According to our charges, it comes to Rs.30 for two, and this is the thin end of the wedge. Such cases are going on increasing. And what surprises me is that they have your approval.

No approval. But if I were to be strict with all those who try to deceive me, very few would escape this strictness.

Love and blessings.

About 1963

(The disciple wrote about a man who was performing miracles and claiming that they were done through the Mother's Force. The letter ends:)

He attributes all these miracles to you. But I wonder whether such miracle-mongering is safe. It may be like old wine in new bottles.

We do see your miracles so often, but they never come distributing leaflets advertising themselves.

I do not like these showy miracles — they most often end pitifully.

Under the pressure of the Force, the first effect is a dangerous swelling of the egos.

In front of all that, there is only one attitude to take —
Do your best and leave the result to the Lord.
Blessings.

About 1963

More Answers from the Mother

Mother,

My students have learnt some Hindi, but on a point of honour(!) they refuse to speak correctly. Now I have tried for 5 years. Even my best students speak very badly behind my back. I feel like giving up teaching in the next year.

Try for 2 years more, perhaps after 7 years their “honour” will give way!...

Blessings.

About 1963

Mother,

I learn that Z is coming to see you today for his birthday. I would like to know how you find him. I like him and yet my opinion is that he is insincere, dishonest and extremely ambitious. I think that he tries to use the name of the Ashram for personal ends.

I have seen Z. He is more *raw* than anything else; and as in all primitive natures the ego is very prominent and selfish. Yes, something can be made out of his ambition if proper care is taken of him and if he is kept strictly on the right path with a few blows on the nose of his vanity.

Blessings.

About 1963

Mother,

X has given me a letter from Y (see photo). This man thinks that he is too big and we do not know his value. I gave him part-time to the Bakery and part-time to Z at the Press. He has been given very light work in the Bakery, but that is too much for him. Even if I give him to Z he will not work. He is already trying to go to W

— one of the best persons with whom to be very busy doing nothing.

This is just what I had said of the man. I refused to let him go to W. If he is a too big man to work, he can go. We have no need of “big people”.

However if he is *truly useful* in the Press, he can work there for full time (eight hours a day).

With my blessings.

14 January 1964

Mother,

I am unable to understand the attitude of our people in the face of current shortages of milk and money. When I was a student, if we heard about a famine, flood or earthquake anywhere, we used to cut down our milk, ghee, clothes, etc. and send the money for the relief funds. Here, however, when the parent body is in difficulty, an effort is being made for the boardings to be able to get all that they want. We too were paying for our boarding and lodging and yet we cut down our food.

Unhappily(?) the present difficulty is neither a flood nor a famine, nor a war, nor an earthquake, nor a conflagration, nor any of these things which move the human sentiments and make them dominate for a while the material desires named “needs”.

Money difficulties make generally people dry and even bitter, if not revolted. And I know of some people who are on the verge of losing their FAITH because I do not have all the money I need!

6 February 1964

Mother,

After trying for 26 years I find I am still far from being faithful. Small matters can and do upset the balance.

More Answers from the Mother

I wonder whether you will ever succeed in changing me.

I am sure to succeed one day.

Inwardly things seem to be improving, outwardly a sort of disintegration seems to be at the door. Where do we stand?

In front of a beautiful realisation.
Love and blessings.

16 March 1964

Mother,

I have been asked whether Sri Aurobindo's followers can or cannot worship Rama, Krishna and the other gods, whether they should perform religious ceremonies or stop them. I replied that we do not have any set rules that each one has to follow. Each one should do what he feels from within. I said that if one is sincere and wants to be a servant of the Lord, he can become one even without knowing the name of Mother and Sri Aurobindo, that Mother will respond to him in the form of Radha or the Virgin Mary or Hanuman. It all depends on sincerity and faith. We neither ask someone to perform the ceremony nor stop it. What do you say?

Quite right.
Love and blessings.

23 March 1964

Mother,

Generally when I have to face a violent opposition, I call your peace and the person opposite becomes quiet. Yesterday I tried the same thing with the Punjabi youth.

It seemed to act for a while, but then it had a very violent reaction which made me rather nervous. How should one act in a case like this?

Cut connection, suddenly if possible, to let fall down the aggressive vibrations.

Sometimes when I am sympathetic with a sick person, my body begins to show the symptoms of his illness. Having been a medical student, my imagination also works. When this happens, it does not go in spite of my best effort, but it disappears with a harsh word from you. So I have to bother you again. X's diabetes is finding friends in my body. If only I could learn not to go out of your protection.

The best way is to call for the Divine Presence of Truth and Harmony, to replace the vibrations of disorder and confusion.
Blessings.

25 March 1964

Mother,

Y's brother wants to start a business in Bombay. He wants to use Sri Aurobindo's name in the name of the firm. I have told him that it is not desirable to use this name.

He cannot use Sri Aurobindo's name.

5 May 1964

Mother,

Now a joke. In "Purodha" I give two columns of extracts from Mother and Sri Aurobindo. I do not mention always the name of the book from which they are

More Answers from the Mother

taken. Now Z has sent me a note warning me that this is illegal and the authors can sue me in court!! I am eager to know to which court you two will go against me. If the court fines me, the President of Sri Aurobindo Society¹⁰ will surely pay!!

It seems to me that you need not worry! I do not know of such a court and there is no risk of being fined.

Blessings.

23 May 1964

Mother,

X and Y have developed an intimate enmity. I am tired of hearing their complaints. Yesterday Z and W saved the situation; otherwise both the parties would have received good blows in the Dining Room!! I have tried my best, but can't make out any reason for their quarrel. Please help.

It is the heat! My advice is *cold shower*.

Blessings.

27 May 1964

Mother,

I would like to give an editorial note about Nehru in the Hindi "Purodha". I have thought of giving your message,¹¹ followed by his Will where he speaks of his body becoming one with the soil of India. I would like

¹⁰ The President of the Society was the Mother.

¹¹ The Mother's message, issued upon the passing of Jawaharlal Nehru in May 1964, was: "Nehru leaves his body but his soul is one with the Soul of India that lives for Eternity."

to finish it with a message about the future of India. Any suggestions?

It is all right. No suggestion except that the future of India is luminous in spite of its present gloom.

The other day I dreamt that many pigs — big and small — are being kept in the Dining Room for being killed. I wanted to run away. But then I thought, “If Mother wants it, let it be done.” It had a very strong impression upon me.

This dream is a result of your old sanskaras that are still alive in your subconscious. No intention of killing pigs, unless they are the symbol of greed and gluttony.

Blessings.

10 June 1964

Mother,

Sometimes I have personal talks with my students. Some of the good students give so much importance to money that it gives me a shock. They want to be doctors — to earn more!! I am thinking whether I can have a debate in Hindi Sabha on “Whether money is the most important thing in life”. Will it give them a chance to think seriously? I wonder.

Yes, try — it is very much needed. Money seems to have become the Supreme Lord these days. Truth is receding in the background; as for Love it is quite out of sight!

I mean Divine Love, because what human beings call love is a very good friend of money.

Blessings.

13 June 1964

More Answers from the Mother

Mother,

Now one question, if you care to reply. Each time that X or his people get angry with me or with the Dining Room, you find fault with us. Why? It is not so in other cases.

R, for God's sake, do not be as silly as the others.

I find fault with nobody! and never take sides. But, my way of seeing is somewhat different. For my consciousness the whole life upon earth, including the human life and all its mentality, is a mass of vibrations, mostly vibrations of falsehood, ignorance and disorder, in which are more and more at work vibrations of Truth and Harmony coming from the higher regions and pushing their way through the resistance.

In this vision, the ego-sense and the individual assertion and separateness become quite unreal and illusory.

When some *extra* confusion is created in the already existing confusion, I direct upon it some special vibrations to restore as much as possible a better harmony. It is not the individuals as such that feel the "blow", it is their clinging to or siding with the disharmony.

To say the truth, I was confident that you would instinctively side with the Truth and understand that in such cases there is never one side right and one side wrong, but all are to blame in the measure of their adhesion to falsehood and confusion.

15 July 1964

Mother,

There was absolutely no question of your taking sides. The question was not from vexation. I have made utmost effort to be in harmony with X. I have not tried so much with anybody else continuously and for so long, and it has always failed miserably. I wanted to know about that.

The vital of some people calls always for disharmony, petty quarrels and confusion; they generally have also a kind of mania of persecution and believe that everybody is against them. To cure that is most difficult and requires a radical transformation of the nature.

The best, when dealing with them, is not to mind the reactions and to go on doing what one has to do with simplicity and sincerity. In this case, X has had from me the biggest scolding I ever gave him; perhaps it will have an effect.

Blessings.

15 July 1964

Mother,

A student has asked me why time seems to pass so fast. I think it has something to do with the inherent touch of eternity in us. I am not clear.

When one lives in contact with the universal harmony, time passes without leaving any trace.

Some of the best poets of Sanskrit and other Indian languages have sung of Radha and Krishna in such a way that it seems they speak of carnal desire and sexual cravings. There is something that says that it is not mere sex mania. Perhaps they could not get any other language to depict the contact with the Divine on the vital and physical planes and the total surrender of the emotions and the body. This question comes up often.

I always considered it as an incapacity of finding the true words and the correct language.

17 July 1964

More Answers from the Mother

(In mid-1964 there was a severe shortage of milk in the Ashram because many cows had contracted hoof-and-mouth disease. To supplement the diminished milk supply, powdered milk was given, with the Mother's permission, but the result was vehement objection from many persons. In general it was a time of material difficulty, with much rumour and gloomy foreboding about the Ashram's future. The disciple referred to these things in his letter to the Mother.)

Yes, all these false and idiotic rumours have come to me after turning round the Ashram. I attached no importance to them.

I hope that those who are faithful and have common sense will not lose their time listening to all that.

All what you say about the food business was known to me — but you will admit that there is always a way of improving one's action and make it more luminous and comprehensive.

For the powdered milk, for once I see things like Y. The taste is detestable and the effect on the body still worse; I have witnessed many cases of poisoning through powdered milk and am not ready to risk that.

When money is missing it must be replaced by an immense effort of goodwill and organisation. It is that effort that I am asking for, a triumph over *tamas* and lazy indifference.

I do not want anybody to give up but I want everyone to surpass himself.

With love and blessings.

18 July 1964

(The disciple explained several problems concerning his work, and ended:)

Please give us whatever we need to carry on the work smoothly in these difficult days.

A watchful faith will save the situation.
With love and blessings.

6 August 1964

Mother,

X tells me that Y and Z of his department are completely neglecting their work. The machine in the latter's charge is covered with dust. Younger W is teaching him all sorts of bad habits. I do not know what to do.

The bad service comes always when the proper *consciousness* is lacking at the head.

A clear and precise vision of what is to be done and a *steady, calm* and *firm* will to have it done are the essential conditions for an organisation to be run properly. And as a general rule never ask from others the virtues you do not possess yourself.

I have a strong feeling that in that department the supervision is not what it ought to be.

25 August 1964

Mother,

Just for myself I would like to know why X's stay is inadvisable. In February she worked with us for 10 days for about 12 hours a day; for the last 6 weeks she is doing about 10 hours a day and yet something prevents me from recommending the case.

Your impression comes probably from the fact that she has used all sorts of ways (some not quite straight) to remain or come back, or stay here after having been told clearly that I wanted her to go. Because of that one cannot say what she will be and do if once she were admitted permanently here.

Blessings.

26 August 1964

More Answers from the Mother

(The disciple wrote about a woman who continued to live in the Ashram even though the Mother had asked her to leave. No one in authority would insist that she go. The letter ends:)

I do not know who is to look after all this or perhaps this is a period of anarchy. X, Y and Z, all the three know about her case, but are doing nothing.

Well, the best is to take it with a smile! as it seems unavoidable — at least for the moment.

It is when things are going wrong that it is the best opportunity to show one's goodwill and spirit of true collaboration.

Love and blessings.

31 August 1964

Mother,

You had proposed that X's son could be asked to help him, but he is doing his own business with Y. He no longer works for the Ashram. Like so many others, he lives in the Ashram and works for himself.

It is just that that is leading the Ashram to financial ruin.

14 September 1964

Mother,

A childish question: Do animals and birds get the taste of the food as we do?

Yes, but they do not *think* about it as we do.

Blessings.

22 September 1964

Mother,

The idea is to start a primary school in Ludhiana on behalf of the Sri Aurobindo Society. The local people want to start it as a high school. They can finance it. The main difficulty would be about teachers — whether they can take such a big step and keep the school under your influence. What do you say?

The teachers must be found first and the school opened afterwards.

Blessings.

23 October 1964

Mother,

An Oriya sannyasi named Z came here to stay. In a few months he left his sannyas and became a human being. He is very fond of meditation. His body shivers and shakes when he closes his eyes. He feels joy etc., but sometimes he sees snakes around him and upon him; sometimes he is among the wild animals. On the 4th or 5th he made a regular scene in the meditation hall. I have advised him not to meditate till I get some answer from you.

It must have been a fear (perhaps subconscious) of the consequences of having rejected the sannyasi robe and this fear translates by the attacks of snakes, etc. You can tell him not to fear, that I am informed and nobody will hurt him.

Let him try again to meditate with the confidence that he is protected. But he must not try in public first. If his meditations become quiet, then he can once more meditate with the others.

Blessings.

7 December 1964

More Answers from the Mother

(The disciple recounted his discussion with somebody on the subject of work. The letter ends:)

For us the one certainty was, "Whatever Mother accepts as work is work." I am not in despair; I am amused and I have to continue to do what I do not regard as even the A-B-C of work!!, because your compassion accepts it!

R, you are becoming very wise and approaching the realisation that we are nothing, we know nothing and we can do nothing. Only the Supreme Divine knows, does and is.

Love.

1964

Mother,

Some Kitchen workers would like to use a little soda from time to time. Do you allow it?

Not very good for the stomach!

And tamarind?

All right.

Blessings.

1964

Mother,

A personal question. You have now allowed the use of tamarind. But some 20 years back you gave me a very good scolding because I prepared a tamarind drink for someone. You told me that it was bad for health and it was one of the things responsible for the lethargy of Indians. It was almost the same thing that our ancient

sages have said. Now I want to know whether the values have changed or whether you are giving a concession to human desires.

I have heard so many contradictory reports on the effects of food, spices, etc., that logically I have come to the conclusion that it must be — like all the rest — a personal affair and consequently no general rule can be made and, still less, enforced.

This is the cause of my leniency.
Blessings.

1964

Mother,

X (see photo) has been working with me. He is full of fear that he is becoming weaker and weaker. He cannot digest tomato, butter, bread and vegetables. He has filaria and gas trouble. He wants me to change his work; he admits that his work is neither heavy nor much, but he says that even this is too much for his health. If I tell him something, he thinks I simply want to extract work from him and do not care for his body. He wants to do only desk work.

Vital force is *very poor* and mental suggestions rather strong. Do what he asks for a time. He may find out that it is all imagination, for it is his *imagination* that makes him sick or rather gives him the *impression* of sickness.

1964

(The disciple wrote about difficulties in the Ashram, then concluded:)

An old and very weak father of a friend of Y has enlarged prostate. The condition is serious. The doctor has advised operation. He seeks your guidance and blessings.

More Answers from the Mother

Most probably the end is approaching. All depends on his nature and will. If he prefers to go away quietly and without struggle, let him be quiet and pull on as long as he can. If he likes the fight, let him be operated and see what happens. My blessings, in any case, are with him.

As for the condition in the Ashram, it is as you say and probably worse. I shall say like Sri Aurobindo: unless the *consciousness* changes nothing can really be done.

You will interfere — and it is good as an example and a demonstration — but the next day it will become worse.

We cannot even call down the Truth to manifest. The falsehood is so widely and deeply spread that the result would be a wholesale destruction.

Yet, the Grace is infinite — it may find out a way!
Blessings.

1964

Mother,

I am very sorry to say that a great discontent has spread amongst the workers of the Lake Estate. But if I speak to Z on the subject, he flares up: "Magnificent work is going on there, etc., etc."

People are here to change their consciousness. Unless they become, *all of them, true* to their *aim*, nothing *true* can be done.

1964

Mother,

X is going north on the 1st. Most of his business dealings are in West Bengal, Assam and Sikkim. He has good sales there, but he has to give on credit. He wants to know whether he can continue.

Honest business is getting more and more risky.

People are here
to change their
consciousness
Unless they become,
all of them, true
to their aim; nothing
true can be done

There is one Y who was given work at the Comfort Boarding, but due to illness she had to stop. She is having a lot of trouble with her stomach and trachoma in her eyes. She came here in frustration. When she works she works well, but most of the time she is bedridden. Now she wants to die.

People who feel miserable here and find that they have not the comfort they require ought not to stay. We are not in a position to do more than we do, and, after all, our aim is not to give to people a comfortable life but to prepare them for a Divine Life which is quite a different affair.

1964

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a position to do
more than we do,
and, after all,
our aim is not
to give to people a
comfortable life
but to prepare them
for a Divine life
which is quite a
different affair -

Mother,

In October or November I used to get my supply of dry fruits and persimmons. Please see if something is possible.

What is truly needed, will surely come.

Blessings.

1964

Mother,

As far as work is concerned, surely I will be happy to welcome some willing hands. I get nervous when the question of finance comes up, and giving out more dal, oil, spices, etc. comes in that category.

It is not so much a question of finance but of rationing, it seems (scarcity of grains, etc.).

But I propose that we should simply do what is right and fair, without thinking too much of the future, leaving it (the future) to the care of the Divine's Grace.

With love and blessings.

1964

Mother,

There was another letter from X demanding money and charcoal...

Useless to say that my force and help are intensely with all those who, along with me, are fighting this state of affairs and all I ask them is to be confident and to endure.

The Truth shall triumph.

Bon courage.

With love and blessings.

11 February 1965

More Answers from the Mother

(In February 1965 a number of Ashram premises were stoned, looted or burned, ostensibly as part of an anti-Hindi protest. When the Ashram's main compound was stoned, many of those inside went out to repel the attackers. The disciple, however, remained inside the compound, for he did not feel any impulse to physically resist the threat. A strong force like an electric current was flowing through his body, and inwardly he was calm. Describing this experience to the Mother, he concluded:)

I felt that if I could be confident and peaceful and call for your help, then nothing would be able to touch the Ashram. I even moved about in the Ashram in the same state. This lasted till after eleven in the night.

I have had a taste of this experience before also, but it never lasted for more than a few moments. Now I am beginning to doubt whether this was not a cloak to hide my timidity.

Never doubt such an experience.

It is exactly the condition in which everybody ought to have been, the condition I was bringing down on the Ashram, and if it had been shared by all nothing could have happened, all the most violent attacks would have been in vain.

Blessings .

18 February 1965

Mother,

I pray to you to save India from the Indians.

Yes, it seems rather necessary!

Love and blessings.

25 February 1965

Mother,

I wish to know whether the servants could be allowed to come for the raw vegetables from the west door of the Dining Room.

You know that I am not enthusiastic about servants handling the food — but many people seem to like it, through laziness, I suppose!

26 February 1965

Mother,

In the next issue of “Purodha” I am giving a note by Y about the attack on the Ashram — it is just a statement of what happened without sentimental colouring, accompanied by your statement.

I am sending a copy of the statement such as it will appear in the *Bulletin* and must appear henceforth in all the publications who want to speak of it; as you will see, I want to keep only the constructive part. The rest has done its work and is no more necessary.

9 March 1965

(The Mother’s statement on the attack on the Ashram)

A Declaration

Some people looking at things superficially, might ask how is it that the Ashram exists in this town for so many years and is not liked by the population?

The first and immediate answer is that all those in this population who are of a higher standard in culture, intelligence, good will and education not only have welcomed the Ashram

More Answers from the Mother

but have expressed their sympathy, admiration and good-feeling. Sri Aurobindo Ashram has in Pondicherry many sincere and faithful followers and friends.

This said, our position is clear.

We do not fight against any creed, any religion.

We do not fight against any form of government.

We do not fight against any social class.

We do not fight against any nation or civilisation.

We are fighting division, unconsciousness, ignorance, inertia and falsehood.

We are endeavouring to establish upon earth union, knowledge, consciousness, Truth, and we fight whatever opposes the advent of this new creation of Light, Peace, Truth and Love.

16 February 1965

Mother,

I am told that the recent violence against the Ashram was the result of Mahakali's wrath and you are supposed to have said that this was not the last. I thought that it was an act of the hostile forces. If truly it is Mahakali's work, then is it to be welcomed?

People always deform what I say. It is better not to listen to them. But I have written something on the subject and will send a copy to you soon.

There is no question of welcoming destruction, but of learning the lesson it gives.

9 March 1965

(The Mother's statement on the working of Kali)

Behind all destructions, whether the immense destructions of Nature, earthquakes, volcanic eruptions, cyclones, floods, etc.,

or the violent human destructions, wars, revolutions, revolts, I find the power of Kali, who is working in the earth-atmosphere to hasten the progress of transformation.

All that is not only divine in essence but also divine in realisation is by its very nature above these destructions and cannot be touched by them. Thus the extent of the disaster gives the measure of the imperfection.

The true way of preventing the repetition of these destructions is to learn their lesson and make the necessary progress.

10 March 1965

Mother,

I am grateful for the message that you have sent. Is it only for me or can it be put in "Purodha" also? I would like to know why one should not pray for Mahakali's intervention when the destruction that she brings is only for hastening your work. I have seen that when you scold, one feels your hand supporting from behind, so that we may not fall. If a few blows from her can make us go straight on your path, then why not welcome her?

The message will appear in the *Bulletin*. Better leave it for that. It would be too easily understood in a partial mental way—and the results are rather disastrous. She is not the only power at work in the world. There is also Love and Grace.

Blessings.

16 March 1965

Mother,

I know that it is useless to bother you, but I cannot stop myself. X is trying to smuggle one of his relatives into the Ashram. She will be perfectly useless. She gets fits and has many diseases. I am being asked to give

More Answers from the Mother

her some work, but not in the Dining Room, not in the school, nothing that may put the least strain! It may be that you do not even know her and she is going on merrily with "Mother's permission".

Outwardly the whole scene is becoming more and more gloomy. But you are there and I hope you are sufficiently powerful.

I do not know if I am powerful or not (because it is not sure where is the I), but the Lord is all-powerful — that is beyond all doubts, and He is looking into the matter.

Love.

20 April 1965

(The Mother favoured the use of coconut oil in preparing the Dining Room food, but most of the diners preferred groundnut oil. The disciple explained this to the Mother and then asked whether some Ashram-grown coconuts could be sold in the market to finance the purchase of groundnut oil.)

This coconut affair is one of the great absurdities of the Ashram. At one time I was feeling like protesting against this stupidity. Now I smile and feel like letting them do as they like. On one point still I insist, it is the availability of green coconuts for drinking, because it is very beneficial for health. Apart from that, the ripe ones can be sold and groundnut oil bought for consumption in the kitchen.

With love and blessings.

5 June 1965

Mother,

A friend who comes here often put a question to me. I simply laughed and evaded it because I do not know

the answer. He says that formerly when he came he used to find some sort of austerity and economy. Now when the condition in the country is worse, he finds lavish prosperity. From this he concludes that the Mother had taken all the forces of poverty etc. upon the Ashram, worked upon them and banished them; now it is only the after-effects that are visible in the country and very soon the country will be prosperous.

It is a way of saying something, some action, on a much wider scale, and difficult to put into words.

13 June 1965

(The following letter, addressed to the disciple, was forwarded to the Mother for decision.)

“R, May I draw your kind attention to the following: one gentleman from our village has come here. He is praying earnestly for staying here. He is ready to do any sort of work. He knows a little of gardening and seems to be laborious. He says he is accustomed to do hard work though he is aged. May you kindly do the needful. Thanks.”

Forwarded to the Supreme.

The man is above 70. He looks very old. If Mother wants to keep him, Y can try him in the Maret Annexe Garden. Z will lodge him.

My vision says *no*.

My pity says: Let us give him a trial.

My reason says in that way we will be caught.

Blessings.

19 June 1965

More Answers from the Mother

(The following letter from a Dining Room worker was sent to the Mother through the disciple.)

Dear Sweet Mother,

I am working at your Dining Room Service since last six years. When my wife died I left home for the Ashram, leaving my two daughters and a son to the care of my mother-in-law's house. They are now aged 14 and 9 (daughters) and 10 (son). My mother-in-law, who has limited means, is unable to support them now. I pray to bring these motherless children here and let them grow up under your care. Awaiting your kind sanction and permission.

This is very nice — I would like to “shelter” the whole world, or at least all those who aspire for a better life. But we lack place and means.

You can tell him that just now I have refused to allow X (working in the Blanchisserie¹²) to bring his wife and daughter...

It is more a postponement than a refusal.

Let the town grow and the means increase and our hospitality also will be enlarged.

Blessings.

20 June 1965

Mother,

The people who cook at home do not relish the coconut oil we are giving them. They want groundnut oil instead.

They have been given coconut oil, that is why they want groundnut oil — but coconut oil is everywhere (even in Europe) considered as of a higher quality and much easier to digest.

¹² The Laundry.

However these are very minor things that can be adjusted according to their wish.

24 June 1965

Mother,

Just for your information; no reply expected.

Some months back Y made one stainless steel cooker for our rice. We did many experiments with it. When it was successful, he gave another. He will give more in July. By the end of July, he says, we shall be able to cook all our rice with steam.

But today Z has placed an order for some more cooking pots in aluminium, so that we may have sufficient pots to cook for the 5,000 persons we expect in February 1968.

In the normal course I would not have informed you about these little things, but it is better that you know so that overlapping may be avoided and you may not have to spend money on two sides for the same thing.

Although you do not ask for an answer, I must tell you that I have agreed for the vessels asked from Y; but nothing was told to me about the aluminium vessels of which I do not approve, because aluminium is *not* good for cooking. I am speaking of my own experience.

Blessings.

26 June 1965

Mother,

I find it extremely unpleasant to bother you again and again, but I am obliged to write again. The aluminium pots are meant only for cooking rice. I thought they were safe for things that do not have salt or acid. But if you do not approve, we can cancel the order.

More Answers from the Mother

I may inform you in passing that when our French enamel basins were rejected, we got some Indian basins for curds, but their enamel was so bad that they began to smell in two days and they were discoloured. We were obliged to take up aluminium basins for curds as nothing better was available. That is continuing. In the villages they use clay pots, but here they bring many problems. We can try again for better enamel if you like.

My objection to aluminium is that it makes the food blackish and gives an unpleasant taste. If, however, it has not that effect upon rice, it is quite all right.

For curds it is certainly not advisable. Earthen vessels would be much better — the *best* if they are properly glazed.

Blessings.

27 June 1965

(The disciple was told that the Mother wanted him to do a certain unpleasant task. Though willing to do it, he was surprised by the request and therefore wrote to her. His letter ends:)

I hope my relation with you is not such that you may have to ask me whether I will do this or that. I hope you have not to hesitate before asking me to do a certain work, pleasant or unpleasant.

No, when I want something from you, I tell you straight off, not through anybody, nor if it pleases you — because when I ask you something, I am sure that it *must please you*.

With love.

27 July 1965

Mother,

Every day X tells me his tale of misery. I am of opinion that one must accept unreservedly what comes from you. I know it is not easy; in that case one should either put it to you or even quarrel with you and the thing will get cleared up. After all, who else can help us in our difficulties? He does not like the idea. I don't know how I can help him. Can you tell me why he is so rigid on this point and why he always gets into a sea of troubles?

Once more, the lack of faith of the human mind brings complications and pain where with a quiet faith in the Divine Guidance all could be very simple and easy.

It is for the growth of this faith and confidence that I am working since so many years. Obviously the resistance is obstinate.

Blessings.

11 August 1965

Mother,

I used to laugh at people who said that they could not digest the Dining Room food. It is an irony that now I am finding some difficulty with the reformed food. I request you to adjust my body to the changes.

It is more mental than physical.

When some problem arises in the Bakery or Blanchisserie, it is put before me. I have found a trick: I postpone deciding and inwardly leave the matter in your hands. Automatically a solution comes and I get the credit.

This is indeed the true way and ought to be used in all cases.

More Answers from the Mother

I am not able to do the same where the Kitchen is concerned and I prefer to avoid it.

Because there is as yet too much of the ego mixed up with the kitchen affair.

I have always asked you to make me more and more useful in your service. For some time past the idea is coming that this is also an ambition and a personal demand and should be avoided like any other demand, that it should be left to you either to make me more useful or... On the face of it, it sounds good, but I fear that in my case it is a veiled demand of tamas and inertia or frustration — which I see clearly coming from outside as a contagion.

Aspiration is *always* good, and if some demand is mixed up with it, you can be sure that it will not be granted.

*I hope that the trouble in Kashmir is the first step towards the unity of India and Pakistan.*¹³

The Supreme Wisdom is seeing to it.

Of one thing we must be convinced — all that happens is exactly what must happen in order to lead us and the world as quick as possible to the goal — the union with the Divine and ultimately the manifestation of the Divine.

And this faith — sincere and constant — is at once our help and protection.

Love.

2 September 1965

¹³ On 1 September 1965 Pakistan invaded India, crossing the western border of Jammu-Kashmir. The conflict ended in a cease-fire three weeks later on 22 September.

Wisdom is seeing to it - The Supreme

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More Answers from the Mother

Mother,

Y is on his way to Punjab. He has sent me a wire from Madras: "Situation changed. Wire instructions." I think he is a little afraid of the war. May I reply: "Blessings unchanged. Proceed."? He has gone with your blessings.

There is truly war up there. It is only if he is *fearless* that he can go.

Blessings.

7 September 1965

(The Mother's message to the Prime Minister of India)

It is for the sake and the triumph of Truth that India is fighting and must fight until India and Pakistan have once more become *One* because that is the truth of their being.

16 September 1965

THE MOTHER

Here is my message on the occasion (corrected¹⁴ because of the world's condition of mind and feeling) — and some relevant quotations.

Your letter is welcome.

With love and blessings.

16 September 1965

Mother,

Due to the war and the threatening invasion, you must be having serious difficulty of money. We have about Rs. 4,000 with Z in the name of the Blanchisserie. May I request you to treat that money as your own and

¹⁴ In her message, as written out for the disciple, the Mother crossed out "shall" and replaced it with "must"; the official message reads "must fight".

take it whenever you need? By your grace, we shall be able to pull on till better times come. I have kept Rs. 100.

Please see that we are truly faithful to you during these days of trial. If we cannot do anything positive, at least let us not create problems for you. I pray that India may become truly yours.

This is a very comforting note which I do not hear often. It is much appreciated. Just now the Blanchisserie money will remain with the cashier.

Later on we shall see what becomes of the financial situation. With love and blessings.

17 September 1965

Mother,

*At the time of this temporary setback,¹⁵ let me pray:
“Glory to Thee, O Lord, who triumphest over every obstacle.... Give us a faith active and ardent, absolute and unshakable in Thy Victory.”¹⁶*

Let us wait and see. The result is sure — but the way and the time are uncertain.

Blessings.

23 September 1965

Mother,

When such people as X come and speak against you, I feel as if a big flame with many tongues is arising in me, and if it goes further I feel something which I like to

¹⁵ India's acceptance of a cease-fire with Pakistan was considered by many, including the disciple, as a setback to the eventual reunification of the two countries.

¹⁶ These are the first and last lines of the Mother's prayer of 23 October 1937 in *Prayers and Meditations*.

More Answers from the Mother

call Kali's presence. As soon as that comes, the person in front of me becomes docile. What is it?

It must be Kali's force which you evoke.

For the school in Ludhiana — they want to call it Sri Aurobindo School. I think that your name or Sri Aurobindo's name may be conferred upon an institution only after you are satisfied with their work, at least for a few years.

Quite right.

Y who works with me claims that he is not keeping good health and should be relieved from most of his work. He used to work for 9 hours; it came down to 5; now he wants to work only for an hour or so.

This is quite ridiculous. If the man is paying nothing, you can tell him that if he reduces so much his work, we will be obliged to reduce his food proportionally — and then the health will become worse!

Blessings.

25 September 1965

Mother,

When they grind wheat with the stone mill, the bread does not rise and in spite of having the same quantity of flour, it looks smaller — so people ask for more bread. If they grind it with the iron mill, the bread swells more and gives more satisfaction.

But the vitamins are destroyed by the heat and an important part of the nourishment is lost.

3 October 1965

R, Are you scolding your students in the Hindi class?

Answer to the question quite frankly and then I shall tell you why I put this strange question.

Blessings.

21 October 1965

(The disciple explained how he treated the students of his Hindi class, ending:)

Many people have told me that when I am serious, it appears that I am going to scold. But I am accustomed to making fun instead of scolding. I always hear laughter in response. But you can't say. There are two students, X and Y, who are very weak; they never work and are always irregular. I told them that if they do not want to work they can give up the subject. Perhaps these two are finding me an oppressor.

It is exactly what I expected. It is a young girl who wrote to me complaining that you made her weep. Immediately I thought that she must be one of those who refuse to progress. But before telling her that she can leave the class, I wanted to be sure...

Perhaps you know who it is.

Love and blessings.

22 October 1965

Mother,

It was a shock for me to hear that of all the students Z has complained about my behaviour. Nobody has ever wept in my class. Z has been very intimate with me since she came to the Ashram. I am sorry that she has chosen to give up my subject; she had planned to work hard with me and make up for her past negligence. She always told me that she likes my class very much and I could see

More Answers from the Mother

that she enjoyed it more than many others. It brings the same question: Can you trust anybody, and what is the use of working for these children when such is the reaction? There must be something seriously wrong with me which invites such allegations.

This is exactly the kind of treatment the Divine receives from the world. Even Sri Aurobindo was not spared. You see that you are in good company and there is no reason to despair.

23 October 1965

Mother,

For giving true education you have said: "Get out of conventions and insist on the growth of the soul." I can write two pages on this, but actually I do not understand it at all. When I teach the Ramayana I can lay stress upon surrender to the Divine or such matters, but when I take up grammar or some other aspect of literature, what can I do to insist on the growth of the soul?

The contradiction comes from the fact that you want to "mentalise" and this is impossible. It is an attitude, an inside attitude mostly, but which governs the outside as much as possible.

It is something to be *lived* much more than to be taught.
Blessings.

28 October 1965

NOTICE

The whole of India is in acute food difficulty.

All food grains are rationed.

I appeal to the goodwill of each one not to ask more than what is strictly indispensable.

November 1965

Mother,

The Prime Minister has asked the country to have dinnerless Mondays. The hotels etc. are being asked to cooperate. Are we expected to do something in this connection?

It would be a hundred times more effective to *never waste* food than to cut down one meal as a show and to eat more before and after. A strong, ardent, sincere campaign against the waste of food is essential and full-heartedly I approve of it.

Let the inmates of the Ashram show their goodwill and collaboration in never eating *more* than they can digest and *never* asking for more than they can eat.

3 November 1965

Mother,

I have to pay certain bills of the Blanchisserie. I have got the sum. But the bills will take some time to come. My reason says: "Since I know that I have to pay the bills, I must keep the amount; if I give it to you, it will be like challenging the Grace." But another part of me says: "Don't worry, give the money away; more will come when the bills arrive." Neither idea is stronger than the other. In such cases what is the proper way of taking a decision?

Once the mind has started working, it hampers the action of the Grace — so it is better to keep the money.

10 November 1965

Mother,

Once I was very much disappointed with the result of my work in the school. I wanted to give up. You said

More Answers from the Mother

that I should work for seven years and then ask for your advice. This year I have finished seven years of my school work. The students enjoy my classes, but they do not like the fact that I make them work. I do my best, but fail to satisfy them. Tell me whether I have to continue. There is no dearth of teachers; there are several who would like to replace me. They think that mine is a position of prestige!!

Try for *seven years more*; we shall see afterwards! I can add that teaching (with all its moral consequences) is part of your Sadhana.

With love and blessings.

11 November 1965

Mother,

And now a personal question. I know that at the present moment cooperation and coordination are essential for the Ashram. I try my level best and I think I do so with all sincerity, and yet I fail miserably. I have heard people say that I speak very sweetly, but my actions are just the opposite. I think that I try to accommodate with everyone. I am not foolish enough to think that I am the only sincere person in the Ashram; so there must be some serious handicap in me which comes in the way. Can you tell me what it is that stops me, that comes in the way of my cooperating successfully for the work?

Do not take it as a personal affair. Disharmony and confusion are spread all over the world because of the resistance of the falsehood to the action of the Truth. Here as the action of the Truth is more conscious and concentrated, the resistance is exasperated. And in this great turmoil, most of the individuals are moved about like puppets by the forces in their conflict.

25 November 1965

Do not take it as
a personal affair

Dis Harmony and
confusion are
spread all over the
world because of
the resistance of
the falsehood to the
action of the Truth
Here as the action
of the Truth is more
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trated the resistance
is exasperated.
and in this great
turmoil most of the

in Hinduism are more about like puppets by
the force in their country

More Answers from the Mother

Mother,

Once again may I ask you what “Réalisateur Suprême” means in the end of your prayer “Gloire à Toi”?¹⁷ You explained it to me some seven or eight years back, but it got completely washed off. After that I have asked you thrice orally or in writing and each time you have evaded. Please tell me once more.

It is not purposely that I have “avoided”, but probably I did not give you the mental answer you wished for.

To make you really understand it would need a very long explanation and I have very little time at my disposal.

In short I might say that “Réalisation Suprême” for the individual means identification with the Divine and for the collectivity upon earth, the advent of the Supramental, the New Creation.

Do not treat this as a dogma, but only as an explanation.

And “Réalisateur” is the Supreme Power of realisation, the doer and the act.

Blessings.

20 December 1965

(While translating Quelques Réponses de la Mère into Hindi, the disciple asked the Mother to explain certain words and phrases.)

Mother,

In 1942 you wanted to teach me French, but I refused to take your time — and now!!

1. *“Il faut bien que ceux qui ont du courage, en aient pour ceux qui n’en ont pas.”*

(Ironical) It is quite necessary that those who have courage should have some (courage) also for those who have none.

¹⁷ *Prayers and Meditations*, 23 October 1937.

2. “... *il y a une grande joie dans la recherche; mais c'est vrai que mon coeur sera toujours altéré.*”

There is a great joy in seeking; but it is true that my heart will always be *thirsty* (for knowledge).

1965

Mother,

Please explain three phrases of yours:

1. “*Ne te fais pas de mauvais-sang.*”

Do not worry or do not bother yourself about it (it depends on the context).

2. “*Si en toute sincérité, on n'agit que pour exprimer la volonté Divine, il n'est pas d'action qui ne puisse échapper à l'égoïsme; mais tant qu'on n'a pas atteint cette condition, il est des actions qui sont plus favorables au contact avec le Divin.*”

There is no action that cannot escape selfishness or all actions without exception can become unselfish.

3. “*La santé est l'expression extérieure d'une harmonie profonde, il faut en être fier et non la mépriser.*”

Good health is the exterior expression of an inner harmony. We must be proud if we are in good health (or appreciate being in good health) and not despise it (or treat good health with contempt).

1965

Mother,

Please explain the final phrase: “Le véritable amour

More Answers from the Mother

est une chose très profonde et très calme dans son intensité: il peut très bien ne pas se manifester par des effusions extérieures.”

It (Love) may quite well not manifest itself (love) in any exterior acts (or signs — or forms), sentimental or affectionate.

In French, “effusions” is used ironically and means a display of affection.

1965

Mother,

“To conquer the Divine is a difficult task” — I think I have not understood this phrase properly.

Take “conquer” in the sense of “acquisition” or “possession”.

You might say — the conquest of the Divine’s Consciousness is a difficult task.

Commentary: for human beings to become conscious of the Divine and to possess His nature is difficult.

1965

Mother,

X has told me about your arrangement for the mill-room. I am very happy about it. It will give a much needed rest to Y. I hope it will work out well.

It depends on how much each one cares more for harmony than for the triumph of his own will!

Love is with all, working for the progress of each one equally — but it triumphs in those who care for it.

Love.

1965

Love is with all,
working for the
progress of each
one equally —
but it triumphs
those who care
for it.

done


(During a period of milk shortage in the Ashram, the Mother asked the disciple for information.)

I would like to have two figures, if you can give them or get them:

More Answers from the Mother

1) What is in *litres* the quantity of milk required daily if we give the *full ration*?

2) How many litres of milk we are getting per day (maximum) all told?

With method, order, and care there is no difficulty that cannot be solved.

With love and blessings.

About 1965

(The disciple related the complaints of the laundry workers.)

Be careful about the various reports of the workers — they are always biased. Each one speaks always with his preferences (likes and dislikes) and twists things.

Blessings.

About 1965

Mother,

I had a queer dream. Communists attacked my room. They climbed up to the windows from outside. They were abusing, shouting and screaming; but something was preventing them from entering inside. I stood quite unperturbed as if it had nothing to do with me.

This concerns the country, not you personally.

Yesterday my right arm was very slightly hurt. I don't know why, but I almost swooned for about a minute. I do not see any reason for this.

Concentrate more constantly on the Divine Presence and the protection will be more spontaneous.

Love and blessings.

About 1965

Mother,

Each time that I try to rise a little in my consciousness, I get a great setback and it seems to fall instead of rise. When I give up the effort, it becomes normal.

As for the progress, it is because you are trying *mentally* and the mental is always a limitation to the consciousness. It is only the aspiration from the heart and the psychic that can be effective. (And when you stop trying, you let me work in you and I know the proper way!)

About 1965

Mother,

I have read a good deal on “what is humour”, both ancient and modern. Your humour does not fit any of the definitions and yet I find your humour to be the most humorous. Can you tell me what is true humour?

The humour of the Supreme.

About 1965

Mother,

According to the old tradition there is a cycle of four ages or Yugas: Satya, Treta, Dwapara and Kali. In “The Yoga and Its Objects” Sri Aurobindo seems to confirm it. I did not find any definite mention in other places. Please tell me whether the Satya Yuga that you are bringing is again to be followed by the other three and the world is to fall into this darkness over and over again.

I do not know how they will call what I am bringing, and according to Sri Aurobindo it will be followed by the New Creation and the advent of the Supramental. That is all I know.

Blessings.

About 1965

More Answers from the Mother

Mother,

Does the cow really have a special sanctity or is it merely a tradition based on economic needs?

Mere tradition based on old symbols.

Blessings.

About 1965

Mother,

Z has produced many children at very short intervals. I advised him to have a little control. Instead of that, he tried for an abortion for his wife when the next occasion came. It has failed. His wife is ill. He now wants to know the proper way.

Control or, if he is incapable of it(?), operation on himself. It has become very fashionable!

About 1965

Mother,

I am very sorry about the muddle over X. He has told me several times that he is unhappy in his department and wants to come out, but he does not want to say so in the face of Y. He wants it to be said that he is changing to the Laundry because Mother wants it.

I do not like such a weakness going to the point of hypocrisy. Is there nobody else who could look after the Blanchisserie?

As for replacing Z in the Blanchisserie, unless X is frank and says to Y that he wants to go there and do that work, I do *not* want him, because my words are not diplomatic and I shall say the truth to Y whatever is the result.

In fact, it would be better to find somebody a little more courageous to work in the laundry.

Blessings.

15 January 1966

Mother,

I had taken your permission to give Sri Aurobindo's stories retold in Hindi (not translated) in Hindi "Purodha".

It seems to me better if it is simply translated. What is your reason for *retelling* and not translating?

4 February 1966

Mother,

The reason for retelling Sri Aurobindo's stories in Hindi is very simple. It is honesty. We do not want to pretend that we can translate his "Baji Prabhou" or "Perseus the Deliverer". We can reach nowhere near the original unless, as you told me once, "we reach the consciousness from where he has written", which is beyond our dreams. The stories are very nice; we tell them in our own words and say that those who can should try to read the original. On this plea you had sanctioned retelling them in "Purodha". A translation that tries to be faithful becomes very pedantic and loses all its charm. All the translations available go to prove this.

Considering the matter from this point of view — *let it be.*

With love and blessings.

4 February 1966

Mother,

I had planned to give "Stories from Sri Aurobindo" as we have stories from the Upanishads or the Mahabharata, with the idea that your full approval was there. X studies the original and writes it in Hindi; then I retouch the whole thing. Now I fear that you did not like it very

More Answers from the Mother

much. It is difficult to withdraw because I have already announced your approval for the plan. What to do? I am not happy about it.

It is quite all right. You can go ahead happily about it! I like the idea as *you* put it.

All depends on the spirit in which things are done.
Your attitude is good so everything is all right.

I have been teaching some beautiful poems about Radha and Krishna. Radha seems to be so living. The scholars of the modern age say that Radha is a very recent addition to the Krishna cult. Can you tell me whether Radha existed or not?

Surely she has lived and is still living.

Love and blessings.

8 February 1966

Mother,

The political and economic situation in India is becoming more and more ridiculous. Please save India from the Indians and make us worthy of your grace.

The Divine's Grace is wonderful and almighty.

And the ways of working of the Lord are full of a delightful sense of humour...

Love and blessings.

6 March 1966

Mother,

The Labour Inspector is coming to visit our Blanchisserie at 8:30 today. If we employ 20 men or more,

we come under the Factory Law. We have 23. Many or rather all wise men are advising me to declare only 19. But I believe that an Ashram department must not give false declarations, so I am going to declare the correct number. Am I right? Due to my declaration you will have to pay for the provident fund, etc.

Certainly you cannot give a wrong figure — but, is it not possible to really reduce the number of servants to 19?

21 March 1966

(The disciple could not decide upon a course of action because different parts of his being put forth contradictory arguments, each of which seemed correct. He asked the Mother what to do in this case.)

I am quite willing to answer — but once more the answer will probably be bewildering...

In fact all your different parts are correct in their argument, and the wisdom is to go deep enough in the consciousness to find the place where they meet and agree, completing one another rather than contradicting.

As for the actual action, a smooth, harmonious working is generally better than the difficulties created by too rigid principles... but that also is not absolute — and the ideal condition is, at each occasion, to receive in the inner silence the guidance from above.

With constant practice and goodwill, it becomes possible.
With love and blessings.

24 March 1966

Mother,

Our old workers, who are blamed for cooking badly, have asked time and again for some more spices or more

More Answers from the Mother

oil or such things. When I took up the work in the Kitchen, some of them appealed to me. I asked them to keep quiet because there was financial difficulty in the Ashram. But later, I thought I should try to get them a little freedom in work. I spoke to Y and got more spices and oil for them. Now your answer puts me in a doubt whether I have done the right thing.

R, what is the matter with you? I always considered you as one of the rare ones who could understand my jokes!... and now! You take one evident joke so seriously!... I have nothing against your workers, on the contrary; my plan was to wake up in them a new interest in the work and, on the solid basis of an experience, to give what is necessary for an ... eatable cooking. I am sorry to have to explain everything in advance, in order to be understood.

You can say to the one who spoke to you that he will be given what is needed for cooking, but that the whole thing needs to be reorganised and nothing lasting can be done in a hurry.

Now, if anything I said or did gave you the impression that I am not satisfied with your work, I am very sorry for it because nothing of the kind is in my consciousness. I know the circumstances are difficult and you do the best that can be done — but everybody and everything can always progress and I am always working in view of a possible improvement, knowing that the greatest difficulty brings always the greatest victory.

And I trust that you are with me for that.

With love and blessings.

26 March 1966

(The disciple wrote about a disagreement with a Dining Room worker. His letter ends:)

I am sorry I am writing in anger, but a distrust of this sort does hurt and I do not conceal it.

There was *no distrust* and I am sorry you took it that way. But now I tell you *seriously* (as you do not seem to appreciate my jokes) that the best thing to do is to have an open, frank and cordial talk with Z and tell him clearly the way you see for the problem to be solved.

If you both together come to a harmonious and effective solution I shall consider it as a great victory... for me.

With love and blessings.

2 April 1966

Mother,

You have asked me how my hand is. I don't know what to say. Before informing you about it, I had to call for your help for lifting even a tomato; only with a constant remembrance of you, could I finish my work. But after getting your blessings, I lifted several boxes of grapes, each weighing about 30 kilos, and I forgot to call you even once. From this you can decide which condition is better!!

This is one more proof that in your case, the physical contact (this time in writing) is more effective than the purely mental one.

Love and blessings.

7 April 1966

Mother,

When I came here you gave me work in the Dining Room. Thus I was working on the last Darshan day when one could make Pranams to Sri Aurobindo. My work went up to 9:30, but my group had to go for Darshan at 9:00. Everyone told me that I should leave the work and go, or I would miss Darshan. I did not mind. I came after finishing my work and, lo, Sri Aurobindo was a little late and my group began only after I had come.

More Answers from the Mother

Naturally!

When you called me upstairs to do X's work, you said that I would be avoiding many troubles if I concern myself only with work and did not try to look at you each time that I saw you. I have tried to follow that advice faithfully to the best of my capacity and it has helped me very much. In the same way I did not look at Sri Aurobindo even though I had to go several times towards his room. I always thought it was sufficient that you can see me — I need not see you. If you want me to change this approach, surely I shall do so, to the extent you want. Life is a paradox, isn't it?

Your attitude is excellent and very helpful for the work and also for you.

So let us continue as it is.

With love and blessings.

8 April 1966

Mother,

Now about the future arrangement for distributing milk during this milk shortage. Instead of making any suggestion of my own, I would like to know exactly what you want me to do. Who are to be regarded as children and in what way is the extra milk to be given?

I consider as children all those below 15. Up to 10 years old I would like them to have at least 2 full cups of milk per day (of course, those who do not like milk are not at all asked to take it).

The sick people, where recommended by a doctor, may have also if they wish. Apart from that I leave it to your "wisdom".

14 April 1966

Mother,

The glass case that used to remain on my terrace (the one used for drying things) was thrown about two metres by the cyclone and all the glass is broken. The storm had a special love for the Ashram and Pondicherry, it seems.

May be.

The forces behind the cyclone were not hostile but full of a transforming power. You did the right thing, and I can assure you that to go inward and to receive the force is more helpful than to throw oneself into an agitated action. Certainly “tamas” is not good, but it is only through surrender to the Divine Consciousness that tamas can be changed.

With love and blessings.

6 May 1966

Mother,

The other day a man came to me asking whether he could give his clothes for washing. I said, “You can give clothes only after staying here for one year.” And immediately he pulled out a note with your approval!!

Before signing any demand, I am *always* asking if the person has been here for more than a year, and each time I am told yes. I have no way of control because I do not know who is coming and who is admitted. I receive information only in very few cases. So the only thing to do in this case is to refuse all signature except on a note coming from you.

Blessings.

17 May 1966

Mother,

A Gujarati couple who came to stay for one year at their own expense are asking for free food. He works

More Answers from the Mother

in the Bakery, she in the Kitchen. He says that he is not getting the money from home that he had expected. In work they are not bad.

They can have the food as long as they work.

Some friends are advising that in “Purodha” I should give more things by you and Sri Aurobindo about Sadhana. My idea is that if we have to approach the youth, for whom this magazine is meant, we should not speak directly of Sadhana. We should attract their attention towards the Ashram and your teachings and then let them read directly from your books. As far as the value of our magazine is concerned, I think much more depends upon the consciousness from which things are written than upon what is written.

You are right.

2 July 1966

(The disciple explained that at the Dining Room there were two different standards by which visitors paid for their food. His letter ends:)

They are actually charging Rs. 2.50 per day for 26 days. There is no uniformity. For the same thing different people give out different rates. X says that they made the change with Y’s knowledge, but he does not seem to know it. I asked Z to ask you for a clarification on this point, but...

This is very interesting but not unexpected. Since I have “retired” each one seems to do according to his own ideas without correlation with the others and — under the pretext of not disturbing me — without consulting or even informing me!

Series Three

Although by my own means, I know more or less what is going on, I simply smile and do not interfere. Each one must learn by experience.

I am waiting for the day when order will conquer disorder and harmony be the master of confusion. I am behind all effort in this direction.

Blessings.

6 July 1966

Mother,

In a good many lives of Indian saints we read that with full trust the man refused to eat till the Lord came in the human form and shared the food, and that actually the Lord appeared, behaved just like a human being, and ate. Is there any truth behind these stories?

A psychological truth because anybody can become for you the Lord if so you decide. The subjective point of view is much more widely prevailing than it is generally admitted.

23 July 1966

Mother,

I have been reading Sri Aurobindo's "Love and Death". Do such vast regions of eternal night and sorrow as described there really exist? And do we go there after death? They seem to be like hell, with all their sorrow, gloom, darkness and the roaring rivers. Which part of the being goes there and why?

The vital world is mostly like that and those who live exclusively in the physical and the vital go there after death... But there is the Grace!...

2 August 1966

More Answers from the Mother

Mother,

About the vital world described in “Love and Death” you said that “those who live exclusively in the physical and the vital go there after death”. Does it follow that even animals and plants have to go there? How do they manage to come out from there?

Except for very rare cases, the animals are not individualised and when they die they return to the spirit of the species.

In “Love and Death” are Ruru and Priyumvada the first forms of Savitri and Satyavan?

Sri Aurobindo told me nothing about that.

6 August 1966

Mother,

X is one of my students. She works hard but cannot retain anything. She feels sorry, works again, but with the same result. Seeing her effort I promoted her, although she is not fit for the eighth class. This year it is the same thing. Her sister Y is clever but lazy. Several times I have had to check myself from getting impatient. She is interested, but she rarely works and hardly gets any result. How to deal with such cases?

Continue to be patient. It is some kind of mental tamas: one day they will wake up.

6 August 1966

Mother,

Was the recent cyclone also brought by the transforming forces of the Divine?

Nature is collaborating in her own way. All is meant for the growth of a spontaneous sincerity.

Blessings.

7 November 1966

Mother,

I write stories for my magazine. Now let me tell you a true story. A gentleman came here. He claimed to be a poor man, though he is building a four-storey house for himself and earns about Rs. 1200 to 1600 per month. He wanted to have your "special darshan" and you refused — it was so unkind. The poor man then made up his mind that if you change your mind and see him, he will give you Rs. 10 and his wife will give Rs. 15 — and still you did not meet him. It was impossible for him to give Rs. 100, as suggested by a friend, for the simple reason that he did not have that much. When he went back, broken-hearted, he was caught by the crowd of students in Andhra. He had to beg and plead for mercy and by divine grace he could at once offer Rs. 500 to get out of their hands!!

The same story, with small differences in the setting, could be told so many, many times!...

And what about the stories of the efficiency of the Divine Grace? They are less in number perhaps, but so much more comforting!...

Love and blessings.

8 November 1966

Mother,

Z came to me last night. We had a very long talk

More Answers from the Mother

about his work. He seems to have gone with a calm satisfaction. If only I could work half as well as I can speak on the subject! Alas, that does not happen. Sometimes I fear that I am losing interest in work. Even in the work connected with fruits I am not half as enthusiastic as I used to be. It may be that I am losing interest or getting old or learning to work without feverish activity. You alone know.

I see it as the advent of *Wisdom* leading to true equality.
Blessings.

17 November 1966

Well, one thing is sure — with you I am rich and receive some money. With most of the others I am poor and have debts....
Blessings.

8 December 1966

Mother,

Since X has taken over the mill the flour is not good, so the bread does not rise properly and it remains hard. But people are saying that I have given orders to reduce the size of the bread for the sake of economy! X is reported to have said that I am standing in his way, otherwise he would have got control over the Bakery. As far as I know myself, I am not keen about being a departmental head; I have had enough taste of it. At the same time I do not want to run away from a task given to me. If I have to continue, please show me some way of being more useful. If you have someone else in view, I won't mind in the least to step aside.

I wanted you to look after the money, because it was the only way to be sure that the money would come to me.

But the organisation of the working of that section can be given to others provided they agree to collaborate.

I ask you a little more time and patience and expect things to take a more definite form.

As for the displeasure of people they always grumble and complain. We have not to give it any importance.

1966

(The disciple wrote that he would look after the organisation of the Bakery, Laundry and Dining Room, but could not keep their accounts since he did not know book-keeping.)

I am very fond of proper organisation. If those who organise want sincerely to do it, I require only clear and precise information. When this is given and there is sufficient trust in the Organising Power it is sufficient. The rest will be done.

Blessings.

About 1966

Mother,

You must appreciate the human capacity for calling troubles. I was perfectly all right, in fine health. Then an idea came to me like a crow in the sky: "You speak of divine protection; look at Y and Z — now sick — who are much more useful than you." I chased out the idea, but not before receiving a little kick in the shape of a cold. But luckily the Protection does not care for my stupidity.

It is not a question of usefulness. For the Grace to have a perfect and total result of Its action, the faith must be *total and perfect*. Where???

Love.

About 1966

More Answers from the Mother

Mother,

One worker of the Bakery has gone and X is going on the 6th. We need two persons there and one for the Dining Room.

I have no contact with people now and no exterior means to find workers. The only hope is in the capacity of the invisible Power!

Love and blessings.

About 1966

Mother,

Y, who works with me, has given a sealed letter for you. Perhaps he wants to import his children. Last year you had said that you will allow them when the situation improves.

The situation has not improved, but if he is a good worker, it is better to let him bring his family.

I know the difficulty and am trying, but very few, now-a-days, are those who sincerely want to work.

Whenever I hear of somebody I immediately send him or her to you. But it does not seem to be very effective!

Blessings.

1966

Mother,

A student of mine has written an essay where she says that we are expected to have nothing to do with sex and yet each time we speak we must remember sex so that we may not make a mistake in gender!

This is just a *joke*... or, a twist of the mind and a clever way of

refusing to understand what is truly meant by the advice.
Blessings.

About 1966

Mother,

We received an oral assurance from the Government of India that they would subscribe to 500 copies of Hindi "Purodha". The official order got delayed by 7 months. We have printed more copies for them and now they want only 150!

I never thought of money all these years. Now I have to ask you for more and more!!

What to do? On all sides it is like that. It seems a new problem that has to be solved miraculously: to receive much less, and yet to spend much more!

Love and blessings.

About 1966

Mother,

Will any doctor believe that yesterday when I was writing my letter to you the swelling of my groin was so big that I had difficulty in walking. This morning when you received my letter, I began to feel that it was shrinking. By the time I got your reply it was reduced to half. Now I can run! The swelling of the foot also goes down in the same way, but neither goes away completely. They reach a point where they are harmless and then the progress stops.

This gives the exact measure of your body's receptivity. Concentrate the force on the diseased parts and they will improve.

About 1966

More Answers from the Mother

Ambitious plans generally fall flat. It is better to go slow and steady.

Blessings.

About 1966

(In the following letter, the words “choice” and “abyss” refer to the Mother’s New Year message of 1967: “Men, countries, continents! The choice is imperative: Truth or the abyss.”)

Mother,

The choice was made long ago. There is no progress towards it. The abyss seems to be gaping just in front, yet there is a confidence that it will be removed from the way.

The confidence is quite legitimate. The message is only for those who are still asleep and quite satisfied with their sleep.

Blessings.

2 January 1967

Mother,

Z is asking me to write some Hindi articles on subjects like meditation, work, surrender, etc. He says that I am the only one who can write properly. I feel that it would be like a blind man leading the blind. Looking at myself I wonder what I know that I can tell others.

Go on writing. How do you know if the *inspiration* is not ready, waiting to come to you?

Love.

10 February 1967

Mother,

For “Purodha” you asked me to write on subjects connected with Sadhana, and the first article I have written is on meditation!! And yet once you said that if I were to be punished I could be asked to meditate for half an hour!

I never said that you were not capable of writing on the subject!
Blessings.

8 March 1967

Mother,

I am having difficulty in writing for “Purodha”. I can very well see the hollowness of what I write. The life is missing. And yet I have to write because I have the responsibility of the monthly.

Call Sri Aurobindo to your help, and it will be all right.

24 March 1967

Beware of what is repeated to you in my name — the spirit in which it has been said is lost!

29 March 1967

Mother,

(After relating several problems:) What stories on a day like the 29th! Let me not get the contagion of bitterness.

When we get bitter we lose our Divine contact and become very “bitterly” human...

Love and blessings.

29 March 1967

More Answers from the Mother

Mother,

I am not bitter for the simple reason that I am losing my sense of responsibility (the words do not convey the proper sense). It is X who is getting more and more bitter — even against you. He feels that soon all of us whom he calls people of the old lot will be thrown out in a helpless condition. I was praying that I may not get the infection.

All that happens is to teach us one and the same lesson. Unless we get rid of our ego there is no peace either for ourselves or for the others. And without ego the life becomes such a wonderful marvel!...

Love.

30 March 1967

Mother,

Perhaps you know that our quota of sugar has been reduced. I would like to have guidance from you about the new policy. If you like, I shall give you the details of consumption.

I learnt that yesterday and can only tell you: *do for the best.*

If you use sugar for me, stop it completely. It can be replaced by glucose if need be.

I suppose all these are to teach us to be plastic.

Love and blessings.

13 April 1967

Mother,

You seem to think that you are a very big eater! If you stop sugar it will save a lot! From 1951 or so I have not used sugar for you because you had asked me not to

All that happens
is to teach us one
and the same lesson. -

Unless we get
rid of our ego
there is no peace
either for ourselves
or for the others. -

And without ego
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such a wonderful
marvel! - - -

Love 

More Answers from the Mother

do so. In the morning almond drink I use honey and in the evening sugar-cane juice. If the pomegranate juice needs sweetening I use sugar-cane juice.

I am very glad to hear that you are not putting sugar in my drinks. I find them quite sweet enough as they are and congratulate you for your remembrance of what I said — it is indeed an uncommon fact!...

With love and blessings.

14 April 1967

Mother,

In the context of your recent messages to the school emphasising the future: As a language teacher I have been laying great stress on the Ramayana and the songs of Kabir, Mira, etc. and the stories of the Upanishads and the Mahabharata. Please tell me what to do. If I stop them as belonging to the past, how to replace them? If I continue them, shall I not be going against your current?

Not at all. It is the attitude that is important.

Even in the lower classes I lay stress upon the stories of Indian literature. We have no vision of the future and if we discard all these as things of the past, then what will remain in the literature?

The past must be a spring-board towards the future, not a chain preventing us from advancing.

As I said — all depends on the attitude towards the past.

As I can see it, for myself the best thing would be to give up teaching and writing and go back to purely physical work and wait for the advent. But that would mean

finding fault with you, because it is you who gave me these works against my apparent wishes.

And I continue to give you the work. If you feel that a change is needed it can be in the *attitude* giving more importance to what is to be said and realised and using the past as a preparation for the future.

This is not a very difficult thing to do — and I am quite sure that you will easily do it.

With love and blessings.

17 April 1967

(The disciple wrote that in the Dining Room kitchen many workers were upset with the decisions of one of their supervisors. His letter ends:)

In such conditions please see that the work does not deteriorate. The Kitchen has no good workers. It is one of the most neglected departments. I hope something better will come out of all this conflict. I believe in miracles.

When human passions guide the work, I can only stand apart as a witness. I am politely informed of what is decided — never asked for what is to be done.

I cannot give orders because if orders were disobeyed it would automatically lead to a catastrophe.

So there is nothing else to do than to wait patiently for the passions to cool down and... hope for the best.

Perhaps some people may wake up to the necessity of working hard...

With love and blessings.

19 April 1967

Mother,

On the last few occasions I have felt very tired after Darshan work. During this period I do not do much

More Answers from the Mother

physical work, I do not get nervous or excited, and this time I did not feel the sense of personal responsibility either. But I remain present all the time and at the end I feel dead tired. If I have to work I feel all right, but the fatigue comes after that. Why? What to do?

It is because you are receptive to the Force when you work and that sustains you. But when you are not under the strain of the work you are less receptive. You must learn to be receptive in all circumstances and always — especially when you take rest — it must not be the “rest” of inertia but a true rest of receptivity.

Blessings.

9 May 1967

Mother,

The Dining Room mats are very much torn. Before asking for new ones, I would like to know whether we shall continue to have mats or go for tables and stools on a large scale. At present we have two rooms with tables and stools, the rest with mats.

There will always be people who like better to sit on the floor. Ask for the mats.

11 May 1967

Mother,

Can you tell me how long it took you to plan this creation and who was there to execute it?

Nothing in advance. Everything immediate — directly, spontaneously without any intermediary. The intervention of intermediaries has mostly complicated matters rather than simplified them. A rather long story to say.

Blessings.

13 May 1967

Mother,

Before 1947 you had said that India was suffering from something like cancer: each limb was trying to grow at the cost of the others. We could not see it at that time. Today all can see the cancer and even leprosy. But for your presence the whole thing is dark as dark can be. Is a full destruction needed before India fulfills her mission? Will it take a very long time?

When there is some work to do, the least one speaks of it the better it is.

17 May 1967

Mother,

Y has long been friendly with me and now she is coming to me for advice. Sometimes she feels very lonely and thinks of getting married. Sometimes she feels that her place is in the Ashram and the other things are useless. I never give her direct advice, but I would like to know whether she is meant for this life and what line I should take when she comes with her difficulty.

The fact of being here proves that there is an aspiration somewhere in her being and with help the aspiration can spread in the whole being.

With love.

5 June 1967

(The disciple informed the Mother about a shortage of fruits and sugar in the Ashram.)

Sugar is useful mostly for children, for the others it can be replaced by something else.

More Answers from the Mother

Surely, all this comes to teach us to have a *quiet faith* that what is *truly needed* we shall have and that, for the rest, we must not bother!

With love and blessings.

15 June 1967

Mother,

Z is so keen to control the Dining Room. If you don't mind, let him take charge of it from December when you reorganise.

I do not see how it is possible for many reasons that I cannot write here. I am *not* reorganising, I am simply *adding* a kitchen¹⁸ because the number of people has increased so much that to cook for such a big quantity at a time becomes difficult.

Moreover the food for the school children and the food for the Ashramites needs to be somewhat different, as children need special food for *growing*.

26 June 1967

Mother,

Can you tell me why in Sri Aurobindo's Ashram, in your presence, everyone seems to think of food, physical culture and the doctor for keeping good health? The Divine help may take a fourth place if it likes. It is difficult, at present, for one to speak of your help. People seem to think that by speaking of your help either one is trying to show off or is a fanatic.

Sri Aurobindo said that the physical was to be taken into the yoga and not rejected or neglected. And almost all here thought

¹⁸ The Corner House kitchen (and dining hall), for the students of the Ashram school.

they were doing yoga in the physical and fell the prey of the physical “needs” and desires...

To speak frankly, I like better that mistake than that of the so-called ascetics who are full of contempt, bad will and scornful feelings for the others.

No time to say all that could be said on the subject.

But... the criticising spirit is more destructive than many bad habits.

Blessings.

12 July 1967

Mother,

I never scorned my body nor did I adore it, although I have a leaning towards asceticism. I was not criticising anyone yesterday.

My remark was not meant for you but a very general statement.

But I feel sorry, angry or disgusted when people come to me moaning about their health and tell me that they have done this and that, yet there is no improvement. Then I can see from their face that they won't trust me if I ask them to have faith in you. They will think that I do not want to give more milk or fruit, so I tell these stories. It is this that I find disappointing.

Why disappointing! If there is one in a hundred who has a true faith, it is already a miracle!

I have been reading the autobiography of the present Dalai Lama. Is there any truth in the legend of the Dalai Lama's rebirth and discovery?

At one time I knew their legend, but now I have forgotten it. So I can say nothing about it, except this general statement — that

More Answers from the Mother

man can imagine nothing that has not happened at least once; so there is always a truth behind the statement. The mistake is to generalise and make a rule of it.

Love and blessings.

13 July 1967

Mother,

I have seen your messages about tests. I fully agree that examinations are useless. Personally I have some questions. I teach a language. I have to see whether my students have a grasp over the language. In one of my classes I have replaced tests by essays. The result is satisfactory. But what to do in such cases:

1. X — *She has a good grasp of Hindi, but she is very careless, does not work and is often absent.*

2. Y — *Very intelligent and capable, but she has always shirked from work and tried to cheat me by her sweet and intelligent talk. I had to give up.*

3. Z — *Very much interested, she can appreciate literature, but she cannot write one sentence correctly.*

There are others in the same category in various degrees in the lower classes.

Those who are insincere do not truly want to learn but to get good marks or compliments from the teacher—they are not interesting.

Is it possible for a teacher to know by his inner contact whether the student knows the language well and can be promoted? W was wonderful in my class for ten days in a year; on the rest of the days she was just a listener. I always promoted her on the basis of the possibility expressed on those ten days.

It is all right.

Naturally the teacher has to test the student to know if he or she has learnt something and has made a progress. But this test must be individual and adapted to each student, not the same mechanical test for all of them. It must be a spontaneous and unexpected test leaving no room for pretence and insincerity. Naturally also, this is much more difficult for the teacher, but so much more living and interesting also.

I enjoyed your remarks about your students. They prove that you have an individual relation with them — and that is essential for good teaching.

Blessings.

25 July 1967

Mother,

Feeling very unwell at night for the last three days. But as soon as it is time when I can report to you, I am all right. Deep breath was always my strong point. Due to fat it has become shallow and heaven knows what else!

If you *want* to breathe properly you *can*.

The time has come to rely only on the Divine Will and to *let it work* FREELY through you.

This is the same answer as the one I wanted to send to you yesterday but I had no time to write.

I repeat — the time has come at last, not to rely any more on one's own petty will, to hand over the whole affair to the Divine's Will and to let It do Its work through you, not only through your mind and feelings, but mainly through the body — and if you do it sincerely, all this body nonsense will disappear and you will be strong and fit for your work.

Blessings.

28 July 1967

More Answers from the Mother

Mother,

It is very difficult to understand what exactly you want in the field of education, but from what I can understand it seems that all we are doing is pretty useless. Hindi poetic literature has some higher things, but what are those heights in comparison to what you want? If we want to learn good language and proper usage, we have to read stories and novels which are of a very low type because they portray human life as it is.

The difficulty comes when I have to do what I know is not what you want, and I have no courage to throw myself completely in your hands.

Your difficulty comes from the fact that you have still the old belief that, in life, there are some high things and some low things. It is not exact. It is not the things or activities that are high or low, it is the *consciousness* of the doer which is true or false.

If you unite your consciousness with the Supreme Consciousness and manifest It, all you think, feel or *do* becomes luminous and true. It is not the subject of the teaching which is to be changed, it is the consciousness with which you teach that must be enlightened.

Love and blessings.

31 July 1967

Mother,

The Kitchen does not give water for drinking. It requires it only for cooking. It is our bad luck that draws this comment about people falling ill. Of course, our filters are not perfect, but that is another story. No wonder that people blame us for everything.

I am blaming nothing, nor anybody and know that each one

does the best he can. It is evident that the job is very difficult. But are we not here to conquer difficulties?

With love.

23 August 1967

Mother,

I am giving in the October issue of "Purodha" your message: "At the very moment when everything seems to go from bad to worse, it is then that we must make a supreme act of faith and know that the Grace will never fail us." I do not quite understand "we must make a supreme act of faith".

I mean act according to our inner conviction regardless of all consequences and keep our faith unshaken in spite of the apparent so-called proofs to the contrary.

28 August 1967

Mother,

Many people will come here in February for your ninetieth birthday. Statistics and calculations are being heaped upon me, showing me all possible difficulties and yet I am almost blind towards them. I think that in spite of all defects you will find a way, and things will go smoothly. I feel that if I cannot have more and stronger contact with you in my work, then it is useless to be a departmental head. An ordinary hotel manager will do better.

Please give me whatever is necessary for this occasion.

Statistics and calculations are purely mental, and *here* all mental rules are constantly contradicted by the working of the higher Force.

More Answers from the Mother

Your inner reaction is mostly correct. But you cannot be convinced by it, because for a long time it was mixed up with an ego reaction.

Now the mixture is getting less and less. So it is to be hoped that next year it will be totally overcome — and then things will be clear and simple for you... if not for everybody.

With love and blessings.

3 September 1967

(The disciple wrote to the Mother about an Ashram school circular on the subject of homework.)

This has come up after receiving many letters from both parents and children complaining that because of homework the children go to bed late and are very tired as they do not sleep enough.

I know that all these complaints are exaggerated, but they are also the indication that some progress must be done in the routine.

This project has to be worked out in its details with plasticity and suppleness.

I am not for treating all the children in the same way, it makes a kind of uniform level, advantageous for those that are backward, but detrimental to those who can rise above the common height.

Those who want to work and learn must be encouraged but the energy of those who dislike studies must be turned to another outlet.

Things are to be arranged and organised. The details of execution will be fixed later on.

Blessings.

26 September 1967

Mother,

Once a worker goes to the school he becomes “an important person” and ignores work. I wish something could be done to remove that stigma from the school. Teachers and students expect more concessions and conveniences. They stick to the school to avoid work. And if they go for any work they do not give their full and are not very helpful.

Or perhaps they are special beings¹⁹ who have come for something else and we expect the wrong things from them!

The greater beings are always the most simple and modest.
Blessings.

2 October 1967

Mother,

I seek your guidance about promotion in the classes....

X is very weak and irregular. If she wants she can do well, and since Y's birthday celebration she has become more intelligent. She was a star there.

Intelligence and capacity of understanding are surely more important than regularity in work. Steadiness may be acquired later.

5 October 1967

Mother,

I give freedom to my students to say what they like. Sometimes they write morbid things. Someone has written: “Youth is meant for enjoyment; useless old fellows

¹⁹ Against “special beings” the Mother wrote: “Not to my knowledge!”

More Answers from the Mother

say we must work for the future, etc.” They know what is the truth and yet they write such things. What attitude should I take? I do not want them to say things to please me as some do.

You can tell them that if they do not believe they can learn here something that is not taught elsewhere, they can very well change school... we shall not miss them.

It is better to have a selected few than a commonplace mass.
Blessings.

5 October 1967

Mother,

Last night I was reading what Sri Aurobindo has written about the French Revolution. After this, one feels that all that we read, study or learn is only a heap of falsehood, so why strive to attain that falsehood?

I suppose it is only as a gymnastic for the mind!

Love and blessings.

16 October 1967

Mother,

I heard the programme on the radio in which our boys took part. I think such programmes can be quite useful. But I was not happy about the performance of our boys.

I do not know whether you give any importance to what is called general knowledge. All four boys were asked, “Who are the Arcot brothers?” None knew. They are very important people in Madras in the field of education and politics. Their 81st birthday is being celebrated and the papers are full of their pictures. The

local people will take it to mean that we do not take interest in the South and look down upon them, as the D.M.K.²⁰ always says.

Sorry to say that I did not know myself the existence of these very important people! Consequently I am convinced that one can be wise without knowing them...

We cannot give more importance to the south of India than to the rest of the world—and upon earth there are so *many* very valuable people of whom we do not know the existence!...

26 October 1967

Mother,

There is one Mahesh Yogi who has become very popular in Europe. He started a Yoga University and now he is starting an international city—evidently he copies you. He has made a graph of meditation. I send it to you. It seems it is transcendental!

Everything and anything can be an instrument for the Supreme Wisdom to prepare the earth in view of the new creation!...

Blessings.

28 November 1967

²⁰ A regional political party.

More Answers from the Mother

Everything can
anything can be
an instrument for
the Supreme Wisdom
to prepare the earth
in view of the new
creation! — — .

Blissings

Mother,

I have been rather unwell for the last three or four days. Diarrhoea and vomiting are the symptoms. Generally this happens when my mind is upset, but this time it

is not so. I did not eat for three days and I was all right. Yesterday I took some food and again the problem has started. The real reason must be somewhere else.

It is due to restlessness and agitation. What is the matter?

Bring down peace, the *Divine Peace* in your stomach and it will be all right.

Love and blessings.

2 December 1967

Mother,

I am not aware of any restlessness or agitation in me except butterflies in the stomach sometimes. Rather for the last few days I have been dull. Generally I call your peace and it never fails. This time there is a strike! The call does not arise.

That is serious! Try to find out “why?”

2 December 1967

Mother,

*I can't say why I feel too dull to call you; that is for you to reply. Such dull periods come after the bright periods when everything seems to call you and be dedicated to you. In these dull periods, nothing but *tamas* seems to rule. Generally they pass after a few days.*

This is a proof that your whole being is not unified around the central psychic Presence.

This is a personal task that each individual must do for himself. The help is always there but the effectivity of its action is in measure of the receptivity and the conscious appeal.

More Answers from the Mother

After all, it is a question of patience in the endeavour.
With love and blessings.

3 December 1967

Mother,

Once again I slipped out of the Protection. This is rather bad. I fell in the rain on the terrace between the fruit room and Z's room. All the glasses on the fruit-juice tray were broken. I escaped with a few bruises. Perhaps it is a pointer towards lack of receptivity. You alone can cure it. Do not leave it to my effort!

It is rather the other way round — be passively confident; let me do it... and it is done. Since your last letter there is a strong and almost constant concentration of Force upon you. Rightly received, you ought to be *quite all right*.

Love and blessings.

8 December 1967

Mother,

X, the Hindi poet who comes here often, writes that he is being pressed to return the titles that he got from the Government of India; he has received the Padma Bhushan award. In that case he will have to give up his service also. This would be to protest against the language policy of the Government. He wants your advice. What shall I tell him?

Why should he listen to threats? He must act according to the *inner command* and not according to public opinion.

Shall I give him the idea of Sanskrit as an all-India language?

Yes.

Blessings.

29 December 1967

Mother,

A young man from Ludhiana — Y — has received a wire from his wife. Someone is sick there. He has been asked to fly back. He wants your instructions and blessings.

Is it very necessary? Generally these calls are not quite sincere.

About 1967

Mother,

In the agreement we signed with the labourers of the Blanchisserie, we merged their dearness allowance with their wages. All over India labour is demanding this. But here, as we did it of our own accord, they now want to change it. I have agreed, after Z explained the whole situation to them, to do what they want — and they want what is less advantageous to them. They cannot believe that we can do something that may be more advantageous to them. How can one remove this distrust?

Can you make the blind see?

The whole of humanity — with very few exceptions — distrusts the Divine and yet His Grace is most active.

About 1967

Mother,

Just a question, if you care to answer it. The Ramayana says that when Rama saw that his work on the

More Answers from the Mother

earth was finished, he entered the river Sarayu along with his companions. One should not judge an Avatar's deeds, but this act looks like mass suicide and suicide is regarded as the greatest sin. How to explain this?

1) For the Supreme there is no sin.

2) For the devotee there is no greater sin than to be far from the Lord.

3) At the time when the Ramayana was conceived and written, the knowledge revealed by Sri Aurobindo that the earth will be transformed into a divine world and an abode of the Supreme was not known or accepted.

If you consider these three points you will understand the legend (although it may be that the actual facts were not as they have been told).

About 1967

Mother,

A common friend writes that Vinoba Bhave would like to know what exactly Mother says about Sanskrit being the common national language of India.

I may add, do you expect the difficult grammar of Sanskrit to be learnt by all? Will it be for common use or only for ceremonial purposes, like Latin in England?

For common use I was thinking of a simplified Sanskrit from the grammatical point of view. But of course, I do not know if it is possible.

8 March 1968

Mother,

Is it correct to prepare your drinks etc. when one is not well mentally or physically? The mind gives well-balanced arguments on both sides.

If you stop preparing the drink I shall have to go without it. If you prepare when you are unwell I have to work out the difficulty. So the only remedy is to be all right when you prepare the drink — it will be good for both of us...

Love and blessings.

8 March 1968

Mother,

I have worked in the Dining Room for 30 years now. If you think it would be better to have younger people for the pressing needs of the future, I shall willingly step aside — I mean it.

In my work I did not plan at all. I left it to you and you never failed me. Let this experience grow.

For the sake of the work, it is better if you continue because you can call and feel me, rather than a youngster perhaps full of unused energy but who believes that he is doing the work. There may be some other good reasons for you to continue the work, like honesty and sincerity, etc. but that need not be mentioned.

With love and blessings.

15 March 1968

(The disciple asked whether he should accept a fan offered to him, noting at the end of the letter his ascetic tendency:)

I still have a shrinking from things of comfort.

Shrinking is as bad as desire — so have the fan and let the Divine's will be done, for — after all — it is always His will that prevails!

Love and blessings.

15 April 1968

More Answers from the Mother

Mother,

In 1960 you had practically cured the filarial swelling of my right leg and foot. About a week back the swelling of the leg came back with a revenge. It is hot, there is tension, itching and sometimes pain. I have to limp, the foot has become almost double in size.

There must have been a serious fall in your faith; because the force is working in the same way (it has even often proved to be stronger), but the more the faith is genuine the more the force is effective.

X has sent me two workers. He told me that there is difficulty about their accommodation, but the Press has got a house for its workers, so I should give these workers to the Press and they will get accommodation. Something in me revolts against this kind of idea; on the same analogy I can say the Dining Room is feeding people so it must have all the workers.

Indeed for giving work two things are to be considered, need on one side and capacity on the side of the workers; the rest has the taste of diplomatic falsehood.

20 May 1968

Mother,

Several times you have told me about "a fall in my faith". Truly I do not understand it. Sincerely I do not know whether I have or do not have faith. It matters little whether my leg improves or not; but let me have some faith.

To say the truth I do not care much about your having or not believing you have faith, what I want is that you should be all

right and do your work happily. With you, concerning your body, I was accustomed to a very remarkable receptivity and a rapid cure — that is the cause of my remark.

It is true that “we” are passing by a difficult period (“we” means the world) but those who remain steady will get out of it *much stronger* than before.

With love and blessings.

21 May 1968

Mother,

Nobody except you will believe me when I say that yesterday my leg was swollen up to the knee. It was hot and stiff, the foot was double the normal size. Then I received your note. My eyes could see the swelling going down. Every minute it was less and in a few minutes, the swelling remained only up to the ankle and the lower portion was much better. In about half an hour it was almost normal. After a few hours some swelling has come back. I am sure I will not have to bother you again, it will go — no credit goes to my faith!

Bravo! This is right, the true thing and must continue.

With love and blessings.

22 May 1968

Mother,

My newly trained teachers, X, Y and Z, are trying to do their work properly, but I find that their classes lack life. They are dull. The whole class seems to be asleep. How to bring life in their work?

In the playground activities we have competitions and prizes. In the school have they been abolished?

The prizes belong to a rather low standard of life — but if we are still there...

More Answers from the Mother

Do it, if you find it necessary.

29 May 1968

Mother,

I get very tired when people come to me in connection with their personal difficulties. I feel the fatigue when they are gone. I call you and recover in about 5 to 10 minutes. Yesterday X came to me after a long time and narrated all her family affairs. I was full of life but as soon as she left I felt completely run down. My whole body was dead tired and even after 24 hours I have not recovered.

Yes — it is because she takes without giving anything. But a little concentration while calling me and it will be over..

Love and blessings.

27 June 1968

Mother,

You told me that whenever I am in need, your inner guidance will be there. It does come, but often I cannot discriminate and take it as my own opinion and so I do not press it. Only the result shows that I made a mistake.

This is just the way of learning to discriminate!

With love and blessings.

5 March 1969

Mother,

According to a good many diners the quality of the Dining Room vegetable has improved very much. The quantity of milk has also increased. Still, every alternate day I am getting demands for vegetables, oil, spices, etc.

Series Three

and extra milk. The demands are made in matter of course as a right. How to deal with this? I give fruits freely when I have them.

Most of the people are simply *greedy* and their case deserves no consideration. It is only if, because of health, their case deserves consideration that you can be lenient.

Blessings.

16 May 1969

(Regarding a Hindi translation of The Life Divine)

What comes out from here must be a *good translation*, otherwise it is impossible. It is not a question of persons or of feeling. The work must be properly done, that is all.

17 June 1969

Mother,

Cases of apples from Mountain Paradise are stuck up somewhere on the way.

The quantity of milk has gone down very much. The situation may not improve for quite some time because many of our cattle have died. Vegetables are also scarce due to lack of rain. And still, we are being asked not to be miserly in giving.

So we must have faith and endure.

With love and blessings.

12 August 1969

Mother,

I was asked to write a small book on the life of Sri Aurobindo. I was to get Rs. 1000 for it from the

More Answers from the Mother

Government of India. I sent the manuscript. They have suggested many changes: No mention of his message on Cripps' proposals. (His quotations about the Chinese invasion, Korea, etc. are allowed.) Brahmacharya is a taboo. No unprovable things should be mentioned. I have refused to give them my book. Just for your information.²¹

But they will ask a book from somebody who knows nothing about Sri Aurobindo and who will say a lot of nonsense!...

What to do?...

5 September 1969

Mother,

I am expecting Rs. 10,000 for the advertisements published in "Purodha" in the last few years. The first instalment of Rs. 500 has come. It wants to go to you.

I have two ideas about using this money: (1) Deposit it and with the interest send free copies of "Purodha" to schools and libraries; (2) Not to care for the future and use the whole amount for spreading the magazine up to the centenary so that your message may reach as many people as possible with the amount. I am not able to take a decision. Please advise.

I am not for getting interest on money. So use it in another way as you think best.

Blessings.

5 September 1969

²¹ The Government of India subsequently accepted the disciple's book and published it without emendation.

Mother,

I am in a fix. If someone gives Rs. 125 to “Purodha” he becomes a life-member. That money is deposited with Y in his firm and he gives us Rs. 14 every year as interest. Since you do not approve of taking interest on money, what shall I do in this case? We have about 40 life-members and recently we have been getting more. Also, “Purodha” has some money in the bank on which we get interest. Please guide.

What I see is the world of tomorrow, but the world of yesterday is still alive and will still live for some time. Let the old arrangements go on so long as they are alive.

Upon earth, the changes are slow to come.

Do not worry — and keep hope for the future.

With love and blessings.

6 September 1969

Mother,

I am rather disappointed with my work in the school this year. I am trying to have the initiative come from the students. I put dozens of proposals before them as to what we might do and how we could do it. But I get absolutely no response, no initiative, no proposal — as if I were speaking to a wall. Yet the students are good, friendly and intelligent. Something must be missing in me that in spite of my best effort I get no response. I feel like leaving the class. For the first time I am having this experience. Yesterday I was on the point of saying that I am not coming to the class any more. Something stopped me. Even in this class, if I impose my will I get a good response.

Why should you not impose your will? It is evidently more

More Answers from the Mother

enlightened than theirs and has the right to lead them.

Of course, it is out of the question for you to leave the class — but use your will and make it advance.

With love and blessings.

6 September 1969

Mother,

In 1919 Sri Aurobindo wrote that the chaos and the calamities were perhaps the pangs of the birth of a new creation. How long are these pangs going to continue — in the Ashram, in India and eventually in the world?

It will continue until the world is ready and willing to receive the new creation; the consciousness of this new creation is already at work upon earth since the beginning of this year.

If, instead of resisting, the people were collaborating, it would go quicker.

But stupidity and ignorance are very obstinate.

Love and blessings.

29 September 1969

Mother,

X, Y and Z will be the partners in this project to construct a factory named Auro-steel. They will invest various sums of money. How should the profits be distributed? In proportion to their investment or some other way? X's will be the biggest share. All told it needs Rs. 2 lakhs.

They do not seem to know that in Auroville after all expenses are paid, including their own maintenance, the profits go to the town.

Blessings.

17 October 1969

Mother,

I am not very happy about "Purodha". It is still very much based upon the past and cannot see its way in the future.

The future is necessarily better than the past. We have only to push forward.

Love and blessings.

17 January 1970

Mother,

Your note about reading newspapers²² was shown to me yesterday. Now tell me personally for myself. I have been reading regularly since I was 13. If you say that I have to stop reading them, I can.

Not necessary to stop. You must have got the discrimination.

4 February 1970

Mother,

Before I begin to think that it is a fabrication of my mind, let me tell you that just before Darshan I had a boil of the size of a table-tennis ball in a very awkward place on the buttock. Movement had become difficult. Before sleeping I told you, "This won't do. If this remains I will have to remain in bed during the Darshan week." I am not sure whether it is possible, but in the morning the boil had moved about 3 inches away from the awkward spot, giving me full freedom of movement; in a day or two it burst and now it is dried

²² "If you want to know what is really happening in the world, you should not read newspapers of any sort, for they are full of lies.

"To read a newspaper is to take part in the greatest collective falsehoods."

More Answers from the Mother

up. I still wonder whether actually the boil could move in this way.

Anything may happen. It is only our “logical” minds which put limitations. I must congratulate your body for its receptivity.

With love and blessings.

25 February 1970

Mother,

Before coming here I was very eager to learn German, but I could not get an opportunity. Now an opportunity has come knocking at my door. I am not keen. If it is useful for me, I shall learn; otherwise not. Tell me what to do.

If the opportunity came it means that it can be useful.

Love and blessings.

23 March 1970

Mother,

A college student who seems to be eager to come out of the ordinary life has been writing to me often. He writes very frankly. He says that he tries to meditate on your photograph, but recently he has begun to feel a strong boy-and-girl-like attraction for you. He wants my advice.

It may be that the photo is an ancient one. He must take one of the latest photographs.

Otherwise he must pull up the sensation and offer it in the heart centre.

Blessings.

21 April 1970

Mother,

A fear is arising in me. From my childhood up to the time of coming here, I had an ambition for being a leader amongst men and I tried to prepare myself for that. When I came here, it was washed off. The other day X and Y forcibly took me to their youth conference and compelled me to speak. They say that I spoke well and they have decided that whenever they have a conference here I will have to speak. I am afraid that the old ambition may come back in a new form and bloat my ego. Please save me from becoming another Z.

You are safe. You have only to remember as I do, that it is always Sri Aurobindo that speaks whenever we try to say something sensible.

With my love and blessings.

2 June 1970

Mother,

I was taken to Auroville a few weeks back. I was very happy to see the people working there. Here were the people against whom we hear all sorts of bad reports. They were busy with hard labour. Not many of us can do so much. You know that it is not easy to satisfy me with work, but I was truly happy.

I am very happy with what you write and fully agree. So all is well.

With love and blessings.

23 June 1970

More Answers from the Mother

Mother,

Some of my sincere workers are asking me whether they should join Sri Aurobindo's Action. I have told them that they are a part of Mother's action. They need not leave this and run after that.

Quite right.

With love and blessings.

25 June 1970

Mother,

In "Purodha" half the pages are devoted to translations of your and Sri Aurobindo's writing. In the rest there are other subjects including stories based on some aspect of your teachings. You told me that what I wrote was not important, it is the consciousness from which I wrote that was more important. Now some friends are telling me that I must fall in line with Sri Aurobindo's Action. I do not understand what it means. What line would you like me to take for "Agni", the new magazine for young people? Would you suggest any change in "Purodha" in view of Sri Aurobindo's Action?

No change — it is quite all right.

As for "Agni" — children must be taught that life *can be beautiful*.

With love and blessings.

17 July 1970

Hindi is good only for those who belong to a Hindi speaking province. Sanscrit is good for all Indians.

About 1970

Hindi is good only for
those who belong to a
Hindi speaking province,
Sanskrit is good for all
Indians.

(Wrongly informed that Sri Aurobindo favoured Hindi as the national language of India, the disciple asked the Mother on what basis she had written: "The Sanskrit ought to be the national language of India.")

I said Sanskrit because Sri Aurobindo had told me so.
Blessings.

About 1971

Mother,

A regular campaign goes on against the Dining Room. This complaint is coming from the same quarters again and again. I will be happy to retire in favour of somebody who may be acceptable to my critics so that you may not be bothered again and again.

Without you I will have bothers *all the time*. So for *my sake*, it is better if *you continue your work*.

With love and blessings.

4 May 1971

More Answers from the Mother

(The disciple wrote about two persons closely connected in work who were bitter towards each other.)

All bitterness in life *always* comes from the ego refusing to abdicate.

Blessings.

Undated

Mother,

May I know what is more convenient for you: if I have some business with you, should I speak to you in person or write to you?

You can always speak to me and it may be more convenient, because if I have any question to put, I can put it at once and the problem can be solved at once.

(The disciple then explained his difference of opinion with a co-worker)

Useless to say that you and X are both right (or wrong); it is two aspects of the question and other points of view can be adopted too.

The only thing to keep in mind is that nobody is completely right or completely wrong and decisions cannot be taken favouring this or that point of view.

Let each one do his best according to what he thinks or feels to be the best and... the Divine Consciousness will manage the results.

Blessings.

Undated

My dear child,

It is much easier to clear your head than to let you quit. In fact the second alternative is perfectly impossible. I need you

here and have no intention to let you go. To say the truth, I consider that to abandon the responsibility and the work I have given you would be *much more unfaithful* than to have some unpleasant (but fugitive) reactions because of inevitable fluctuations in certain details of the work.

Take the whole disturbance in you more as the result of an attack (the test) of some adverse force than of minor changes in the organisation of the work.

I feel that you are already out of the confusion, but I send you this so that no trace even of it should be left...

With love and blessings.

Undated

Do not mind the apparent contradictions. There is a Truth to be found behind.

Undated

Cheer up, all will be all right, if we know how to last and endure.
Love and blessings.

Undated

*Cheer up, all will
be all right, if we know
how to last and endure.
Love and blessings*

More Answers from the Mother



A happy cat sketched by the Mother
to cheer up her unhappy disciple

Series Four

Series Four

To a disciple who joined the Sri Aurobindo Ashram in 1931 at the age of thirty-one. He worked in the Building Service until the mid 1940s and then became head of the Furniture Service, which he managed up to his passing in 1970.

Sri Aurobindo, Mother,

Grant us your help in our endeavour to understand your teaching.

1942

(Programme for a class conducted by the disciple)

1. Prayer

(Sri Aurobindo Mother — grant us your help in our endeavour to understand your teaching)

2. *Reading of Sri Aurobindo's book*

3. A moment of silence

4. One question can be put by whoever wants to put a question
on *what has been read*

5. Answer to the question

6. *No general discussion*

This is *not* the meeting of a *group* but simply a class for studying Sri Aurobindo's books.

31 October 1942

Mother,

In our Synthesis of Yoga class the question of the psychic being has come up. In the Life Divine chapter entitled "The Double Soul in Man", Sri Aurobindo speaks first of the psychic entity which "is the Witness

More Answers from the Mother

and Control, the hidden Guide, the Daemon of Socrates” etc. Then he speaks of this entity taking form in us as the psychic Person, by which He evidently means the psychic being, and which, He says, grows and develops and “is the traveller between birth and death”.

We have then the psychic entity and, as its self-projection in Nature, the psychic being, and their seat is in the secret heart of man.

(1) But what about the Divine who, it is said in the Gita and the Upanishads, dwells as the Lord in the hearts of men?

(2) Is it the psychic entity that is meant here or the Immanent Divine? Can the psychic entity be called the Individual Divine?

(3) Is it only the psychic being that evolves and the psychic entity from behind only supports that evolution?

There are none of these rigid distinctions in Sri Aurobindo’s teaching. The psychic entity and the psychic being are one and the same thing approached from a different point of view. It is not the immanent Divine but contains it so to say.

Blessings.

6 July 1943

Mother,

In our poetry class yesterday, I spoke about the object we have placed before us in our study of poetry: the perception and enjoyment of the divine Beauty and Delight which pervade the universe. And I said that as we embrace the whole of life in Yoga, so we accept the entire genuine self-expression of the spirit of life in poetry. We would range up and down the whole realm of poetic creation like free, unattached worshippers of the Divine Beauty and seekers of the divine Delight.

Later in the afternoon I was told by X that Y does not like love-poems and so he resented my remarks on them some days back. Yesterday too it appears that the same thing upset him. He has very narrow and rigid views on things and is extremely intolerant of others' views.

Well, I think it would be better not to lay too much stress, in your studies of poetry, on the human side of love, as it is not helpful for sadhana and for some it is distinctly harmful.

My blessings.

13 July 1943

Mother,

May I tell the class about Thy wish that we should confine ourselves as far as possible to Sri Aurobindo's works only and give up our habit of comparative study both in philosophy and poetry, as it leads to much unconscious mixture and dilution of the purity of His teachings?

Certainly it is good to tell them the above.

My love and blessings.

3 November 1943

Mother,

"Sun-grape fruits of the deathless Vine" — I interpreted this as the light-rays of the immortal conscious existence which yield the rose-red wine of love when pressed by the feet of the Dancer in Time. But there was some difference of opinion in regard to the interpretation...

More Answers from the Mother

For me poetry is beyond philosophy and explanation.

7 December 1943

Mother,

Z seems to be particularly interested in Samadhi and its different forms. In the next Synthesis class, while summarising the chapters on Hathayoga and Rajayoga, I shall try, with Thy approval and blessings, to explain what the different kinds of Samadhi are and what uses we make of Samadhi in our Yoga.

No use at all.

18 January 1944

Mother,

Your silence seems to signify that you have not approved of my proposal for reducing the days of my pranam. I shall therefore continue as before, twice a week, and I beg You to pardon me for having made the proposal.

It is all right — it came from a very kind feeling, but as things stand (about 120 people come every night) one more or less makes not much difference.

With my love and blessings.

12 December 1944

Mother,

Can it be said that there is the possibility of a further evolution even after the full emergence of the Supermind? Or can we say that there may be an infinite progression, but no further evolution, after the Supermind that is involved here is fully evolved?

Infinite progression is an evident fact — as for further evolutions or no further evolutions, this is a speculation which does not seem to be of immediate utility.

My love and blessings.

27 February 1945

Mother,

For the purpose of elucidation and illustration, may I quote some parallel passages from other poets and philosophers from time to time? I find that an apt quotation lights up at once the subject in hand and drives home a difficult point.

My experience is that by quoting one brings confusion rather than clarification.

My love and blessings.

11 December 1945

Mother,

Some days back X showed me a Hindi translation of “Thoughts and Glimpses”. I found that there were some gross errors in it. Is it not possible, Mother, for the translations done by Y and Z to pass through X’s hands for revision before printing?

What room do you leave for “amour-propre”?... It is very difficult to make people understand that they are making mistakes.

18 June 1946

Sweet Mother,

Yesterday You said that in our Synthesis of Yoga class it is useless and even stupid to comment on Sri Aurobindo’s writings. Sweet Mother, I have been

More Answers from the Mother

committing this stupidity in my classes for years. May I beg you to allow me to stop giving them?

Many lazy-minded people are very happy to be given explanations about Sri Aurobindo's books, because they have the feeling that they understand better. That is why I have not interfered. Indeed, it is better for people to hear readings and take interest in them than to have no contact at all with Sri Aurobindo's writings.

So you should continue with the class; but in making comments, you must understand that they cannot avoid being inadequate, and that the original text far surpasses anything you can say about it.

With my blessings.

11 November 1947

(The remaining letters were written when the disciple was in his sixties and working as head of the Furniture Service.)

Sweet Mother,

I submit the following proposal for your authorisation if You approve of it.

We are ready to display some articles of furniture at Honesty Society, with the prices marked so that customers can see them. Our furniture is strong and attractive and the prices are reasonable. X is in full agreement. We will give him five percent.

But will it be possible to supply the Ashram with everything it needs and at the same time make enough furniture for sale? The needs of the Ashram must come first.

Blessings.

12 March 1964

Sweet Mother,

I have been to see Dr. Y. He is annoyed with me because Z told him that Mother has authorised a table, chair, clothes-stand and bed for each patient. I wonder how Z can say that when You have never said it.

Anyway, to cut short this unnecessary fuss, I asked him how many patients Cure House can accommodate. He told me ten. So if you authorise it, I will give him ten tables, chairs, beds and clothes-stands — then there will be no cause for complaint.

Yes, we live in a world of falsehood. For the sake of peace it is better to pay no attention.

My blessings.

14 July 1964

Sweet Mother,

From time to time I see articles in Bengali and Hindi where the teachings of Sri Aurobindo have been wrongly presented. Can nothing be done to stop these things?

Obviously these incidents are regrettable and they are part of a whole series of things that are happening in the Ashram because everyone seems to be doing just as he pleases without any check. Sincerity and honesty of consciousness are sadly lacking.

My blessings.

30 July 1964

Sweet Mother,

For the last few days I have been feeling very tired and my liver is upset. Perhaps it is due to my own stupidity. I thought that the more work and exercise I did, the better I would feel. So I was taking long walks. The

More Answers from the Mother

result is that now even talking is tiring and the slightest exercise just makes me weaker.

Sweet Mother, I will be very happy if you have something to tell me about this.

The mind always tends to want to impose its rule on the body. But that rule is not necessarily the divine wisdom, and so the body suffers.

Now you must give your body the rest it needs in order to recover its balance.

With my blessings.

21 August 1964

Sweet Mother,

In Your conversations of 1930–31 You speak of the psychic presence and the psychic being. The psychic being “attains its culmination, its total fulfilment if and when it unites with a being or personality from above.”¹ Sweet Mother, I have not understood this sentence. Do you mean the Jivatman? If not, what “being or personality from above” do You mean?

I wrote “being from above” in order to avoid being more specific, for there are many possibilities, from a “vibhuti” of an Overmind god to a supramental being or even a direct emanation from the Supreme (an Avatar).

Blessings.

29 October 1964

Sweet Mother,

May I ask You to give me a copy of Satprem’s book, Sri Aurobindo or the Adventure of Consciousness? I

¹ *Questions and Answers 1929–1931*, CWM, Vol. 3, p. 150.

hesitated to ask for it because it is expensive, but I think that it will be useful to me not only in my present work but also afterwards. If I need to quote from it, I will be able to do so.

You know French, and it is undeniably better to read it in the original than in translation. I am sending you the book in French in case you do not have it.

My blessings.

26 December 1964

Sweet Mother,

As I told you before, X has no desire at all to work. You asked him to work eight hours a day, but he promised only to work four hours. Gradually he has reduced his hours, and now he has given up almost all work. But we cannot do without him unless we have someone to replace him. Meanwhile, I hope that by Your Grace he will feel that he should work with more sincerity.

It is more difficult to give sincerity to someone who has none than to cure a dying man.

Blessings.

30 January 1965

Sweet Mother,

Y developed squint about two years ago. For the last year or more he has been using glasses, but the problem goes on increasing. Now an operation has been advised. But he will do what you decide. Please give your decision.

More Answers from the Mother

I cannot decide this kind of thing; but I give my blessings for the specialists to make the correct decision.

Blessings.

25 February 1965

Sweet Mother,

I enclose a letter I received from Z yesterday. Please have a look at the paragraph I have marked. He says he will write to You. I pray, Sweet Mother, that Your Will may guide his decision and that he does not allow himself to be misled by his mind, which seems to be over-confident in itself.

Everything depends on what he means by “divinely directed”. After his first visit I wrote to him that from the material standpoint the Ashram was in need of an overall reorganisation, and that I thought he could help me to do it. But that it would be possible only if he could bring with him from America money donated or lent interest-free for 25 years. I mentioned the sum of Rs. 10 crores.²

He has always considered this to be an unfeasible stipulation — and yet *it is an indispensable one*. Without it, nothing can be done.

My blessings.

P.S. By now, the sum of 10 crores would not be sufficient, since we have added the Auroville project, which alone requires at least 50 crores.

Without money, *nothing* can be changed in our present way of working.

27 May 1965

² One crore = ten million.

Sweet Mother,

As I told You a few days ago, X does not want to work any more. He has already dropped almost all his work and deals only with a small part of the accounts, and even in that work he makes a lot of mistakes. Sweet Mother, may I humbly ask you to tell him to work six hours and not leave in the morning when I go upstairs?

It is strange: instead of throwing themselves headlong into Your work, people are holding themselves back more and more. The work of the departments goes on increasing and there is disorder everywhere. Only Your Grace can overcome the forces of laziness and insincerity in us and bring order out of this disorder. I pray for the intervention of Your Grace!

Insincerity seems to be an incurable defect which nullifies the working of the Grace in a being. It is certainly insincerity which has necessitated the violent intervention of Kali in the world.

I cannot possibly give orders to an insincere person because he will respond hypocritically, and that increases even further the darkness he is engulfed in.

One must either have nothing to do with insincere people or else take them as they are.

Blessings.

2 June 1965

Sweet Mother,

Dr. Y, the homoeopath, has written: "Through the grace of the Mother the volume of business transacted here at my newly opened dispensary has increased by leaps and bounds." That means that Your Grace has increased the number of people who are sick and the doctor is pleased about it. This surprises and amuses me.

More Answers from the Mother

Fortunately, to him the phrase is only a polite expression and does not correspond to any idea. It is just like those people who are always saying, “Thank God” — it does not correspond to any real thought.

Blessings.

5 August 1965

Sweet Mother,

I find that Z's electric massage has weakened my stomach, which was already weak and delicate, and consequently I feel even more tired than before. If you agree, I would like to stop the treatment. More and more I feel that nothing can completely cure me except Your Grace, and I trust myself to that. If I love You and am faithful to You, I am sure that You will transform this physical body.

It is all right; if the treatment does not suit you, you must stop it.

It is true that the transformation can only be done by the divine force; but under the present conditions of the earth the process still takes a lot of time, and our faith must be very patient.

Blessings.

30 August 1965

Sweet Mother,

In view of the war³ and the austerities it necessitates, would you like us to practise some economy in supplying furniture? Could we cut down on extravagant

³ The Indo-Pakistan war of September 1965.

demands and at the same time economise according to the requirements of the present situation?

Yes; at any rate the extravagant demands must stop because they are completely out of place here.

Blessings.

22 September 1965

Sweet Mother,

For the last three days I have been trying X's Nature Cure, and on his advice I have reduced by half the amount of milk and water I drink. If you approve, I would like to continue this treatment for some time.

I do not advise you to take less milk because you are already eating *too little*, and as one eats less and less one loses the capacity to eat, which leads to a loss of vitality.

Sweet Mother, I am sure that my complaint will be gone for ever by the end of the year. If You approve, I will continue the Nature Cure; otherwise I will stop it. I trust myself entirely to Your Force.

Continue the Nature Cure since you find it helpful, and keep your faith intact and living, because it is essential to the cure.

Blessings.

2 October 1965

Sweet Mother,

Previously I used to take milk three times a day: morning, noon and evening. But X and Y have told me that buttermilk at noon is easier to digest and better for a weak constitution. That is why I am taking buttermilk at noon instead of milk.

More Answers from the Mother

But all these suggestions are unimportant. I will do what You, Sweet Mother, tell me to do.

Buttermilk is excellent and you can go on taking it. My advice was only not to starve yourself but to take sufficient nourishment.

Blessings.

3 October 1965

Sweet Mother,

In his latest letter Z writes, "I have received no reply from the Mother to my last two letters. Do you think that they could have gone astray?" What would you like me to reply, Sweet Mother?

This: "I have received and read both his letters. The answer was immediately sent, mentally, and continues to be sent to him whenever his thoughts come to me. It is essential that this way of corresponding mentally should become part of his sadhana and reach a certain perfection. Nevertheless I intend to write to him when the time comes to inform him physically of what I expect of him.

"He must go on preparing himself and perfecting his development, so that he is ready to do what needs to be done.

"My blessings are with him."

You can translate this and send it to him.

Blessings.

18 October 1965

Sweet Mother,

X has refused to prepare the new stock-books for next year. And Y is neither willing nor able to do anything. He has made himself completely unfit for any

work. I inform you of this so that the situation may improve through Your grace.

I am afraid that the Grace has no effect on lazy people.
Blessings.

10 December 1965

Sweet Mother,

As you told me to do, I am taking milk and a soft-boiled egg every morning. I will eat the egg you have sent me today at about 6:30 tomorrow morning.

I have been told about another method: a fresh egg is broken into the milk to be drunk, without first boiling it in water.

Which of these two would you like me to do? May I put yesterday's egg in my milk today? Will it be easy to digest?

Eggs are easiest to digest when *raw*.

The more they are cooked, the more difficult they are to digest. If you keep your egg in a cool place, you can very well use it the next day, mixing it thoroughly with the milk, and slightly sweetened if you like.

Blessings.

28 January 1966

Sweet Mother,

Everything the doctors find out I lay before You so that Your Grace may act upon it, but I am not anxious about what happens to the body. My body is Your instrument, and You alone know how to free it from all illness and transform it.

As for my inner being, it is immersed in Your Love

More Answers from the Mother

*and filled with it. Your Love is my life, my only support,
my peace and my joy.*

Keep your faith intact and remain immersed in the eternal love.
That is the only Reality.

My force and my blessings are with you.

9 May 1966

Sweet Mother,

*Dr. Z came to see me yesterday morning. He says
that I should take more food and eat things that are more
nourishing. He says that unless I take solid, nutritious
food, this illness cannot be overcome. The stomach will
resist, but it has to adapt itself.*

I have been wanting to tell you for some time that you should
eat more and take more substantial food.

This is essential to strengthen your body; as you grow
stronger, eating will become easier for you.

Blessings.

20 May 1966

Sweet Mother,

*I beg you to free me from this insomnia which has
harassed me for the last twenty-five years or more. Last
night I slept only one hour, and for about the last twenty
nights I have had almost no sleep. Dr. Z says there is no
medicine for this complaint except sleeping-pills. But a
few years ago You told me not to take sleeping-pills.*

The only cure for insomnia is to get rid of the need for sleep by
knowing how to obtain mental silence at will. When you can
obtain silence at will, you must put your body into a position

of absolute repose, stretched out comfortably on the bed; then you go within yourself until there is perfect mental silence and enter a state that is something like a very deep sleep. Only if you know how to do this at will and do it regularly every night, can you manage to do without sleep.

If not, you must be prepared to take sleeping-pills.
Blessings.

30 May 1966

Sweet Mother,

As soon as You pointed out to me that my heart-condition was getting progressively worse, I stopped taking my present medicine, thinking, "I will take only what the Mother tells me to take." But if you want me not to take any medicine at all and to open myself exclusively to Your Omnipotence, I will do so gladly.

The body needs to be cared for with physical but enlightened remedies.

Blessings.

1968 or 1969

Sweet Mother,

I ardently pray to You to pull me out of this condition of bad health and make me progress integrally. You know that my soul's only aspiration is to love You and serve You. Make me physically active in Your service.

You have been and still remain a faithful servitor. Do not worry: if your body is no longer fit for physical work, take advantage of all the time at your disposal to develop your inner consciousness and unite more and more consciously with the Divine.

Reading, meditation, contemplation, self-giving, in silence

More Answers from the Mother

and concentration, to the Divine who is always present to hear you and guide you.

Blessings.

1968 or 1969

Sweet Mother,

I worked with X up to the 23rd, but my giddiness became so bad that I dared not go out. My blood-pressure has gone down to 96/70, according to Dr. Y who came this morning.

Sweet Mother, if it is possible, pull me out of this darkness and suffering. If it is not possible, please let me feel Your living Presence within me and I shall endure any suffering.

As soon as you start feeling bad, you should try to repeat this: “Lord, give me the strength to think only of You.”

With my love and blessings.

25 March 1969

My dear child,

There is nothing to forgive, you have done nothing wrong.

When I received your last letter, I transmitted your prayer to the Supreme Lord so that the Truth may manifest without obstruction.

Be peaceful and trusting; what is happening is the best for your psychic being; and in the inner calm you will feel that the Lord is with you to bring you successfully through every ordeal.

As for the work, I will see what can be arranged so that you can remain occupied without straining your body more than it can bear.

My blessings are always with you.

26 August 1969

My dear child,

I am not at all displeased with you — on the contrary, I find you full of courage and endurance.

But my work is so absorbing that often I have no time even to write a line.

It is better to take sleeping-pills than to spend sleepless nights and suffer as a result. Never imagine that I am dissatisfied with you.

My force, my love and my blessings are always with you so that you may be peaceful, calm and contented.

22 January 1970

Series Five

Series Five

To a disciple who joined the Sri Aurobindo Ashram in 1944 at the age of eight. She worked for almost thirty years in the Ashram's Department of Physical Education, becoming one of its first captains at the age of eleven.

Sweet Mother,

Are You with us during the collective meditation at the Playground?

Certainly, I am always there.

To benefit from it, what should we meditate on? And how?

The method is always the same. Gather together the energies in you that are usually dispersed outside; concentrate your consciousness within, beneath the surface agitation, and establish, as far as possible, a perfect quietness in your heart and head; then formulate your aspiration, if you have one, and open yourself to receive the divine force from above.

1 July 1960

Sweet Mother,

Write something for me that I can remember throughout the year.

Our aim is to realise the perfection of our being and to change the human animal into the divine man.

With my blessings.

5 July 1960

More Answers from the Mother

Sweet Mother,

If a soul has taken birth as a boy in one life, does it always remain a boy in future lives, or can it be born as a girl?

Theories differ greatly according to school and sect, and each teaching gives excellent reasons to support its contentions.

Certainly there is an element of truth in all these statements; and not only are all cases possible, but they must have occurred in the course of the earth's history and still do.

The only thing I can speak of with certainty on this subject, is my own experience.

According to my experience, the soul is divine, an eternal portion of the Supreme Divine, and therefore it cannot be limited or bound by any law whatever, except its own. These souls are emanated by the Lord to do His work in the world, and each one comes on earth with a particular purpose, for a particular work, and with a particular destiny; each has its own law which is binding on itself alone and cannot be made a general rule.

So in the eternity of the becoming, every possible case, imaginable and unimaginable, must obviously occur.

14 July 1960

Sweet Mother,

My brother has started working in the Sports Ground at night along with some other boys. I do not know if this is all right for him after all the studies during the day and the physical education activities in the afternoon. He does not even take rest after lunch. He says he does not feel tired. Last night he returned from the Sports Ground at midnight, but he says that in future he will return earlier.

Mother, if you think it is all right, then I can let him continue.

If he does it with *pleasure*, it does not matter much at his age, provided it does not last for too many days. In any case, as soon as he feels tired, he *must take rest*.

Blessings.

24 May 1963

A generous heart always forgets the past offences and is ready to reestablish harmony.

Let us all forget all that is dark and ugly in the past, in order to make us ready to receive the luminous future.

With love and blessings.

2 April 1967

I have gathered my dreams in a silver air
Between the gold and the blue
And wrapped them softly and left them there,
My jewelled dreams of you.

“A God’s Labour”, SRI AUROBINDO

The silver air is the spiritual realm. The gold is the supramental and the blue is the mind.

The “dreams” means all the unrealised expectations that have to be realised in future — these “dreams” are kept softly and lovingly protected for the possibility of their realisation.

26 July 1969

Sweet Mother,

(1) *It is said that “A God’s Labour” describes Sri Aurobindo’s own experiences on earth. Is that true?*

(2) *You have explained that “the ‘dreams’ means all the unrealised expectations that have to be realised in future”. In the last line of the stanza Sri Aurobindo says*

More Answers from the Mother

“My jewelled dreams of you”. For whom does the “you” stand?

It is better to keep what Sri Aurobindo wanted us to understand: God speaking to his creation, the earth.

27 July 1969

My dear child,

I know that it is impossible to change one’s nature overnight, but what you can understand and accept immediately is that losing your temper and getting upset is a sign of great weakness. And, as I told you, my force is with you from the moment you decide to overcome this weakness which is unworthy of you. So I ask you, from now on, to use this force I am giving you to control your reactions and to remain quiet until your anger has passed. This is the first indispensable step. Afterwards, I shall gradually help you to understand that your anger is unjustified and has no basis.

With all my love, I ask you to please make the effort necessary for this great progress to be achieved; it will open the door to transformation.

My love and my blessings are with you.

August 1969

Sweet Mother,

How should we choose the kind of things that we ought or ought not to read? Is it good to do “light reading” — newspapers and magazines, for instance?

Ordinary newspapers, magazines and books such as novels are meant for lazy-minded people who do not read in order to learn anything, but simply for amusement and relaxation. This is a pursuit for people who take life as it comes and are quite unconcerned about progress or a deeper understanding of things.

Some people read to find out what is going on in the world and is indicative of human progress; in addition to reading, they may go to the cinema and listen to the radio.

People who read in order to develop a good style ought to read a lot, and they should choose books of literary merit.

Some people read in order to learn. They should choose instructive books on the subject or subjects they are interested in: philosophy, science, art, etc.

And then there are the very few who want to understand life, its purpose and its goal. For them, Sri Aurobindo's books are the best reading of all.

Blessings.

10 September 1969

Sweet Mother,

Help me to become your true child.

This is a good resolution. You can be sure of my help and of the presence of my consciousness which is with you to light your way and to guide you whenever you call on it. It is in silent aspiration that you can become conscious of this presence and be able to receive its aid.

With love and blessings.

10 November 1969

Sweet Mother,

Why have You started to allow marriage in the Ashram?

I have allowed it to people who declare that they do not want any sexual relationship — in the hope that they are sincere. It is a matter between them and their conscience.

Blessings.

23 December 1969

More Answers from the Mother

Sweet Mother,

Why do we celebrate Christmas here? What special meaning does this day have for us? And why is a distinction made here between Europeans and Indians on Christmas Day?

Long before the Christian religion made December 25th the day of Christ's birth, this day was the festival of the return of the sun, the Day of Light. It is this very ancient symbol of the rebirth of the Light that we wish to celebrate here.

As far as I know, everyone in the Ashram is allowed to come to the Christmas tree and the distribution.

The custom of sending special baskets to the Europeans and Americans comes from the fact that in those countries they usually give presents to each other on Christmas Day, instead of on January first. That is all.

Blessings.

26 December 1969

Sweet Mother,

In the New Year message, are you referring to the physical transformation when you say "The world is preparing for a big change"? And how can we help?

It is the advent of the being that will succeed man, the being that will be to man what man is to the animal, that is being prepared. And the work has already begun with the action of a new consciousness which came on the first of January 1969 and is at work in all who are ready. The action of this consciousness has intensified and is becoming more and more material. It is up to us to be receptive if we want to hasten the outcome of its action.

Blessings.

1 January 1970

Sweet Mother,

*Today it is exactly nine years since X left his body.
Where is he now? Has he been reborn?*

X's psychic being has entered into rest and is still there.
Blessings.

19 March 1970

Sweet Mother,

*When the psychic being has left the body and entered
into rest, is it possible to have any contact with it? I often
dream of X and usually these dreams are very vivid. Is
it because there is a contact with him, or does it come
from my subconscious?*

Most probably these are subconscious activities which have risen
to the surface during your sleep.

The psychic rest is inactive, by definition.

But if you remember any of your dreams very exactly, you
can tell me and I will see.

Blessings.

20 March 1970

Sweet Mother,

*In my recent dreams of X, I always see him in a
very familiar setting, such as in our house, or at the
Playground, or in the Ashram. And when I see him, I
always have the impression that he has come back after
a long time, from very far away. I never see him for very
long, it is always just for a few moments, and even then
he never speaks. Twice I asked him where he had been,
but he just smiled without answering.*

When I wake up in the morning, I remember him

More Answers from the Mother

very clearly, although I have no recollection of the rest of the night's dreams.

In this case, your dreams seem to indicate that he has recently taken a new body without my being informed of it, which is quite possible.

It cannot be among the children I have seen, for I would have recognised him, but there are so many others!

Blessings.

21 March 1970

Sweet Mother,

Isn't there any way to find out definitely whether a particular psychic being has taken a new body or not?

There is a way.

You must go consciously into the psychic world and see whether you find the psychic being in question. If you see it, the matter is settled. If you don't see it, you must concentrate on it in order to make contact, and ask it to show you which human body it is in. This can be a long and delicate task.

Would you like to try to do it?

Blessings.

23 March 1970

Sweet Mother,

I would very much like to try this experiment if You guide me.

I am ready to help you.

The first step is to consciously unite with your psychic being. Have you tried? If you have, tell me what happened to you.

Blessings.

24 March 1970

Sweet Mother,

My mind is in such a turmoil these days that I don't feel any contact with my psychic being. I don't think that I have a psychic being any more.

Don't be sad, my dear child; your psychic being is still there, for if it had gone away, your body would not be able to live.

You may no longer be very conscious of its presence because your mind has become rather noisy, so you are no longer quiet enough to feel the psychic presence. But this can be cured. And since you told me that you would like to try, yesterday I chose this quotation from Sri Aurobindo to send to you:

“Aspiration, constant and sincere, and the will to turn to the Divine alone are the best means to bring forward the psychic.”

Fix a time every day when you can be free and undisturbed; sit comfortably and think of your psychic being with an aspiration to enter into contact with it. If you don't succeed immediately, don't be discouraged; you are sure to succeed one day. I only ask that you let me know what time you have chosen so that I can help you more consciously.

With all my love and blessings.

25 March 1970

Sweet Mother,

I will try to do it every day from 12:45 to 1:00 p.m. I will write to you if I succeed in doing anything. Help me, sweet Mother.

Good; it is a convenient time for me and you can be sure that I will help you.

Blessings.

26 March 1970

More Answers from the Mother

Sweet Mother,

I am curious to know what You are going to do when You say that You will help me during my concentration every afternoon.

I am going to concentrate on you, and if anything in your consciousness responds, I shall lead it into the psychic world to take up the search.

Blessings.

27 March 1970

Sweet Mother,

Are you sure that X will come back to the Ashram in his next birth?

No, it is not at all certain.

Do beings who have been in contact with You in one life always come back to You in their new lives?

The number of beings who consciously return to a place of their choice is very small.

Those who have returned are mainly the beings who, before leaving their body, asked to return in a new one.

But everything is possible.

Blessings.

28 March 1970

Sweet Mother,

How is it possible to remember one's past lives?

It is through contact with the psychic that one gets fragmentary memories of past lives — the memory of events in which the psychic took part.

This happens spontaneously when these same elements of the psychic become active again.

Any deliberate mental effort is liable to produce misleading imaginations.

Blessings.

3 April 1970

Sweet Mother,

When there are special dates, are there special forces at work in the world on those days?

What special thing is happening today on the 60th anniversary of Sri Aurobindo's arrival?

The forces are always present, waiting to be received. The function of special dates is mainly to awaken sluggish memories and blunted receptivities. Actually it is the town of Pondicherry that should have celebrated this 60th anniversary, for Sri Aurobindo's arrival has altered its destiny considerably.

Blessings.

4 April 1970

Even before it is born, the mother can begin educating her child through her attitude and her thoughts.

With my love and blessings.

16 July 1970

In the very depths of your being, deep within your breast, the Divine Presence is always there, luminous and peaceful, full of love and wisdom. It is there so that you may unite with it and it may transform you into a luminous and radiant consciousness.

Together you and I shall try to silence all the external noise on the surface of your being, so that in silence and peace you may unite with this inner glory.

More Answers from the Mother

Then that day will become the day of your new birth.

1 August 1970

To know how to be silent is sometimes of priceless value.

Silence opens the door to true knowledge.

2 August 1970

I have seen your psychic being, standing erect within your being, ready to take responsibility for your life and lead you to the Light and Truth. Its dignity is great, its determination unflinching; it will win the victory.

3 August 1970

Your psychic being, immobile as a statue but alert and vigilant, is watching over your life to lead you to the Divine.

5 August 1970

Your psychic being in the light and peace... it is radiant.

6 August 1970

Your heart is the home of a luminous goodness; let it govern your whole being.

Love.

29 October 1970

There is a greater power in silence than in words, however forceful. The greatest transformations have been achieved in the silence of concentration.

2 November 1970

To know how to smile in all circumstances is the quickest way to divine wisdom.

It is the ego that gets angry and upset, and this ego obscures your consciousness and impedes your progress.

The ego does not change because it feels sure that it is always right.

Blessings.

24 November 1970

Sweet Mother,

These days I don't have any interest in my group activities. I am doing the work simply as a duty, without any enthusiasm. Wouldn't it be better to let someone else take my place? I feel it is not fair to the children if I cannot give my best. I will do what You tell me.

You have the knowledge and the experience; they are indispensable conditions for teaching well. I believe that you are a very good teacher and that the children would lose a great deal if you stopped teaching them. Continue, and you will see that soon you will begin to enjoy it again.

Love and blessings.

16 June 1971

Sweet Mother,

Pacify this tempest in me and establish peace. Calm this violence and make love reign. At this moment I aspire with all my heart to become Your true child. Help me to become worthy of You.

My dear child,

I was very glad to read what you have written.

The day of your birth will truly be your birth into a new consciousness, the true consciousness that will lead you to the Divine realisation.

More Answers from the Mother

But just now I want to tell you that my love and help are always with you to help you on the way.

Blessings.

2 July 1971

The victory is the one that we must win over ourselves so that we belong to the Divine alone.

Love.

29 September 1971

In the creation Mahakali manifests the divine love; but so powerful and sublime is this love that most men are afraid of it.

18 October 1971

We are on earth in order to progress and to perfect ourselves in the course of many successive lives. What we cannot do this time, we shall do next time; and every progress we make this time will help us then.

Kali always helps those who call on her, and with her help the progress comes more quickly.

Blessings.

15 November 1971

Individual existence has been created to make possible the joy of finding the Divine and uniting with Him.

Blessings.

29 November 1971

To have its full value, a step forward should be the outcome of a spontaneous need.

Blessings.

30 November 1971

By carefully reading what Sri Aurobindo has written on the subject, develop a clear conception of what human perfection must be.

By closely observing your own character, become aware of what needs to be transformed in order to achieve the ideal condition. Then set to work sincerely, observing your inner as well as your outer movements. And each time you discover something that contradicts the ideal you have set for yourself, make an effort to correct it.

Blessings.

1 December 1971

Sweet Mother,

*What attitude should we take towards the war?*¹

Psychologically, the only thing to do is to keep a quiet and unshakable faith.

Materially, it will depend on circumstances.

Blessings.

3 December 1971

Most of the difficulties that people have are due to a lack of control over their actions, and their reactions to the actions of others.

According to one's own nature and weaknesses, one must set for oneself a discipline that is invariably to be followed; for example, never to quarrel, never to reply when someone says or does something unpleasant, never to argue when one disagrees. Obviously one should never lose one's temper when things or people are not the way one would like them to be.

Naturally, if a person is not used to controlling himself, it takes a good deal of effort to acquire the habit. But this is quite

¹ Between India and Pakistan.

More Answers from the Mother

indispensable if one wants to make any progress.

The path is long. That is why one must have patience and an unflinching sincerity towards oneself.

In order to be able to live in peace with others, self-control is essential, and it ought to be practised even by those who do not aspire for transformation.

Blessings.

12 December 1971

When one gives one's love to another human being, the first mistake one generally makes is to want to be loved by the other person, not in his own way and according to his character, but in one's own way and to satisfy one's desires. This is the number one cause of all human miseries, disappointments and sufferings.

To love means to give oneself without bargaining — otherwise it is not love. But this is rarely understood and even more rarely practised. And the consequences are painful.

When some progress needs to be made, you must set to work to make it, without excusing yourself on the grounds that others are not making it.

Each one is responsible first for himself; and if you aspire to help others, it is by giving an example of what one should be that you can help them most effectively.

And the Divine Grace is always there, marvellously effective for all those who are sincere.

28 December 1971

Give us faith in a glorious future and the capacity to realise it.

30 December 1971

Lord, Supreme Truth,

We aspire to know You and to serve You.

Help us to become Your worthy children.

And for this, make us conscious of Your constant blessings, so that gratitude may fill our hearts and govern our lives.

2 January 1972

You must be sincere in your perseverance; then the things you cannot do today, you will one day be able to do, after regular and persistent efforts.

Give yourself to the Divine absolutely, and the Divine Help will always be with you.

4 January 1972

When one loves the Divine truly and totally, then one also loves His creation and His creatures; and naturally, among His creatures, there may be some that one feels closer to and loves more specially. But then the love that one feels is not a selfish love of the ordinary human kind; it is no longer a love that wants to hold and possess, but a love that gives itself without asking anything in return.

To love for the joy of loving is the best condition for a peaceful and happy life; it amounts, in other words, to loving the Divine in all things.

If this culminates in wanting only what the Divine wants, then there is perfect peace.

5 January 1972

The figure 100 in itself has no special significance for the length of a human life. But simply because human life has become so complex, it has also become relatively short, and it is now rare to live to be a hundred.

When man lived in harmony with Nature, his life lasted longer.

More Answers from the Mother

When man lives by and for the Divine, his life will be longer, and one day the Divine will reveal to him the secret of immortality.

6 January 1972

It is the invocation of the people who are celebrating Sri Aurobindo's centenary which makes his presence more active and effective. But for those who are always with him, this hardly makes any difference.

The same phenomenon occurs when people concentrate on him at the Samadhi: he is always there, but in response to their call his presence becomes more active.

7 January 1972

All those students who want to learn how to succeed in life and make money are not wanted here. We want only those who want to live a higher life. The children have to decide whether they want to belong to the new life or to be "successful" and live an ordinary life. I think that some of the children will go away.

30 January 1972

Protect us from the ignorant goodwill that thinks it is serving us but only debases us.

Purify our consciousness of all ignorance, so that we may serve You in the Truth.

12 February 1972

I have asked the Supreme Lord to help you to find Him, and I am ready to give you a moment every day to help you to make this discovery.

All I ask is that you try to remain silent during the time we are concentrating together.

Series Five

If you can relax and feel at ease, it will be very good; if you can enter into the silence, that will be perfect. Every day we shall begin with the prayer: “Grant that I may become conscious of Your presence”; and together we shall aspire for a moment in the silence and ardour of our aspiration.

10 March 1972

The Divine whom we seek is not far off and inaccessible. He is at the very heart of His creation, and what He wants us to do is to find Him and, through personal transformation, to become capable of knowing Him, uniting with Him and finally of manifesting Him consciously.

We must consecrate ourselves to this; it is the true reason for our existence.

And our first step towards this sublime realisation is the manifestation of the supramental consciousness.

20 March 1972

To take this step towards the new creation, one must learn to silence the mind and rise above into Consciousness.

2 April 1972

In silence, the consciousness grows. It aspires to know You more and more perfectly.

3 April 1972

In silence lies the greatest aspiration.

We pray that the greatest receptivity may also be there.

4 April 1972

Thank You, Lord, You respond miraculously to every sincere aspiration.

5 April 1972

More Answers from the Mother

In silence lies the greatest devotion.

6 April 1972

When the consciousness is fully awakened to Your Presence, a moment comes when in silence also lies the most powerful action.

7 April 1972

To want what You want always and in every circumstance is the only way to enjoy inviolable peace.

8 April 1972

We are never alone: the Divine is always with us. It is up to us to become conscious of His Presence.

Blessings.

1 January 1973

I am with you always, and will be with you throughout your journey to help you to find the Divine — the only way to have lasting happiness. I expect to see you on your birthday; pray for this grace which is the true aim of your life.

I ask only that you have faith and trust.

I am putting myself into your heart so that you may always find me there.

With love and blessings.

Undated

Series Six

*Series Six*¹

To a disciple who joined the Sri Aurobindo Ashram in 1939 at the age of twenty-one. He worked first as an assistant to an Ashram secretary and then supervised the management of several guest-houses. He was a writer, a lecturer and the editor of three journals until his passing in 1993.

(The disciple wrote to the Mother about rumours being spread against him.)

My dear child,

For the last months you have been fast progressing spiritually, and I would like you to take all these attacks as an outward expression of the usual tests that the adverse forces make to fortify and intensify the sadhana. It is teaching you to have an absolute faith and confidence in the Divine Grace, because when they will be complete and perfect, all sorrow and all anxiety will depart from you.

I can read in your heart and see in your mind — the attitude, gossips and suggestions from anybody can have no effect on my decisions. My only Guide is the Lord, and my only aim is the Truth.

With love and blessings.

25 December 1961

(The disciple wrote about accusations against him, including the charge that he was misusing money.)

The stupidity of these accusations is so evident that nobody dared to repeat them to me. I have read them in your letter here for the first time.

¹ This series is entirely in English.

More Answers from the Mother

Especially what concerns money is so contrary to your very nature that it is difficult to imagine how people can have invented that. But evidently there is no limit to human crookedness.

Well, the only thing to do is to forget all that completely and to keep alive in you the faith that the Divine is bound to discriminate between Truth and falsehood.

With my love and blessings I give you the assurance that I am aware of the sincerity of your service.

Early 1962

My dear child,

I have read your good letter. The experience you had is just the one I wanted for you, and it came in the way I expected. Keep it, and let it grow steadily, so that it remains with you for ever.

As for the recent happenings, fear nothing. The Divine Love is the essence of Truth and cannot be affected by the human confusions.

Clouds come and clouds go but the Sun of Truth never stops shining.

With love and blessings.

7 June 1962

(The disciple described a recent experience, referring to himself in the third person.)

One more illusion was broken. He realised how often persons for whom he had exerted himself and even served, had time and again worked against him. With poignant feeling he saw how men whom he had befriended in their trials and stood by in their hour of need, had quietly let him down at the very first test. He was completely at sea and did not know how to proceed—there seemed to be nothing to stand upon.

Suddenly, with a sense of finality, there came these formed lines:

“Nobody is for anybody. Only the Divine will be for you if you are for the Divine.”

In a flash a whole pathway was lighted for him and the strength given to tread it.

Are they not words of our Mother?

These words are *exactly* the message I sent you yesterday evening after I felt you had received my card, as an explanation of what was written. Put your trust in the Divine *alone*. The Divine will never fail you.

With love and blessings.

31 July 1962

(The disciple withdrew from a certain work — the shifting of two persons to new quarters — but did not inform the Mother. Later, when she enquired, he explained the reasons for his decision and asked her forgiveness for not consulting her.)

My dear child,

When love is there, the need for forgiveness does not exist. There is a complete understanding. I wrote for the sake of the work, and also because there is a way of making things more easy. And I am ready to help you for that.

First I must warn you: never believe what people say when they report what other people have said — it is *always false*; most often the words are not correct at all, but even if the words may happen to be exact, the spirit is *always distorted*.

Second, about the moving of people from one place to another, if you speak to the person concerned about the change before any final decision is taken, and let me know any objection

More Answers from the Mother

that he or she may have raised, many difficulties can be easily solved and the bad feelings avoided.

With love and blessings.

11 December 1962

Sweet Mother,

...I have mentioned these rumours about me by way of information. By Thy grace I am not depressed over these attacks any more. Each time I hear something, I remember Thy love and get on with quiet determination.

I have a feeling that whatever the outer circumstances, ultimately it is Thy Force that will shape things. Already I see the beginnings of a new upward curve and I dedicate myself afresh to Thy service.

Yes, you must keep confident and quiet because of this confidence. We must endure — at the end of the ordeal there is the Victory.

With love and blessings.

6 January 1963

When sadhaks will understand that I know better than themselves what is good for them, most of their difficulties will vanish.

Blessings.

30 March 1963

Sweet Mother,

I have been intrigued to read from the testimony of one or two saints that some Siddha-Purushas (realised beings) who have passed away, choose to roam about on this earth in the form of tigers and other creatures such as serpents. Could it really be so? And what is the purpose in assuming this sub-human form?

It is quite possible — but as I have no personal experience of such thing, I can say nothing about it.

Blessings.

17 May 1963

Sweet Mother,

I have got into a bad state for some days past. This morning the habit of reading wrongly and typing wrongly is very strong.

This happens when, in the consciousness, the “instrument” is allowed to become more important than the work.

It will go soon.

With blessings.

24 May 1963

Sweet Mother,

When I presented certain publication difficulties a few months ago, the Mother wrote to me that small books like Bases of Yoga and Lights on Yoga could be brought out in cheap editions by outside publishers. Accordingly I got into touch with Calcutta Pathmandir and they arranged to bring out Bases of Yoga. Three thousand copies are being published. Paper has been already purchased. Proofs of half the book have been passed. The contract with the press is under execution.

Now it appears that there is an idea of cancelling the whole project. But it is too late as far as Bases is concerned, in view of the progress already made. Mother may kindly consider.

I am very sorry, but it has all been a misunderstanding. Because Sri Aurobindo does not want any book of His to appear in a

More Answers from the Mother

cheap form — His books are not for the public at large and can and must be read only by the selected few.

He has always said so, I have always said so and cannot change now. I am ready to pay the incurred expenses rather than let a cheap edition come out.

May 1963

Sweet Mother,

I had a very unpleasant dream last night. Mother was coming to give Darshan on the Balcony. Large crowds were gathering. And when She appeared, ill-willed people emerged as if from hidden places and started jumping up and down to create a disturbance. There was even a group in military formation and dress, standing just below Mother, pointing their weapons at her. But the Darshan went off as scheduled and Mother gave Darshan without taking any note of these happenings.

There was something evil about the dream and it sticks.

There is an evident opposition in the world against the Divine Transformation, but these forces cannot harm those who have a sincere faith.

Now that you have reported the dream, do not think of it any more and its effect will vanish.

Love and blessings.

28 July 1963

Sweet Mother,

Of late I am having a peculiar dream frequently. Endless thread-like things come out of my mouth. I pull

them out only to find more ready to come out. I feel relieved only when the last ones are pulled out and thrown away. Does this indicate something being ejected from my system by the workings of Thy Force? Or does it call for any special effort on my part in any direction?

It looks like a working of the Force and the only thing needed is a collaborating consent from you.

Blessings.

15 September 1963

(The disciple wrote about several unfortunate incidents. His letter ends:)

Forgive me, Sweet Mother, for taking the liberty to write all this. My heart weeps inside as I am writing. Give us a word of assurance that things will be changed. Release Your saving Forces into action and prevent us from going still deeper into confusion and disorder.

It is for mercy and grace that one must ask, not for power and justice, because if Kali manifested what and who would remain standing!...

Love and blessings.

8 October 1963

Sweet Mother,

In spite of my sustained effort to have good feeling for others and be a force for harmony in Mother's creation, certain things happen that hit me with a devastating blow. For example, X recently said about me: "You do not know him; only Mother and I know what he is. What things go on underneath in his departments, how he tortures people, you do not know", etc.

Now, my question is simple. Under these circumstances, what should be my attitude? I have been taking

More Answers from the Mother

a series of steps to lessen the tension and create harmony between X and me all these days. Should I suspend it and cut off relations completely? Or should I persist and go on, in spite of the knowledge of what he is saying about me?

My dear child,

I am truly sorry for the state of confusion of the place. It appears to me like a chaos.

I know very well your efforts and attempts to create a harmony. I am behind them to help — you know that. I am quite aware also of where things get twisted and crooked. But there is only one way to conquer — it is to *persist* in the right attitude *obstinately*, in spite of everything, ignoring all the contradictions and oppositions.

In full consciousness of the Truth, we do what has to be done, always the right thing in the right way, without caring for the effect on others, the answers of others and the consequences. The eyes fixed on the Truth, we will advance and *conquer*.

With love and blessings.

16 October 1963

Sweet Mother,

I am again in a mess and can't get out of it. From head to toe there is chaos within. There is an oppressive dryness and restlessness. The mind refuses to work. I feel miserable about the consequent wastage of time. Pray do something.

It is a general attack all round.

Try to keep as quiet and calm as possible and... let it pass away!

With love and blessings.

31 October 1963

Sweet Mother,

Last night, in dream, heapfuls of tape-like stuff were ejected from my mouth. The feeling was one of relief (and repulsion). This has happened many times recently. Any meaning?

It might be the symbol of old attachments. It is good that they go.

Blessings.

29 January 1964

Mother once said that greed in the cells is at the root of tumours. Precisely what kind of psychological twist is responsible for brain tumours?

Greed for fame.

February 1964

Sweet Mother,

I feel exhausted. Having to meet so many persons leaves me sucked out. I could not sleep last night. The others working in my office are also showing signs of exhaustion. Pray sustain us.

The force is there to help you. Do not think of yourselves, but only of the Divine.

Blessings.

2 March 1964

Sweet Mother,

When they speak of a heart-attack or stroke, is there really an attack or stroke from outside by the hostile

More Answers from the Mother

forces, or is it a failure or wrong functioning of the system?

Each case is different. It is often a blow from outside, more often a failure in the material body.

Sometimes both together and then it is fatal.

June 1964

Sweet Mother,

What could be the explanation of the following kind of phenomena?

1) *A child is dressed up nicely and sent on a promenade. Someone looks at him and says, "How beautiful!" The same night the child develops fever. But if, when the child returns home, a small ritual is done, such as waving a pinch of salt thrice before the child, things are all right.*

2) *Food is being cooked. Just at the moment of adding some fragrant leaves, somebody passes by; as a result the preparation does not give off any fragrance at all. Or things are made ready; the dough, etc., are seasoned; then someone comes and looks at it; subsequently everything turns out dismal.*

In such cases, is it some evil spirits that act through the human intermediary, or is the person himself the origin of the mischief?

It can be anything and in fact is in *different* cases very different things, from simply a wrong mental formation to the action of an adverse force, entity or being, through all the scale of human bad will.

September 1964

Sweet Mother,

I have received a question. In the Tantric system,

the lower consciousness rises to meet and join the Higher Consciousness through the six centres or knots which are broken in the course of the ascent. Are the knots broken in our yoga also? Or are they loosened and resolved? If so, what is the process?

It looks as if it were only a question of words. What is meant exactly by broken? broken to pieces? Not likely. They (the centres) may *break open* to let the force pass upward — this is more probable.

But for each one the experience is different, and to try to make a rule by which all experience has to proceed, is childish mental nonsense.

The Spirit is *free* and will always be free in its workings.

3 October 1964

Sweet Mother,

Last August Y met me and asked whether it is permissible for disciples of Sri Aurobindo and Mother to do worship of other gods and goddesses at their Centres. He said that a lot of confusion has been caused by those who have been writing and preaching that the Supramental Yoga can be done and its goal reached through the deities to whom people are accustomed. The old Puranas, the Tulsī Ramayana, etc. are being expounded with a view to promote the ideal of Sri Aurobindo and Mother. Their view is that Sri Krishna, Rama, Sita — all can give the truth of the Supramental.

Here is the letter from Y asking me to seek guidance from Mother.

Those who still believe in gods can certainly continue to worship them if they feel like it — but they must know that this creed and this worship have nothing to do with the teaching of Sri

More Answers from the Mother

Aurobindo and *no connection whatsoever* with the Supramental Realisation.

October 1964

(The disciple wrote of a devotee who was willing to lend money to the Ashram at a high rate of interest.)

I am quite against borrowing money even at a reasonable rate of interest — this one is quite exorbitant and illegal, — this is completely out of the question.

Those who believe in the yoga of Sri Aurobindo must understand that money is not meant to bring money but to help the earth to prepare for the advent of the new creation.

With blessings.

23 December 1964

(The disciple, in collaboration with others, submitted a proposal for the publication of Sri Aurobindo's works. Its intention was to increase the sales of books by offering them to the public at a low price. Initially, six 80-page pocket-size books would be produced, and sold at a cost of one rupee each. On the proposal's cover letter the Mother wrote:)

The plan is good but *not* for Sri Aurobindo's work upon earth.
Blessings.

(At the end of the proposal, the Mother wrote:)

This is a very well mentally planned project. But I must remind you that Sri Aurobindo has warned us that his writings were not for the public at large and must not be treated like such.

So it is wiser to drop the idea.
Blessings.

21 June 1965

Mother close to my heart,

For the last few days my past has begun to come before my eyes in a vibrant manner. I see how I was wrong, how I was unfair and how I have wronged others. My gratitude to Mother increases a thousandfold when I see how she has upheld me in spite of all my defects.

Let my identity dissolve and let me become a drop in Thy Ocean.

All that is hard or obscure is bound to dissolve in the Eternal Love...

Mid-1965

(The disciple asked whether two relatives who did not get along well should live together in the same house.)

The psychological difficulties may be taken as an excellent opportunity for practising equanimity.

With love and blessings.

Mid-1965

Sweet Mother,

I have just heard that though the Grace flows from all the limbs of the Guru (such as the eyes and hands), what emanates through the feet is the most dynamic and full of compassion. That is why, it is said, the Indian tradition enjoins Pranam to the feet. Is this true?

More Answers from the Mother

Here is Sri Aurobindo's answer to your query:

... where she presses her feet course
miraculous streams of an entrancing Ananda.

*

All Nature dumbly calls to her alone
To heal with her feet the aching throb of life²

Blessings.

1967

LETTERS ON BEHALF OF OTHERS

X is getting suggestions to go out of the Ashram for a change, in view of his bad health. He asks if he should reject these suggestions or if Mother would advise him to go for a change.

I do not believe in a change. It is for him a question of nature and temperament and wherever he goes that will necessarily go with him. It is only a change of character obtained by sadhana that can cure him.

You can show him this, with my blessings.

1 June 1962

Sweet Mother,

X has not been happy in his present unhygienic room; it is dark and ill-ventilated. If Mother approves, I would like to shift him to the Guest House managed by

² These two quotations from Sri Aurobindo's writings appear on a card sent by the Mother to the disciple. The first extract is from *The Mother*, SABCL, Vol. 25, p. 31. The second extract is from *Savitri*, Book Three, Canto Two.

Y. They are close friends and between them they would manage the Guest House more conveniently.

As you believe it will work well, you can try.

But those who have a grumbling nature generally keep it and are never satisfied... So long as circumstances and others are accused of being the cause of discomfort, one is deep in falsehood. The wise man knows that he is responsible for what happens to him and tries to correct his nature.

Blessings.

9 June 1962

Z wishes to take her daughter X (of Dortoir Boarding) to her place during the school vacation in November. She prays for Mother's permission. The girl has not taken part in any of the cultural functions for December 1.

All right, provided it is X's wish.

October 1962

The following children pray for permission to go home during the school vacation next month: [four names are given]

I never encourage the children's going during the vacations because it has generally bad results. But when the children *themselves* ask I say yes provided they are back *before* the reopening of the school.

Blessings.

October 1962

Y, a lady teacher, is presently here on a visit. She decided some years ago to turn to spiritual life and has been

More Answers from the Mother

trying her best to do so. But she finds the pull of sex too strong and does not know how to proceed. She prays for Mother's guidance on whether it is advisable for her to marry or to persist in sadhana, whatever the difficulty. Her photo is enclosed.

Let her marry now and take to spiritual life later on; she is not yet ready.

When the call really comes, there is no possible hesitation. Blessings.

October 1962

Z, a devotee from Bengal, has been connected with us for a number of years. Recently he came into touch with some Sadhus. Now he is oppressed by the doubt whether his contact with Mother is snapped on that account. He asks if he is or can be open to Mother.

If he wants to keep in contact, he must be very careful. Generally, it is not helpful to mix the influences.

Blessings.

October 1962

Sweet Mother,

X is again in tantrums. He says he wants to die, he does not see any possibility of progress as things are with him now. There is no happiness within and he feels he has made a mistake in coming to the Ashram. All told, he is too gloomy and says he may get cracked in the head. Mother alone can do something to revive his spirits.

I have always known him like that — and that is why I was constantly refusing to let him come because he constantly wants to be where he is not.

But now that he is here, the only possibility for him to progress and cure is to *stick* here with all his possible will and in spite of all suggestions to go away. Of course I shall help him if he lets me do it; but he must know that it is for him the *only way* of salvation.

With my blessings.

14 January 1963

Sweet Mother,

I am unable to answer a question by a visitor. He is a young teacher at Cuddalore who has been coming here for the last three or four years. He says that every time he meditates for about half an hour, he feels terribly hungry. During meditation he gets peace, feels happy and all that. But why this hunger? He has tried taking full food before meditation, yet the hunger still appears. Why, Mother?

It is because by the quietness of the meditation he increases the receptivity of the body to the Force. This capacity to receive and absorb may translate, although not necessarily, by a capacity to eat — but it does not mean that food is just then needed.

26 January 1963

(A visitor, deeply moved by his brief stay in the Ashram, had to leave because he was travelling in the company of two companions. The disciple narrated the visitor's story to the Mother, and concluded, "The whole episode has left me sad." He also enclosed photos of the persons involved.)

I saw their photos. None of them was ready as yet. But the Force will work and something may come out of it later on.

More Answers from the Mother

Do not be sad — things happen because they have to happen and finally everything leads to the ultimate victory of the Supreme.

With blessings.

January 1963

Y was admitted with her three children two years ago at the insistent recommendation of Z. For the last one year she has been in charge of a boarding, which she has been running in an enlightened way. Her two girls are attending a local school; her boy goes to our school. Z and she are hoping that they will be now put on the permanent list of the Ashram inmates.

What is *permanent* upon earth? X is here since 1921 (42 years) and has never asked to be *permanent*.

September 1963

The doctors declare that one of Y's eyes is completely out of order due to detachment of the retina; the other eye is likely to have cataract. The general condition of his health is very low. He prays for help and asks Mother whose treatment she would like him to undergo.

Let him choose his doctor, because it is the *confidence* in the doctor that is *most important*.

Blessings.

October 1963

Sweet Mother,

Z has been ailing continuously for years now with one thing or other. Usually it is burning in the hands and feet and other nervous disorders. There are two suggestions regarding the "true cause": (1) Someone must be

doing black magic. He has a number of ill-wishers. (2) A temple oracle has said that the trouble is due to the displeasure of a spirit inhabiting an old, old tree adjacent to the house.

Mother alone knows what is true. Z prays for Mother's merciful intervention and protection.

He must first exhaust all physical possibilities, as, for instance, some unhygienic corner in the compound.

And even if it is one of the two occult reasons, why remain subject to them? It is easily dismissed by sincerely calling for help and protection and by discarding *all fear*.

With blessings.

9 November 1963

X says that he wants to take up this path and has been doing sadhana (meditation etc.). But his wife comes in the way of his sadhana by insisting that he shall not deny her sex-life. He prays for guidance. Should he break with her in the interest of sadhana? Or is there any other way out?

No advice can be given, except to be sincere and follow the inner guidance.

I see no legitimation of sexual intercourse (from the point of view of sadhana) unless it is in view to have children.

December 1963

(The disciple asked whether he should cancel preparations for a dinner party at an Ashram guest-house because its manager was overworked.)

To do properly this work one must be strong and *plastic* and know how to utilise the *inexhaustible energy* which is backing you all.

More Answers from the Mother

I have nothing more to say. But I expect everybody here to rise to the height of the needs. If we are not able even to do that much, how can we hope to be ready for the descent of the Light of Truth when it will come to manifest upon earth!

Blessings.

15 January 1964

Y has been repeatedly telling me of his depression and his loss of interest in life. Last evening he was particularly down and said that he feels like dying. Every night he sleeps hoping he will die by the morning. At one stage he wanted only a change of work. Now he feels he should go out of the Ashram if he is to pull on.

Z offered him a job somewhere but he refused. It is the nature that must change, not the surroundings and the occupation.

This is a kind of attitude in his vital, the depression attitude, which he somewhat cherishes. Unless he allows the Light and the Force to come down in him to clear that, I do not see what can be done.

Blessings.

January 1964

Y prays for a flower from Mother daily to be sent to him at the hospital. He asks if Mother has said anything on receiving his letter. He was depressed when I saw him at 11:30 A.M. today.

You can tell him that the only way of getting out of trouble is to have *faith*, a true, sincere, *unfaltering faith*, and a faith that makes *no demands*. All the rest is sheer *bargaining*.

Blessings.

January 1964

Sweet Mother,

Y sent me word a while ago that he had been feeling quite sick and wanted me to go to him. I went and met him. He says he is quite weak; the hospital doctors are stuffing him with drugs throughout the day and he cannot drag on: he feels too exhausted.

Each of these visits to the hospital drives home to me what a hell life outside is. It dawns on me, with increasing force, what heavenly conditions Mother has created for us here in the Ashram. All habitual grumblers here should be taken compulsorily once a week to visit the hospital!

This is quite true; but the state of grumbling was truly too much in Y's case, and it is really that which brought him where he is now.

He must still learn to be quiet and to accept things as they come.

I am joining a letter for him that you can give him personally with a word of encouragement.

With love and blessings.

9 February 1964

Sweet Mother,

Z has been working in our office for the last fortnight. She has turned out very good work and I am proud of her efficiency and spirit of dedication. She is shortly leaving for Madras. I would make an earnest prayer to Mother to grant that her life may turn a new corner. Hitherto, in spite of her all-round brilliance, she has had a chequered career with frustration at every step. Pray, Mother, let that cease from now on.

Difficulties are always blessings if we know how to face them.

Blessings.

March 1964

More Answers from the Mother

X, a member of the Circle in Kampala, complains that the person in charge insulted her at the function of the 29th February. She seeks solace from the Mother.

Let her think of the Divine and not of herself.

March 1964

We have engaged a number of rooms on rent in Y's house. He takes rented furniture from Z for these rooms. Now, it appears, Z has raised the furniture rent. So Y says that either the rent for the rooms must be increased or he must be exempted from paying extra rent for the furniture. It comes to about Rs. 10 per month.

So many petty things! With goodwill and disinterestedness all these things ought to be settled easily.

April 1964

X asks me to place the following developments in his illness before Mother: (1) The hospital doctor is not satisfied with the state of healing. After three months of treatment, things are still fluid and the doctors are not sure of the likely course. He asks Mother if She would advise and arrange for him to be sent to some other place like Vellore Hospital. (2) For the last three months he has been given strong drugs continuously. As a result he feels too weak. His friend Y seems to have suggested that he could take an Ayurvedic arsenic preparation instead. But is it permissible to mix up Ayurvedic and Allopathic treatments in this way? X can't answer and wishes the matter to be referred to Mother.

I know too well the true reason of all these complications and this suffering to give him any advice, because it is only an inner

and radical change of his character that can put an end to the ordeal. He has had with him and still has a conscious and steady concentration of force which ought to have cured him long ago. But his inner pessimism and dissatisfaction constantly spoil the working.

Let him have a true faith and then everything will be all right.

Blessings.

May 1964

Z, a lecturer in history, seeks to join the Ashram. A well-built man, he is just the kind of person X is in need of.

We do not need lecturers! but you can send him to X and see what he says.

July 1964

Sweet Mother,

One householder reader of our Kannada journal has asked the following two questions which I am unable to answer. Would Mother kindly help?

(1) What is to be done to reduce (if not eliminate) the desire for food? (2) What is to be done to reduce (if not eliminate) the desire for sex?

One answer to both: busy yourself with something more interesting — otherwise there are hundreds of ways from the most material to the most spiritual.

Blessings.

August 1964

More Answers from the Mother

Y, from N'Dola, Rhodesia — a member of the Circle — is in trouble with the police for having tried to smuggle out currency through another man. That man was caught and the police are on the scene. He prays for help.

What has he done for the Divine's Work that he asks for help?

September 1964

The parents of Z (of Children's Home) have written asking if Mother would approve of the girl's going to Bombay for the school holidays. The girl herself would like to go.

Generally when children go outside for holidays they come back quite spoilt — but if the girl wants really to go, she can go.

October 1964

Y, who is in difficulty for smuggling currency out of Rhodesia, is in danger of being sent to jail. He prays for help.

I have nothing to do with that kind of thing.

December 1964

Z's letter is enclosed regarding his wife. He hopes to receive a token of Thy Grace to take for her.

Let her purify the outer being, and abolish the ego, by a complete and perfect consecration to the Supreme Divine, and the obstacle will be removed.

The adverse forces are allowed to act only in order to compel us to make ourselves pure and receptive enough for the descent and the union.

With love and blessings.

30 December 1964

X is a poor man who comes here practically every week, meditates near the Samadhi and offers money very regularly. He feels the Mother's Presence and guidance. But every time he gets a good spiritual experience, something bad happens in the domestic or professional sphere. Yesterday, for instance, he came across a quotation saying that if one goes deep into the heart one can find Mother there; immediately he felt Mother there in a sitting posture. But a little afterwards his youngest child was nearly caught under a bus, and a couple of hours later his eldest son had a big fall from a wall. He is bewildered because such things happen with regularity. He prays for Thy blessings.

Whatever happens is the effect of the Grace and the best that could happen spiritually.

Love and blessings.

March 1965

Y, the two-year-old grandchild of my family-friend Z, was perfectly normal till he was three months old, when he had an attack of measles. For about ten days strong medicines were given. Thereafter he was never well; he started getting convulsions and is now in some state of shock. He cannot stand or walk freely, cannot talk or readily recognise people.

More Answers from the Mother

Photo A was taken before the ailment; photo B this month. The family prays for Mother's Grace and Blessings.

Modern medicines are not fit for children.
Blessings.

(On a slip accompanying the photos of the child, the Mother wrote:)

If Nature is given a chance she may repair the damage.

June 1965

The American lady X has become a big problem in the Guest House. She flies at servants, behaves badly at the table and makes herself a complete nuisance. Last night she started typing at 3 A.M. Both managers, Y and Z, find it impossible to continue with her.

It is true, however, that Y made all sorts of promises to her about special arrangements, as he does to everyone in the beginning. What is to be done?

She has written to me and from her letter I understand that she needs one room for herself and one for her luggage, plus place in a refrigerator for some provisions, and she is very particular about her food. If some promises have been made they must be kept. It is a conciliating and understanding spirit that is needed. Any other attitude than that one is, in the Ashram, disgraceful and unworthy of Sri Aurobindo.

Blessings.

30 June 1965

Sweet Mother,

X is in distress. Last week her old trouble of involuntary going out of the body started again. During a nap of ten minutes in the afternoon she came out of the body, but could not re-enter it. She called the Mother. An enveloping Force of strength and a tickling sensation was felt from her feet to her head and she could re-enter the body. Afterwards there was much tiredness. That night her sleep was disturbed, there was pain in her body and her face had the pallor of death.

The next day during her afternoon nap, she again went out of her body and was hanging over it, but she could not re-enter it. She called Mother, but there was no response. She called again and again and nothing happened. She could not enter the body either through the head or through the feet; the body gave no opening. She thought that death had come and she could never re-enter her body. She got flurried, but somehow composed herself and hovered round and round the body. She flew up and caught sight of the colour picture of the Mother's Feet hanging on the wall near the ceiling. She went near it and prayed fervently to those Feet. Then she was able to effect an entry into her body through the head, but with great suffering and pain. Her whole body was dead cold and frigid, and it took some time for her to become normal.

She prays for Thy help.

It is through the *heart centre* (solar plexus) that one *must* enter the body — the other two (feet and head) are considered as impossible. The entering through the head seems miraculous and no wonder that it was painful.

But the worst of all is to *fear*. Even if all conditions are normal, fear attracts difficulties.

The only true solution is an unflinching faith in the Divine's

More Answers from the Mother

Grace. With that faith, sincere and complete, one is always safe.

Blessings.

15 September 1965

Y (the occultist from Simla) writes that her eldest daughter Z (age 9) is abnormally absent-minded and always dreamy. She feels it is perhaps because the psychic being of the child has not yet fully come down in the body. She asks if this could be so and also if Mother would advise what is to be done in the matter. Her photo is enclosed.

The child looks quite happy. They must let her be as she is and not contradict her. When the time has come for her to be as the ordinary human beings, she will be so. All interference would be a spiritual offence.

November 1965

(The disciple wrote about a boy who was subject to frequent minor spasms in the form of jerks of the head.)

This boy is ultra-sensitive and has good possibilities in him. But he needs to be treated with much patience and especially a perfect *quiet* and *calm*. The slightest impatience, roughness or irritation will upset him completely, any brusque movement can give him an attack. I insist on this because if the parents sincerely want him to cure they must be very gentle with him.

Blessings.

November 1965

X prays for special Grace. He is in distress; there is a

fresh crisis every day in his business and he is unable to cope with the situation.

If he keeps his mind quiet and his heart peaceful he will cope with the situation.

Blessings.

December 1965

Y has been told by astrologers that the next three years are very bad for him. His immediate superior in his office is thinking of leaving the company and consequently his position may not continue to be as secure as now. His sub-tenant has gone and he finds it difficult to maintain the flat which he got by Grace.

He prays for Mother's Blessings.

He must face the difficulty with faith and confidence; and everything will end well.

Blessings.

March 1966

Sweet Mother,

Someone is reported to have done black magic against Z. A lemon was found placed on a pillar. They are all falling sick at the house and there is a very disturbed atmosphere.

Let them burn incense on the same pillar — invoking Sri Aurobindo's name.

19 March 1966

X was having tooth-ache continuously for some time. One day, recently, her husband told her: Why not try

More Answers from the Mother

what Mother has written in the Bulletin? Go out of the body and concentrate on the trouble-spot. And she did. The pain disappeared. But what followed is interesting. She had no pain during the day, but in sleep she began to have intense pain in the tooth.

Why did the pain come in sleep alone?

Because her consciousness went elsewhere and she was no more concentrated on her body.

March 1966

Sweet Mother,

Yesterday Mother saw the boy in Y's family. Y prays to Mother to guide the medical treatment of his son. He will implicitly do what Mother says.

If the parents could stop being anxious and somewhat nervous in their relation with the boy, it would very much help towards his recovery.

Blessings.

July 1966

Z has been informed by his daughter that she is marrying some man in Bombay of whom Z does not know anything. Without his knowledge the girl and her mother have sent Rs. 18,000 to that man for arranging a flat in Bombay. Z prays to Mother for help to avert what he anticipates — a tragedy.

Each one must be free to decide about his or her own life.

April 1967

Series Six

*(The disciple wrote on behalf of a devotee who feared
that his business partner had hired a black magician to
harm him.)*

For him who trusts the Divine there is no fear.
Blessings.

January 1968

Note on the Texts

Of the six correspondences in this volume, four were first published in whole or in part in the *Bulletin of Sri Aurobindo International Centre of Education*, a bi-lingual quarterly in French and English; the remaining two were first brought out in 1990 in the first edition of this volume. Two of these correspondences were written in English; four were written wholly or partly in French. The original translations of the material in French were revised for publication in 1990. This second edition (2003) contains the same texts as the first edition. The correspondences were first published together in French in 1997 under the title *Quelques Réponses de la Mère-2*.

Details on the individual series follow.

Series One. Original in French. Part of the text first appeared in English translation in *Breath of Grace* (Sri Aurobindo Ashram Trust: Pondicherry, 1973), pages 207–353. A larger portion of the text was later serialised in quarterly issues of the *Bulletin* from November 1981 to November 1986; that text, with certain omissions and the addition of some new material, is published in this volume.

Series Two. Original in French. The English translation of the text was first published in 1990 in the first edition of this volume.

Series Three. Original in English, with the exception of the reply of 19 June 1939 and the phrase translated as “they are always biased” in the reply beginning “Be careful about”, dated “About 1965”. Approximately one-third of the text was published in the *Bulletin* issues of February, April and August 1987. The full text came out in 1988 as a book entitled *Guidance in Work: Correspondence with a Disciple*, published by the Sri Aurobindo Ashram Trust, Pondicherry. The same text with the omission of six replies by Sri Aurobindo, is reproduced here.

Series Four. Original mainly in French; the first eleven entries (up to

More Answers from the Mother

and including the entry of 18 June 1946) were written in English, the remaining entries in French. The text was published in 1990 in the first edition of this volume.

Series Five. Original mainly in French; four entries are in English, those of 24 May 1963, 2 April 1967, 26 July 1969 and 27 July 1969; the word “successful” in the entry of 30 January 1972 is also in English. Most of the text was first published in the *Bulletin* issues of April and August 1988. That text, with the addition of a few new entries, is reproduced here.

Series Six. Original in English. Most of the letters in the first half of the text (up to “Letters on behalf of Others”) were first published in *Mother and I* (Dipti Publications: Pondicherry, 1984), pages 69–79. A more complete text was first published in the *Bulletin* issues of November 1987 and February 1988. That text, with the addition of a few new entries, is reproduced here.