

30 June 1929

and quietness will disarm even dangerous and ferocious animals when they confront you.

Repulsion is a movement of ignorance. It is an instinctive gesture of self-defence. But what best protects you against any danger is not an unreasoning recoil but knowledge, knowledge of the nature of the danger and a conscious application of the means that will remove or nullify it. The ignorance from which these movements rise is a general human condition, but it can be conquered; for we are not bound to the crude human nature from which the external being starts and which is all around us.

Ignorance is dispelled by a growing consciousness; what you need is consciousness and always more consciousness, a consciousness pure, simple and luminous. In the light of this perfected consciousness, things appear as they are and not as they want to appear. It is like a screen faithfully recording all things as they pass. You see there what is luminous and what is dark, what is straight and what is crooked. Your consciousness becomes a screen or mirror; but this is when you are in a state of contemplation, a mere observer; when you are active, it is like a searchlight. You have only to turn it on, if you want to see luminously and examine penetratingly anything in any place.

The way to attain to this perfect consciousness is to increase your actual consciousness beyond its present grooves and limits, to educate it, to open it to the Divine Light and to let the Divine Light work in it fully and freely. But the Light can do its full and unhindered work only when you have got rid of all craving and fear, when you have no mental prejudices, no vital preferences, no physical apprehensions or attractions to obscure or bind you.

Repulsion is a movement of weakness. It comes because you have been touched and hurt and recoil from what hurts you. The atmosphere of a being or man or animal or its emanations may be harmful for you, although it may not be so felt by