

## Questions and Answers

*What does “Mother of Dreams”<sup>1</sup> mean?*

When he speaks of the “immobile and serene Consciousness”, Sri Aurobindo often uses poetic terms which are very suggestive. He has used the term “Mother of Dreams” because he has put himself in the place of one who is below, one who sees, perceives something mysterious, altogether wonderful, inaccessible and almost incomprehensible; but if you look from another point of view, you may say that it is the creative Consciousness, the Origin of the universe, the universal Mother, the creative Power, and so on.

*When we play badly we find that we have no energy, but if we play well, with great enthusiasm, we find that energy comes. Why?*

This is perfectly true. To enter into contact with terrestrial energy, one must establish a certain harmony within oneself. If you know the game well, if you know how to make the moves and if you take an enthusiastic interest, if you have a sort of ambition (quite childish perhaps), a desire to win, then as you go on succeeding you feel a kind of inner joy, not perhaps very profound, but creating the harmony necessary for the interchange of energy. On the other hand, those who do not know how to accept defeat, who get angry and bad-tempered when things do not go according to their wish, lose their energy more and more.

Also, if you slip into depression, you cut every source of energy — from above, from below, from everywhere. That is the best way of falling into inertia. You must absolutely refuse to be depressed.

Depression is always the sign of an acute egoism. When you feel that it is coming near, tell yourself: “I am in a state of egoistic illness, I must cure myself of it.”

<sup>1</sup> Sri Aurobindo, “The Mother of Dreams”, *Collected Poems*, p. 67.