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the control of the energy received. Ninety per cent of men do not absorb enough energy or they take in too much and do not assimilate what they take—as soon as they have had a sufficient dose they immediately throw it out by becoming restless, talking, shouting, etc. You must know how to keep within you the received energy and concentrate it fully on the desired activity and not on anything else. If you can do this, you won't need to use your will. You need only gather together all the energies received and use them consciously, concentrate with the maximum attention in order to do everything you want.

And you must know how to give a real value to what you *want* to do—what the higher part of your being wants to do—for to do what one *likes* to do is not difficult.

*What is concentration?*

It is to bring back all the scattered threads of consciousness to a single point, a single idea. Those who can attain perfect attention succeed in everything they undertake; they will always make a rapid progress. And this kind of concentration can be developed exactly like the muscles; one may follow different systems, different methods of training. Today we know that the most pitiful weakling, for example, can with discipline become as strong as anyone else. One should not have a will which flickers out like a candle.

The will, concentration must be cultivated; it is a question of method, of regular exercise. If you will, you can.

But the thought “What's the use?” must not come in to weaken the will. The idea that one is born with a certain character and can do nothing about it is a stupidity.