

(6) *By spending time in thoughts of You —*

Very good.

(7) *By sincere prayers —*

Good.

*

Three things indispensable to begin with:

Absolute sincerity in the whole being and all its activities.

Complete self-surrender without any reservation.

Patient work on oneself and at the same time a steady conquering of perfect unshakable peace and equanimity.

4 February 1932

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Our human consciousness has windows that open on the Infinite but generally men keep these windows carefully shut. They have to be opened wide and allow the Infinite freely to enter into us and transform us.

Two conditions are necessary for opening the windows:

1) ardent aspiration;

2) progressive dissolution of the ego.

The Divine help is assured to those who set to work sincerely.

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What is the best method to find the Divine who is in each of us and in all things?

Aspiration.

Silence.

Concentration in the solar plexus region.²

² The Mother is probably referring to the heart region.

Words of the Mother – II

If need be, a prayer addressed to the Divine:
I belong to You and I want to know You so that all that I
do is nothing but what you want me to do.

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Encourage only what leads quickly to the Lord and serves His
divine purpose.

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The Examiners

The integral yoga consists of an uninterrupted series of examinations that one has to undergo without any previous warning, thus obliging you to be constantly on the alert and attentive.

Three groups of examiners set us these tests. They appear to have nothing to do with one another, and their methods are so different, sometimes even so apparently contradictory, that it seems as if they could not possibly be leading towards the same goal. Nevertheless, they complement one another, work towards the same end, and are all indispensable to the completeness of the result.

The three types of examination are: those set by the forces of Nature, those set by spiritual and divine forces, and those set by hostile forces. These last are the most deceptive in their appearance and to avoid being caught unawares and unprepared requires a state of constant watchfulness, sincerity and humility.

The most commonplace circumstances, the events of everyday life, the most apparently insignificant people and things all belong to one or other of these three kinds of examiners. In this vast and complex organisation of tests, those events that are generally considered the most important in life are the easiest examinations to undergo, because they find you ready and on your guard. It is easier to stumble over the little stones in your path, because they attract no attention.