

(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.<sup>2</sup>

<sup>2</sup> The Mother is probably referring to the heart region.