

## Yogic Action

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it is not so much what you  
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It is not so much the act that matters, but the consciousness in which it is done. So all is well and do not torment yourself. My love is always with you.

24 March 1964

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From the point of view of a spiritual life, it is not what you do that matters most, but the way in which it is done and the consciousness you put into it. Remember always the Divine and all you do will be an expression of the Divine Presence.

When all your actions are consecrated to the Divine, there will be no longer activities that are superior and activities that are inferior; all will have an equal importance — the value given them by the consecration.

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Whatever one does, it becomes useful if one puts a spark of true consciousness into it.

The consciousness one has is much more important than the act one performs. And the most apparently useless acts can become very productive if they are performed with the true consciousness.

*10 August 1966*

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It is the spirit and the consciousness from which it is done that makes an action yogic; it is not the action itself.