

photographs of Sri Aurobindo and the Mother. Stating that for proper worship there should be a bija-mantra [seed-mantra] to invoke the deity, he asked whether there was such a mantra for Sri Aurobindo and the Mother. Mother replied:)

I always advise to let the mantra rise from the depth of the heart as a sincere aspiration.

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It occurs to me to beg Thee for a key word for japa.

OM.

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OM is the signature of the Lord.

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(About pranam, the gesture of obeisance to the Divine)

This gesture, when one makes it in all sincerity, is the consecration to the Divine in the whole creation. It is that, that is the origin of the thing... Like a recognition, a recognition and a submission to the Divine in the creation.

That is the true meaning. Naturally, in outer appearance, not one person in a thousand does that... but that is the true meaning of this gesture.¹

19 March 1973

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¹ Tape-recorded.