

I feel indignant, Mother, for I cannot find my “self”, as soon as I try to do so, I find nothing but this body, which is like a lair of banal thoughts and lawless desires.

One must persist without getting discouraged, and first of all refuse to recognise the body as one’s “self”. Indeed, what would it be without the feelings and thoughts which animate it? An inert, lifeless mass.

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Mother, what is it that will help me always remember that I am living a spiritual life?

The awareness of the Divine Presence in all things and always.

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You have said in your Conversations that to prepare oneself for the Yoga one must first of all be conscious. To be conscious of the Divine Presence in us is our goal; I don’t see how I can be conscious from the beginning.

I have not said “conscious of the Divine Presence”, I have said “conscious”; that means one does not live in total ignorance of what happens within oneself.

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I cannot accept all that happens with a calm heart.

This is, however, indispensable for yoga; and he who has so great an aim as to be united with the Divine and to manifest Him, how can he be affected by all the futilities and foolishnesses of life?

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