

More Answers from the Mother

vital that caught the uneasiness, but I don't understand why I felt this uneasiness when I saw her.

Some people carry around them these ideas of despair and depression and are harassed by them. These ideas are contagious, like an illness, and one catches them just as one catches any other illness.

14 May 1934

How can I avoid being attacked by these wild and hostile ideas?

You must learn to reject them when they come.

Not to come into contact with the people who carry them?

That is impossible — there would be too many people to avoid.

But the point is to know who is carrying them?

That is impossible by any outer method; it is only by acquiring an inner discrimination that these things can be known.

15 May 1934

You told me, "I would be surprised if Y took your advice seriously." Does that mean that one should not take someone else's advice seriously?

As a general rule it is better not to give advice unless you are asked for it. But if you receive some advice from someone, you should think it over carefully and try to take advantage of it.

16 May 1934