

Jagannath are both of them indications that he has the capacity for Yoga experience and that there is a call of the Divine on his inner being. But capacity is not enough; there must be also the will to seek after the Divine and courage and persistence in following the path. Fear is the first thing that must be thrown away and, secondly, the inertia of the outer being which has prevented him from responding to the call.

The Light is the light of the Divine Consciousness. The aim of this Yoga is first to come into contact with this consciousness and then to live in its light and allow the light to transform the whole nature, so that the being may live in union with the Divine and the nature become a field for the action of the Divine Knowledge, the Divine Power and the Divine Ananda.

He can succeed in that only if he makes it the supreme object of his life and is prepared to subordinate everything else to this one aim. Otherwise all that can be done is only to make some preparation in this life — a first contact and some preliminary spiritual change in part of the nature.

### Capacity of Westerners for Yoga

The best way to answer your letter will be, I think, to take separately the questions implied in it. I will begin with the conclusion you have drawn of the impossibility of the Yoga for a non-Oriental nature.

I cannot see any ground for such a conclusion; it is contrary to all experience. Europeans throughout the centuries have practised with success spiritual disciplines which were akin to Oriental Yogas and have followed too ways of the inner life which came to them from the East. Their non-Oriental nature did not stand in their way. The approach and experiences of Plotinus and the European mystics who derived from him were identical, as has been shown recently, with the approach and experiences of one type of Indian Yoga. Especially, since the introduction of Christianity Europeans have followed its mystic disciplines which were one in essence with those of Asia, however much they may have differed in forms, names and symbols.