

to the world — but it is not good for any positive or dynamic spiritual purpose.

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Sannyasa does not take away attachment — it amounts only to running away from the object of attachment which may help but cannot by itself alone be the radical cure.

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After realisation whatever the Higher Will demands is the best — but first detachment is the rule. To reach the Freedom without the discipline and detachment is given to few.

### **Two Methods of Living in the Supreme**

There are always two methods of living in the Supreme. One is to draw away the participation of the consciousness from things altogether and go so much inwards as to be separated from existence and live in contact with that which is beyond it. The other is to get to that which is the true Essence of all things, not allowing oneself to be absorbed and entangled by the external forms. Desire, attachment, slavery to the attractions of the external sense are the chief obstacles to this movement — so in either way they have to be got rid of. But it is quite possible to see the Supreme before the attraction of external sense is gone — only one cannot live securely in It if there is desire and external attachment because that is always taking one away from the inner poise.

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This Yoga does not mean a rejection of the powers of Life, but an inner transformation and a change of the spirit in the life and the use of the powers. These powers are now used in an egoistic spirit and for undivine ends; they have to be used in a spirit of surrender to the Divine and for the purposes of the divine Work. That is what is meant by conquering them back for the Mother. If anyone feels himself too weak to resist the clutch of the egoistic money-force he need not make the endeavour.