

No attachments, desires or habits of the mind, heart, vital being or body should be clung to which come in the way of this one aspiration and one object of the life. One must be ready to renounce all these completely as soon as the demand comes from above and from the divine Shakti.

(2) A fundamental calm, peace and purity in the mind, vital being and all the nature.

The hours of meditation should be devoted to the formation of these two conditions in you, by aspiration and by self-observation and rejection of all that disturbs the nature or keeps it troubled, confused and impure. Aspiration if rightly done, quietly, earnestly and sincerely, brings the divine help from above to effect this object.

As to the hours devoted to work, needs, family, etc., they can be made an aid only on the following conditions.

(1) To regard all these things as not belonging to yourself, your inner being, but as things external, work to be done so long as it remains on your shoulders to the best of your ability without desire or attachment of any kind.

(2) To do all work as a sacrifice without any egoistic motive.

(3) To establish and deepen the inner calm and quiet. If that is done, all these things will be felt more and more as external and the falling off of desire and attachment will become possible.

For getting rid of passion the same condition. If you separate yourself from these movements and establish calm and peace inside, the passions may still rise on the surface, but they will be felt to be external movements and you can deal with them or call down the divine aid to get rid of them. So long as the mind does not fall quiet, it is not possible to deal finally with the vital being from which these forces rise.

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The way to realise is through a quiet mind and a vital free from desires. To reject the desires and demands of the vital and to quiet the excessive activity of the mind, so that a true consciousness and spiritual perception and knowledge may take the place of the mind's activity, are the requisite conditions of the Yoga.