

inner soul's need, and a quiet settled will to turn towards the Divine and seek the Divine. It is certainly not easy to get rid of this mixture of desire entirely — not easy for anyone; but when one has the will to do it, this also can be effected by the help of the sustaining Force.

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If there are good desires, bad desires will come also. There is a place for will and aspiration, not for desire.

If there is desire there will be attachment, demand, craving, loss of equanimity, sorrow at not getting, all that is unyogic.

### **Aspiration and Pulling**

Pulling comes usually from a desire to get things for oneself — in aspiration there is a self-giving for the higher consciousness to descend and take possession — the more intense the call, the greater the self-giving.

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It is certainly a mistake to bring down the light by force — to pull it down. The supramental cannot be taken by storm. When the time is ready it will open of itself — but first there is a great deal to be done and that must be done patiently and without haste.

### **Lack of Aspiration**

Naturally the more one-pointed the aspiration the swifter the progress. The difficulty comes when either the vital with its desires or the physical with its past habitual movements comes in — as they do with almost everyone. It is then that the dryness and difficulty of spontaneous aspiration come. This dryness is a well-known obstacle in all sadhana. But one has to persist and not be discouraged. If one keeps the will fixed even in these barren periods, they pass and after their passage a greater force of aspiration and experience becomes possible.

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