

Reply<sup>1</sup> that the Mother is not able to write letters herself, and you are writing on her behalf. What is given by the Mother is not a development of supernatural force, but if someone is accepted to take up this path of Yoga he is led towards a deeper and higher consciousness in which he can attain union with the Divine Mother. This however is a path long and full of difficulties — Sri Aurobindo and the Mother do not admit anyone to it unless they are sure of his call and his capacity to follow it and the person himself is sure of his will to follow it until the goal is reached.

6 March 1937

### Broad Lines of the Sadhana

The basis of life here is wholly spiritual. An inner discipline is given, but it is on broad lines allowing each individual the necessary freedom for his nature and temperament to grow and change spontaneously. Broadly, the sadhana consists of a progressive surrender of oneself — inward and based upon it the outward also — to the Guru, to the Divine; meditation, concentration, work, service — all these are means for a self-gathering in all one's movements with the sole aim of delivering oneself into the hands of a Higher Power for being worked on and led towards the Goal. The Mother guides, helps each according to his nature and need, and, where necessary, herself intervenes with her Power enabling the sadhak to withstand the rigours and demands of the Path. She has placed herself — with all the Love, Peace, Knowledge and Consciousness that she is — at the disposal of every aspiring soul that looks for help.

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All in me is proceeding towards the Mother's love, devotion and purity. Why then am I not going up in my consciousness and getting higher experience?

The power of experience is not gone — but what is most important now is to develop the psychic condition of surrender,

<sup>1</sup> Written by Sri Aurobindo to his secretary, who replied to the enquirer. — Ed.