

tence of the inmost being, and as such it cannot be counted among desires.

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Is there any time in the “straight path” for satisfying desires? If desire is not mastered, how can there be any straight walking on the straight path?

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It is not yoga to give free play to the natural instincts and desires. Yoga demands mastery over the nature, not subjection to the nature.

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Kāmanā bāsanā have no part in yoga, they cannot be its help (*sahāya*), they can only be hindrances. So long as desire and ego remain, there can be no surrender to the Divine, no fulfilment in the yoga. They are movements of the vital and cannot be anything else.

Egoless strength is strength which does not act for selfish motives or for the desires of the vital or to carry out the ideas of one’s own mind, but exists only for the service of the Divine and as an instrument of the Divine.

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Demand and desire are only two different aspects of the same thing — nor is it necessary that a feeling should be agitated or restless to be a desire; it can be, on the contrary, quietly fixed and persistent or persistently recurrent. Demand or desire comes from the mental or the vital, but a psychic or spiritual need is a different thing. The psychic does not demand or desire — it aspires; it does not make conditions for its surrender or withdraw if its aspiration is not immediately satisfied — for the psychic has complete trust in the Divine or in the Guru and can wait for the right time or the hour of the Divine Grace. The psychic has an insistence of its own, but it puts its pressure not

on the Divine, but on the nature, placing a finger of light on all the defects there that stand in the way of the realisation, sifting out all that is mixed, ignorant or imperfect in the experience or in the movements of the yoga and never satisfied with itself or with the nature till it has got it perfectly open to the Divine, free from all forms of ego, surrendered, simple and right in the attitude and all the movements. This is what has to be established entirely in the mind and vital and in the physical consciousness before supramentalisation of the whole nature is possible. Otherwise what one gets is more or less brilliant, half-luminous, half-cloudy illuminations and experiences on the mental and vital and physical planes inspired either from some larger mind or larger vital or at the best from the mental reaches above the human that intervene between the intellect and the overmind. These can be very stimulating and satisfying up to a certain point and are good for those who want some spiritual realisation on these planes; but the supramental realisation is something much more difficult and exacting in its conditions and the most difficult of all is to bring it down to the physical level.

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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 obstacle 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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All the ordinary vital movements are foreign to the true being