

It is not our experience that by meditation alone it is possible to change the nature, nor has retirement from outward activity and work much profited those who have tried it; in many cases it has been harmful. A certain amount of concentration, an inner aspiration in the heart and an opening of the consciousness to the Mother's presence there and to the descent from above are needed. But without action, without work the nature does not really change; it is there and by contact with men that there is the test of the change in the nature. As for the work one does, there is no higher or lower work; all work is the same provided it is offered to the Mother and done for her and in her power.

6-10-1934

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This happens when the work is always associated with the Mother's thought, done as an offering to her, with the call to do it through you. All ideas of ego, all association of egoistic feelings with the work must disappear. One begins to feel the Mother's force doing the work; the psychic grows through a certain inner attitude behind the work and the *ādhāra* becomes open both to the psychic intuitions and influences from within and to the descent from above. Then the result of meditation can come through the work itself.

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Q: X says that he cannot feel your presence during work as he can during meditation. He does not understand how work can help him.

A: He has to learn to consecrate his work and feel the Mother's power working through it. A purely sedentary subjective realisation is only a half realisation.

23-1-1934

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The Mother does not think that it is good to give up all work and only read and meditate. Work is part of the Yoga and it