

*impulses or movements. But would this not be against the principles in ordinary life as well as in Sadhana? There is the way of keeping silent when dealing with such people, but even that sometimes hurts them more than a point-blank discouragement.*

*Would the bad effects of depression and discouragement indicated by the Mother happen in ordinary life also?*

The knowledge about the bad effect of depressions is meant for the Sadhak to learn to avoid these things. He cannot expect people to flatter his failures or mistakes or indulge his foibles merely because he has the self-habit of indulging in depression and hurting his nervous envelope if that is done. To keep himself free from depression is his business, not that of others. For instance some people have the habit of getting into depression if the Mother does not comply with their desires — it does not follow that the Mother must comply with their desires in order to keep them jolly — they must learn to get rid of this habit of mind. So with people's wish of encouragement or praise for all they do. One can be silent or non-intervening, but if even that depresses them, it is their own fault and nobody else's.

Of course, it is the same in ordinary life — depression is always hurtful. But in Sadhana it is more serious because it becomes a strong obstacle to the smooth and rapid progress towards the goal.