

Questions and Answers

make a special effort and to exceed your ordinary limits a little. It is certainly an opportunity to make conscious many of your movements which otherwise would always remain unconscious.

But naturally, you must not forget that this must be an opportunity and a means for progress. If you just let yourselves go and play in an altogether ordinary manner, you are wasting your time; but it is the same for everything, not only for this: for studies and for anything at all. Everything *always* depends on the way in which things are done, not so much on what one does but on the spirit in which one does it.

If you were all yogis and did everything you do with your utmost effort and to your utmost possibilities, as well as you can do it and always with the idea of doing it better still, then, obviously, there would be no need of competitions, prizes, rewards; but, as Sri Aurobindo writes, little children cannot be expected to be yogis, and during the period of preparation a stimulus is necessary for the most material consciousness to make an effort for progress.... And this period of childhood may last for many years!

The ideal would be exactly what I have written in the last *Bulletin*,¹ I don't know if you have read it, but I have written something like this:

Have no ambition,
above all pretend nothing,
but be at every moment
the utmost that you can be.

That is the ideal state in the integral life — whatever one does. And if one realises that, well, one is certainly very far on the path of perfection.... But it is obvious that a certain inner maturity is needed to do this in all sincerity. You may set this as a programme for yourselves.

If you like we shall take it as the subject of our meditation.

(Meditation)

¹ April 1957.