

## Words of the Mother – II

Do not confuse the psychic realisation with the spiritual realisation, because the psychic realisation will leave you within time and space, within the manifested universe.

Whereas the effect of the spiritual realisation will be to project you outside all creation, outside time and space.

There is no joy more perfect than to give oneself totally to that which is greater than oneself. God, Supreme Origin, Divine Presence, Absolute Truth — it doesn't matter what name we give Him or what aspect we most easily approach Him through — to forget oneself totally in an integral consecration is the surest path towards Realisation.

*13 January 1952*

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How beautiful, grand, simple and calm everything becomes when our thoughts turn to the Divine and we give ourselves to the Divine!

*11 May 1954*

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We must know how to give our life and also our death, our happiness and also our suffering.

*28 December 1954*

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Three typical modes of total self-giving to the Divine:

(1) To prostrate oneself at His feet, giving up all pride in perfect humility.

(2) To unfold one's being before Him, open one's whole body from head to foot, as one opens a book, exposing one's centres so as to make all their movements visible in a complete sincerity that allows nothing to remain hidden.

(3) To nestle in His arms, to merge in Him in a loving and absolute trust.

These movements may be accompanied by three formulas or any one of them according to the case: