

*that we must read newspapers?” He answered, “I have to know what is going on in the world too; I am not a sannyasi.”*

I am not a sannyasi and I never read a newspaper! I don't have time for it.

It is difficult to read newspapers without having the consciousness descend to a very ordinary level. Only when the consciousness is firmly established in union with the Divine is it possible to read newspapers without any risk of falling into a lower consciousness.

*5 December 1933*

*Sri Aurobindo has written to X that the Mother does not want him or me to accept anything from Y. Will you tell me what happens when one accepts something from a person?*

If you want to progress in yoga, you should receive things only from the Divine.

*10 December 1933*

*A few days ago I felt that I had risen into a happy consciousness, but a few days later I felt quite the opposite: I had again fallen very low. Now I am feeling all right. Will you explain this movement to me?*

It is a very common movement of the consciousness, which finds it somewhat difficult to remain in a state higher than its ordinary condition.

*12 December 1933*