

to descend from above. But it is important not to allow the depression or despair to come in because there is no immediate success; that can only make things difficult and stop any progress that is preparing.

Silence, Peace and Calm

The silence and peace are themselves part of the higher consciousness — the rest comes in the silence and peace.

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When the mind is silent, there is peace and in peace all things that are divine can come. When there is not the mind, there is the Self which is greater than the mind.

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You have attained the silent inner consciousness, but that can be covered over by disturbance — the next step is for calm and silence to be established as the basis in the more and more outer consciousness — probably these [*higher*] forces are working for that. Then the play of the ordinary forces will be only on the surface and can be more easily dealt with.

Silence and True Activity

The silence is the silence of the inner consciousness and it is in that silence unmoved by outward things that the true activity of the consciousness can come without disturbing the silence — true perceptions, will, feelings, action. There also one can feel more easily the Mother's working. As for the heat, it must be the heat of Agni, the fire of purification and tapasya; it often feels like that when the inner work is going on.

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It is not possible for the spontaneous silent condition to last always at once, but that is what must grow in one till there is a constant inner silence — a silence which cannot be disturbed