

Someone who is learning to paint or play music or write and does not like to have his mistakes pointed out by those who already know — how is he to learn at all or reach any perfection of technique?

Thinking about Work

Think of your work only when it is being done, not before and not after.

Do not let your mind go back on a work that is finished. It belongs to the past and all rehandling of it is a waste of power.

Do not let your mind labour in anticipation on a work that has to be done. The Power that acts in you will see to it at its own time.

These two habits of the mind belong to a past functioning that the transforming Force is pressing to remove and the physical mind's persistence in them is the cause of your strain and fatigue. If you can remember to let your mind work only when its action is needed, the strain will lessen and disappear. This is indeed the transitional movement before the supramental working takes possession of the physical mind and brings into it the spontaneous action of the Light.

Dealing with Physical Things

Material things are not to be despised — without them there can be no manifestation in the material world.

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Physical things have a life and value of their own which does not depend upon their price. To respect physical things and make a careful and scrupulous use of them is a part of the Yoga, for without that the mastery over matter cannot come.

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What you feel about physical things is true — there is a consciousness in them, a life which is not the life and consciousness