

#### NOTEBOOK ON EVOLUTION

I sat down. And when I got up half an hour later, he had put the silence into my head, just like that, without my even asking him – perhaps even without trying.

Before meeting Sri Aurobindo, I had achieved everything necessary to begin his yoga. It was all ready, organized, systemized – a superb mental construction . . . which he demolished in exactly five minutes.

I had tried to achieve complete mental silence – the kind of mental stillness Sri Aurobindo speaks of; when you have it anything can pass through your head without causing the least ripple – but I had never succeeded. I had tried, but I couldn't do it. I could be silent when I wanted to, but the moment I stopped my concentration, the clatter returned and everything had to be started over again.

That's all I had told him (not in great details, just in a few words).

Then I sat down beside him and he began talking with the person accompanying me. They talked about the war (he already knew, five months ahead, that the first World War would break out), yoga, the future, and all kinds of things. They talked and talked and talked – great speculations.

I wasn't in the least interested. I was simply sitting beside him on the floor, with a table in front of me, at eye level, as a sort of little protection.

I don't know how long it went on, but suddenly I felt a great Force come into me – a peace, a silence, something massive! It came in, swept everything blank in my head, descended, and stopped here in the chest.

When they finished talking, I got up and left.

Then I noticed that my mind was completely blank of thoughts. I no longer knew anything or understood anything. I was absolutely *blank*.

So I gave thanks to the Lord and thanked Sri Aurobindo in my heart.

All the mental constructions, all the mental, speculative organizations were completely gone.