

I feel a darkness obstructing the back of my head. My head feels heavy and dark. Why has this happened to me and what is it?

Most often these attacks are the result of bad thoughts you have had, which fall back on you.

31 May 1935

*

We are always surrounded by the things of which we think.

*

Your mind also is full of doubts and has to be blamed as much as the vital because it believes in falsehood.

*

One of the chief functions of the physical mind is to doubt. If you listen to it, it will always find a thousand reasons for doubting. But you must know that the physical mind is working in ignorance and full of falsehoods.

*

It is only love that can understand and get at the secrets of the Divine Working. The mind, the physical mind especially, is incapable of seeing correctly and yet it always wants to judge. It is only a true, sincere humility in the mind, allowing the psychic to rule the being, that can save human beings from ignorance and obscurity.

*

Each time that I try to rise a little, there is a setback.

As for your progress—it is because you are trying *mentally* and the mental is always a limitation to the consciousness. It is only the aspiration from the heart and the psychic that can be