

Ascetic Practices

The true attitude is neither to be an ascetic nor to indulge in desire. The true attitude is to take in all simplicity what I give, to be perfectly satisfied with it and neither to ask for more nor to refuse what is given. This is the true example to give, the one that can help the others towards a better understanding of their duties as sadhaks.

Remain my child, simple, quiet and content, and all will be all right.

5 October 1934

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A sannyasi who makes demands is not sincere. To be sincere a sannyasi must be perfectly satisfied with what is given to him and ask for nothing more. In all that happens to him, he must see the Divine's Grace and be at once happy and grateful for it.

Moreover, he who wants to do "intensive sadhana" must be able to isolate himself from his surroundings and, if necessary, to sit in deep meditation even on a battlefield in the midst of the roaring guns.

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I do not believe that sadhana in the cave is easy — only there the insincerity remains hidden, while in life and action it is revealed. You can *look* like a Yogi in a cave, but in life the humbugging is more difficult, because you have to *behave* like a Yogi.

6 September 1935

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When I consider the seriousness of this type of severe Sadhana, the ideas of my physical and mental weakness begin to frighten me and I find little courage in me.