

Need of Waking Realisation

ON the contrary it is in waking state that this realisation must come and endure in order to be a reality of the life. If experienced in trance it will be a superconscient state only for some part of the inner being but not real to the whole consciousness. Experience and trance have their utility for opening the being and preparing it but it is only when the realisation is constant in the waking state that it is truly possessed. Therefore in this Yoga much value is given to the waking realisation and experience.

To work in the calm ever-widening consciousness *m at* once a sadhana and a siddhi.

27-5-1937