

Truth in speech and truth in thought are very important. The more you can feel falsehood as being not part of yourself, as coming on you from outside, the easier it will be to reject and refuse it.

Persevere and what is still crooked will be made straight and you will know and feel constantly the truth of the Divine's presence and your faith will be justified by direct experience.

*
**

First aspire and pray to the Mother for quiet in the mind, purity, calm and peace, an awakened consciousness, intensity of devotion, strength and spiritual capacity to face all inner and outer difficulties and go through to the end of the Yoga. If the consciousness awakens and there is devotion and intensity of aspiration, it will be possible for the mind, provided it learns quietude and peace, to grow in knowledge.

*
**

This is due to an acute consciousness and sensitiveness of the physical being, especially the vital-physical.

It is good for the physical to be more and more conscious, but it should not be overpowered by these ordinary human reactions of which it becomes aware or badly