

Peace and Silence

CALM

Be very careful to remain always calm and peaceful and let an integral equanimity establish itself more and more completely in your being. Do not allow your mind to be too active and to live in a turmoil, do not jump to conclusions from a superficial view of things; always take your time, concentrate and decide only in quietness.

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Mother, for several days I have been suffering a lot. It is the inner being that suffers and always wants to unite with the divine consciousness but cannot because of the outer consciousness. Mother, really I am suffering.

You know that it is indispensable to be calm; you must try hard to become calm. Then in the calm, pray to Sri Aurobindo to give you the right consciousness; pray in all sincerity, with faith and trust. Your prayer will surely be granted one day.

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Sometimes I become absolutely quiet, I speak to no one, but just remain within myself, only thinking of the Divine. Is it good to keep this state constantly?

It is an excellent state which one can keep quite easily, but it must be sincere; I mean, it should be not a mere appearance of calm but a real and deep calm which spontaneously keeps you silent.

9 March 1933

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Words of the Mother – II

The first step is perfect calm and equanimity.

28 September 1937

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You must learn to be calm and quiet even in the midst of difficulties. This is the way to overcome all obstacles.

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Can “calm” give a solution to all problems?

Yes, but for this the calm must be perfect, in all the parts of the being, so that the power may express itself through it.

1960

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So that the experience does not become dangerously distorted and painful, you must keep an absolute calm.

It is only in peace and calm that the Divine Force expresses itself and acts.

26 June 1967

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It is very good to have recovered the calm.

It is in the calm that the body can increase its receptivity and gain the power to contain.

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Do not confuse calm with inertia. Calm is self-possessed strength, quiet and conscious energy, mastery of the impulses, control over the unconscious reflexes. In work calm is the source of efficiency and an indispensable condition for perfection.

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Increase the inner rest, it must become a rest always present even in the midst of the greatest activity and so steady that nothing has the power to shake it — and then you will become a perfect instrument for the Manifestation.

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QUIET

Surely to be quiet is not tamas. In fact it is only in quietness that the proper thing can be done. What I call quietness is to do work without being disturbed by anything and to observe everything without being disturbed by anything.

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Be quiet. We have only to work patiently without being disturbed by anything and keep unshaken the faith in the inevitable Victory.

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Quietness, quietness, a calm and concentrated strength, so quiet that nothing can shake it — this is the indispensable basis for the integral realisation.

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The more a person is quiet in front of all occurrences, equal in all circumstances, and keeps a perfect mastery of himself and remains peaceful in the presence of whatever happens, the more he has progressed towards the goal.

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In quietness you will feel that the divine force, help and protection are always with you.

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Words of the Mother – II

At the hour of danger a perfect quietness is required.

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When one remains perfectly quiet and without fear, nothing serious can happen.

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The only thing you have to do is to remain quiet, undisturbed, solely turned towards the Divine; the rest is in His hands.

17 July 1935

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That is always the best thing to do. To keep quiet, open and call or wait for the descent.

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Be quiet always, calm, peaceful, and let the Force work in your consciousness through the transparency of a perfect sincerity.

6 June 1937

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It is only in quietness and peace that one can know what is the best thing to do.

3 November 1937

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The storm is only at the surface of the sea; in the depths all is quiet.

28 May 1954

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Mother,

I have come to a point when I do not seem to understand anything. I do not lack ideas or understanding in terms of words. What I lack is a sense of Reality, a force of Being and direction. It is not at all a happy state of affairs.

You told me all that last night between 10 and 11, and as you were somewhat restless, I told you, “First of all you *must be quiet.*” The whole thing was *very vivid* and I appreciate the power of your thought — but I insist on the necessity of being *calm and quiet. It is indispensable.*

With love and blessings.

21 June 1962

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Do not get agitated.

Keep quiet and everything will be all right.

Love and blessings.

14 May 1967

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It is in quietness, peace and silence that the spiritual forces act.

All agitation and excitement come from an adverse influence.

February 1971

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The true Power is always quiet. Restlessness, agitation, impatience are the sure signs of weakness and imperfection.

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Keep quiet, try to detach yourself and observe as a witness, to prevent all possibility of acting on impulse.§

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Words of the Mother – II

It is not in the outward circumstances that you must look for quietness, it is from inside yourself. Deep inside the being there is a peace that brings quietness in the whole being down to the body, if we allow it to do so.

It is that peace you must seek and then you will get the quietness you wish for.

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Quietness is always good and even indispensable for a true and lasting progress.

Blessings.

21 October 1972

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PEACE

The peace must be immense, the quietness deep and still, the calm unshakable, and the trust in the Divine ever-increasing.

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It is by a quiet, strong and persistent peace that the true victories can be won.

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It is only in tranquillity and peace that one can know what is the best thing to do.

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Truly peace is badly needed — without peace the simplest thing makes at once a big fuss.

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Nowhere will you be able to find peace unless you have peace in your heart.

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Peace and Silence

If you ask from within for peace, it will come.

16 April 1935


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When the heart and the mind are at peace, the rest naturally follows.

26 July 1936

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*There is no greater peace
than that of a pure mind*



There is no greater peace than that of a pure mind.

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Solace in the mind: a silent peace.

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The vast peace and the calm are there, ready for you to open to them and receive them.

11 September 1937

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Let the vast peace of the Divine penetrate you entirely and initiate all your movements.

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Words of the Mother – II

Let the Peace be manifested in you more and more constantly and integrally.

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Let the Divine's peace always reign in your heart and mind.

8 May 1954

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In peace and inner silence you will more and more become conscious of the constant Presence.

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In peace and silence the Eternal manifests. Let nothing trouble you and the Eternal will manifest.

12 May 1954

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It is in an unshakable peace that can be found the true power.

13 June 1954

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It is in peace that knowledge and power are truly effective.

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The Divine's Peace must dwell constantly in our hearts.

11 September 1954

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It is in the most complete peace, serenity and equality that all is the Divine even as the Divine is all.

26 September 1954

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Peace and Silence

Peace of mind must be acquired not through favourable circumstances but through inner transformation.

18 March 1960

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It is from the Divine that a sadhak receives peace, a peace quite independent from outward circumstances. Turn more towards the Divine, aspire for the real inner peace and you will get enough peace to carry on your work without disturbance.

Blessings.

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Be peaceful, confident in the divine working.

14 November 1969

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SILENCE

Silence: the ideal condition for progress.

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It is in Silence that true progress can be made.

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It is *only in silence* that a true progress can be made; it is *only in silence* that one can rectify a wrong movement; it is *only in silence* that one can be of help to somebody else.

If you have found out a truth, or rectified a mistake in yourself, or made a progress, to speak or to write about it to anybody else than the Guru is to lose at once the truth or the progress.

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Words of the Mother – II

A silent help seems to be more effective and sure, more constant and detailed.

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In silence is the greatest respect.

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In the silence of the heart, you will receive the command.

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In the silence of our heart there is always peace and joy.

27 May 1954

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In a quiet silence strength is restored.

18 June 1954

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Let us adore in silence and listen to the Divine in a deep concentration.

15 October 1954

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In the perfect silence of the contemplation all widens to infinity, and in the perfect peace of that silence the Divine appears in the resplendent glory of His light.

27 October 1954

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In concentration and silence we must gather strength for the right action.

8 November 1954

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Certain silences are revelations and are more expressive than words.

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Meditation

We sat together in silence for a few minutes, enjoying the company of our soul, and we witnessed the gates of Eternity opening wide before us.

5 January 1955

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It is in silence that the soul best expresses itself.

7 June 1958

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It is in the silence of complete identification with the Divine that true understanding is obtained.

October 1969

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With words one can at times understand, but only in silence one knows.

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Silence: the condition of the being when it listens to the Divine.