

Questions and Answers

law of the manifestation; the supramental unification and integration must harmonise these diversities, but to abolish them is not the intention of the Spirit in Nature.”

The Life Divine, SABCL, Vol. 19, pp. 886–88

From the point of view of individual development and for those who are still at the beginning of the path, to know how to remain silent before what one does not understand is one of the things which would help most in the progress — to know how to remain silent, not only externally, without uttering a word, but also to know how to be silent within, so that the mind does not assert its ignorance with its usual presumptuousness, does not try to understand with an instrument that is incapable of understanding, that it may know its own weakness and open simply, quietly, waiting until the time has come for it to receive the light, because only the Light, the true Light, can give it understanding. It is not all that it has learnt nor all that it has observed nor all its so-called experience of life, it is something else which is completely beyond it. And until this something else — which is the expression of the Grace — manifests within it, if, very quietly, very modestly the mind remains silent and does not try to understand and, above all, to judge, things would go *much* faster.

The noise made by all the words, all the ideas in your head is so deafening that it prevents you from hearing the truth when it wants to manifest.

To learn to be quiet and silent... When you have a problem to solve, instead of turning over in your head all the possibilities, all the consequences, all the possible things one should or should not do, if you remain quiet with an aspiration for goodwill, if possible a need for goodwill, the solution comes very quickly. And as you are silent you are able to hear it.

When you are caught in a difficulty, try this method: instead of becoming agitated, turning over all the ideas and actively seeking solutions, of worrying, fretting, running here and there