

Contents

27 January	Does the body express one's character?	1
	Children and the psychic	4
	The power of observation	8
3 February	The senses and super-sense	10
	Children can be moulded	12
	Keeping things in order	12
	The shadow	16
10 February	Study a variety of subjects	18
	Memory	20
	Memory of past lives	21
	Getting rid of unpleasant thoughts	22
17 February	Experience expressed in different ways	24
	Origin of the psychic being	27
	Progress in sports	28
	Everything is not for the best	29
24 February	The manifestation is progressive	31
	Depression	32
	Psychic contact	33
	Liberation and humanity	34
	ABC of the transformation of the body	35
3 March	Occultism	38
	A French scientist's experiment	43
10 March	Death	46
	Death and determinism	47
	Fear	49

Contents

	The domain of death	52
	Stones falling on Sri Aurobindo's house	57
17 March	Ascetic practices	63
	Two kinds of submission	63
	The Kali of Virampatnam	64
	Kali	67
	Cruelty	70
	Rodin	72
24 March	Dreams and the condition of the stomach	74
	Tobacco and alcohol	74
	Nervousness	76
	The centres and the Kundalini	77
	Control of the senses	78
31 March	Three sources of vital energy	81
	Educating the senses	82
	A child brought up by a wolf	91
7 April	Communication without words	93
	Uneven progress	95
	Words and the Word	97
14 April	Love	100
	Can a person love another truly?	101
	Parental love	106
21 April	Physical transformation	109
	Activity and passivity	111
	The body: most capable of perfection	114
28 April	Aspiration and receptivity	115
	Resistance	116

Contents

	Purusha and Prakriti: not masculine and feminine	118
5 May	Faith, trust, confidence	120
	Insincerity and unconsciousness	125
12 May	The Purusha	128
	Surrender	129
	Distinguishing between influences	129
	Perfect sincerity	132
19 May	Affection and love	134
	Psychic vision	134
	Divine Love and receptivity	135
	Get out of the ego	136
26 May	Symbolic dreams	142
	Psychic sorrow	143
	Dreams: one is rarely conscious	147
2 June	Learning how to live	151
	Work, studies and sadhana	153
	Waste of the Energy and Consciousness	155
9 June	Dreams do not transform the nature	157
	Eating habits in the Ashram	158
	The earth and the psychic being	160
	Mother's awareness of people	164
16 June	Influences: Divine and other	168
	Adverse forces	169
	The four great Asuras	172
	Aspiration arranges circumstances	175
	Wanting only the Divine	176

Contents

23 June	Meat-eating	178
	Story of Mother's vegetable garden	181
	Faithfulness	182
	Conscious sleep	184
30 June	Occultism	189
	Religion and vital beings	193
	Mother's knowledge of what happens in the Ashram	197
	Asking questions to Mother	199
	"Drawing" on Mother	201
7 July	The inner warrior	203
	Grace and the Falsehood	205
	Opening from below	207
	Surrender and inertia	208
	Exclusive receptivity	213
	Grace and receptivity	216
14 July	The Divine and the Shakti	219
	Personal effort	220
	Speaking and thinking	222
	Doubt	224
	Self-giving, consecration and surrender	226
	Mother's use of flowers	230
	Ornaments and protection	233
21 July	Mistakes	236
	Success	238
	Asuras	240
	Mental arrogance	241
	Difficulty turned into opportunity	242
	Mother's use of flowers	244
	Conversion of men governed by adverse forces	245

Contents

28 July	Money	249
	Ego and individuality	253
	The shadow	262
4 August	Servant and worker	266
	Justification of weakness	267
	Play of the Divine	267
	Why are you here in the Ashram?	269
11 August	Division and creation	273
	The gods and human formations	274
	People carry their desires around them	279
18 August	Mahalakshmi	282
	Maheshwari	282
	Mahasaraswati	283
	Determinism and freedom	283
	Suffering and knowledge	287
	Aspects of the Mother	289
25 August	Ananda aspect of the Mother	291
	Changing conditions in the Ashram	296
	Ascetic discipline	301
	Mother's body	302
8 September	Hostile forces	305
	Substance	306
	Concentration	308
	Changing the centre of thought	310
	Peace	313
15 September	Parts of the being	316
	Thoughts and impulses	317
	The subconscious	319
	Precise vocabulary	321

Contents

	The Grace and difficulties	322
22 September	The supramental creation	327
	Rajasic eagerness	328
	Silence from above	328
	Aspiration and rejection	329
	Effort, individuality and ego	330
	Aspiration and desire	336
29 September	The right spirit	339
	The Divine comes first	341
	Finding the Divine	342
	Mistakes	342
	Rejecting impulses	343
	Making the consciousness vast	344
	Firm resolution	346
6 October	What happens is for the best	349
	Blaming oneself	350
	Experiences	350
	The vital desire-soul	355
	Creating a spiritual atmosphere	356
	Thought and Truth	358
13 October	The witness position	360
	The silent Self	361
	Experience of "All is Divine"	362
	Illness is remembered by the body	366
	Personal conflicts and the divine Will	369
20 October	Stand back	374
	Asking questions to Mother	375
	Seeing images in meditation	377
	Berlioz	379
	Music	381

		Contents
	Mother's organ music	383
	Destiny	386
3 November	Body opening to the Divine	388
	Concentration in the heart	389
	The army of the Divine	389
	The knot of the ego	390
	Strengthening one's will	391
10 November	Inner experience: the basis of action	393
	Keeping open to the Force	393
	Faith through aspiration	394
	The Mother's symbol	395
	The mind and vital seize experience	396
	Degrees of sincerity	397
	Becoming conscious of the Divine Force	398
17 November	Impersonal and personal Divine	401
	Looking at oneself	402
	Faith and trust	403
	Abhimana	404
	Physical suffering	405
24 November	Aspiration mixed with desire	409
	Willing and desiring	410
	Children and desires	411
	Supermind and the higher ranges of mind	415
	Stages in the supramental manifestation	417
8 December	Cosmic consciousness	419
	"Clutching"	420
	The central will of the being	421
	Knowledge by identity	423
15 December	Many witnesses inside oneself	426

Contents

	Children in the Ashram	426
	Trance and the waking consciousness	427
	Ascetic methods	428
	Education: spontaneous effort	430
	Spiritual experience	432
22 December	Possession by hostile forces	434
	Purity and morality	438
	Faith in the final success	440
	Drawing back from the path	442
29 December	Difficulties and the world	446
	The experience the psychic being wants	447
	After death	448
	Ignorance	450
31 December	1955–1956: fourteen difficult months	453
	Human will and the divine Will	457
	Difficulties and the Divine	461
	Note on the Text	465