

## *Contents*

1957

<b>2 January</b>	Can one go out of time and space?	1
	Not a crucified but a glorified body	3
	Individual effort and the new force	5
<b>9 January</b>	God is essentially Delight	7
	God and Nature play at hide-and-seek	9
	Why, and when, are you grave?	13
<b>16 January</b>	Seeking something without knowing it	15
	Why are we here?	16
<b>23 January</b>	How should we understand pure delight?	20
	The “drop of honey”	23
	Action of the Divine Will in the world	25
<b>30 January</b>	Artistry is just contrast	27
	How to perceive the Divine Guidance?	29
<b>6 February</b>	Death; need of progress	33
	Changing Nature’s methods	35
<b>7 February</b>	Individual and collective meditation	37
<b>13 February</b>	Suffering; pain and pleasure	41
	Illness and its cure	43
<b>20 February</b>	Limitations of the body and individuality	44
<b>6 March</b>	Freedom, servitude and love	50

## Contents

8 March	A Buddhist story	53
13 March	Our best friend	55
15 March	Reminiscences of Tlemcen	59
20 March	Never sit down; true repose	65
22 March	A story of initiation: knowledge and practice	67
27 March	If only humanity consented to be spiritualised	73
3 April	Different religions and spirituality	76
10 April	Sports and yoga	80
	Organising one's life	83
17 April	Transformation of the body	85
24 April	Perfection: lower and higher	90
1 May	Sports competitions: their value	96
8 May	Vital excitement; reason; instinct	99
15 May	Differentiation of the sexes	104
	Transformation from above downwards	107
29 May	Progressive transformation	108
5 June	Questions and silence	113
	Methods of meditation	115
12 June	Fasting and spiritual progress	117

## Contents

<b>19 June</b>	Causes of illness	121
	Fear and illness	122
	Mind's working: faith and illness	124
<b>26 June</b>	Birth through direct transmutation	128
	Man and woman	132
	Judging others; divine Presence in all	134
	New birth	136
<b>3 July</b>	Collective yoga: vision of a huge hotel	138
<b>9 July</b>	Incontinence of speech	144
<b>10 July</b>	A new world is born	145
	Overmind creation dissolved	149
<b>17 July</b>	Power of conscious will over matter	153
<b>24 July</b>	The involved supermind	157
	The new world and the old	158
	Will for progress indispensable	159
<b>31 July</b>	Awakening aspiration in the body	161
<b>7 August</b>	The resistances: politics and money	166
	Aspiration to realise the supramental life	170
<b>14 August</b>	Meditation on Sri Aurobindo	172
<b>21 August</b>	The Ashram and true communal life	173
	Level of consciousness in the Ashram	174
<b>28 August</b>	Freedom and Divine Will	176

## Contents

4 September	Sri Aurobindo: “an eternal birth”	178
11 September	Vital chemistry: attraction and repulsion	180
18 September	Occultism and supramental life	185
25 September	Preparation of the intermediate being	191
2 October	The Mind of Light	193
	Statues of the Buddha	196
	Burden of the past	198
9 October	As many universes as individuals	200
	Passage to the higher hemisphere	203
16 October	Story of successive involutions	205
23 October	The central motive of terrestrial existence	209
	Evolution	211
30 October	Double movement of evolution	214
	Disappearance of a species	217
13 November	Superiority of man over animal	219
	Consciousness precedes form	222
27 November	Sri Aurobindo’s method in <i>The Life Divine</i>	224
	Individual and cosmic evolution	227
4 December	The method of <i>The Life Divine</i>	231
	Problem of emergence of a new species	233
11 December	Appearance of the first men	236
18 December	Modern science and illusion	239

		<b>Contents</b>
	Value of experience: its transforming power	240
	Supramental power: first aspect to manifest	241
 <b>1958</b>		
<b>1 January</b>	The collaboration of material Nature	245
	Miracles visible to a deep vision of things	246
<b>Appendix</b>	Explanation of New Year Message	247
<b>8 January</b>	Sri Aurobindo's method of exposition	249
	The mind as a public place	251
	Mental control	252
	Sri Aurobindo's subtle hand	254
<b>15 January</b>	The only unshakable point of support	255
<b>22 January</b>	Intellectual theories	256
	Expressing a living and real Truth	257
<b>29 January</b>	The plan of the universe	259
	Self-awareness	261
<b>5 February</b>	The great voyage of the Supreme	264
	Freedom and determinism	267
<b>12 February</b>	Psychic progress from life to life	268
	The earth, the place of progress	270
<b>19 February</b>	Experience of the supramental boat	271
<b>Appendix</b>	The Censors	279
	Absurdity of artificial means	281
<b>26 February</b>	The moon and the stars	284

## Contents

	Horoscopes and yoga	285
<b>5 March</b>	Vibrations and words	286
	Power of thought; the gift of tongues	289
<b>12 March</b>	The key of past transformations	291
<b>19 March</b>	General tension in humanity	295
	Peace and progress	298
	Perversion and vision of transformation	300
<b>26 March</b>	Mental anxiety and trust in spiritual power	302
<b>2 April</b>	Correcting a mistake	306
<b>9 April</b>	The eyes of the soul	308
	Perceiving the soul	309
<b>16 April</b>	The superman	312
	New realisation	315
<b>23 April</b>	Progress and bargaining	316
<b>30 April</b>	Mental constructions and experience	319
<b>7 May</b>	The secret of Nature	320
<b>14 May</b>	Intellectual activity and subtle knowing	324
	Understanding with the body	326
<b>21 May</b>	Mental honesty	327
<b>28 May</b>	The Avatar	331
<b>4 June</b>	New birth	335

## Contents

11 June	Is there a spiritual being in everybody?	339
18 June	Philosophy, religion, occultism, spirituality	341
25 June	Sadhana in the body	347
9 July	Faith and personal effort	350
16 July	Is religion a necessity?	353
23 July	How to develop intuition	357
	Concentration	360
30 July	The planchette; automatic writing	362
	“Proofs” and knowledge	367
6 August	Collective prayer; the ideal collectivity	369
13 August	Profit by staying in the Ashram	371
	What Sri Aurobindo has come to tell us	374
	Finding the Divine	374
15 August	Our relation with the Gods	376
27 August	Meditation and imagination	378
	From thought to idea, from idea to principle	382
3 September	How to discipline the imagination	385
	Mental formations	386
10 September	Magic, occultism, physical science	389
17 September	Power of formulating experience	397
	Usefulness of mental development	400

## Contents

<b>24 September</b>	Living the truth	403
	Words and experience	406
<b>1 October</b>	The ideal of moral perfection	408
<b>8 October</b>	Stages between man and superman	410
<b>22 October</b>	Spiritual life; reversal of consciousness	412
	Helping others	416
<b>29 October</b>	Mental self-sufficiency; Grace	417
<b>5 November</b>	Knowing how to be silent	421
<b>12 November</b>	The aim of the Supreme	424
	Trust in the Grace	427
<b>26 November</b>	The role of the Spirit	428
	New birth	430
<b>Note on the Text</b>		433