PART ONE THE MOTHER	1
PART TWO LETTERS ON THE MOTHER	27
Section One The Mother: Individual, Universal, Transcendent	
The Mother and the Purpose of Her Embodiment Who Is the Mother? The Mother and the Supramental Descent Sri Aurobindo's Recognition of the Mother	31 32 34
The Mother: Some Events in Her Life The Mother's Year of Birth Early Visions and Experiences Studying Occultism with Max Théon Early Occult Experiences Meeting Jnan Chakrabarti Arrival in Pondicherry Some Occult and Spiritual Experiences The Mother's Illness in 1931 and Her Temporary Retirement	35 35 37 37 38 39 40 41
Three Aspects of the Mother Individual, Universal, Transcendent The Universal Mother and the Individual Mother The Mother's Universal Action and Her Embodied Physical Action Concentration on the Embodied Mother The Transcendental Mother and the Embodied Mother The Transcendent Mother and the Higher Hemisphere The Eternal Mother	50 50 51 52 52 52 52 54

The Mother, the Divine and the Lower Nature	
The Consciousness and Force of the Divine	55
The Mother in the Tantra	55
The Mother in the Gita	56
The One and the Supreme Mother	56
The Cosmic Divine and the Mother	58
The Self, the Divine and the Mother	58
The Mother and Self-Realisation	60
The Mother, the Jivatman and the Soul	60
The Mother's Interest in the World	61
The Mother and the Lower Prakriti	61
Forms, Powers, Personalities and Appearances of the Moth	er
Nirguna and Saguna (Formless and with Form)	64
Many Powers and Forms	65
Adyashakti	66
Maheshwari, Mahakali, Mahalakshmi, Mahasaraswati	66
Maheshwari	66
Mahakali	67
Krishna-Mahakali	67
Mahakali and Kali	68
Kali	68
Durga	69
Mahalakshmi	70
Mahasaraswati	71
The Radha-Power	72
The Mother's Vibhutis	73
Different Appearances of the Mother	74
False Appearances of the Mother	75
Section Two	
The Mother, Sri Aurobindo and the Integral Yoga	
Two in One	
One Consciousness	79
One Force	79
One Path	80

No Less nor Greater	82
One in Two Bodies	82
Appendix: Two Texts	84
Incarnation and Evolution	
The Mystery of Incarnation	85
The Reason for Their Embodiment	86
Connections in Past Lives	87
Carrying on the Evolution	88
The Guru, the Divine and the Truth	91
The Mother, Sri Aurobindo and the Overmind	92
The Mother, Sri Aurobindo and the Supramental	
Descent	92
The Triple Transformation and Control over Death	93
Difficulties of the Pathfinders	
The Burden of Humanity	94
Difficulties and the Sunlit Path	96
Vital Sensitiveness	96
Self-imposed Bareness	97
Joyous Sacrifice	97
No Grand Trunk Road	97
Helpers on the Way	
Sadhana through the Mother and Sri Aurobindo	98
The Only Way to Advance	98
Taking Refuge in Their Protection	99
Their Attitude towards the Sadhaks	101
Faithfulness to the Light and the Call	104
Openness to the Mother and Sri Aurobindo	104
Their Presence	105
Calling the Mother and Sri Aurobindo	105
Receiving Their Influence	106
Following a Hostile Influence	107
Misinterpreting Their Words	111
Criticisms, Humility and Faith	112
Taking on the Sadhaks' Difficulties	114

Dealing with the Sadhaks Awareness of the Sadhaks' Movements Their Knowledge of Human Nature Their Patience Their Help Speaking One's Thoughts Freely Sri Aurobindo's Coming out of Retirement	115 119 120 120 121 125 125
The Mother and Sri Aurobindo in Dreams, Visions and Experiences Visions, Dreams and Experiences of Their Unity Other Dreams and Experiences	126 127
Section Three The Mother and the Practice of the Integral Yoga	
Aspiration and Surrender to the Mother Yoga, Sadhana, Dhyana Aspiration Aspiration and the Psychic The Psychic Fire and Offering Aspiration, Rejection, Surrender Surrender to the Mother	135 135 136 137 137 140
Opening, Sincerity and the Mother's Grace The Meaning of Opening Opening to the Mother and the Integral Yoga Loyalty and Fidelity The Psychic and Opening Sincerity The Mother's Grace Opening and Presence	150 151 160 161 164 165 167
The Mother's Presence She Is Always Present Feeling the Mother's Presence Spiritual Possibility due to the Mother's Presence The Mother's Presence and the Adverse Forces	169 172 175 176

The Mother's Presence and Human Imperfection	176
The Mother's Emanations	178
The Mother's Knowledge and Her Emanations	178
The Mother's Awareness of Thoughts and Actions	181
Feeling the Mother's Presence and Seeing Visions	182
Feeling the Mother's Presence through a Photograph	183
Remembering the Mother and Feeling Her Presence	184
The Psychic and the Mother's Presence	186
Feeling the Mother's Presence in Sleep	188
Feeling the Mother's Presence at Work	189
Union with the Mother	189
The Mother's Force	
What Is the Mother's Force?	192
Progress in Sadhana and the Mother's Force	193
Reliance on the Mother's Force	198
Becoming Conscious of the Mother's Force	201
Descent of the Mother's Force	203
Pressure of the Descending Force	208
Faith and the Working of the Mother's Force	212
Surrender to the Mother and the Working of	
Her Force	213
Assimilation of the Mother's Force	214
Calling the Mother's Force	215
Receptivity and Openness to the Mother's Force	218
Pulling the Mother's Force	220
The Mother's Force and the Forces of the Lower	
Nature	223
The Mother's Force and the Three Gunas	226
Conditions for the Working of the Mother's Force	227
Discrimination and the Working of the Mother's	
Force	228
Mental Knowledge and the Working of the Mother's	
Force	230
The Mother's Force and the Body	231
The Mother's Therapeutic Force	234

Receiving the Mother's Force at a Distance	238
Sadhana through Work for the Mother	
Finding the Mother's Force in Work and Action	241
Work for the Mother in the Integral Yoga	246
Work for the Mother as Karmayoga	254
Following the Mother's Will	254
The Mother's Consciousness and the Divine Law	256
Opening to the Mother in Work	256
Remembering the Mother in Work	258
Offering Actions to the Mother	260
Work for the Mother and the Worker's Ego	260
The Mother's Lights	
Lights and the Mother	262
The Mother's White Light	263
The Mother's Diamond Light	266
The Golden Light of Mahakali	267
Seeing Light around the Mother	268
The Mother in Visions, Dreams and Experiences	
Seeing the Mother in Visions and Dreams	271
Developing the Ability to See the Mother	283
Experiences of the Mother and Her Powers	284
Hearing the Mother's Voice	291
Visions, Voices and Progress in Sadhana	292
The Mother's Help in Difficulties	
Difficulties and the Mother's Help	294
Difficulties and the Mother's Force	296
Difficulties and the Mother's Grace	299
Turning to the Mother for Help	300
Personal Effort and the Mother's Help	301
Opening to the Mother in Difficulty	303
The Mother's Protection	304
Calling the Mother in Difficulty	309
Praying to the Mother	314
The Mother's Help and the Hostile Forces	317

Natural Disasters, Adverse Forces and the Mother's	
Help	322
Helping Others and the Mother's Help	323
The Mother's Help in Worldly Matters	325
Section Four	
The Mother in the Life of the Ashram	
The Mother and the Sadhana in the Ashram	
The Mother Does the Sadhana	329
The Mother's Victory	331
Being Taken Up by the Mother	331
Broad Lines of the Sadhana	332
The Mother and Other Paths of Yoga	333
Turning Entirely to the Mother	334
Acceptance of the Mother	335
Confidence in the Mother	337
Recognising the Mother's Divinity	337
Discontent with the Mother	341
The Mother as Guru and Guide	
The Mother's Way of Dealing with Sadhaks	345
The Mahakali Method	353
Understanding the Mother's Actions	354
Misunderstanding the Mother's Words	356
Asking Questions to the Mother	363
Writing to the Mother	364
Leaving the Mother and the Ashram	366
The Mother and the Discipline in the Ashram	
The Mother in Sole Charge of the Ashram	374
Demands on the Mother's Time	376
The Mother and Material Things	377
The Mother and the Vital Difficulties of the Sadhaks	382
The Mother's Attitude towards Quarrels between	
the Sadhaks	395
The Mother and the Satisfaction of Desires	399
The Mother and the Control of Sexual Desire	400

Uneasiness in Mixing with Others	402
The Mother's Advice on Some Practical Matters	402
Imitation of "Great Sadhaks"	405
Work for the Mother in the Ashram	
All Ashram Work Is the Mother's Work	408
Doing Work for the Mother	413
Work for the Mother and Kartavyam Karma	416
Work, Sadhana and the Mother	417
Vital Energy and the Mother's Work	420
The Mother and the Organisation of Work	421
The Mother's Use of Department Heads	428
The Mother and Clashes between Workers	433
The Mother and Mistakes in Work	446
Relation between the Mother and Her Children	
True Relation with the Mother	448
Inner Contact with the Mother	456
The Right Way of Loving the Mother	460
Receiving What the Mother Gives	463
Telling the Whole Truth	463
Psychic Relation with the Mother	464
The Vital Element of Love	471
Devotion or Bhakti for the Mother	476
Consecration to the Mother	478
The Mother's Love	479
Inner Union and Outer Relation with the Mother	482
Relation with the Mother and with Others	485
False Suggestions of the Mother's Displeasure	487
Nearness to the Mother and Progress in Sadhana	491
Closeness to the Mother and Speaking French	502
Special Relation with the Mother	502
Meeting the Mother	
Right Attitude during Interviews with the Mother	510
Impossibility of Giving Interviews to Everyone	514
Interviews with Outsiders	524

	Significance of Birthday Interviews	524
	Right Use of Birthday Interviews	525
	Group Meditation with the Mother	526
	The Morning Pranam	530
	Experiences during Pranam	531
	Right Way to Make Pranam	532
	The Mother's Expression at Pranam	535
	The Mother's Smile at Pranam	536
	Smiles and Seriousness	541
	Wrong Ideas about the Mother's Showing Displeasure	543
	Wrong Ideas about the Mother's Smile and Touch	547
	The Mother's Hand at Pranam	550
	Feeling the Mother's Touch at Pranam	554
	Flowers at Pranam	555
	Avoiding Pranam	559
	Pranam and Non-Pranam Days	560
	Fixed Places at Pranam	561
	The Change from Pranam to Meditation	561
	Outsiders at Pranam	566
	Making Pranam at a Distance	566
	Making Pranam to Others	567
	Pranam in the Reception Hall	568
	The Soup Ceremony	568
	The Value of Darshan	569
	Public Darshan Days	569
	The First Blessing	570
As	pects of the Mother's Life in the Ashram	
	The Mother's Music	571
	The Mother's Attitude towards Music and	
	Other Arts	573
	Golconde	576
	The French Book L'Ether Vivant	583
	Meeting the Dead	583
	Speaking to People about Past Lives	584
	Sending Ethereal Beings to the Sadhaks	584

An Occult or Yogic Faculty	584
The Mother Takes upon Herself Difficulties	
and Illnesses	585
The Mother and Medicines	591
The Mother and Eye Treatment	594
Giving Money to the Mother	594
The Mother's Accounts	595
The Mother's Attire	596
The Mother's Photograph	597
The Mother's Naming of Cats	597
The Mother's Symbol	597
The Mother's Flag	598
Section Five	
On Three Works of the Mother	
On Prières et Méditations de la Mère	
General Comments on the Mother's Prières	601
Comments on Specific Prières	602
Hearing the Mother Read Her Prières	609
Reading the Mother's Prières	609
On Conversations with the Mother	
Comments on Specific Conversations	610
A Translation of Conversations	622
Reading the Mother's Conversations and Prières	622
On Entretiens avec la Mère	
Comments on Specific Entretiens	623
PART THREE	
TRANSLATIONS OF PRAYERS OF THE MOTHER	
Prayers and Meditations	

rayers and Meditations	
November 28, 1913	
February 15, 1914	
August 27, 1914	
August 31, 1914	

September 1, 1914	633
September 25, 1914	634
September 28, 1914	634
September 30, 1914	634
October 5, 1914	635
October 7, 1914	635
October 14, 1914	636
October 25, 1914	637
November 8, 1914	637
February 15, 1915	638
March 3, 1915	638
March 7, 1915	639
March 8, 1915	640
December 26, 1916	640
December 27, 1916	641
December 29, 1916	641
March 31, 1917	642
April 28, 1917	643
July 12, 1918	643
December 28, 1928	644
Radha's Prayer	
Radha's Prayer	647
NOTE ON THE TEXTS	651