1 January 1969

About the descent of what Mother later identified as the superman consciousness (la conscience du surhomme).

In the night it came slowly and on waking up this morning, there was as though a golden dawn, and the atmosphere was so light. The body felt: “Well, it is truly, truly new.” A golden light, transparent and... benevolent. “Benevolent” in the sense of a certainty — a harmonious certainty. It was new.

There you are.

And when I say “Bonne année” to people, it is this which I pass on to them. And this morning, I have passed my time like this, spontaneously, saying: “Bonne année, Bonne année.” So...