Sadhana of the Body

This body has neither the uncontested authority of a god nor the imperturbable calm of the sage. It is yet only an apprentice in supermanhood.

O my sweet Lord, supreme Truth, I aspire that the food I take may infuse into all the cells of my body Thy all-knowledge, Thy all-power, Thy all-goodness.

21 September 1951

Only when it is no longer necessary for men’s progress that my body should be like theirs will it be free to become supramentalised.

2 August 1952

It is a fact that the Godhead has always taken a physical body with the intention of transforming that body and making of it a fit instrument for His manifestation upon earth. But it is a fact also that, until now, He has failed to do so and for one reason or another He had always to leave that physical body with the work of transformation unfinished.

In order that the Divine may keep, till a total transformation takes place, the body through which He is manifesting upon earth, it is necessary that, for at least one individual if not more, fulfilling the required conditions of harmony, strength, sincerity, endurance, unselfishness and poise in the physical, this body in which the Divine incarnates should be not only the most important thing, but even the thing exclusively important, more important than the divine Work itself, or rather that this body
Sadhana of the Body

should become the symbol and the concretisation of the divine Work upon earth.

3 October 1952

It is never work that makes me tired; it is when I am compelled to work in an atmosphere of dissatisfaction, despondency, doubt, misunderstanding and bad will, then each step forward represents an enormous effort and tells on the body more than ten years of normal work.

20 September 1953

For the last few days when I wake up in the morning I have the strange sensation of entering a body that is not mine — my body is strong and healthy, full of energy and life, supple and harmonious and this one fulfills none of these qualities; the contact with it becomes painful; there is a great difficulty in adapting myself to it and it takes a long time before I can overcome this uneasiness.

14 January 1954

This experience followed conclusively the one I had last night while seeing the film. I felt very strongly that my children were emancipated and that they no longer need my physical intervention to do their work well. It is enough that my presence among them is an inspiration and guide for them to keep a clear vision of the goal and not to go astray on the way. This leads quite naturally to a physical withdrawal into oneself so as to concentrate materially upon the work of transformation of the body. I can now leave them externally to do things according to their own ideas of execution, reducing my presence to a more or less invisible role of creative inspiration and consciousness.

10 May 1954
Words of the Mother – I

The body repeats constantly and with a poignant sincerity: “What am I to demand anything whatsoever from anyone at all? Left to myself I am nothing, I know nothing, I can do nothing. Unless the truth penetrates into me and directs me, I am incapable of taking even the minutest decision and of knowing what is the best thing to do and to live even in the most insignificant circumstance. Shall I ever be capable of being transformed to the point of becoming What I ought to be and of manifesting What wants to manifest upon earth?” But why does this answer always come from the depths, from You, Lord, with an indisputable certitude: “If you cannot do it, no other body upon earth can do it.” There is but one conclusion: I shall persist in my effort, without giving in, I shall persist until death or until victory.

8 September 1954

My Lord, what Thou hast wanted me to do I have done. The gates of the Supramental have been thrown open and the Supramental Consciousness, Light and Force are flooding the earth.

But as yet those who are around me are little aware of it — no radical change has taken place in their consciousness and it is only because they trust my word that they do not say that nothing has truly happened. In addition the exterior circumstances are still harder than they were and the difficulties seem to be cropping up more insurmountable than ever.

Now that the supramental is there — for of that I am absolutely certain even if I am the only one upon earth to be aware of it — is it that the mission of this form is ended and that another form is to take up the work in its place? I am putting the question to Thee and ask for an answer — a sign by which I shall know for certain that it is still my work and I must continue in spite of all the contradictions, of all the denials.

1 Alternative: Am I truly.
Sadhana of the Body

Whatever is the sign, I do not care but it must be *obvious*.

I cannot yet say “myself”, because when I say “myself” people think of my body, and my body is not yet truly *myself*, it is not yet transformed, and that produces a confusion in their minds. Besides, I have always felt that this attitude of my body perceiving its own imperfection was indispensable in order to keep a living and constant humility in the physical consciousness.

When the transformation is total, then I shall be able to speak, not before.

21 October 1955

O divine Light, supramental Reality:

With this food, penetrate the whole body, enter into every cell, establish Thyself in every atom; may everything become perfectly sincere and receptive, free from all that obstructs the manifestation, in short, open to Thee all the parts of my body that are not already Thyself.

16 January 1958

And the body says to the Supreme Lord: “What You want me to be, I shall be, what You want me to know, I shall know, what You want me to do, I shall do.”

3 October 1958

But this body needs exercise and going up and down the steps is a very good exercise indeed. Moreover it is accustomed to collaborate in my work and would be sorry if any change was made because of its difficulties.

So things will go on as usual and when it will be time for it to come out of difficulties, the difficulties will disappear.

17 February 1961

57
Words of the Mother – I

Will you please let me see you in your new body? It should be possible with your help, I think.

The help is always there but it will be intensified because you must be ready to wait for some pretty long time.

January 1963

I would very much like to see you in your new body. Till then grant that I may be able to receive and assimilate what you give me.

I suppose you mean my new appearance or my transformed body. Because for a new body, I do not know of anybody who could make a complete living body into which I could step without losing, at least partly, my present consciousness. This of course could be a relatively quicker process, but not quite fair for the cells of this body so full of enthusiasm, and lending themselves so willingly to the somewhat exacting process of transformation.

In any case, as I told you already, you must be prepared to wait a long time for it, and to see many birthdays pass on. Which, of course, is very good and of which I fully approve.

25 January 1963

To each and every one of my children

Whenever they think, speak or act under the impulse of falsehood, it acts on my body like a blow.

16 July 1972

To say the truth, I can take anything without likes and dislikes, but as on the table there is an ample choice, I preferably take what the body accepts and digests with ease.

58
There is no disease from which I have not suffered. I have taken all the diseases upon my body to see their course and to have their knowledge by experience in the physical, so that I may be able to work upon them. But as my physical has no fear and it responds to the higher pressure, it is easier for me to get rid of them.