Chapter Two

Inner Voices and Indications

The Nature of Voices

There are many voices, and all are not divine; this may be only a voice of desire. All that keeps one faithful to the Truth and insists on peace, purity, devotion, sincerity, a spiritual change of the nature can be listened to with profit; the rest must be observed with discrimination and not followed blindly. Keep the fire of aspiration burning, but avoid all impatient haste.

* Anybody can get “voices” — there are first the movements of one’s nature that take upon themselves a voice — then there are all sorts of beings who either for a joke or for a serious purpose invade with their voices.

* These voices are sometimes one’s own mental formations, sometimes suggestions from outside. Good or bad depends on what they say and on the quarter from which they come.

* This kind of manifestation [hearing voices] comes very often at a certain stage of the practice of Yoga. My experience is that it does not come from the highest source and cannot be relied upon and it is better to wait until one is able to enter a higher consciousness and a greater truth than any that these communications represent. Sometimes they come from beings of an intermediate plane who want to use the sadhak for some work or purpose. Many sadhaks accept and some, though by no means all, succeed in doing something, but it is often at the cost of the greater aims of Yoga. In other cases they come from beings who are hostile to the sadhana and wish to bring it to nothing.
by exciting ambition, the illusion of a great work or some other form of ego. Each sadhak must decide for himself (unless he has a guru to guide him) whether to treat it as a temptation or a mission.

* It is possible to have a guiding Voice, but it is also easy to make a mistake in this matter. For the mind imitates the guiding voice and, if there are demands and desires in the vital, these also put themselves in the same form and are mistaken for a guiding voice. Make yourself pure of demand and desire, full only of psychic aspiration, surrendered, and in time a real guidance from within will come.

* An inner voice is a voice only — it may give the direction, but not the force. A voice speaks, it does not act. There is a great difference between reading a book [for guidance] and receiving the inner direction.

The Danger of Following Inner Voices

No, these indications of time and these voices were not commands from the Mother. I have indicated to you the truth of this matter; you must follow the rules laid down by the Mother for the physical life; if any change has to be made, either she herself will let you know or you have to get sanction for it from her. No voice heard within can prevail against her word and no intimation that comes through your mind can be accepted as binding unless it is confirmed by her.

You have made a confusion which is often made at the beginning of this kind of experience. It is no doubt the Mother’s Force that was working within you or upon you, and some of the experiences, such as that of feeling the Mother in your heart, were perfectly genuine. But when the pressure of the Force works upon the consciousness, then in the plane on which it happens to be working, a great activity of different forces is set in play, e.g. if it is the mind, various mental forces, if it is the vital,
various vital forces. It is not safe to take all these for true things, to be accepted without question and followed as commands of the Mother. You received a pressure of a force so strong that it made your head shake for a long time; if the head shook like that, it is a sign that the mind or at least the mental physical was not able yet to receive all the force and assimilate it; if it had done so, there would have been no movement of the head, all would have been perfectly at ease, calm and still. But your mind started working, interpreting, beginning to put its own meaning on this particular phenomenon and again on others, trying to make a system by which to regulate your conduct and to give it authority, put it as the command of the Mother. The action of the Force was a fact, the interpretation you put on its details of coming and going was a mental formation and had no very positive value.

If you look at it carefully — as I have looked at the details reported by you — you will see that these suggestions were of a very shifting and changeful character, now one thing, now the other; only your mind adapted itself to the changes, adjusted its interpretation to suit them and tried to keep the consistency of a system. But in fact all was irregular and chaotic and it tended to make your action and conduct irregular and chaotic. True intuition would not do that; it would at least tend to balance, harmony, order.

You speak of intuition as regards the indication of time. There is an intuition of Time which is not of the mind and when it plays is always accurate to the very minute and if need be to the very second; but this was not that Intuition, — for it was not always accurate; it came right perhaps several times, then it began to be deceptive, it made you late for Pranam; it began to push towards lateness for the noon meal, make you clash with the convenience of the dining-room workers. It pushed you to be late for the evening and abandoned you altogether, so that in the end you had no evening meal. But your mind had got attached to its own formations and tried to justify, to put a meaning on these chaotic caprices, to explain them by the (very changeful) will of the Mother. All this is well-known to those
experienced in Yoga, and it means that these things were not intuitions, but constructions of the mind, mental formations. If there was an intuition at all, it was movements of the intuitive mind, but what the intuitive mind gives to us is the intuition of possibilities, some of which realise themselves, some do not or do it partly only, others miss altogether. Behind these mental constructions are Forces that want to realise themselves and try to use men as their instruments for realisation. These Forces need not be hostile, but they play for their own hand, they want to rule, use, justify themselves, create their own results. If they can do it by getting the Mother’s sanction or passing themselves off as commands of the Mother, they are ready to do so; if they cannot get the embodied Mother’s sanction, they are ready to represent themselves as sanctions of the Mother in her subtle unseen universal Form or Presence. Some they persuade to make not only a distinction but an opposition between their inner Mother who always tells them what they want to hear and the embodied Mother who, they find, is not so complaisant, checks them, corrects their fancies and their errors. At this stage there is the danger of a more serious invasion of Falsehood, of a hostile vital Force coming in, taking advantage of the mind’s errors, which either tries to take the place of the Mother using her name or else creates revolt against her. A persuasion not to come to Pranam, not to keep her acquainted with your experiences and submit to correction, not to accord the life with her expressed will is a danger-signal at this stage, — for it means that the intruding Force wants space to work free from all control — and that was why I felt compelled to call your attention to the peril of a hostile Maya.

As for voices, there are many voices; each Force, each movement of the mental, vital, physical plane may equip itself with a voice. Your voices were not even at one with each other; one said one thing, when it did not work out another said something inconsistent with it; but you were attached to your mental formation and still tried to follow.

All this happens because the mind and vital in these exaltations of the stress of the sadhana become very active. That is
why it is necessary, first, to found your sadhana on a great calm, 
a great equality, not eagerly rushing after experiences or their 
fruit, but looking at them, observing, calling always for more 
and more Light, trying to be more and more wide, open, quietly 
and discerningly receptive. If the psychic being is always at the 
front, then these difficulties are greatly lessened, because there 
is here a light which the mind and vital have not, a spontaneous 
and natural psychic perception of the divine and the undivine, 
the true and the false, the imitation and the genuine guidance. It 
is also the reason why I insist on your referring your experiences 
to us, because, apart from anything else, we have the knowledge 
and experience of these things and can immediately put a check 
on any tendency to error.

Keep yourself open to the Mother’s Force, but do not trust 
all forces. As you go on, if you keep straight, you will come to a 
time when the psychic becomes more predominantly active and 
the Light from above prevails more purely and strongly so that 
the chance of mental constructions and vital formations mixing 
with the true experience diminishes. As I have told you, these 
are not yet and cannot be the supramental Forces; it is a work 
of preparation which is only making things ready for a future 
Yoga-siddhi.

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How can the people in this Asram judge whether a man has pro-
gressed in Yoga or not? They judge from outward appearances — if a sadhak secludes himself, sits much in meditation, gets 
voices and experiences, etc. etc. they think he is a great sadhak! 
X was always a very poor Adhar. He had a few experiences of an 
elementary kind — confused and uncertain, but at every step he 
was getting into trouble and going off on a side path and we had 
to pull him up. At last he began to get voices and inspirations 
which he declared to be ours — I wrote to him many letters of 
serious warning and explanation but he refused to listen, was 
too much attached to his false voices and inspirations and, to 
avoid rebuke and correction, ceased to write or inform us. So he 
grew wholly wrong and finally became hostile. You can tell this
by my authority to anybody who is puzzled like yourself about this matter.

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Higher experiences hurt nobody — the question is what is meant by higher? X for instance thought his experiences to be the highest Truth itself — I told him they were all imaginations but only with the result that he became furious with me. There are imitation higher experiences when the mind or vital catches hold of an idea or suggestion and turns it into a feeling, and while there is a rush of forces, a feeling of exultation and power etc. All sorts of “inspirations” come, visions, perhaps “voices”. There is nothing more dangerous than these voices — when I hear from somebody that he has a “voice”, I always feel uneasy, though there can be genuine and helpful voices, and feel inclined to say, “No voices please, — silence, silence and a clear discriminating brain.” I have hinted about this region of imitation experiences, false inspirations, false voices into which hundreds of Yogis enter and some never get out of it in my letter about the intermediate zone. If a man has a strong clear head and a certain kind of spiritual scepticism, he can go through and does — but people without discrimination like X or Y get lost. Especially ego enters in and makes them so attached to their splendid (?) condition that they absolutely refuse to come out. Now a retirement into seclusion gives free scope for this kind of action, as it makes one live entirely in one’s own subjective being without any control except what one’s own native discernment can bring in — and if that is not strong? Ego is of course the strong support of these subjective falsehoods, but there are other supports also. Work and mixing with others — with the contact of the objective that that brings — is not an absolute defence against these things, but it is a defence and serves as a check and as a kind of corrective balance. I notice that those who enter into this region of the intermediate zone usually make for retirement and seclusion and insist on it. These are the reasons why I prefer usually that sadhaks should not take to an absolute retirement, but keep a certain poise between silence and action, the inner and the outer together.