The integral yoga is constituted of an uninterrupted series of examinations which one must pass without being warned about them beforehand — which puts you under the obligation of being always vigilant and attentive.

Three groups of examiners set these tests. Apparently they have nothing to do with one another and their procedures are so different, at times even they seem so contra-dictory that they do not appear to be able to move towards the same end, and yet they complete one another, they collaborate for the same purpose and are indispensable to the integrality of the result.

These three categories of examinations are those set by the forces of Nature, those set by the spiritual and divine forces, and those set by the hostile forces. These latter are the most deceptive in their appearance and in order not to be taken by surprise, unprepared, demands a constant state of vigilance, sincerity and humility.

The most banal circumstances, the events of everyday life, people, things, — apparently the most insignificant, all belong to one or other of these three categories of examiners. In this great and complex organisation of tests it is the events usually considered the most important in life which constitute the examinations easiest to pass for they find you on your guard and prepared. One stumbles more easily on the little pebbles on the road because they do not draw attention.

Endurance and plasticity, cheerfulness and intrepidity are the qualities more specially required for the examinations of physical Nature.

Aspiration, confidence, idealism, enthusiasm and generosity in self-giving for the spiritual examinations.

Vigilance, sincerity and humanity for the examinations set by the adverse forces.

And do not think that on one side there are those who pass exams and on the other those who set them. At the same time, according to the circumstances and moments, one is both examiner and examinee and it may even happen that one is simultaneously, all at once, examined and examiner. And the profit drawn from this depends upon the quality and degree of intensity in one’s aspiration and the awakening of one’s consciousness.

And, finally, a last recommendation, never pose as an examiner. For, whilst it is very well to remember constantly that one is perhaps fairly in the course of passing a very important exam, it is on the contrary extremely dangerous to think oneself appointed to set tests for others, for this is opening the door to the most ridiculous and disastrous vanities.