17 July 1957

Has no one any questions on the text?... I have nothing special to tell you this evening, and if you are not curious to know what the new perfections of the body could be...

_Mother, in the physical education we practise here our aim is a greater and greater control over the body, isn’t it? So, as Sri Aurobindo has said in what we read last time, that the Hatha-yoga and Tantric methods give a very great control over the body, why don’t we introduce these methods into our system?_

These are occult processes for acting on the body — the Tantric ones, at any rate — while the modern methods of development follow the ordinary physical process to give the body all the

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1 “Something there is in us or something has to be developed, perhaps a central and still occult part of our being containing forces whose powers in our actual and present make-up are only a fraction of what could be, but if they became complete and dominant would be truly able to bring about with the help of the light and force of the soul and the supramental truth-consciousness the necessary physical transformation and its consequences. This might be found in the system of Chakras revealed by Tantric knowledge and accepted in the systems of Yoga, conscious centres and sources of all the dynamic powers of our being organising their action through the plexuses and arranged in an ascending series from the lowest physical to the highest mind centre and spiritual centre called the thousand-petalled lotus where ascending Nature, the Serpent Power of the Tantrics, meets the Brahman and is liberated into the Divine Being. These centres are closed or half closed within us and have to be opened before their full potentiality can be manifested in our physical nature; but once they are opened and completely active, no limit can easily be set to the development of their potencies and the total transformation to be possible.... But even these changes would still leave a residue of material processes keeping the old way and not amenable to the higher control and, if this could not be changed, the rest of the transformation might itself be checked and incomplete. A total transformation of the body would demand a sufficient change of the most material part of the organism, its constitution, its processes and its set-up of nature.”

_The Supramental Manifestation_, SABCL, Vol, 16, pp. 34–35
perfection it is capable of in its present state.... I don’t quite grasp your question. The processes are completely different.

The basis of all these methods is the power exercised by the conscious will over matter. Usually it is a method which someone has used fairly successfully and set up as a principle of action, which he has taught to others who in turn have continued and perfected it until it has taken a somewhat fixed form of one kind of discipline or another. But the whole basis is the action of the conscious will on the body. The exact form of the method is not of primary importance. In various countries, at various times, one method or another has been used, but always behind it there is a canalised mental power which acts methodically. Of course, some methods try to use a higher power which would in its turn transmit its capacity to the mental power: if a power of a higher order is infused into the mental method, this method naturally becomes more effective and powerful. But essentially all these disciplines depend above all on the person who practises them and the way he uses them. One can, even in the most material, ordinary processes, make use of this altogether external basis to infuse into them powers of a higher order. And all methods, whatever they may be, depend almost exclusively on the person who uses them, on what he puts into them.

You see, if the matter is considered in its most modern, most external form, how is it that the movements we make almost constantly in our everyday life, or which we have to make in our work if it is a physical work, do not help or help very little, almost negligibly, to develop the muscles and to create harmony in the body? These same movements, on the other hand, if they are made consciously, deliberately, with a definite aim, suddenly start helping you to form your muscles and build up your body. There are jobs, for instance, where people have to carry extremely heavy loads, like bags of cement or sacks of corn or coal, and they make a considerable effort; to a certain extent they do it with an acquired facility, but that doesn’t give them harmony of the body, because they don’t do it with the idea of
developing their muscles, they do it just “like that”. And someone who follows a method, either one he has learnt or one he has worked out for himself, and who makes these very movements with the will to develop this muscle or that, to create a general harmony in his body — he succeeds. Therefore, in the conscious will, there is something which adds considerably to the movement itself. Those who really want to practise physical culture as it is conceived now, everything they do, they do consciously. They walk downstairs consciously, they make the movements of ordinary life consciously, not mechanically. An attentive eye will perhaps notice a little difference but the greatest difference lies in the will they put into it, the consciousness they put into it. Walking to go somewhere and walking as an exercise is not the same thing. It is the conscious will in all these things which is important, it is that which brings about the progress and obtains the result. Therefore, what I mean is that the method one uses has only a relative importance in itself; it is the will to obtain a certain result that is important.

The yogi or aspiring yogi who does asanas to obtain a spiritual result or even simply a control over his body, obtains these results because it is with this aim that he does them, whereas I know some people who do exactly the same things but for all sorts of reasons unrelated to spiritual development, and who haven’t even managed to acquire good health by it! And yet they do exactly the same thing, sometimes they even do it much better than the yogi, but it doesn’t give them a stable health... because they haven’t thought about it, haven’t done it with this purpose in mind. I have asked them myself, I said, “But how can you be ill after doing all that?” — “Oh! but I never thought of it, that’s not why I do it.” This amounts to saying that it is the conscious will which acts on matter, not the material fact.

But you only have to try it, you will understand very well what I mean. For instance, all the movements you make when dressing, taking your bath, tidying your room... no matter what; make them consciously, with the will that this muscle should
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work, that muscle should work. You will see, you will obtain really amazing results.

Going up and down the stairs — you cannot imagine how useful that can be from the point of view of physical culture, if you know how to make use of it. Instead of going up because you are going up and coming down because you are coming down, like any ordinary man, you go up with the consciousness of all the muscles which are working and of making them work harmoniously. You will see. Just try a little, you will see! This means that you can use all the movements of your life for a harmonious development of your body.

You bend down to pick something up, you stretch up to find something right at the top of a cupboard, you open a door, you close it, you have to go round an obstacle, there are a hundred and one things you do constantly and which you can make use of for your physical culture and which will demonstrate to you that it is the consciousness you put into it which produces the effect, a hundred times more than just the material fact of doing it. So, you choose the method you like best, but you can use the whole of your daily life in this way.... To think constantly of the harmony of the body, of the beauty of the movements, of not doing anything that is ungraceful and awkward. You can obtain a rhythm of movement and gesture which is very exceptional.

We are going to meditate on all this.