Different Kinds of Space and Time –
Fearlessness on the Vital Plane

Space and time do not begin and end with the mental consciousness: even the Overmind has them. They are the forms of all cosmic existence: only, they vary on each level. Each world has its own space and time.

Thus the mental space and time do not tally with what we observe here in the material universe. In the mind-world we can move forward and backward at our own will and pleasure. The moment you think of a person you are with him; and no matter how near you may be to somebody, you can still be far away if your thoughts are occupied with someone else. The movement is immediate, so very free are the spatio-temporal conditions there. In the vital world, however, you have to use your will: there, too, distance is less rigid, but the movement is not immediate: the will has to be exercised.

The knowledge of different space-times can be of great practical value in Yoga. For, so many blunders are due to the inability to act in the right way when you are in your vital and mental bodies. In dreams, for instance, you must remember that you are in the space and time of the vital world and not try to act as if you were still in your physical body. If you have the necessary knowledge of the state of things there, you can deal much more effectively with those vital beings who terrify you and give you such unpleasant nightmares. One of the characteristics of activity in the vital space and time is that these beings are able to assume huge shapes at will and create the vibration of fear in you which is their most powerful means of invading and possessing you. You must bear in mind their power of terrifying illusion, and cast out all fear. Once you face them boldly, unflinchingly, and look them straight in the eyes, they lose three-quarters of
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their power. And if you call upon us for help, then even the last quarter is gone and they either take to their heels or dissolve. A friend of mine who used to go out in his vital body once complained that he was always being confronted with a gigantic tiger which made the night very wretched for him. I told him to banish all fear and walk straight up to the beast and stare it in the face, calling of course for assistance if necessary. He did so and lo! the tiger suddenly dwindled into an insignificant cat!

You have no idea of the almost magical effect of staring fearlessly into the eyes of a vital being. Even on earth, if you deal in this way with all those incarnations of the vital powers which we ordinarily call animals, you are assured of easy mastery. A physical tiger will also flee from you, if without the least tremor you look him straight in the eyes. A snake will never be able to bite you if you manage to rivet its gaze to yours without feeling the slightest dread. Merely staring at it with shaking knees will not help. There must be no disturbance in you: you must be calm and collected when you catch its gaze as it keeps swaying its head in order to fascinate you into abject fear. Animals are aware of a light in the human eyes which they are unable to bear if it is properly directed towards them. Man’s look carries a power which nullifies them, provided it is steady and unafraid.

So, to sum up, remember two things: never, never be afraid, and in all circumstances call for the right help to make your strength a hundredfold stronger.