"It is only by observing these movements (of our being) with great care, by bringing them, as it were, before the tribunal of our highest ideal, with a sincere will to submit to its judgment, that we can hope to educate in us a discernment which does not err."

“The Science of Living”, On Education

One must be clearly aware of the origin of one’s movements because there are contradictory velleities in the being — some pushing you here, others pushing you there, and that obviously creates a chaos in life. If you observe yourself, you will see that as soon as you do something which disturbs you a little, the mind immediately gives you a favourable reason to justify yourself — this mind is capable of gilding everything. In these conditions it is difficult to know oneself. One must be absolutely sincere to be able to do it and to see clearly into all the little falsehoods of the mental being.

If in your mind you go over the various movements and reactions of the day like one repeating indefinitely the same thing, you will not progress. If this reviewing is to make you progress, you must find something within you in whose light you yourself can be your own judge, something which represents for you the best part of yourself, which has some light, some goodwill and which precisely is in love with progress. Place that before you and, first of all, pass across it as at a cinema all that you have done, all that you have felt, your impulses, your thoughts, etc.; then try to coordinate them, that is, find out why this has followed that. And look at the luminous screen that is before you: certain things pass across it well, without throwing a shadow; others, on the contrary, throw a little shadow; others yet cast a shadow altogether black and disagreeable. You must do this
very sincerely, as though you were playing a game: under such circumstances I did such and such a thing, feeling like this and thinking in this way; I have before me my ideal of knowledge and self-mastery, well, was this act in keeping with my ideal or not? If it was, it would not leave any shadow on the screen, which would remain transparent, and one would not have to worry about it. If it is not in conformity, it casts a shadow. Why has it left this shadow? What was there in this act that was contrary to the will to self-knowledge and self-mastery? Most often you will find that it corresponds to unconsciousness — then you file it among unconscious things and resolve that next time you will try to be conscious before doing anything. But in other cases you will see that it was a nasty little egoism, quite black, which had come to distort your action or your thought. Then you place this egoism before your “light” and ask yourself: “Why has it the right to make me act like that, think like that?...” And instead of accepting any odd explanation you must search and you will find in a corner of your being something which thinks and says, “Ah, no, I shall accept everything but that.” You will see that it is a petty vanity, a movement of self-love, an egoistic feeling hidden somewhere, a hundred things. Then you take a good look at these things in the light of your ideal: “Is cherishing this movement in conformity with my seeking and the realisation of my ideal or not? I put this little dark corner in front of the light until the light enters into it and it disappears.” Then the comedy is over. But the comedy of your whole day is not finished yet, you know, for there are many things which have to pass thus before the light. But if you continue this game — for truly it is a game, if you do this sincerely — I assure you that in six months you will not recognise yourself, you will say to yourself, “What? I was like that! It is impossible!”

You may be five years old or twenty, fifty or sixty and yet transform yourself in this way by putting everything before this inner light. You will see that the elements which do not conform with your ideal are not generally elements which you have to
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throw wholly out of yourself (there are very few of this kind); they are simply things not in their place. If you organise everything — your feelings, your thoughts, your impulses, etc. — around the psychic centre which is the inner light, you will see that all inner disorder will change into a luminous order.

It is quite evident that if a similar procedure were adopted by a nation or by the earth, most of the things which make men unhappy would disappear, for the major part of the world’s misery comes from the fact that things are not in their place. If life were organised in such a way that nothing was wasted and each thing was in its place, most of these miseries would not exist any longer. An old sage has said:

“There is no evil. There is only a lack of balance.”

“There is nothing bad. Only things are not in their place.”

If everything were in its place, in nations, in the material world, in the actions and thoughts and feelings of individuals, the greater part of human suffering would disappear.

There are two things to be considered: consciousness and the instruments through which consciousness manifests. Let us take the instruments: there is the mental being which produces thoughts, the emotional being which produces feeling, the vital being which produces the power of action and the physical being that acts.

The man of genius may use anything at all and make something beautiful because he has genius; but give this genius a perfect instrument and he will make something wonderful. Take a great musician; well, even with a wretched piano and missing notes, he will produce something beautiful; but give him a good piano, well-tuned, and he will do something still more beautiful. The consciousness is the same in either case but for expression it needs a good instrument — a body with mental, vital, psychic and physical capacities.

If physically you are badly built, badly set up, it will be difficult for you, even with good training, to do gymnastics as well as one with a beautiful well-built body. It is the same
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with the mind — one who has a well-organised mind, complex, complete, refined, will express himself much better than one who has a rather mediocre or badly organised mind. First of all, you must educate your consciousness, become conscious of yourself, organise your consciousness according to your ideal, but at the same time do not neglect the instruments which are in your body.

Take an example. You are in your body with your deepest ideal but you find yourself before a school class and you have to teach something to the students. Well, this light is up there, this light of consciousness, but when you have to explain to your class the science you have to teach, is it more convenient to have a fund of knowledge or will the inspiration be such that you will not need this fund of knowledge? What is your personal experience?... You find, don’t you, that there are days when everything goes well — you are eloquent, your students listen to you and understand you easily. But there are other days when what you have to teach does not come, they do not listen to you — that is, you are bored and are boring. This means that in the former case your consciousness is awake and concentrated upon what you are doing, while in the second it is more or less asleep — you are left to your most external means. But in this case, if you have a fund of knowledge you can tell your students something; if you have a mind trained, prepared, a good instrument responding well when you want to make use of it, and if you have also gathered all necessary notes and notions all will go very well. But if you have nothing in your head and, besides, you are not in contact with your higher consciousness, then you have no other recourse than to take a book and read out your lesson — you will be obliged to make use of someone else’s mind.

Take games. There too you find days when everything goes well; you have done nothing special previously, but even so you succeed in everything; but if you have practised well beforehand, the result is still more magnificent. If, for example, you find yourself facing someone who has trained himself slowly,
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seriously, with patience and endurance, and who all of a sudden has a strong aspiration, well, this one will beat you in spite of your aspiration unless your aspiration is very much superior to that of your adversary. If you have opposite you someone who knows only the technique of the game but has no conscious aspiration, while you are in a fully conscious state, evidently it is you who will defeat him because the quality of consciousness is superior to the quality of technique. But one cannot replace the other. The one which is superior is more important, granted, but you must also have nerves which respond quickly, spontaneous movements; you must know all the secrets of the game to be able to play perfectly. You must have both the things. What is higher is the consciousness which enables you to make the right movement at the right moment but it is not exclusive. When you seek perfection, you must not neglect the one under the pretext that you have the other.

Should one play in order to win?

When you have a three or four-year old consciousness, this is an altogether necessary stimulant. But you may have a four-year old consciousness even at the age of fifty, may you not? No, when you have a ripe consciousness you must not play in order to win. You must play for the sake of playing and to learn how to play and to progress in games and in order that your play may become the expression of your inner consciousness at its highest — it is this which is important. For example, people who like to play well do not go and choose bad players to play with, simply for the pleasure of winning — they choose those who are the best players and play with them. I remember having learned to play tennis when I was eight, it was a passion; but I never wished to play with my little comrades because I learned nothing (usually I used to defeat them), I always went to the best players. At times they looked surprised, but in the end they played with me — I never won but I learned much.