



*Did you know
that the more you grumble,
the more your pains will increase?*

Never grumble. All sorts of forces enter you when you grumble and they pull you down. Keep smiling. I seem always to be joking but it is not mere joking. It is a confidence born from the psychic. A smile expresses the faith that nothing can stand against the Divine and that everything will come out all right in the end.¹

🏠 Selected by Ameeta Mehra

Changing Our Habits

“Is it the same thing, the same work, to be conscious that the nature must be changed and to master the different parts of the being?”

One precedes the other. First of all one must be conscious, then control, and by continuing the mastery one changes one’s character. Changing the character is what comes last. One must control bad habits, the old habits, for a very long time for them to drop off and the character to change.

We may take the example of someone who has frequent depressions. When things are not exactly as he would like them to be, he becomes depressed. So, to begin with, he must become aware of his depression – not only of the depression but of the causes of depression, why he gets depressed so easily. Then, once he has become conscious, he must master the depressions, must stop being depressed even when the cause of depression is there – he must master his depression, stop it from coming. And finally, after his work has been done for a sufficiently long time, the nature loses the habit of having depressions and no longer reacts in the same way, the nature is changed.”

The Mother
Collected Works of the Mother, v.4, pp.341-42

¹ The Mother, *Words of The Mother*, part 2, p.8