

THE TRANSITION TO FAITH

Sri Aurobindo

The first task of yoga is to breathe freely, to shatter the mental screen which allows only one type of vibration to get through, in order to discover the multicolored infinity of vibrations; that is, the world and people as they really are, and another self within ourselves, whose worth is beyond any mental appreciation.

Some human lives are a kind of burial. It is therefore worthwhile to make some effort to get out. When we take a good look around, we see we haven't much to lose by making that effort.

Once we have begun yoga, we must go to the end, no matter what, because if we let go of the thread, we may never find it again. There, indeed, is the trial. The seeker must understand that she is being born to another life, and her new eyes, her new senses, are not yet formed; she is like a newborn child just coming into the world. There is not a lessening of consciousness but, in reality, a passage to a new consciousness: The cup has to be left clean and empty for the divine liquor to be poured into it. The only resource in these circumstances is to cling to our aspiration and allow it to grow like a fire into which we throw all our old clothes, our old life, our old ideas and old feelings; we have to have an unshakeable faith that behind this transition, a door will open. And our faith is not foolish; it is not a credulous stupidity but a foreknowledge, something within us that knows before we do, sees before we do, and which sends its vision and knowledge to the surface in the form of a yearning, a seeking, an inexplicable faith. Faith is an intuition not only waiting for experience to justify it, but leading toward experience itself.

One may start a process of one kind or another for the purpose which would normally mean a long labor and be seized, even at the outset, by a rapid intervention or manifestation of Spirit with an effect out of all proportion to the means used at the beginning. One commences with a method, but the work is taken up by Grace from that to which one aspires.

One has to clarify the passage between the outer mind and something in the inner being, for the Yogic consciousness and its powers are already there within you.

From the book *Sri Aurobindo: The Adventure of Consciousness* by Satprem, first published 1970 in France.