830

830 Repose
Opens out in calm relaxation. The true repose is that of
perfect surrender to the Divine.
Clerodendrum ugandense. Pale blue

REPOSE

It is in action, in effort, in the march forward that
repose must be found, the true repose of complete
trust in the divine Grace, of the absence of desires,
of victory over egoism.
True repose comes from the widening, the univer-
salisation of the consciousness. Become as vast as
the world and you will always be at rest. In the
thick of action, in the very midst of the battle, the
effort, you will know the repose of infinity and
eternity.   THE MOTHER

You must know how to rest.
There are many ways of doing it. Here is one: first
of all, put your body at ease, comfortably stretched
out on a bed or in an easy-chair. Then try to relax
your nerves, all together or one by one, till you
have obtained complete relaxation. This done, and
while your body lies limp like a rag on the bed,
make your brain silent and immobile, till it is no
longer conscious of itself. Then, slowly, impercep-
tibly, pass from this state into sleep. When you
wake up the next morning, you will be full of
energy.   THE MOTHER

The rest must be an ascent into the Light, into
perfect Peace, total Silence, a rest which rises up
out of the darkness. Then it is true rest, a rest
which is an ascent.   THE MOTHER

DREAMS

If one learns how to interpret, one can get from dreams much knowledge of the secrets of our nature and of other-nature.   SRI AUROBINDO

Yes, certainly, dream experiences can have a great value in them and convey truths that are not so easy to get in the waking state.   SRI AUROBINDO

When you practise yoga, the consciousness opens and you become aware – especially in sleep – of things, scenes, beings, happenings of other (not physical) worlds and yourself in sleep go there and act there. Very often these things have an importance for the sadhana. So you need not regret seeing all this when you sleep or meditate.
                                                            SRI AUROBINDO

831 Dreams
One can learn much by observing one's dreams.
Aloe vera. Light orange

831