

In Search of the Soul

How to start the search for the psychic being? We caution you beforehand, it may take years to have the experience of a complete discovery. But each time you go in search and open yourself to the innermost reality, you will receive something from there. Something that is so precious that it will slowly change the quality of your life. In addition to this, the innermost reality becomes more and more concrete to you and becomes a living fact. Gradually the inner life becomes such a concrete reality, that it provides you with a solid base on which you can build your whole life. Every time you contact this base you feel enveloped with something precious, something that gives a beautiful and truly new meaning to your life.

The goal may not be easy to reach. There are many interesting stories of the ups and downs of those who started out in quest of a precious object. Your journey is in the inner worlds and there too you may sometimes meet hardships. But, The Mother says that every sincere call for help is answered! If you start with sincerity, you may trust that on the way you will be given enough drops of the Truth to feel protected and uplifted.

Here are two quotations of The Mother. In the first one she expresses why it is important to go in search of the psychic being. In the second one she explains why it will be a long journey.

*“[The psychic being] is in each of you the deep inner being which you have to find in order that you may come in contact with the Divine in you. It is the intermediary between the Divine Consciousness and your external consciousness; it is the builder of the inner life, it is that which manifests in the outer nature the order and rule of the Divine Will.”*¹

—THE MOTHER

*“The outer being is like a crust. In ordinary people the crust is so hard and thick that they are not conscious of the Divine within them. If once, even for a moment only, the inner being has said, “I am here and I am yours”, then it is as though a bridge has been built and little by little the crust becomes thinner and thinner until the two parts are wholly joined and the inner and the outer become one.”*²

— THE MOTHER

By now you must have experienced the crust and found out that, while observing yourself, you meet very regularly your mental, vital and physical nature, but hardly at all your psychic being. Why is it so difficult to experience the psychic? You most likely know the answer already, because we talked about it in one of the previous chapters, when we explained how the outer being is still full of ignorance. It is this ignorance that makes the outer being ‘like a crust’. There is another reason why it is difficult to discover the psychic: the psychic being has no demands, it has no desires, it is quiet, whereas the mental and the vital nature are constantly pressing their demands. They ask for attention all the time. Especially the vital is almost never satisfied. It always makes you crave for more possessions, for more attention from friends;

in short for more outer contentment. The psychic has no demands and is patient. What the psychic does, though, is to put, behind the surface, a gentle pressure on the outer nature to open itself to the Divine, but it does that without any show, without asking for any conditions. That is why you must make an effort to find it and why you must really *want* to find it.

Introspective exercises

The Mother has given several introspective exercises to help the process of discovering the psychic being. They are contemplative and inward-looking; they are exercises in the sense that they should be repeated regularly. This repetition is needed to open the way and clear the path to the psychic being. It is like the hard work needed when you would try to enter a virgin forest.

Before starting any introspection, prepare yourself. Gather all the strands of your being; centre yourself and shift your focus inwards. Concentration on your breath may help you to turn within.

INTROSPECTIVE EXERCISE

Here is a preparatory exercise for finding the psychic.

A question was put to The Mother: “How to have the experience of the psychic?” The Mother’s answer:

“To go within yourself, that is the first step.

And then, once you have succeeded in going within yourself deeply enough to feel the reality of that which is within,



to widen yourself progressively, systematically, to become as vast as the universe and lose the sense of limitation. These are the first two preparatory movements. And these two things must be done in the greatest possible calm, peace and tranquillity. This tranquillity brings about silence in the mind and stillness in the vital."³

— THE MOTHER

This silence in the mind and stillness in the vital are needed to discover the psychic because it is quietly present deep within.

If you want straight away some exercises that will help you to quieten the mind and the vital, you can turn to these exercises in the next chapter. In this chapter we continue to concentrate on the discovery of the psychic presence.

Besides doing these introspective exercises as calmly and peacefully as possible, the effect will be more beneficial if you do them regularly. Do not give up! It is best when this search for the psychic becomes a daily habit. Here is The Mother's advice:

"This effort, this attempt must be renewed very regularly, persistently. And after a certain lapse of time, which may be longer or shorter, you begin to perceive a reality that is different from the reality perceived in the ordinary, external consciousness.

By the action of the Grace, the veil may suddenly be rent from within, and at once you can enter the true truth; but even when that happens, in order to obtain the full value and full effect of the experience, you must maintain yourself in a state of inner receptivity, and to do that, it is indispensable for you to go within each day."⁴

— THE MOTHER

Because it is not easy to find the psychic, the question of how to find it was asked several times to The Mother. Here are two of

her answers; one of 1955 and one of 1956.

Question: “How to find the psychic?”

“To sit in meditation before a closed door, as though it were a heavy door of bronze—and one sits in front of it with the will that it may open—and so the whole concentration, the whole aspiration is gathered into a beam and pushes, pushes, pushes against this door, and pushes more and more with an increasing energy until all of a sudden it bursts open, and one enters... And this is a very concrete and very powerful way of entering into contact with one’s psychic being.”⁵

— THE MOTHER

The Mother suggests that you may like to use a ‘key’.

Question: “How to find the light within?”

“You must find the key... It is not a joke, it is very serious. You must sit down in front of the door and then concentrate until you have found the key or the word or the power to open it.

If one doesn’t try, it doesn’t open by itself. Perhaps after thousands of years, but you want to do it immediately—so? To do it immediately, you must sit down obstinately before the door until you have found the means. It may be a key, it may be a word, it may be a force, it may be anything at all, and you remain there before the door until it opens. And you do not think of anything else. Only of the door.”⁶

— THE MOTHER

INTROSPECTIVE WORKSHEET

Some helpful suggestions for finding your personal key

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- When you close your eyes and go within, do you often spontaneously see an image? Or do you hear something? Or do you see a movement, like clouds sailing in the sky?
 - Whatever comes spontaneously and often could be your key.

It may help to know your natural observation mode. Here is a way to find that out:

- When you walk in a street what do you notice spontaneously:
 - the things you see
 - the sounds you hear
 - the movement of the cars, cycles, people, trees etc.
- In case you normally notice things by seeing, your inner key is most likely an image.
- If, in daily life, you notice things by hearing, your inner key is most likely a sound.
- If you notice things through movement, your inner key is most likely a movement.
- If none of these is dominant in you, your key may change from time to time.

The Mother has also given a more mental road to the discovery of the psychic. Reflection on the following passage may be helpful:

“The starting-point is to seek in yourself that which is independent of the body and the circumstances of life, which is not born of the mental formation that you have been given, the language you speak, the habits and customs of the environment in which you live, the country where you are born or the age to which you belong.”⁷

—THE MOTHER

It may take time to find your personal key. It may be the visualisation of a beam of light, a diamond, the imagery of the movement of a drop of water that slowly hollows the hard rock of the outer being, repeating a mantra inside yourself, etc.

After you have found your key it still may take time before you receive a first glimmer of the psychic, and you may have to repeat the exercise many times, but The Mother says, that each time your search will bring you closer to the truth of your being.

If, after a length of time, you do not have some result, you may sometimes wonder if you are on the right path.

Here is a passage that may give you encouragement and inspiration when such a moment occurs.

“The Divine Presence is in you. It is in you. The Presence is there. You want the appreciation of others to get strength—you will never get it. The strength is in you. If you want, you can aspire for what seems to you the supreme goal, supreme light, supreme knowledge, supreme love. But it is in you—otherwise you would never be able to contact it. If you go deep enough inside you, you will find it there, like a flame that is always burning straight up.”⁸

— THE MOTHER

You must have experienced that for the discovery of the psychic you have to go deep, really deep within. After you have perceived the gentle beauty of the psychic presence, the next step is to remain aware of this presence while going through your daily actions. After this comes the stage of learning to obey the innermost presence, so that more and more of your daily actions are guided by the psychic and have the psychic touch. Do not expect quick results, because it always takes time to acquire new habits, but if you are open and trust that a new way of life can blossom in you, you may be in for beautiful experiences.