



## ***The Sunlit Path***

*There is nothing spiritually wrong in being glad and cheerful, on the contrary it is the right thing. As for struggles and aspiration, struggles are really not indispensable to progress and there are many people who get so habituated to the struggling attitude that they have all the time struggles and very little else. That is not desirable. There is a sunlit path as well as a gloomy one and it is the better of the two – a path in which one goes forward in absolute reliance on the Mother, fearing nothing, sorrowing over nothing. Aspiration is needed but there can be a sunlit aspiration full of light and faith and confidence and joy. If difficulty comes, even that can be faced with a smile.*

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*It is because of our experience won at a tremendous price that we can urge upon you and others, “ Take the psychic attitude; follow the straight sunlit path, with the Divine openly or secretly upbearing you – if secretly, he will yet show himself in good time, – do not insist on the hard, hampered, roundabout and difficult journey.”*

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*There is also the way of the psychic, – when the psychic being comes out in its inherent power, its consecration, adoration, love of the Divine, self-giving, surrender and imposes these on the mind, vital and physical consciousness and compels them to turn all their movements Godward. If the psychic is strong and master throughout, then there is no or little subjective suffering and the objective can not affect either the soul or the other parts of the consciousness – the way is sunlit and a great joy and sweetness are the note of the whole sadhana.*

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*But the secret of it is in the heart, not in the mind – the heart that opens its inner door and through it the radiance of the soul looks out in a blaze of trust and self-giving. Before that inner fire the debates of the mind and its difficulties wither away and the path however long or arduous becomes a sunlit road not only towards but through love and Ananda.*

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*The sunlit path can be followed by those who are able to practice surrender, first a central surrender and afterwards a more complete self-giving in all the parts of the being. If they can achieve and preserve the attitude of The central surrender, if they can rely wholly on the Divine and accept cheerfully whatever comes to them from the Divine, then their path becomes sunlit and may even be straightforward and easy.*

***- Sri Aurobindo***



