



Doubt - Pessimism - Fear - Depression  
Divine Joy

*Who has poured this poison of doubt and dissatisfaction into your heart?*

*Who has taken away at once your happiness, your simple joy of life and your beautiful smile which was a pleasure to see? I don't ask the question in order to get an answer from you, for I think that I know it; it is only so you may understand that I don't hold you responsible for this change which has come over you from outside. Now there is only one way open, the way of progress Õ since it is impossible, to go backward, you must go forward and what was merely instinctive must now become conscious and willed.*

*And never doubt my affection, which is always with you to help you make this indispensable progress.*

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*Doubt is not a sport to indulge in with impunity; it is a poison which drop by drop corrodes the soul.*

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*Men believe that doubt is a sign of superiority, whereas it is really a sign of inferiority.*

*Scepticism and doubt are two of the greatest obstacles to progress; they add presumptuousness to ignorance.*

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*For the Grace to help you, you must fulfil the conditions, and the very first condition is to reject all doubt, however slight. ....*

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*To be pessimistic has never been of any use except to attract towards oneself just the things one fears. One must, on the contrary, drive off all pessimistic thoughts and compel oneself to think only of what one wants to happen.*

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*One must have no fear Õ fear is a bad counsellor; it acts like a magnet and attracts what we fear. One must, on the contrary, keep a calm certitude that sooner or later all will be well.*

--- The Mother

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*Question : When a depression comes, what should one do?*

*Answer : Shake it off, as you shake off the dust from your feet.*

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*Question : How can one feel sweetness and joy when one is in difficulty?*

*Answer : Exactly, when the difficulty is egoistic or personal, if one make an offering of it and throws it into the fire of purification, one immediately feels the joy of progress. If one does it sincerely, at once there is a welling up of joy.*

*That is obviously what ought to be done instead of despairing and lamenting. If one offers it up and aspires sincerely for transformation and purification, one immediately feels joy springing up in the depth of the heart. Even when the difficulty is a great sorrow, one may do this with much success. One realises that behind the sorrow, no matter how intense it may be, there is a divine joy.*

--- The Mother



