



How can I Help Others?

Somewhere within each of us there is this urge, this aspiration to know what really is my work in life, what can I do which will give a meaning and value to my life for myself and for others. And to this is often added the wish to serve and help others in the best way.

Question: What exactly is my field of work? What is it that I have to do upon earth? How best can I help and serve others? Is it very important to know oneself?

Very important, of capital importance! Besides, that's the field of work given to each one. It is this one must understand, that each one-this totality of substance constituting your inner and outer body, the totality of substance with which your being is built from the outermost to the inmost-is a field of work; it is as though one had gathered together carefully, accumulated a certain number of vibrations and put them at your disposal for you to work upon them fully. It is like a field of action constantly at your disposal: night and day, awake or asleep, all the time-nobody can take it away from you, it is wonderful! You may refuse to use it (as most people do), but it is a mass to be transformed that is there in your hands, fully at your disposal, given to you so that you may learn to work upon it. So, the most important thing is to begin by doing that.

You can do nothing for others unless you are able to do it for yourself. You can never give a good advice to anyone unless you are able to give it to yourself first, and to follow it. And if you see a difficulty somewhere, the best way of changing this difficulty is to change it in yourself first. If you see a defect in anyone, you may be sure it is in you, and you begin to change it in yourself. And when you will have changed it in yourself, you will be strong enough to change it in others.

And this is a wonderful thing, people don't realise what an infinite grace it is that this universe is arranged in such a way that there is a collection of substance, from the most material to the highest spiritual, all that gathered together into what is called a small individual, but at the disposal of a central Will. And that is yours, your field of work, nobody can take it away from you, it is your own property. And to the extent you can work upon it, you will be able to have an action upon the world. But only to that extent. One must do more for oneself, besides, than one does for others....

I don't think, truly, sincerely I don't think that it is possible to help anyone unless one has already helped oneself first. If you are unconscious, how do you expect to bring consciousness into others! This seems to me an insoluble problem. That is what people usually do, but that's no reason for approving it. This is exactly why, I believe, things go so wrong. It is like those who seeing others quarrelling rush forward and begin shouting louder than they to tell them, "Keep quiet!"



The Mother.