

(1/2) What is the Difference between Prayer and Aspiration

I have written this somewhere. There are several kinds of prayers.

There is the purely mechanical, material prayer, with words which have been learnt and are mechanically repeated. That does not signify anything much. And that has usually only one single result, that of quietening the person who prays, for if a prayer is repeated several times, the words end up by making you calm.

There is a prayer which is a spontaneous formula for expressing something precise which one wants to ask for: one prays for this thing or that, one prays for one thing or another; one can pray for somebody, for a circumstance, for oneself.

There is a point where aspiration and prayer meet, for there are prayers which are the spontaneous formulation of a lived experience: these spring up all ready from within the being, like something that's the expression of a profound experience, and which offers thanksgiving for that experience or asks its continuation or asks for its explanation also; and that indeed is quite close to aspiration. But aspiration is not necessarily formulated in words; or if it is formulated in words, it is almost a movement of invocation. You aspire for a certain state; for instance, you have found something in yourself that is not in keeping with your ideal, a movement of darkness and ignorance, perhaps even of ill-will, something that's not in harmony with what you want to realise; then that is not going to be formulated in words; that will be like a springing flame and like an offering made of a living experience, asking to grow larger, be magnified and ever more and more clear and precise. All that may be put into words later, if one tries to remember and note down one's experience. But aspiration always springs up like a flame that rises high and carries in itself the thing one desires to be or what one desires to do or desires to have. I use the word "desire", but truly it is here that the word "aspire" should be used, for that does not have either the quality or the form of a desire.


It is truly like a great purifying flame of will, and it carries in its core the thing that asks to be realised.

For instance, if you have done something you regret having done, if that has unhappy consequences which disturb things, and several people are implicated, you do not know the reactions of the others, but you yourself wish that what has been done may take a turn for the best, and that if there is a mistake, it may be understood, and that no matter what the mistake, this may be for you an opportunity for a greater progress, a greater discipline, a new ascent towards the Divine, a door open on a future that you want to be more clear and true and intense; so all this is gathered here (pointing to the heart) like a force, and then it surges up and rises in a great movement of ascent, and at times without the shadow of a formulation, without words, without expression, but like a springing flame.

That indeed is true aspiration. That may happen a hundred, a thousand times daily if one is in that state in which one constantly wants to progress and be more true and more fully in harmony with what the Divine Will wants of us.

Prayer is a much more external thing, generally about a precise fact, and always formulated for it is the formula that makes the prayer. One may have an aspiration and transcribe it as a prayer, but aspiration goes beyond prayer in every way. It is much closer and much more as it were self-forgetful, living only in the thing one wants to be or do, and the offering of all that one wants to do to the Divine. You may pray in order to ask for something, you may also pray to thank the Divine for what He has given you, and that prayer is much greater: it may be called an act of thanksgiving. You may pray in gratitude for the aspect of kindness the Divine has shown to you, for what He has done for you, for what you see in Him, and the praise you want to offer Him. And all this may take the form of a prayer. It is decidedly the highest prayer, for it is not exclusively preoccupied with oneself, it is not an egoistic prayer.

Certainly, one may have an aspiration in all the domains, but the very centre of aspiration is in the psychic being, whilst one may pray in all the domains, and the prayer belongs to the domain in which one prays. One may make purely material, physical prayers, vital prayers, mental prayers, psychic prayers, spiritual prayers, and each one has its special character, its special value.(to be continued----)

 The Mother (Question and Answers, Volume-5, Page no.141-145)