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Paris 15 Dec. 2022

Rhythms of Perception while in the Hospital, following a surgery. Beginning was remembering Mother's spontaneous utterance — Sri Sri Maa of Sri Aurobindo Ashram of Pondicherry.

1. To know is good, To do is better, To be— that is perfect.
2. Attention is good, Action is better, Awareness Holistic — that is perfect.
3. 'I' is good, Intellect is better, Intelligence is perfect.
4. Wanting is good, Wisdom is better, Wholeness is perfect (Holy Life).
5. Knowledge is good, Kriya-doing is better, Kriya-Parabastha is perfect.
6. Learning is good, Laboring is better, Love-Divine is perfect.
7. Ram-naam is good, Ramkirtan is better, Ram-relationship is perfect.
8. Postulates about truth is good, Practice of truth is better, Perception is perfect.
9. Ideation is good, Idolatry is better, Insight is perfect.
10. Listening is good, Learning is better, Loyalty is perfect.
11. Undertaking is good, Upholding is better, Understanding is perfect.
12. Concept is good, Contemplation is better, Comprehension is perfect.
13. Particular is good, Perfection is better, Perception is perfect.
14. Control is good, Courage is better, Compassion is perfect.
15. Individual is good, Idea is better, Insight is perfect.
16. Trick is good, Tactics is better, Transformation is perfect.
17. Belief is good, Benediction is better, Bliss is perfect.
18. Virility is good, Vitality is better, Virtue is perfect.
19. 'Me' is good, 'Me'-dictation is better, 'Me'-deletion is perfect.
20. Ideal is good, Insight is better, 'Is'-ness is perfect.
21. Passion is good, Passivity is better, Profoundity is perfect.
22. Desire is good, Decision is better, Division-free awareness is perfect.
23. Accompanying is good, Alone-ness is better, All-one-ness is perfect.
24. Reaction is good, Restraint is better, Right response is perfect.
25. Entertainment is good, Enchantment is better, Ecstasy is perfect.
26. Easily doing is good, Effort is better, Energy is perfect.
27. Well-being is good, Welfare is better, Wisdom is perfect.
28. Division is good, Divisionlessness is better, Divinity is perfect.
29. Suffering is good, Sorrow is better, 'Sacred' is the best.
30. Becoming is good, Being is better, Blessing is perfect.
31. Endeavor is good, Enterprise is better, Energy is perfect.
32. Door to Reality is good, Opening the Door is better, Keeping this Door open is perfect.

Jai Sri Maa
Jai Sage Aurobindo