

## NAIROBI CENTRE – NEWSLETTER APRIL 2011

Dates to remember:-

1<sup>st</sup> April 2011 – Prosperity Day – Friday – Meditation at 6.30 p.m. at the Bhavan.

4<sup>th</sup> April 2011 – Monday – Meditation at 6.30 p.m. – Sri Aurobindo's arrival in Puducherry, 1910. It was towards the end of March that Sri Aurobindo received another command, this time to go to Pondicherry - Pondicherry, which he described later as "my place of retreat, my cave of Tapasya, not of the ascetic kind but a brand of my own."

24<sup>th</sup> April 2011 – Sunday – Darshan Day – Meditation at 11.00 a.m. at the Bhavan. The Mother's final arrival in Puducherry. 24 April 1920 - The Mother returned to Pondicherry to stay there permanently now, and joined Sri Aurobindo in his work and sadhana. The Mother called this day the day of victory over adverse forces...

Every Saturday: 5.15p.m. to 6.30p.m.: Meditation, "SAVITRI" studies, readings from "GROWING WITHIN".

Every Sunday: 11.00a.m. to 12.30p.m.: Readings from "The Synthesis of Yoga"

Shrine: Sri Aurobindo's Shrine at Sri Aurobindo Bhavan is open from 8a.m. to 7p.m. You are welcome. It is a place for silent meditation.

### NEWS

On 16th February 2011, Ms Vora, a child of the Mother from Nairobi Centre of Sri Aurobindo Society gave a brief introduction of the society and its activities and a talk on 'Divine Love' (as explained by The Mother) to the senior citizens of the Ismailiee Community at Aga Khan Complex, Nairobi. Also the booklet - Remain Young, Never stop striving Towards Perfection were distributed to all. About two hundred people were present. The chairman of the community, Mr. Farooq Manji expressed his gratitude to Sri Aurobindo Society for this kind gesture.

#### **21st February 2011 - The Mother's 133rd Birth Anniversary**

Nairobi Centre of Sri Aurobindo Society celebrated the occasion at Sri Aurobindo Bhavan. At 7.00p.m., The Mother's prayer of 21st February 1914 was read out. The secretary of the centre gave a welcome address and significance of Mother's Work, following a musical offering of devotional songs to The Mother by Dhruv and his group. This was followed by dinner. One hundred and ten people attended the program. Everyone received flowers from The Mother and Darshan Message of the day.

## P R O G R E S S

...An artist Godhead here  
Ever remoulds himself in diviner shapes,  
Unwilling to cease  
Till all is done for which the stars were made,  
Till the heart discovers God  
And the soul knows itself. And even then  
There is no end.

**Sri Aurobindo** (Collected Poems, p.108)

“There is never any end to progress – never any end, you can  
never put a fullstop there.”

**The Mother** (CWM Vol. 5, p. 58)

“This is why we are on earth”

*“The thirst for progress, the thirst to know, the thirst to  
transform yourself, and above all the thirst for Love and Truth –  
if you keep that you go faster. Truly a thirst, a need, you know,  
a need. All the rest has no importance, what you need is **that**.  
No more bonds – free, free, free, free! Always ready to change  
everything, except **one** thing: to aspire. That thirst.  
The “Something” we need, the Perfection we need, the Light we  
need, the Love we need, the Truth we need, the supreme  
Perfection we need – and that’s all. The formulas – the fewer the  
better. A need, a need, a need ... which only the Thing can  
satisfy, nothing else, no half measure. Only that. And then,  
move on, move on,! Your path will be your path, it doesn’t  
matter; any path, any path whatever.”*

THE MOTHER

Our life shall find in its fulfilled response  
Above, the boundless hushed beatitudes,  
Below, the wonder of the embrace divine.

**Sri Aurobindo** (Savitri, p. 315)

## Earthly Life Is the Place for Progress

Life is a perpetual choice between truth and falsehood, light and darkness, progress and regression, the ascent towards the heights or a fall into the abyss. It is for each one to choose freely.

\*

The minute one stops going forward, one falls back. The moment one is satisfied and no longer aspires, one begins to die. Life is movement, it is effort, it is a march forward, the scaling of a mountain, the climb towards new revelations, towards future realizations. Nothing is more dangerous than wanting to rest. It is in action, in effort, in the march forward that repose must be found, the true repose of complete trust in the Divine Grace, of the absence of desires, of victory over egoism.

\*

Earthly life is the place for progress. It is here, on earth, that progress is possible, during the period of earthly existence. And it is the **psychic** which carries the progress over from one life to another, by organizing its own evolution and development itself.

\*

...psychic starts by being only a kind of tiny divine spark within the being and out of this spark will emerge progressively an independent conscious being having its own action and will. The psychic being at its origin is only a spark of the divine consciousness and it is through successive lives that it builds up a conscious individuality. It is a progress similar to that of a growing child. It is a thing in the making. For a long time, in most human beings the psychic is a being in the making. It is not a fully individualised, fully conscious being and master of itself and it needs all its rebirths, one after another, in order to build itself and become fully conscious.

\*

And what adds to the interest of the thing is that this kind of work, this harmonization and organization of the being around the divine Centre can only be done in a physical body and on earth.

That is truly the essential and original reason for physical life. For, as soon as you are no longer in a physical body, you can no longer do it *at all*.

And what is still more remarkable is that only human beings can do it, for only human beings have at their centre the divine Presence in the psychic being. For example, this work of self-development and organization and becoming aware of all the elements is not within the reach of the beings of the vital and mental planes, nor even of the beings who are usually called gods and when they want to do it, when they really want to organize themselves and become completely conscious, they have to take a body.

\*

Here I must tell you a very important thing: the psychic being can progress and form itself only in the physical life and upon earth. As soon as it leaves a body, it enters into a rest which lasts for a more or less long time according to its own choice and its degree of development – a rest for assimilation, for a passive progress so to say, a rest for passive growth which will allow this same psychic being to pass on to new experiences and make a more active progress.

\*

*Q: Sweet Mother, how can one make one's psychic personality grow?*

It is through all the experiences of life that the psychic personality forms, grows, develops and finally becomes a complete, conscious and free being...

In order to strengthen the contact and aid, if possible, the development of the conscious psychic personality, one should, while concentrating, turn towards it, aspire to know it and feel it, open oneself to receive its influence, and take great care, each time that one receives an indication from it, to follow it very scrupulously and sincerely. To live in a great aspiration, to take care to become inwardly calm and remain so always as far as possible, to cultivate a perfect sincerity in all the activities of one's being – these are the essential conditions for the growth of the psychic being.

**The Mother** (CWM 14:29; 9:65,270; 5:205; 8:176;4:144;16:223-24)

## **Effort Towards Progressive Perfection**

Whatever work you do, do it as perfectly as you can.  
That is the best service to the Divine in man.

\*

Let nothing short of perfection be your ideal in work and you are sure to become a true instrument of the Divine.

\*

The first condition is not to have one's own personal interest as a goal.

The first qualities needed are boldness, courage and perseverance. And then to be conscious that one knows nothing compared to what one ought to know, that one can do nothing compared to what one ought to do, that one is nothing compared to what one ought to be.

One must have an invariable will to acquire what is lacking in one's nature, to know what one does not yet know, to be able to do what one is not able to do.

One must constantly progress in the light and peace that come from the absence of personal desires.

One could take as programme:

"Always better. Forward!"

And to have only one goal: to know the Divine in order to be able to manifest Him.

Persevere, and what you cannot do today you will be able to do tomorrow.

**The Mother** (CWM Vol. 14:328,326; Vol. 16:428)

Life on earth is essentially a field for progress. But how brief life is for all the progress that has to be made!

To waste one's time seeking the satisfaction of one's petty desires is sheer folly. True happiness is possible only when one has found the Divine.

**The Mother**