

Nairobi Centre of Sri Aurobindo Society

Newsletter August 2014

Dates to remember:-

1st August 2014 – Friday – Prosperity Day – Meditation at the Bhavan at 6.30 p.m.

15th August 2014 – Friday – Sri Aurobindo's 142nd Birth Anniversary. Meditation at the Bhavan at 6.30 p.m.

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Every Saturday: 5.15p.m. to 6.30p.m.: Meditation, "SAVITRI" studies, readings from "COLLECTED WORKS OF THE MOTHER – De Luxe Volume 17.

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. All are welcome. It is a place for silent meditation.

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NEWS

27th June 2014 – Nairobi Centre of Sri Aurobindo Society presented 1200 booklets in 12 titles to the program facilitators of Kenya Girl Guides. These booklets will be distributed next month on International Women's Day to about hundred girls and women at a function which will be held by Kenya Girl Guides in Nairobi.

The Fund Development officials of SOS Children's Villages Kenya visited the Nairobi Centre of Sri Aurobindo Society on 27th June 2014. They were presented with 4800 booklets in twelve titles. They have five villages in different parts of Kenya with about 250 children in each village and each village has 16 family houses. Their mission is to build families for children in need and to help them shape their future and to develop their communities. The officials expressed their gratitude to Sri Aurobindo Society and said that these booklets will be of great help in fulfilling their mission.

Gertrude's Children Hospital. The hospital has ten satellite clinics. The booklets will be kept in the reception area of the main hospital and will be sent to the satellite clinics as well. Some will be distributed among the staff at the hospital

On 1st July 2014, Nairobi Centre presented 30 booklets of Ideal Child, Ideal Parent and Ideal Teacher and 30 booklets of Ideal Child in Kiswahili to the assistant chairperson of Lima Taxi Association. The booklets will be circulated among the taxi drivers to read and to take home. There are about sixty taxi drivers in the association. The assistant chairperson was very grateful for this kind gesture of Sri Aurobindo Society.

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(This newsletter is the continuation of the excerpts from the book – RAYS OF LIGHT. The text consists entirely of short written statements (notes, letters, messages) which are taken from volumes 14 and 15 of the Mother's Collected Works).

SUFFERING

My word to you is: Do not cherish suffering and suffering will leave you altogether. Suffering is far from being indispensable to progress. The greatest progress is made through a steady and cheerful equanimity.

May 1932

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The world is full of sufferings and sorrows.

One should try never to be the cause of any additional suffering.

10 October 1970

LAZINESS, TIREDNESS, FATIGUE

It is a dangerous illness: laziness.

30 July 1936

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Tiredness shows lack of will for progress. When you feel tired or fatigued that is lack of will for progress.

Fire is always burning in you.

Fatigue comes from doing without interest the things you do.

Whatever you do you can find interest in it, provided you take it as the means of progressing; you must try to do better and better what you are doing; the will for progress must always be there and then you take interest in what you do, whatever it is. The most insignificant occupation can prove interesting if you take it that way.

But even the most attractive and important activity will soon lose its interest for you if the will for progress towards an ideal perfection is not there while you act.

MATERIAL DESIRES

For our passage in the material world, what is indispensable to our life and action is put at our disposal according to the place we should occupy there.

The more we are consciously in contact with our inner being, the more exact are the means we are given.

3 June 1970

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Do not expect any satisfaction from physical life and you will no more be tied to it.

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What is bad is slavery. Slavery to abstinence as well as slavery to needs. What comes we take but always ready to let it go, if it goes . . .

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What is truly needed will surely come.

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Things must be asked for only when truly needed.

GREED

Greed for anything concerning physical consciousness, so-called necessities and comfort of whatever nature – this is one of the most serious obstacles to sadhana.

Each little satisfaction you get through greed is one step backward from the goal.

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When you have a desire you are governed by the thing you desire, it takes possession of your mind and you life, and you become a slave. If you have greed for food you are no more the master of food, it is the food that masters you.

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A sadhak must eat to satisfy the needs of his body and not to meet the demands of his greed.

4 April 1937

It is an inner attitude of freedom from attachment and from greed for food and desire of the palate that is needed, not undue diminution of the quantity taken or any self-starvation. One must take sufficient food for the maintenance of the body and its strength and health, but without attachment or desire.

27 April 1937

CONQUEST OF DESIRES

Yielding to desires is not the way of getting rid of them. There is no end to desires – each one which is satisfied is at once replaced by another one and they go on clamouring more and more.

It is only by conquering the desires that you can get rid of them, by coming out of this consciousness of the lower nature and rising to a higher consciousness.

29 April 1930

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To accept the ugliness of the lower nature under the pretext that they exist – if this is what is meant by realism – does not form part of the sadhana. Our aim is not to accept these things and enjoy them, but to get rid of them and create a life of spiritual beauty and perfection. That cannot be done as long as we accept these uglinesses.

To be aware that they are there and to reject them, not to let them touch us is one thing; to accept them and submit to them is quite another.

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Refuse to do anything whatsoever which leads you away from the Divine.

18 October 1934

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A desire which knows that it will never be satisfied at once vanishes.

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To conquer a desire brings you more joy than to satisfy it.

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Self-mastery is the greatest conquest, it is the basis of all enduring happiness.

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First learn to know yourself perfectly and then to control yourself perfectly. You will be able to do it by aspiring at every moment. It is never too early to begin, never too late to continue.

EGO

The ego thinks of what it wants and has not. This is its constant preoccupation.

The soul is aware of what it is given and lives in endless gratitude.

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All that happens is to teach us one and the same lesson: unless we get rid of our ego there is no peace either for ourselves or for others. And without ego life becomes such a wonderful marvell...

QUARRELS

It is always wrong to quarrel, even if one is not the aggressor.

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When two persons quarrel, always both are in the wrong.

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Keep this attitude – never side with anybody nor take up any personal quarrel – think only of the Divine Peace, Harmony, Light and Happiness and become more and more their purified and quiet instrument.

18 September 1934

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Before getting angry at the mistakes of others one should always remember one's own mistakes.

22 July 1954

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(TO BE CONTINUED IN SEPTEMBER NEWSLETTER)