

Newsletter December 2013

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Dates to remember:-

1st December 2013 – Sunday – Prosperity Day – Meditation at 11.00 a.m. at the Bhavan.

5th December 2013 – Thursday – Anniversary of Sri Aurobindo's Mahasamadhi. Meditation at the Bhavan at 6.30 p.m.

9th December 2013 – Monday — Anniversary of the day Sri Aurobindo's body was laid to rest in the Samadhi. Meditation at 6.30 p.m. at the Bhavan.

12th December 2013 – Thursday – Kenya's 50th Independence Anniversary – Meditation at the Bhavan at 11.00 a.m. All are welcome.

Every Saturday: 5.15p.m. to 6.30p.m.: Meditation, "SAVITRI" studies, readings from "De luxe Volume 16 – COLLECTED WORKS OF THE MOTHER – Centenary edition."

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.

NEWS

11th October 2013, Nairobi Centre of Sri Aurobindo Society presented two thousand booklets in ten titles to The Marketing and Administration officer of Nairobi Place, which is a specialized medical centre offering services in counseling, addiction treatment programmes, meditation and yoga among many other services. The booklets will be distributed among the staff, counselors, psychiatric doctors and the patients. The booklets will be also kept in the reception areas of the medical centre and distributed in Family Support Programmes.

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Aspiration is the call of the being
for higher things – for the Divine,
for all that belongs to the higher or
Divine Consciousness.

Sri Aurobindo

This newsletter is the continuation of November Newsletter on Physical Education from The Collected Works of The Mother, Volume 12, On Education.

Mother, why should one take part in competitions and demonstrations in sports?

Because it is an occasion to put in a greater effort and therefore to make a rapid progress.

Blessings.

16 November 1969

(Concerning accidents in sports)

I do not think there are more accidents here than outside. Certainly there should be less. But for that, children who are here must take care to grow in consciousness (a thing which they can do here more easily than anywhere else). Unfortunately, however, very few among them take the trouble to do it. So they lose the good chance given to them.

22 December 1969

Mother, what is the difference between sports and physical education?

Sports are all the games, competitions, etc., all the things based on contests and ending in placings and prizes.

Physical education means chiefly the combination of all exercises for the sake of the growth and upkeep of the body.

Naturally, here we have the two together. But it is particularly so because human beings, especially in their young age, still require some excitement in order to make an effort.

Blessings.

14 January 1970

Sports help the body to prepare for the Transformation.

30 September 1972

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To Women about Their Body

(Answers to Some Questions)

1. For God's sake can't you forget that you are a girl or a boy and try to become a human being?
2. Each idea (or system of ideas) is true in its own time and place. But if it tries to be exclusive or to persist even when its time is over, then it ceases to be true.

The Mother

Should a girl participate in her normal programme of Physical Education during her periods?

Certainly if she is accustomed to physical exercise, she must not stop because of that. If one keeps the habit of leading one's normal life always, very soon one does not even notice the presence of the menses.

Why are some girls completely run down during their periods and suffer from pain in the lower back and abdomen while others may have slight or no inconvenience at all?

It is a question of temperament and mostly of education. If from her childhood a girl has been accustomed to pay much attention to the slightest inconvenience, then she loses all capacity of endurance and anything becomes the occasion for being pulled down. Especially if the parents themselves get too easily anxious about the reactions of their children. It is wiser to teach a child to be a bit sturdy and enduring than to show much care for these small inconveniences and accidents that cannot always be avoided in life. An attitude of quiet forbearance is the best one can adopt for oneself and teach to the children.

It is a well-known fact that if you expect some pain you are bound to have it and, once it has come, if you concentrate upon it, then it increases more and more until it becomes what is usually termed as "unbearable", although with some will and courage there is hardly any pain that one cannot bear.

Will a girl's appearance change and become muscular like a muscular man's and make her look ugly if she practices vigorous exercises?

Weakness and fragility may look attractive in the view of a perverted mind, but it is not the truth of Nature nor the truth of the Spirit.

If you have ever looked at the photos of the women gymnasts you will know what perfectly beautiful bodies they have; and nobody can deny that they are muscular!

What should be the ideal of physical education for a girl from the point of view of her sex?

I do not see why there should be any special ideal of physical education for girls other than for boys.

Physical education has for its aim to develop all the possibilities of a human body, possibilities of harmony, strength, plasticity, cleverness, agility, endurance, and to increase the control over the functioning of the limbs and the organs, to make of the body a perfect instrument at the disposal of a conscious will. This programme is excellent for all human beings equally, and there is no point in wanting to adopt another one for girls.

What roles should man and woman play in our new way of life? What should be the relation between them?

Why make at all a distinction between them? They are all equally human beings trying to become fit instruments for the Divine Work, above sex, caste, creed and nationality, all children of the same Infinite Mother and aspirants to the one Eternal Godhead.

What should be the ideal of a woman's physical beauty?

A perfect harmony in proportions, suppleness and strength, grace and force, plasticity and endurance, and above all, an excellent health, unvarying and unchanging, which is the result of a pure soul, a happy trust in life and an unshakable faith in the Divine Grace.

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December 29, 1913

O LORD, grant that this collective convention of the ending year be for us also the occasion to put an end to a whole lot of bonds and attachments, illusions and weaknesses which have no longer any purpose in our lives. At every moment we must shake off the past like falling dust, that it may not soil the virgin path which, at every moment also, is opening before us.

May our mistakes, acknowledged and rectified within us, be no more than vain mirages powerless to bring any consequences and, pressing our foot down firmly upon all that no longer should exist, on all ignorance, all obscurity, all egoism, may we take our flight boldly towards wider horizon and intenser light, a more perfect compassion, a more disinterested love . . . towards Thee.

I hail Thee, O Lord, Master of our life, and I want to proclaim Thy reign over all the earth.

THE MOTHER