

Nairobi Centre of Sri Aurobindo Society
February 2013 – Newsletter
<https://sites.google.com/site/savitrinairobi/>

Dates to remember:-

1st February 2013 – Friday – Prosperity Day Meditation at 6.30 p.m. at the Bhavan.

21st February 2013 – Thursday – The Mother's 135th Birth Anniversary Meditation at the Bhavan at 6.30 p.m.

Every Saturday: 5.15p.m. to 6.30p.m.: Meditation, "SAVITRI" studies, readings from "COLLECTED WORKS OF THE MOTHER – De Luxe Volume 15.

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

1st January 2013 - Nairobi Centre of Sri Aurobindo Society ushered in the New Year at Sri Aurobindo Bhavan with readings of The Mother's Prayer of 1st January 1914, the message for the New Year sent by Sri Aurobindo Ashram, collective recitation of Sri Aurobindo's Gayatri Mantra followed by half an hour meditation. Copies of the New Year message were distributed along with prasad. There were twenty three people present.

The following message from the Mother was distributed to the members of the Ashram on 1st January 2013. It is an inspiring message full of faith, strength and resolution for the New Year and for the future.

“Of one thing you can be sure – your future is in your hands. You will become the man you want to be and the higher your ideal and your aspiration, the higher will be your realisation, but you must keep a firm resolution and never forget your true aim in life.”

- The Mother

(Following is the continuation of the articles on 'Care' from our last month's newsletter)

Vital Care:

The vital being in us is the seat of impulses and desires, of enthusiasm and violence, of dynamic energy and desperate depressions, of passions and revolts. It can set everything in motion, build and realise; but it can also destroy and mar everything. Thus it may be the most difficult part to discipline in the human being. It is a long and exacting labour requiring great patience and perfect sincerity, for without sincerity you will deceive yourself from the very outset, and all endeavour for progress will be in vain. With the collaboration of the vital no realisation seems impossible, no transformation impracticable. But the difficulty lies in securing this constant collaboration.

CWM, v.12, p.6

It is of prime importance that the vital education of the child should begin as early as possible, indeed, as soon as he is able to use his senses. In this way many bad habits will be avoided and many harmful influences eliminated.

CWM, v.12, p.20

This vital education has two principal aspects, very different in their aims and methods, but both equally important. The first concerns the development and use of the sense organs. The second the progressing awareness and control of the character, culminating in its transformation. ...

CWM, v.12, p.20

One must gain a full knowledge of one's character and then acquire control over one's movements in order to achieve perfect mastery and the transformation of all the elements that have to be transformed.

CWM, v.12, p.23

Replace the ambition to be first by the will to do the best possible.

Replace the desire for success by the yearning for progress.

Replace the eagerness for fame by the aspiration for perfection.

Physical Education is meant to bring into the body, consciousness and control, discipline and mastery, all things necessary for a higher and better life.

CWM, v.12, p.6

-The Mother

Mental Care:

A true mental education, which will prepare man for a higher life, has five principal phases. Normally these phases follow one after another, but in exceptional individuals they may alternate or even proceed simultaneously. These five phases, in brief, are:

- (1) Development of the power of concentration, the capacity of attention.
- (2) Development of the capacities of expansion, widening, complexity and richness.
- (3) Organisation of one's ideas around a central idea, a higher ideal or a supremely luminous idea that will serve as a guide in life.
- (4) Thought-control, rejection of undesirable thoughts, to become able to think only what one wants and when one wants.
- (5) Development of mental silence, perfect calm and a more and more total receptivity to inspirations coming from the higher regions of the being.

CWM, v.12, p.24

In this state of perfect sincerity you do not need to appear good or to be approved by others, for the first thing you experience when you are in harmony with your true consciousness is that you do not care what you look like.

CWM v.04, p.17

One does not have the discernment because one does not care to have it! Listen, I don't think there is a single instance in which one does not find within oneself something very clear, but you must sincerely want to know—we always come back to the same thing—you must sincerely want it.

CWM v.04, p.385

You tell me to study, but I do not like studying.

You do not give enough time to study, that is why it does not interest you. Everything one does with care necessarily becomes interesting.

CWM v.12, p.134

-The Mother

Psychic:

With psychic education we come to the problem of the true motive of existence, the purpose of life on earth, the discovery to which this life must lead and the result of that discovery: the consecration of the individual to his eternal principle.

It is through this psychic presence that the truth of an individual being comes into contact with him and the circumstances of his life. In most cases the presence acts, so to say, from behind the veil, unrecognised and unknown; but in some, it is perceptible and its action recognisable and even, in a very few, the presence becomes tangible and its action fully effective. These go forward in life with an assurance and a certitude all their own; they are masters of their destiny. It is for the purpose of obtaining this mastery and becoming conscious of the psychic presence that psychic education should be practised. It is therefore of capital importance to become conscious of its presence in us, to concentrate on this presence until it becomes a living fact for us and we can identify ourselves with it.

In reality, everyone has to find the one which suits him best, and if one has an ardent and steadfast aspiration, a persistent and dynamic will, one is sure to meet, in one way or another — outwardly through reading and study, inwardly through concentration, meditation, revelation and experience — the help one needs to reach the goal. Only one thing is absolutely indispensable: the will to discover and to realise. This discovery and realisation should be the primary preoccupation of our being, the pearl of great price which we must acquire at any cost. Whatever you do, whatever your occupations and activities, the will to find the truth of your being and to unite with it must be always living and present behind all that you do, all that you feel, all that you think.

CWM v.12, p.30

-The Mother

Mahasarswati is the Mother's Power of Work and her spirit of perfection and order. ...

Carelessness and negligence and indolence she abhors; all scampered and hasty and shuffling work, all clumsiness and a *peu pres* and misfire, all false adaptation and misuse of instruments and faculties and leaving of things undone or half done is offensive and foreign to her temper. ...

The Adoration of the Divine Mother

At the head she stands of birth and toil and fate,
In their slow round the cycles turn to her call;
Alone her hands can change Time's dragon base.
Hers is the mystery the Night conceals;
The spirit's alchemist energy is hers;
She is the golden bridge, the wonderful fire.
The luminous heart of the Unknown is she,
A power of silence in the depths of God;
She is the Force, the inevitable Word,
The magnet of our difficult ascent,
The Sun from which we kindle all our suns,
The Light that leans from the unrealized Vasts,
The joy that beckons from the impossible,
The Might of all that never yet came down.
All Nature dumbly calls to her alone
To heal with her feet the aching throb of life
And break the seals on the dim soul of man
And kindle her fire in the closed heart of things.
All here shall be one day her sweetness's home,
All contraries prepare her harmony;
Towards her our knowledge climbs, our passion gropes,
In her miraculous rapture we shall dwell,
Her clasp shall turn to ecstasy our pain.
Our self shall be one self with all through her.
In her confirmed because transformed in her,
Our life shall find in its fulfilled response
Above, the boundless hushed beatitudes,
Below, the wonder of the embrace divine.

Sri Aurobindo

Savitri – Book Three – Canto Two
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