

Newsletter February 2014

Dates to remember:-

1st February 2014 – Saturday – Prosperity Day – programme as per Saturday's.

21st February 2014 – Friday – The Mother's 136th 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 16.

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 6th December 2013, Nairobi Centre of Sri Aurobindo Society presented one thousand booklets in ten titles and fifty booklets – Ideal Child in Kiswahili to the Director of Balm of Gilead Foundation at Sri Aurobindo Bhavan. The foundation deals in community work and counseling in schools and organizations all over Kenya. The booklets will be distributed to the social workers, counselors and among students.

20th December 2013 – Nairobi Centre of Sri Aurobindo Society presented 2000 booklets in 10 titles to the officials of Lions First Eyesight Hospital. Some booklets will be kept in reception area. They will be also distributed among the patients who come there from different parts of Kenya for treatment and some will be presented to the doctors and the staff of the hospital.

On 10th January 2013, Nairobi Centre presented 900 booklets in 9 titles compiling on different subjects from The Mother's and Sri Aurobindo's teachings and 100 booklets of Ideal Child in Kiswahili to the General Manager of Medanta AfriCare at Sri Aurobindo Bhavan, Nairobi. Medanta AfriCare is Indian based company which provides pathology and radiology services and has stem cell bank. It has ten satellite clinics in different regions of Kenya. The booklets will be distributed in Nairobi main branch and in the satellite clinics.

Following are the letters of The Mother to a sadhak of the Sri Aurobindo Ashram, taken from the series fourteen of the Collected Works of Mother, Volume 16.

We are at a moment of transition in the history of the earth. It is merely a moment in eternal time, but this moment is long compared to human life. Matter is changing in order to prepare itself for the new manifestation, but the human body is not plastic enough and offers resistance; this is why the number of incomprehensible disorders and even diseases is increasing and becoming a problem for medical science.

The remedy lies in union with the divine forces that are at work and a receptivity full of truth and peace which makes the task easier.

18 November 1971

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Those who want to progress now have an exceptional chance, because the transformation begins with the opening of the consciousness to the action of the new forces; thus individuals have a unique and wonderful opportunity to open themselves to the divine influence.

20 November 1971

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The purpose of individual existence is the joy of discovering the Divine and uniting with Him. When one has understood this, then one is ready to gain the strength to surmount all difficulties.

22 November 1971

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A victory won over the lower nature gives a deeper and more lasting joy than any external success.

22 November 1971

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Sri Aurobindo has revealed to us a few of the marvels that the future will bring to the earth and has encouraged us to prepare ourselves for it.

27 November 1971

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Each one has his ego and all the egos are at odds with one another. It is only when one gets rid of ego that one becomes a free being.

To be free, one must belong only to the Divine.

3 December 1971

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In the difficult hours of life, the imperative duty of each one is to overcome his ego in a total and unconditional self-giving to the Divine. Then the Divine will make you do what you have to do.

4 December 1971

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Supreme Lord, Infinite Wisdom,

At this perilous hour when egoisms are at odds and asserting themselves, the only safety lies in taking refuge in Thee!

Grant that nothing in us may be an obstacle to the fulfillment of Thy Will.

Grant that we may become conscious and effective collaborators in the fulfillment of Thy Will.

5 December 1971

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Difficult hours come to the earth to compel men to overcome their small personal egoism and turn exclusively to the Divine for help and light. The wisdom of men is ignorant. Only the Divine knows.

7 December 1971

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Our human consciousness has windows that open upon the Infinite. But generally men keep these windows carefully closed. We have to open them wide and allow the Infinite to enter us freely in order to transform us.

Two conditions are necessary to open the windows:

1. Ardent aspiration;
2. Progressive abolition of the ego.

The divine help is assured to those who set to work sincerely.

8 December 1971

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The ego was necessary to form the individual being. Its destruction is therefore difficult. There is a much better, though more difficult solution to transform it and make it an instrument of the Divine.

Egos that are converted and wholly consecrated to the Divine become specially powerful and effective instruments.

The endeavour is difficult and demands an absolute and steadfast sincerity, but for those who have a strong will, an ardent aspiration and an unshakable sincerity, it is well worth undertaking.

The method for each individual is worked out as the activity proceeds, for each ego has its own character and needs a particular method. The only qualities indispensable for all are absolute

perseverance and sincerity. The least tendency to deceive oneself makes success impossible.

9 December 1971

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For you, the best way to begin is to find your psychic being, to concentrate on it by making it the witness of all your inner movements and the judge of all that you should or should not do, and to strive to submit your external nature to its decisions.

11 December 1971

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The psychic being is the individual sheath of the Divine Presence. It is found deep within oneself, beyond all thoughts.

11 December 1971

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Communications from the psychic do not come in a mental form. They are not ideas or reasonings. They have their own character quite distinct from mind, something like a feeling that comprehends itself and acts.

By its very nature the psychic is calm, quiet and luminous, understanding and generous, wide and progressive. Its constant effort is to understand and progress.

The mind describes and explains.

The psychic sees and understands.

13 December 1971

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The psychic is conscious of its progressive formation during successive lives upon earth, so it has the memory of the important moments in its previous lives.

The more the psychic has taken part in these physical lives on earth, the more numerous and precise its memories are.

14 December 1971

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Feeling alone in the midst of human beings is the sign that you are beginning to feel the need to find in your own being contact with the Divine Presence. So you must concentrate in silence and try to enter deep within to discover the Divine Presence in the depths of your consciousness, beyond all mental activity.

16 December 1971

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There comes a moment when life becomes intolerable without the Divine Presence. Therefore, give yourself entirely to the Divine and you will emerge into the Light.

17 December 1971

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One moment of conscious communion with the Divine can shatter all resistance, however powerful it may be.

18 December 1971

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