

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

Date to remember:-

1st January 2013 – Tuesday – New Year Meditation at 11.00 a.m. at the Bhavan.

Every Saturday: 5.15 p.m. to 6.30 p.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 8 a.m. to 7 p.m. You are welcome. It is a place for silent meditation.

NEWS

Members gathered at Sri Aurobindo Bhavan, on 24th November 2012 to celebrate the anniversary of Day of Realisation - Darshan Day, at 5.15 p.m.

On 27th November 2012, the Student Development Officer and the Chaplain of Daystar University visited Sri Aurobindo Bhavan, Nairobi. They were presented two thousand booklets in ten titles and two hundred of the booklets - Sleep Well and Right Spirit in Everyday Life. The University has got three campuses in Kenya with about six thousand students. The booklets will be kept in the libraries and reception areas and will be distributed among the teachers and the head students of the university.

Nairobi Center of Sri Aurobindo Society presented one thousand booklets in ten titles to the chief coordinator and to the staff of Kenya Community Development Foundation, on 27th November 2012 at Sri Aurobindo Bhavan, Nairobi. The booklets will be distributed among the staff and social workers who in turn will use them for seminars and in other fields of their activities for the community development.

On 28th November 2012, Nairobi Centre presented two thousand and two hundred booklets in twelve titles to M.P.Shah Hospital, Nairobi at Sri Aurobindo Bhavan. The booklets were received by the PR and Marketing Manager and Director of Operations of the hospital. The booklets will be distributed among the hospital staff, doctors. They will be kept in various departments of the hospital, in the hospital wards and also in the reception area of outpatients clinic.

Nairobi Centre of Sri Aurobindo Society held a seminar on 'Work' at Sri Aurobindo Bhavan on 2nd December 2012. Twenty three members participated in the seminar which began at 11.00a.m. with The Mother's Prayer - *For those who wish to serve the Divine* -. After the collective recitation of Sri Aurobindo's Gayatri Mantra, the chairman gave a brief welcome and introduction on the subject of the seminar. The participants then gave their views on different aspects of work and work as an offering to the Divine. Sri Aurobindo's enlightening words on how to be a perfect Divine Worker from the book '*The Mother*' were read out.

MOTHER'S PRAYER OF JANUARY 1, 1914

To Thee, supreme Dispenser of all boons, to Thee who givest life its justification, by making it pure, beautiful and good, to Thee, Master of our destinies and goal of our aspirations, was consecrated the first minute of this new year.

May it be completely glorified by this consecration; may those who hope for Thee, seek Thee in the right path; may those who seek Thee find Thee, and those who suffer, not knowing where the remedy lies, feel Thy life gradually piercing the hard crust of their obscure consciousness.

I bow down in deep devotion and in boundless gratitude before Thy beneficent splendour; in the name of the earth I give Thee thanks for manifesting Thyself; in its name I implore Thee to manifest Thyself ever more fully, in an uninterrupted growth of Light and Love.

Be the sovereign Master of our thoughts, our feelings, our actions.

Thou art our reality, the only Reality.

Without Thee all is falsehood and illusion, all is dismal obscurity.

In Thee are life and light and joy.

In Thee is supreme Peace.

Let the birth of the new year be
the new birth of our consciousness.

Leaving the past far behind us,
let us run towards a luminous future.

Blessings
The Mother

The annual seminar of the Women's Council was held in November 2012, at the Society House, Puducherry. The subject chosen was 'Care'. We begin our new year with reproduction of the beautiful and thought-provoking articles from the group discussions of the seminar.

CARE

In general, 'Care' is associated with woman as she takes care of her child, her family, her home, etc. It is a God-given gift to her. That is why she is sought more in nursing homes, hospitals, schools, and also in offices as receptionist and public relations officer because of her attitude of goodwill and care.

Besides Her advice to be 'very polite and gentle' in our behaviour towards others, the Mother points out the spiritual dimension of 'Care' to include all things. She says:

Always do what you do with care.

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The Divine is in things also and that is why they must be treated with care.

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Care of material things:

How should we use things?

Ah, this is... First, to use things with an understanding of their true utility, the knowledge of their real use, with the utmost care so that they do not get spoilt and with the least confusion.

I am going to give you an example: you have a pair of scissors. There are scissors of all kinds, there are scissors for cutting paper, and there are scissors for cutting thread... Now if you have the pair of scissors which you need, use it for the thing it is made for. But I know people who, when they have a pair of scissors, use it without any discernment to cut anything at all, to cut small silk threads, and they try to cut a wire also with it or else they use it as a tool to open tins, you see; for anything whatever, where they need an instrument they get hold of their scissors and use them. So naturally, after quite a short while they come to me again and say, "Oh, my pair of scissors is spoilt, I would like to have another." And they are very much surprised when I tell them, "No, you won't have another, because you have spoilt this one, because you have used it badly." This is just one example. I could give many others.

People use something which gets dirty and is spoilt in becoming dirty, or they forget to clean it or neglect it, because all this takes time.

There is a kind of respect for the object one has, which must make one treat it with much consideration and try to preserve it as long as possible, not because one is attached to it and desires it, but because an object is something respectable which has sometimes cost a lot of effort and labour in the producing and so must as a result be considered with the respect due to the work and effort put into it.

There are people who have nothing, who don't even have the things which are absolutely indispensable, and who are compelled to make them in some way for their personal use. I have seen people of this kind who, with much effort and ingenuity had managed to make for themselves certain things which are more or less indispensable from the practical point of view. But the way they treated them, because they were aware of the effort they had put in to make them, was remarkable—the care, that kind of respect for the object they had produced, because they knew how much labour it had cost them. But people who have plenty of money in their pockets, and when they need something turn the knob of a shop-door, enter and put down the money and take the thing, they treat it like that. They harm themselves and give a very bad example.

CWM v.7, p.50-51

Not to take care of material things which one uses is a sign of inconstancy and ignorance. You have no right to use any material object whatsoever if you do not take care of it. You must take care of it not because you are attached to it, but because it manifests something of the Divine Consciousness.

CWM v.14, p.345

Mother, why do I lose things so often?

Because you do not keep things sufficiently in your consciousness

CWM v.14, p.323

-The Mother

Care of the Body:

Of all the domains of human consciousness, the physical is the one most completely governed by method, order, discipline, process. The lack of plasticity and receptivity in matter has to be replaced by a detailed organisation that is both precise and comprehensive. In this organisation, one must not forget the interdependence and interpenetration of all the domains of the being. However, even a mental or vital impulse, to express itself physically, must submit to an exact process. That is why all education of the body, if it is to be effective, must be rigorous and detailed, far-sighted and methodical. This will be translated into habits; the body is a being of habits. But these habits should be controlled and disciplined, while remaining flexible enough to adapt themselves to circumstances and to the needs of the growth and development of the being.

All education of the body should begin at birth and continue throughout life. It is never too soon to begin nor too late to continue.

Physical education has three principal aspects:

- (1) Control and discipline of the functioning of the body,
- (2) An integral, methodical and harmonious development of all the parts and movements of the body and
- (3) Correction of any defects and deformities.

CWM, v.12, p.12

A perfect harmony in the 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.
CWM, v.12, p.296-97

Physical culture is the process of infusing consciousness into the cells of the body. One may or may not know it, but it is a fact. When we concentrate to make our muscles move according to our will, when we endeavour to make our limbs more supple, to give them an agility, or a force, or a resistance, or a plasticity which they do not naturally possess, we infuse into the cells of the body a consciousness which was not there before, thus turning it into an increasingly homogeneous and receptive instrument, which progresses in and by its activities. This is the primary importance of physical culture. Of course, that is not the only thing that brings consciousness into the body, but it is something which acts in an overall way, and this is rare. I have already told you several times that the artist infuses a very great consciousness into his hands, as the intellectual does into his brain. But these are, as it were, local phenomena, whereas the action of physical culture is more general. And when one sees the absolutely marvellous results of this culture, when one observes the extent to which the body is capable of perfecting itself, one understands how useful this can be to the action of the psychic being which has entered into this material substance. For naturally, when it is in possession of an organised and harmonised instrument which is full of strength and suppleness and possibilities, its task is greatly facilitated.

...and the more the more the body is conscious, the more it is capable of receiving the divine forces that are at work to transform it and give birth to the new race.

CWM, v.10, p.30

-The Mother

(We will continue with the articles on ‘**Care**’ in our next month’s newsletter.)

A Polite Request

Dear Friends, though there is no subscription as such for this Newsletter, Shs. 1000/= per year helps to cover postage, printing and other expenses. Contribution by way of cheque may be sent to:-

Sri Aurobindo Society,
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