

NAIROBI CENTRE – NEWSLETTER JULY 2012

<https://sites.google.com/site/savitrinairobi/>

Dates to remember:-

1st July 2012 – Sunday – Prosperity Day – Meditation at the Bhavan at 11.00 a.m.

13th July 2012 – Friday – Ninth Anniversary of the enshrinement of Sri Aurobindo's Relics in Kenya.

Every Saturday: 5.15p.m. to 6.30p.m.: Meditation, "SAVITRI" studies, readings from "De luxe Volume 15 – 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. You are welcome. It is a place for silent meditation.

NEWS

On 16th May 2012, Nairobi Centre of Sri Aurobindo Society presented 2200 booklets in twelve titles to the officials of the marketing section of The Nairobi Women's Hospital which is the pioneer and leading women hospital in East Africa. The booklets will be kept in the hospital wards for the in-patients and also in their out-patient clinics, Gender violence recovery centre and in three other branches apart from the main hospital. The booklets will also be distributed amongst the nursing staff and the doctors.

Fifty booklets on 'Sleep Well' and on 'Right Spirit in Everyday Life' were presented to the Aga Khan University Hospital Doctors' Plaza.

A seminar on "Savitri" was held at the Bhavan on Sunday 3rd June 2012. The programme started at 11.00 a.m. with a "Dawn Prayer" of the Mother followed by collective chanting of "AUM" and Sri Aurobindo's Gayatri mantra and the passage – "Adoration of the Divine Mother". This was followed by an "Introduction to Savitri" and "About Savitri" and an interactive session where members narrated their experiences on reading of Savitri and how Savitri has been their guide in daily life. Lunch in form of Prasad was served at the end of the programme.

INSINCERITY, PRETENSION AND SELF-DECEPTION

Only those who are already very sincere know that they are not completely sincere.

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When you are sure that you have attained absolute sincerity, you may be certain that you have plunged into falsehood.

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It is no use thinking that one is very sincere. It is useless to think that one is not sincere. What is useful is to be sincere.

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All division in the being is an insincerity.

The greatest insincerity is to dig an abyss between your body and the truth of your being.

When an abyss separates the true being from the physical being, Nature fills it up immediately with all kinds of adverse suggestions, the most formidable of which is fear, and the most pernicious, doubt.

Allow nothing anywhere to deny the truth of your being – this is sincerity.

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Before the Eternal Consciousness a drop of sincerity has more value than an ocean of pretension and hypocrisy.

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I need not seem if I am.

It is better to be than to seem.

No need of seeming when one is.

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I need not appear to be good if my sincerity is perfect.

It is better to be than to seem.

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Be honest towards yourself – (no self-deception). Be sincere towards the Divine – (no bargaining in the surrender).

Be straightforward with humanity – (no pretence and show).

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Human beings for the most part have the inveterate habit of deceiving themselves. They deceive themselves in hundreds of different ways, each more slyly tricky and subtle than the other, and all this with at once a perfect candour and a perfect insincerity.

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Whoever does Yoga *sincerely* is bound to have the calm and the strength needed to face *all circumstances*.

But innumerable are those who deceive themselves, believe they are doing Yoga but only partially do so and are still full of contradictions.

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Sweet Mother, how does one do Yoga?

Be wholly sincere, never try to deceive others. And try never to deceive yourself.

Blessings.

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Do not try to deceive the Divine.

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The important point is to be *more and more* sincere, always more sincere so that you never deceive yourself in the integrality of your aspiration.

This sincerity brings the sure help of the Divine Grace.

Blessings.

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It is easy to see that the mistakes are due to a lack of sincerity in the being – the only way out of it is to become sincere. You have been given the power of will and of knowledge for that purpose.

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It is not necessary to wait for the others to become sincere in order to become sincere yourself.

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The greatest enemies of a perfect sincerity are preferences (either mental, vital or physical) and preconceived ideas. It is these obstacles that must be overcome.

ASPIRATION

What is exactly meant by a sincere aspiration?

An aspiration which is not mixed with any interested and egoistic calculation.

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It is to the sincerity of your aspiration that the Love answers spontaneously.

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Let your aspiration leap forward, pure and straight, towards the supreme consciousness which is all joy and all beatitude.

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We must aspire with all our being for the manifestation to come soon and complete.

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PRAYER OF ASPIRATION

Let us go to sleep with a prayer and wake with an aspiration for the New and Perfect Creation.

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The urge of aspiration: nothing is too high, nothing too far for its insatiable ardour.

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It never does any harm to express an aspiration – that gives force to it.

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Aspiration is *always* good, and if some demand is mixed up with it, you can be sure that it will not be granted.

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Go on aspiring and the necessary progress is bound to come.

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Daily we must aspire to conquer all mistakes, all obscurities, all ignorances.

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We must always aspire to be free from all ignorance and to have a true faith.

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A constant aspiration conquers all doubts.

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Day after day our aspiration will grow and our faith will intensify.

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When the aspiration is awake, each day brings us nearer to the goal.

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Each one is responsible only for the sincerity of his aspiration.

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Our aspiration rises always identical, supported by a concentrated will.

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All is mute in the being, but in the bosom of the silence burns the lamp that can never be extinguished, the fire of an ardent aspiration to know and to live integrally the Divine.

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The flame of aspiration must be so straight and so ardent that no obstacle can dissolve it.

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Beyond words, above thoughts the flame of an intense aspiration must always burn, steady and bright.

My love and blessings are with you.

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In the silence of the heart burns the steady fire of aspiration.

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Keep the fire burning steadily and wait quietly for the sure result.

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Flame of aspiration: a flame which illumines but never burns.

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An integral and exclusive aspiration is sure to bring the Divine's response.

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(Message for the "Home of Progress", an Ashram hostel)

If in man the seed of aspiration is watered with the true spirituality then he will grow into Divine.

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As usual I will tell you to be quiet and peaceful.

Our only aspiration must be for spiritual progress. It is only for that we must pray.

With love and blessings.

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Increase steadily your own aspiration. Try to perfect your consecration to the Divine and your life will be arranged for you.

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Any suggestions?

About what?

About sadhana?

Patient aspiration.

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What is needed of me that I may not fail to progress as I should?

A constant and integral aspiration.

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How can I have more and more faith and calm, Mother?

Aspiration and will.

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Mental aspiration: its expression is clear and precise and very reasonable.

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True aspiration is not a movement of the mind but of the psychic.

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Psychic aspiration: constant, regular, organized, gentle and patient at the same time, resists all opposition, overcomes all difficulties.

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Spiritual aspiration rises like an arrow caring for neither obstacles nor laggards.

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Let the sun of aspiration dissolve the clouds of egoism

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(The above statements of The Mother are taken from Collective Works of The Mother, Vol. 14)