

## Nairobi Centre of Sri Aurobindo Society

Newsletter July 2014

Dates to remember:-

1<sup>st</sup> July 2014 – Prosperity day – Tuesday – Meditation at the Bhavan at 6.30 p.m.

13<sup>th</sup> July 2014 – Sunday – 11<sup>th</sup> Anniversary of enshrinement of Sri Aurobindo's Relics in Kenya.

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Every Saturday: 5.15p.m. to 6.30p.m.: Meditation, "SAVITRI" studies, readings from "COLLECTED WORKS OF THE MOTHER – De Luxe Volume 17.

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.

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### NEWS

31<sup>st</sup> May 2014 – A member of Nairobi Centre of Sri Aurobindo Society donated one set of The Collected Works of The Mother (17 Volumes) and one set of The Collected Works of Sri Aurobindo (33 Volumes) to the incoming President of The Rotary Club of Nairobi Utumishi at Sri Aurobindo Bhavan, Nairobi. The books are to be kept at the main library in Voi, Kenya.

Nairobi Centre of Sri Aurobindo Society presented 360 booklets in 12 titles to a devotee of The Mother who will be distributing them upcountry to the pastor of Nakuru Church for distribution of the same to the church members.

On 5<sup>th</sup> June 2014, Nairobi Centre of Sri Aurobindo Society presented 2400 booklets in twelve titles to the Coordinator and Marketing officer of M.P.Shah Hospital. The hospital is among one of the largest hospital in Kenya and has many medical facilities. The booklets will be given out in the wards to the patients, distributed among the doctors and the staff of the hospital and will be kept in various reception areas of the hospital which also includes an outpatient clinic.

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*(This newsletter is the continuation of the excerpts from the book – RAYS OF LIGHT. The text consists entirely of short written statements (notes, letters, messages) which are taken from volumes 14 and 15 of the Mother's Collected Works).*

### *Circumstances, Difficulties, Mistakes*

#### MISTAKES CAN BE EFFACED

Do not give too much importance to the little incidents of life.

The importance of these incidents lies in the extent to which they have served you to make progress.

And once the progress has been made, the consequences of past errors, if they are any, disappear through the intervention of the divine Grace.

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For the Supreme Lord, sin does not exist – all defects can be effaced by sincere aspiration and by transformation.

What you feel is the aspiration of your soul that wants to discover the Divine and live Him.

Persevere, be more and more sincere and you will succeed.

*24 April 1964*

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Sin belongs to the world and not to yoga.

#### DO NOT BROOD ABOUT MISTAKES

Thinking too much about one's impurities does not help. It is better to keep the thought fixed on the purity, light and peace that one wants to acquire.

*7 February 1934\**

Even if things are not as they ought to be, worry does not help make them better. A quiet confidence is the source of strength.

*11 November 1936*

It is quite wrong to go on brooding about the past. The true attitude is to remember that nothing happens but by God's will and to submit to that will quietly. If you have made mistakes in the past it is by lack of true surrender and the only way to repair the mistakes is to surrender truly.

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But it is not a reason for being upset about it. There is only to remain quite cool and do our best within the limits that the human nature ascribes to us.

After all, the whole, *entire responsibility* is the Lord's and nobody else's. So there is nothing to worry about.

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It is good to recognize your mistakes, but you must not torment yourself.

You must not suffer, you must correct yourself instead.

### RECOGNISE AND CORRECT MISTAKES

It is very good that you have become conscious of the mistakes and defects of the nature. Once you are conscious it is always possible to rise out of them and to change the nature.

*23 January 1938*

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A mistake recognized is a mistake pardoned.

*14 October 1939*

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It is no use excusing yourself; you must have the will never to fall back into the faults you have committed.

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Before going to sleep every night we must pray that the mistakes we may have committed during the day should not be repeated in future.

*20 June 1954*

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## Weaknesses of Human Nature

### FEAR

Yoga and fear do not go together.

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Fear is always a bad adviser.

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### Our Path

To walk on the path you must have a dauntless intrepidity, you must never turn back upon yourself with this mean, petty, weak, ugly movement that fear is.

An indomitable courage, a perfect sincerity, a total self-giving to the extent that you do not calculate or bargain, you do not give with the idea of receiving, you do not offer yourself with the intention of being protected, you do not have a faith that needs proofs – this is indispensable for advancing on the path – this alone can shelter you against all dangers.

29 March 1961

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There is *nothing* to fear – all is the Lord – there is *nothing else* than the Lord; the *Lord alone* exists and all that tries to frighten us is only a silly and meaningless disguise of the Lord.

Cheer up – the way is open before you, shake off this obsession of illness and bring down the Divine Calm.

Then everything will be all right.

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You can be entirely free from fear only when you have driven out of you all violence.

### DOUBT

Doubt is not a sport to indulge in with impunity; it is a poison which drop by drop corrodes the soul.

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We must decide to get rid of all doubts, they are among the worst enemies of our progress.

29 July 1954

## DEPRESSION

*How to avoid attacks of depression?*

Do not pay attention to the depression and act as if it was not there.

*31 March 1934*

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A depression is always unreasonable as it leads nowhere. It is the most subtle enemy of the Yoga.

*31 May 1955*

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It is the ego that gets depressed.

Do not mind it. Go on quietly with your work and the depression will disappear.

*18 August 1971*

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At these moments of depression or of revolt, no fresh decision must be taken under the impulse of the wrong movement, but practically one must go on with the usual routine, quiet and undisturbed.

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Periods of obscurity are frequent and common; generally, it is enough to keep quiet without worrying, knowing that these are spiritual nights which alternate with the full light of the days. But to be able to remain in peace you must keep in your heart gratitude towards the Divine for all the help He gives. If gratitude also is veiled, the obscure period lasts much longer. There is, however, a swift and effective remedy: it is to keep always burning in your heart the flame of purification, the aspiration for progress, the intensity, the ardour of consecration. This flame is kindled in the heart of all who are sincere; you must not let ingratitude cover it up with its ashes.

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