

Nairobi Centre of Sri Aurobindo Society Newsletter June 2014

Dates to remember:-

1st June 2014 – Prosperity day – Sunday – Meditation at the Bhavan at 11.00 a.m.

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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. You are welcome. It is a place for silent meditation.

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NEWS

24th April 2014 – Darshan Day – Nairobi Centre of Sri Aurobindo Society – At 6.30p.m. the Mother's Prayer was read out followed by reading out of the Darshan message from the Ashram. Thereafter there was half an hour meditation accompanied by Sunilda's music. All present received copy of the Darshan message and prasad.

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*(The following newsletter contains excerpts from the book – **RAYS OF LIGHT**. The compilation was prepared by the Sri Aurobindo Ashram Archives and Research Library. The sayings in this book deal mainly with the spiritual way of life envisaged by the Mother – its aims, conditions and method of practice; they deal also with the difficulties of spiritual life and with the spiritual seeker's relationship with others and the world. 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

CIRCUMSTANCES ARE RESULTS, NOT CAUSES

It is an error or superstition to believe that an external thing or circumstance can be the cause of anything. All things and circumstances are the accompanying results of a Force that acts behind the veil.

The Force acts and each thing reacts according to its own nature.

(Someone asked for sympathy regarding his circumstances at the time.)

I am full of sympathy but unshakably convinced that each one meets in this life the circumstances which he has, inwardly or outwardly, built for himself.

11 July 1939

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Each one is the artisan of his own miseries.

4 December 1939

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It is always a mistake to complain about the circumstances of our life, for they are the outward expression of what we are ourselves.

28 July 1954

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What each one meets in life is always exactly in accordance with what he is. Not in the way ignorant human justice understands it, but according to a law that is much more subtle, more deep, more true. Let us never forget that the supreme Lord is behind everything and it is He who is the master of our destinies.

CIRCUMSTANCES AND ONE'S INNER CONDITION

Satisfaction does not depend on our circumstances but on an inner condition.

26 July 1954

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When one is in need of outward changes, it means that he is not progressing within; for he who progresses within can live always under the same outward conditions: they constantly reveal to him new truths.

All outward change should be the spontaneous and inevitable expression of an inner transformation. Normally, all improvement of the conditions of physical life should be the blossoming to the surface of a progress realized within.

29 March 1958

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Exterior things must be of little importance when one does “sadhana”. The needed inner peace can be established in any surroundings.

19 August 1966

CIRCUMSTANCES TEACH A LESSON

Always circumstances come to reveal the hidden weaknesses that have to be overcome.

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Be absolutely convinced that everything that happens, happens in order to give us precisely the lesson we needed and if we are sincere in the “sadhana”, the lesson should be accepted with joy and gratitude.

For one who aspires to the divine life, what can the actions of a blind and ignorant humanity matter to him?

18 January 1967

If truly you love the Divine, prove it by remaining quiet and peaceful. All that comes to each one in life, comes from the Divine to teach us a lesson, and if we take it in the right spirit, we make rapid progress.

Try to do so.

13 December 1967

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Be grateful for all ordeals, they are the shortest way to the Divine.

NEVER COMPLAIN ABOUT DIFFICULTIES

He who wants to advance on the path of perfection must never complain about the difficulties on the way, for each is an opportunity for new progress. To complain is a sign of weakness and insincerity.

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If you are not satisfied with what you are, take advantage of the Divine's help and change yourself. If you haven't the courage to change, submit to your destiny and keep quiet.

But to constantly complain about the condition you are in, without doing anything to change it, is a waste of your time and energy.

The difficulties can disappear only when the egoistic concentration upon desires and conveniences disappears.

12 March 1958

NEVER WORRY ABOUT DIFFICULTIES

Never worry.

Do with sincerity all you do and leave the results to the Divine's care.

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Let us live each day without anxiety. Why worry beforehand about something that will probably never happen?

Anxiety is a lack of confidence in the Divine's Grace, the unmistakable sign that the consecration is not complete and perfect.

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Don't foresee difficulties – it does not help to surmount them and helps them to come.

5 August 1932

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We must be freed from all care for contingencies; we must be delivered from the ordinary outlook on things.

25 November 1954

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Never think of a difficulty – you give it strength.

14 April 1958

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Forget your difficulties.

Forget yourself . . .

And the Lord will take care of your progress.

5 March 1968

FACE AND OVERCOME DIFFICULTIES

When you want to make a progress, the difficulty you wished to conquer increases tenfold in importance and intensity in your consciousness. You have only to persevere. That is all; it will pass away.

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I have always the same thing to say: quiet confidence and courage is the only way of getting out of difficulties.

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To overcome the difficulties there is more power in a smile than in a sigh.

27 December 1941

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When everything goes wrong, one must know how to remember that God is all-powerful.

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The Divine is present among us. When we remember Him always, He gives us the strength to face all circumstances with perfect peace and equanimity. Become aware of the Presence and your difficulties will disappear.

7 November 1970

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To live within, in constant aspiration towards the Divine – that renders us capable of regarding life with a smile and remaining in peace whatever the external circumstances.

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(Continuation of the subject – Circumstances, Difficulties, Mistakes will be made in July's Newsletter)