

**NAIROBI CENTRE – NEWSLETTER
MAY 2012**

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

Dates to remember:-

1st May 2012 – Tuesday – Labour Day Holiday – Prosperity Day Meditation at 11.00 a.m. at the Bhavan.

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 23rd March 2012, The Principal and Coordinator of the Kenya Young Men's Christian Association which is a national training institute for the youth in Kenya visited Nairobi Centre of Sri Aurobindo Society with the chief accountant of the institute. The chairman of the Nairobi centre introduced them to the teachings of The Mother and Sri Aurobindo and thereafter presented them with two thousand booklets in ten different titles. These booklets will be distributed in about twenty three centers of the institute based in different regions of Kenya.

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February 17, 1914

O LORD, how ardently my aspiration rises to Thee: give us the full consciousness of Thy law, the constant perception of Thy will, so that our decision may be Thy decision and our life solely consecrated to Thy service and as perfect an expression as possible of Thy inspiration.

O Lord, dispel all darkness, all blindness; may every one enjoy the calm certitude that Thy divine illumination brings!

**THE MOTHER
– PRAYERS AND MEDITATIONS – PAGE 77**

Meditation

When you sit in meditation you must be as candid and simple as a child, not interfering by your external mind, expecting nothing, insisting on nothing. Once this condition is there, all the rest depends upon the aspiration deep within you. And if you call upon Divinity, then too you will have the answer.

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Each meditation ought to be a new revelation, for in each meditation something new happens.

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Even if you are not apparently successful in your meditation, it is better to persist and to be more obstinate than the opposition of your lower nature.

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Mother,

I would like to know from you if it is good for me to devote more time to meditation than I am doing at present. I spend about two hours, morning and evening together. I am as yet not quite successful in meditation. My physical mind disturbs me a lot. I pray to you that it may become quiet and my psychic being may come out. It is so painful to find the mind working like a mad machine and the heart sleeping like a stone. Mother, let me feel your presence within my heart always.

The increase of time given to meditation is not very useful unless the urge for meditation come spontaneously from inside and not from any arbitrary decision of the mind.

My help, love and blessings are always with you.

To keep constantly a concentrated and in-gathered attitude is more important than having fixed hours of meditation.

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Mother, when you give us a subject for meditation, what should we do about it? Keep thinking of it?

Keep your thought focused upon it in a concentrated way.

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And when no subject is given, is it enough to concentrate on your Presence in the heart centre? Should we avoid a formulated prayer?

Yes, concentration on the Presence is enough.

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(Examples of subjects for meditation)

New birth. Birth to a new consciousness, The psychic consciousness.

How to awaken in the body the aspiration for the Divine.

Turning one's gaze inward. Looking within yourself.

The ill-effects of uncontrolled speech.

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Experiences and Visions

Spiritual experience means the contact with the Divine in oneself (or without, which comes to the same thing in that domain). And it is an experience identical everywhere in all countries, among all peoples and even in all ages.

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One must always be greater than one's experience.

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It is always better to control an experience of this kind rather than to be controlled by it. I mean that the experience in itself is good and useful, but it must come when we want it to come and not any time when it chooses to come. It seems to me that it is better to follow this experience to come only when you are quietly at home or during meditation. When you are at work it is always better to remain fully aware of your body and its actions.

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The initial error was to hope to recommence the same experience as the one you had in your youth.

In life, experiences are not repeated identically, and if they are not better, that is, higher and more true, they become necessarily worse.

After happy and favourable experience it is necessary to rise from the human to the divine, otherwise one risks falling into the infernal and diabolic.

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It is useful for a time to have certain inner experiences, but this attitude is not to be kept permanently as it is only a partial truth and far from the whole truth of the integral yoga.

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The true revelation is the revelation of the Divine.

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The descent of calm and light which you experience is a sign that the sadhana has actually begun in you; it shows that you are open now consciously to the Divine Force and its workings. The descent of calm and light into the being is the beginning of the foundation of the yoga. At first it may be felt in the mind and upper part only, but afterwards goes further down until it touches all the centres and is experienced in the whole body. At first it comes only for a moment or two; afterwards it lasts for longer periods.

The other experiences show that the faculty of inner vision is opening; this is also a part of the yoga. The fire seen by you must

have been the fire of aspiration lit in the vital being. The other things you saw are not definite enough to be interpreted.

Continue your progress.

Our blessings and protection are always with you.<

<Although written by the Mother, this letter may have been dictated by Sri Aurobindo.

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Last night after a little meditation when I was about to sleep, my body from the head above was filled up by some energy. I did not do anything but just observed. It lasted for a few seconds only. Two or three times it has happened to me and on the previous occasions it lasted for some minutes. I would like to know what this is. Is it an experience of Kundalini Shakti? What is the best attitude to be adopted when under such pressure?

The best attitude is to be quiet and calm, and to let the experience follow its course, observing *without thinking about it*.

Blessings.

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I have felt a sort of pain, especially in the chest, as reaction to the intense descent of the vibration-force, and I have had the impression that the body wanted to prevent it.

In order that the experience may not be dangerously deformed and painful, one should keep an absolute calm.

It is only in the peace and the calm that the Divine Force expresses itself and acts.

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Your observation is very crude. No rule can be laid down about suggestions and voices coming from “within”. Your “within” may mean anything. You must train your observation and try to distinguish between the sources from which the suggestions come. The voice or suggestion may come from your own subconscious or it may come from something higher. If you know from where it comes, then you can decide whether you should follow it or not.

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(All the above statements written by The Mother are taken from Collected Works of The Mother, Vol.14, Words of the Mother – Part Two)