

# NAIROBI CENTRE – NEWSLETTER OCTOBER 2012

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

Dates to remember:-

1<sup>st</sup> October 2012 – Monday – Prosperity Day – 6.30 p.m. Meditation.

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

## NEWS

1. Ten sets of booklets in ten titles were presented to the tutorial teacher, Mr. David Shikuku who gives tuitions to few senior students of different schools. He will distribute them among the students.

2. 900 booklets in nine titles and 20 booklets on 'True Role of Women' were presented to the Head Sister of Sisters of Our Lady of Charity (Edelvale Homes) who work to uplift the dignity and worth of women in shanty towns by giving them education and technical training. They run a hospital, a junior school and a home with vocational technical school where the girls live in family model groups each with a group mother. The booklets will be distributed among the teachers, counselors, students and patients.

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December 7, 1912

Like a flame that burns in silence, like a perfume that rises straight upward without wavering, my love goes to Thee; and like the child who does not reason and has no care, I trust myself to Thee that Thy Will may be done, that Thy Light may manifest, Thy Peace radiate, Thy Love cover the world. When Thou wilt I shall be in Thee, Thyself, and there shall be no more any distinction; I await that blessed hour without impatience of any kind, letting myself flow irresistibly toward it as a peaceful stream flows toward the boundless ocean.

Thy Peace is in me, and in that Peace I see Thee alone present in everything, with the calm of Eternity.

The Mother  
Prayers and Meditations – p. 11

*(All the articles in the newsletter are taken from Vol.12, 'On Education', of the Collected Works of The Mother. This volume is a compilation of the Mother's articles, messages, letters and conversations on education and self-development.)*

## **Part Two. Messages, Letters and Conversations**

**1. Sri Aurobindo International Centre of Education.** This section consists mainly of the Mother's correspondence and conversations with the students and teachers of the Ashram's school, the Sri Aurobindo International Centre of Education.

*(A question was sent to the Mother regarding the purpose of the Centre of Education: "Is it to teach Sri Aurobindo's works? And these only? And all or some of these? Or is it to prepare students to read Sri Aurobindo's works and Mother's? . . .")*

And this is what I wrote to X (*Mother reads*):

"It is not a question of preparing to read these works or other works. It is a question of pulling all those who are capable to do so, out of the general human routine of thought, feeling and action; it is to give all opportunities to those who are here to cast off from them the slavery to the human way of thinking and doing; it is to teach all those who want to listen there is another and truer way of living, that Sri Aurobindo has taught us how to live and become a *true being* – and that the aim of the education here is to prepare the children and make them fit for *that life*.

For all the rest, the human ways of thinking and living, the world is vast and there is place out there for everybody.

It is not a number that we want – it is a selection; it is not brilliant students that we want, it is living souls."

(Taken from Mother India, August 2012)

## **STUDY**

***I would like to know whether as a general rule it is good for little children to play all the time.***

For children there should be a time for work and study and a time for play.

16 November 1936

***Do You think my mind is developing?***

Regular study certainly cannot fail to develop it.

7 December 1936

***I am turning more and more towards study and giving less attention to my sadhana. I do not know whether this is desirable.***

It is all right; study can become part of the sadhana.

8 December 1936

***If someone is teaching me, is it necessary for him to identify himself with me, to concentrate on me?***

Without concentration one cannot achieve anything.

18 May 1937

***Do You think tiredness comes from too much mental work?***

No, it comes from *mental tamas*.

21 January 1941

***(A teacher wrote that his students did not work very hard.)***

Continue to be patient – it is some kind of mental tamas; one day they will wake up.

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***The students cannot learn their lessons, even when they have their books.***

One must have a lot of patience with young children, and repeat the same thing to them several times, explaining it to them in various ways. It is only gradually that it enters their mind.

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Intelligence and capacity of understanding are surely more important than regularity in work. Steadiness may be acquired later on.

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***Mother, how can one get rid of laziness?***

Laziness comes from weakness, or from lack of interest. For curing the first – one must become strong.

For curing the second – one must do something interesting.

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***Sweet Mother,***

***You have told me that one must become strong to cure weakness. Mother, would you tell me how one can become strong?***

First you must want it integrally and then you must do what is needed.

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***How to get rid of mental inertia?***

The cure is not in trying to wake up the mind but in turning it, immobile and silent, upward towards the region of intuitive light, in a steady and quiet aspiration, and to wait in silence, for the light to come down and flood your brain which will, little by little, wake up to this influence and become capable of receiving and expressing the intuition.

Love and blessings.

26 September 1967

**Sweet Mother,**

**We do not know what is the matter this year. We are unable to make any progress, either in our studies or at the Playground. Our minds are always restless and troubled. We have lost our concentration. We are wasting our time gossiping and thinking about bad things. We are not able to overcome our failings. Sweet Mother, we beg you to deliver us from this painful situation. We want to progress. We want to be your true children. Please show us the way.**

Crying does not help at all.

You must have the will and make the necessary effort.

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**What is to be done to make the will stronger?**

To educate it, to exercise it as one exercises the muscles by using them.

23 March 1934

Concentration and will can be developed as well as muscles; they grow by regular training and exercise.

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**Mother, how can one strengthen one's will-power?**

By exercise.

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**What is the utility of reason in our life?**

Without reason, human life would be incoherent and unregulated; we would be like impulsive animals or unbalanced madmen.

6 April 1961

**Mother, what are knowledge and intelligence? Have they important roles to play in our life?**

Knowledge and intelligence are precisely the qualities of the higher mind in man which differentiate him from the animal.

Without knowledge and intelligence, one is not a man but an animal in human form.

Blessings.

30 December 196

**In Your Conversations You have said that the intellect is like a mediator between the true knowledge and its realization down here. Does it not follow that intellectual culture is indispensable for rising above the mind to find there the true knowledge?**

Intellectual culture is indispensable for preparing a good mental instrument, large, supple and rich, but its action stops there.

In rising above the mind, it is more often a hindrance than a help, for, in general, a refined and educated mind finds its satisfaction in itself and rarely seeks to silence itself so as to be surpassed.

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All that you know, however fine it may be, is nothing in comparison with what you can know if you are able to use other methods.

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The best way to understand is always to rise high enough in the consciousness to be able to unite all contradictory ideas in a harmonious synthesis.

And for the correct attitude, to know how to pass flexibly from one position to another without ever losing sight even for a moment of the one goal of self-consecration to the Divine and identification with Him.

29 April 1964

The important point is to know that the mind is incapable of understanding the One Supreme – that is why all that is said and thought about it is a travesty and an approximation and is necessarily full of irreconcilable contradictions

That is also why it has always been taught that mental silence is indispensable in order to have true knowledge.

31 August 1965

A very, very quiet head is indispensable for a clear understanding and vision and a right action.

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*How does one teach a student to think correctly?*

Mental capacity is developed in silent meditation.

23 March 1966

***I shall try to work with the help of intuition. Help me in my efforts.***

Calm the vital.

Silence the mind.

Keep the brain silent and still like an even surface turned upwards and attentive.

And wait.....

29 September 1967

***How to stop discussions in the mind?***

The first condition is to talk as little as possible.

The second is to think just of what you are doing at the moment and not of what you have to do or of what you have done before.

Never regret what is past or imagine what will be.

Check pessimism in your thoughts as much as you can and become a voluntary optimist.

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