

# NEWSLETTER OF SRI AUROBINDO SOCIETY, NAIROBI CENTRE

Website: <http://sites.google.com/site/savitrinairobi/home>

## January 2010

### Dates to remember

**NEW YEAR MEDITATION** - 1<sup>st</sup> January 2010 – Friday – at the Bhavan at 11.00 a.m. to usher the new year.

**Every Saturday 5.15pm-6.30pm:** Meditation, study of “Savitri” and reading from “ALL INDIA MAGAZINE” in the Words of THE MOTHER and SRI AUROBINDO.

**Every Sunday 11 am- 12.30 pm:** reading 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. Members of the Nairobi Centre celebrated 24th November 2009 - Darshan Day, with Mother's Prayer, readings on the significance of the day followed by half an hour of meditation accompanied by New Year Music of 1986.
2. Nairobi Centre of Sri Aurobindo Society presented 2600 booklets in twelve titles to Kenya National Library Service at Sri Aurobindo Bhavan on 27th November 2009. Ms Betty Kalugho, the Senior Librarian who is in charge of acquisition and distribution of books received them on behalf of KNLS.

## **NEW YEAR PRAYER**

**January 1, 1914**

**To Thee, supreme Dispenser of all boons, to Thee who givest life its justification, by making it pure, beautiful and good, to Thee, Master of our destinies and goal of all our aspirations, was consecrated the first minute of this new year.**

**May it be completely glorified by this consecration; may those who hope for Thee, seek Thee in the right path; may those who seek Thee find Thee, and those who suffer, not knowing where the remedy lies, feel Thy life gradually piercing the hard crust of their obscure consciousness.**

**I bow down in deep devotion and in boundless gratitude before Thy beneficent splendour; in the name of the earth I give Thee thanks for manifesting Thyself; in its name I implore Thee to manifest Thyself ever more fully, in an uninterrupted growth of Light and Love.**

**Be the sovereign Master of our thoughts, our feelings, our actions.**

**Thou art our reality, the only Reality.**

**Without Thee all is falsehood and illusion, all is dismal obscurity.**

**In Thee are life and light and joy.**

**In Thee is supreme Peace.**

*The Mother*

(Prayers and Meditations, pg.43)

## **Sri Aurobindo Society Women's Council Seminar in Puducherry on "Energy turned towards the Divine"**

**Dates: 21, 22, 23 November 2009**

### *Questionnaire*

1. Are you aware of the flow of energy in your life? Mention a few ways in which you become conscious of this flow of energy in you and around you (e.g. in plants, animals and nature).

2. What are the different sources of energy you are aware of? (viz. food, sun, fresh air, contact with persons, etc.)
3. How do you spend your energy in your day-to-day life?  
  
For what purpose do you use it?
4. Are you aware of whether you are utilising your energy properly?  
  
Honestly, do you not feel that you are wasting a lot of energy?
5. What do you think is the origin of these different sources of energy?
6. What do you think is the true purpose of this precious energy that has been given to you?
7. How can you use this energy in the right measure, for the right action, in the right attitude?
8. Do you not think that the giver of this energy is the right source that can guide you for its right use? And so will it not be better to turn your energy towards that source?
9. What are the steps by which you can turn your energy towards the Divine?

## The Mother's Guidance on How to turn our energy towards the Divine

To solve a problem, to learn a lesson, a lot of concentration and attention is needed, everyone knows that—an intellectual attention and concentration. But concentration is not only an intellectual thing, it may be found in all the activities of the being, including bodily activities. The control over the nerves should be such as would allow you a complete concentration on what you are doing and, through the very intensity of your concentration, you acquire an immediate response to external touches. To attain this concentration you need a conscious control of the energies. Are you conscious of the energies you receive and those you spend?

One is more or less conscious of the energy one spends, especially when one wastes it too much! It is a question here of the constant exchange between receiving and spending! Before the age of reason, little children receive a lot of energy and they spend it lavishly, without thinking, and this allows them to play for hours together without getting tired. But gradually, as thought develops, one begins to measure and calculate the energy spent—usually this is futile, for unless you have the knowledge of the process of receiving energy, it is better to spend freely what you get than let it stagnate within you.

First, you must become conscious of the receiving of energies, their passing into your being and their expenditure. Next, you must have a sort of higher instinct which tells you whence the most favourable energies come; then you put yourself in contact with them through thought, through stillness or any other process—there are many. You must know what energy you want, whence it comes, of what it is composed. Later comes the control of the energy received. Ninety per cent of men do not absorb enough energy or they take in too much and do not assimilate what they take—as soon as they have

had a sufficient dose they immediately throw it out by becoming restless, talking, shouting, etc. You must know how to keep within you the received energy and concentrate it fully on the desired activity and not on anything else. If you can do this, you won't need to use your will. You need only gather together all the energies received and use them consciously, concentrate with the maximum attention in order to do everything you want.

And you must know how to give a real value to what you *want* to do—what the higher part of your being wants to do— for to do what one *likes* to do is not difficult.

CWM Vol. 4, pp. 4-5

***How is it that as mental activities increase, the capacity to renew one's energies diminishes?***

In adults mental activity tends to paralyse the spontaneous movement of exchange of energies. Till he is fourteen, every child, apart from a few rare exceptions, is a little animal; he renews his energies spontaneously like an animal by means of the same activities and exchanges. But the mind introduces a disequilibrium in the being; spontaneous action is replaced by something that wants to know, to regulate, to decide, etc., and to get back this capacity to renew spontaneously one's energies, one must rise to a higher rung above the instincts, that is, from ordinary mental activity one must pass directly into intuition.

CWM Vol. 4, p.6

Do not confuse calm with inertia. Calm is self-possessed strength, quiet and conscious energy, mastery of the impulses, control over the unconscious reflexes. In work calm is the source of efficiency and an indispensable condition for perfection.

CWM Vol.14, p.134

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.

CWM Vol. 14, p.222

Unless you work hard you do not get energy, because in that case you do not need it and do not deserve it. You get energy only when you make use of it.

CWM Vol.14, p.317

***To Rest Before Sleeping***

There is no end to the discoveries that you can make in dreams. But one thing is very important: never go to sleep when you are very tired, for if you do, you fall into a sort of unconsciousness and dreams do with you whatever they like, without your being able to exercise the least control. Just as you should always rest before eating, I would advise you all to rest before going to sleep. But then you must know how to rest.

There are many ways of doing it. Here is one: first of all, put your body at ease, comfortably stretched out on a bed or in an easy-chair. Then try to relax your nerves, all together or one by one, till you have obtained complete relaxation. This done, and while your body lies limp like a rag on the bed, make your brain silent and immobile, till it is no longer conscious of itself. Then slowly, imperceptibly, pass from this state into sleep. When you wake up the next morning, you will be full of energy. On the contrary, if you go to bed completely tired and without relaxing yourself, you will fall into a heavy, dull and unconscious sleep in which the vital will lose all its energies. It is possible that you may not obtain an immediate result, but persevere.

CWM Vol. 15, p.132

***Please tell Mother that I feel all the time as if life and energy were flowing away from me out of my hands and feet and I cannot stop it.***

Why does he complain? The energy must be spent to be renewed.

The human body is not a closed jar that gets emptied by spending. The human body is a channel that receives only when it spends.

Let him eat well, sleep well, avoid wrong thinking and spend normally. He will soon be all right.

CWM Vol.15, p.162

### ***DO NOT WASTE ENERGY***

Human beings do not know how to preserve energy. When something happens, an accident or an illness, they ask for help and a double or triple dose of energy is administered. They feel that they are receptive and they receive it. This energy is given for two reasons: to repair the disorder caused by the accident or illness, and to give a power for transformation in order to mend, to change what was the true cause of the illness or accident. Instead of utilising energy in that way, immediately, immediately they throw it out. They begin to move about, they begin to be active, they begin to work, they begin to speak, they begin... they feel themselves full of energy and throw everything out! They can keep nothing. Then naturally, since the energy was not meant to be wasted like that, but for an inner use, they fall quite flat. And this is universal. They do not know, they do not know how to make this movement: to go within, to utilise the energy—not to keep it, it cannot be kept—to utilise it to mend the damage done to the body and to go deep down to find out the reason for the accident or the malady, and there, to change that into an aspiration, an inner transformation.

Instead of this, people begin immediately to chatter, to move about, to act, to do this, to do that! Indeed, the great majority of human beings feel that they are alive only when they waste energy;

otherwise it does not look like life. Not to waste energy means to utilise it for the purposes for which it was given. If the energy is given for transformation, for the sublimation of the being, it must be used for that; if the energy is given to set right something that has been disorganised in the body, it must be used for that.

Naturally, if someone is given a special work and if he is given the energy to do that work, it is all right, it is used for its own purposes, and it was given for that. As soon as a man feels energetic, he rushes immediately into action. Or else, those who have not got the sense to do something useful, gossip. Worse still, those who have no control over themselves become intolerant and begin to dispute! If their will is contradicted, they feel themselves full of energy and take it as holy wrath!

CWM Vol.15, pp. 350-351

***Mother,***

***I do not want a life without energy.***

Very good—then you must acquire energy, and after all, it is not so difficult, especially here where you are as if bathed in a sea of energy. You have only to open and receive.

Love from your mother.

CWM Vol.16, p.118

***My dear mother,***

***Give energy and force to your child. Oh, take me into your heart. Let me live in you.***

My dear child,

I carry you always in my heart and you are bathed in energy; it is through a quiet and confident aspiration that you will receive it. All my love is with you.

CWM Vol.16, p.124

My dear child,

Will and energy can be cultivated just as the muscles are: by exercise. You must exercise your will to be patient and your energy to reject depression. I am always near you to help you with all my love.

CWM Vol.16, p.145

***Sweet Mother,***

***How can one draw energy into oneself from outside?***

That depends on the kind of energy one wants to absorb, for each region of the being has a corresponding kind of energy. If it is physical energy, we absorb it principally through respiration, and all that facilitates and improves respiration increases at the same time the absorption of physical energy. But there are many other kinds of energies, or rather many other forms of Energy, which is *one* and universal. And it is through the various yogic exercises of breathing, meditation, *japa* and concentration that one puts oneself in contact with these various forms of Energy.

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***Sweet Mother,***

***What are these other forms of Energy and how do they help us in our sadhana?***

Each region of the being and each activity has its energies. We may classify them generally into vital energies, mental energies, spiritual energies. Modern science tells us that Matter is ultimately nothing but energy condensed. Our yoga being integral, all these various forms or kinds of energy are indispensable to our realisation.

CWM Vol.16, pp. 222-223

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***What does life-energy mean?***

It is the energy that creates and sustains life in the physical organism; it is this energy which is used, when it is consecrated to the Divine, to transform the body and its activities.

CWM Vol. 17, p.18