

# NAIROBI CENTRE – NEWSLETTER

## JUNE 2010

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

Date to remember:

1<sup>ST</sup> JUNE 2010: Tuesday – Prosperity Day – Madaraka Day, Public Holiday –  
Meditation at the Bhavan at 11.00 a.m.

Every Saturday: 5.15p.m. to 6.30p.m.: Meditation, "Savitri" studies, readings from "All India Magazine"

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

16th April 2010 - Five hundred booklets of Ideal Child in Kiswahili were presented to Child Welfare Society of Kenya.

24th April 2010 - Darshan Day - Mother's Final Arrival in Pondicherry - This significant occasion was celebrated by members of the Nairobi Centre. Mother's Prayer of 8th April 1914 was read out, followed by collective recitation of mantras, reading of the Message of the Day and significance of the day. After that there was half an hour meditation and prasad distribution.

3rd May 2010 - Nairobi Centre presented eight hundred booklets of Ideal Child and Ideal Parent, fifty booklets of Ideal Teacher to Oshwal Primary School of Nairobi.

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### **A prayer from The Mother's Prayer and Meditation p. 155**

May 25, 1914

O Divine Master of love and purity, grant that in its least stages, its smallest activities, this instrument which wants to serve Thee worthily may be purified of all egoism, all error, all obscurity, so that nothing in it may impair, deform or stop Thy action. How many little recesses lie yet in shadow, far from the full light of Thy illumination: for these I ask the supreme happiness of this illumination.

Oh, to be the pure flawless crystal which lets Thy divine ray pass without obscuring, colouring or distorting it! – not from a desire for perfection but so that Thy work may be done as perfectly as possible.

And when I ask Thee this, the "I" which speaks to Thee is the entire Earth, aspiring to be this pure diamond, a perfect reflector of Thy supreme light. All the hearts of men beat within my heart, all their thoughts vibrate in my thought, the slightest aspiration of a docile animal or a modest plant unites with my formidable aspiration, and all this rises towards Thee, for the conquest of Thy love and light, scaling the summits of Being to attain Thee,

ravish Thee from Thy motionless beatitude and make Thee penetrate the darkness of suffering to transform it into divine Joy, into sovereign Peace. And this violence is made of an infinite love which gives itself and a trustful serenity which smiles with the certitude of Thy perfect Unity.

O my sweet Master, Thou art the Triumpher and the Triumph, the Victor and the Victory!

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*(The following compilation consisting of extracts from the published works of Sri Aurobindo and the Mother is taken from the book 'Living Within' by A.S.Dalal)*

## **DISTURBANCES OF THE BODY AND PHYSICAL CONSCIOUSNESS**

### **Rest, Quiet, Goodwill**

Take care to rest enough. You must guard against fatigue as it may bring relaxation and *tamas* (inertia). To rest well is not *tamas*, as some people suppose; it can be done in the right consciousness to maintain the bodily energy...

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It is particularly noticeable that all the digestive functions are extremely sensitive to an attitude that is critical, bitter, full of ill-will, to a sour judgment. Nothing disturbs the functioning of the digestion more than that. And it is a vicious circle: the more the digestive function is disturbed, the more unkind you become, critical, dissatisfied with life and things and people. So you can't find any way out. And there is only one cure: to deliberately drop this attitude, to absolutely forbid yourself to have it and to impose upon yourself, by constant self-control, a deliberate attitude of all-comprehending kindness. Just try and you will see that you feel much better.

*(SABCL, Vol.24,p.1478 ; CWM Vol.3,p.292)*

### **Will, Discipline, Endurance**

Wake up in yourself a will to conquer. Not a mere will in the mind but a will in the very cells of your body. Without that you can't do anything; you may take a hundred medicines but they won't cure you unless you have a will to overcome the physical illness.

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In order to be cured, my child, not only is it necessary to stop all these unseemly practices completely, but it is necessary to get rid of all these unhealthy *desires* from your thought and sensation, for it is desires that irritate the organs and make them ill.

*(CWM, Vol.15, p.158, 159)*

### **Preoccupation with Illness**

You must not fear. Most of your troubles come from fear. In fact, ninety percent of illnesses are the result of the subconscious fear of the body. In the

ordinary consciousness of the body there is a more or less hidden anxiety about the consequences of the slightest physical disturbance. It can be translated by these words of doubt about the future: "And what will happen?" It is this anxiety that must be checked. Indeed this anxiety is a lack of confidence in Divine's Grace, the unmistakable sign that consecration is not complete and perfect.

As a practical means of overcoming this subconscious fear each time that something of it comes to the surface, the more enlightened part of the being must impress on the body the necessity of an entire trust in the Divine's Grace, the certitude that this Grace is always for the best in our self as well as in all, and the determination to submit entirely and unreservedly to the Divine's Will.

The body must know and be convinced that its essence is divine and that if no obstacle is put in the way of the Divine's working, nothing can harm us. This process must be steadily repeated until all recurrence of fear is stopped. And then even if the illness succeeds in making its appearance, its strength and duration will be considerably diminished until it is definitively conquered.

(CWM, Vol.15, pp.151)

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You may have been told that certain bodily complaints will give you a great deal of pain. Things like that are often said. You then make a formation of fear and keep expecting the pain. And the pain comes even when it need not.

But in case it is there after all, I can tell you one thing. If the consciousness is turned upward, the pain vanishes. If it is turned downward, the pain is felt and even increases. When one experiments with the upward and the downward turnings, one sees that the bodily complaint as such has nothing to do with the pain. The body may suffer very much or not at all, although its condition is exactly the same. It is the turn of the consciousness that makes all the difference.

I say "turned upward" because to turn towards the Divine is the best method, but what can be said in general is that if the consciousness is turned away from the pain to one's work or anything that interests one, the pain ceases.

And not only the pain but whatever damage there may be in organ is set right much more easily when the consciousness is taken away from the trouble and one is open to the Divine. There is the *Sat* aspect of the Divine - the pure supreme Existence above or beyond or behind the cosmos. If you can keep in contact with it, all physical complaints can be removed.

(CWM, Vol. 15, pp.157)

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Physical troubles always come as lessons to teach *equality* and to reveal what in us is pure and luminous enough to remain unaffected. It is in equality that one finds the remedy.

(CWM, Vol.15, pp. 149)

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## Faith and Suggestion

The suggestions that create illness or unhealthy conditions of the physical being come usually through the subconscious - for a great part of the physical being, the most material part, is subconscious, i.e. to say, it has an obscure consciousness of its own but so obscure and shut up in itself that the mind does not know its movements or what is going on there. But all the same it is a consciousness and can receive suggestions from Forces outside, just as the mind and vital do. If it were not so, there would not be any possibility of opening it to the Force and the Force curing it; for without this consciousness in it it would not be able to respond. In Europe and America there are many people now who recognize this fact and treat their illnesses by making conscious mental suggestions to the body which counteract the obscure secret suggestions of illness in the subconscious. There was a famous doctor in France who cured thousands of people by making them persistently put such counter-suggestions upon the body. That proves that illness has not a purely material cause, but is due to a disturbance of the secret consciousness in the body.

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The body consciousness responds to the suggestion of the medicine and one gets cured for the time being or it doesn't respond and there is no cure. How is it that the same medicine for the same illness succeeds with one man and not with another or succeeds at one time with a man and afterwards doesn't succeed at all?

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Imagination is a power of formation. In fact, people who have no imagination are not formative from the mental point of view, they cannot give a concrete power to their thought. Imagination is a very powerful means of action. For instance, if you have a pain somewhere and if you imagine that you are making the pain disappear or are removing it or destroying it - all kinds of images like that - well, you succeed perfectly.

There's a story of a person who was losing her hair at a fantastic rate, enough to become bald within a few weeks, and then someone told her, "When you brush your hair, imagine that it is growing and will grow very fast." And always, while brushing her hair, she said, "Oh! my hair is growing, oh! it will grow very fast..." - And it happened! But what people usually do is to tell themselves, "Ah! all my hair is falling again and I shall become bald, that's certain, it's going to happen!"

And of course it happens!

(SABCL, Vol.24, p.1570, 1571; CWM, Vol.9, p.380)

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## Medicines

It is very good if one can get rid of illness entirely by faith and yoga-power or the influx of the Divine Force. But very often this is not altogether possible, because the whole nature is not open or able to respond to the Force. The mind may have faith and respond, but the lower vital and the body may not

follow. Or, if the mind and vital are ready, the body may not respond, or may respond only partially, because it has the habit of replying to the forces which produce a particular illness, and habit is a very obstinate force in the material part of the nature. In such case the use of the physical means can be resorted to, - not as the main means, but as a help or material support to the action of the Force. Not strong and violent remedies, but those that are beneficial without disturbing the body.

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Medicine is necessary for our bodies in disease only because our bodies have learned the art of not getting well without medicines. Even so, one sees often that the moment Nature chooses for recovery is that in which the life is abandoned as hopeless by the doctors.

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Drugs often cure the body when they do not merely trouble or poison it, but only if their physical attack on the disease is supported by the force of the spirit; if that force can be made to work freely, drugs are superfluous.

*(SABCL, Vol.24, p.1568; Vol.17, p.128)*

### **Healing the Nerves**

Your ailment is evidently in its foundation an illness of the nerves and not an ordinary physical disease. These maladies are a creation of the pressure of hostile forces; they increase if anything in you assents to them and accepts, and the more the mind gives value to them and dwells on them, the more they grow. The only way is to remain quiet, dissociate yourself and refuse to accept it or make much of it, allow the calm and strength that the Mother has been putting around you to enter your mind and permeate your nervous system. To do otherwise is to place yourself on the side of the hostile forces that are afflicting you. The cure may take long because your nervous system has been long subjected to these influences and, when they are evicted, they return with violence to re-establish their hold. But if you can acquire and keep patience and fortitude and the right consciousness and right attitude with regard to these things, the hold they have will progressively disappear.

*(SABCL, Vol.24, pp.1343-44)*