

NEWSLETTER OF NAIROBI CENTRE OF SRI AUROBINDO SOCIETY

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

October 2009

Dates to remember

1st Oct, Wed: Prosperity Day; Meditation at 6.30 p.m. at Sri Aurobindo Bhavan

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

Every Sunday: 11 - 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

The secretary of Nairobi Centre of Sri Aurobindo Society delivered a talk on 21st August 2009 to a firm of Certified Public Accountants, Ashwin Brothers. The talk revolved around the following from the teachings of Sri Aurobindo and The Mother:

Mother's Morning Prayer, The True Living, Beauty and Creating a new Humanity

There were fifty members of the firm who were present from different departments and backgrounds.

Morning Prayer

This morning my prayer rises to Thee, always with the same aspiration: to live Thy love, to radiate Thy love, with such potency and effectiveness that all may feel fortified, regenerated and illumined by our contact. To have power to heal life, to relieve suffering, to generate peace and calm confidence, to efface anguish and replace it by sense of the one true happiness, the happiness that is founded in Thee and never fades...

O Lord, O marvelous Friend, O all-powerful Master, penetrate all our being, transfigure it till Thou alone livest in us and through us.

The Mother

This is the continuation of the September Newsletter on The Aims and Ideals of the Sri Aurobindo Ashram)

RELIGION AND SPIRITUAL LIFE

The Ashram is not a religious association. Those who are here come from all religions and some are of no religion. There is no creed or set of dogmas, no governing religious body; there are only the teachings of Sri Aurobindo and certain psychological practices of concentration and meditation, etc., for the enlarging of the consciousness, receptivity to the Truth, mastery over the desires, the discovery of the divine self and consciousness concealed within each human being, a higher evolution of the nature.

Sri Aurobindo, 1934, Teaching: 6

Those who still believe in gods can certainly continue to worship them if they feel like it - but they must know that this creed and this worship have nothing to do with the teaching of Sri Aurobindo and ***no connection whatsoever*** with the Supramental Realisation.

The Mother, October 1964, CWM 17:396

Why do men cling to a religion?

Religions are based on creeds which are spiritual experiences brought down to a level where they become more easy to grasp, but at the cost of their integral purity and truth.

The time of religions is over.

We have entered the age of universal spirituality, of spiritual experience in its initial purity.

The Mother, CWM 15:32

HELPING HUMANITY

The true object of yoga is not philanthropy, but to find the Divine, to enter into the divine consciousness and find one's true being (which is not the ego) in the Divine.

Sri Aurobindo, SABCL 22:148

To concentrate most on one's own spiritual growth and experience is the first necessity of the Sadhak - to be eager to help others draws away from the inner work. To grow in the spirit is the greatest help one can give to others, for then something flows out naturally to those around that helps them.

Sri Aurobindo, 1937, SABCL 25:261

PROPAGANDA

You must not write to all these people encouraging them in the idea of coming here. It is only selected people who can come here. If anybody is encouraged, there would before long be 10,000 instead of 120 - and it would no longer be an Ashram.

The Mother, 1933, Bulletin Feb 1989: 60

As for propaganda I have seen that it is perfectly useless for us - if there is any effect, it is a very trifling and paltry effect not worth the trouble. If the Truth has to spread itself, it will do it of its own motion; these things are unnecessary.

Sri Aurobindo, SABCL 23: 855

Then, again, I don't believe in advertisement except for books etc., and in propaganda except for politics and patent medicines. But for serious work it is a poison. It means either a stunt or a boom - and stunts and booms exhaust the thing they carry on their crest and leave it lifeless and broken high and dry on the shores of nowhere - or it means a movement. A movement in the case of a work like mine it means the founding of a school or a sect or some other damned nonsense. It means that hundreds or thousands of useless people join in and corrupt the work or reduce it to a pompous farce from which the Truth that was coming down recedes into secrecy and silence. It is what has happened to the "religions" and is the reason of their failure.....

Sri Aurobindo, 1934, SABCL 26:375

Well-known or unknown has absolutely no importance from the spiritual point of view. It is simply the propagandist spirit. We are not a party or a church or religion seeking adherents or proselytes. One man who earnestly pursues the yoga is of more value than a thousand well-known men.

Sri Aurobindo, SABCL 23: 855

POLITICS

Our aim is to bring down a higher Truth, but that Truth must be able to live by its own strength and not depend upon the victory of one or other of the forces of the Ignorance. That is the reason why we are not to mix in political or social controversies and struggles; it would simply keep down our endeavour to a lower level and prevent the Truth from descending which is none of these things but has a quite different law and basis.

Sri Aurobindo, SABCL 25: 231-32

We do not fight against any creed, any religion.

We do not fight against any form of government.

We do not fight against any social class.

We do not fight against any nation or civilisation.

We are fighting division, unconsciousness, ignorance, inertia and falsehood.

We are endeavouring to establish upon earth union, knowledge, consciousness, Truth, and we fight whatever opposes the advent of this new creation of Light, Peace, Truth and Love.

The Mother, 1965, CWM 13:129-30

FINANCIAL ARRANGEMENTS AND BUSINESS

First of all, from the financial point of view, the principle on which our action is based is the following: money is not meant to make money. This idea that money must make money is a falsehood and a perversion.

Money is meant to increase the wealth, the prosperity and the productiveness of a group, a country or, better, of the whole earth. Money is a means, a force, a power, and not an end in itself. And like all forces and all powers, it is by movement and circulation that it grows and increases its power, not by accumulation and stagnation.

What we are attempting here is to prove to the world, by giving it a concrete example that by inner psychological realisation and outer organisation a world can be created where most of the causes of human misery will be abolished.

The Mother, CWM 13:154

PHYSICAL EDUCATION

Some, of course might ask why any sports at all in an Ashram which ought to be concerned only with meditation and inner experiences and the escape from life into Brahman. But that applies only to the ordinary kind of Ashram to which we have got accustomed and this is not that orthodox kind of Ashram. It includes life in Yoga, and once we admit life we can include anything that we find useful for life's ultimate and immediate purpose and not inconsistent with the works of the Spirit. ..

Sri Aurobindo, 1948, SABCL 26:502-03

It might be better to remind you that we are here for a special work, a work which is done nowhere else.

We want to come in contact with the supreme consciousness, the universal consciousness, we want to bring it down in ourselves and to manifest it. But for that we must have a very solid base; our base is our physical being, our body. Therefore we have to build up a body solid, healthy, enduring, skilful, agile and strong, ready for everything. There is no better way to prepare the body than physical exercise: sports, athletics, gymnastics, and all games are the best means to develop and strengthen the body.

Therefore I call you to go through the competitions beginning today, full-heartedly with all your energy and all your will.

The Mother, 1April 1966, CWM 12:278

QUESTIONS AND ANSWERS

.... *Sweet Mother, can you please say a few words on the subject of this freedom?*

The freedom I speak of is the freedom to follow the will of the soul, not all whims of the mind and vital.

The freedom I speak of is an austere truth that strives to overcome all the weaknesses and desires of the lower, ignorant being.

The freedom I speak of is the freedom to consecrate oneself wholly and without reserve to the highest, noblest, divinest aspiration in oneself.

Who among you sincerely follows this path? It is easy to judge, but more difficult to understand, and far more difficult still to realise.

CWM 16:275-76

Sweet Mother, we are supposed to be attempting something that no one has ever tried before. But, Mother, isn't it true that we now tend to direct our lives and activities more and more towards the principles and ways of ordinary life? In that case, aren't we straying from the true path?

You are still in the old rut that separates spirituality from life, whereas Sri Aurobindo has declared, "All life is Yoga", and affirmed that it is *in* life that one must do Yoga. You seem to have forgotten this.

CWM 16:335

On the occasion of Sri Aurobindo's centenary, many people will come to the Ashram. What can we do to show them the reality of the Ashram?

Live it. Live this reality. All the rest - talking etc. - is of no use.

How to prepare ourselves for it?

By communion with the psychic being, the incarnate Divine, deep within us, an intense aspiration, a perfect concentration, a constant dedication.

THE MOTHER, c.1971

(In November Newsletter there will be articles on - 'Work in the Ashram' and 'Relations with Others', from the writings of Sri Aurobindo and The Mother, from the same book - The Aims and Ideals of the Sri Aurobindo Ashram).