



ध्यान मूलं गुरोर्मूर्तिः पूजामूलं गुरोः पदम् ।
मंत्रमूलं गुरोर्वाक्यं मोक्ष मूलं गुरोः कृपा ॥

The focal point of meditation is Guru's form, the core of worship are Guru's feet,
the soul of mantra is Guru's utterance, the source of salvation is Guru's grace.

Realization

Vol. 12, No. 6

June 2023

An e-magazine of Sri Aurobindo Ashram-Delhi Branch

अविद्यायां बहूधा वर्तमाना वयं कृतार्था इत्यभिमन्यन्ति बालाः ।
यत्कर्मिणो न प्रवेदयन्ति रागात्तेनातुराः क्षीणलोकाश्च्यवन्ते ॥६॥

Though variously immersed in ignorance, the children (ignorant) consider themselves as
of accomplished aims. As the Karmis know not (the truth) owing to their attachments,
when their enjoyments of the (heavenly) worlds are over, they fall feeling miserable.

– Mundak Upanishad 1-2-9

Sri Aurobindo Ashram-Delhi Branch

Sri Aurobindo Marg, New Delhi 110 016

011-2656 7863

www.sriurobindoashram.net

Ongoing & Forthcoming Events

June 2023

Meditation & Satsang venue : Meditation Hall

Monday – Saturday

7 – 7:30 pm

Collective Meditation

Sunday Meditation & Discourses 10:00 – 11:30 am

June 04	Impersonal Work: the Key to Personal and Collective Growth (Based on the Mother's <i>Words of Long Ago</i>) Musical offering	Dr. Srividya Dr. Mithu Pal
June 11	What To Be and How To Be (Based on the Mother's prayer of 23 March 1914 in <i>Prayers and Meditations</i>) Musical offering	Dr. Mithu Pal Dr. Oshani Dutta
June 18	The Master of the Work (Based on Sri Aurobindo's <i>The Synthesis of Yoga</i> : Part 1, Ch 11) Musical offering	Dr. Mankul Goyal Aditya & Arunima
June 25	Bankim Chandra Chatterjee (Based on Sri Aurobindo's <i>Bankim-Tilak-Dayananda</i>) Musical offering	Ramesh Bijlani Ms. Basudhara Roy Munshi

CLASSES by Shri Prashant Khanna

Thursdays: 01,08.15,22,29	5:30–6:30 pm	Reception Back Office	Savitri
Fridays: 02,09.16,23,30	11:30 am–12:30 pm	Meditation Hall	Bhagvad Gita
Sundays: 04,11,18,25	5:30–6:30 pm	Reception Back Office	Bhagvad Gita
Saturdays: 03,10,17,24	11:00 am–12 noon	ONLINE	Savitri

Online contact Sri Satya Prakash (+91 88007 61046)

YES (Yoga, Education & Spirituality) Online Talks on Saturdays

03 June	Making Powerful Points with PowerPoint	Dr. Ramesh Bijlani
10 June	To be announced	Sh. Rajiv Mehrotra
17 June	Making Life Even More Musical	Dr. Mithu Pal
24 June	Forgiveness	Ms. Richa Sharma

For queries contact Ms. Arunima Pathak at: <simply.arunima@gmail.com>

Zoom link : <<https://us02web.zoom.us/j/6082144500?pwd=dHJLWUNqcTIJR25JTnBJYzdjVG5OQT09>>

Meeting ID: 608 214 4500; Passcode: 8KPJG6

Scheduled Time: 6 pm IST

Important Days in the Ashram 2023

7 June Anniversary of Relics Enshrinement at Madhuban, Talla Ramgarh

श्रीस्मृति Sri Smriti

(Memorabilia of the Mother)

OPEN

Tue, Thu: 10am-12noon, 2-4pm

Wed, Fri: 10am-12noon

Sat : 2-4pm

Sun : 11am-1pm

Darshan Days: 10am-3pm

(Monday Closed)

Contact : 2656 7863



ART FOR ASHRAM, 2023 – EXHIBITIONS

<u>Theme</u>	<u>Timing</u>	<u>Venue</u>
'All Life is Yoga'	10 am–12 noon & 2–4 pm	Prasad Block, Ground Floor
'Divine Signature' (Life of Sri Aurobindo)	10 am–12 noon & 2–4 pm	Prasad Block, First Floor

Contact 011-2656 7863

Ashram Library (Knowledge)

Tuesday to Sunday Timings : 10:00 am – 4:30 pm
(Monday closed) Contact : 011 2656 7863

Sri Aurobindo Ashram–Delhi Branch'S SOCIAL MEDIA LINKS

YouTube	:	https://youtube.com/sriurobindoashramdelhibranch
Facebook	:	http://facebook.com/sriurobindoashramdelhibranch
Instagram	:	https://www.instagram.com/sriurobindoashramdelhibranch
Twitter	:	https://twitter.com/sadelhibranch
Website	:	http://sriurobindoashram.net/
Micro Website	:	http://sriurobindoashram.net/Mirra100/

The Mother's Integral Health Centre Activities

Phone 88005 52685, <tmihc2000@gmail.com>

Speciality Clinics – By Appointment Only

Mon-Sat (6 days)	Allopathy- Integral Health	(10:00 am–12:00 noon)
Mon-Sat (6 days)	Physiotherapy	(10:30 am–12:30 pm)
Thursday	Dermatology	(2:30– 3:00 pm)
Thursday	Ophthalmology	(11:00 am–12:00 noon)
Friday	Psychiatry	(1:00 pm–3:00 pm)
Tuesday	Gynaecology	(10:30 am–11:30 am)
Wednesday	Surgery	(10:00 am–12:00 noon)
Mon, Wed, Fri	Homoeopathy (Online only; Call 88005 52685)	(11:00 am–1:00 pm)
Tue, Sat	Ayurveda Consultation	(12:00 noon–3:00 pm)
Mon-Sat (6 days)	Ayurveda Treatment	(10:00 am–4:00 pm)

Ongoing activities venue: ONLY on SKYPE (ID: tmihc2000)

Monday	4:00–4:45 pm	Vivekachoodamani	Discourse	Dr. Tarun Baveja
Tue/Thu	4:00–4:45 pm	Aparokshanubhuti	Discourse	Dr. Tarun Baveja
Wed/Fri	4:00–4:45 pm	The Supreme Knowledge	Discourse	Dr. Tarun Baveja
Saturday	4:00–4:45 pm	Bhagvad Gita Sadhana	Discourse	Dr. Tarun Baveja

Physical Practices of Yoga

Mon/Wed/Fri	06:45–07:45 am	Yogasana class	Ms. Priya Gupta
Mon/Wed/Fri	10 am–12 noon	Individual sessions	Shri Deepak Jhamb

Vedanta & Ayurveda Residential Retreat

At Delhi Ashram's Himalayan Centre 'Madhuban' in Kumaon June 2-8, 2023

Activities : *Prabhat Pheri*/Morning Chantings; Yoga sessions; Basics of Living; Work-life balance, holistic health, harmony & happiness; Ayurvedic Nutrition and Traditional Food; 2 Sessions of Panchakarma; Traditional Games; Meditation; Nature walks; Cultural Evening; *Havana*;... and a beautiful place to stay !

Resource Persons : Dr. Surinder Katoch & Dr. Mukta Katoch Arora

Contact:91-98117 74751, 91-97111 12609; <khhcayurveda@gmail.com>

ASPIRATION & CONVERSION

The aspiration should be for the full descent of the Truth and the victory over falsehood in the world.

*

Those who come here have an aspiration and a possibility - something in their psychic being pushes and if they follow it they will arrive; but that is not conversion. Conversion is a turning of the being away from lower things towards the Divine. Aspiration can lead hereafter to conversion, but aspiration is not conversion.

Mother spoke of three different things : conversion, the turning of the soul decisively towards the Divine, - inner realisation of the Divine, – transformation of the nature. The first two can happen swiftly and suddenly and once for all, the third always takes time and cannot be done at one stroke, in a moment. One may become aware of a rapid change in this or that detail of the transformation, but even this is the rapid result of a long working.

*

Consecration is a process by which one trains the consciousness to give itself to the Divine. But conversion is a spontaneous movement of the consciousness, a turning of it away from external things towards the Divine. It comes as well as is the result of a touch from within and above. Self-consecration may help one to open to the touch or the touch may come of itself. But conversion may also come as the culmination of a long process of aspiration and Tapasya. There is no fixed rule in these things.

If the psychic being comes to the front, then conversion becomes easy or may come instantaneously or the conversion may bring the psychic being to the front. Here, again, there is no rule.

It may be either way, there is a touch and the realisation also and the psychic takes its proper place as the result or the psychic may come to the front and prepare the nature for the realisation. Transformation is something progressive, but certainly there must be realisation before the aim of the transformation is possible.

*

What you say is quite true. A simple, straight and sincere call and aspiration from the heart is the one important thing and more essential and effective than capacities. Also to get the consciousness to turn inwards, not remain outward-going is of great importance – to arrive at the inner call, the inner experience, the inner Presence.

The help you ask will be with you. Let the aspiration grow and open the inner consciousness altogether.

*

Yes, that is the way – the intensity of the aspiration brings the intensity of the experience and by repeated intensity of the experience, the change.

*

Aspiration is a call to the Divine, – will is the pressure of a conscious force on Nature.

*

There is no need of words in aspiration. It can be expressed or unexpressed in words.

*

The aspiration need not be in the form of thought – it can be a feeling within that remains even when the mind is attending to the work.

*

What “reason” do you need to aspire for peace, purity, freedom from the lower nature, light, strength, Ananda, divine love, divine service? These are things good in themselves and the highest possible aim of human endeavour.

– Sri Aurobindo

Activities during April 16 – May 15, 2023

DARSHAN DAY, 24 APRIL 2023

To celebrate the anniversary of the Mother's second and final arrival in Pondicherry on 24 April 1920 began with invocation for the divine Presence by Srila Basu early in the morning. The invocation included a musical render-



ing of Puja Lal's Sanskrit poem welcoming the Mother to India.


In the evening, traditional march-past included singing of many songs, especially the recitation of the National Song, Vande Mataram near Sri Aurobindo's



कृपा और सुरक्षा सदा तुम्हारे साथ हैं। जब तुम किसी अन्धकार या बाधा कष्टिग्रस्त या त्रासदी में हो तो परी अपने ऊपर हावी न्या होने दी: 'भाग्यदा रुचि' की करुण ने जाओ जो सदा स्वर्गी है।

अगर तुम हमेशा सदा और निष्कपट सचवाई के साथ ऐसा करो तो तुम अपने अन्दर किसी ऐसी चीज को खुलना पाओगे जो सभी सच्ची गड़बड़ी के सचमुच हमेशा निश्चल और शान्त रहेगी।

— श्रीकृष्णजी, मार्च १९०२



24 April 2023



The grace and protection are always with you. When in any inner or outer difficulty or trouble, do not allow it to oppress you; take refuge with the Divine force that protects.

If you do that always with faith and sincerity, you will find something opening in you which will always remain calm and peaceful in spite of all superficial disturbances.

CMM 14 228 The Mother

(Reprinted by the Mother in 2 February 1932)

Shrine, and kindling of the lamps of aspiration in the *Samadhi* lawn. Thereafter the Ashram Choir and Dr. Mithu Pal made an offering of devotional songs enlivening the four aspects of the Mother, and one especially directed to the Mother's signature. Tara Didi recited passages appropriate to the theme of the devotional songs. At the culmination of the program, *Prasad* and a 24 April 2023 Card were distributed to all present.



BHAJAN SANDHYA, 29 APRIL 2023

On 29 April 2023, an exceptional *Bhajan Sandhya* was held in the Meditation Hall. Three teachers from the Cambridge School, New Friends Colony, New Delhi viz. Dr. Mithu Pal, Shri P.C. Arun and Shri Raj Kumar sang a bevy



of devotional songs including Rama & Krishna bhajans, a distinctive bhajan about the first meeting of Sita and Rama at the *swaymvar* in Janakpuri and the hymn 'Abide with me. A really special feature of the event was that the three artistes not only sang but also provided instrumental accompaniment, Dr. Pal on harmonium, Shri Arun on the synthesizer and Shri Raj Kumar on tabla.

RATAN LAL FOUNDATION RESIDENTIAL RETREAT, 12-14 MAY 2023

A group of 30 girls from several Government Schools at the beginning of their Class XII session were afforded the opportunity of a Residential Retreat



by Ratan Lal Foundation at the Ashram from 12-14 May 2023. The program began with a storytelling session with Dr. Ramesh Bijlani. Other activities included games with Hira, Yoga-art with Monica Chand and Raie Dey, a session on Mandala art with Jhilli, a Zumba session with Kusma, a dance therapy session with Shambhavi, and an interactive session with Sanjeev Gupta.

BHAJAN SANDHYA, 15 MAY 2023

In the *Bhajan Sandhya* of 15 May 2023, Shri Vikas Kumar Jha made an offering of vocal music in the evening in the Meditation Hall. He was accompanied on Tanpura by Shri Sandeep Saha, on Harmonium by Shri Giridhar



Sharma, and on the Tabla by Shri Diwakar Sharma. His offerings included soul-stirring bhajans such as *Mora jiyara man meinraho* and *Payo ji maine Rama-ratan dhanpayo*. He ended with a beautiful bhajan in Raaga Bhairavi: *Dhanyabhaag seva ka avasar paya*.

THE MARVELLOUSLY INSPIRING LIFE OF SRI AUROBINDO

[Excerpted from published material]

15 AUGUST 1872

...The Indian intelligentsia had no hesitation in accepting the rational, sociological and educational ideals that came from the West, but insufferable was the vainglorious claim of superiority, with which the champions of the latter ridiculed the indigenous institutions, the religions of India being the immediate and direct victims of their assault.

A majority of those Europeans who brought Bengal in contact with European civilisation and were its most enthusiastic propagandists laid great emphasis on the religious or Christian aspect of their civilisation. It appears that they somehow came to think that the Europe of reason and knowledge has some esoteric connection with the Christianity it professed and practised. And that the Indian heathen who did not accept that faith can have no entry into the world of European enlightenment...

To this Rammohun .. said in 1821 that if the Christians desire to establish by the strength of argument the falsity of Hinduism and the superiority of Christianity let them not in contempt desist from arguing with the Brahmin Pandits because they were poor, living in small huts and eating only cheap vegetables... [Atul Chandra Gupta (1958) in *Studies in the Bengal Renaissance*]

A robust movement, the Brahmo Sabha, was launched by Raja Rammohun to smooth out the incongruities in the Hindu religious conventions and practice. He aspired to recover the original spirit of Hinduism, insisting on the infallibility of the Vedas and the concept of one Divinity. He preached against idol-worship and several other practices considered superstitious...

The Sabha gradually lost its dynamism once Rammohun left for England where he breathed his last. Later Akshay Kumar Dutta and Keshab Chandra Sen revived the movement but their enthusiasm for fighting the caste system drew flak from the movement's senior leader Devendra Nath Tagore. The movement split, Devendra Nath's group calling their organisation the Adi Brahmo Samaj and Keshab Chandra and his friends and followers calling theirs as the Brahmo Samaj of India. The latter was once again divided in to Sadharan Brahmo Samaj and Nava-Vidhan...

However, the Brahmo movement informed both Western and native critics of India's heritage that the basic Indian vision and its religious goal were very different from the impression created by the prevailing rituals and taboos and the wrong interpretation given even to these external demonstrations. A commanding personality who dominated the movement and set an example by personally following its ideals, cultivating in others a trust in it was Rajnarain Bose (1826–1899), the rare honorific 'Rishi' appended to his name by his admirers. A teacher and headmaster who before retiring to Deoghar spent the greatest part of his active life in Midnapore motivating the youth towards patriotic ideals through debates and discussions, he changed the cultural visage of the city through his ardent endeavour in several directions such as founding a big library, organising a night school for labourers and peasants and establishing a school for women. For his efforts, both overt and covert, in inculcating a patriotic spirit in the youth in the later phase of his life he came to be called as the grandfather of Indian nationalism.

He was the president of the Sanjeevani Sabha, a society with revolutionary ideas. Among his followers were the young Rabindranath Tagore and one of

his brothers, Jyotirindranath. Reminisced Rabindranath:

Sessions of the Sabha were held in a deserted house. The ceremony took place over a copy of the Rig Veda, a skull, a naked sword and thus we were initiated into the mission of liberating the country.

The Rishi who was the maternal grandfather of Sri Aurobindo, did not compromise on his own idealism, but neither did he allow his faith to become an impediment to others going their chosen ways... No .. problem, however, had arisen when the Rishi's eldest daughter, Swarnalata Devi, was married to Krishnadhan Ghose, hailing from an aristocratic family of Konnagar in the Hooghly district of Bengal, in accordance with the Adi Brahma Samaj prescriptions. Born circa 1845, Krishnadhan married while he was a student in the 4th year of his medical course in Calcutta Medical College. After qualifying as a doctor, he left for England in pursuit of higher studies in 1869. Gone was the era when Indians were veteran travellers. Things had come to such a pass that... crossing the sea was considered a sin. A man like Rajnarain, of course, was free from such prejudices, but he was not unjustified in having misgivings about the vulnerability of a young man residing in the West for a long period to the wrong elements of an alien culture. Rajnarain bade farewell to his son-in-law with a gift of four sonnets addressed to him, both congratulating and cautioning the voyager...

It was an irony that Dr. Krishnadhan returned from England, more qualified in his discipline though, a genuine devotee of the English lifestyle. But it will be wrong to describe him as 'anglicised' – an adjective often used with a subdued snigger. He loved the poor, suffering people of his country and did everything in his capacity to help them...

Dr. Ghose had, as one of his best friends, a legal luminary of the time, Manmohan Ghose (1844–1896)...

Manmohan was the first Indian barrister to return to this country and practise law...

He was one of those leading figures of Bengal who dared to oppose the British rulers on several issues. He was a pioneer in promoting education for women and played a noteworthy role in convening the first session of the Indian National Congress in 1885... ["the greatest of Calcutta criminal barristers, than whom no one ever gave his services gratis more often to the poor" wrote Sir Henry Cotton, ICS, in his *Indian and Home Memories*]

The fact that the doctor who was then an admirer of the British (disenchantment came to him later) and the barrister who had even written a book against the Indian Civil Service should become the closest of friends unmistakably speaks of the catholic nature of both and their unprejudiced attitude towards each other. The barrister owned two houses, one on Upper Circular Road, now Acharya Jagadish Chandra Bose Road, and another on Theatre Road, now Shakespeare Sarani, close to Chouringhee, a posh area of the city and frequented by the English and European elite for recreation because it housed an amateur dramatic club and a fashionable theatre founded by one H.H. Wilson. Of the two houses of the barrister, this one, situated amidst a sprawling compound, was bigger and imposing. In this house [presently: Sri Aurobindo Bhavan, 8 Shakespeare Sarani, Kolkata] was born Sri Aurobindo, on the 15th of August, 1872, 24 minutes before sunrise according to the most plausible calculations so far.

– From *Sri Aurobindo: Life and Times of the Mahayogi* by Manoj Das

To be contd.

To the enjoyer of the cosmic scene
His greatness and his littleness equal are,
His magnanimity and meanness hues
Cast on some neutral background of the gods:
The Artist's skill he admires who planned it all.
But not for ever endures this danger game:
Beyond the earth, but meant for delivered earth,
Wisdom and joy prepare their perfect crown;
Truth superhuman calls to thinking man.
At last the soul turns to eternal things,
In every shrine it cries for the clasp of God.
Then is there played the crowning Mystery,
Then is achieved the longed-for miracle.
Immortal Bliss her wide celestial eyes
Opens on the stars, she stirs her mighty limbs;
Time thrills to the sapphics of her amour-song
And Space fills with a white beatitude.

–From *Savitri* by Sri Aurobindo

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Publisher: *Sri Aurobindo Ashram-Delhi Branch*, New Delhi

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