



गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः।  
गुरुः साक्षात् परंब्रह्म तस्मै श्रीगुरवे नमः॥

**Guru is Brahma (the Creator), Guru is Vishnu (the Preserver), and Guru is the god Maheshwara (the Destroyer). Unto that Guru who is truly the manifest Parabrahman, I bow down with reverence.**

# Realization

Vol. 12, No. 11

November 2023

An e-magazine of Sri Aurobindo Ashram (Delhi Branch)

स एव काले भुवनस्य गोप्ता विश्वाधिपः सर्वभूतेषु गूढः ।

यस्मिन् युक्ता ब्रह्मर्षयो देवताश्च तमेवं ज्ञात्वा मृत्युपाशांश्छिनत्ति ॥१५॥

He in Time is the guardian of the world of existence and the master of the universe secret in all existences,—in whom have union of Yoga the holy sages and the gods; thus knowing him one cuts asunder the snares of Death.

– Svetasvatara Upanishad 4-15

**Sri Aurobindo Ashram (Delhi Branch)**

Sri Aurobindo Marg, New Delhi 110 016

011-2656 7863; [www.sriurobindoashram.net](http://www.sriurobindoashram.net)

# Ongoing & Forthcoming Events

## November 2023

### Meditation & Satsang venue : Meditation Hall

Monday – Saturday

7 – 7:30 pm

Collective Meditation

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

Nov 05	The Mother's Prayer for the Weak and the Fearful (Based on Mother's prayer dated 29 March 1914 in <i>Prayers and Meditations</i> ) Musical offering	Dr. Mithu Pal Dr. Mithu Pal
Nov 12	Abheepsa / Prabal evam nek ichha (Aspiration) Musical offering	Dr. Aparna Roy Ms. Preamsheela
Nov 19	Children, Family Life and Spirituality Musical Offering	Acharya Navneet Ms. Monidipa Ghosh
Nov 26	Sadhana Through Human Love (in the Light of the Mother & Sri Aurobindo) Musical offering	Ms. Monica Gulati Ms. Sowmya Narayanan

### CLASSES by Shri Prashant Khanna

Thursdays: 02,09,16,23,30	5:30 pm	Room for SAAM – 'Knowledge'	Savitri
Fridays: 03,10,17,24	11:30 am	Room for SAAM – 'Knowledge'	Bhagvad Gita
Sundays: 05,12,19,26	11:45 am–12:45	Room for SAAM – 'Knowledge'	Savitri
Also ONLINE, contact Amit Arora (+91 95600 88456)			
Sundays: 05,12,19,26	5:30 pm	Room for SAAM – 'Knowledge'	Bhagvad Gita
Saturdays: 04,11,18,25	11:00 am–12 noon	ONLINE	Savitri
Online contact Sri Satya Prakash (+91 88007 61046)			

### Ashram Library (Knowledge)

Tuesday to Sunday Timings : 10:00 am – 4:00 pm

(Monday closed)

Contact : 011 2656 7863

## 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

## Sri Aurobindo Ashram (Delhi Branch)'S SOCIAL MEDIA LINKS

YouTube	:	<a href="https://youtube.com/sriurobindoashramdelhibranch">https://youtube.com/sriurobindoashramdelhibranch</a>
Facebook	:	<a href="http://facebook.com/sriurobindoashramdelhibranch">http://facebook.com/sriurobindoashramdelhibranch</a>
Instagram	:	<a href="https://www.instagram.com/sriurobindoashramdelhibranch">https://www.instagram.com/sriurobindoashramdelhibranch</a>
Twitter	:	<a href="https://twitter.com/saadelhibranch">https://twitter.com/saadelhibranch</a>
Website	:	<a href="http://sriurobindoashram.net/">http://sriurobindoashram.net/</a>

## The Mother's Integral Health Centre Activities

Phone 88005 52685, <[tmihc2000@gmail.com](mailto: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)
Wednesday	Dermatology	(2:30– 03:30 pm)
Thursday	Ophthalmology	(11:00 am–12:00 noon)
Friday	Psychiatry	(1:00 pm–03:00 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–01:00 pm)
Tue, Sat	Ayurveda Consultation	(12:00 noon–03:00 pm)
Mon-Sat (6 days)	Ayurveda Treatment	(10:00 am–4:00 pm) Tue-
Wed, Sat	Accupressure	(10:30 am–01:00 pm)

## Physical Practices of Yoga

Mon/Wed/Fri	06:45–07:45 am	Yogasana class	Ms. Priya Gupta
Mon/Wed/Fri	11 am–12 noon	Yogasana class	Ms. Vidya Mundhra
Mon/Wed/Fri	10 am–12 noon	Individual sessions	Shri Deepak Jhamb

## Ayurveda and Yoga Residential Retreat

At Sri Aurobindo Ashram (Delhi Branch), New Delhi 110016 November 23-29, 2023  
Activities : Yoga classes & meditation; Sessions on wellness, life, self-reflection & harmony;  
4 Ayurvedic therapies; Games & nature walks; Fun & cultural evening; Havana & chanting of  
hymns; and Individual consultations.

For queries/booking, please reach out to us at :

91-98117 74751, 97111 12609; <[khhcayurveda@gmail.com](mailto:khhcayurveda@gmail.com)> or <[aurocamps@aurobindoonline.in](mailto:aurocamps@aurobindoonline.in)>

## Important Days in the Ashram 2023

**17 November** Anniversary of the Mother's *Mahasamadhi Day*

Day of silent aspiration and invocation for her Presence within

**20 November** Anniversary of the Mother's *Samadhi Day*

Mother's body was laid to rest in the courtyard of Sri Aurobindo Ashram, Pondicherry

**24 November** Anniversary of the *Siddhi Day – Darshan Day*



दर्शन (*Darshan*)

To know how to smile in all circumstances is the quickest way to divine wisdom.

It is the ego that gets angry and upset, and this ego obscures your consciousness and impedes progress.

The ego does not change because it feels that it is always right.

Blessings.

24 November 1970

- The Mother

Program details will be available on <[www.sriarobindoashram.net](http://www.sriarobindoashram.net)>

## AMBITION AND DIVINE WILL

Ambition has been the undoing of many Yogis. That canker can hide long. Many people start on the Path without any sense of it. But when they get powers, their ambition rises up, all the more violently because it had not been thrown out in the beginning...

How are we to know, you will ask, when it is the Divine Will that makes us act? The Divine Will is not difficult to recognise. It is unmistakable. You can know it without being very far on the path. Only you must listen to its voice, the small voice that is here in the heart. Once you are accustomed to listen, if you do anything that is contrary to the Divine Will, you feel an uneasiness. If you persist on the wrong track, you get very much disturbed. If, however, you give some material excuse as the cause of your uneasiness and proceed on your way, you gradually lose the faculty of perception and finally you may go on doing all kinds of wrong and feel no uneasiness. But if, when once you feel the least disturbance, you stop and ask of your inner self, “What is the cause of this?” then you do get the real answer and the whole thing becomes quite clear. Do not try to give a material excuse when you feel a little depression or a slight uneasiness. When you stop and look about for the reason, be absolutely straight and sincere. At first your mind will construct a very plausible and beautiful explanation. Do not accept it, but look beyond and ask, “What is it that is behind this movement? Why am I doing this?” Finally you will discover, hidden in a corner, the little ripple—a slight wrong turn or twist in your attitude that is causing the trouble or disturbance.

One of the commonest forms of ambition is the idea of service to humanity. All attachment to such service or work is a sign of personal ambition. The Guru who believes that he has a great truth to teach to humanity and who wants many disciples and who feels uncomfortable when the disciples go away or who seizes on anybody that comes and tries to make him a disciple, is evidently following nothing but his ambition. You must be able, if you are ready to follow the divine order, to take up whatever work you are given, even a stupendous work, and leave it the next day with the same quietness with which you took it up and not feel that the responsibility is yours. There should be no attachment—to any object or any mode of life. You must be absolutely free. If you want to have the true yogic attitude, you must be able to accept everything that comes from the Divine and let it go easily and without regret. The attitude of the ascetic who says, “I want nothing” and the attitude of the man of the world who says, “I want this thing” are the same. The one may be as much attached to his renunciation as the other to his possession.

You must accept all things—and only those things—that come from the Divine. Because things can come from concealed desires. The desires work in the subconscious and bring things to you which, although you may not recognise them as such, nevertheless do not come from the Divine but from disguised desires.

You can easily know when a thing comes from the Divine. You feel free, you are at ease, you are in peace. But when something presents itself to you and you jump at it and cry out, “Oh, at last I have it”, then you can know for certain that it does not come from the Divine. Equanimity is the essential condition of union and communion with the Divine.

— *The Mother*

## Activities during September 16 – October 15, 2023

As representative of Sri Aurobindo Ashram, Tara Didi was honored at the Vishwa Hindi Parishad's international conference in New Delhi on September 21-22, 2023.



### ADVENTURE TRIP FOR AURO-MIRA VIDYA MANDIR (AMVM) CHILDREN

Twenty seven children and 9 teachers from Auro-Mira Vidya Mandir, Kechla

(Koraput, Odisha) took part in an adventure at Van Niwas, Nainital, and Madhuban, Talla Ramgarh, between September 21-27, 2023. Ac-



tivities included scrambling, bouldering, rappelling and river-crossing, trekking, value-added talks and meditation. At Ramgarh,

children could also bathe and swim in the cold water of the moun-



tain river. They also learned to weave baskets from bamboo. Despite the cold, children enjoyed the trip in the lower Himalayan ranges of Kumaon.



## BHAJAN SANDHYA, 30 SEPTEMBER 2023

Shri Siddhant Negi made an energising offering of Kabir bhajans in the Meditation Hall during the *Bhajan Sandhya* on 30 September. The themes of the bhajans were typically characteristic of Kabir, viz. the paradox of life; hypocrisy, over which no community or race has a monopoly; and the simplicity and effectiveness of devotional aspiration. The event ended with a prayer – *De maa, nijcharanonkaapyaar* – addressed to the Mother entreating for Her Grace.

## MEDITATION WORKSHOP

A weekend workshop titled “Meditation Based on the Bhagavad Gita, Sri Aurobindo’s poetry and the Mother’s Prayers and Meditations” and comprising of 7-one hour sessions was conducted for 19 participants by Shri Prashant Khanna at the Ashram on three days, viz. September 30, October 1,2, 2023. During these sessions, Prashant ji passionately delved into the profound aspects of meditation, elucidating the ‘why’ and ‘how’ behind this ancient practice. He elaborated on the crucial importance of articulating our thoughts and aspirations for the purpose of meditation. For the actual practice, he guided participants on harnessing the wisdom and inspiration found in passages and quotations from spiritual texts including *Savitri, The Life Divine, Bhagvad Gita, Mother’s Prayers and Meditations* and the Upanishads. These insights were shared to calm the mind, enhance focus, and intensify inspiration. Prashant ji also introduced participants to the basic concepts of Vedanta as interpreted by Sri Aurobindo.

He explained that in order to fix the mind on the Supreme, one has to make use of two instruments: clear & precise articulation of aspiration and, visualization of a symbol. Relevant materials including quotations and pictures were provided to the workshop participants as aids in striving for the lofty objective.



The workshop received overwhelmingly positive feedback from the participants, who found it immensely beneficial and enlightening. Feedback comments include: “Connection explained between Sacchidanand and Purushottam It was an experience worth every moment...” (A.J.); “\*Detailed explanation on the ways and methods of meditation. \*Role of the mind \*Spiritual values to be captivated \*Making us conscious about our true self. Personally I was struggling ... This workshop showed me the way out.” (A.V.); “Sir’s in depth knowledge of Sri Aurobindo ji s writings and his capability to explain it in a simpler and easier manner...” (M.S.); “The documents provided will be very helpful in future.” (P.G.); “1. Some guidance on follow-up action will help - what to do next, how to incorporate this into our daily routine 2. How to integrate this, if one is already following a meditation practice.” (U.S.)

## GANDHI JAYANTI AND LAL BAHADUR SHASTRI JAYANTI, 2 OCTOBER 2023

On the day of this twin celebration, a Grand Shramdaan around the campus was conducted in the early morning as part of the *Swachh Bharat Abhiyan*. In



the afternoon, the Ashram community saw a movie on Netaji Subhash Chandra Bose.

## WORLD MENTAL HEALTH DAY 2023

A series of relevant talks on mental health were delivered to about 70 attendees at Sri Aurobindo Ashram (Delhi Branch)'s TMIHC (The Mother's Integral Health Centre) on the evening of 10 October 2023 in the Yoga Hall. The



program began with invocation by means of *Dhanwantary Vandana* and a welcome address by the co-ordinator Dr. Mukta Katoch Arora. The lecture series consisted of talks on 'Mental Health – Universal Right for All' by psychiatrist Dr. Deepak Raheja, on 'Creative Therapy – Self Exploration to Self-Discovery' by psychologist & art therapist Ms. Sonia Bhandari, on 'Spiritual Approach to Mental Health' by Integral Yoga *sadhak* Dr. Ramesh Bijlani, on 'Parenting





in New Age: Building Connections’ by child psychiatrist Dr. Deepak Gupta, on ‘Ayurveda for Mental Well-being’ by ayurveda physician Dr. Surinder Katoch, and a general Q&A session. At the end, Mr. Shubham read his on-the-spot-composed poem, Dr. Bijlani felicitated the panellists for their contribution to the event and Dr. Mukta gave a vote of thanks to all including the audience.

## **PANCHAKARMA AND WELLNESS, OCTOBER 2023**

*Panchakarma* Unit of the Ayurvedic Department at The Mother’s Integral Health Centre, Sri Aurobindo Ashram (Delhi Branch) conducted a two day (4 hours/day) programme on 13 – 14 October, 2023 for 9 participants. Activities included morning *Prabhat* Pheri; Havan and Gita slokas chanting; Ayurvedi Therapies – Head Massage, *Shirodhara*, *Abhyangam* (whole body massage); interactive session on AYSOL (Ayurvedic & Yogic Style of Living); and fun games.



Health professional for the program

were: Dr. Surinder Katoch – resource person; Dr. Mukta Katoch Arora – coordinator; and Velayudhan K.M., Manoj Kumar, and Punita – Panchakarma therapists. Feedback comments include: “It was a very valuable seminar. Learned many new things about Ayurvedic regimen. Looking forward to joining again” (V.K.S.); “It was a wonderful experience” (M.K.); “The camp was very informative and after completing the course of the camp, I felt invigorated” (T.P.)



## **Customized Audio-recording Studio inaugurated on 15 October 2023 in the basement**



# THE MARVELLOUSLY INSPIRING LIFE OF SRI AUROBINDO

[Excerpted from published material]

## LONDON, ENGLAND (2)

An incident reported by Sri Aurobindo gives us the reason for changing his residence from 49, St. Stephen's Avenue to 128, Cromwell Road. Mrs. Drewett was a pious Christian and every day there used to be family prayers. Passages from the Bible were read; the three brothers had to participate. Sometimes the eldest brother used to conduct the worship. One day at prayer time Manmohan was in an insolent mood and said that old Moses was well served when the people disobeyed him. This enraged the old lady beyond measure and she said she would not live under the same roof with heretics as the house might fall down, and she went to live somewhere else. Sri Aurobindo says: "We felt relieved and I felt infinitely grateful to Dada [Manmohan]. Her son never used to meddle in these affairs because he was a man of strong common sense. But he was away in Australia. In those days I was not particular about telling the truth and I was a great coward. Nobody could have imagined that later on I could face the gallows or carry on a revolutionary movement. In my case it was all human imperfection with which I had to start, feel all the difficulties before embodying the Divine Consciousness." [A.B. Purani, *Life of Sri Aurobindo*]

The period of about two years between old Mrs. Drewett's going away and Sri Aurobindo's winning a classical scholarship of the value of £80 per year tenable at King's College, Cambridge, was a time of "the greatest suffering and poverty",... . Remittances from Dr. Krishnadhan had become more and more irregular and inadequate, and the boys were thus increasingly left to their own resources. Benoy Bhushan, the eldest, became an assistant on five shillings a week to James S. Cotton, who was Secretary of the South Kensington Liberal Club. Manomohan went up to Christ Church, Oxford, and was thriving as a scholar and as a poet. But financial worries were not soon to leave any of them. [But since] The Cromwell Road... rooms were in the building that housed the office of the South Kensington Liberal Club, the boys had the use of its good reading-room.

[However] there were other compensations. Reading poetry, and even writing poetry, and going out of London during the vacations. One of his boyhood enthusiasms seems to have been Shelley's *The Revolt of Islam*. He read it often "without understanding everything"; and perhaps it struck a chord within, and he had a thought that he too would dedicate his life to a similar world change and take part in it...

From some of Manomohan's letters of this period that have fortunately survived, it is possible to have some glimpses of vacationing by the brothers, — more often by Manomohan and Sri Aurobindo alone. One or two extracts from the letters [to Laurence Binyon] may be given here:

"... And Derbyshire, I can tell you from my own experience, is one of the loveliest counties in England if you only go to the right part. I stayed one whole summer at Matlock Bank, and from there had a splendid walking tour. My brother, I and another gentleman took the train to Monsel Dale and walked from there into Castleton Valley, slept at a very comfortable inn there, and next morning walked over Kinder Scout and into Hayfield and Chapel-on-the-Frith from where we took the train back..." [Letter dated 10 August 1886]

"We have been having very rainy and unsettled weather of late — that is the worst of the Lake District — when the weather once becomes unsettled, there's no telling when it will be fine again..."

a little while ago I and my younger brother went together to Thirlmere, with Helvellyn [Elev. 950 metres] looming up on one side all the way, but we did not see the lake which is a very pretty one — for, being a bleak, misty day, it came on to rain when we were a mile from it and we had to turn back...” [Letter dated 13 August 1886]. “On Friday we went all three of us with a gentleman to Thirlmere... a lovely lake, and wonderfully placid and calm... We crossed the lake in the middle by the Bridges, and came back by the beautiful Vale of St. John and a path round Naddle Fell, getting home at 6 p.m. and eating a tremendous tea (the four of us getting through two considerable loaves).”

“On Saturday we went to Watendlath [name of a hamlet, and a small lake] which is certainly the loveliest place I have yet seen in the Lake District... My younger brother, myself, and the same gentleman walked along Lake Derwentwater and then up the barrow woods, a steep hill climb into Watendlath. The scenery in these woods is quite Alpine (with only the absence of snow) being a sheer rock at one place, densely wooded from top to bottom rising one thousand feet from the Borrowdale Valley. ... In a pool here I had a splendid dip, only the current was very strong, and the water in some parts quite deep enough to drown me...” [Letter dated 23 August 1886].

“We came here [Hastings] last Tuesday... it is delightful on this cliff especially where we are staying. But I confess the sea is better than the land...” [Letter dated 8 August 1887].

It may be inferred from another letter of Manomohan’s that Sri Aurobindo probably spent his 1888 vacation at Galway [a harbour city on Ireland’s west coast] on the invitation of a friend he had met at the Club.

Sri Aurobindo did recollect one or two inner changes that had taken place in him while he was in England. At the age of thirteen he became conscious that he was selfish and he felt from inside that he should give up selfishness. He tried to carry out that idea in his own way in life. Another time, while reading Max Muller’s translations in the *Sacred Books of the East series*, he came across the idea of self or Atman. This struck him as some reality and he decided in his mind that Vedanta has something that is to be realised in life.

During his last two years at St. Paul’s, besides successfully competing for a Senior Classical Scholarship of £80 per year, Sri Aurobindo also registered as a candidate for the Indian Civil Service examination, relying mainly on his proficiency in the classics. He couldn’t afford — and he didn’t need — any coach, but he passed the examination in July 1890, securing the eleventh place, and scoring record marks in Greek and Latin. Added to the Senior Scholarship tenable at King’s College Cambridge, the I.C.S. stipend for the probationary period placed Sri Aurobindo in a much better position financially than during the two immediately preceding years of privation and poverty.

– From *Sri Aurobindo: A Biography and a History* by K.R. Srinivasa Iyengar

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Of his school career, perhaps the last word was said by Mr. Walker [Frederick William Walker, “the first High Master {of St. Paul’s School} in over a century not to be in Holy Orders”]. When Sri Aurobindo’s name came prominently before the British public in connection with the Alipore Bomb Trials [in Calcutta during 1908-1909, see later], the old Head Master is reported to have said that of all the boys who passed through his hands at St. Paul’s [School], Aurobindo was by far the most richly endowed in intellectual capacity.

– From *Sri Aurobindo for All Ages* by Nirodbaran

*To be contd.*

I run where his sweet dreadful voice commands  
And I am driven by the reins of God.  
Why drew he wide his scheme of mighty worlds  
Or filled infinity with his passionate breath?  
Or wherefore did he build my mortal form  
And sow in me his bright and proud desires,  
If not to achieve, to flower in me, to love,  
Carving his human image richly shaped  
In thoughts and largenesses and golden powers?  
Far Heaven can wait our coming in its calm.  
Easy the heavens were to build for God.  
Earth was his difficult matter, earth the glory  
Gave of the problem and the race and strife.  
There are the ominous masks, the terrible powers;  
There it is greatness to create the gods.

- From *Savitri* by Sri Aurobindo

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