



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. 2

February 2023

An e-magazine of Sri Aurobindo Ashram-Delhi Branch

इन्द्रियाणामधिष्ठात्री भूतानां चाखिलेषु या।  
भूतेषु सततं तस्यै व्याप्तिदेव्यै नमो नमः॥

(Salutations) To that Devi Who Governs the Faculty of Senses of Beings in All  
the Worlds, Salutations to Her Who is the Devi Who Always Pervades all Beings.

**Sri Aurobindo Ashram-Delhi Branch**

Sri Aurobindo Marg, New Delhi 110 016

011-2656 7863; www.sriurobindoashram.net

# Ongoing & Forthcoming Events

## February 2023

### Meditation & Satsang venue : Meditation Hall

Monday – Saturday

7 – 7:30 pm

Collective Meditation

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

Feb 05	The Very Best Happens (Based on Mother's <i>Prayers and Meditations</i> , prayer of 18 March 1914) Musical offering	Dr. Mithu Pal Dr. Mithu Pal
Feb 12	<i>Ek Alaukik Sansthapak</i> Musical Offering	Dr. Aparna Roy Dr. Mithu Pal
Feb 19	Standards of Conduct and Spiritual Freedom (Based on Sri Aurobindo's <i>The Synthesis of Yoga</i> : Part 1, Ch 7) Musical offering	Dr. Mankul Goyal Ms. Sowmya Narayanan
Feb 26	In Thee, By Thee, For Thee (Based on Mother's <i>Prayers and Meditations</i> , prayer of 19 March 1914) Musical offering	Dr. Mithu Pal Dr. Mithu Pal

### CLASSES by Shri Prashant Khanna

Fridays: 06,13,20,27	11:30 am–12:30 pm	Ashram Library	Bhagvad Gita
Sundays: 01,08,15,22,29	5:30–6:30 pm	Ashram Library	Bhagvad Gita
Saturdays: 07,14,21,28	11:00 am–12 noon	ONLINE	Savitri

Online contact Sri Satya Prakash (+91 88007 61046)

### 'Sadhana to Evolve' 2-Day Residential Retreat

At Sri Aurobindo Ashram-Delhi Branch

February 24 (1 pm)–26 (2 pm), 2023

**Focus : Connect to deeper pure substance at body level; explore harmony, love and order in all layers of being; heal body physically & emotionally**

Facilitator: **ARUL DEV**, writer, practitioner of Body-based exploration of Being; founder of PeopleFirst

**Contact: Ms. Richa Garg on <rg.richa1905@gmail.com> or WhatsApp 99902 23290**

**Important Note: Sri Smriti will remain closed 1-20 February. Will reopen at 10 am on 21 February**

## 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



Precautions to minimize the spread of coronavirus to be observed

## YES (Yoga, Education & Spirituality) Online Talks on Saturdays, Feb 4,11,18,25

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

## Ashram Library (Knowledge)

Tuesday to Sunday Timings : 10:00 A.M. – 4:30 P.M.

(Monday closed)

Contact : 011 2656 7863

## Sri Aurobindo Ashram - Delhi Branch'S SOCIAL MEDIA LINKS

YouTube	:	<a href="https://youtube.com/sriaurobindoashramdelhibranch">https://youtube.com/sriaurobindoashramdelhibranch</a>
Facebook	:	<a href="http://facebook.com/sriaurobindoashramdelhibranch">http://facebook.com/sriaurobindoashramdelhibranch</a>
Instagram	:	<a href="https://www.instagram.com/sriaurobindoashramdelhibranch">https://www.instagram.com/sriaurobindoashramdelhibranch</a>
Twitter	:	<a href="https://twitter.com/saadelhibranch">https://twitter.com/saadelhibranch</a>
Website	:	<a href="http://sriaurobindoashram.net/">http://sriaurobindoashram.net/</a>
Micro Website	:	<a href="http://sriaurobindoashram.net/Mirra100/">http://sriaurobindoashram.net/Mirra100/</a>

## 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	(1:30 – 2:30 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	(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	11 am–12 noon	Yogasana class	Ms. Vidya Mundhra
Mon/Wed/Fri	10 am–12 noon	Individual sessions	Shri Deepak Jhamb

## Important Days in the Ashram

**12 February Foundation Day Anniversary of Sri Aurobindo Ashram-Delhi Branch**

### Mother's message for the Foundation Day

12-2.56

*Opening of the Sri Aurobindo Ashram  
Delhi branch*

*Let this place be worthy  
of its name and manifest  
the true spirit of Sri Aurobindo's  
teaching and message to  
the world.*

*With my blessings*



12.2.56

Opening of the Sri Aurobindo Ashram  
Delhi Branch

Let this place be worthy  
of its name and manifest  
the true spirit of Sri Aurobindo's  
teaching and message to  
the world.

With my blessings

*The Mother*

**21 February 145th Birth Anniversary of the Mother – Darshan Day**



दर्शन (*Darshan*)

When we speak of the Mother's Light or my Light in a special sense, we are speaking of a special occult action—we are speaking of certain lights which come from the Supermind. In this action the Mother's is the white Light which purifies, illumines, brings down the whole essence and power of the Truth and makes the transformation possible. But in fact all light that comes from above, from the highest divine Truth is the Mother's.

There is no difference between the Mother's path and mine; we have and have always had the same path, the path that leads to the supramental change and the divine realisation; not only at the end, but from the beginning they have been the same...

Know that the Mother's light and force are the light and force of the Truth; remain always in contact with the Mother's light and force, then only can you grow into the divine Truth.

10-09-1931

– Sri Aurobindo

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

To find the Divine is indeed the first reason for seeking the spiritual Truth and the spiritual life; it is the one thing indispensable and all the rest is nothing without it. The Divine once found, to manifest Him,—that is, first of all to transform one's own limited consciousness into the Divine Consciousness, to live in the infinite Peace, Light, Love, Strength, Bliss, to become that in one's essential nature and, as a consequence, to be its vessel, channel, instrument in one's active nature. To bring into activity the principle of oneness on the material plane or to work for humanity is a mental mistranslation of the Truth — these things cannot be the first true object of spiritual seeking. We must find the Self, the Divine, then only can we know what is the work the Self or the Divine demands from us. Until then our life and action can only be a help or means towards finding the Divine and it ought not to have any other purpose. As we grow in the inner consciousness, or as the spiritual Truth of the Divine grows in us, our life and action must indeed more and more flow from that, be one with that. But to decide beforehand by our limited mental conceptions what they must be is to hamper the growth of the spiritual Truth within. As that grows we shall feel the Divine Light and Truth, the Divine Power and Force, the Divine Purity and Peace working within us, dealing with our actions as well as our consciousness, making use of them to reshape us into the Divine Image, removing the dross, substituting the pure gold of the Spirit. Only when the Divine Presence is there in us always and the consciousness transformed, can we have the right to say that we are ready to manifest the Divine on the material plane. To hold up a mental ideal or principle and impose that on the inner working brings the danger of limiting ourselves to a mental realisation or of impeding or even falsifying by a halfway formation the true growth into the full communion and union with the Divine and the free and intimate outflowing of His will in our life. This is a mistake of orientation to which the mind of today is especially prone. It is far better to approach the Divine for the Peace or Light or Bliss that the realisation of Him gives than to bring in these minor things which can divert us from the one thing needful. The divinisation of the material life also as well as the inner life is part of what we see as the Divine Plan, but it can only be fulfilled by an outflowing of the inner realisation, something that grows from within outwards, not by the working out of a mental principle.

You have asked what is the discipline to be followed in order to convert the mental seeking into a living spiritual experience. The first necessity is the practice of concentration of your consciousness within yourself. The ordinary human mind has an activity on the surface which veils the real Self. But there is another, a hidden consciousness within behind the surface one in which we can become aware of the real Self and of a larger deeper truth of nature, can realise the Self and liberate and transform the nature. To quiet the surface mind and begin to live within is the object of this concentration. Of this true consciousness other than the superficial there are two main centres, one in the heart (not the physical heart, but the cardiac centre in the middle of the chest), one in the head. The concentration in the heart opens within and by following this inward opening and going deep one becomes aware of the soul or psychic being, the divine element in the individual. This being unveiled begins to come forward, to govern the nature, to turn it and all its movements towards the Truth, towards the Divine, and to call down into it all that is above. It brings the consciousness of

the Presence, the dedication of the being to the Highest and invites the descent into our nature of a greater Force and Consciousness which is waiting above us. To concentrate in the heart centre with the offering of oneself to the Divine and the aspiration for this inward opening and for the Presence in the heart is the first way and, if it can be done, the natural beginning; for its result once obtained makes the spiritual path far more easy and safe than if one begins the other way.

That other way is the concentration in the head, in the mental centre. This, if it brings about the silence of the surface mind, opens up an inner, larger, deeper mind within which is more capable of receiving spiritual experience and spiritual knowledge. But once concentrated here one must open the silent mental consciousness upward to all that is above mind. After a time one feels the consciousness rising upward and in the end it rises beyond the lid which has so long kept it tied in the body and finds a centre above the head where it is liberated into the Infinite. There it begins to come into contact with the universal Self, the Divine Peace, Light, Power, Knowledge, Bliss, to enter into that and become that, to feel the descent of these things into the nature. To concentrate in the head with the aspiration for quietude in the mind and the realisation of the Self and Divine above is the second way of concentration. It is important, however, to remember that the concentration of the consciousness in the head is only a preparation for its rising to the centre above; otherwise, one may get shut up in one's own mind and its experiences or at best attain only to a reflection of the Truth above instead of rising into the spiritual transcendence to live there. For some the mental concentration is easier, for some the concentration in the heart centre; some are capable of doing both alternately – but to begin with the heart centre, if one can do it, is the more desirable.

The other side of discipline is with regard to the activities of the nature, of the mind, of the life-self or vital, of the physical being. Here the principle is to accord the nature with the inner realisation so that one may not be divided into two discordant parts. There are here several disciplines or processes possible. One is to offer all the activities to the Divine and call for the inner guidance and the taking up of one's nature by a Higher Power. If there is the inward soul-opening, if the psychic being comes forward, then there is no great difficulty – there comes with it a psychic discrimination, a constant intimation, finally a governance which discloses and quietly and patiently removes all imperfections, brings the right mental and vital movements and reshapes the physical consciousness also. Another method is to stand back detached from the movements of the mind, life, physical being, to regard their activities as only a habitual formation of general Nature in the individual imposed on us by past workings, not as any part of our real being; in proportion as one succeeds in this, becomes detached, sees mind and its activities as not oneself, life and its activities as not oneself, the body and its activities as not oneself, one becomes aware of an inner Being within us – inner mental, inner vital, inner physical – Silent, calm, unbound, unattached which reflects the true Self above and can be its direct representative; from this inner silent Being proceeds a rejection of all that is to be rejected, an acceptance only of what can be kept and transformed, an inmost Will to perfection or a call to the Divine Power to do at each step what is necessary for the change of the Nature. It can also open mind, life and body to the inmost psychic entity and its guiding influence or its direct guidance. In most cases these two methods emerge and work together and finally fuse into one. But one can begin with either, the one that one feels most natural and easy to follow.

Finally, in all difficulties where personal effort is hampered, the help of the Teacher can intervene and bring about what is needed for the realisation or for the immediate step that is necessary.

– Sri Aurobindo

## Activities during December 16, 2022 – January 15, 2023

### PRAYER MEETING FOR LOVLEEN BIJLANI, 22 DEC 2022

Dr. Lovleen Bijlani, Ashramite for over 15 years, left for her heavenly abode after a brief illness on 19 December 2022. The end was painless, and she breathed



her last peacefully in the Mother's lap. As per her wishes, her eyes were donated so that somebody with visual handicap may be able to see through them. A prayer meeting in her memory was held in the Meditation Hall on 22 December 2022. The meeting started with the Mother's Music, followed by invocation for the divine Presence and devotional music by Dr. Mithu Pal. Ms. Jahnvi

Pandya and Dr. Maitreyee Karak also made offerings of devotional music. Tara Didi read out a passage from *Savitri* describing one of the higher realms in other worlds to which the departing from earth might go for its sojourn before getting reborn. Tributes were paid to Dr. Lovleen Bijlani by her daughter and husband, Arpita



Lal and Ramesh Bijlani respectively. What emerged from the meeting was her truthful and upright personality, her peaceful presence, her contented nature, and her focus on inner rather than outer work. She received a collective send-off for the peaceful journey of her soul from ignorance and mortality to Knowledge and Immortality, and a prayer to the Mother that as and when the departed soul gets reborn, it may get circumstances conducive to further spiritual progress.

### DESCENT OF LIGHT, 24-25 DEC 2022

The celebration of the days getting longer, or the descent of light, started with the Ashram campus including the Meditation Hall donning a festive demeanour with Christmas Trees and Stars. On the evening of 24 December 2022, Ashram youngsters played novelty games in which multiple skills of the participants were put to test. A 'Christmas Father' meanwhile did rounds of the locale distributing appropriate gifts. Later in the evening, the Ashram Choir led by Dr Mithu Pal sang Christmas carols in the Meditation Hall interspersed with reading of a passage by Tara Didi which quoted Sri Aurobindo as having affirmed Jesus Christ as an Avatar





(incarnation of God in a human form on earth), an emanation of God's Power of Love. Further, Sri Aurobindo has explained that Christ had to die on the cross so that his message would be heard.



In the Sunday Satsang of 25 December 2022, Dr Mithu Pal sang Christmas carols, and Dr Ramesh Bijlani narrated some historical snippets around the beginning of Christmas celebrations in Sri Aurobindo Ashram, Pondicherry. The talk is available on the Ashram's YouTube channel. The link is:

<https://www.youtube.com/watch?v=21VTrMkrwpc>

#### **ADVENTURE FOR M.I.S. STUDENTS AT KECHLA**

Forty seven students of class VIII with three teachers and a parent/volunteer of The Mother's International School (MIS) took part in a Personality Development & Adventure Camp at Kechla, Odisha, from 28 December 2022 to 4<sup>th</sup>



January 2023. The students got first-hand experience of village life. For most of the students, it was a novel experience. The students enhanced their life-skills and real-life experience of some theoretical concepts learned in the classes like red soil, non-conventional power sources-windmill and solar energy, Durga as a coal center, etc. The trip was a beautiful amalgamation of physical and mental healing.

Activities such as rappelling, boating and cliff jumping at the waterfall were indeed one of a kind experiences for all students. Some conquered their fear and some quenched their thirst for adventure, but learning ran deeper as these activities became a source of bringing forth children's inner courage & strength. Feedback comments include: "Being my first school trip in 3 years Kechla was a truly tantalizing experience. The locals were perfectly polite and the activities I participated in were fun to do" (S.S.); "My favourite part of the trip was when we went bouldering on the second day. I never imagined I could do anything like it, and it was an experience I will







never forget.” (S.C.S.); “Something that benefitted me the most was the fact that we could not use our devices” (E.R.); “The information about eye camp was not in the form” (A.S.); “The eye camp was good for me but the others didn’t like it” (K.L.); “The eye camp was nice and refreshing for the children who had specs, but it burnt a lot in our eyes” (M.L); “And the eye camp helped my right eye’s power a lot” (I.B.); “The eye camp and presentation... showed was very educational” (S.K.); “My favourite part of the camp was waterfall trek and folk dance” (P.T.); “My favourite were rappelling and trekking. The scenery was really beautiful.

The food is really tasty” (D.B.); “Kechla for me was a beautiful experience... all the activities I could attend. The people were incredibly kind and it is... hard to believe that such a serene place with such people could exist in today’s world” (P.S.); “When I am in eleventh I for sure will be here again” (S.L.); “I would rate this place a 10 out of 10 and like to come here next time also” (M.K.); “Staying here was an amazing experience... rooms were comfortable and warm. The Didis and Bhaiyas are very helpful in hard times” (C.A.); “The last day... we went to see a function presented by Kechla kids which was fabulous... hat off to them” (S.S.)

### **USHERING IN THE NEW YEAR, 31 DEC 2022 - 1 JAN 2023**

The New Year was ushered in with a continual recitation of Sri Aurobindo’s *Savitri* which began on the afternoon of 31 Dec 2022 and went on till the evening of 1 Jan 2023. Ashram youngsters organised a cultural program on the night of 31 Dec 2022 showcasing their multifarious talents. At 11.20 pm on 31 Dec 2022, lamps of aspiration were kindled near and around the Shrine. While the recitation of *Savitri* continued, from 11:45 pm to 12:15 am Mother’s music was played ushering in the New Year 2023, and calendars were distributed to all those present in the Meditation Hall.



## COMMUNITY SERVICE BY M.I.S. CLASS XI STUDENTS AT KECHLA SCHOOL

Forty five students of Class 11 travelled to Kechla (Dt. Koraput, Odisha) from 31<sup>st</sup> December 2022 to 7<sup>th</sup> January 2023 to teach the children of Auro Mira Vidya Mandir, a unit of Auro-Mira Service Society, as a part of Community Service programme. The next four days were packed with activities. Students were divided into three groups for morning *Shramdaan*: kitchen work, gardening and dorm cleaning. The groups carried out these tasks on rotation. Post



breakfast, students would go to Auro Mira Vidya Mandir for the Community Service programme, followed by a visit to the Reservoir. Post lunch, students went back to AMVM for afternoon co-scholastic activities, such as: art, astronomy, creative craft, chess, crotchet, dance, debating, drama, guitar, photography, public speaking, and so on. After tiffin, different activities were planned out for



each day. A night trek on day 1, boating/ rappelling, trek to the viewpoint



trek to the waterfall, kept the students enthusiastically engaged on subsequent



days. On 4<sup>th</sup> January, the AMVM students presented a cultural programme showcasing the activities learnt during afternoon sessions with MIS students. On the 5<sup>th</sup>, students practised the local, tribal dance. The students bid farewell to their learners, exchanged contact numbers/email IDs with a



promise to remain in touch. The Community Service programme was carried out with full sincerity and commitment. It was a learning experience for all. Every

student went back home with a bag full of cherished memories. Feedback comments include: “I had been assigned 3 tenth graders... All three were really keen on studying painting and their artwork was outstanding” (K.N.); “I had fun teaching



Vikas and Chakra, even though it was a bit of challenge... They learnt Trigonometry, Force, Motion, and about the World Wars. We even covered ‘caring for others’ (S.S.); “I taught 9 kids drama along with 2 other students. They all were really good at it and we also presented the story of the ‘3 Little Pigs and the Wold’ on 4<sup>th</sup> Jan.” (A.J.); “I also taught Bharatnatyam to Chandrama didi, Tulika and Gauri and [was] immensely shocked at the speed they learnt the dance and also presented in the Meditation



Hall on the 4<sup>th</sup> of January” (V.K.); “Both (my students) were quick learners and enjoyed learning concepts through games, e.g. I taught game – ‘Name. Place. Animal. Thing.’” (S.); “As part of afternoon activities I taught a group of 12 students contemporary dance and we even presented a performance on the last day... Last time I visited Kechla, I knew I’d be coming again, but this time I leave with a heavy heart knowing I might not be able to step foot in this absolute scenery of a place again” (A.B.); “I don’t know if I made much of the difference but they surely did ! They taught me to smile, no matter what. They showed what happiness truly looks like” (V.M.); “Apart from studying the (class 9 math) class 10 course for Social Science, Science, English, we played many games and enjoyed talking about our lives on the trek” (L.L.A.); “Very energetic kids and [they] are like a blast of energy and warmth and love” (S.S.); “I thoroughly enjoyed my stay at Kechla. It provided me with great opportunities to learn and grow as a person” (K.S.); “This entire trip was absolutely delightful and I don’t want to go back to Delhi so soon... The food, it was so good and gave me so much comfort” (S.B.); “The entire experience of Kechla can be described in one word: FUN... On another note, I love this place with all my heart. The natural beauty, the people, the community, the treks, the camaraderie made this my favourite school trip, and a wonderful final trip” (M.M.)



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## **WORKSHOP ON INTEGRAL EDUCATION AND NATIONAL EDUCATION POLICY 2020, 1-7 JAN 2023**

Sri Aurobindo Ashram – Delhi Branch conducted this workshop for 13 rural school teachers. Of the 49 participants, 3 were from Karnataka, 8 from West Bengal, 2 from Chhatisgarh, 12 from Odisha, 19 from Uttarakhand and 5 from Delhi. Activities included sessions on yogasana, shramadaan, sports and games,



meditation, novelty games, art and craft and theatre. Extended time was devoted to experiential learning activities on teaching of Hindi, Maths and English. Participants also worked on a Project entitled 'Human Body'. Each activity was linked with the vision and goal of National Education



Policy and with the philosophy of Integral Education. In late evening reflective sessions were conducted to dive within and reconnect with inner/psychic consciousness. Participants also visited various tourist attractions of Delhi including India Gate, National War Memorial, Parliament and Akshardham temple.

#### **ADVENTURE CAMP AT KECHLA FOR TELANGANA SCHOOLS**

A group of 59 students and 6 accompanying staff of Sri Aurobindo International School and New Creation School from Telangana attended a Personality Development & Adventure Camp at Kechla (Dt. Koraput), Odisha, from January 7–11, 2023. Activities included shramdaan, trekking, bouldering, rappelling, swimming in the Kolab River Reservoir, jumping into the pool formed by waterfall from a height of 3-4 metres, learning International and tribal folk dances, meditation and chanting. Children had a fun time and learning experience as is evident from their feedback: “I really enjoyed the camp here at Kechla and I have enjoyed the food, sports, swimming, nature, waterfalls and dance. I have tried first time boating and loved that” (K.P.R.); “The hills, mountains, waterfalls, river are the best view full of greenery” (S); “The western folk dance was very much fun and the night-trek was beautiful under the sky and bunch of stars” (M.V.); “I hope that the dance teachers teach the ‘New York’ dance to others because it was fun” (U.D.); “I learnt swimming within 3 days. I am more active here than my school” (M.S.R.);



“I learnt swimming within 3 days. I am more active here than my school” (M.S.R.);

“We thought we were so fit but when we played with the tribal [students] we felt we all were nothing in front of them” (S.A.); “The folk dance was fun to learn and yesterday sport day program was really good” (N.S.V.); “And the most interesting part was the night-trek. We really



did not see the road and the torches were off but the experience was great” (M.D.); “To put in simple words, I think the purpose of my trip is done- lots of learning... Really impressed the kind of education the children are getting over here” (S); “Finally Kechla was good with comfortable rooms, top-notch supporting people, delicious food, priceless scenery and amazing treks” (S.B.S.); “This camp was the most amazing camp of my life... I thank you

Pranjal Bhaiya... for organizing such a wonderful trip” (S.A.B.); “Finally I would like to thank my school for such an amazing experience” (S)

### WORKSHOP ON SPORTS, YOGA AND PHYSICAL FITNESS, 7-14 JAN 2023

Sri Aurobindo Ashram – Delhi Branch conducted this workshop for a rural

school Sri Aurobindo’s school, Gaddipally,

Telangana. Participants included 21 chil-

drren, class 6-10, with 9 teachers includ-

ing the principal. After settling in with pre-

liminary information and guideline on 7<sup>th</sup>

January,

the pro-

gram be-

gan on 8<sup>th</sup>



January with invocation for the divine Presence.

This was followed by Asana practice which in-

cluded the

Duck Walk,

The Frog

Jump, The

Camel Walk,

Jumping Surya Namaskar, be-

coming a Triangle,

Snake Crawl,

Camel Pose

and a lot more to bring in stability and still-

ness in the body, calmness in the mind and

balance of the emotions. A workshop titled



YogART was thereafter conducted by Ms. Monica Chand and Ms. Raie Dey

wherein Ms. Raje narrated the Ant Story, writing a letter in Scribble and transforming that into a work of art by rounding the corners and filling colors, patterns or leaving blanks; and the ant continued with discovering the use of Aluminium wire to make icons which most symbolize India, namely Lotus, Sukhasana (a cross-legged sitting meditative posture) and the Ayurveda symbol. Equipped with pliers and wire, everyone made various objects using the wire.

Othe activities of the workshop made participants genuinely aware of the importance of physical fitness in one's life. It also helped them to understand the role of physical education on self-motivation and discipline. The sessions on theater in education helped them to come out of their hesitations, fears and low confidence. Science experiments encouraged them to think critically and meditation helped in inner reflection and tranquility. Sports and games activities were much appreciated and enjoyed by all. The workshop ended with sightseeing tour to Qutub Minar, Lotus Temple, India Gate, Lal Quila and Akshar Dham.



### **VISITORS FROM BRAZIL, 8 JAN 2023**

A group of 25 yoga enthusiasts from Brazil led by Mr. Luis Lopes spent the afternoon of 8 Jan 2023 in the Ashram. They were given a conducted tour of the Ashram premises including a visit to Sri Smriti. Thereafter they listened to an illustrated talk on Integral Yoga, and the definitive life-affirming rolespirituality can play in making life happier, healthier, and meaningful. They also looked at a demonstration of the physical practices of yoga. The visit ended with tea & snacks in the Ashram Dining Hall.



### **NEW YOUTUBE POSTINGS : 16 December 2022 – 15 January 2023**

<b>Title</b>	<b>Link</b>
Historical Snippets Around Christmas Celebrations in Sri Aurobindo Ashram	<a href="https://youtu.be/21VTrMkrwpc">https://youtu.be/21VTrMkrwpc</a>
Sri Aurobindo: Prophet of Nationalism    Mr. Mohit Bansal	<a href="https://youtu.be/QsDzNOR3nzE">https://youtu.be/QsDzNOR3nzE</a>

# THE MARVELLOUSLY INSPIRING LIFE OF SRI AUROBINDO

[Excerpted from published material]

## THE BRITISH IMPACT (1)

IN 1498 Vasco da Gama and his tiny fleet comprising three small vessels and a hundred and sixty men landed on Indian territory and cast anchor at Calicut, thus marking the beginning of a new epoch in the long and varied history of India. At the time the event passed almost unnoticed in the country, and indeed for many decades the Europeans were no more than unusually adventurous traders. The whole glory of the Moghul Empire in India lay yet in the future, and no one then could have dreamed that Vasco da Gama's landing was the forerunner of European domination over the entire Asian continent, based firmly upon their maritime supremacy. Yet this was in fact what transpired and when, just over two centuries later, Aurangzeb the last of the great Mughals died and the mighty structure of his Empire began to crumble, it was the Europeans who increasingly stepped into the void. The Portuguese had by then been joined by the Dutch, the French and the British, all of whom eagerly sought to expand their trade with a great and wealthy India... One by one, due in part to favourable fortune and in part to superior military and diplomatic skill, the British succeeded in ousting from the Indian scene the Portuguese, the Dutch and the French. Finally, laying off local potentates against each other with consummate skill, they succeeded in establishing their sway over the entire sub-continent. By the time the nineteenth century dawned the British had become unquestioned masters of a vast Indian Empire. The larger part of the territory was directly administered by the East India Company, while about two-fifths was made up of the so-called Indian States whose rulers accepted the paramountcy of the British.

The British impact upon India was deep, many-sided and abiding. India had, during her long and often turbulent history, known many foreign invasions and incursions, though most of them were peripheral and left untouched the real centres of Indian polity. In fact, from one point of view, the whole panorama of Indian history can be viewed as an endless series of invasions followed by periods during which the invaders were assimilated into the vast cultural complex which they encountered. No doubt the process of assimilation was not always calm and peaceful, and often the invaders left a lasting impress upon the life of the sub-continent, but nevertheless they ended by becoming an integral part of the Indian scene and gradually lost touch with their foreign roots. This happened even in the case of the militant Islamic invasions that for centuries kept India in a state of constant turmoil. The Mughals, who represented the acme of Islamic power in India, were thoroughly Indianized. Despite their foreign origins and their cultural links with Iran and the Middle East they had become Indians and never looked upon themselves as outsiders.

With the British it was different. For the first time India fell under the rule of a people who were not only completely alien but whose seat of power was located many thousands of miles away and who showed no inclination to be assimilated into the Indian body-cultural. This peculiar circumstance, dictated as it was by the fact that the source of British power lay in her mastery over the seas, had certain peculiar effects upon the life and thought of India. The British impact on India had many facets, and, despite Britain's withdrawal in 1947, continues to exercise a very important influence even today. In the reaction to this impact may be sought the genesis of the great Indian Renaissance that began in the latter half of the nineteenth century and, at the dawn of the twentieth, led to the first truly modern nationalist upsurge in India. It is an interesting and ironic fact of history that the British impact was itself responsible for the creation of modern national consciousness in India which, in turn, led to the growth of the national movement that finally succeeded in ousting the British from India.

A pre-requisite for the growth of national consciousness in a vast sub-continent like India was a certain degree of unification, not only political but administrative, economic and intellectual. It was to a large extent the British impact that brought these factors into being and thus paved the way for the rise of modern nationalism in India. When the British entered the Indian political scene the country was in one of her periodic phases of turmoil. The grand Mughal Empire had disintegrated, and though several great Mahratta states held sway over large territories the country was by and large balkanized and administrative chaos was a common feature. Through a series of political manoeuvres and military engagements the East India Company was able to establish its dominion over the whole country, and along with this political unification they imposed upon India an administrative system that increased in ability and efficiency until, by the end of the nineteenth century, it became widely accepted as one of the finest the world had ever known. There is no doubt that in many fields of administration, particularly revenue administration, the British merely took over with minor adaptations the system that had flourished under the Mughals. But the fact remained that they built up on an all-India basis a comprehensive executive-cum-judicial framework that was a powerful unifying factor.<sup>1</sup> In the sphere of law, particularly, the changes wrought by the British were nothing short of revolutionary. As Panikkar puts it in his masterly *Survey of Indian History* “The establishment of the great principle of equality of all before law, in a country where under the Hindu doctrines a Brahmin could not be punished on the evidence of Sudras and even punishments varied according to caste, and where according to Muslim law an unbeliever’s testimony could not be accepted against a Muslim, was itself a legal revolution of the first importance.”

The establishment of the great all-India services—the Indian Civil Service, the Indian Police Service, the Indian Audit & Accounts Services—as well as the Provincial services such as the Revenue and Judicial Services, bound together the various units of this vast country in a manner never before attempted, and created the steel-frame within which the administrative unification of India became a reality. It must also be added that the creation by the British of the Indian Army, though recruited and officered by them mainly in their own interests, also proved to be an integrating force. Recruited, as it was from various parts of the country, and organized on a non-political basis, the Indian Army built up a glorious reputation on three continents and provided free India with the basis of a national defence force.

... [During] the.. British rule [however] .. there was wholesale economic exploitation of India which resulted in her rapid impoverishment. We have become used to the idea of India being an economically backward country, but this was not always the case. Indeed for centuries India was fabled throughout the world for her immense wealth... [attracting] unwelcome attention of rapacious invaders. At the time of the Mughal Empire India had a flourishing export trade, and her products—silks, brocade, cotton, salt, sugar and opium, to mention only a few—were eagerly sought after in the markets of the world. Her handicrafts were famous for their exquisite craftsmanship, and her inland trade and commerce were also flourishing. In fact it would be correct to say that in the period just preceding the Industrial Revolution (which, ironically enough, received considerable impetus by the influx into England of vast liquid funds as the result of economic exploitation of India) India was among the most highly advanced countries in the sphere of production, trade and commerce. By the end of the first century of British rule .. the entire Indian sub-continent had been steadily impoverished by one of the most ruthless systems of economic exploitation known to history.

— From *Prophet of Indian Nationalism* by Dr. Karan Singh

*To be contd.*



## The Mother of God

A conscious and eternal Power is here  
Behind unhappiness and mortal birth  
And the error of Thought and blundering trudge of Time.  
The mother of God, his sister and his spouse,  
Daughter of his wisdom, of his strength the mate,  
She has leapt from the Transcendent's secret breast  
To build her rainbow worlds of mind and life.  
Between the superconscient absolute Light  
And the Inconscient's vast unthinking toil,  
In the rolling and routine of Matter's sleep  
And the somnambulist motion of the stars  
She forces on the cold unwilling Void  
Her adventure of life, the passionate dreams of her heart.  
Amid the work of darker Powers she is here  
To heal the evils and mistakes of Space  
And change the tragedy of the ignorant world  
Into a Divine Comedy of joy  
And the laughter and the rapture of God's bliss.  
The Mother of God is mother of our souls;  
We are the partners of his birth in Time,  
Inheritors we share his eternity.

– Sri Aurobindo

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

Editor: Nirankar Agarwal, Ph.D.

Feedback : <[emag@aurobindoonline.in](mailto:emag@aurobindoonline.in)>