

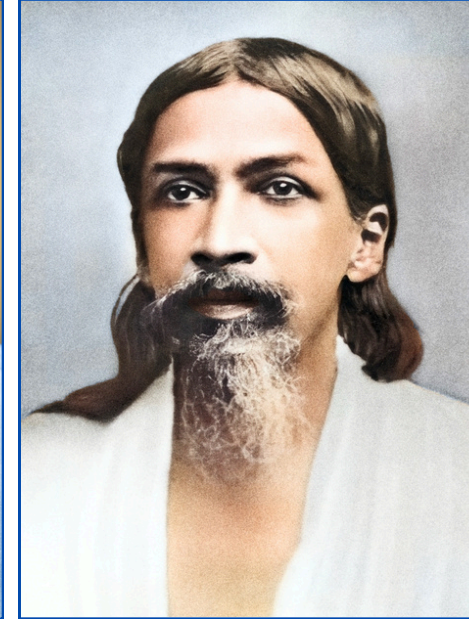


VOL. 14, NO. 8 AUGUST, 2024

www.sriarobindoashram.net

REALIZATION

Newsletter of Sri Aurobindo Ashram (Delhi Branch)



न जायते म्रियते वा कदाचि
न्नायं भूत्वा भविता वा न भूयः।
अजो नित्यः शाश्वतोऽयं पुराणो
न हन्यते हन्यमाने शरीरे॥2.20॥

यह आत्मा कभी भी उत्पन्न नहीं होता और न मरता ही है और न यह कोई ऐसा पदार्थ ही है जो एक बार अस्तित्व धारण करके चले जाने पर फिर कभी भी अस्तित्व न धारण कर सके। यह जन्म-रहित, नित्य, सनातन, पुरातन है, शरीर की हत्या होने पर यह हत नहीं होता ।

Sri Aurobindo's Interpretation

This is not born, nor does it die, nor is it a thing that comes into being once and passing away will never come into being again. It is unborn, ancient, sempiternal; it is not slain with the slaying of the body.

Sri Aurobindo Ashram (Delhi Branch) Trust Society
Sri Aurobindo Marg, New Delhi 110 016
+91-11-2656 7863; www.sriurobindoashram.net

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>

Website: <http://sriurobindoashram.net>

Meditation & Satsang (Venue: Meditation Hall)

Monday – Saturday	7 pm –7:30 pm	Collective Meditation
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Classes by Shri Prashant Khanna (Venue: Room for SAAM – ‘Knowledge’)

Tuesday	11.30 am	Nourishing the Soul
Thursday	11.30 am	Savitri
Friday	11.30 am	Bhagvat Gita

Classes by Dr. Aparna Roy (Venue: Room for SAAM – ‘Knowledge’)

Thursday	5.30 pm-6.30 pm	Living Within
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Sunday Meditation & Discourses 10:00 am– 11:30 am

August 4	<p>Looking Within with Certitude (Based on the Mother's prayer dated 8th April 1914 in Prayers and Meditations)</p> <p style="text-align: center;">Musical offering</p>	<p style="text-align: center;">Dr. Mithu Pal</p> <p style="text-align: center;">Dr. Mithu Pal</p>
August 11	<p>Maanav aur Uskaa Ahankar (Man and His Arrogance)</p> <p style="text-align: center;">Musical offering</p>	<p style="text-align: center;">Dr. Aparna Roy</p> <p style="text-align: center;">Dr. Maitreyee Karak</p>
August 18	<p>Workshop on National Integration Patriotic songs in several languages</p>	-----
August 25	<p>The Difficulties of the Mental Being (Based on Sri Aurobindo's The Synthesis of Yoga; Part 2, Chapter 13)</p> <p style="text-align: center;">Musical offering</p>	<p style="text-align: center;">Dr Mankul Goyal</p> <p style="text-align: center;">Ms. Basudhara Munshi</p>

Upcoming Event

August 13	Shri Surendra Nath Jauhar's Birthday
August 14	Shri D. N. Jhunjunwala's Memorial Programme
August 15	Sri Aurobindo's Birthday

श्रीस्मृति

Sri Smriti

(Memorabilia of the Mother)

OPEN

Mon-Sat: 10 am-12 noon

Darshan Days: 10 am-3 pm

(Sunday Closed)

Special opening for group possible

Contact : 91-11-2656 7863



Ashram Library: (Knowledge)

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

(Monday closed)

Contact : 011 2656 7863

Art for Ashram, 2024 – Exhibitions

Theme	Timing	Venue
‘All Life is Yoga’	10 am–4 pm	Prasad Block, Ground Floor
‘Divine Signature’ (Life of Sri Aurobindo)	10 am–4 pm	Prasad Block, Ground Floor
‘The World Stair’	10 am–4 pm	Prasad Block, Ground Floor

The Mother’s Integral Health Centre Activities

Phone 88005 52685

Speciality Clinics – By Appointment Only

Mon-Sat (6 days)	Allopathy- Integral Health	(10:00 am–12:00 noon)
Mon-Sat (6 days)	Physiotherapy	(10:00 am–12:30 pm)
Wednesday	Dermatology	(03:00 pm– 04:00 pm)
Thursday	Ophthalmology	(11:00 am–12:00 noon)
Friday	Psychiatry	(01:00 pm–03:00 pm)
Tuesday	Gynaecology	(10:30 am–11:30 am)
Wednesday	Surgery	(10:00 am–12:00 noon)
Saturday	Medicine, and Geriatrics	(09:30 am–10:30 am)
Mon, Wed, Fri	Homoeopathy (Online only; call 88005 52685)	(11:00 am–01:00 pm)
Tue, Sat	Ayurveda Consultation	(11:00 am–01:00 pm)
Mon-Sat(6 days)	Ayurveda Treatment	(10:00 am–4:00 pm)
Wed, Sat	Accupressure	(10:30 am–01:00 pm)

Upcoming Event Details

Shri Surendra Nath Jauhar's 121st Birthday Tuesday, 13th August, 2024

Time	Event	Venue
6 am	Shramdan	Shrine Area
7 am	Invocation by Srila Didi	Meditation Hall
8.30 am	Havan and Flower Offering at Rev. Chachaji's Samadhi	Faquir Sthal
10 am to 3.30 pm	Sri Smriti	near Shrine Area
10 am to 4.30 pm	Exhibitions: 1. "All life is Yoga" 2. "The Life of Sri Aurobindo"	Prasad Block Ground Floor First Floor
1.30 pm to 3 pm	A film on Shri Surendra Nath Jauhar	Hall of Joy
6:45 pm to 7:45 pm	Musical offering by Hemant, Anjan, Linthoi, Mithu Pal and Srila Didi; Reading by Tara Didi; Lights of Aspiration	Meditation Hall

Wednesday, 14th August 2024

Shri D.N. Jhunjhunwala's Memorial Programme

We invite you all to a Dance Recital

by Ms. Anjali Bagal and troupe

based on

Bhavani Bharati

by Sri Aurobindo

14th August, 2024 | 3 pm to 4 pm

**Sri Aurobindo Ashram, Delhi Branch, Venue: Hall of Grace, Entry by Gate No.3
Attendees are welcome to stay back after the event for Tea & light refreshment;
Special Meditation at 7 pm in the Meditation Hall**

ALL ARE WELCOME

**Sri Aurobindo's 152nd Birthday
Thursday, 15th August, 2024**

Time	Event	Venue
5.30 am	Prabhat Pheri	Shrine Area
6.30 am	Shramdan	Shrine Area
7.00 am	Invocation by Srila Didi	Meditation Hall
9.30 am to 11.30 am	Musical offering by Hemant and Anjan with their group. 'Shiva-stuti' by Dr. Karan Singh. A talk on 'Sri Aurobindo's vision on National Unity and Integration' by Shri Bharat Gupt	Meditation Hall
10 am to 3 pm	Sri Smriti	Near Shrine Area
10 am to 4.30 pm	Exhibitions: 1. "All life is Yoga" 2. "The Life of Sri Aurobindo"	Prasad Block Ground Floor First Floor
2 pm to 3:15 pm	Musical Offering by the students of Matri Kala Mandir	Meditation Hall
3:30 pm to 4:30 pm	Programme by Ashram Youth	Hall of Grace
6:15 pm	March Past & Lights of Aspiration	Shrine Area
6:45 pm to 7:45 pm	Musical Offering by Hemant and Anjan with group; Reading by Tara Didi	Meditation Hall

ACTIVITIES DURING 25TH JUNE TO 25TH JULY

Prayer meeting for DR. Nirankar S. Agarwal June 29, 2024



Musical offering by Kechla students



जातस्य हि ध्रुवो मृत्युर्ध्रुवं जन्म मृतस्य च ।
तस्मादपरिहार्येऽर्थे न त्वं शोचितुमर्हसि ॥ 27॥
*jātasya hi dhruvo mṛtyur dhruvaṃ janma mṛtasya cha
tasmād aparihārye 'rthe na tvaṃ śhochitum arhasi*

BG 2.27: Death is certain for one who has been born, and rebirth is inevitable for one who has died. Therefore, you should not lament over the inevitable.

-Bhagavad Gita: Chapter 2, Verse 27



On Remembrance by Shri Pranjal Jauhar



Praying for the Peace of the departed
soul



Musical Offering by Dr. Katoch
& Mukta Katoch



GREEN DAY CELEBRATION ON TARADI'S BIRTHDAY

5TH JULY, 2024



Plantation led by Tara Didi



The 88th birthday of our dearest Taradidi was celebrated modestly, complying with her wishes, as a 'Green Day' at SAA - Delhi Branch. The enthusiastic Ashram community decorated the Ashram premises with beautiful articles made from recycled paper and reused material. The birthday cards and display boards were also aesthetically done with recycled paper. It was a befitting tribute to Taradidi and reflected the ethos that she had inculcated in each and every member of the Delhi Ashram - an ethos to make the Ashram truly a 'green' space.

Many well wishers and admirers of Tara didi joined in the celebrations.

In the evening, the Ashram choir made an offering of devotional music which was interspersed with readings from the Mother's 'Prayers and Meditations' and Sri Aurobindo's 'Savitri' by Taradidi.



Birthday greetings & decorative boards made with reusable items



Dear Tara Didi
In the realms of quiet grace
you radiate like a golden ray

Your aura magnified by
The Mother's embrace
You have guided many and taken
them under your kind refuge

An ocean of knowledge, your life is
a beacon of inspiration
In your presence, spirits rise
Giving people a montage of a
meaningful life

A True child of The Mother
May her Grace always shine upon you

We wish you a very happy birthday
and an amazing year ahead.....

With love
The MIS Family
5.07.2024



Bird house gifted by Vocational Trainees from the Carpentry Department



Garments gifted by Vocational Trainees from the Tailoring Department



Birthday Wishes from different NGOs



Birthday greetings from different groups



Plantation by MIS students with Tara Didi



Plant gifted by The Mother's International School



Tara Didi with MIS students & teachers



Plantation at Mirambika led by Tara didi & Jayanthi Didi



Plantation with ashramites, volunteers & devotees



Plantation by visitors



Glimpses Of The Birthday



Tara didi with Anju Didi



Tara Didi with guests



Cake cutting ceremony



Wishes by students & teachers of MIS



Musical offerings



Reading by Tara Didi



Evening Meditation

Birth Anniversary Of Shri Surendranath Jauhar



Shri Surendranath Jauhar with Divine Mother



Surendranath Jauhar
the 13th of August
is your birth day.
Blessings J. —

Shri Surendra Nath Jauhar was a patriot and karmayogi who founded the Sri Aurobindo Ashram Delhi Branch and The Mother's International School under the direct supervision of The Mother. He was popularly known, loved and revered as "Chachaji". He was a visionary and a hero-warrior treading the high and difficult path all his life. He was influenced by the teachings of several saints and sages and had imbibed the essence of Indian culture. He had a huge store of experiences. He freely shared all his experiences in form of stories to all his friends. Tales told by him were interesting and often carried a ring of higher truth. He inspired countless people through his unique storytelling art, guiding and leading them towards higher life values – moral and spiritual. List of books are given below where one can experience humour and wisdom in a lighter note.

It is a conversation of Sri Surendranath Jauhar with the Mother

SNJ: “But where to get strength?”

Mother: Within you! The Divine Presence is in you. It is in you. You look for it outside. Look inside. It is in you. The presence is there.

You want the appreciation of the others to get strength, you will never get it. The strength is in you. If you want you can aspire for what seems to you, the Supreme goal, Supreme light, Supreme knowledge, Supreme love. But it is in you, otherwise you would never be able to contact it.....

If you surrender completely, it is no more your concern. It's the concern of the Supreme who takes it up and knows better than anybody else what is to be done.....

A New Birth

An interview of the Mother with Surendra Nath Jauhar,

11th May, 1967

SABDA

Sri Aurobindo Ashram Delhi Branch

The Marvellously Inspiring Life of Sri Aurobindo

PRISON and FREEDOM

Men as we are, we are mostly creatures of circumstance, confined to the sensations of the outer world. Our mental activities depend upon such external sensations, even our reason is unable to go beyond the limits of the material; and the joys and sorrows of life are but echoes of outward events. This slavery is due to the domination of the body. In the Upanishad it has been said, " The Self born has set the doors of the body outwards, therefore the soul of a man gazes outward and not at the self within; hardly a wise man here and there, desiring immortality, turns his gaze inward and sees the Self within him."

- SRI AUROBINDO

TALES OF PRISON LIFE

SRI AUROBINDO ASHRAM PONDICHERRY

India's Independence

"In your Scheme of things do you definitely see a free India ?
You have stated that the spreading of Spirituality in the world India must be free. I suppose you must be working for it! You are the only one who can do something really effective by the use of your spiritual force, that is all settled. It is a question of working out only."

September 16, 1935

Letters On Himself and the Ashram (volume 35)

Selections from the Complete Works of Sri Aurobindo (II)

Edited by Chandra Prakash Khetan

Sri Aurobindo Ashram Trust, 2022

India's Freedom Foreseen By the Mother



“I do not remember exactly when it happened; it must have been some time in the year 1920 probably (perhaps earlier, perhaps in 1914-1915, but I don't think so, it was some time in the year 1920). One day - every day I used to meditate with Sri Aurobindo: he used to sit on one side of a table and I on the other, on the veranda - and one day in this way, in meditation, I entered, I went up very high, entered very deep of came out of myself, I reached a place or state of consciousness from which I told Sri Aurobindo just casually and quietly simply: “India is free ?” It was 1920. Then he put me a question : “How?” And I answered him: without a battle, without a revolution. It was done. And It happened in 1947. That is to say, from the external physical point of view I saw it twenty-seven years in advance. But It had been done.”

Selections from the Collected Works of Mother

edited by Chandra Prakash Khetan

VOLUME 5

QUESTIONS AND ANSWERS 1953

2.1 India's Freedom Foreseen by the Mother

Sri Aurobindo Ashram Trust, 2022

SUNDAY SATSANGS JULY 2024

Sunday Satsangs in July were enriching experiences for all. The speakers, inspired by the philosophy of Sri Aurobindo and the Mother, gave us valuable guidance on how to live life in a more meaningful way.

Dr. Aparna Roy spoke about fear and stressed on how fear is the greatest obstacle to our spiritual growth. Quoting extensively from Sri Aurobindo and the Mother she discussed how fear could be overcome.

Continuing with his talks on Sri Aurobindo's 'Synthesis of Yoga', Dr. Mankul Goyal discussed the chapter on the 'Modes of Self' which helps one to understand the importance of withdrawing from the chaos of the outside world and connecting with the 'immutable peace' within to experience the bliss of the soul.

Quoting from Sri Aurobindo's Uttarpara speech, Acharya Navneet ji urged us to practice the 'open eye' meditation that would help us to see 'Narayana', the Divine Purusha in all our fellow beings. Living in this awareness will certainly liberate us from pain and suffering.

The talk of Dr. Monica Gulati explored the heart break, not getting what we like, and through our own pain letting the shattering, the breaking happen, so that we can liberate our true heart from the clutches of the desire soul. She highlighted how to make the best use of our pain to connect to the collective pain and awakening our true heart through it.



**Fear- an obstacle on the Path of Yoga;
Speaker- Dr. Aparna Roy on 7/7/2024**



**Musical Offering- by Dr. Maitreyee Karak
on 7/7/2024**



**The Realisation of Sachchidananda;
Speaker - Dr. Mankul Goyal on 14/7/2024**



**Vision of PURUSHA; Speaker- Acharya Navneet
on 27/7/2024**



**Letting the heart break open;
Speaker- Dr. Monica Gulati on 27/7/2024**



**Musical Offering- by Dr. Mithu Pal
on 14/7/2024**



**Musical Offering-by Ms. Basudhara Munshi on
27/7/2024**



**Musical Offering-by Aditya & Richa
on 27/7/2024**

ॐ सोहम - "I am He" or "I am That."

