



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. 3

March 2023

An e-magazine of Sri Aurobindo Ashram-Delhi Branch

यो ब्रह्माणं विदधाति पूर्वं यो वै वेदांश्च प्रहिणोति तस्मै ।
तं ह देवमात्मबुद्धिप्रकाशं मुमुक्षुर्वै शरणमहं प्रपद्ये ॥१८॥

He ordained Brahma the Creator from of old and sent forth unto him the Veda, I will hasten unto God who standeth self-revealed in the Spirit & in the Understanding. I will take refuge in the Lord for my salvation.

- Svetasvatara Upanishad 6-18

Sri Aurobindo Ashram-Delhi Branch

Sri Aurobindo Marg, New Delhi 110 016

011-2656 7863; www.sriurobindoashram.net

Ongoing & Forthcoming Events

March 2023

Meditation & Satsang venue : Meditation Hall

Monday – Saturday

7 –7:30 pm

Collective Meditation

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

Mar 05	To Crystallise (Based on Mother's <i>Prayers and Meditations</i> , prayer of 20 March 1914) Musical offering	Dr. Mithu Pal Dr. Mithu Pal
Mar 12	<i>Jeevan ka Lakshya aur uske Marg ki Kathinaiyan</i> Musical Offering	Dr. Aparna Roy Dr. Mithu Pal
Mar 19	The Supreme Will (Based on Sri Aurobindo's <i>The Synthesis of Yoga : Part 1, Ch 8</i>) Musical offering	Dr. Mankul Goyal Ms. Sowmya Narayanan
Mar 26	In Constant Communion (Based on Mother's <i>Prayers and Meditations</i> , prayer of 21 March 1914) Musical offering	Dr. Mithu Pal Dr. Mithu Pal

CLASSES by Shri Prashant Khanna

Fridays: 03,10,17,24	11:30 am–12:30 pm	Ashram Library	Bhagvad Gita
Sundays: 05,12,19,26	5:30–6:30 pm	Ashram Library	Bhagvad Gita
Saturdays: 04,11,18,25	11:00 am–12 noon	ONLINE	Savitri

Online contact Sri Satya Prakash (+91 88007 61046)

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

04 March	Simple hacks for mental well-being	Ms. Richa Sharma
11 March	Finding Your Passion	Mr. Pankaj Lal
18 March	To be announced	
25 March	To be announced	

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

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

Theme	Timing	Venue
'All Life is Yoga'	10 am–12 noon & 2–4 pm	Prasad Block, Ground Floor
'Divine Signature'	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	:	https://youtube.com/sriurobindoashramdelhibranch
Facebook	:	http://facebook.com/sriurobindoashramdelhibranch
Instagram	:	https://www.instagram.com/sriurobindoashramdelhibranch
Twitter	:	https://twitter.com/saadelhibranch
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	(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	11 am–12 noon	Yogasana class	Ms. Vidya Mundhra
Mon/Wed/Fri	10 am–12 noon	Individual sessions	Shri Deepak Jhamb

EYE EXERCISE CAMP

March 23-25 (Thu, Fri, Sat), 2023

Timing : 10 am – 12 noon

Contact : 88005 52685 (Health Centre); <tmihc2000@gmail.com>

Important Days in the Ashram

29 March 109th Anniversary of Sri Aurobindo and Mother's first meeting

BASIC REQUISITES OF THE PATH

THE goal of yoga is always hard to reach, but this one is more difficult than any other, and it is only for those who have the call, the capacity, the willingness to face everything and every risk, even the risk of failure, and the will to progress towards an entire selflessness, desirelessness and surrender.

*

This yoga implies not only the realisation of God, but an entire consecration and change of the inner and outer life till it is fit to manifest a divine consciousness and become part of a divine work. This means an inner discipline far more exacting and difficult than mere ethical and physical austerities. One must not enter on this path, far vaster and more arduous than most ways of yoga, unless one is sure of the psychic call and of one's readiness to go through to the end.

*

By readiness, I did not mean capacity but willingness. If there is the will within to face all difficulties and go through, no matter how long it takes, then the path can be taken.

*

A mere restless dissatisfaction with the ordinary life is not a sufficient preparation for this yoga. A positive inner call, a strong will and a great steadiness are necessary for success in the spiritual life.

*

Mental theories are of no fundamental importance, for the mind forms or accepts the theories that support the turn of the being. What is important is that turn and the call within you.

The knowledge that there is a Supreme Existence, Consciousness and Bliss which is not merely a negative Nirvana or a static and featureless Absolute, but dynamic, the perception that this Divine Consciousness can be realised not only beyond but here, and the consequent acceptance of a divine life as the aim of yoga, do not belong to the mind. It is not a question of mental theory – even though mentally this outlook can be as well supported as any other, if not better, – but of experience and, before the experience comes, of the soul's faith bringing with it the mind's and the life's adhesion. One who is in contact with the higher Light and has the experience can follow this way, however difficult it may be for the lower members to follow; one who is touched by it, without having the experience, but having the call, the conviction, the compulsion of the soul's adherence, can also follow it.

*

An idealistic notion or religious belief or emotion is something quite different from getting spiritual light. An idealistic notion might turn you towards getting spiritual light, but it is not the light itself. It is true however that “the spirit bloweth where it listeth” and that we can get an emotional impulse or touch or mental realisation of spiritual things from almost any circumstance, as Bilwamangal got it from the words of his courtesan mistress. Obviously, it happens because something is ready somewhere, – if you like, the psychic being waiting for its chance and taking some opportunity in mind, vital or heart to knock open a window somewhere.

*

Mere idealism can only have an effect if one has a strong will in the mind capable of forcing the vital to follow.

*

The push to drown oneself in the Divine is very rare. It is usually a mental idea, a vital urge or some quite inadequate reason that starts the thing – or else no reason at all. The only reality is the occult psychic push behind of which the surface consciousness is not aware or else hardly aware.

– Sri Aurobindo

Activities during January 16 – February 15, 2023

VISIT BY COLLEGE STUDENTS, 18 JANUARY 2023

A group of 50 students from Shaheed Sukhdev College of Business Studies, accompanied by their teacher, Dr. Sonika Thakral, visited the Ashram on the afternoon of 18 January 2023. They were given a conducted tour of the Ashram including Sri Smriti. The group had an illustrated interactive session on the life-affirming philosophy of Sri Aurobindo and The Mother and the role it can play in making the living happier, healthier and meaningful; and had a lecture-demonstration on the physical practices of yoga. The visit concluded with tea in the Ashram Dining Hall.



ANIL JI'S BIRTHDAY, 20 JANUARY 2023

The ninety-third Birthday of late Shri Anil Kumar Jauhar, erstwhile Chairperson of Delhi Ashram and Sri Aurobindo Education Society, was observed



with memorial inter-school matches (football for the boys; basket ball for the girls) organised by The Mother's International School. In the Meditation Hall during the evening meditation, Shri Neelranjan Mukherjee gave a guitar recital, and Tara

Didi read several passages from relevant sources.

VISIT BY MANZIL EDUCATORS TO MIRAMBIKA

A group of 18 educators from Manzil (NGO working with the underprivileged in NCR) visited the Mirambika Free Progress School on the 23rd of January 2023, to observe functioning of the school in session. The principal of Mirambika welcomed the group and briefly introduced the school's history, ethos and schedule. The visitors observed Nursery to Humility (7th Grade) from 9.30 to 10.30am. Thereafter, Dr. Ramesh Bijlani conducted a



session on “Introduction to Integral Education”. Post lunch, after having a meeting with the principal and a volunteer, the eager educators returned to an interactive Q&A session with children of Humility (7th grade) and Equality (6th grade). Visitors also learned about Ashram activities and were encouraged to work with our institutions in suitably relevant areas including Vocational Training and Integral Education.



VISIT BY STUDENTS FROM AN NGO, 24 JANUARY 2023

Six students, age around fifteen, from underprivileged sections of the society and presently under the care of Shubhakshika Education Society, visited the Ashram, accompanied by the NGO’s Founder Ms. Usha Bhatnaga and volunteer Dr. Sonika Thakral. Primary objective of the visit was to familiarise them with the Vocational Training program of the Ashram as a viable option in the near future. In the forenoon, they were taken on a conducted tour of the Ashram, given an introduction to the Vocational Training program, and were provided with an onsite visit of the various departments where the current batch of VT’s were under training. In the afternoon, an interactive session about the program was held which provided answers to multiple queries posed by the students. The session was interspersed with narration of educational stories and group songs. One of the boys got so enthused by the program details that he sought for special consideration so that he could join the program before reaching the age of eighteen stipulated by the Ashram.



WORKSHOP ON SPORTS, YOGA AND PHYSICAL FITNESS, 25-31 JAN 2023

Sri Aurobindo Ashram – Delhi Branch conducted this 7-day workshop for teachers of 20 rural schools from underprivileged regions of the country. Of the 42 participants, 2 were from Jharkhand, 2 from Chhatisgarh, 23 from West Bengal, 11 from Odisha and 4 from Uttarakhand. Ms. Tara Jauhar, Chairperson of Sri Aurobindo Ashram-Delhi Branch inaugurated the workshop by lighting a lamp at the lotus feet of the Mother and Sri Aurobindo. Emphasis of the workshop was on developing discipline, punctuality and responsibility through various activities. Discussions on aspects of Integral Education, First-Aid, Healthy



Diet and Emotional Healing widened their mental horizon and deepened understanding of the practical aspects of life. Storytelling sessions invoked values of sympathy, generosity and goodwill. Sessions on theatre in education helped participants to shed their hesitations, fear and low confidence. Yoga and healing sessions helped them express their emotions freely and encouraged them to overcome tension and anxiety. Reflections and meditations helped the group to calm down and develop awareness of the body. All teachers participated enthusiastically in *shramdaan*. Much time was devoted to the practice of physical demonstration of which aerobics, pyramids, creative Yoga and army training drills formed an integral part. Sightseeing of tourist spots viz. Qutub Minar, Lotus Temple, India Gate, Lal Quila and Akshar Dham, was also a part of the workshop. The workshop concluded with physical demonstration and distribution of sports kit and certificate to each participating teacher.



REPUBLIC DAY AND KARUNA DIDI'S PUNYATITHI, 26 JANUARY 2023

On Republic Day, 26 January, which also happens to be Karuna Didi's Punyatithi, who left her body on this day in 2017, the Ashram community saw the Republic Day parade on the TV in the morning. In the evening, there was a musical offering by Shri Kshitij Mathur, who was accompanied



by Shri Chetan Nigam on the harmonium, and Shri Shambhunath Chatterjee on the Tabla. There was



also a reading of Sri Aurobindo's commentary on the Isha Upanishad by Tara Didi, with special emphasis on '*tenatyaktenabhunjithaa*' (Renounce and enjoy), the ancient Indian ideal, exemplified by King Janaka.

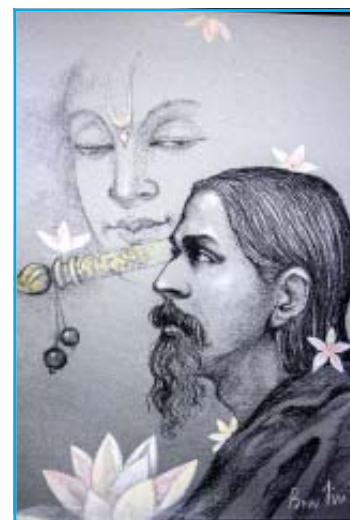
ASHRAM FOUNDATION DAY, 12 FEBRUARY 2023

On the sixty-seventh Foundation Day of Sri Aurobindo Ashram-Delhi Branch, the day began with an invocation for divine Presence by Srila Basu in the Meditation Hall. Later during Sunday Satsang, Dr. Aparna Roy gave a talk titled '*AlaukikSansthapak* (Founder Celestial)' Citing the specific example of Shri Surendra Nath Jauhar, popularly called Chacha-ji, the speaker deduced from

stories and anecdotes how the Mother created Sri Aurobindo Ashram –Delhi Branch, and how She subtly dealt with the problems and difficulties especially of the hostile forces from the vital plane. The talk was accompanied by a musical offering by Dr.Mithu Pal during which she sang a song on the Mother’s Signature for which the lyrics had been written by Dr. Alok Pandey; also an ode to Chachaji, which Dr. Pal was inspired to create one day while spending time at Chacha-ji’s Samadhi; and lastly Chacha-ji’s favourite, ‘*maganrahna*’ (remain totally absorbed, oblivious of what is going on around you).Dr. Aparna Roy’s talk has been uploaded on the Ashram’s YouTube channel. The link is:

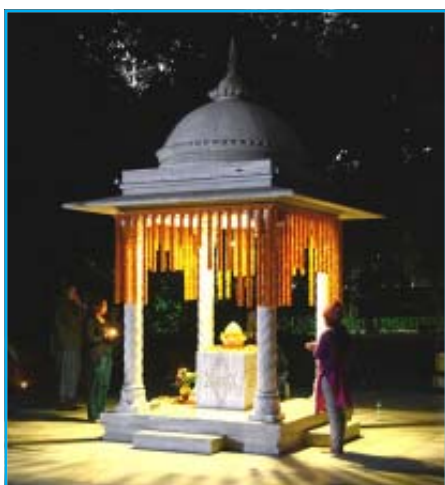


<https://www.youtube.com/watch?v=TBunUdp6C3I>



Later in the forenoon, an art exhibition on the theme ‘All Life is Yoga’ was inaugurated by Ms. Rita Jhunjhunwala, herself an artist. The inauguration ceremony was anchored by Dr.Prabhjot Kulkarni, retired principal of University of Delhi’s M.V. College of Education. Dr. Kulkarni and Shri Naval Singh, jointly dedicated a lot of time and effort to put the exhibition together. An exclusive section in the exhibition has paintings by the noted artist, Ms. Aditi Singhal. Many others have also contributed some of their best works to the exhibition, which will remain open till 24 April 2023 from 10 am - 12 noon and 2 pm - 4 pm. A video on the exhibition has been uploaded on the Ashram’s YouTube channel. The link is: <https://www.youtube.com/watch?v=fKI4trvSwU4>

The tradition of taking group pictures of the Ashram Community on the



Foundation Day (please see page 10) was followed in the afternoon. In the evening, the Ashram community lit



lamps of aspiration at and around the Shrine. Subsequently, a musical offering was made by Ms. Veena Sawale, and Tara Didi read passages relevant to the founding of the Ashram in the Meditation Hall.

NEW YOUTUBE POSTINGS : 16 January – 15 February 2023

Title	Link
Thou Art Everywhere A talk based on a Prayer by the Mother	https://youtu.be/iYhCJXNsefo
Thy Presence A meditative talk and guided meditation	https://youtu.be/1qAC1XBFy_A
Musical Offering on 20 January 2023 – Birthday of Shri Anil Jauhar	https://youtu.be/YSWnRbtyZnk
<i>Chetnaa Kaa Utkarsh</i> A talk in Hindi by Dr. Aparna Roy	https://youtu.be/CdfJP5cZK6Y
Musical Offering on 26 January 2023 – Karuna Didi's 6th <i>Punyatithi</i>	https://youtu.be/9Tashj4VYmQ
Discovering the Psychic Being A talk based on 'The Synthesis of Yoga' by Dr. Mankul Goyal	https://youtu.be/7cOKt5TVj1Q
The Very Best Always Happens A talk based on the Mother's 'Prayers & Meditations' by Dr. Mithu Pal	https://youtu.be/wSugx_fe-BE

Ashram Community on 12 February 2023



Ashram Community



Ashramites



**Aspirants
with mentors**



**Teacher Trainees
with mentors**



Vocational Trainees with mentors

THE MARVELLOUSLY INSPIRING LIFE OF SRI AUROBINDO

[Excerpted from published material]

THE BRITISH IMPACT (2)

...[Though] the British economic impact on India was nothing short of disastrous. ..[it turned out that] the ultimate effect was to strengthen the unity of India... The outstanding feature of the rural scene in India ever since earliest recorded history had been village self-sufficiency...Despite the immense human suffering involved, it is clear that the system of atomized village communities was outmoded and had to go if India was to become a modern, unified State. By breaking down this self-sufficiency and for the first time creating what might be called a national economy, the British made an important contribution towards laying the foundations for the growth of true national consciousness in India... In order to facilitate the export from India of raw material to Britain, as well as the distribution in India of British goods, a vast communications system was set up including both roads and railways...[This] opening up of the interior and the linking up of various parts of the country... had a similar effect. Thus out of evil good arose, and the very destruction and exploitation of the Indian economy by the British helped ultimately in bringing about the birth of modern Indian nationalism...

Another equally important, and perhaps even more pervasive, aspect was the intellectual impact. The main vehicle through which this developed was the introduction of the English language into Indian education.

It has been rightly remarked that ‘no single act of British policy has had a more lasting influence on the evolution of modern Indian thought than the decision in 1835 to use Governmental funds to support education in the English language and to adopt the curriculum prevalent in English schools. ‘This had a profound effect upon the future development of Indian politics and in fact on almost all facets of Indian life, as it greatly accelerated the diffusion among the Indian intelligentsia of Western ideas and modes of thought. Falling as it did upon the fertile and profound Indian mind, it acted as a catalytic agent that caused an immense upsurge of creative thought and activity.’

In her periods of greatest glory India was always receptive to fresh ideas and impulses... Such creative periods, however, were often followed by a reaction, a narrowing down of the great universal vision, an obscurantist and puerile phase. Thus at one time we find Indian monks and missionaries, traders and princes, going on missions of peace across the oceans carrying with them to all the lands of Asia the great culture and civilization of India; while at another we find the spirit so narrowed that a trip abroad was believed to make the traveller impure and necessitated elaborate purifactory rites on his return before he could be accepted back into society! At the time of the British impact India was in one of the latter phases. The true glory of Hinduism—with its sublime philosophical doctrines—was sicklied over with narrow caste and social restrictions, absurd superstitions and taboos. What was needed was a gust of fresh air from outside which would clear away the cobwebs and reveal the handsome structure beneath. The advent of English education fulfilled this important task. Although doubtless geared mainly towards producing a class of ‘*babus*’ who would act as intermediaries between the British and their Indian subjects, it at the same time brought to the best Indian minds new ideas and concepts, a new intellectual awakening that sparked off the great Indian revival.

It is also important to stress here that English education by no means caused Indians to forego their ancient cultural heritage. Although... some people did react in annihilistic sort of fashion, by and large it led to a better appreciation by Indians of their past glories and attainments. The great Orientalists, such as Sir William Jones who, along with Colebrooke, established the Bengal Asiatic Society in 1783 and whose translation of Kalidasa's classic *Shakuntala* was a landmark in the rise of European interest in Indian culture, have earned from all Indians a lasting debt of gratitude for their pioneering work in the field of re-discovering India's great intellectual heritage. As one historian aptly puts it :

'...Orientalists' ... high evaluation of India's classical heritage helped eventually to foster in English educated Indians a pride in their own past which was of cardinal importance in the nineteenth century renaissance of Hinduism and the rise of Hindu nationalism.'

...The work of such men as James Princep, who in 1834 discovered the clue to the Ashokan inscriptions; Alexander Cunningham and Fergusson who did pioneering work in the study of Indian architecture and archaeology; Dr. Hultz who, as epigraphist to the Government of India, rendered valuable service in the deciphering of ancient Indian scripts; and later men like Monier Williams and the great German savant Max Muller—all combined to bring to light the long and distinguished history of India and her great achievements in numerous realms of human activity. This along with a knowledge of the English language, caused an immense intellectual ferment in India, and led to a rebirth among Indian intellectuals of pride in their national heritage... this was an extremely important element in the growth of Indian nationalism that began at the end of the nineteenth century and swept to a triumphant conclusion before the middle of the twentieth.

Finally, the introduction of English education created a new educated elite cutting across caste and provincial barriers. This new English-educated class, imbued with Western ideas of democracy and freedom, provided one of the most important unifying elements in the Indian body politic and, to an amazing extent, supplied the leadership in the nationalist movement that swept the country. Thus, as one Western commentator puts it :

'... the English education which provided so many willing collaborators for the British in India eventually proved the undoing of their empire'

It should also be noted that, as [historian] Panikkar remarks, English was "in fact the language of Hindu reformation and without it... any movement would have been regional and the unity of India would have been further broken up." It is significant that some of the greatest figures in the Hindu reformation, such as Vivekananda, Sri Aurobindo, Gandhiji and Radhakrishnan, wrote largely—if not exclusively—in English.

Thus, by and large, the British impact in India was highly conducive to the growth of Indian unity and the subsequent birth of modern Indian nationalism. There is no doubt that the loss by any country of its freedom is always a disaster, nor can one deny the fact of cruel economic exploitation by the conquerors. But the political, administrative, economic and intellectual unification of India that flowed from the British impact were an essential pre-requisite to the rise of Indian nationalism.

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

To be contd.

... How shall I seek rest in endless peace
Who house the mighty Mother's violent force,
Her vision turned to read the enigmaed world,
Her will tempered in the blaze of Wisdom's sun
And the flaming silence of her heart of love?
The world is a spiritual paradox
Invented by a need in the Unseen,
A poor translation to the creature's sense
Of That which for ever exceeds idea and speech,
A symbol of what can never be symbolised,
A language mispronounced, misspelt, yet true.
Its powers have come from the eternal heights
And plunged into the inconscient dim Abyss
And risen from it to do their marvellous work.
The soul is a figure of the Unmanifest,
The mind labours to think the Unthinkable,
The life to call the Immortal into birth,
The body to enshrine the Illimitable.
The world is not cut off from Truth and God...
My mind is a torch lit from the eternal sun,
My life a breath drawn by the immortal Guest,
My mortal body is the Eternal's house.

–From *Savitri* by Sri Aurobindo

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