



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. 4

April 2023

An e-magazine of Sri Aurobindo Ashram-Delhi Branch

नैव स्त्री न पुमानेष न चैवायं नपुंसकः ।
यद्यच्छरीरमादत्ते तेन तेन स रक्ष्यते ॥१०॥

Not woman is He, nor man either, nor yet sexless; but what-
soever body He take, that confineth & preserveth Him.

- Svetasvatara Upanishad 5-10

Sri Aurobindo Ashram-Delhi Branch

Sri Aurobindo Marg, New Delhi 110 016

011-2656 7863; www.sriurobindoashram.net

Ongoing & Forthcoming Events

April 2023

Meditation & Satsang venue : Meditation Hall

Monday – Saturday

7 –7:30 pm

Collective Meditation

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

Apr 02	In Constant Communion (Based on Mother's <i>Prayers and Meditations</i> , prayer of 21 March 1914) Musical offering	Dr. Mithu Pal
Apr 09	What is a Genuine Prayer? (Based on Mother's <i>Prayers and Meditations</i> , prayer of 22 March 1914) Musical Offering	Dr. Mithu Pal Dr. Mithu Pal
Apr 16	Equality and the Annihilation of Ego (Based on Sri Aurobindo's <i>The Synthesis of Yoga</i> : Part 1, Ch 9) Musical offering	Dr. Mithu Pal Dr. Mankul Goyal
Apr 23	Savitri in Sri Aurobindo's <i>Savitri</i> Musical offering	Aditya & Arunima Dr. Ramesh Bijlani
Apr 30	Making Passion and Purpose Coincide with Occupation (Based on the Mother's <i>Words of Long Ago</i>) Musical offering	Dr. Mithu Pal Dr. Srividya Dr. Monidipa Ghosh

CLASSES by Shri Prashant Khanna

Fridays: 07,14,21,28	11:30 am–12:30 pm	Ashram Library	Bhagvad Gita
Sundays: 02,09,16,23,30	5:30–6:30 pm	Ashram Library	Bhagvad Gita
Saturdays: 01,08,15,22,29	11:00 am–12 noon	ONLINE	Savitri

Online contact Sri Satya Prakash (+91 88007 61046)

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

01 April	Clutter Control	Ms. Richa Sharma
08 April	Mandalas	Ms. Nittika Mehra
15 April	To be announced	
22 April	To be announced	
29 April	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

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

Ashram Library (Knowledge)

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

Sri Aurobindo Ashram–Delhi Branch'S SOCIAL MEDIA LINKS

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

The Mother's Integral Health Centre Activities

Phone 88005 52685, <tmihc2000@gmail.com>

Speciality Clinics – By Appointment Only

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

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

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

June 2–8 Retreat totally booked ! Hence this additional Retreat. BOOK EARLY

ADVANCE

Vedanta & Ayurveda Residential Retreat

NOTICE

At Delhi Ashram's Himalayan Centre 'Madhuban' in Kumaon **May 26–June 1, 2023**
Activities : *Prabhat Pheri*/Morning Chantings; Yoga sessions; Basics of Living; Work-life balance, holistic health, harmony & happiness; Ayurvedic Nutrition and Traditional Food; 2 Sessions of Panchakarma; Traditional Games; Meditation; Nature walks; Cultural Evening; *Havana*;... and a beautiful place to stay!

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

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

Important Days in the Ashram 2023

4 April Anniversary of Sri Aurobindo's advent in Pondicherry

4 April Anniversary of *Tapasya Bhavan's* Inauguration Day

23 April Foundation Day Anniversary of The Mother's International School

24 April 103rd Anniversary of Mother's final arrival in Pondicherry–*Darshan* Day



दर्शन (*Darshan*)

There are two complementary aspects of the liberating action of the Divine Grace upon earth among men. These two aspects are equally indispensable, but are not equally appreciated.

The sovereign immutable peace that liberates from anxiety, tension and suffering.

The dynamic all-powerful progress that liberates from fetters, bondages and inertia. The peace is universally appreciated and recognised as divine, but the progress is welcomed only by those whose aspiration is intense and courageous.

– The Mother, 24 April 1958

Program details will be available on <www.sriarobindoashram.net>

BASIC REQUISITES FOR SADHANA

All can do some kind of yoga according to their nature, if they have the will to it. But there are few of whom it can be said that they have capacity for this yoga. Only some can develop a capacity, others cannot.

*

Nobody is fit for the sadhana - i.e. nobody can do it by his own sole capacity. It is a question of preparing oneself to bring in fully the Force not one's own that can do it with one's consent and aspiration.

*

It is difficult to say that any particular quality makes one fit or the lack of it unfit. One may have strong sex-impulses, doubts, revolts and yet succeed in the end, while another may fail. If one has a fundamental sincerity, a will to go through in spite of all things and readiness to be candid, that is the best security in the sadhana.

*

It goes without saying that the qualities you speak of are helpful in the approach to the spiritual path, while the defects you enumerate are each a serious stumbling-block in the way. Sincerity especially is indispensable to the spiritual endeavour, and crookedness a constant obstacle. The sattwic nature has always been held to be the most apt and ready for the spiritual life, while the rajasic nature is encumbered by its desires and passions. At the same time, spirituality is something above the dualities, and what is most needed for it is a true upward aspiration. This may come to the rajasic man as well as to the sattwic. If it does, he can rise by it above his failings and desires and passions, just as the other can rise beyond his virtues, to the Divine Purity and Light and Love., Necessarily, this can only happen if he conquers his lower nature and throws it from him; for if he relapses into it, he is likely to fall from the path or at least to be, so long as the relapse lasts, held back by it from inner progress. But for all that the conversion of great sinners into great saints, of men of little or no virtue into spiritual seekers and God-lovers has frequently happened in religious and spiritual history - as in Europe St. Augustine, in India Chaitanya's Jagai and Madhai, Bilwamangal and many others. The house of the Divine is not closed to any who knock sincerely at its gates, whatever their past stumbles and errors. Human virtues and human errors are bright and dark wrappings of a divine element within which once it pierces the veil, can burn through both towards the heights of the Spirit.

Humility before the Divine is also a *sine qua non* [requisite] of the spiritual life, and spiritual pride, arrogance, or vanity and self-assurance press always downward. But confidence in the Divine · and a faith in one's spiritual destiny (i.e. since my heart and soul seek for the Divine, I cannot fail one day to reach Him) are much needed in view of the difficulties of the Path. A contempt for others is out of place, especially since the Divine is in all. Evidently, the activities and aspirations of men are not trivial and worthless, for all life is a growth of the soul out of the darkness towards the Light. But our attitude is that humanity cannot grow out of its limitations by the ordinary means adopted by the human mind, politics, social reform, philanthropy, etc. - these can only be temporary or local palliatives. The only true escape is a change of consciousness, a change into a greater, wider and purer way of being, and a life and action based upon that change. It is therefore to that that the energies must be turned, once the spiritual orientation is complete. This implies no contempt, but the preference of the only effective means over those which have been found ineffective.

— Sri Aurobindo

Activities during February 16 – March 15, 2023

BHAJAN SANDHYA, 20 FEBRUARY 2023

Shri Gopal Saha from Vrindaban made an offering of Krishna Bhajans on the evening of 20 February 2023 in the Meditation Hall. He was accompanied on the



Tabla by Shri Giridhar Sharma from Mathura.

THE MOTHER'S BIRTH ANNIVERSARY, 21 FEBRUARY 2023 –DARSHAN DAY

145th Birth Anniversary of the Mother started with invocation for the divine Presence in the Meditation Hall by Srila Basu. Later in the forenoon, students of The Mother's International School made an offering of devotional music.

The highlight of the day was a cultural program by Ashram youngsters with focus on physical perfection. The programme



had been put together through several weeks of practice under the guidance of Shri Hira Das. Dr. Aparna Roy, anchor of the event, made the significant point that the body must be cared for diligently so that it can serve as a fit instrument for spiritual

evolution throughout our life, for, it is generally the body that deserts us half-way on the way to Self-realization. The program included a Dandiya dance, walking on stilts, forming pyramids,

and other physical activities. The demonstration was an illustration of how much perfection the body is capable of through concentration, cooperation and harmony. Apart from instilling confidence in the participants, these activities also inculcate in them the qualities of making movements conscious and the courage to take risks.



A notable guest on the occasion was a senior



executive from Indian Oil, Shri Ranjan Kumar Mahapatra, who praised the youngsters for their performance, and complimented the Ashram for providing the care and environ-



ment conducive for achieving such accomplishments. On behalf of Indian Oil Corporation, he gifted a pair of sport shoes to all participating youngsters.

In the early evening during the traditional March-past and hoisting of the



Mother's Flag near the Shrine, singing of devotional and patriotic songs and Tara Didi's reading from the Mother's *Prayers & Meditations* took place in the Samadhi Lawn. After kindling of lamps of aspiration in and around the Shrine, an offering of devotional music was made in the Meditation Hall by Dr.



Mithu Pal, Srila, Jayanthy, Minati and Lin Thoi interspersed with reading of passages from Sri Aurobindo's *The Mother* by Tara Didi. Prasad and a Darshan Day message card were distributed to all attendees at the conclusion of the eventful day.

हम उन 'भागवत मूहूर्तों' में से एक में हैं जब पुराने नीचे हिल जाते हैं और बड़ी अस्त-व्यस्तता होती है; लेकिन जो आगे छलांग लगाना चाहते हैं उनके लिए यह एक अद्भुत अवसर है, प्रगति की सम्भावना अपेक्षित रूप से बहुत अधिक है।

क्या तुम उनमें से न होगे जो इसका लाभ उठावोगे ?

'श्रीमद्भागवत', खण्ड ४, पृ. १६२-६४

We are at one of these "Hours of God", when the old bases get shaken, and there is a great confusion; but it is a wonderful opportunity for those who want to leap forward, the possibility of progress is exceptional.

Will you not be of those who take advantage of it?

CWM 12: 279 The Mother

21 February 2023

Message given by the Mother in 1 April 1971

ANNUAL PICNIC

On 26th February, 2023, the Ashram community, youngsters and those not so young, participated in a fun-filled annual activity, the picnic, which included



music, dance, poetry, storytelling, games and sumptuous meals. The picnic was held at Vatika Farms, Gurugram, Haryana.

BHAJAN SANDHYA, 27 FEB 2023

Shri Siddhartha Kishore made an offering of Rama bhajans, Krishna bhajans, Shiva bhajans and Gandhi ji's favourite *Vaishanava janato...* on the evening of 27 February 2023 in the Meditation Hall.



He was accompanied on *manjira* by his mother, Ms. Jyoti Srivastava, on

harmonium by Guru Prashant Behera and on *tabla* by Shri Pradeepta Moharana.



ANIL JI'S PUNYATITHI, 28 FEBRUARY 2023

Erstwhile Chairman of Sri Aurobindo Ashram-Delhi Branch Trust and associated educational institutions left for his heavenly abode on 28 February 2014. His ninth *punyatithi* was commemorated through an offering of devotional music by Ms. Anisha Ray with *tabla* accompaniment provided by Shri Fateh



Singh. The bhajans included *Aao Janani aaoaao*, *Indradhanushsinabhmeinchhao* and *He Jaga Trata*, *VishvaVidhata*. The offering was interspersed by Tara Didi's

reading of passages from the Mother's *Prayers and Meditations*.

BHAJAN SANDHYA, 6 MARCH 2023

Dr. Jayanti Ravi, Secretary, Auroville Foundation, made an offering of devotional songs on the evening of 6 March 2023 in the Meditation Hall. She was accompanied on *tanpura* by Dr. Jayanthi Ramachandran and on harmonium by Dr. Mithu Pal. Bhajans included Krishna and Durga chants; and a beautiful rendition of the bhajan *Govind bolo* about the solace Divine provides no matter by which the deity is called – Govind, Rama, Krishna, Harinaam, Allah, Jesus or Zoroaster. It ended with *Maa, Maa, Tu hi maa meri* (Mother, You, verily, are my Mother).



HOLI, 8 MARCH 2023

Ashram Community celebrated Holi with a difference, colourful, but without colours. The day started with cleaning of the Ashram premises, the shramdaan be-



ing 30 minutes longer than usual. After breakfast, games were played with gusto. Dinner was served in the sports-ground in open air with rays of the full moon shining over the assemblage.

NEW YOUTUBE POSTINGS : 16 February – 15 March 2022

Title	Link
<i>Alaukik Sansthapak</i> (Founder Celestial) Ashram Foundation Day talk by Dr. Aparna Roy	https://youtu.be/TBunUdp6C3I
<i>Art for Ashram-2023</i> – An exhibition with the theme <i>All Life is Yoga</i> Standards of Conduct & Spiritual Freedom A talk based on 'The Synthesis of Yoga' by Dr. Mankul Goyal	https://youtu.be/fKI4trvSwU4 https://youtu.be/pu5SBD824Bs
In Thee, By Thee, For Thee A talk based on the Mother's 'Prayers & Meditations' by Dr. Mithu Pal	https://youtu.be/XgrvtP4Ji7Q
To Crystallise A talk based on the Mother's 'Prayers & Meditations' by Dr. Mithu Pal	https://youtu.be/ssaU4WnXfq4

THE MARVELLOUSLY INSPIRING LIFE OF SRI AUROBINDO

[Excerpted from published material]

RENASCENT INDIA AND SRI AUROBINDO (2)

What the British conquest did to India is a large subject, and the whole truth of the matter hasn't been said yet...

Writing in 1837, F. J. Shore admitted that India *"has been drained of a large proportion of the wealth she once possessed; and her energies have been cramped by a sordid system of misrule to which the interests of millions have been sacrificed for the benefit of the few."* And, writing next year, Montgomery Martin gave these startling figures:

This annual drain of £3,000,000 on British India amounted in thirty years, at 12 per cent compound interest, to the enormous sum of £723,997,917 sterling; or at a low rate, as £2,000,000 for fifty years, to 8,400,000,000 sterling!...

Even the explosive events of 1857 and the assumption of direct responsibility by the British Crown hardly effected a sea-change, for in a sermon delivered on 29 March 1874, the Bishop of Manchester felt compelled to make the sad admission: The question may be asked, "What have we done for India?" India has been the nursery of great soldiers, administrators, financiers, statesmen; yet even to this hour, she has hardly been governed with higher aims than as a field in which cadets of English families may push their fortunes, or as a market in which English merchants may with advantage sell their wares...

But that too, perhaps, is not the whole truth, for the Western impact was ultimately to prove somewhat of a blessing in disguise. "The English came," says Sisir Kumar Mitra, "at a crucial stage of India's evolution to fulfill a Will of the Shakti that guides her destiny." It was rather like the darkest hour that precedes the dawn: For whatever temporary rotting and destruction this crude impact of European life and culture has caused, it gave three needed impulses. It revived the dormant intellectual and critical impulse; it rehabilitated life and awakened the desire of new creation; it put the reviving Indian spirit face to face with novel conditions and ideals and the urgent necessity of understanding, assimilating and conquering them."

Naturally enough, new times threw up new men, and the clash between the old and the new led to ready acceptances and affirmations — or violent revolutions and retreats — and, finally, to revisions, readjustments and revaluations...

The role of Raja Rammohan Roy [1772-1833] in this phase of India's renaissance was most important, and indeed the turning of the tide of India's fortunes ... Nolini Kanta Gupta describes Rammohan as the first... to draw the country's consciousness from ages past, from the ancient ways, out into the free light and air of the modern day, the first to initiate the country into the new religion of the new age; in him appeared in seed-form the potentialities of all future creation; sparks of his illumined mind entered into every important domain of the collective life of the race — politics, society, religion, education, literature, language — and brought to the country a new birth, a new life, a new creation.

India is traditionally the land of Rishis, men cast in heroic or almost super-human? mould, men with some Vision to project, some Word or *mantra* to communicate some new Order to establish... What an inspiring calendar of modern Rishis: Rammohan, Keshab Chunder Sen, Debendranath Tagore, Vidyasagar, Ramakrishna, Vivekananda, Narayana Guru, Dayanand, Bankim Chandra, Ranade, Bal Gangadhar Tilak, Subramania Bharati, Rabindranath Tagore, Mahatma Gandhi, Ramana Maharshi, Sri Aurobindo: these are among the more well-known names

of the last one hundred and fifty years, men of light who had striven to throw back the recurring invasions of darkness...

And among the Rishis of our own times, Sri Aurobindo must take the pre-eminent place... As early as 1907, Rabindranath [Tagore] addressed this poem to Sri Aurobindo, then only thirty-five: [English translation by Kshitish Chandra Sen]

Rabindranath, O Aurobindo, bows to thee!
O friend, my country's friend, O voice incarnate, free,..
When I behold thy face, 'mid bondage, pain and wrong
And black indignities, I hear the soul's great song
Of rapture unconfined... the spirit of Bharat-land,
O poet, hath placed upon thy face her eyes afire
With love, and struck vast chords upon her vibrant lyre...

Romain Rolland [French Nobel Laureate] described Sri Aurobindo as *"the completest synthesis that has been realised to this day of the genius of Asia and the genius of Europe..."* "I have never known a philosopher", said Frederic Spiegelberg [Stanford University Professor], *"so all-embracing in his metaphysical structure as Sri Aurobindo, none before him had the same vision."*

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

Tumultuous events marked his [Sri Aurobindo's] external life, even in that short span of about five years (1905-1910)... While in the eyes of the Governor General of India he was the most dangerous man in the country, for Rabindranath Tagore he was the voice-incarnate of India's soul...

Mr. A. B. Clark [a materialist of materialists], the Principal of the Baroda College, remarked to me [Dr. C.R. Reddy], "So, you met Aurobindo. Did you notice his eyes? There is mystic fire and light in them. They penetrate into the beyond." And he added, "If Joan of Arc heard heavenly voices, Aurobindo probably sees heavenly visions."

[Reminisces Nolinikanta Sarkar, the noted Bengali writer, that in a meeting in South Kolkata to celebrate the birth anniversary of Sri Aurobindo in 1952, he was surprised to see that] *"the Sankaracharya of Sri Sharada Peetham — one of the four Muths founded by the Adi Sankaracharya [exponent of Mayavada !!]... said: "It was nineteen hundred and eight. I was then a student. I was in Maharashtra. We the young ones were followers of Bal Gangadhar Tilak. Our political life flourished under his influence... You can gauge the depth of our devotion to Sri Aurobindo from one example. We used to read the Gita regularly. In the Srimadbhagavat Gita wherever there was the phrase Thus spake God, we replaced it with Thus spake Aurobindo. That was how we saw Sri Aurobindo."*

The first phase of his life was devoted to the liberation of the motherland. India for him was not simply a stretch of inanimate earth, but a consciousness, a living heritage of human aspiration through the ages, towards liberation of human souls from their bondage to ignorance. At Pondicherry began the second phase of his struggle for liberation — the emancipation of man from that primeval bondage.

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

यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः।
स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते॥३-२१॥

Whatsoever the Best doeth, that the lower kind of man puts into practice; the standard he creates, the people follows.

– *Bhagvad Gita* 3-21

To be contd.

I am not bound by thought or sense or shape;
I live in the glory of the Infinite,
I am near to the Nameless and Unknowable,
The Ineffable is now my household mate.
But standing on Eternity's luminous brink
I have discovered that the world was He;
I have met Spirit with spirit, Self with self,
But I have loved too the body of my God.
I have pursued him in his earthly form.
A lonely freedom cannot satisfy
A heart that has grown one with every heart:
I am a deputy of the aspiring world,
My spirit's liberty I ask for all.

–From *Savitri* by Sri Aurobindo

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