



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. 11, No. 11

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An e-magazine of Sri Aurobindo Ashram-Delhi Branch

अग्ने नय सुपथा राये अस्मान् विश्वानि देव वयुनानि विद्वान् ।
युयोध्यस्मज्जुहुराणमेनो भूयिष्ठां ते नमउक्तिं विधेम ॥१८॥

O god Agni, knowing all things that are manifested, lead us by the good path to the felicity; remove from us the devious attraction of sin. To thee completest speech of submission we would dispose.

– Isha Upanishad 1-18

Sri Aurobindo Ashram-Delhi Branch

Sri Aurobindo Marg, New Delhi 110 016

011-2656 7863; www.sriurobindoashram.net

Ongoing & Forthcoming Events

November 2022

Meditation & Satsang venue : Meditation Hall

Monday – Saturday

7 – 7:30 pm

Collective Meditation

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

Nov 06	To Know and Serve Thee Better (Based on <i>Prayers & Meditations</i> , Prayer of 12 March 1914) Musical offering	Dr. Mithu Pal
Nov 13	The Ascent of the Sacrifice–I (Based on <i>The Synthesis of Yoga</i> , Part 1, Ch 5) Musical Offering	Dr. Mithu Pal Dr. Mankul Goel
Nov 20	The Dilemma of Spiritual Guides Musical offering	Ms. Pragya Taneja Dr. Ramesh Bijlani Ms. Monidipa Ghosh
Nov 27	Hamaare Prashn Sri Maa ke Uttar Musical Offering	Dr. Aparna Roy Ms. Basudhara Munshi

CLASSES by Shri Prashant Khanna

Thursdays: 06,13,20,27	11:15 am–12:15 pm	ONLINE	Bhagvad Gita
		Online contact Dr. Sonia Gupta (+91 98103 05078)	
Saturdays: 01,08,15,22,29	11:00 am–12 noon		Bhagvad Gita
		(In physical mode at Sri Aurobindo Bhavan, Gurgaon)	
		To join, please contact Sri Satya Prakash (+91 88007 61046)	

YES Online Talks at 6 pm (IST) on Saturdays

Nov 05	The Utter Simplicity of Yes Spirituality	Dr. Don Salmon
Nov 19	The Primary Colours of Personality	Dr. Ramesh Bijlani
Zoom link : < https://us02web.zoom.us/j/6082144500?pwd=dHJLWUNqcTIJR25JTnBJYzdjVG5OQT09 >		
Meeting ID: 608 214 4500; Passcode: 8kPJG6		
Questions? Email to <yes.aditik@gmail.com>		

ADVANCE NOTICE

Online YES (Yoga, Education & Spirituality) .04 course on *Lifestyle Diseases*

FREE six-week course starting 12 January 2023

Facilitator: Prof. Ramesh Bijlani

For details, contact : Dr. Aditi Kaul (yes.aditik@gmail.com)

श्रीस्मृति Sri Smriti

(Memorabilia of the Mother)

Open: Tuesday to Sunday

Timing: 10 am – 12 noon

(Monday Closed)

Contact : 2656 7863



Precautions to minimize the spread of coronavirus to be observed

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	:	https://youtube.com/sriurobindoashramdelhibranch
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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	(1:30 – 2:30 pm)
Thursday	Ophthalmology	(11:00 am-12:00 noon)
Tuesday	Counselling (Online/Offline)	(10:00 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)

FREE Virtual Medical Consultation with Dr. Tarun Baveja

ON LIFESTYLE, PHYSICAL OR PSYCHOLOGICAL ISSUES

Dr. Baveja, a general physician with over 30 years experience. has been working for The Mother's International School since 1996.

For appointment, pl. contact : 88005 52685; <tmihc2000@gmail.com>

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	6:30–7:30 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

VISION IMPROVEMENT COURSE

November 12,13,14 (Sat, Sun, Mon), 2022

Timing : 9:30 – 11:30 am

Limited seats on 'First come first served basis'

Preferred age : 10+ Others, please inquire

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

Important Days in the Ashram

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

Day of silent aspiration and invocation for her Presence within

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

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

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



दर्शन (*Darshan*)

To follow Sri Aurobindo in the great adventure of his integral Yoga, one needed always to be a warrior; now that he has left us physically, one needs to be a hero.

24 November 1952

– *The Mother*

THE GOAL

When we have passed beyond knowings, then we shall have Knowledge. Reason was the helper; Reason is the bar.

When we have passed beyond willings, then we shall have Power. Effort was the helper; Effort is the bar.

When we have passed beyond enjoyings, then we shall have Bliss. Desire was the helper; Desire is the bar.

When we have passed beyond individualising, then we shall be real Persons. Ego was the helper; Ego is the bar.

When we have passed beyond humanity, then we shall be the Man. The Animal was the helper; the Animal is the bar.

Transform reason into ordered intuition; let all thyself be light. This is thy goal. Transform effort into an easy and sovereign overflowing of the soul-strength; let all thyself be conscious force. This is thy goal.

Transform enjoying into an even and objectless ecstasy; let all thyself be bliss. This is thy goal.

Transform the divided individual into the world-personality; let all thyself be the divine. This is thy goal.

Transform the Animal into the Driver of the herds; let all thyself be Krishna. This is thy goal.

* * *

What I cannot do now is the sign of what I shall do hereafter. The sense of impossibility is the beginning of all possibilities. Because this temporal universe was a paradox and an impossibility, therefore the Eternal created it out of His being.

Impossibility is only a sum of greater unrealised possibles. It veils an advanced stage and a yet unaccomplished journey.

If thou wouldst have humanity advance, buffet all preconceived ideas. Thought thus smitten awakes and becomes creative. Otherwise it rests in a mechanical repetition and mistakes that for its right activity.

To rotate on its own axis is not the one movement for the human soul. There is also its wheeling round the Sun of an inexhaustible illumination.

Be conscious first of thyself within, then think and act. All living thought is a world in preparation; all real act is a thought manifested. The material world exists because an Idea began to play in divine self-consciousness.

Thought is not essential to existence nor its cause, but it is an instrument for becoming; I become what I see in myself. All that thought suggests to me, I can do; all that thought reveals in me, I can become. This should be man's unshakable faith in himself, because God dwells in him.

Not to go on for ever repeating what man has already done is our work, but to arrive at new realisations and undreamed-of masteries. Time and soul and world are given us for our field, vision and hope and creative imagination stand for our prompters, will and thought and labour are our all-effective instruments.

What is there new that we have yet to accomplish? Love, for as yet we have only accomplished hatred and self-pleasing; Knowledge, for as yet we have only accomplished error and perception and conceiving; Bliss, for as yet we have only accomplished pleasure and pain and indifference; Power, for as yet we have only accomplished weakness and effort and a defeated victory; Life, for as yet we have only accomplished birth and growth and dying; Unity, for as yet we have only accomplished war and association.

In a word, godhead; to remake ourselves in the divine image.

— Sri Aurobindo

Ashram Activities

PROF. M. SRINIVAS VISITS THE ASHRAM, 27 SEP 2022

Within a few days of his appointment as Director of the All India Institute of



Medical Sciences (AIIMS), New Delhi, Prof. M. Srinivas made a brief visit to the Ashram on 27 September 2022. He is a devotee of Sri Aurobindo and the Mother, and has a long-standing association with Sri Aurobindo Ashram-Delhi Branch, ever since the days when he was on the faculty of the Department of Pediatric Surgery at AIIMS. After offering his Pranaams at Sri Aurobindo's Shrine, he met,

among others, Tara Didi and Dr. Ramesh Bijlani.



VISIT BY STUDENTS OF MATRI KIRAN, GURUGRAM, 29-30 SEPTEMBER, 2022

VISION IMPROVEMENT COURSE, 1-3 OCTOBER 2022

Twenty-six individuals attended the course at The Mother's Integral Health Centre during this period. All expressed their satisfaction at the beneficial effect of the routines taught for vision improvement. Feedback comments include: "The camp is must for all! Pranayam session is a unique way to teach children easy ways to do it." (R.M., M/46); "Like all the sessions held. Environment inside Ashram is quite pleasing and relaxing. Enjoyed a lot." (V.K.K., M/22); "Amazing session. I will try my best to continue the exercises and inform about improvement in eyesight. Thanks a lot for the great efforts of the entire team." (T.S., F/43); "Very good session informative and eye-opening. The teachers and staff were really very good & helpful." (M.S.A., M/10); "Vision Enhancement Course organized by the Ashram was really an eye-opener for me as it helped me to understand the importance of blinking and relaxing." (Dr. G.M., M/47); "Very nice experience. Already noticing improvement. I will like to attend the programme again for deeper understanding." (I.B., F/45)



SHRAMDAAN ON GANDHI JAYANTI DAY, 2 OCTOBER 2022



TEACHER'S WORKSHOP AT MIRAMBIKA, 6 OCTOBER 2022



VISIT BY STUDENTS OF PRAKRITI SCHOOL, 8 OCTOBER 2022



ORGANIC FARMING WORKSHOP, 8 OCTOBER 2022

PROGRAM FOR CHILDREN OF MIRAMBIKA FREE PROGRESS SCHOOL, 14-15 OCTOBER 2022

In order to imbibe confidence, self-reliance in daily work, and emotional maturity, children of the orange group (7-year-olds) spent one night in the ashram while attending a camp on 14-15 October 2022. During their stay, children interacted twice with Dr. Ramesh Bijlani on 14 October – once in the afternoon, and again in the Meditation Hall at 7 pm. Through stories and songs, he inspired their minds and asked them reflective questions, to which they responded with originality and awareness of their deeper Self. Besides this, children toured various departments of the Ashram and participated in the Ashram activities.

VISIT BY COLLEGE STUDENTS FROM DENMARK, 15 OCTOBER 2022

A group of 17 college students from Denmark spent a day in the Ashram on 15 October 2022. They were introduced to the Ashram and its activities and then led on a conducted tour of the Ashram. Subsequently through discourse they acquired a glimpse into the life-affirming spiritual philosophy of Sri Aurobindo and the Mother, and its relevance for a life brimming with love, peace, joy, good health and fulfilment. In addition, they also participated in sessions on the physical practices of yoga and on the self-evaluation of lifestyle. Feedback comments at the end included: “very good and educational,” “an eye-opener,” “loved the yoga and a very nice lunch,” “nice to be in a peaceful place,” “all the people we met have been so nice and smiling.”



CIU AWARD TO TARA DIDI

Tara didi was conferred with the Lifetime Achievement Award by the Confederation of Indian Universities (CIU) at a special function at India International Centre, New Delhi on the auspicious occasion of the Celebration of the Mind Day on 21st October 2022, in recognition of her outstanding contribution and achievements.

The Award was presented to her by Dr. Priyaranjan Trivedi, Hon'ble President CIU, and Dr. Utkarsh Sharma, Pro Chancellor of Indira Gandhi Technological and Medical Sciences University, and the occasion was graced by the ex-Foreign Secretary of India, Mr. Harsh Vardhan Shringla, as the Chief Guest.



THE MARVELLOUSLY INSPIRING LIFE OF SRI AUROBINDO

[Excerpts from published material]

THE SAGA IRRESTIBLE

“When I came to Calcutta in 1913, Aurobindo was already a legendary figure. Rarely have I seen people speak of a leader with such rapturous enthusiasm and many were the anecdotes of this great man, some of them probably true, which travelled from mouth to mouth” wrote Netaji Subhas Chandra Bose.

It is amazing that legends should grow around a person who was most reluctant for publicity. Though he was like the priest who invoked the aspiration for freedom dormant in the nation and who, in the words of the renowned historian R. C. Majumdar, “infused by his precept and example, courage and strength into everyone that came in touch with him,” he, it seems was by nature too self-effacing even to be conscious of his accomplishments.

Other factors apart, the single biggest cause that made the shy Sri Aurobindo a legend is the fact that his was the first voice to demand unqualified freedom for the country, an idiom unheard till then — a fact that is often passed over if not deliberately ignored... Sri Aurobindo rarely spoke of the interviews and interactions he had with several important persons of his time, even if one among them were to be no less a person than J. Ramsay Macdonald, the future Prime Minister of Great Britain. To a question from this visiting celebrated Labour leader as to the end which was being worked out by the Indian administration, Sri Aurobindo’s unexpected answer was, “A free and independent India”!

... His political voice fell silent [when he left for Pondicherry to pursue yoga], but before long the ideal of freedom began echoing all over the country through a dozen other robust voices and that was what the pioneer himself must have desired... Indeed, great are those who demanded the freedom of the country and they deserve their place in history, but somehow the one who set the example has not been given the importance he deserves...

Once again we find Sri Aurobindo in the unique role of the pathfinder and the herald of the evolutionary destiny of man... He presents a prospect that stands eminently out from all the distinguished theories, theses and philosophies of our time... The crisis we face today cannot be defined in terms of politics, economics, ethics, religion or even psychology. It is all-comprehending and still deeper. This is how Sri Aurobindo diagnoses the situation:

“At present mankind is undergoing an evolutionary crisis in which is concealed a choice of its destiny; for a stage has been reached in which the human mind has achieved in certain directions an enormous development while in others it stands arrested and bewildered and can no longer find its way. A structure of the external life has been raised up by man’s ever-active mind and life-will, a structure of an unmanageable hugeness and complexity, for the service of his mental, vital, physical claims and urges, a complex political, social, administrative, economic, cultural machinery, an organised collective means for his intellectual, sensational, aesthetic and material satisfaction. Man has created a system of civilisation which has become too big for his limited mental capacity and understanding and his still more limited spiritual and moral capacity to utilise and manage, a too dangerous servant of his blundering ego and its appetites. For no greater seeing mind, no intuitive soul of knowledge has yet come to his surface of consciousness which could make this basic fullness of life a condition

for the free growth of something that exceeded it...”

The list of paradoxes can be long. But the essential conclusion that can be drawn is simple. It is not that we lack fine ideals, will and even goodwill, but something inexplicable happens somewhere, turning a one-time patriot into a power-hungry tyrant, a genuine idealist into an egotist, a man once prepared to sacrifice his life for a cause into a self-centred coward cringing in an illusory shell of security through more power or more wealth. Needless to say, there is something concealed in our consciousness that introduces an element of corrosion into the process of our applying the ideal in our action and in living it. Unless this element is transformed, any qualitative change in human conduct is improbable. Can this element be ever transformed? ...

Probably the most candid articulation of scepticism in this regard is to be found in [noted British philosopher] Bertrand Russell’s observation:

“Apart from the minuteness and brevity of human species, I cannot feel that it is a worthy climax to such an enormous prelude. There is a rather repulsive smugness and self-complacency in the argument that man is so splendid as to be evidence of infinite wisdom and infinite power in his creator. Those who use this kind of reasoning always try to concentrate our attention on the few saints and sages; they try to make us forget the Neros and Attilas and Hitlers and the millions of mean poltroons to whom such men owed their power. And even what is best in us is apt to lead to disaster. Religions that teach brotherly love have been used as an excuse for persecution, and our profoundest scientific insight is made into a means of mass destruction.”...

[Sri Aurobindo takes a far reaching view of man’s destiny, and] states: “... a limited consciousness growing out of nescience is the source of error, a personal attachment to the limitation and the error born of it the source of falsity, a wrong consciousness governed by the life-ego the source of evil. But it is evident that their relative existence is only a phenomenon thrown up by the cosmic Force in its drive towards evolutionary self-expression...”

But our appreciation of this vision sublime does not depend on a chronological presentation of Sri Aurobindo’s life. That is to be studied for the sake of our most cherished quest. One of the inspirations behind taking up this biographical exercise is to see how vastly a life could be lived. Simultaneously while venturing into the hitherto uncharted expanses of consciousness, Sri Aurobindo could produce volumes of prose and poetry, including a great epic, to satisfy the human intelligence on the mysteries, riddles, and paradoxes of our existence (probably harnessing the largest vocabulary in English, for he covered a range of subjects that no other author had dared — philosophy, sociology, political science, Indology, drama, poetry, criticism and, to top them all, Yoga and spirituality), could write, exercising a super-human patience, [countless] thousands of letters answering questions on innumerable queries on different topics and condescend to discuss with his attendant-disciples, at their level of comprehension, issues profound and trivial with an inimitable zest. He would discourage outstanding personalities from trying to secure for him a Nobel Prize, but accept an award offered by a university... Indeed, his life is a great saga by itself, at once lovely and amazing and irresistible.

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

To be contd.

Then from a timeless plane that watches Time,
A Spirit gazed out upon destiny,
In its endless moment saw the ages pass.
All still was in a silence of the gods.
The prophet moment covered limitless Space
And cast into the heart of hurrying Time
A diamond light of the Eternal's peace,
A crimson seed of God's felicity;
A glance from the gaze fell of undying Love.
A wonderful face looked out with deathless eyes;
A hand was seen drawing the golden bars
That guard the imperishable secrecies.
A key turned in a mystic lock of Time.
But where the silence of the gods had passed,
A greater harmony from the stillness born
Surprised with joy and sweetness yearning hearts,
An ecstasy and a laughter and a cry.
A power leaned down, a happiness found its home.
Over wide earth brooded the infinite bliss.

- From *Savitri* by Sri Aurobindo

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