

**SRI AUROBINDO  
CHAIR OF  
INTEGRAL STUDIES**

**SARDAR PATEL UNIVERSITY  
VALLABH VIDYANAGAR**

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**Friends,**

**A warm welcome to the June 2009 issue of e magazine of Sri Aurobindo Chair of Integral Studies.**

**This is the month when the new academic year begins ....A new year to refresh and rededicate ourselves to a more illumined, more energetic and more active pursuit of our goals - teaching and learning.....**

**The profession of Teaching is a very precious gift endowed upon us. It gives us an opportunity to impart, to share with our students the best that we have.**

**It is a field of activity – unlike many other fields – whose purpose is spread of light and knowledge and goal is preparation of the future generation.**

**The very essence of the process of teaching is to give, to share, to care and to bear.....**

**A true teaching experience provides an opportunity to the teacher to express or reveal what is the best in oneself and it is this which makes it a special profession.**

**Learning is an opportunity to explore ...**

**The process of learning leads us to acquire an outer knowledge And arrive at an inner knowledge. The very essence of learning is to discover one's true self and latent potentialities.**



## LIGHT FOR STUDENTS

THE TIME one spends as a college student is one of the most important periods of one's life during which the personality develops and takes shape. It determines to a great extent the course of one's future.

The dynamism of students is unparalleled, what they need most is the direction, the vision.

What we, as teachers owe to them is to show them and lead them to Light, under Whose Guidance they can organize their studies and move swiftly towards the true aim of education and life.

It is rightly said that students are not bottles to be filled; they are candles to be lit.

This section contains selected, inspiring passages from the writings of Sri Aurobindo and The Mother which we feel will extend a great help to its readers to become conscious of the true aim in life and to correctly organize important aspects of studies and life.

They are mainly taken from the book 'Light for students towards higher and deeper values' (published by Sri Aurobindo Society, Pondicherry, 605002) and reproduced with the kind permission of Sri Aurobindo Ashram Trust, Pondicherry, India.

# CONCENTRATION

## WHAT IS CONCENTRATION?

It is to bring back all the scattered threads of consciousness to a single point, a single idea. Those who can attain perfect attention succeed in everything they undertake; they will always make a rapid progress. And this kind of concentration can be developed exactly like the muscles; one may follow different systems, different methods of training. Today we know that the most pitiful weakling, for example, can with discipline become as strong as anyone else. One should not have a will which flickers out like a candle. The will, concentration must be cultivated; it is a question of method, of regular exercise. If you will, you can. But the thought “What’s the use?” must not come in to weaken the will. The idea that one is born with a certain character and can do nothing about it is a stupidity. (1)

***When one works and wants to do one’s best, one needs much time. But generally we don’t have much time, we are in a hurry. How to do one’s best when one is in a hurry?***

It is a very interesting subject and I wanted to speak to you about it in detail, one day. Generally when men are in a hurry, they do not do completely what they have to do or they do badly what they do. Well, there is a third way, it is to intensify one’s concentration. If you do that you can

gain half the time, even from a very short time. Take a very ordinary example: to have your bath and to dress; the time needed varies with people, doesn't it? But let us say, half an hour is required for doing everything without losing time and without hurrying. Then, if you are in a hurry, one of two things happens: you don't wash so well or you dress badly! But there is another way—to concentrate one's attention and one's energy, think only of what one is doing and not of anything else, not to make a movement too much, to make the exact movement in the most exact way, and (it is an experience lived, I can speak of it with certitude) you can do in fifteen minutes what you were formerly doing in half an hour, and do it as well, at times even better, without forgetting anything, without leaving out anything, simply by the intensity of the concentration. (2)

## **POWER OF CONCENTRATION**

...whatever you may want to do in life, one thing is absolutely indispensable and at the basis of everything, the capacity of concentrating the attention. If you are able to gather together the rays of attention and consciousness on one point and can maintain this concentration with a persistent will, nothing can resist it—whatever it may be, from the most material physical development to the highest spiritual one. But this discipline must

be followed in a constant and, it may be said, imperturbable way; not that you should always be concentrated on the same thing —that's not what I mean, I mean learning to concentrate.

And materially, for studies, sports, all physical or mental development, it is absolutely indispensable. And the value of an individual is proportionate to the value of his attention.

And from the spiritual point of view it is still more important. There is no spiritual obstacle which can resist a penetrating power of concentration. For instance, the discovery of the psychic being, union with the inner Divine, opening to the higher spheres, all can be obtained by an intense and obstinate power of concentration—but one must learn how to do it.

There is nothing in the human or even in the superhuman field, to which the power of concentration is not the key. You can be the best athlete, you can be the best student, you can be an artistic, literary or scientific genius, you can be the greatest saint with that faculty. And everyone has in himself a tiny little beginning of it—it is given to everybody, but people do not cultivate it.(3)

## THE MOTHER

1. Questions and Answers 50-18, The Mother, Collected Works of The Mother, Centenary Edition Vol. 4, p 5

2. Questions and Answers 50-18, The Mother, Collected Works of The Mother, Centenary Edition Vol. 4, pp 137-38

3. Questions and Answers 57-58, The Mother, Collected Works of The Mother, Centenary Edition Vol. 9, pp 360-61



# INTEGRAL EDUCATION

## PSYCHIC EDUCATION

Every human being carries hidden within him the possibility of a greater consciousness which goes beyond the bounds of his present life and enables him to share in a higher and a vaster life. Indeed in all exceptional beings it is always this consciousness that governs their lives and organizes both the circumstances of their existence and their individual reaction to these circumstances. What the human mental consciousness does not know and cannot do, this consciousness knows and does. It is like a light that shines at the center of the being, radiating through the thick coverings of the external consciousness. (1)

...It is therefore of capital importance to become consciousness of its presence in us, to concentrate on this presence until it becomes a living fact for us and we can identify ourselves with it.

In various times and places many methods have been prescribed for attaining this perception and ultimately achieving this identification. Some methods are psychological, some religious, some even mechanical. In reality, everyone has to find out the one that suits him best, and if one has an ardent and steadfast aspiration, a persistent and dynamic will, one is sure to meet, in one way or the another – outwardly through reading



and study, inwardly through concentration, meditation, revelation and experience – the help one needs to reach the goal. (2)

## THE MOTHER

1. On Education, Collected Works of The Mother, Centenary Edition Vol. 12, pp 4-5
2. On Education, Collected Works of The Mother, Centenary Edition Vol. 12, p 30

## INTEGRAL HEALTH

**Dr. Bhalendu Vaishnav**

### What is Healing?

Healing is a process which re-establishes the lost equilibrium in one or more planes of one's being. It arises in the deepest centre of oneself, the psychic being, and permeates down to other planes – physical, mental and vital. It is indeed much more than a process; it is a self-existent phenomenon which awaits our discovery.

Therapeutic interventions of all kinds form the external instrumentalities of the healing process. They are useful, many a times crucial for carrying forward the inner healing process to most outward planes. They are executors and not the determinants of the healing process.

## NEWS AND NOTES

**A group of 26 students led by Dr. Param Pathak and Dr. Neepa Bharucha from Sardar Patel University shall visit Sri Aurobindo Ashram, Puducherry from 28<sup>th</sup> May, 09 to 6<sup>th</sup> June, 09.**

