

# THE SUNLIT PATH



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**SRI AUROBINDO CHAIR OF INTEGRAL STUDIES  
SARDAR PATEL UNIVERSITY  
VALLABH VIDYANAGAR  
GUJARAT**



## The Sunlit Path

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## Editorial

I am happy to place the 4<sup>th</sup> issue of The Sunlit Path in your hands.

The Honourable Vice Chancellor of Sardar Patel University Dr. B.G.Patel in his pertinent and guiding remarks has very pointedly drawn our attention to the need of attaining an inner growth for outer development.

**Living Truth** brings to us “*the most useful idea to spread and the best example to set*” for feeling **The One in all** and extending a help in the *true progressive evolution* of the society. The article ‘**The Human Mind**’ further tells us about basic principles of education which are often forgotten.

“**To see the truth and to judge the truth**” is an eye opener for those who pursue a focussed intellectual development, depriving due respect to their artistic and cultural faculties *latent within them*. **Mind: A considerable power of formation**” shows us a very useful tool to influence the physical health. Do not forget to look at two very powerful lines by poet Sundaram....

15 November, 2009

Dr. Bhalendu Vaishnav





### From the desk of The Vice Chancellor

I feel happy to know that “The Sunlit Path” ,an e magazine published by Sri Aurobindo Chair of Integral Studies ,Sardar Patel University , along with its hard print version has received favourable and encouraging response from the readers ever since its inception on 15 August, 2009. I also feel happy to pen down my views in this issue of “The Sunlit Path” .

We speak today of the need to harmonize the individual, environment and cosmos. But as we proceed further, it becomes clear that this harmony cannot come about without inner purification and without developing inner space. We speak today of learning to be, learning to do, learning to become, and as we progress further, it becomes clearer that without the discovery of the essential being, which lies in the profound depths of our nature and personality, we cannot attain this ideal.

We know that the education is a dialogue between the past, present and the future; but this dialogue must be guided by enlightened wisdom and the spirituality.

What we need today and tomorrow is increasing number of individuals, who by sense of co-operation, mutuality and harmony are capable to demonstrate and achieve meaningful creativity and integrated progress.

The objectives of Higher Education that we need to pursue should provide the right kind of work ethos, professional expertise and leadership in all walks of life along with synthesis of knowledge to imbibe unity of scientific and spiritual pursuits.

I am sure “The Sunlit Path” will bring to us that light which will help us to achieve the objectives of Integral Studies and Education. I wish all the success to the publication and hope that it will prove to be useful and fruitful reading to the students, faculties and all other readers.

**Dr. B. G .Patel**  
**Vice Chancellor,**  
**Sardar Patel University**

## The Most Useful Idea...

### THE MOTHER

***What is the most useful idea to spread and what is the best example to set?***

The question can be considered in two ways, a very general one applicable to the whole earth, and another specific one which concerns our present social environment.

**From the general point of view, it seems to me that the most useful idea to spread is twofold:**

1) Man carries within himself perfect power, perfect wisdom and perfect knowledge, and if he wants to possess them, he must discover them in the depth of his being, by introspection and concentration.

2) These divine qualities are identical at the centre, at the heart of all beings; this implies the essential unity of all, and all the consequences of solidarity and fraternity that follow from it.

The best example to give would be the unalloyed serenity and immutably peaceful happiness which belong to one who knows how to live integrally this thought of the One God in all.

**From the point of view of our present environment, here is the idea which, it seems to me, it is most useful to spread:**

True progressive evolution, an evolution which can lead, material improvement or social change does not lie in any external means, material improvement or social change. Only a deep and inner process of individual self-perfection can make for real progress and completely transform the present state of things, and change suffering and misery into a serene and lasting contentment.

Consequently, the best example is one that shows the first stage of individual self-perfection which makes possible all the rest, the first victory to be won over the egoistic personality: disinterestedness.

At a time when all rush upon money as the means to satisfy their innumerable cravings, one who remains indifferent to wealth and acts, not for the sake of gain, but solely to follow a disinterested ideal, is probably setting the example which is most useful at present.<sup>(1)</sup>

## The Human Mind

Sri Aurobindo

... Continued from previous issue

**The second principle is that the mind has to be consulted in its own growth.**

The idea of hammering the child into the shape desired by the parent or teacher is a barbarous and ignorant superstition. It is he himself who must be induced to expand in accordance with his own nature.

There can be no greater error than for the parent to arrange beforehand that his son shall develop particular qualities, capacities, ideas, virtues, or be prepared for a prearranged career. To force the nature to abandon its own *dharma* is to do it permanent harm, mutilate its growth and deface its perfection. It is a selfish tyranny over a human soul and a wound to the nation, which loses the benefit of the best that a man could have given it and is forced to accept instead something imperfect and artificial, second-rate, perfunctory and common.

Every man has in him something divine, something his own, a chance of strength and perfection in however small a sphere, which God offers him to take or refuse. The task is to find it, develop it, use it. The chief aim of education should be to help the growing soul to draw out that in itself which is best and make it perfect for a noble use.

**The third principle of education is to work from the near to the far, from that which is to that which shall be.**

The basis of a man's nature is almost always, in addition to his soul's past, his heredity, his surroundings, his nationality, his country, the soil from which he draws sustenance, the air which he breathes, the sights, sounds, habits to which he is accustomed.

They mould him not the less powerfully because insensibly. From that then we must begin. We must not take up the nature by the roots from the earth in which it must grow or surround the mind with images and ideas of a life which is alien to that in which it must physically move. If anything has to be brought in from outside, it must be offered, not forced on the mind.

**A free and natural growth is the condition of genuine development.**

There are souls which naturally revolt from their surroundings and seem to belong to another age and clime. Let them be free to follow their bent; but the majority

languish, become empty, become artificial, if artificially moulded into an alien form.

*It is God's arrangement for mankind that they should belong to a particular nation, age, society, that they should be children of the past, possessors of the present, creators of the future. The past is our foundation, the present our material, the future our aim and summit. Each must have its due and natural place in a national system of education. (2)*

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## **Integral Education for All the Nations...**

**An integral education which could,  
with some variations,  
be adapted to all the nations of the world,  
must bring back the legitimate authority  
of the Spirit  
over a matter *fully developed and utilised.***

**The Mother**

## To see the Truth and to judge the Truth

### Sri Aurobindo

The activity of human thought divides itself broadly into two groups of functions, those of the right hand, contemplation, creation, imagination, the centres that **see the truth**, and those of the left hand, criticism, reasoning, discrimination, inquiry, the centres that **judge the truth** when it is seen.

In education the latter are fostered by scientific and manual training, but the only quality of the right hand that this education fosters is observation.

For this reason a purely scientific education tends to make thought keen and clear-sighted within certain limits, but narrow, hard and cold.

Even in his own sphere the man without any training of the right hand can only progress in a settled groove; he cannot broaden the base of human culture or enlarge the bounds of science. Tennyson describes him as an eye well practised in Nature, a spirit bounded and poor, and the description is just.

***But a cultivated eye without a cultivated spirit makes by no means the highest type of man.***

It is precisely the cultivation of the spirit that is the object of what is well called a liberal education, and the pursuits best calculated to cultivate the growth of the spirit are language, literature, the Arts, music, painting, sculpture or the study of these, philosophy, religion, history, the study and understanding of man through his works and of Nature and man through the interpretative as well as through the analytic faculties.(3)



## Integral Health

### Mind: A Considerable Power of Formation The Mother

The mind has a considerable power of formation and a direct action on the body, and usually one uses this power to make oneself ill. For as soon as the least thing goes wrong, the mind begins to shape and build all the catastrophes possible, to ask itself whether it could be this, whether it could be that, if it is going to be like that, and how it will all end.

Well, if instead of letting the mind do this disastrous work, one used the same capacity to make favourable formations—simply, for example, to give confidence to the body, to tell it that it is just a passing disturbance and that it is nothing, and if it enters a real state of receptivity, the disorder will disappear as easily as it has come, and one can cure oneself in a few seconds—if one knows how to do that , **one gets wonderful results.**(4)

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## Shabda Sudha

જગની સૌ કડીઓમાં સ્નેહની સર્વથી વડી.  
કડી એ લાપતી જ્યારે પ્રભુની આવતી ઘડી.  
- સુન્દરમ્

## Acknowledgements

All passages from the writings of Sri Aurobindo and The Mother are the copyright of Sri Aurobindo Ashram, Puducherry, India and taken with kind Permission of Sri Aurobindo Ashram Trust. Their titles and captions are chosen by the editor. The sources of the short passages in the present issue are:

1. The Mother, Collected Works of The Mother, Vol. 2, pp 69-70
2. Sri Aurobindo, Complete Works of Sri Aurobindo, Vol.1, pp 384-5
3. Sri Aurobindo, Complete Works of Sri Aurobindo, Vol.1, pp 438
4. The Mother, Collected Works of The Mother, Vol. 5, p 402



## Important Announcements

Lectures and Study Camp by Shri Kaivalya Smart, Surat  
Saturday, 21<sup>st</sup> November, 2009

### 1. Integral Study Meet:

Topic: **Integral Education** Time: **3.30 pm to 5.00pm**  
Venue: H.M.Patel Institute of English, Vallabh Vidyanagar

### 2. Lecture: "The Gita's Message in the Light of Sri Aurobindo"

Time: **3.30 pm to 5.00pm**  
Venue: Sri Aurobindo Sadhana Kendra, Vallabh Vidyanagar

Sunday the 22<sup>nd</sup> November, 2009

### 1. Integral Study Camp\*: For students, Faculty and others interested

Topics: 1. **How to Concentrate** Time: 10.00am to 1.00 pm

2. **What is Success** Time: 2.00 pm to 5.00 pm

Venue: Sri Aurobindo Sadhana Kendra, Vallabh Vidyanagar

**Hon. Vice Chancellor, Dr. B.G.Patel will deliver the inaugural address.**

\*For registration ( Required), please contact :

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\*\*Primary medium of the study camp will be Gujarati

**All are cordially invited**

**The Sunlit Path** is e magazine of Sri Aurobindo Chair of Integral Studies, Sardar Patel University, Vallabh Vidyanagar. It can be viewed at the University website: [www.spuvvn.edu](http://www.spuvvn.edu)

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