

THE SUNLIT PATH



15 October, 2009
Volume 1, Issue 3

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

Contents:

	Page No.
• Editorial	3
• Living Truth:	
The Divinity Within	The Mother
	4
• Integral Education:	
The Human Mind	Sri Aurobindo
	5
• Integral Living:	
When You Have a Problem to Solve	The Mother
	7
• Integral Health:	
Worship of The Supreme in Matter	The Mother
	8
• <i>'Shabda Sudha'</i>	
"Nutan Janma" - Excerpts from Convocation address at Sardar Patel University	Sundaram
	9

Editorial

Friends,

On the auspicious occasion of Diwali and the New Year, do accept my Best Wishes and Greetings....Festivals provide *symbolic opportunities* to *grow inwardly* in consonance with our True Self, which, in fact, is above *time frames*.

Continuing with our journey to explore various dimensions of Integral Studies, sections on *Integral Education, Integral Living* and *Integral Health* are being incorporated in the magazine starting with the present issue. A *section in Gujarati* is being added too.

'**The Divinity Within**' shows us the Sunlit Path to our true way of being, becoming and feeling one with all.

The article '**The Human Mind**' reveals how erroneous would be the outcome of the process of education, if the academic perfection was allowed to take precedence over the study and growth of the instrument of learning, i.e. the human mind.

The most important and definitive step in the integral pursuit of our life and works is our consent aspiration - sincere and spontaneous, to be spiritualized, to be re-born. A short passage from the special convocation address at the Sardar Patel University by Gujarati poet Sundaram pertinently draws our attention to this very vital step.

15 October, 2009

Dr. Bhalendu Vaishnav

Living Truth

The Divinity Within

The Mother

All in us that is not wholly consecrated to the Divinity within is in the possession, by fragments, of the whole entirety of things that encompass us and act upon what we improperly call “ourselves”, whether through the intermediary of our senses or directly on the mind by suggestion.

The only way to become a conscious being, to be oneself, is to unite with the divine Self that is in all. For that, we must, by the aid of concentration, isolate ourselves from external influences.

When you are one **with** the Divinity within, you are one with all things in their depths. And it is through It and by It that you must enter into relation with them. You are then, but without attraction or repulsion, near to whatever is near to It and far from whatever is far.

Living among others you should always be a divine example, an occasion offered to them to understand and to enter on the path of the life divine. Nothing more: you should not even have the desire to make them progress; for that too would be something arbitrary. near to It and far from whatever is far.

In your relations with the outside, is to act according to the unanimous advice given by those who have themselves had the experience of this unity.

To be in a state of constant benevolence, with this as your rule, not to be troubled by anything and not to be the cause of trouble to others, not to inflict suffering upon them so far as possible (1).

The Human Mind

Sri Aurobindo

The true basis of education is the study of the human mind, infant, adolescent and adult. Any system of education founded on theories of academical perfection, which ignores the instrument of study, is more likely to hamper and impair intellectual growth than to produce a perfect and perfectly equipped mind.

For the educationist has to do, not with dead material like the artist or sculptor, but with an infinitely subtle and sensitive organism. He cannot shape an educational masterpiece out of human wood or stone; he has to work in the elusive substance of mind and respect the limits imposed by the fragile human body.

There can be no doubt that the current educational system of Europe is a great advance on many of the methods of antiquity, but its defects are also palpable. It is based on an insufficient knowledge of human psychology, and it is only safeguarded in Europe from disastrous results by the refusal of the ordinary student to subject himself to the processes it involves, his habit of studying only so much as he must to avoid punishment or to pass an immediate test, his resort to active habits and vigorous physical exercise. In India the disastrous effects of the system on body, mind and character are only too apparent.

The first problem in a national system of education is to give an education as comprehensive as the European and more thorough, without the evils of strain and cramming. This can only be done by studying the instruments of knowledge and finding a system of teaching which shall be natural, easy and effective.

It is only by strengthening and sharpening these instruments to their utmost capacity that they can be made effective for the increased work which modern conditions require.

The muscles of the mind must be thoroughly trained by simple and easy Means ; then, and not till then, great feats of intellectual strength can be required of them.

The first principle of true teaching is that nothing can be taught. The teacher is not an instructor or taskmaster, he is a helper and guide. His business is to suggest and not to impose. He does not actually train the pupil's mind, he only shows him how to perfect his instruments of knowledge and helps and encourages him in the process. He does not impart knowledge to him, he shows him how to acquire knowledge for himself.

He does not call forth the knowledge that is within; he only shows him where it lies and how it can be habituated to rise to the surface. The distinction that reserves this principle for the teaching of adolescent and adult minds and denies its application to the child, is a conservative and unintelligent doctrine (2).

(...to be concluded)



When You Have a Problem to Solve

The Mother

To learn to be quiet and silent..

When you have a problem to solve, instead of turning over in your head all the possibilities, all the consequences, all the possible things one should or should not do, if you remain quiet with an aspiration for goodwill, if possible a need for goodwill, the solution comes very quickly.

And as you are silent you are able to hear it.

When you are caught in a difficulty, try this method: instead of becoming agitated, turning over all the ideas and actively seeking solutions, of worrying, fretting, running here and there inside your head—I don't mean externally, for externally you probably have enough common sense not to do that! but inside, in your head—*remain quiet.*

And according to your nature, with ardour or peace, with intensity or widening or with all these together, implore the Light and wait for it to come.

In this way the path would be considerably shortened. (3)

Integral Health

Worship of The Supreme in Matter

The Mother

If the body is considered as the tabernacle of the Lord, then medical science, for example, becomes the initiatory ritual for service of the temple and doctors of all categories are the priests who officiate in the different rituals of the worship.

Thus, medicine is truly a priesthood and should be treated as such.

The same thing may be said of physical culture and of all the sciences dealing with the body and its working. And if the material universe is regarded as the external robe and manifestation of the Supreme, then it can be said, generally, that all the physical sciences are rituals of worship (4).

After all, an illness is only a wrong attitude taken by some part of the body. The chief role of the doctor is , by various means, to induce the body to recover its trust in the Supreme Grace.

The Mother

*The method of gathering of the mind is not an easy one.
It is better to watch and separate oneself
from the thoughts
till
one becomes aware of a quiet space within
into which they come from outside.*

Sri Aurobindo

Shabda Sudha

નૂતન જન્મ

...આપણે જો જીવનની પૂર્ણ સિદ્ધિ જોઈતી હોય તો એક પરમ સંક્રાંતિને માટે, ઉત્ક્રાંતિને માટે, ક્રાંતિને માટે તૈયાર થવાનું છે. એક પરમ સાહસિકતામાં જન્મ પામવાનો છે...

જીવનની પ્રાકૃત વતિમાંથી કોઈ લોકોત્તર ઝંખના, ગતિ માટેની કોઈ તમન્ના આપણામાં જાગવી જોઈએ ખરી ?... અનંતને માટેનો નાનો સરખો પુકાર, નાનું સરખું સ્ફુરણ આપણામાં જાગે છે ખરું ?...

જીવનનો આ જ ગૂઢ પ્રશ્ન છે. આપણે-માણસમાત્ર, વિકાસના મહાયજ્ઞમાં ગોઠવાયેલા છીએ. પણ એ ચક્કમાં એક નવા સ્ફોટ માટેની અવસ્થામાં આપણે છીએ ? ઈંકામાં પુરાઈ રહેલું બચ્ચું કેટલું મોટું થયું છે ? તે પોતાના કોચલાને તોડી નાખવા માટે આતુર બનેલું હોય એટલું મોટું થયું છે ?...

... કોચલામાં તૈયાર થયેલાં બચ્ચાંને માટે પછી એની 'મા'ની ચાંચનો ટકોરો આવે છે, ટચ... કોચલું તૂટે છે અને બચ્ચું બહાર નીકળે છે. એ ઢિજ બને છે. આપણે માટે, માનવમાત્રને માટે આવો બીજો જન્મ છે. આ જન્મમાં જ આપણને નવો જન્મ લાઘવાનો છે...

સુંદરમ્

તા. ૧૫-૧૧-૧૯૭૫ના રોજ સરદાર પટેલ યુનિવર્સિટીના વિશેષ પદવીદાય સમારંભમાં ટૂંક શ્લોક વ્યાખ્યાનમાંથી



Acknowledgements

All the 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, p 107
2. Sri Aurobindo, Complete Works of Sri Aurobindo, Vol.1, pp 383-4
3. The Mother, Collected Works of The Mother, Vol. 9, p 422-3
4. The Mother, Collected Works of The Mother, Vol15, p 354



Integral Studies Meet

A study session is arranged on Saturday, 7th November, 2009 at Library, PG Department of Gujarati, Humanities Building, Sardar Patel University, Vallabh Vidyanagar.

Topic: "*Sahityano Dharma*" Time: 3.30 pm -4.30 pm.

All interested in making presentation on the topic are requested to contact Dr. Bhalendu Vaishnav 98257 17481 or Dr. Param Pathak 94278 56993

A Cordial invitation to all....

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

Editor: Dr. Bhalendu Vaishnav, Chairperson, Sri Aurobindo Chair of Integral Studies, Sardar Patel University, Vallabh Vidyanagar-388120, Gujarat, India. Contact : Department of Medicine, Pramukhswami Medical College, Karamsad-388325, Gujarat, India. email: bhalendusv@charutarhealth.org

