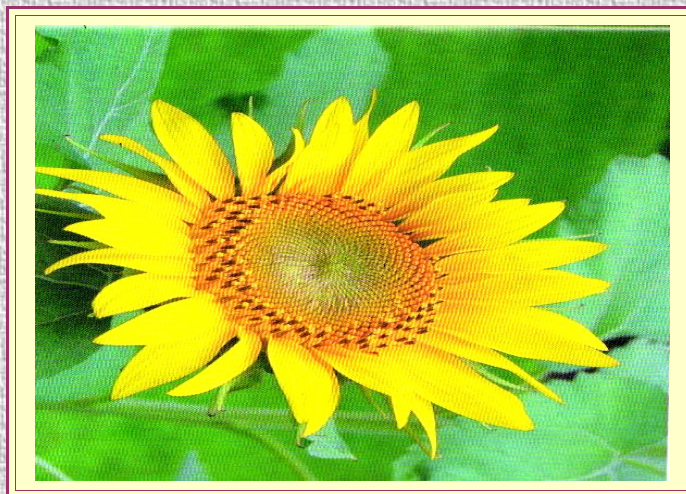


# The Sunlit Path

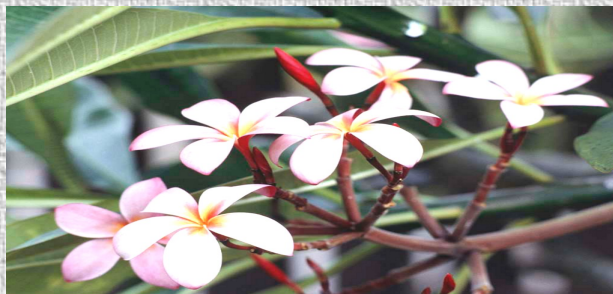


**15 April 2010**  
**Volume 2, Issue 4**

**Sri Aurobindo Chair of Integral Studies**  
**Sardar Patel University**  
**Vallabh Vidyanagar**  
**Gujarat**

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## Editorial

**My Dear Friends,**

I am happy to place before you this issue of The Sunlit Path at a moment when a section of the students will be completing their higher education and a new academic program is being prepared for the forthcoming year.

**Living Words** reveal a very profound truth of the human existence.

The compilations in the section on **Integral Education** are very penetrating and provide us '*a call and a boon*'; clearly indicating the true direction that our education system must resolutely turn to. **One Single Advice** gives a very powerful message.

The section on **Integral Life** delineates true perspectives of human and super-human perfections.

**Integral Health** conveys the true meaning of grief and pain and gives a hint about its sure remedy.

Greetings on the occasion of "**Swanim Gujarat**"!

Au Revoir !

April 15, 2010

Dr. Bhalendu Vaishnav

## Living Words

### The Human Aspiration

#### Sri Aurobindo

**The earliest preoccupation of man in his awakened thoughts and, it seems, his inevitable and ultimate preoccupation, - for it survives the longest periods of scepticism and returns after every banishment, -is also the highest which his thought can envisage.**

It manifests itself in the divination of Godhead, the impulse towards perfection, the search after pure Truth and unmixed Bliss, the sense of a secret immortality.

**The ancient dawns of human knowledge have left us their witness to this constant aspiration; today we see a humanity satiated but not satisfied by victorious analysis of the externalities of the Nature preparing to return to its primeval longings.**

**The earliest formula of Wisdom promises to be its last, -God, Light, Freedom, Immortality.**

These persistent ideals of the race are at once the contradiction of its normal experience and the affirmation of higher and deeper experiences which are abnormal to the humanity and only to be attained, in their organised entirety, by a revolutionary individual effort or an evolutionary general progression.

**To the ordinary material intellect which takes its present organisation of consciousness for the limit of its possibilities, the direct contradiction of the unreal-**

ised ideals with the realised fact is a final argument against their validity.

*But if we take a more deliberate view of the world's workings, that direct opposition appears rather as part of Nature's profoundest method and the seal of her completest sanction.*

... ..

(1)



## Integral Education

### National Education

#### Sri Aurobindo and The Mother

IT must be an education that for the individual will make its one central object the growth of the soul and its powers and possibilities, for the nation will keep first in view the preservation, strengthening and enrichment of the nation-soul and its dharma and raise both into powers of the life and ascending mind and soul of humanity. And at no time will it lose sight of man's highest object, the awakening and development of his spiritual being.(2)

\*\*\*

From time immemorial India has been the land of spiritual knowledge and practice, of the discovery of the Supreme Reality and union with it. It is the country that has practised concentration most and best. The methods, called Yoga in Sanskrit, that are taught and used in this country are countless. Some are merely material, others purely intellectual, others religious and devotional; lastly, some of them combine these various processes in order to achieve a more integral result.(3)

\*\*\*

India is the country where the psychic law *can and must* rule and the time has come for that *here*. Besides, it is the only possible salvation for this country whose consciousness has unfortunately been distorted by the influence

and domination of a foreign nation, but which, in spite of everything, possesses a unique spiritual heritage.(4)

\*\*\*

India has become the symbolic representation of all the difficulties of modern mankind. India will be the land of its resurrection—the resurrection to a higher and truer life.

\*\*\*

In any country the best education that can be given to children consists in teaching them what the true nature of their country is and its own qualities, the mission their nation has to fulfil in the world and its true place in the terrestrial concert. To that should be added a wide understanding of the role of other nations, but without the spirit of imitation and without ever losing sight of the genius of one's own country.(5)

\*\*\*



## One Single Advice

### Sri Aurobindo

**What we want here is not merely to give you a little information, not merely to open to you careers for earning a livelihood, but to build up sons for the motherland to work and to suffer for her.**

I wish to see some of you becoming rich, rich not for yourselves but that you may enrich the Mother ( India) with your riches.

**I wish to see some of you becoming great, great not for your own sakes, not that you may satisfy your own vanity, but great for her, to make India great, to enable her to stand up with head erect among the nations of the earth, as she did in days of yore when the world looked up to her for light. Even those who will remain poor and obscure, I want to see their very poverty and obscurity devoted to the motherland.....**

**If you will study, study for her sake; train yourselves body and mind and soul for her service. You will earn your living that you may live for her sake. You will go abroad to foreign lands that you may bring back knowledge with which you may do service to her. Work that she may prosper. Suffer that she may rejoice.**

**.... All is contained in that one single advice.(6)**



\*\*\* \*\*

I would like them (the Government) to recognise Yoga as education, it will be good for the country. Matter will be transformed, that will be a solid base. Life will be divinised. Let India take the lead.

### The Mother

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*Education has normally become literacy and a social status. Is it not an unhealthy trend? But how to give education its inner worth and intrinsic enjoyability?*

Get out of conventions and insist on the growth of the soul.

*What illusions and delusions is our education today beset with? How could we possibly keep clear of them?*

- a) The almost exclusive importance given to success, career and money.
- b) Insist on the paramount importance of the contact with the Spirit and the growth and manifestation of the Truth of the being.

### The Mother

\*\*\* \*\*

## Two Perfections : The Basis of Integral Realisation

### The Mother

**The higher perfection** is the spiritual perfection, integral union with the Divine, identification with the Divine, freedom from all the limitations of the lower world. That is spiritual perfection, the perfection that comes from yoga—quite independent of the body and the physical world—which, in ancient times, meant first rejecting the body and the physical life so as to have a relation only with the higher world and finally with the Divine.

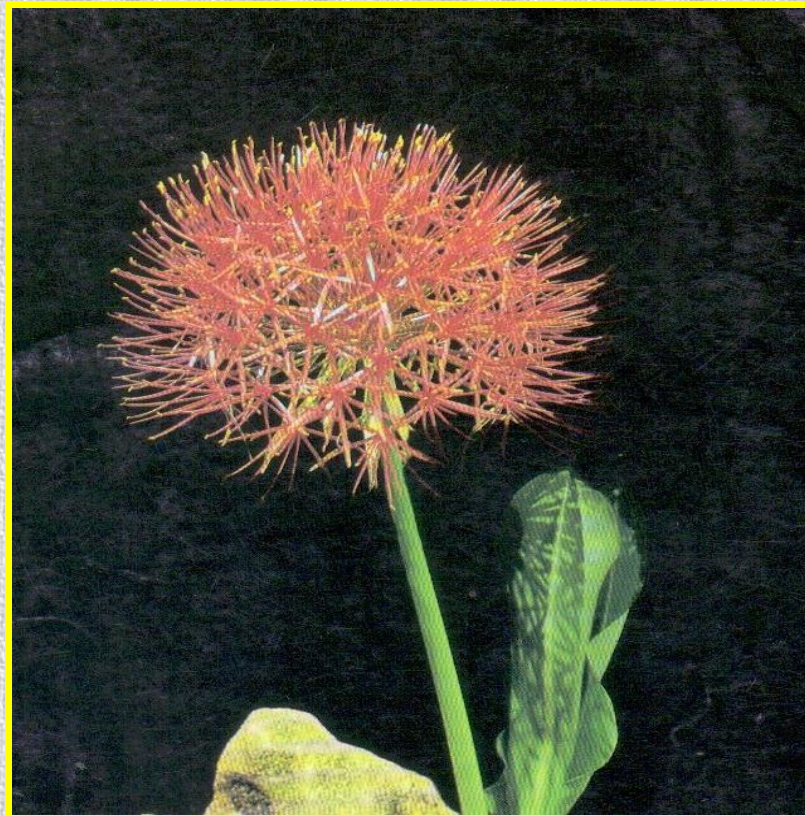
And **the lower perfection** is to be able to make the human being in his present form and in his body, in his relation with all terrestrial things, do the utmost he can. This is the case of all great men of genius: artistic genius, literary genius, genius in organisation, the great rulers, those who have carried physical capacities to their maximum perfection, human development to the limit of its possibilities; and, for instance, all those who have complete control over their bodies and succeed in doing miraculous things, as we saw, for example, during the war, with the airmen: they made their bodies do things which at first sight seemed quite impossible, they obtained from them an endurance, a skill, a power which were almost unthinkable.

And from every point of view: from the point of view of physical strength, of intellectual realisation, of the physical qualities of energy and courage, of disinterestedness, goodness, charity; all human qualities carried to their utmost limits. That is the lower perfection.

The higher perfection is spiritual and super-human. The lower perfection is human perfection carried to its maximum limits, and this may be quite independent of all spiritual life, all spiritual aspiration. Therefore, these two perfections are really divergent in ordinary life.

You must work from both ends, not let go of one for the other.

And then one has an integral realisation.( 7)



## Pain and Grief

### The Mother

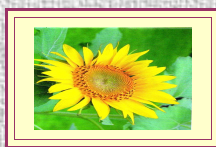
*“Pain and grief are Nature’s reminder to the soul that the pleasure it enjoys is only a feeble hint of the real delight of existence. In each pain and torture of our being is the secret of a flame of rapture compared with which our greatest pleasures are only as dim flickerings. It is this secret which forms the attraction for the soul of the great ordeals, sufferings and fierce experiences of life which the nervous mind in us shuns and abhors.” - Sri Aurobindo*

Quite naturally we ask ourselves what this secret is, towards which pain leads us. For a superficial and imperfect understanding, one could believe that it is pain which the soul is seeking. Nothing of the kind. The very nature of the soul is divine Delight, constant, unvarying, unconditioned, ecstatic; but it is true that if one can face suffering with courage, endurance, an unshakable faith in the divine Grace, if one can, instead of shunning suffering when it comes, enter into it with this will, this aspiration to go through it and find the luminous truth, the unvarying delight which is at the core of all things, the door of pain is often more direct, more immediate than that of satisfaction or contentment.

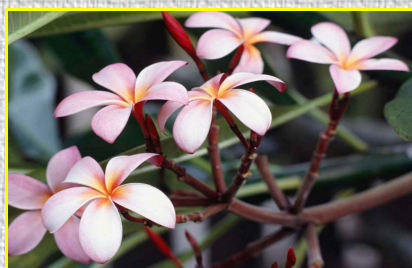
Pleasure is a deceptive and perverse disguise which turns us away from our goal ... Pain brings us back to a deeper truth by obliging us to concentrate in order to be able to bear it, be able to face this thing that crushes us. It is in pain that one most easily finds the true strength again, when one is strong. It is in pain

that one most easily finds the true faith again, the faith in something which is above and beyond all pain.

When one enjoys oneself and forgets, when one takes things as they come, tries to avoid being serious and looking life in the face, in a word when one seeks to forget, to forget that there is a problem to solve, that there is something to find, that we have a reason for existence and living, that we are not here just to pass our time and go away without having learnt or done anything, then one really wastes one's time, one misses the opportunity that has been given to us, this—I cannot say unique, but marvellous opportunity for an existence which is the field of progress, which is the moment in eternity when you can discover the secret of life; for this physical, material existence is a wonderful opportunity, a possibility given to you to find the purpose of life, to make you advance one step towards this deeper truth, to make you discover this secret which puts you into contact with the eternal rapture of the divine life. (11)



## Acknowledgements



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- 1. Sri Aurobindo, Complete Works of Sri Aurobindo, Vol.1 p 414**
- 2. Sri Aurobindo, Complete Works of Sri Aurobindo, Vol1 p ,427**
- 3. The Mother, Collected Works of The Mother , Vol 13, p 373**
- 4. The Mother, Collected Works of The Mother , Vol 13, p 370**
- 5. The Mother, Collected Works of The Mother ,Vol 12, pp 252-3**
- 6. Sri Aurobindo, Complete Works of Sri Aurobindo, Vol.6, pp 656-7**
- 7. The Mother, Collected Works of The Mother Vol.9,pp 91-94**
- 8. The Mother, Collected Works of The Mother,pp40-41**

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**The Sunlit Path** is e magazine of **Sri Aurobindo Chair of Integral Studies**, It can be viewed at the University website: [www.spuvvn.edu](http://www.spuvvn.edu) Printed at: The University Press, Sardar Patel University. 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](mailto:bhalendusv@charutarhealth.org).

**God is the perfection that we must aspire to realise.**

**The Mother**