

The Sunlit Path

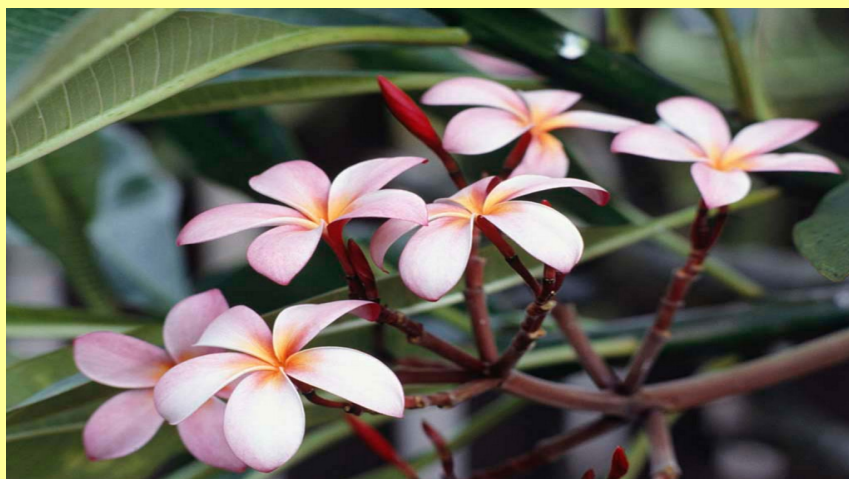


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Gujarat**

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Editorial

My dear friends,

I am happy to place before you this issue of The Sunlit Path.

Living Words map out for us the journey and the goal of self enlightenment and Self-fulfillment.

The section on **Integral Education** gives a hint to look at the individual existence from the perspective of science of consciousness.

The content in the section on **Integral Life** can endow the *aspirant concealed in us* with the **power of mantra**.

Integral Health provides a very useful, subtle and sure help in prevention of illness.

February 15, 2010

Dr. Bhalendu Vaishnav

Living Words

The Goal

Sri Aurobindo

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.

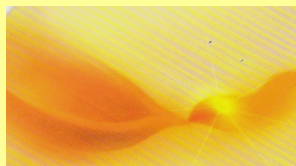
When we have passed beyond humanity, then we shall be the Man.
The Animal was the helper; the Animal is the bar.

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.

... ..

(1)





**Our worth lies only in the measure of our effort to exceed ourselves,
and to exceed ourselves is to attain the Divine.**

The Mother

Integral Education

Science of Consciousness: Vedantic Psychology

Sri Aurobindo

Body, brain, nervous system are instruments of consciousness, they are not its causes.

Consciousness is its own cause, a producer of objects and images and not their product. We are blinded to this truth because when we think of consciousness, it is of the individual we think.

We look at the world in the way and speak of it in the terms of individual consciousness; but it is of the universal consciousness that the world is a creation.

The individual participates subconsciously and superconsciously in the universal consciousness. But the embodied individual in his physical or waking mind does not so much participate as arrive at participation. He is not directly part of it, but reproduces it by a partial indirect action, and in reproducing selects and varies, combines, discombines, new combines and develops his selections.

In the body his waking mind receives its impressions from the outside world and reacts upon them. Body and nerves are his instrument for the impressions and the reaction; therefore all their apparent instrumentation is nervous, physical, atomically combined, a physiological apparatus for a battery of nervous energy.

Physical, nervous and sensory impressions are the means by which this individual is induced to put himself into waking relations with the physical universe. Physical, nervous and sensory reactions are his means for entering into that relation. (2)

The Hour of God

Sri Aurobindo

There are moments when the Spirit moves among men and the breath of the Lord is abroad upon the waters of our being; there are others when it retires and men are left to act in the strength or the weakness of their own egoism.

The first are periods when even a little effort produces great results and changes destiny; the second are spaces of time when much labour goes to the making of a little result. It is true that the latter may prepare the former, may be the little smoke of sacrifice going up to heaven which calls down the rain of God's bounty.

Unhappy is the man or the nation which, when the divine moment arrives, is found sleeping or unprepared to use it, because the lamp has not been kept trimmed for the welcome and the ears are sealed to the call. But thrice woe to them who are strong and ready, yet waste the force or misuse the moment; for them is irreparable loss or a great destruction.

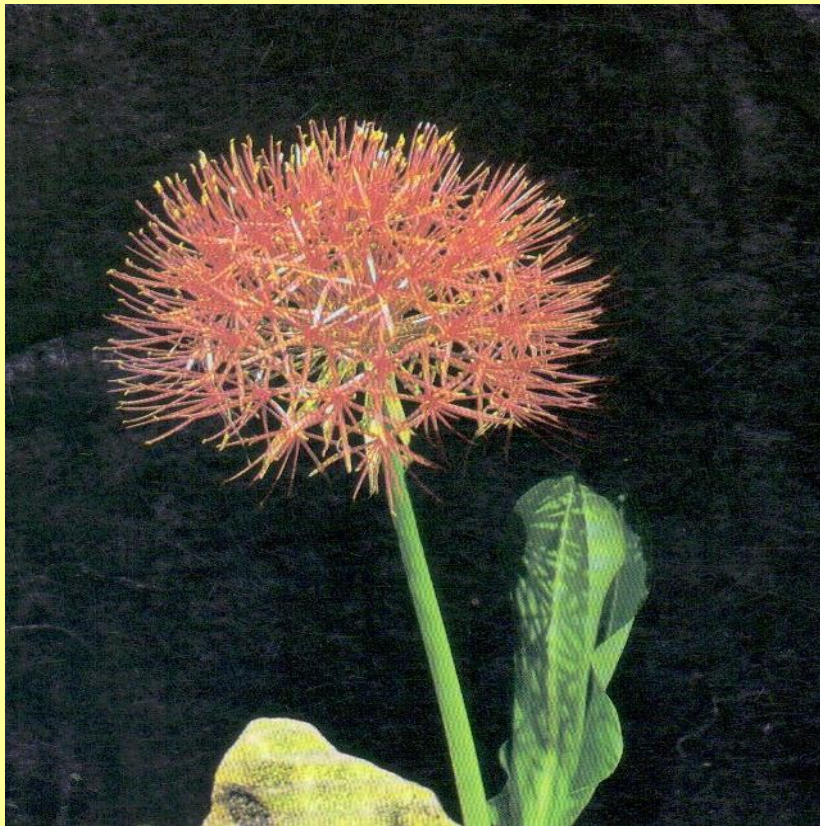
In the hour of God cleanse thy soul of all self-deceit and hypocrisy and vain self-flattering that thou mayst look straight into thy spirit and hear that which summons it.

All insincerity of nature, once thy defence against the eye of the Master and the light of the ideal, becomes now a gap in thy armour and invites the blow. Even if thou conquer for the moment, it is the worse for thee, for the blow shall come afterwards and cast thee down in the midst of thy triumph.

But being pure cast aside all fear; for the hour is often terrible, a fire and a whirlwind and a tempest, a treading of the winepress of the wrath of God; but he who can stand up in it on the truth of his purpose is he who shall stand; even though he fall, he shall rise again, even though he seem to pass on the wings of the wind, he shall return.

Nor let worldly prudence whisper too closely in thy ear; for it is the hour of the unexpected, the incalculable, the immeasurable. Mete not the power of the Breath by thy petty instruments, but trust and go forward.

But most keep thy soul clear, even if for a while, of the clamour of the ego. Then shall a fire march before thee in the night and the storm be thy helper and thy flag shall wave on the highest height of the greatness that was to be conquered.
(3)



Sensing and Repelling Attacks of Illness

Sri Aurobindo

If we live only in the outward physical consciousness, we do not usually know that we are going to be ill until the symptoms of the malady declare themselves in the body.

But if we develop the inward physical consciousness, we become aware of a subtle environmental physical atmosphere and can feel the forces of illness coming towards us through it, feel them even at a distance and , if we have learned how to do it, we can stop them by the will or otherwise.

We sense too around us a vital physical or nervous envelope which radiates from the body and protects it, and we can feel the adverse forces trying to break through it and can interfere, stop them or reinforce the nervous envelope.

Or we can feel the symptoms of illness , fever or cold, for instance, in the subtle physical sheath before they are manifest in the gross body and destroy them there, preventing them from manifesting in the body.(4)

परमास्तुतिः

प्रसीद मे परमे
 रोमे रोमे कुरु मे रमणम्
 कोषे कोषे कुरु मे सदनम्
 श्वासे श्वासे कुरु संचरणम्
 प्राविश माम् परमे ॥ प्रसीद...

वर्णे वर्णे कुरु मे गानम्
 पलके पलके कृपाकटाक्षम्
 प्राणे प्राणे प्रणयप्रवाहम्
 धारय माम् परमे ॥ प्रसीद...

पदे पदे कुरु तीर्थं धवलम्
 कं पे कं पे मोदं तरलम्
 स्पर्शे स्पर्शे पुलकं नवलम्
 रंजय माम् परमे ॥ प्रसीद...

रजसि रजसि तव चिन्मय भासम्
 कणे कणे तव परिमल वासम्
 वने वने नव नव मधुमासम्
 लालय माम् परमे ॥ प्रसीद...

कुं जे कुं जे ज्योत्स्नाहासम्
 तीरे तीरे केली विलासं
 जने जने सहजं उल्लासम्
 विस्तारय माम् परमे ॥ प्रसीद...

रागे रागे रस धनसारम्
 रूपे रूपे नवशृंगारम्
 क्षणे क्षणे नव नव अभिसारम्
 परि रंभय परमे ॥ प्रसीद...

डॉ. देवकीनंदन श्रीवास्तव
 "नंदन"

Acknowledgements:



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1. Sri Aurobindo, Complete Works of Sri Aurobindo, CWSA Vol. 13: p 199
2. Sri Aurobindo, Complete Works of Sri Aurobindo, CWSA Vol 12:p.302
3. Sri Aurobindo, Complete Works of Sri Aurobindo, Vol. 12: 146-7
4. Sri Aurobindo , Sri Aurobindo Birth Centenary Library, Vol. 22: 350

Forthcoming Activities:

Dr. Devkinandan Srivastava, an exponent of Sri Aurobindo's Yoga and a well-known Hindi Poet will deliver the following lectures on Thursday, 18th February, 2010

1. Integral Study Meet:

Topic: **Impact of Religious Scriptures on Society**

Time: **3.30 pm to 5.00pm**

Venue:**Library, Postgraduate Department of Gujarati, Sardar Patel University, Vallabh Vidyanagar**

2. Lecture:

Topic: **The Advent of Spiritual Evolution of Mankind**

Time: **7.00 pm to 8.00pm**

Venue: Sri Aurobindo Sadhana Kendra, Vallabh Vidyanagar

All are cordially invited...

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



The Sunlit Path is the magazine of Sri Aurobindo Chair of Integral Studies. The e edition 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.