

The Sunlit Path



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

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Editorial

My dear friends,

Please accept my Best Wishes for the year 2010.

I am happy to place before you the January 15, 2010 issue of The Sunlit Path.

Several specific compilations have been contained in this issue which give more light on the study of Soul and emphasize the need of inculcating a dynamic spirituality in our daily life.

Living Truth shows us a key to reach our goal of exceeding the human nature – by a surer vision of our soul. The section of **Integral Education** carries an article on The Study of The Soul.

Integral Life explains an ascending scale of substance from Matter to Spirit and brings home the point of the process of progressive human evolution along the consciousness perspective. **Integral Health** carries a compilation which tells us about the need of striving for a combination of spiritual and material perfection.

Finally, some lines from a wellknown poem written by saint-poet Narsinh Maheta provide a key to Experience God .

Regards,

Dr. Bhalendu Vaishnav

By the Vision of The Soul...

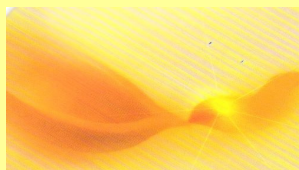
Sri Aurobindo

How shall ascending nature near her goal?
 Not through man's stumbling tardy intellect
 Patient all forms and powers to dissect
 But by the surer vision of his soul.

An algebra of mind, a scheme of sense,
 A symbol language without depth or wings,
 A power to handle deftly outward things
 Are our scant earnings of intelligence.

The Truth is greater and asks deeper ways.
 A sense that gathers all in its own being,
 A close and luminous touch, an intimate seeing,
 A Thought flung free from the word's daedal maze,

A tranquil heart in sympathy with all,
 A will one-pointed, wide, imperial. (1)



**A divine perfection of the human being is our aim.
Sri Aurobindo**



The Study of Soul

Sri Aurobindo

When the ancient thinkers of India set themselves to study the soul of man in themselves and others, they, unlike any other nation or school of early thought, proceeded at once to a process which resembles exactly enough the process adopted by modern science in its study of physical phenomena. For their object was to study, arrange and utilise the forms, forces and working movements of consciousness, just as the modern physical Sciences study, arrange and utilise the forms, forces and working movements of objective Matter.

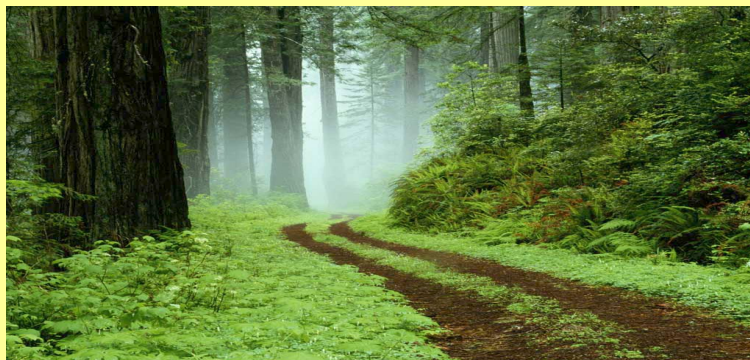
The material with which they had to deal was more subtle, flexible and versatile than the most impalpable forces of which the physical Sciences have become aware; its motions were more elusive, its processes harder to fix; but once grasped and ascertained, the movements of consciousness were found by Vedic psychologists to be in their process and activity as regular, manageable and utilisable as the movements of physical forces.

The powers of the soul can be as perfectly handled and as safely, methodically and puissantly directed to practical life-purposes of joy, power and light as the modern power of electricity can be used for human comfort, industrial and locomotive power and physical illumination; but the results to which they give room and effect are more wonderful and momentous than the results of motorpower and electric luminosity.

For there is no difference of essential law in the physical and the psychical, but only a difference and undoubtedly a great difference of energy, instrumentation and exact process.

The Supreme Existence which expresses itself equally in soul and matter, moves upon one fundamental principle on all its sevenfold levels, and even by one set of medial processes, but It varies their minute arrangement and organic functioning to suit the material which it is using and the objective which it has set before Itself in Its divine movement.

Exact observation and untrammelled, yet scrupulous experiment are the method of every true Science. Not mere observation by itself—for without experiment, without analysis and new-combination observation leads to a limited and erroneous knowledge; often it generates an empirical classification which does not in the least deserve the name of science. (2)



The Ascending Series of Substance

Sri Aurobindo

The materiality of Matter consists in a concentration of the density of substance and its resistance to the conscious-force of which through sense it becomes the object.

An ascending scale of substance from Matter to Spirit must mean a diminution of resistance, division and bondage and an increasing subtlety, flexibility, power of assimilation, interchange, transmutation, unification.—There is such an ascending scale from the dense to the subtle even in material substance and beyond the subtlest material essence we have grades of other substance corresponding to the series of Matter, Life, Mind, Supermind and Spirit.

Each, that is to say, is the basis of a world or other kind of existence in which these higher principles successively dominate the others and fulfil themselves with their aid. In each therefore there is an ever wider range of being, consciousness and force ascending from the inconscience of material substance to the infinite self-consciousness of spiritual.

But all these principles are interconnected. Matter contains all of them and evolves them out of itself in obedience to the constant pressure of the higher worlds, an evolution which must continue until they are able to express themselves fully in the material principle.—**Man is the fit instrument for this fulfilment.**

He has other bodies besides the physical in which he can become conscious and so enter into the supraphysical grades of substance and impose their law upon his material existence.

Therefore his complete perfection is through the ascent to supermind and the conquest of the physical also by the supramental substance so that he will be able to command a diviner physical life and conquer death in a divine body. (3)

The Power of Concentration

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.

The Mother

Integral Health

Mastery : Spiritual and Physical

The Mother

It is good to utilise all that we have in order to increase and make more exact the control of physical activities. It is very obvious that those who practise physical culture scientifically and with coordination acquire a control over their bodies that's unimaginable for ordinary people.

When the Russian gymnasts came here, we saw with what ease they did exercises which for an ordinary man are impossible, and they did them as if it was the simplest thing in the world; there was not even the least sign of effort! Well, that mastery is already a great step towards the transformation of the body. And these people who, I could say, are materialists by profession, used no spiritual method in their education; it was solely by material means and an enlightened use of human will that they had achieved this result.

If they had added to this a spiritual knowledge and power, they could have achieved an almost miraculous result... Because of the false ideas prevalent in the world, we don't usually see the two things together, spiritual mastery and material mastery, and so one is always incomplete without the other; but this is exactly what we want to do and what Sri Aurobindo is going to explain: if the two are combined, the result can reach a perfection that's unthinkable for the ordinary human mind, and this is what we want to attempt. (4)

The Example of Japan

There is no instance in history of a more marvellous and sudden up-surfing of strength in a nation than modern Japan. All sorts of theories had been started to account for the uprising, but now intellectual Japanese are telling us what were the fountains of that mighty awakening, the sources of that inexhaustible strength.

It was the Vedantic teachings of Oyomei and the recovery of *Shintoism* with its worship of the national Shakti of Japan in the image and person of the Mikado that enabled the little island empire to wield the stupendous weapons of western knowledge and science as lightly and invincibly as Arjun wielded the Gandiv.(5)

Sri Aurobindo

અખિલ બ્રહ્માંડમાં...

અખિલ બ્રહ્માંડમાં એક તું શ્રીહરિ,
જૂજવે રુપે અનંત ભાસે.
દેહમાં દેવ તું, તેજમાં તત્ત્વ તું,
શૂન્યમાં શબ્દ થઈ વેદ વાસે.

...

પવન તું, પાણી તું, ભૂમિ તું
ભૂધરા, વૃક્ષ થઈ કૂલી રહ્યો આકાશે;

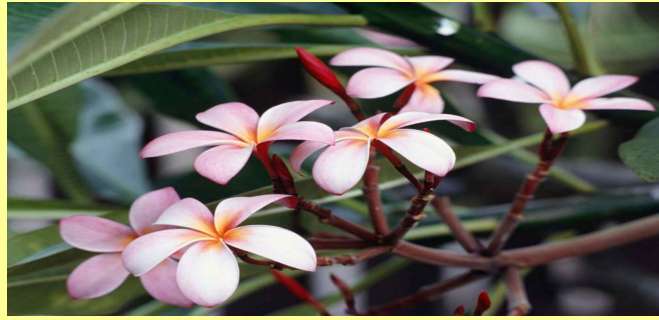
...

વેદ તો એમ વદે; શ્રુતિ-સ્મૃતિ સાખ દે
કનક કુંડલ વિશે ભેદ નહોયે;
ઘાટ ઘડિયા પછી નામરૂપ જૂજવાં,
અંતે તો હેમનું હેમ હોય.

...

ભાગે નરસૈયો એ મન તણી શોચના,
પ્રીત કરું પ્રેમથી પ્રગટ થાશે.

નરસિંહ મહેતા



Acknowledgements

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1. Sri Aurobindo, Sri Aurobindo Birth Centenary Library Vol.5, p 167
2. Sri Aurobindo, Complete Works of Sri Aurobindo, Vol. 12, pp 314-315
3. Sri Aurobindo, Complete Works of Sri Aurobindo, Vol.13, p 485
4. The Mother, Collected Works of The Mother, Vol 9, 87-88
5. Sri Aurobindo, Complete Works of Sri Aurobindo, Vol.6, p 86

Integral Study Meet

Topic: Sri Aurobindo's Poetry

Day and Date: Saturday, 23rd January, 2009

Time: 3.30 pm to 5.00pm

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



**Let us work as we pray,
for indeed work is the body's best prayer to the Divine.**

The Mother

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