

# **The Sunlit Path**

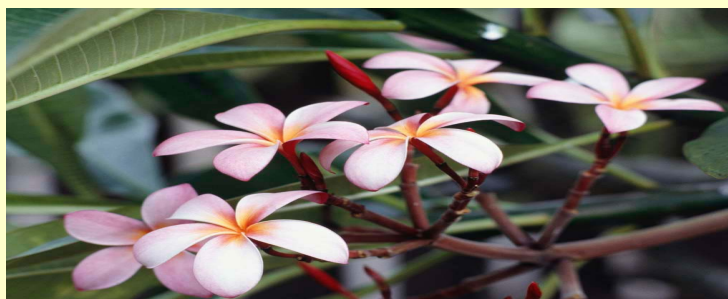


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**Sri Aurobindo Chair of Integral Studies  
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**My Dear Friends,**

I am indeed happy to bring to you this issue of The Sunlit Path, *more so because it has come in time, unlike past few issues!*

**Living Words** offers us a breath-holding moment of contemplation, takes us to our Greater Truths, which is neither far from us, nor unknown, nevertheless , we certainly do need to heed It more often.

The compilation in the **Integral Education** clearly describes the very foundation of educational reforms, which we are witnessing being applied more and more in our educational system.

**Integral Life** will help to bring clarity in our meditation - a window to grow within.

**Integral Life - Integral Health** gives a *perfect perspective of imperfection* through a *sound principle of Yogic Practice*.

Wishing you a happy reading experience.

With Sincere Regards,

Dr. Bhalendu Vaishnav

March 15, 2011

## **Our Greater Truth**

### **Sri Aurobindo**

**Our tasks are given, we are but instruments;  
Nothing is all our own that we create:  
The Power that acts in us is not our force.**

**The genius too receives from some high fount  
Concealed in a supernal secrecy  
The work that gives him an immortal name.**

**The word, the form, the charm, the glory and grace  
Are missioned sparks from a stupendous Fire;**

**A sample from the laboratory of God  
Of which he holds the patent upon earth,  
Comes to him wrapped in golden coverings;**

**He listens for Inspiration's postman knock  
And takes delivery of the priceless gift  
A little spoilt by the receiver mind  
Or mixed with the manufacture of his brain;**

**When least defaced, then is it most divine.**

Although his ego claims the world for its use,  
Man is a dynamo for the cosmic work;

Nature does most in him, God the high rest:  
Only his soul's acceptance is his own.

This independent, once a power supreme,  
Self-born before the universe was made,  
Accepting cosmos, binds himself Nature's serf  
Till he becomes her freedman—or God's slave.

This is the appearance in our mortal front;  
Our greater truth of being lies behind:

Our consciousness is cosmic and immense,  
But only when we break through Matter's wall  
In that spiritual vastness can we stand  
Where we can live the masters of our world  
And mind is only a means and body a tool.

For above the birth of body and of thought  
Our spirit's truth lives in the naked self  
And from that height, unbound, surveys the world.

(1)

## Fundamental Reforms

Sri Aurobindo

**The first fundamental mistake has been, therefore, to confine ourselves to the training of the storing faculty memory and the storage of facts and to neglect the training of the three great manipulating faculties, viz. The power of reasoning, the power of comparison and differentiation and the power of expression.**

These powers are present to a certain extent in all men above the state of the savage and even in a rudimentary state in the savage himself; but they exist especially developed in the higher classes of civilised nations, wherever these higher classes have long centuries of education behind them. But, however highly developed by nature, these powers demand cultivation, they demand that bringing out of natural abilities which is the real essence of education. If not so brought out in youth, they become rusted & stopped with dirt, so that they cease to act except in a feeble, narrow & partial manner.

**Exceptional genius does indeed assert itself in spite of neglect and discouragement, but even genius selfdeveloped does not often achieve as happy results and as free & large a working as the same genius properly equipped & trained.**

Amount of knowledge is in itself not of the first importance; but to make the best use of what we know. The easy assumption of our educationists that we have only to supply the mind with a smattering of facts in each department of knowledge & the mind can be trusted to develop itself and take its own suitable road, is contrary to science, contrary to human experience and contrary to the universal opinion of civilised countries.

**Indeed the history of intellectual degeneration in gifted races always begins with the arrest of these three mental powers by the excessive cultivation of mere knowledge at their expense.**

...

**The very first step in reform must therefore be to revolutionize the whole aims & methods of our education. We must accustom teachers to devote nine-tenths of their energies to the education of the active mental faculties, while the passive retaining faculty, which we call the memory, should occupy a recognised & well-defined but subordinate place, and we must direct our school & university examinations to the testing of these active faculties & not of the memory. (2)**

*Blessed are those who take a Leap towards the Future.*

The Mother

Integral Life

## Dynamic Meditation

### The Mother

I think the most important thing is to know why one meditates; this is what gives the quality of the meditation and makes it of one order or another.

You may meditate to open yourself to the divine Force, you may meditate to reject the ordinary consciousness, you may meditate to enter the depths of your being, you may meditate to learn how to give yourself integrally; you may meditate for all kinds of things.

You may meditate to enter into peace and calm and silence - this is what people generally do, but without much success.

But you may also meditate to receive the Force of transformation, to discover the points to be transformed, to trace out the line of progress.

And then you may also meditate for very practical reasons: when you have a difficulty to clear up, a solution to find, when you want help in some action or other.

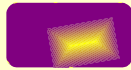
You may meditate for that too.

I think everyone has his own method of mediation.



But if one wants the meditation to be dynamic,  
one must have an aspiration for progress and the meditation must be done  
to help and fulfil this aspiration for progress.

Then it becomes dynamic. (3)



Integral Health, Integral Life

## A Perfect Perspective of Imperfection

### Sri Aurobindo

Perfection has to be worked out, harmony has to be accomplished.

Imperfection, limitation, death, grief, ignorance, matter, *are only the first terms of the formula—unintelligible till we have worked out the wider terms and reinterpreted the formulary; they are the initial discords of the musician's tuning.*

Out of imperfection we have to construct perfection, out of limitation to discover infinity, out of death to find immortality, out of grief to recover divine bliss, out of ignorance to rescue divine self-knowledge, out of matter to reveal Spirit.

To work out this end for ourselves and for humanity is the object of our Yogic practice.

(4)

## Acknowledgements



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- 1 Sri Aurobindo, Complete Works of Sri Aurobindo, Vol.33, p 542-43
- 2 Sri Aurobindo, Complete Works of Sri Aurobindo, Vol. 1, pp 359-60
- 3 The Mother, CWM Vol. 8, p 89
- 4 Sri Aurobindo, Complete Works of Sri Aurobindo, Vol. 12, p 97

**We are sons of God and must be even as he:  
His human portion, we must grow divine.  
Our life is a paradox with God for key.  
Sri Aurobindo**

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