

The Sunlit Path



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Editorial

Dear Friends,

I am happy to share the 15th April, 2025 issue of The Sunlit Path. The present issue has two compilations based on the theme of 'Triple Transformation'. The third passage contains revelatory words by Sri Aurobindo about The Mother.

I hope you will find the contents inspiring.

Bhalendu Vaishnav



A Conscious Soul Live In A Conscious World

Sri Aurobindo

A Will, a hope immense now seized his heart,
And to discern the superhuman's form
He raised his eyes to unseen spiritual heights,
Aspiring to bring down a greater world.
The glory he had glimpsed must be his home.
A brighter heavenlier sun must soon illumine
This dusk room with its dark internal stair,
The infant soul in its small nursery school
Mid objects meant for a lesson hardly learned
Outgrow its early grammar of intellect
And its imitation of Earth-Nature's art,
Its earthly dialect to God-language change,
In living symbols study Reality
And learn the logic of the Infinite.
The Ideal must be Nature's common truth,
The body illumined with the indwelling God,
The heart and mind feel one with all that is,
A conscious soul live in a conscious world. (1)

**Let a greater being then
arise from man.**

Sri Aurobindo

Triple Transformation

Sri Aurobindo

IF IT is the sole intention of Nature in the evolution of the spiritual man to awaken him to the supreme Reality and release him from herself, or from the Ignorance in which she as the Power of the Eternal has masked herself, by a departure into a higher status of being elsewhere, if this step in the evolution is a close and an exit, then in the essence her work has been already accomplished and there is nothing more to be done.

The ways have been built, the capacity to follow them has been developed, the goal or last height of the creation is manifest; all that is left is for each soul to reach individually the right stage and turn of its development, enter into the spiritual ways and pass by its own chosen path out of this inferior existence. But we have supposed that there is a farther intention,—not only a revelation of the Spirit, but a radical and integral transformation of Nature.

There is a will in her to effectuate a true manifestation of the embodied life of the Spirit, to complete what she has begun by a passage from the Ignorance to the Knowledge, to throw off her mask and to reveal herself as the luminous Consciousness-Force carrying in her the eternal Existence and its universal Delight of being. It then becomes obvious that there is something not yet accomplished, there becomes clear to view the much

that has still to be done, *bhuri aspast a kartvam*; there is a height still to be reached, a wideness still to be covered by the eye of vision, the wing of the will, the self-affirmation of the spirit in the material universe. What the evolutionary Power has done is to make a few individuals aware of their souls, conscious of their selves, aware of the eternal being that they are, to put them into communion with the Divinity or the Reality which is concealed by her appearances: a certain change of nature prepares, accompanies or follows upon this illumination, but it is not the complete and radical change which establishes a secure and settled new principle, a new creation, a permanent new order of being in the field of terrestrial Nature.

The spiritual man has evolved, but not the supramental being who shall thenceforward be the leader of that Nature.

This is because the principle of spirituality has yet to affirm itself in its own complete right and sovereignty; it has been up till now a power for the mental being to escape from itself or to refine and raise itself to a spiritual poise, it has availed for the release of the Spirit from mind and for the enlargement of the being in a spiritualised mind and heart, but not—or rather not yet sufficiently—for the self-affirmation of the Spirit in its own dynamic and sovereign mastery free from the mind's limitations and from the mental instrumentation. The development of another instrumentation has begun, but has yet to become total and effective; it has besides to cease to be a purely individual self-creation in an original Ignorance, something supernormal to earth-life that must always be acquired as an

individual achievement by a difficult endeavour. It must become the normal nature of a new type of being; as mind is established here on a basis of Ignorance seeking for Knowledge and growing into Knowledge, so supermind must be established here on a basis of Knowledge growing into its own greater Light. But this cannot be so long as the spiritual-mental being has not risen fully to supermind and brought down its powers into terrestrial existence. For the gulf between mind and supermind has to be bridged, the closed passages opened and roads of ascent and descent created where there is now a void and a silence.

This can be done only by the triple transformation to which we have already made a passing reference:

- there must first be the psychic change, the conversion of our whole present nature into a soul-instrumentation;
- on that or along with that there must be the spiritual change, the descent of a higher Light, Knowledge, Power, Force, Bliss, Purity into the whole being, even into the lowest recesses of the life and body, even into the darkness of our subconsciousness;
- last, there must supervene the supramental transmutation,—there must take place as the crowning movement the ascent into the supermind and the transforming descent of the supramental Consciousness into our entire being and nature.

As the crust of the outer nature cracks, as the walls of inner separation break down, the inner light gets through, the inner fire burns in the heart,

the substance of the nature and the stuff of consciousness refine to a greater subtlety and purity, and the deeper psychic experiences, those which are not solely of an inner mental or inner vital character, become possible in this subtler, purer, finer substance; the soul begins to unveil itself, the psychic personality reaches its full stature.

The soul, the psychic entity, then manifests itself as the central being which upholds mind and life and body and supports all the other powers and functions of the Spirit; it takes up its greater function as the guide and ruler of the nature.

A guidance, a governance begins from within which exposes every movement to the light of Truth, repels what is false, obscure, opposed to the divine realisation: every region of the being, every nook and corner of it, every movement, formation, direction, inclination of thought, will, emotion, sensation, action, reaction, motive, disposition, propensity, desire, habit of the conscious or subconscious physical, even the most concealed, camouflaged, mute, recondite, is lighted up with the unerring psychic light, their confusions dissipated, their tangles disentangled, their obscurities, deceptions, self-deceptions precisely indicated and removed; all is purified, set right, the whole nature harmonised, modulated in the psychic key, put in spiritual order. This process may be rapid or tardy according to the amount of obscurity and resistance still left in the nature, but it goes on unfalteringly so long as it is not complete.

As a final result the whole conscious being is made perfectly apt for

spiritual experience of every kind, turned towards spiritual truth of thought, feeling, sense, action, tuned to the right responses, delivered from the darkness and stubbornness of the tamasic inertia, the turbidities and turbulences and impurities of the rajasic passion and restless unharmonised kinetism, the enlightened rigidities and sattwic limitations or poised balancements of constructed equilibrium which are the character of the Ignorance.

This is the first result, but the second is a free inflow of all kinds of spiritual experience, experience of the Self, experience of the Ishwara and the Divine Shakti, experience of cosmic consciousness, a direct touch with cosmic forces and with the occult movements of universal Nature, a psychic sympathy and unity and inner communication and interchanges of all kinds with other beings and with Nature, illuminations of the mind by knowledge, illuminations of the heart by love and devotion and spiritual joy and ecstasy, illuminations of the sense and the body by higher experience, illuminations of dynamic action in the truth and largeness of a purified mind and heart and soul, the certitudes of the divine light and guidance, the joy and power of the divine force working in the will and the conduct.

These experiences are the result of an opening outward of the inner and inmost being and nature; for then there comes into play the soul's power of unerring inherent consciousness, its vision, its touch on things which is superior to any mental cognition; there is there, native to the psychic consciousness in its pure working, an immediate sense of the world and its beings, a direct inner contact with them and a direct contact with the Self

and with the Divine,—a direct knowledge, a direct sight of Truth and of all truths, a direct penetrating spiritual emotion and feeling, a direct intuition of right will and right action, a power to rule and to create an order of the being not by the gropings of the superficial self, but from within, from the inner truth of self and things and the occult realities of Nature.

If the rift in the lid of mind is made, what happens is an opening of vision to something above us or a rising up towards it or a descent of its powers into our being. What we see by the opening of vision is an Infinity above us, an eternal Presence or an infinite Existence, an infinity of consciousness, an infinity of bliss,—a boundless Self, a boundless Light, a boundless Power, a boundless Ecstasy. It may be that for a long time all that is obtained is the occasional or frequent or constant vision of it and a longing and aspiration, but without anything further, because, although something in the mind, heart or other part of the being has opened to this experience, the lower nature as a whole is too heavy and obscure as yet for more. But there may be, instead of this first wide awareness from below or subsequently to it, an ascension of the mind to heights above: the nature of these heights we may not know or clearly discern, but some consequence of the ascent is felt; there is often too an awareness of infinite ascension and return but no record or translation of that higher state. This is because it has been superconscious to mind and therefore mind, when it rises into it, is unable at first to retain there its power of conscious discernment and defining experience.

But when this power begins to awake and act, when mind becomes by

degrees conscious in what was to it superconscious, then there begins a knowledge and experience of superior planes of existence. The experience is in accord with that which is brought to us by the first opening of vision: the mind rises into a higher plane of pure self, silent, tranquil, illimitable; or it rises into regions of light or of felicity, or into planes where it feels an infinite Power or a divine Presence or experiences the contact of a divine Love or Beauty or the atmosphere of a wider and greater and luminous Knowledge. In the return the spiritual impression abides; but the mental record is often blurred and remains as a vague or a fragmentary memory; the lower consciousness from which the ascent took place falls back to what it was, with only the addition of an unkept or a remembered but no longer dynamic experience. In time the ascent comes to be made at will and the consciousness brings back and retains some effect or some gain of its temporary sojourn in these higher countries of the spirit. These ascents take place for many in trance, but are perfectly possible in a concentration of the waking consciousness or, where that consciousness has become sufficiently psychic, at any unconcentrated moment by an upward attraction or affinity. But these two types of contact with the superconscious, though they can be powerfully illuminating, ecstatic or liberating, are by themselves insufficiently effective: for the full spiritual transformation more is needed, a permanent ascension from the lower into the higher consciousness and an effectual permanent descent of the higher into the lower nature.

This is the third motion, the descent which is essential for bringing the permanent ascension, an increasing inflow from above, an experience of

reception and retention of the descending spirit or its powers and elements of consciousness. This experience of descent can take place as a result of the other two movements or automatically before either has happened, through a sudden rift in the lid or a percolation, a downpour or an influx. A light descends and touches or envelops or penetrates the lower being, the mind, the life or the body; or a presence or a power or a stream of knowledge pours in waves or currents, or there is a flood of bliss or a sudden ecstasy; the contact with the superconscient has been established.

Only the supermind can thus descend without losing its full power of action; for its action is always intrinsic and automatic, its will and knowledge identical and the result commensurate: its nature is a self-achieving Truth-consciousness and, if it limits itself or its working, it is by choice and intention, not by compulsion; in the limits it chooses its action and the results of its action are harmonious and inevitable. Again, overmind is, like mind, a dividing principle, and its characteristic operation is to work out in an independent formation a selected harmony; its global action enables it indeed to create a harmony whole and perfect in itself or to unite or fuse its harmonies together, to synthetise; but, labouring under the restrictions of mind, life and matter, it is obliged to do it by sections and their joinings. Its tendency of totality is hampered by its selective tendency which is accentuated by the nature of the mental and life material in which it is working here; what it can achieve is separate limited spiritual creations each perfect in itself, but not the integral knowledge and its manifestation. For this reason and because of the diminishing of its

native light and power it is unable to do fully what is needed and has to call in a greater power, the supramental force, to liberate and fulfil it.

As the psychic change has to call in the spiritual to complete it, so the first spiritual change has to call in the supramental transformation to complete it. For all these steps forward are, like those before them, transitional; the whole radical change in the evolution from a basis of Ignorance to a basis of Knowledge can only come by the intervention of the supramental Power and its direct action in earth-existence.

This then must be the nature of the third and final transformation which finishes the passage of the soul through the Ignorance and bases its consciousness, its life, its power and form of manifestation on a complete and completely effective self-knowledge. The Truth-consciousness, finding evolutionary Nature ready, has to descend into her and enable her to liberate the supramental principle within her; so must be created the supramental and spiritual being as the first unveiled manifestation of the truth of the Self and Spirit in the material universe.(2)



The Mother: The Power That Mediates Between The Sanction And The Call

Sri Aurobindo

The supramental change is a thing decreed and inevitable in the evolution of the earth-consciousness; for its upward ascent is not ended and mind is not its last summit. But that the change may arrive, take form and endure, there is needed the call from below with a will to recognise and not deny the Light when it comes, and there is needed the sanction of the Supreme from above. The power that mediates between the sanction and the call is the presence and power of the Divine Mother. The Mother's power and not any human endeavour and tapasya can alone rend the lid and tear the covering and shape the vessel and bring down into this world of obscurity and falsehood and death and suffering Truth and Light and Life divine and the immortal's Ananda. (4)



Acknowledgements

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1. Sri Aurobindo, CWSA, 32,76-77
2. Sri Aurobindo, CWSA 22, 922-52
3. Sri Aurobindo, CWSA, 32, 26

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