

*Messages from the Supreme*



**All  
India  
Magazine  
July 2015**

Flower on the Cover:

**Supramental Bird**

It remains where it has descended.

*(Spiritual significance and explanation given by the Mother)*

**The Bird of Grace, Messenger from the Supreme.**

*Editor's Note:*

*This issue consists of a compilation of some of the Mother's words in Her own handwriting and with Her signature. It is a special grace and adds a personal touch to the Luminous Words that are among Her countless and priceless gifts to us. The idea behind this compilation is that we read one each day and reflect upon it for the rest of the day. Thus contemplating and reflecting upon Her Luminous words we prepare ourselves for Sri Aurobindo's Birthday on the 15<sup>th</sup> Aug.*

The excerpts from the Works of Sri Aurobindo and the Mother published in *All India Magazine* carry titles and captions chosen by the editor, highlighting the theme of the excerpts.

**ALL INDIA MAGAZINE**

**A Monthly Magazine of Sri Aurobindo Society,**

**Society House, 11 Saint Martin Street, Puducherry - 605 001**

Annual Subscription: Rs.180 in India, US \$ 25 by Air-mail

**Editor: Dr. Alok Pandey**

*Published by Pradeep Narang for Sri Aurobindo Society, Puducherry*

*Printed by Swadhin Chatterjee at*

Sri Aurobindo Ashram Press, Puducherry - 605 002, India.

Registered with the Registrar of Newspapers for India : No. 22334/71

Phone Nos:(0413) 2336396-97-98

**Email: [info@aurosociety.org](mailto:info@aurosociety.org) Website: [www.aurosociety.org](http://www.aurosociety.org)**

# All India Magazine — July 2015

*Matter shall reveal the Spirit's face. — Sri Aurobindo*

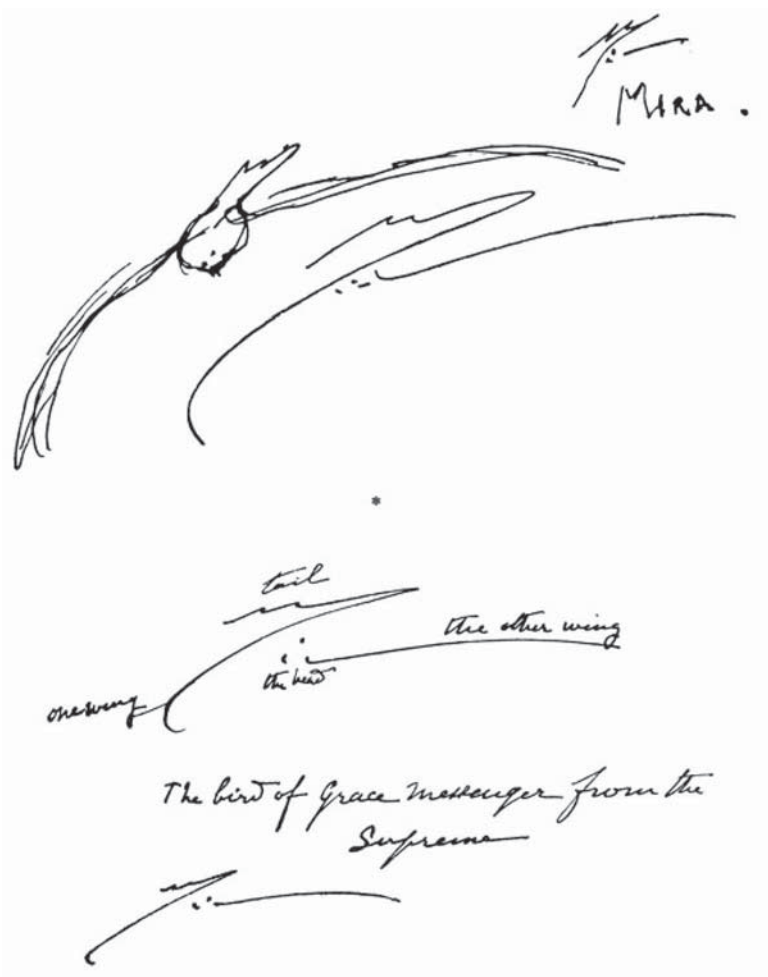
## *Messages from the Supreme*

### CONTENTS

The Mother's Signature	...	5
Prayers	...	7
The Purpose	...	11
Freedom	...	14
The Practice	...	18
Sri Aurobindo	...	29
The Mother	...	34
Threads of Light	...	40

---

**Editor's Note:** *A signature is the expression of acceptance and approval of what has been written and signed as. It is also the concretisation and materialisation of a certain Power contained in the person's name who signs. When the Mother and Sri Aurobindo signed something it was not just a formality. As with all Their actions, this too was a special blessing for earth and humanity, an act of Grace, a concretisation of something of the Power of Their Name to fulfill what was signed, an acceptance of the person and in general of the humanity that was aspiring for a greater and higher, a diviner life. It is a seal of the Supreme upon the Word thereby adding to its power. The Mother has explained the significance of Her signature as 'The bird of Grace messenger from the Supreme.' In this issue we publish some of Her messages given on various occasions in Her own handwriting and signed by Her. This makes it a special issue, a thought for each day of the month to be reflected and meditated upon as well as put into practice in our everyday life.*



Editors note: It is interesting to note that here the Mother spells her name as Mira (right hand top corner). As we can see below at the end of the page She has explained the significance of Her signature as **'The bird of Grace messenger from the Supreme'**

CWM 13: 65

The Mother

## The Mother's Signature

This is a graphic representation of the signature. It means "The Bird of Peace Descending upon Earth". It has its wings tilted towards the earth. It is coming down to the earth. You see the angle of its wings and how it is descending towards the earth? It is to bring Peace. It is the messenger of Peace. The Bird of Peace Descending upon Earth. You see?...

Now I will explain to you how this bird corresponds to the signature. Look, first, this is the tail of the bird. Here are the two tips of the tail, and I extend it as the wing which is seen like a curved line. You have seen the tails of birds, they are like this. ...

So, with these two tips of the tail and one wing, it is one part of the bird. And this is the other wing. They are large wings. And these are the eyes which are represented here by these two points. And here is the head.

One sees the bird appearing from far, that is why one sees only the eyes that shine and not all the details of the figure. It has very large wings and it is inclined like this to one side, that is why its body is hidden. One does not see its body, it is hidden behind its large wing. And from far one sees only its two eyes and the beak and all that. Because it is only the eyes that shine: the eyes reflect the soul. They are important, the eye. So it is like this: the tail joins with one wing and this is the other wing, and these two points are the eye.

This is the symbolic representation of the Bird of Peace Descending upon Earth. Instead of drawing the whole bird each time, I have made a symbolic drawing which represents this bird. You can see clearly this is the bird in flight which is descending towards the earth. It is still far, but one day it will alight upon the earth. Then there will be Peace. This, then, is the significance of my signature.

It comes from another world to bring Peace down here.

*(Conversation with the Mother as noted by Mona Sarkar in Luminous Notes)*



Do not take my words  
for a teaching. Always  
they are a force in action,  
uttered with a definite  
purpose, and they lose  
their true power when  
separated from that  
purpose.

*Do not take my words for a teaching. Always they are a force in action, uttered with a definite purpose, and they lose their true power when separated from that purpose.*

*The Mother*

## PRAYERS

### A Daily Prayer

*In the night as in the day be always with me.*

*In sleep as in waking let me feel in me always the reality of your presence.*

*Let it sustain and make to grow in me Truth, consciousness and bliss constantly and at all times.*

*Sri Aurobindo*

*In the night as in the day be always with me.*

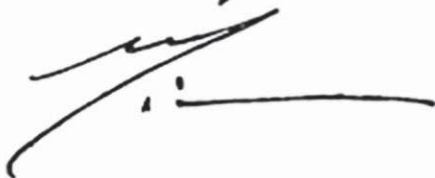
*In sleep as in waking let me feel in me always the reality of your presence.*

*Let it sustain and make to grow in me Truth, Consciousness and Bliss constantly and at all times.*

*Sri Aurobindo*

## A New Year Prayer

Let the Dawn of  
the New Year be  
for us also the  
Dawn of a new  
and better life.



*Let the dawn of the New Year be for us  
also the dawn of a new and better life.*

*The Mother*



## Work is Body's Prayer

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



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

*The Mother*

## The Prayer of the Cells in the Body

*The prayer of the cells  
in the body.*

*Now that, by the effect  
of the Grace, we are slowly  
emerging out of inconscience  
and waking to a conscious  
life, an ardent prayer  
rises in us for more light,  
more consciousness,*

*"O Supreme Lord of the universe,  
we implore Thee, give us the  
strength and the beauty, the  
harmonious perfection needed  
to be Thy divine instruments  
upon earth."*

*J*

*Now that, by the effect of the Grace, we are slowly  
emerging out of inconscience and waking to a conscious  
life, an ardent prayer rises in us for more light, more  
consciousness,*

*"O Supreme Lord of the universe, we implore Thee,  
give us the strength and the beauty, the harmonious per-  
fection needed to be Thy divine instruments upon earth."*

*The Mother*

## THE PURPOSE

### The Aim of Life

*Is the aim of life to be happy?*

*This is just putting things topsy-turvy.*

*The aim of human life is to discover the Divine and to manifest It. Naturally this discovery leads to happiness; but this happiness is a consequence, not an aim in itself. And it is this mistake of taking a mere consequence for aim of life that has been the cause of most of the miseries which are afflicting human life.*



*Is the aim of life to be happy?*

*This is just putting things topsy-turvy.*

*The aim of human life is to discover the Divine and to manifest It. Naturally this discovery leads to happiness; but this happiness is a consequence, not an aim in itself. And it is this mistake of taking a mere consequence for aim of life that has been the cause of most of the miseries which are afflicting human life.*

*The Mother*

The True and Lasting Purpose in Life

There is a purpose in  
life — and it is the only  
true and lasting one —  
The Divine  
Turn to Him and the  
emptiness will go.  
Blessings

*There is a purpose in life — and it is the only true and  
lasting one — The Divine.*

*Turn to Him and the emptiness will go.*

*Blessings.*

*The Mother*

## A Single Goal

1957

Lord, we are upon earth to accomplish Thy work of transformation. It is our sole will, our sole preoccupation. Grant that it may be also our sole occupation and that all our actions may help us towards this single goal.




*Lord, we are upon earth to accomplish Thy work of transformation. It is our sole will, our sole preoccupation. Grant that it may be also our sole occupation and that all our actions may help us towards this single goal.*

*The Mother*

## FREEDOM

What is True Freedom

Freedom does not  
come from outer  
circumstances but  
from inner liberation.  
Find your soul,  
unite with it, let  
it govern your life  
and you will be free  
blessings



*Freedom does not come from outer circumstances but from inner liberation.*

*Find your soul, unite with it, let it govern your life and you will be free.*

*Blessings.*

*The Mother*

## Get Rid of the Ego

All that happens  
is to teach us one  
and the same lesson.

Unless we get  
rid of our ego  
there is no peace  
either for ourselves  
or for the others.

And without ego  
the life becomes  
such a wonderful  
marvel!...


Love 

*All that happens is to teach us one and the same lesson. Unless we get rid of our ego there is no peace either for ourselves or for the others. And without ego the life becomes such a wonderful marvel!...*

*Love.*

*The Mother*

## Never Worry

Never worry -  
Do with sincerity all  
you do and leave the  
results to the Divine's  
care. 

*Never worry —*

*Do with sincerity all you do and leave  
the results to the Divine's care.*

*The Mother*



The Cure

5-3-59

Turn your mind completely away from your difficulty, concentrate exclusively on the light and the Force coming from above; let the Lord do for your body what He pleases. Hand over to Him totally the entire responsibility of your physical being.

This is the cure.

With my blessings



5.3.59

Turn your mind completely away from your difficulty, concentrate exclusively on the Light and the Force coming from above; let the Lord do for your body whatever He pleases. Hand over to Him totally the entire responsibility of your physical being.

This is the cure.

With my blessings.

The Mother

## THE PRACTICE

A Daily Program

Be simple,  
Be happy,  
Remain quiet,  
Do your work as well as you can,  
Keep yourself always open towards me.  
This is all that is asked from you.

*—*

*Be simple,  
Be happy,  
Remain quiet,  
Do your work as well as you can,  
Keep yourself always open towards me.  
This is all that is asked from you.*

*The Mother*

## Persevere and Conquer

*What you are not able  
to do today, you will achieve  
tomorrow. Persevere and  
you shall conquer.*



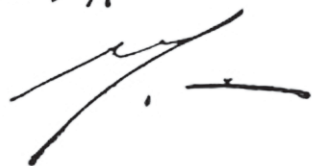
*What you are not able to do today, you will achieve  
tomorrow.*

*Persevere and you shall conquer.*

*The Mother*

## Harmony and Simplicity

To express Harmony,  
of all Things  
Simplicity  
is the best.



*To express Harmony,  
of all things  
Simplicity is the best.*

*The Mother*

## Love and Purity

Love is not sexual intercourse  
Love is not vital attraction and  
interchange.

Love is not the heart's hunger  
for affection.

Love is a mighty vibration coming  
straight from the One, and only  
the very pure and very strong are  
capable of receiving and manifesting  
it.

To be pure is to be open only to  
the Supreme's influence and to no  
other.



**L**ove is not sexual intercourse.

Love is not vital attraction and interchange.

Love is not the heart's hunger for affection.

Love is a mighty vibration coming straight from the One,  
and only the very pure and very strong are capable of receiving  
and manifesting it.

To be pure is to be open only to the Supreme's influence  
and to no other.

*The Mother*

## True Love

Do you know what  
is true love?

There is only one true  
love, the love from  
the Divine, which, in  
human beings, turns  
into love for the Divine.

Shall we say that  
the nature of the Divine  
is Love,

*Do you know what is true love?*

*There is only one true love, the love from the Divine,  
which, in human beings, turns into love for the Divine.*

*Shall we say that the nature of the Divine is Love.*

*The Mother*

## Love is With All

Love is with all,  
working for the  
progress of each  
one equally —  
but it triumphs  
those who care  
for it .

Love

*Love is with all,  
working for the progress of  
each one equally —  
but it triumphs in those  
who care for it.*

*Love.*

*The Mother*

## How We Do Matters More than What We Do

*From the standpoint of Yoga  
it is not so much what you  
do but how you do it that  
matters most.*



*From the standpoint of Yoga  
it is not so much  
what you do but how you do it  
that matters most.*

*The Mother*



## The Joy of Serving the Divine

*No joy can be greater  
than that of serving the Divine*

*No joy can be greater than that of serving the Divine.*

*The Mother*

*Above all preferences  
we want to be at the  
service of the Divine.*

*Above all preferences we want to be at the service of the  
Divine.*

*The Mother*

## Serving the Truth

He who lives to serve  
the Truth is not affected  
by outward circumstances.



*He who lives to serve the Truth is not affected  
by outward circumstances.*

*The Mother*

To come closer to Truth

To come closer to the  
Truth, you must often  
accept not to understand.

*To come closer to the Truth,  
you must often accept  
not to understand.*

*The Mother*



OM Tat Sat gyoten Aravinda  
ॐ तत् सत् ज्योतेरुर्विन्द

## SRI AUROBINDO

### A Decisive Action from the Supreme

What Sri Aurobindo represents in the world's history is not a teaching, not even a revelation; it is a decisive action direct from the Supreme



*What Sri Aurobindo represents in the world's history is not a teaching, not even a revelation; it is a decisive action direct from the Supreme.*

*The Mother*

Sri Aurobindo is Constantly Among Us

Sri Aurobindo  
is constantly  
among us and  
reveals himself  
to those who are  
ready to see and  
hear him

blessings  
/

*Sri Aurobindo is constantly among us  
and reveals himself to those  
who are ready to see and hear him.*

*The Mother*

## The Great Assurance and the Lord's Promise

*Lord, this morning Thou hast given me the assurance that Thou wouldst stay with us until Thy work is achieved, not only as a consciousness which guides and illumines but also as a Dynamic Presence in action. In unmistakable terms Thou hast promised that all of Thyself would remain here and not leave the earth atmosphere until earth is transformed. Grant that we may be worthy of this marvellous Presence and that henceforth everything in us be concentrated on the one will to be more and more perfectly consecrated to the fulfilment of Thy sublime Work.*



*Lord, this morning Thou hast given me the assurance that Thou wouldst stay with us until Thy work is achieved, not only as a consciousness which guides and illumines but also as a dynamic Presence in action. In unmistakable terms Thou hast promised that all of Thyself would remain here and not leave the earth atmosphere until earth is transformed. Grant that we may be worthy of this marvellous Presence and that henceforth everything in us be concentrated on the one will to be more and more perfectly consecrated to the fulfilment of Thy sublime Work.*

*The Mother*

The Importance of Savitri Sri Aurobindo's Gift to Man

The importance of  
Savitri is immense

Its subject is universal.  
Its revelation is prophetic

The time spent in its  
atmosphere is not wasted.

Take all the time necessary  
to see this exhibition. It  
will be a happy compensation  
for the feverish haste men  
put now in all they do.

10-2-67.

The importance of Savitri is immense.

Its subject is universal. Its revelation is prophetic.

The time spent in its atmosphere is not wasted.

Take all the time necessary to see this exhibition. It  
will be a happy compensation for the feverish haste men  
put now in all they do.

10.2.67

The Mother





*He who is faultless  
does not care for the opinion  
of others.*

*He who is faultless does not care  
for the opinion of others.*

*The Mother*

## THE MOTHER

The Mother is There Since the Beginning

*Since the beginning of the earth,  
wherever and whenever there was the  
possibility of manifesting a ray of  
consciousness, I was there.*



*Since the beginning of the earth, wherever  
and whenever there was the possibility of  
manifesting a ray of Consciousness, I was  
there.*

*The Mother*

## The Supreme Surrender

*Written in Japan - February 1920.*

*I belong to no nation, no civilisation, no society,  
no race, but to the Divine.*

*I obey to no master, no ruler, no law, no  
social convention, but to the Divine.*

*To Him I have surrendered all, will, life and  
self; for Him I am ready to give all my blood, drop  
by drop, if such is His Will, with complete joy;  
and nothing in His service can be sacrifice,  
for all is perfect delight.*



*Written in Japan in February 1920.*

*I belong to no nation, no civilisation, no society, no  
race, but to the Divine.*

*I obey to no master, no ruler, no law, no social con-  
vention, but to the Divine.*

*To Him I have surrendered all, will, life and self;  
for Him I am ready to give all my blood, drop by drop,  
if such is His Will, with complete joy; and nothing in His  
service can be sacrifice, for all is perfect delight.*

*The Mother*

## The Sign of Opening to the Supramental Force

When in your heart and thought you will make no difference between Sri Aurobindo and me, when to think of Sri Aurobindo will be to think of me and to think of me will mean to think of Sri Aurobindo inevitably, when to see one will mean inevitably to see the other, like one and the same Person, — then you will know that you begin to be open to the supramental force and consciousness.



When in your heart and thought you will make no difference between Sri Aurobindo and me, when to think of Sri Aurobindo will be to think of me and to think of me will mean to think of Sri Aurobindo inevitably, when to see one will mean inevitably to see the other, like one and the same Person, — then you will know that you begin to be open to the supramental force and consciousness.

The Mother

## THE VICTORY

Put Yourself on the side of the Divine Will

1955

*No human will can finally prevail against the Divine's Will. Let us put ourselves deliberately and exclusively on the side of the Divine, and the Victory is ultimately certain*



1955

*No human will can finally prevail against the Divine's Will. Let us put ourselves deliberately and exclusively on the side of the Divine, and the Victory is ultimately certain.*


*The Mother*

The Supramental Manifestation upon Earth is a Fact

26<sup>th</sup> April 1956

*The manifestation of the Supramental upon earth is no more a promise but a living fact, a reality.*

*It is at work here, and one day will come when the most blind, the most unconscious, even the most unwilling shall be obliged to recognise it.*



24<sup>th</sup> April 1956

*The manifestation of the Supramental upon earth is no more a promise but a living fact, a reality.*

*It is at work here, and one day will come when the most blind, the most unconscious, even the most unwilling shall be obliged to recognise it.*

*The Mother*

## The Grace Will Never Fail Us

1947

At the very moment when everything seems to go from bad to worse, it is then that we must make a supreme act of faith and know that the Grace will never fail us.



*At the very moment when everything seems to go from bad to worse, it is then that we must make a supreme act of faith and know that the Grace will never fail us.*

*The Mother*

## THREADS OF LIGHT

### Sutras

1. Have no ambition, above all never lay claim to anything, but be at each moment the utmost that you can be.

25 February 1957

2. As for your place in the universal manifestation, the Supreme alone will show it to you.

2 May 1957

3. The Supreme Lord has ineluctably decreed the place you occupy in the world concert, but whatever that place may be, you have the same equal right as everyone else to scale the supreme heights as far as the supramental realisation.

17 May 1957

4. What you are in the truth of your being is ineluctably decreed and nothing and no one can prevent you from being it; but the path you will take to attain it is left to your own free choice.

19 May 1957

5. On the path of ascending evolution, each one is free to choose the direction he will take: the swift and steep ascent towards the summits of Truth, the supreme realisation, or, turning his back to the peaks, the easy descent towards the interminable meanderings of endless rebirths.

23 May 1957

6. In the course of the ages and even in the course of your present life you can make your choice once and for all,



irrevocably, and then you have only to confirm it at each new occasion; or else, if you have not taken the final decision at the outset, at each moment you will have to make a new choice between falsehood and truth.

23 May 1957

7. But even supposing that you have not taken the irrevocable decision at the outset, if you have the good fortune to be alive at one of those extraordinary moments in universal history when the Grace is present, incarnate on earth, It will give you once again, at certain exceptional moments, the possibility of making a final choice that will lead you straight to the goal.

CWM 12: 349 - 350

23 May 1957

8) All division in the being is an insincerity.

9) The greatest insincerity is to carve an abyss between one's body and the truth of one's being.

10) When an abyss separates the true being from the physical being, Nature immediately fills it with all the hostile suggestions, of which the most deadly is fear and the most pernicious, doubt.

11) Allow nothing, nowhere, to deny the truth of your being: that is sincerity.

*Conversation with a disciple, 17th October 1958*

**The Mother**



**AIM Books (40/48/56 pages)**  
**Subjectwise Compilation from the Works of**  
**Sri Aurobindo and the Mother**

The Goal	Rs. 30.00
Nirvana and Beyond	25.00
Creation and the Creator	35.00
Sri Aurobindo's Message	30.00
Spiritual Experiences of Sri Aurobindo in Alipore Jail	30.00
Swami Vivekananda & Sri Ramakrishna in Sri Aurobindo's Writing	30.00
Difference Between Religion & Yoga	30.00
The Way to Spiritual Life	15.00
What Are We Seeking in Life	15.00
What Is True Hinduism	30.00
Basic Elements of Sadhana	30.00
The Inner Attitude: Everything Depends Upon It	30.00
Dynamic Faith	30.00
Discovery of Our True Self	30.00
Soul & How to Find It	15.00
4 Aids to Yoga-Siddhi	30.00
3 Stages of Progress in Sadhana	30.00
Self-Consecration in Sadhana — Importance of	30.00
Dhyāna: Meditation & Contemplation	30.00
The Whole Secret of Karmayoga	30.00
Right Spirit in Work	15.00
Blossoming of Devotion	30.00
Four Austerities and Four Liberations	30.00
How to Cultivate Concentration	20.00
How to Sleep Well	30.00
New Birth	30.00
Yogic Equality	15.00
One Essential Condition...	30.00
Our Present Natural Life & the True Soul Life	30.00

Our Road From Matter to Eternal Self	30.00
The Vital (The Life-force, Prāna)	12.00
Fear — Its Cause & Cure	30.00
Depression — Its Cause & Cure	30.00
Suffering — Its Cause and Cure	30.00
The Divine Grace	15.00
The Divine As the Master and Guide	15.00
The Path of Surrender	30.00
Footprints of God	60.00
Introduction to The Synthesis of Yoga	30.00
Introduction to the Epic Poem — Savitri	40.00
Read Sri Aurobindo	15.00
Realisation of the Divine	30.00
Receptivity on Birthdays	30.00
Remain Young, Never Stop Striving towards Perfection	15.00
Significance of Death	30.00
Thy Peace, O Lord — A Boon Within to Keep	15.00
Union with the Divine	30.00
To Be A True Leader	30.00
What Is Light	30.00
What Is the Truth & How to Serve It	30.00
What Is to Be Done	30.00
What the Mother's Symbol Represents	30.00
Sadhana Can be Done Anywhere	30.00
Practice of Spirituality in Everyday Life	30.00

***Available at***

**SABDA, Sri Aurobindo Ashram, Pondicherry - 605002.**

Email: [mail@sabda.in](mailto:mail@sabda.in) Web: <http://www.sabda.in>

Towards Postage and Forwarding in India, add 5% of the total value of the books ordered as well as Rs. 30.00. Payment can be made by Bank Draft favouring SABDA payable at Pondicherry, Money Order, or Credit Card online via SABDA's website. The books will be sent by registered post/courier.

**CWSA: Complete Works of Sri Aurobindo (Revised and Enlarged Edition of SABCL: Sri Aurobindo Birth Centenary Library)**

*CWSA Nos. & Titles with corresponding SABCL Nos.*

1. Early Cultural Writings (SABCL Vol. 3)
2. Collected Poems (SABCL 5)
- 3-4. Collected Plays and Stories — I, II (SABCL 6-7)
5. Translations (SABCL 8)
6. Bande Mataram — I, II (SABCL 1)
8. Karmayogin (SABCL 2)
- 9.\* Writings in Bengali and Sanskrit (SABCL 4)
- 10-11. Record of Yoga — I, II
12. Essays Divine and Human (SABCL 17)
13. Essays in Philosophy and Yoga (SABCL 16)
- 14.\* Vedic Studies
15. The Secret of the Veda (SABCL 10)
16. Hymns to the Mystic Fire (SABCL 11)
17. Isha Upanishad (SABCL 12)
18. Kena and Other Upanishads (SABCL 12)
19. Essays on the Gita (SABCL 13)
20. The Renaissance in India With a  
Defence of Indian Culture (SABCL 14)
- 21-22. The Life Divine — I, II (SABCL 18-19)
- 23-24. The Synthesis of Yoga — I, II (SABCL 20-21)
25. The Human Cycle, The Ideal of Human Unity,  
War and Self-Determination (SABCL 15)
26. The Future Poetry (SABCL 9)
27. Letters on Poetry and Art (SABCL 9)
- 28-31. Letters on Yoga — I, II (III, IV)\* (SABCL 22, 23, 24)
32. The Mother with Letters on the Mother (SABCL 25)
- 33-34. Savitri — I, II (SABCL 28-29)
35. Letters on Himself and the Ashram (SABCL 26)
36. Autobiographical Notes (SABCL 26)
- 37.\* Reference Volume (SABCL 30)

---

\* *These volumes are not yet released.*





## **Upcoming Workshops by SAFIM**

### **“Spirituality in Workplace – Consciousness in Action”**

Date: 13th – 14th August, 2015 (Thu- Fri)

Two-day workshop for individuals in various professions to understand the evolution of the self, of the organization and of the society at large through work – thereby realizing the innate consciousness that defines the true purpose of being – both of the self and of the organization.

*Organised by:*

**Sri Aurobindo Foundation for Integral Management**

Venue: Society House, Sri Aurobindo Society, Puducherry

For registration: Email: safim@aurosociety.org, Ph: 0413 233 0256

### **“Managing Stress through Inner Choice”**

Date: 22nd August, 2015 (Saturday)

This one-day open workshop will provide an understanding of the underlying causes of stress / anxiety and guide a person to cleanse these out of his/her system, so that the inner faculties can work unhindered. This would result in a stress-free living and establish a sustained state of peace.

*Organised by:*

(SAFIM), Puducherry & Sri Aurobindo Society,  
J P Nagar, Bangalore

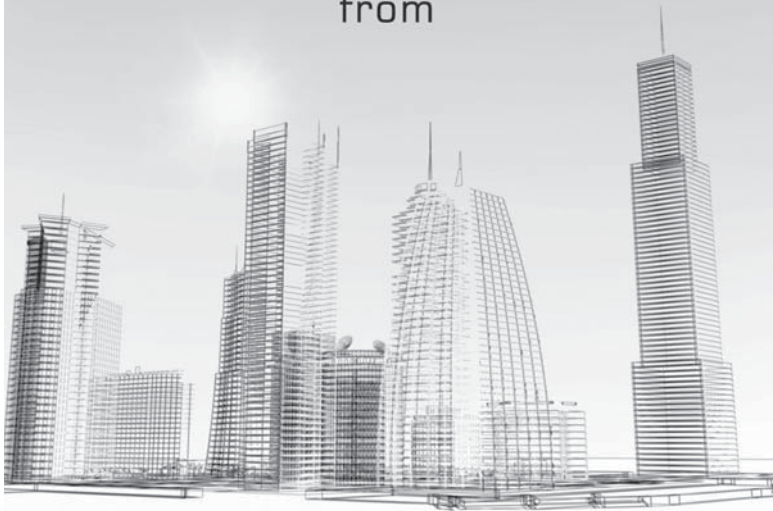
Venue: Sri Aurobindo Bhavan Complex, J.P.Nagar, Bangalore

*For registration: and further details, please contact:*

Email id: ajitsabnis57@gmail.com Mob: +91 9845028808



with  
best compliments  
from



Raheja Centre-Point, 294, C.S.T. Road, Kalina, Santacruz (E), Mumbai - 400 098. Tel: +91 66414141  
fax: +91 6641 4242. | email - mail@rahejauniversal.com | web - www.rahejauniversal.com

# V I K A S

(Builders & Developers)

#14, Perumal Koil Street, **Pondicherry – 605 001.**

Phone: 0413 2334710 **Mob: +91 9443234710**

Email: [sumersureka@gmail.com](mailto:sumersureka@gmail.com)

**Available: 1, 2 & 3 bedroom apartments**

**Varsha Residency**, Pappamal Koil Street, Vaithikuppam, **Pondicherry.**

- One bed room studio apartment, hall, kitchen, bathroom & service area
- 2 kms from Sri Aurobindo Ashram
- Lift provided
- Affordable & with Easy instalments

**Vani Residency**, Akkasamy Madam Street, Vazhakulam, **Pondicherry.**

(Next to Goubert school, just after Garden Guest House)

- 2 & 3 bedroom apartments.
- Less than 1 km from Sri Aurobindo Ashram.
- Lift provided.
- Easy instalments.



## PONDICHERRY EXECUTIVE INN PRIVATE LIMITED

No.1A, Perumal Koil Street, Puducherry – 605 001.

Tel: 0413-2224422, 2330929, 2343094, 2225824.

E-mail: [sumersureka@gmail.com](mailto:sumersureka@gmail.com) / [beenasureka@gmail.com](mailto:beenasureka@gmail.com)

Website: [www.executiveinn.biz](http://www.executiveinn.biz)

- A/c Rooms – Executive Suite, Deluxe, Executive Room
- Food Fun - Multi cuisine A/c Restaurant
- Turning Point - Multi Purpose A/c Hall





சென்ட்ரல் பாங்க் ஆஃப் இந்தியா  
सेंट्रल बैंक ऑफ़ इंडिया  
Central Bank of India

1911 से आपके लिए 'केंद्रित'

'CENTRAL' TO YOU SINCE 1911

# Home + Much More with Cent Home Double+ Home Loan as overdraft

Plus Loan for other needs with attractive interest rates



\*T & C Apply

Central Bank's Cent Home Double Plus is a Home Loan that offers more than just a home. It has a flexible overdraft facility that allows you to not just buy a house but go ahead and make your dream home with abundant facilities, for purchase / expenditure on:



Vehicle



Holiday



Solar Equipments



Medical expenses



Purchase of Consumer Durables



Furnishing of house



Marriage



For details contact our nearest branch

[www.centralbankofindia.co.in](http://www.centralbankofindia.co.in)

## SUBSCRIPTION FORM for All India Magazine

(Not to be used for Renewals)



I would like to subscribe to *All India Magazine* in English/  
Hindi /Bengali/ Gujarati/ Marathi/ Kannada/ Tamil/ Telugu  
for..... year(s). (*Subscription rates are given below.*)

I send Rs. ....(Rupees.....)  
by D.D. / Cheque No. ....dated .....  
payable to "Sri Aurobindo Society".

My name and address are:

..... M/F

.....

.....

..... PIN .....

Occupation..... Phone:.....

Email: .....

\* \* \*

I would like to gift a subscription to my friend/relative for  
..... year(s) in..... language for which I send  
Rs. ....by D.D. / Cheque No. .... dated .....

Name and address to which the magazines are to be mailed:

..... M/F

.....

.....

..... PIN .....

.....

.....

Date

Signature

(If you wish to join Sri Aurobindo Society **as a member**, please ask us for  
a membership form. Membership fees and subscription rates are same.)

Address for correspondence:

**Membership Section, Sri Aurobindo Society**

**Society House, Puducherry - 605 001**

Email: [membership@aurosociety.org](mailto:membership@aurosociety.org)

---

**Subscription Rates in India:** Rs. 180 (1Year), Rs. 520 (3 Years), Rs.  
860 (5 Years). **Outside India:** US \$ 25 or Equivalent (1 Year), US \$  
75 (3 years), US \$ 125 (5 years).



## One in Two Bodies

*Q: I feel the Divine as spirit everywhere, pulling me towards Him. He is the Self of all and the Master of all. I feel He is greater than the Mother. I feel He is the Divine who is embodied in my Father Sri Aurobindo.*

It is one aspect of the Divine—but the Divine as the Self and Lord and the Divine as the Mother are the same—there is no less nor greater.

31 March 1934

\*

*Q: Why do some people here consider you greater than the Mother? Are not both of you from the same plane? Is it not a veil over the human vision that makes such a distinction?*

It is the minds that see surface things only and cannot see what is behind them.

28 March 1935

\*

Mother and I are one but in two bodies; there is no necessity for both the bodies to do the same thing always. On the contrary, as we are one it is quite sufficient for one to sign, just as it is quite sufficient for one to go down to receive Pranam or give meditation.

CWSA 32: 82

Sri Aurobindo

Rs.30.00 Vol. 44, No.12

Regd.: SSP/PY/42/2015-2017

ISSN 0972-0782

WPP No. TN/PMG/(CCR)/WPP-471/2015-2017

Date of Publication: 01. 07. 2015 (Monthly)

RNI No. 22334/71



**vatika**  
Creating Learning Values

# MatriKiran

SOHNA ROAD

**ADMISSIONS OPEN:**  
**Pre-Nursery to Grade 7 2014-15 Session**

[www.matrikiran.in](http://www.matrikiran.in) • (0124) 400-5505

***Your child  
has 5 facets  
So should  
his education***



"The most precious gift you can give a child is The Love of Learning" – The Mother