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*Sadhana, Yoga  
& Transformation*



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# Sadhana, Yoga & Transformation

(Special Number on "An overview of Integral Yoga")

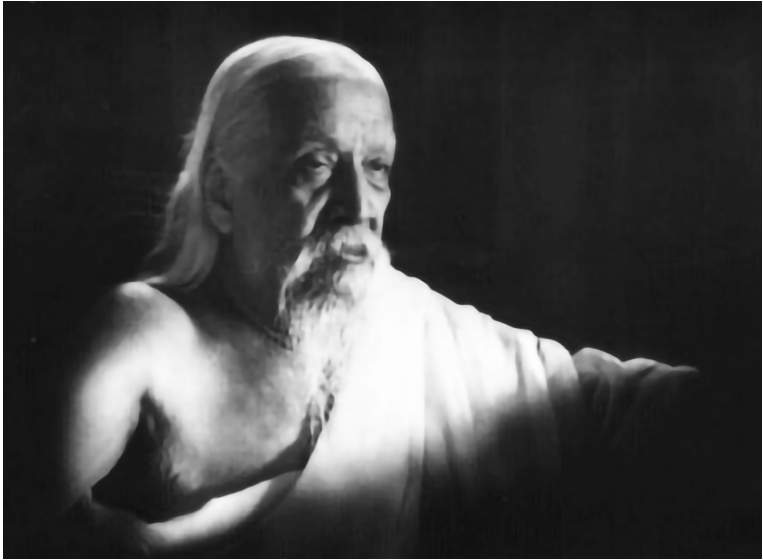
*Matter shall reveal the Spirit's face. — Sri Aurobindo*

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*Editorial note: Integral Yoga as is understood is very vast in its application and dimensions. "An Overview of Integral Yoga" is an attempt towards presenting it with its richness, vastness it has, and more so how to be applied in daily life and its practicality in spiritual efforts of sadhaka. Though, Integral Yoga cannot entirely be put into words yet there is some outline of its journey, growth of consciousness, spirituality and Divinity in the inner and outer words. This special number deals with various aspects of Sadhana, Yoga and Transformation.*



### **Yoga has four powers and objects**

*Yoga has four powers and objects, purity, liberty, beatitude and perfection. Whosoever has consummated these four mightinesses in the being of the transcendental, universal, lilamaya and individual God is the complete and absolute Yogin.*

*All manifestations of God are manifestations of the absolute Parabrahman.*

*(CWSA 12:93)*

**Sri Aurobindo**

## Sadhana

### Sadhana, Tapasya, Aradhana, Dhyana

Sadhana is the practice of Yoga. Tapasya is the concentration of the will to get the results of sadhana and to conquer the lower nature. Aradhana is worship of the Divine, love, self-surrender, aspiration to the Divine, calling the name, prayer. Dhyana is inner concentration of the consciousness, meditation, going inside in Samadhi. Dhyana, tapasya and aradhana are all parts of sadhana.

(CWSA 29:215)

### Sadhana takes time and needs patience.

Sadhana is a thing which takes time and needs patience. There are often periods of quiescence in which a working is going on behind of which the mind is not aware — all seems then to be inert and dull; but if one has patience and confidence, the consciousness passes through these periods to new openings and things which seemed to be impossible to effect at that time, get done. The impulse to rush away is always a mistake — perseverance in the path is the one rule to cling to and with that finally all obstacles are overcome.

(CWSA 29:111)

### The real sadhana is for the Divine

The question is of aspiration to the Divine, whether that is your central aim in life, your inner need or not. Sadhana for oneself is another matter— one can take it up or leave it. The real sadhana is for the Divine — it is the soul's need and one cannot give it up even if in moments of despondency one thinks one can.

(CWSA 29:240)

### **Concentration in the heart and in the head**

The concentration in the heart and the concentration in the head can both be used — each has its own result. The first opens up the psychic being and brings bhakti, love and union with the Mother, her presence within the heart and the action of her Force in the nature. The other opens the mind to self-realisation, to the consciousness of what is above mind, to the ascent of the consciousness out of the body and the descent of the higher consciousness into the body.

*(CWSA 29:326)*

### **Sadhana is necessary**

If the habit of the ordinary nature is not any obstacle to the descent, then what is the need of sadhana? What prevents the whole higher consciousness from coming down and changing you into a superman in one second? It is because the things of the lower nature offer an obstinate resistance that long sadhana is necessary.

*(CWSA 30:487)*

### **Best attitude for the sadhana**

That you should depend on the Mother for the sadhana is the best attitude, for it is indeed her Force that does the sadhana in you.

*(CWSA 31:276)*

### **Each sadhaka has his own separate sadhana**

Each sadhak has his own separate sadhana, his own difficulties, his own way to follow. His sadhana is between him and the Divine; no one else has a part in it.

*(CWSA 31:630)*



If sadhana is a struggle between the higher will and the old forces of nature bringing suffering and inner torment, we do not want you to do that kind of sadhana. That is not the spirit of our Yoga. What we want you to do is to recover your quietude and go on in that. To have the basis of quietude and allow the Divine Force to work in you firmly and quietly is always the best method — it is not necessary to proceed through a big personal effort, disturbance and struggle. Come back to this — open yourself once more, as you did before — then you could get back sleep or health in a day or two and were growing inwardly without excessive trouble — and let the Mother's Power and Grace lead you.

(CWSA 31:746)

## Yoga, Sadhana, Dhyana

Yoga is union with the Divine, sadhana is what you do in order to unite with the Divine. You have to get away from the ordinary human consciousness and get into touch with the divine Consciousness.

For that call always on the Mother, open yourself to her, aspire and pray for her Force to work in you so as to make you fit — reject desire, restlessness, disturbances of the mind and vital. Dhyana means to make the mind and vital quiet and concentrate in aspiration for the Mother's Peace, the Mother's Presence, her Light, Force and Ananda.

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### Divine Force cannot do things in the void

Sadhana is necessary and the Divine Force cannot do things in the void but must lead each one according to his nature to the point at which he can feel the Mother working within and doing all for him. Till then the sadhak's aspiration, self-consecration, assent and support to the Mother's workings, his rejection of all that comes in the way is very necessary — indispensable.

*(CWSA 32:135, 137)*

### Aim of Sadhana

It is true that each being is an instrument of the cosmic Shakti, therefore of the Mother. But the aim of the sadhana is to become a conscious and perfect instrument instead of one that is unconscious and therefore imperfect. You can be a conscious and perfect instrument only when you are no longer acting in obedience to the ignorant push of the lower nature, but in surrender to the Mother and aware of her higher Force acting within you. So here too your intuition was perfectly true.

*(CWSA 32:243)*

**Sri Aurobindo**





Part : II

## Yoga

### There are many Yogas

There are many Yogas, many spiritual disciplines, paths towards liberation and perfection, Godward ways of the spirit. Each has its separate aim, its peculiar approach to the One Reality, its separate method, its helpful philosophy and its practice. The integral Yoga takes up all of them in their essence and tries to arrive at a unification (in essence, not in detail) of all these aims, methods, approaches; it stands for an all-embracing philosophy and practice.

(CWSA 12:356)

To enter into the Divine either by the way of the thinking mind or by the way of the heart or by the way of the will in works or by a change of the psychological nature-stuff or a freeing of the vital force in the body is not enough; all this is not enough. Through all these together it must be done and by a change of our very sense and body consciousness even to the material inconscience which must become aware of the Divine and luminous with the Divine.

To be one with the Divine, to live in and with the Divine, to be of one nature with the Divine, this should be the aim of our Yoga.

*(CWSA 12: 357)*

### **What we call Yoga?**

All Yoga is in its very nature a means of passing out of our surface consciousness of limitation and ignorance into a larger and deeper Reality of ourselves and the world and some supreme or total Existence now veiled to us by this surface. There is a Reality which underlies everything, permeates perhaps everything, is perhaps everything but in quite another way than the world now seen by us; to It we are obscurely moving by our thought, life and actions; we attempt to understand and approach by our religion and philosophy, at last we touch directly in some partial or, it may be, some complete spiritual experience. It is that spiritual experience, it is the method, it is the attainment of this realisation that we call Yoga.

*(CWSA 12:361)*

### **What is the integral Yoga?**

It is the way of a complete God-realisation, a complete Self-realisation, a complete fulfillment of our being and consciousness, a complete transformation of our nature — and this implies a complete perfection of life here and not only a return to an eternal perfection elsewhere.

This is the object, but in the method also there is the same integrality, for the entirety of the object cannot be accomplished without an entirety in the method, a complete turning, opening, self-giving of our being and nature in all its parts, ways, move-

ments to that which we realise. Our mind, will, heart, life, body, our outer and inner and inmost existence, our superconscious and subconscious as well as our conscious parts, must all be thus given, must all become a means, a field of this realisation and transformation and participate in the illumination and the change from a human into a divine consciousness and nature.

This is the character of the integral Yoga.

(CWSA 12:358)

### **The Meaning of Purna Yoga**

Purna Yoga means (1) that instead of approaching the Divine through the mind alone (Jnana) or the heart alone (Bhakti) or through will and works alone (Karma Yoga), one seeks the Divine with all the parts and powers of the consciousness and the being, uniting these three ways and many others in a single Yoga (way of union with the Divine) and receives the Divine in His presence, consciousness, force, light and bliss in all the consciousness and the being.

(2) That one seeks not only the realisation of the Divine in the soul and self but also in the whole nature (that means the transformation of this lower human into the Divine spiritual nature).

(3) That one seeks the Divine not only beyond life (by the cessation of birth) but for life, so that life also may become a realisation of the Divine and a manifestation of the Divine Nature.

(CWSA 29:373)

### **The object of this Yoga**

This Yoga aims at the conscious union with the Divine in the supermind and the transformation of the nature. The ordinary Yogas go straight from Mind into some featureless condition of the cosmic Silence and through it try to disappear upward into the Highest. The object of this Yoga is to transcend mind and enter into the Divine Truth of Sachchidananda which is not only static but dynamic and raise the whole being into that Truth.

(CWSA 29:412)

## **Aim of Integral Yoga**

The way of Yoga followed here has a different purpose from others, — for its aim is not only to rise out of the ordinary ignorant world-consciousness into the divine consciousness, but to bring the supramental power of that divine consciousness down into the ignorance of mind, life and body, to transform them, to manifest the Divine here and create a divine life in Matter. This is an exceedingly difficult aim and difficult Yoga; to many or most it will seem impossible. All the established forces of the ordinary ignorant world-consciousness are opposed to it and deny it and try to prevent it, and the sadhak will find his own mind, life and body full of the most obstinate impediments to its realisation. If you can accept the ideal whole-heartedly, face all the difficulties, leave the past and its ties behind you and are ready to give up everything and risk everything for this divine possibility, then only can you hope to discover by experience the Truth behind it.

The sadhana of this Yoga does not proceed through any set mental teaching or prescribed forms of meditation, mantras or others, but by aspiration, by a self-concentration inwards or upwards, by self-opening to an Influence, to the Divine Power above us and its workings, to the Divine Presence in the heart, and by the rejection of all that is foreign to these things. It is only by faith, aspiration and surrender that this self-opening can come.

*(CWSA 29:19-20)*

## **The practice of this Yoga is double - ascent and descent**

The practice of this Yoga is double — one side is of an ascent of the consciousness to the higher planes, the other is of a descent of the power of the higher planes into the earth consciousness so as to drive out the Power of darkness and ignorance and transform the nature.

*(CWSA 30:416)*

## **This Yoga includes both liberation & transcendence**

The Yoga practised here includes both liberation and transcendence, but it takes liberation or even a certain Nirvana, if that comes, as a first step and not as the last step of its siddhi. Whatever exit to or towards the Transcendent it achieves is an ascent accompanied by a descent of the power, light, consciousness that has been achieved and it is by such descents that is to be achieved the spiritual and supramental transformation here.

(CWSA 29:499)

## **Knowledge, Bhakti, works etc. have all their place**

Please remember that I have been declaring all along an integral Yoga in which Knowledge, Bhakti, works — light of consciousness, Ananda and love, will and power in works — meditation, adoration, service of the Divine have all their place.

(CWSA 29:223)

## **Newness of Purna Yoga**

I have never said that my Yoga was something brand new in all its elements. I have called it the integral Yoga and that means that it takes up the essence and many processes of the old Yogas — its newness is in its aim, standpoint and the totality of its method.....

## **It is new as compared with the old Yogas:**

(1) Because it aims not at a departure out of world and life into a Heaven or a Nirvana, but at a change of life and existence, not as something subordinate or incidental, but as a distinct and central object. If there is a descent in other Yogas, yet it is only an incident on the way or resulting from the ascent — the ascent is the real thing. Here the ascent is indispensable, but what is decisive, what is finally aimed at is the resulting descent. It is the descent of the new consciousness attained by the ascent that is the stamp and seal of the sadhana. Even Tantra and Vaishnavism end in the release from life; here the object is the divine fulfilment of life.

(2) Because the object sought after is not an individual achievement of divine realisation for the sole sake of the individual, but something to be gained for the earth-consciousness here, a cosmic, not solely a supra-cosmic achievement. The thing to be gained also is the bringing in of a Power of consciousness (the supramental) not yet organised or active directly in earth nature, even in the spiritual life, but yet to be organised and made directly active.

(3) Because a method has been preconised for achieving this purpose which is as total and integral as the aim set before it, viz. the total and integral change of the consciousness and nature, taking up old methods but only as a part action and passing on to others that are distinctive. I have not found this method (as a whole) or anything like it in its totality proposed or realised in the old Yogas. If I had I should not have wasted my time in hewing out a road and in thirty years of search and inner creation when I could have hastened home safely to my goal in an easy canter over paths already blazed out, laid down, perfectly mapped, macadamised, made secure and public. Our Yoga is not a retreading of old walks, but a spiritual adventure.

*(CWSA 29:399-401)*

### **Everyone who is turned to the Mother is doing the Yoga.**

Everyone who is turned to the Mother is doing my Yoga. It is a great mistake to suppose that one can “do” the Purna Yoga — i.e. carry out and fulfil all the sides of the Yoga by one’s own effort. No human being can do that. What one has to do is to put oneself in the Mother’s hands and open oneself to her by service, by bhakti, by aspiration; then the Mother by her light and force works in him so that the sadhana is done. It is a mistake also to have the ambition to be a big Purna Yogi or a supramental being and ask oneself how far have I got towards that. The right attitude is to be devoted and given to the Mother and to wish to be whatever she wants you to be. The rest is for the Mother to decide and do in you.

*(CWSA 32:151-152)*

**Sri Aurobindo**

## **Offer all your movements to the Divine**

Yoga means union with the Divine, and the union is effected through offering — it is founded on the offering of yourself to the Divine..... You must feel at every step that you belong to the Divine; you must have the constant experience that, in whatever you think or do, it is always the Divine Consciousness that is acting through you. You have no longer anything that you can call your own; you feel everything as coming from the Divine, and you have to offer it back to its source. When you can realise that, then even the smallest thing to which you do not usually pay much attention or care, ceases to be trivial and insignificant; it becomes full of meaning and it opens up a vast horizon beyond.

This is what you have to do to carry out your general offering in detailed offerings. Live constantly in the presence of the Divine; live in the feeling that it is this presence which moves you and is doing everything you do. Offer all your movements to it, not only every mental action, every thought and feeling but even the most ordinary and external actions such as eating; when you eat, you must feel that it is the Divine who is eating through you. When you can thus gather all your movements into the One Life, then you have in you unity instead of division. No longer is one part of your nature given to the Divine, while the rest remains in its ordinary ways, engrossed in ordinary things; your entire life is taken up, an integral transformation is gradually realised in you.

*(CWM 3:23-24)*

**The Mother**

## **Yoga Shakti**

Yoga means union with the Divine — a union either transcendental (above the universe) or cosmic (universal) or individual or, as in our Yoga, all three together. Or it means getting into a consciousness in which one is no longer limited by the small ego, personal mind, personal vital and body but is in union with the supreme Self or with the universal (cosmic) consciousness or with

some deeper consciousness within in which one is aware of one's own soul, one's own inner being and of the real truth of existence. In the Yogic consciousness one is not only aware of things, but of forces, not only of forces but of the conscious being behind the forces. One is aware of all this not only in oneself but in the universe.

There is a force which accompanies the growth of the new consciousness and at once grows with it and helps it to come about and to perfect itself. This force is the Yoga shakti. It is here asleep and coiled up in all the centres of our inner being (chakras) and is at the base what is called in the Tantras the Kundalini shakti. But it is also above us, above our head as the Divine Force — not there coiled up, involved, asleep, but awake, scient, potent, extended and wide; it is there waiting for manifestation and to this Force we have to open ourselves — to the power of the Mother. In the mind it manifests itself as a divine mind-force or a universal mind-force and it can do everything that the personal mind cannot do; it is then the Yogic mind force. When it manifests and works in the vital or physical in the same way, it is then apparent as a Yogic life-force or a Yogic body-force. It can awake in all these forms, bursting outwards and upwards, extending itself into wideness from below; or it can descend and become there a definite power for things; it can pour downwards into the body, working, establishing its reign, extending into wideness from above, link the lowest in us with the highest above us, release the individual into a cosmic universality or into absoluteness and transcendence.

(CWSA 30: 422)

**Sri Aurobindo**

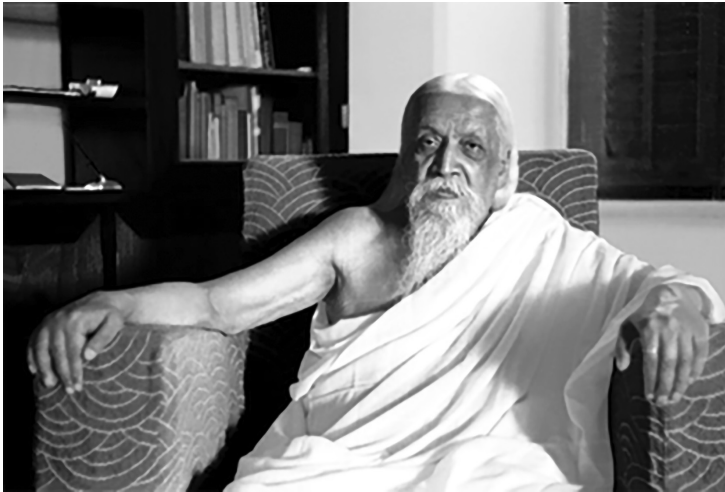
**Open yourself to the Divine Force**

*The only necessity in this sadhana is to open yourself to the Divine Force; if one is open the necessary understanding or knowledge will come of itself through spiritual experience.*

(CWSA 35:448)

**Sri Aurobindo**





Part : III

## The Central Process of the Yoga

### Two sovereign ways of the Yoga-siddhi

I have said that the most decisive way for the Peace or the Silence to come is by a descent from above. In fact, in reality though not always in appearance, that is how they always come; — not in appearance always, because the sadhak is not always conscious of the process; he feels the peace settling in him or at least manifesting, but he has not been conscious how and whence it came. Yet it is the truth that all that belongs to the higher consciousness comes from above, not only the spiritual peace and silence, but the Light, the Power, the Knowledge, the higher seeing and thought, the Ananda come from above. It is also possible that up to a certain point they may come from within, but this is because the psychic being is open to them directly and they come first there and then reveal themselves in the rest of the being from the psychic or by its coming into the front. A disclosure from within or a descent from above are the two sovereign ways of the Yoga-siddhi. An effort of the external surface mind or emotions, a

tapasya of some kind may seem to build up something of these things, but the results are usually uncertain and fragmentary compared to the result of the two radical ways. That is why in this Yoga we insist always on an “opening” — an opening inwards of the inner mind, vital, physical to the inmost part of us, the psychic, and an opening upwards to what is above the mind — as indispensable for the fruits of the sadhana.

(CWSA 30:323-324)

### Highest spiritual Self

For the highest spiritual Self is not even behind our personality and bodily existence but is above it and altogether exceeds it. The highest of the inner centres is in the head, just as the deepest is the heart; but the centre which opens directly to the Self is above the head, altogether outside the physical body, in what is called the subtle body, *sūkṣma śarīra*. This Self has two aspects and the results of realising it correspond to these two aspects. One is static, a condition of wide peace, freedom, silence: the silent Self is unaffected by any action or experience; it impartially supports them but does not seem to originate them at all, rather to stand back detached or unconcerned, *udāsīna*. The other aspect is dynamic and that is experienced as a cosmic Self or Spirit which not only supports but originates and contains the whole cosmic action — not only that part of it which concerns our physical selves but also all that is beyond it, this world and all other worlds, the supraphysical as well as the physical ranges of the universe. Moreover, we feel the Self as one in all, but also we feel it as above all, transcendent, surpassing all individual birth or cosmic existence. To get into the universal Self — one in all — is to be liberated from ego; ego either becomes a small instrumental circumstance in the consciousness or disappears from our consciousness altogether. That is the extinction or *nirvāṇa* of the ego. To get into the transcendent self above all makes us capable of transcending altogether even the cosmic consciousness and action — it can be the

way to that complete liberation from the world-existence which is called also extinction, *laya*, *mokṣa*, Nirvana.

(CWSA 30:325-326)

### **Experiences of opening upward**

It must be noted however that the opening upward does not necessarily lead to peace, silence and Nirvana only. The sadhak becomes aware not only of a great, eventually an infinite peace, silence, wideness above us, above the head as it were and extending into all physical and supraphysical space, but also he can become aware of other things — a vast Force in which is all power, a vast Light in which is all knowledge, a vast Ananda in which is all bliss and rapture. At first they appear as something essential, indeterminate, absolute, simple, *kevala*; a Nirvana into any of these things seems possible. But we can come to see too that this Force contains all forces, this Light all lights, this Ananda all joy and bliss possible. And all this can descend into us. Any of them and all of them can come down, not peace alone; only the safest is to bring down first an absolute calm and peace for that makes the descent of the rest more secure; otherwise it may be difficult for the external nature to contain or bear so much Force, Light, Knowledge or Ananda. All these things together make what we call the higher, spiritual or divine consciousness. The psychic opening through the heart puts us primarily into connection with the individual Divine, the Divine in his inner relations with us; it is especially the source of love and bhakti. This upward opening puts us into direct relation with the whole Divine and can create in us the divine consciousness and a new birth or births of the spirit.

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### **Divine Force from above can descend**

For when the Peace is established, this higher or Divine Force from above can descend and work in us. It descends usually first into the head and liberates the inner mind centres, then into the heart centre and liberates fully the psychic and emotional being, then into the navel and other vital centres and liberates the inner

vital, then into the Muladhara and below and liberates the inner physical being. It works at the same time for perfection as well as liberation; it takes up the whole nature part by part and deals with it, rejecting what has to be rejected, sublimating what has to be sublimated, creating what has to be created. It integrates, harmonises, establishes a new rhythm in the nature. It can bring down too a higher and yet higher force and range of the higher Nature until, if that be the aim of the sadhana, it becomes possible to bring down the supramental force and existence. All this is prepared, assisted, farthered by the work of the psychic being in the heart centre; the more it is open, in front, active, the quicker, safer, easier the working of the Force can be. The more love and bhakti and surrender grow in the heart, the more rapid and perfect becomes the evolution of the sadhana. For the descent and transformation imply at the same time an increasing contact and union with the Divine.

\*

### **Fundamental rationale of the sadhana**

That is the fundamental rationale of the sadhana. It will be evident that the two most important things here are the opening of the heart centre and the opening of the mind centres to all that is behind and above them. For the heart opens to the psychic being and the mind centres open to the higher consciousness and the nexus between the psychic being and the higher consciousness is the principal means of the siddhi. The first opening is effected by a concentration in the heart, a call to the Divine to manifest within us and through the psychic to take up and lead the whole nature. Aspiration, prayer, bhakti, love, surrender are the main supports of this part of the sadhana— accompanied by a rejection of all that stands in the way of what we aspire for. The second opening is effected by a concentration of the consciousness in the head (afterwards, above it) and an aspiration and call and a sustained will for the descent of the divine Peace, Power, Light, Knowledge, Ananda into the being — the Peace first or the Peace and Force together.

Some indeed receive Light first or Ananda first or some sudden pouring down of knowledge. With some there is first an opening which reveals to them a vast infinite Silence, Force, Light or Bliss above them and afterwards either they ascend to that or these things begin to descend into the lower nature. With others there is either the descent, first into the head, then down to the heart level, then to the navel and below and through the whole body, or else an inexplicable opening — without any sense of descent — of peace, light, wideness or power or else a horizontal opening into the cosmic consciousness or, in a suddenly widened mind, an outburst of knowledge. Whatever comes has to be welcomed — for there is no absolute rule for all, — but if the peace has not come first, care must be taken not to swell oneself in exultation or lose the balance. The capital movement however is when the Divine Force or Shakti, the power of the Mother comes down and takes hold, for then the organisation of the consciousness begins and the larger foundation of the Yoga.

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### **The separation of the Purusha and the Prakriti**

The result of the concentration is not usually immediate — though to some there comes a swift and sudden out flowering; but with most there is a time longer or shorter of adaptation or preparation, especially if the nature has not been prepared already to some extent by aspiration and tapasya. The coming of the result can sometimes be aided by associating with the concentration one of the processes of the old Yogas. There is the Adwaita process of the way of knowledge — one rejects from oneself the identification with the mind, vital, body, saying continually “I am not the mind”, “I am not the vital”, “I am not the body”, seeing these things as separate from one’s real self — and after a time one feels all the mental, vital, physical processes and the very sense of mind, vital, body becoming externalised, an outer action, while within and detached from them there grows the sense of a separate self-existent being which opens into the realisation of

the cosmic and transcendent Spirit. There is also the method — a very powerful method — of the Sankhyas, the separation of the Purusha and the Prakriti. One enforces on the mind the position of the Witness — all action of mind, vital, physical becomes an outer play which is not myself or mine, but belongs to Nature and has been enforced on an outer me. I am the witness Purusha who am silent, detached, not bound by any of these things. There grows up in consequence a division in the being; the sadhak feels within him the growth of a calm silent separate consciousness which feels itself quite apart from the surface play of the mind and the vital and physical Nature. Usually when this takes place, it is possible very rapidly to bring down the peace of the higher consciousness and the action of the higher Force and the full march of the Yoga. But often the Force itself comes down first in response to the concentration and call and then, if these things are necessary, it does them and uses any other means or process that is helpful or indispensable.

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### **In this Yoga we insist so much on Surrender**

One thing more. In this process of the descent from above and the working it is most important not to rely entirely on oneself, but to rely on the guidance of the Guru and to refer all that happens to his judgment and arbitration and decision. For it often happens that the forces of the lower nature are stimulated and excited by the descent and want to mix with it and turn it to their profit. It often happens too that some Power or Powers undivine in their nature present themselves as the Supreme Lord or as the Divine Mother and claim the being's service and surrender. If these things are accepted, there will be an extremely disastrous consequence. If indeed there is the assent of the sadhak to the Divine working alone and the submission or surrender to that guidance, then all can go smoothly. This assent and a rejection of all egoistic forces or forces that appeal to the ego are the safeguard throughout the sadhana. But the ways of Nature are full of snares, the dis-

guises of the ego are innumerable, the illusions of the Powers of Darkness, Rakshasi Maya, are extraordinarily skilful; the reason is an insufficient guide and often turns traitor; vital desire is always with us tempting to follow any alluring call. This is the reason why in this Yoga we insist so much on what we call *samarpaṇa* — rather inadequately rendered by the English word surrender. If the heart centre is fully opened and the psychic is always in control, then there is no question; all is safe. But the psychic can at any moment be veiled by a lower upsurge. It is only a few who are exempt from these dangers and it is precisely those to whom surrender is easily possible. The guidance of one who is himself by identity or represents the Divine is in this difficult endeavour imperative and indispensable. (CWSA 30:326-330)

### **Supramental not for myself but for the earth**

By divine realisation is meant the spiritual realisation — the realisation of Self, Bhagavan or Brahman on the mental-spiritual plane or else the overmental plane. That is a thing (at any rate the mental-spiritual) which thousands have done. So it is obviously easier to do than the supramental. Also nobody can have the supramental realisation who has not had the spiritual.

It is true that neither can be got in any effective way unless the whole being is turned towards it — unless there is a real and very serious spirit and dynamic reality of sadhana.

It is true that I want the supramental not for myself but for the earth and souls born on the earth, and certainly therefore I cannot object if anybody wants the supramental. But there are the conditions. He must want the Divine Will first and the soul's surrender and spiritual realisation (through works, bhakti, knowledge, self-perfection) on the way.

(CWSA 29:413-414)

### **Necessity of double movement**

One has first to conquer the lower nature, deliver the self involved in the lower movement by means of the higher Self which

rises into the divine nature; at the same time one offers all one's actions including the inner action of the Yoga as a sacrifice to the Purushottama, the transcendent and immanent Divine. When one has risen into the higher Self, has the knowledge and is free, one makes the complete surrender to the Divine, abandoning all other dharmas, living only by the divine Consciousness, the divine Will and Force, the divine Ananda.

Our Yoga is not identical with the Yoga of the Gita although it contains all that is essential in the Gita's Yoga. In our Yoga we begin with the idea, the will, the aspiration of the complete surrender; but at the same time we have to reject the lower nature, deliver our consciousness from it, deliver the self involved in the lower nature by the self rising to freedom in the higher nature. If we do not do this double movement, we are in danger of making a tamasic and therefore unreal surrender, making no effort, no tapas and therefore no progress; or else we may make a rajasic surrender not to the Divine but to some self-made false idea or image of the Divine which masks our rajasic ego or something still worse.

(CWSA 29:442)

### **Ascent towards God and a descent of Godhead**

The supramental Yoga is at once an ascent towards God and a descent of Godhead into the embodied nature.

The ascent can only be achieved by a one-centred all-gathering upward aspiration of the soul and mind and life and body; the descent can only come by a call of the whole being towards the infinite and eternal Divine. If this call and this aspiration are there, or if by any means they can be born and grow constantly and seize all the nature, then and then only a supramental uplifting and transformation becomes possible.

\*

### **The call and the aspiration**

The call and the aspiration are only first conditions; there must be along with them and brought by their effective intensity an opening of all the being to the Divine and a total surrender.



This opening is a throwing wide of all the nature on all its levels and in all its parts to receive into itself without limits the greater divine Consciousness which is there already above and behind and englobing this mortal half-conscious existence. In the receiving there must be no inability to contain, no breaking down of anything in the system, mind or life or nerve or body under the transmuting stress. There must be an endless receptivity, an always increasing capacity to bear an ever stronger and more and more insistent action of the divine Force. Otherwise nothing great and permanent can be done; the Yoga will end in a break-down or an inert stoppage or a stultifying or a disastrous arrest in a process which must be absolute and integral if it is not [to] be a failure.

\*

### **Progressive surrender to the Divine**

But since no human system has this endless receptivity and unflinching capacity, the supramental Yoga can succeed only if the Divine Force as it descends increases the personal power and equates the strength that receives with the Force that enters from above to work in the nature. This is only possible if there is on our part a progressive surrender of the being into the hands of the Divine; there must be a complete and never failing assent, a courageous willingness to let the Divine Power do with us whatever is needed for the work that has to be done.

Man cannot by his own effort make himself more than man; the mental being cannot by his own unaided force change himself into a supramental spirit. A descent of the Divine Nature can alone divinise the human receptacle.

For the powers of our mind, life and body are bound to their own limitations and, however high they may rise or however widely expand, they cannot rise above their natural ultimate limits or expand beyond them. But, still, mental man can open to what is beyond him and call down a supramental Light, Truth and Power to work in him and do what the mind cannot do. If mind cannot by effort become what is beyond mind, supermind can descend and

transform mind into its own substance.

If the supramental Power is allowed by man's discerning assent and vigilant surrender to act according to its own profound and subtle insight and flexible potency, it will bring about slowly or swiftly a divine transformation of our present semi perfect nature.

\*

This descent, this working is not without its possibility of calamitous fall and danger. If the human mind or the vital desire seizes hold on the descending force and tries to use it according to its own limited and erring ideas or flawed and egoistic impulses, — and this is inevitable in some degree until this lower mortal has learned something of the way of that greater immortal nature, - stumblings and deviations, hard and seemingly insuperable obstacles and wounds and suffering cannot be escaped and even death or utter downfall are not impossible. Only when the conscious integral surrender to the Divine has been learned by mind and life and body, can the way of the Yoga become easy, straight, swift and safe.

\*

### **The soul a child in the arms of the Mother**

And it must be a surrender and an opening to the Divine alone and to no other. For it is possible for an obscure mind or an impure life force in us to surrender to undivine and hostile forces and even to mistake them for the Divine. There can be no more calamitous error. Therefore our surrender must be no blind and inert passivity to all influences or any influence, but sincere, conscious, vigilant, pointed to the One and the Highest alone.

Self-surrender to the divine and infinite Mother, however difficult, remains our only effective means and our sole abiding refuge. Self-surrender to her means that our nature must be an instrument in her hands, the soul a child in the arms of the Mother.

(CWSA 12:169-171)

**Sri Aurobindo**

## Meditations

### All kinds of different meditations

*Yes, Mother, because when one meditates, isn't there a concentration of the consciousness?*

Meditation!

There are all kinds of different meditations! What people usually call meditation is, for example, choosing a subject or an idea and following its development or trying to understand what it means. There is a concentration but not as complete a concentration as in concentration proper, where nothing should exist except the point on which one concentrates. Meditation is a more relaxed movement, less tense than concentration.

When one is trying to understand a problem which comes up, a psychological problem or a circumstantial one, and he sits down and looks at and sees all the possibilities, compares them, studies them, this is a form of meditation; and one does it spontaneously when the thing comes up. When one is facing a decision to be taken, for instance, and doesn't know which one to take, well, ordinarily one reflects, consults his reason, compares all the possibilities and makes his choice... more or less. Well, this is a form of meditation.

Now, there is the form of meditation which consists in a concentration on an idea and concentrating one's attention upon it to the extent that that alone exists; then this is the equivalent of a concentration, but instead of being total it is only mental.

Total concentration implies a concentration also of all the movements of the vital and physical. The method of gazing at a point is a very well-known one. So it is even physical, you see, one's eyes are fixed on this point, and one does not move any more... nothing more... one sees nothing, doesn't move his sight from that point, and the result usually is that one ends up by becoming that point. And I knew someone who used to say that one had to pass beyond the point, become this point, to the extent of passing to the other side, crossing the point, and that then one opened to higher regions. But it is true that if one succeeds in concentrating

totally on a point, there is a moment when the identification is absolute, and there is no more any separation between the one who is concentrating and the thing upon which he is concentrated. There is a complete identification. One can't distinguish between himself and the point. This is a total concentration, while meditation is a particular concentration of the thought, a partial one.

(CWM 7:272-273)

### **The whole life is a field of experience**

*"All work" is "a school of experience"?*

If you don't do anything, you cannot have any experience. The whole life is a field of experience. Each movement you make, each thought you have, each work you do, can be an experience, and *must be* an experience; and naturally work in particular is a field of experience where one must apply all the progress which one endeavours to make inwardly. If you remain in meditation or contemplation without working, well, you don't know if you have progressed or not. You may live in an illusion, the illusion of your progress; while if you begin to work, all the circumstances of your work, the contact with others, the material occupation, all this is a field of experience in order that you may become aware not only of the progress made but of all the progress that remains to be made. If you live closed up in yourself, without acting, you may live in a completely subjective illusion; the moment you externalise your action and enter into contact with others, with circumstances and the objects of life, you become aware absolutely objectively of whether you have made progress or not, whether you are more calm, more conscious, stronger, more unselfish, whether you no longer have any desire, any preference, any weakness, any unfaithfulness — you can become aware of all this by working. But if you remain enclosed in a meditation that's altogether personal, you may enter into a total illusion and never come out of it, and believe that you have realised extraordinary things, while really you have only the impression, the illusion that you have done so.

That's what Sri Aurobindo means.

(CWM 7:287-288)

## “Our Yoga begins where the others end.”

Sri Aurobindo has written somewhere: “Our Yoga begins where the others end.” Usually yoga leads precisely to this identification, this union with the Divine — that is why it is called “yoga”. And when people reach this, well, they are at the end of their path and are satisfied. But Sri Aurobindo has written: we begin when they finish; you have found the Divine but instead of sitting down in contemplation and waiting for the Divine to take you out of your body which has become useless, on the contrary, with this consciousness you turn to the body and to life and begin the work of transformation — which is very hard labour. It’s here that he compares it with cutting one’s way through a virgin forest; because as nobody has done it before, one must make one’s path where there was none. But to try to do this without having the indispensable directive of the union with the Divine within, within one’s soul, is childishness. There.

(CWM 7:350-351)

## A self-dynamising meditation

*Sweet Mother, what does Sri Aurobindo mean by “a self-dynamising meditation”?*

It is a meditation that has the power of transforming your being. It is a meditation which makes you progress, as opposed to static meditation which is immobile and relatively inert, and which changes nothing in your consciousness or in your way of being. A dynamic meditation is a meditation of transformation. Generally, people don’t have a dynamic meditation. When they enter into meditation — or at least what they call meditation — they enter into a kind of immobility where nothing stirs, and they come out of it exactly as they went in, without any change either in their being or in their consciousness. And the more motionless it is, the happier they are. They could meditate in this way for eternities, it would never change anything either in the universe or in themselves. That is why Sri Aurobindo speaks of a dynamic meditation which is exactly the very opposite. It is a transforming meditation.

(CWM 8:88)

**The Mother**

## Transformation

### What is transformation

Transformation is a word that I have brought in myself (like supermind) to express certain spiritual concepts and spiritual facts of the integral Yoga. People are now taking them up and using them in senses which have nothing to do with the significance which I put into them. Purification of the nature by the “influence” of the Spirit is not what I mean by transformation; purification is only part of a psychic change or a psycho-spiritual change — the word besides has many senses and is very often given a moral or ethical meaning which is foreign to my purpose. What I mean by the spiritual transformation is something dynamic (not merely liberation of the self, or realisation of the One which can very well be attained without any descent). It is a putting on of the spiritual consciousness dynamic as well as static in every part of the being down to the subconscious. That cannot be done by the influence of the Self leaving the consciousness fundamentally as it is with only purification, enlightenment of the mind and heart and quiescence of the vital. It means a bringing down of Divine Consciousness static and dynamic into all these parts and the entire replacement of the present consciousness by that. This we find unveiled and unmixed above mind, life and body and not in mind, life and body. It is a matter of the undeniable experience of many that this can descend and it is my experience that nothing short of its *full* descent can thoroughly remove the veil and mixture and effect the full spiritual transformation. No metaphysical or logical reasoning in the void as to what the Atman “must” do or can do or needs or needs not to do is relevant here or of any value. I may add that transformation is not the central object of other paths as it is of this Yoga — only so much purification and change is demanded by them as will lead to liberation and the beyond-life. The influence of the Atman can no doubt do that — a full descent

of a new Consciousness into the whole nature from top to bottom to transform life here is not needed at all for the spiritual escape from life.

(CWSA 29:403-404)

### **The Meaning of Transformation**

By transformation I do not mean some change of the nature — I do not mean for instance sainthood or ethical perfection or Yogic siddhis (like the Tantrik's) or a transcendental (*cinmaya*) body. I use transformation in a special sense, a change of consciousness radical and complete and of a certain specific kind which is so conceived as to bring about a strong and assured step forward in the spiritual evolution of the being, an advance of a greater and higher kind and of a larger sweep and completeness than that smaller though decisive achievement of the emerging Consciousness when a mentalised being first appeared in a vital and material animal world. If anything short of that takes place or at least if a real beginning is not made on that basis, a fundamental progress towards this fulfilment, then my object is not accomplished. A partial realisation, something mixed and inconclusive, does not meet the demand I make on life and Yoga.

(CWSA 29:398)

### **Personal siddhi & Transformation**

You are mistaken in two respects. First, the endeavour towards this achievement [*the transformation of mind, life and body*] is not new and some Yogis have achieved it, I believe — but not in the way I want it. They achieved it as a personal siddhi maintained by Yoga-siddhi — not a dharma of the nature. Secondly, the supra-mental transformation is not the same as the spiritual-mental. It is a change of mind, life and body which the mental or overmental-spiritual cannot achieve.

(CWSA 29:414)

## **The difference between this and the old Yogas**

The difference between this and the old Yogas is not that they are incompetent and cannot do these things — they can do them perfectly well — but that they proceed from realisation of self to Nirvana or some Heaven and abandon life, while this does not abandon life. The supramental is necessary for the transformation of terrestrial life and being, not for reaching the self. One must realise self first — only afterwards can one realise the supermind.

*(CWSA 29:405)*

## **Delight of the Divine through every part**

The aim of this synthetic or integral Yoga which we are considering, is union with the being, consciousness and delight of the Divine through every part of our human nature separately or simultaneously, but all in the long end harmonised and unified, so that the whole may be transformed into a divine nature of being.

*(CWSA 23-24:587)*

## **Vast Yoga of Nature**

But all life, when we look behind its appearances, is a vast Yoga of Nature who attempts in the conscious and the subconscious to realise her perfection in an ever-increasing expression of her yet unrealised potentialities and to unite herself with her own divine reality.

*(CWSA 23-24:6)*

## **A new endeavour : Supramental transformation**

Transcendence and transformation are different matters. There are three kinds or stages of transformation contemplated in this sadhana, the psychic transformation, the spiritual and the supramental. The first two have been done in their own way in other Yogas; the last is a new endeavour. A transformation sufficient for spiritual realisation is attainable by the two former; a transformation sufficient for the divinisation of human life is, in my view, not possible except by a supramental change.

*(CWSA 31: 504)*



## **Transformation means**

Transformation means that the higher consciousness or nature is brought down into the mind, vital and body and takes the place of the lower. There is a higher consciousness of the true self which is spiritual, but it is above; if one rises above into it, then one is free as long as one remains there, but if one comes down into or uses mind, vital or body — and if one keeps any connection with life, one has to do so, either to come down and act from the ordinary consciousness or else to be in the self but use mind, life and body — then the imperfections of these instruments have to be faced and mended; they can only be mended by transformation.

(CWSA 30:423)

## **Our Yoga is a Yoga of transformation**

Our Yoga is a Yoga of transformation, but a transformation of the whole consciousness and the whole nature from the top to the bottom, from its hidden inward parts to its most tangible external movements. It is neither an ethical change nor a religious conversion, neither sainthood nor ascetic control, neither a sublimation nor a suppression of the life and vital movements that we envisage, nor is it either a glorification or a coercive control or rejection of the physical existence. What is envisaged is a change from a lesser to a greater, from a lower to a higher, from a surface to a deeper consciousness - indeed to the largest, highest, deepest possible and a total change and revolution of the whole being in its stuff and mass and every detail into that yet unrealised diviner nature of existence. It means a bringing forward of what is now hidden and subliminal, a growing conscious in what is now superconscient to us, an illumination of the subconscious and subphysical. It implies a substitution of the control of the nature by the soul for its present control by the mind; a transference of the instrumentation of the nature from the outer to the now more than half-veiled inner mind, from the outer to the inner vital or life-self, from the outer to an inner subtler vaster physical conscious-

ness and by this transference a direct and conscious instead of an indirect and unconscious or half conscious contact with the secret cosmic forces that move us; a breaking out from the narrow limited individual into a wide cosmic consciousness; an ascension from mental to spiritual nature; a still farther ascension from the spirit in mind or overspreading mind to the supramental spirit and a descent of that into the embodied being. All that has not only to be achieved but organised before the transformation is complete.

(CWSA 12:371)

### **Integral way to the Truth**

It is not by “thinking out” the entire reality, but by a change of consciousness that one can pass from the ignorance to the Knowledge — the Knowledge by which we become what we know. To pass from the external to a direct and intimate inner consciousness; to widen consciousness out of the limits of the ego and the body; to heighten it by an inner will and aspiration and opening to the Light till it passes in its ascent beyond Mind; to bring down a descent of the supramental Divine through self-giving and surrender with a consequent transformation of mind, life and body—this is the *integral way* to the Truth<sup>1</sup>. It is this that we call the Truth here and aim at in our Yoga.

1. I have said that the idea of the Supermind was already in existence from ancient times. There was in India and elsewhere the attempt to reach it by rising to it; but what was missed was the way to make it integral for the life and to bring it down for transformation of the whole nature, even of the physical nature.

(CWSA 28:355)

### **Conditions of transformation**

To be *sthita-prajña* merely means to have one’s thinking mind settled in the spiritual consciousness in the realisation of Self. That does not necessarily transform the other parts of the nature. The bringing down of the Force and Light of the higher consciousness, the opening of the psychic and the centres of the mind, vital and physical, the consent and receptive opening of the nature to the

workings of the psychic and the higher consciousness, finally the opening to the supramental are the conditions of transformation.

(CWSA 30:331)

### **Three discoveries**

A discovery of the Divinity in oneself is his first object, but a total discovery too of the Divinity in the world behind the apparent denial offered by its scheme and figures and, last, a total discovery of the dynamism of some transcendent Eternal; for by its descent this world and self will be empowered to break their disguising envelopes and become divine in revealing form and manifesting process as they now are secretly in their hidden essence.

(CWSA 23-24:170)

### **Progressive discovery & dynamic new-creation**

In the integral Yoga there is a progressive discovery of our spiritual status; this progression is accompanied by a dynamic new-creation of our nature. A triple transformation is its process and the revelation of its entire significance.

A first discovery is the unveiling of the soul out of its disguising mask, concealing curtain, blockading wall of mind, life and body — the psychic entity, the divine element in our nature which gives it its permanence and immortality, becomes the open ruler of our instruments and transmutes them into conscious spiritualised agents so that they are no longer a changing formulation of the nature of the Ignorance.

(CWSA 12:369)

### **Essential steps of other yogas**

The realisation of self and of the cosmic being (without which the realisation of self is incomplete) are essential steps in our Yoga; it is the end of other Yogas, but it is, as it were, the beginning of ours, that is to say, the point where its own characteristic realisation can commence. ... It is probable that the realisation

comes only as a first touch; it comes often like that and afterwards repeats itself until the consciousness is able to hold it as its normal state.

(CWSA 32:334)

### Three steps

In the spiritual knowledge of self there are three steps of its self-achievement which are at the same time three parts of the one knowledge. The first is the discovery of the soul, not the outer soul of thought and emotion and desire, but the secret psychic entity, the divine element within us. When that becomes dominant over the nature, when we are consciously the soul and when mind, life and body take their true place as its instruments, we are aware of a guide within that knows the truth, the good, the true delight and beauty of existence, controls heart and intellect by its luminous law and leads our life and being towards spiritual completeness. Even within the obscure workings of the Ignorance we have then a witness who discerns, a living light that illumines, a will that refuses to be misled and separates the mind's truth from its error, the heart's intimate response from its vibrations to a wrong call and wrong demand upon it, the life's true ardour and plenitude of movement from vital passion and the turbid falsehoods of our vital nature and its dark self-seekings. This is the first step of self-realisation, to enthrone the soul, the divine psychic individual in the place of the ego. The next step is to become aware of the eternal self in us unborn and one with the self of all beings. This self-realisation liberates and universalises; even if our action still proceeds in the dynamics of the Ignorance, it no longer binds or misleads because our inner being is seated in the light of self-knowledge. The third step is to know the Divine Being who is at once our supreme transcendent Self, the Cosmic Being, foundation of our universality, and the Divinity within of which our psychic being, the true evolving individual in our nature, is a portion, a spark, a flame growing into the eternal Fire from which it was lit and of which it is the witness ever living within us and the

conscious instrument of its light and power and joy and beauty. Aware of the Divine as the Master of our being and action, we can learn to become channels of his Shakti, the Divine Puissance, and act according to her dictates or her rule of light and power within us.

(CWSA 21-22: 653-654)

### **The Transcendent, Cosmic and Individual Divine**

The Divine has three aspects for us:

1. It is the Cosmic Self and Spirit that is in and behind all things and beings, from which and in which all is manifested in the universe — although it is now a manifestation in the Ignorance.

2. It is the Spirit and Master of our own being within us whom we have to serve and learn to express his will in all our movements so that we may grow out of the Ignorance into the Light.

3. The Divine is transcendent Being and Spirit, all bliss and light and divine knowledge and power, and towards that highest divine existence and its Light we have to rise and bring down the reality of it more and more into our consciousness and life.

In the ordinary nature we live in the Ignorance and do not know the Divine. The forces of the ordinary nature are undivine forces because they weave a veil of ego and desire and unconsciousness which conceals the Divine from us. To get into the higher and deeper consciousness which knows and lives consciously in the Divine, we have to get rid of the forces of the lower nature and open to the action of the Divine Shakti which will transform our consciousness into that of the Divine Nature.

This is the conception of the Divine from which we have to start — the realisation of its truth can only come with the opening of the consciousness and its change.

(CWSA 28:7-8)

**Sri Aurobindo**



### **Three ways of being of the Mother**

There are three ways of being of the Mother of which you can become aware when you enter into touch of oneness with the Conscious Force that upholds us and the universe. Transcendent, the original supreme Shakti, she stands above the worlds and links the creation to the ever unmanifest mystery of the Supreme. Universal, the cosmic Mahashakti, she creates all these beings and contains and enters, supports and conducts all these million processes and forces. Individual, she embodies the power of these two vaster ways of her existence, makes them living and near to us and mediates between the human personality and the divine Nature.

(CWSA 32:14)

## **Elements in the dynamics of spiritual experience**

The distinction between the Transcendental, the Cosmic, the Individual Divine is not my invention,. ... In the practice of Yoga there is a great dynamic difference in one's way of dealing with these three possible realisations. If I realise only the Divine as that, not my personal self, which yet moves secretly all my personal being and which I can bring forward out of the veil, or if I build up the image of that Godhead in my members, it is a realisation but a limited one. If it is the Cosmic Godhead that I realise, losing in it all personal self, that is a very wide realisation, but I become a mere channel of the universal Power and there is no personal or divinely individual consummation for me. If I shoot up to the transcendental realisation only, I lose both myself and the world in the transcendental Absolute. If on the other hand my aim is none of these things by itself, but to realise and also to manifest the Divine in the world, bringing down for the purpose a yet unmanifested Power,— such as the Supermind, — a harmonisation of all three becomes imperative. I have to bring it down, and from where shall I bring it down — since it is not yet manifested in the cosmic formula — if not from the unmanifest Transcendence, which I must reach and realise? I have to bring it into the cosmic formula and, if so, I must realise the cosmic Divine and become conscious of the cosmic self and the cosmic forces. But I have to embody it here,— otherwise it is left as an influence only and not a thing fixed in the physical world — and it is through the Divine in the individual alone that this can be done.

These are elements in the dynamics of spiritual experience and I am obliged to admit them if a divine work has to be done.

*(CWSA 28:8-9)*

## **First & last word of Supramental Yoga — Surrender**

The first word of the supramental Yoga is surrender; its last word also is surrender. It is by a will to give oneself to the eternal Divine, for lifting into the divine consciousness, for perfection, for

transformation, that the Yoga begins; it is in the entire giving that it culminates; for it is only when the self-giving is complete that there comes the finality of the Yoga, the entire taking up into the supramental Divine, the perfection of the being, the transformation of the nature.

(CWSA 12:367)

**Sri Aurobindo**

**You have to offer it back to its source.**

*It has been said that in order to progress in Yoga one must offer up everything to the Divine, even every little thing that one has or does in life. What is precisely the meaning of that?*

Yoga means union with the Divine, and the union is effected through offering — it is founded on the offering of yourself to the Divine. In the beginning you start by making this offering in a general way, as though once for all; you say, “I am the servant of the Divine; my life is given absolutely to the Divine; all my efforts are for the realisation of the Divine Life.” But that is only the first step; for this is not sufficient. When the resolution has been taken, when you have decided that the whole of your life shall be given to the Divine, you have still at every moment to remember it and carry it out in all the details of your existence. You must feel at every step that you belong to the Divine; you must have the constant experience that, in whatever you think or do, it is always the Divine Consciousness that is acting through you. You have no longer anything that you can call your own; you feel everything as coming from the Divine, and you have to offer it back to its source. When you can realise that, then even the smallest thing to which you do not usually pay much attention or care, ceases to be trivial and insignificant; it becomes full of meaning and it opens up a vast horizon beyond.

(CWM 3:23)

**The Mother**





*So understand divine movements one must enter into the divine consciousness; till then faith and surrender are the only right attitude.*

*How can the mind judge what is beyond all its measures?*

CWSA 31: 4

**Sri Aurobindo**



*Our Gratitude and Consecration to the  
Mother and Sri Aurobindo*

**Sri Aurobindo Society, Nairobi Centre, Kenya**

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Sd/- (Pradeep Narang)  
Chairman



*Sri Aurobindo Society*  
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# Appeal

*To Contribute in Divine Work*

With the infinite grace and blessings of The Mother & Sri Aurobindo, Sri Aurobindo Society Puducherry, Branch Indore has already started construction work from 25 January, 2021 on a land area of 13495 Sq.Ft. for the shaktipeeth "Sri Aurobindo Vishwa Nilayam" - A Centre for Integral Yoga & Meditation for conducting spiritual activities in order to build a Divine Society. The land is situated at survey no.126/8, Chota Bangerda, near airport, Indore

It is a pleasure to inform you that in the first phase work shall commence for Ground floor, First floor, Second floor, in which the hall with all facilities, Library containing Divine text of the Mother and Sri Aurobindo, Guest rooms, Kitchen, Dining hall and Shrine containing Divine Relics of Sri Aurobindo will be constructed. There are also expansion plans for the future.

The estimated cost of this divine construction work is Rs. 2.5 crores. This can only be possible with the co-operation and collective efforts of all of us. We therefore, invite you to be a part of this Divine effort by contributing generously to this Divine Cause. The offering given by you will be exempted under 80 (G) of Income Tax Act.

It can be made by Cash/Cheque/DD/NEFT/RTGS in the name of "Sri Aurobindo Society Indore." Your collaboration and support in this divine work is solicited and will immensely benefit not only Indore but humanity and the world at large.

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**Manoj Kiyawat**

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SB A/C No.- 0325101016104

Bank Name - Canara Bank

Branch - M. G. Road Indore - 2 (M.P.)

IFSC Code - CNRB0000325

Branch Office: 541, M. G. Road, Garakund, OPP ICICI Bank, Indore (M. P.) - 452 002

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“ She is the golden bridge,  
the wonderful fire.  
The luminous heart of  
the Unknown is she,  
A power of silence in  
the depths of God ....”

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