

"All contraries prepare her harmony"

-Savitri, Book III, Canto II

**April 2008 Seminar
Snapshots from the sessions
on Integral Yoga Psychology**

In this issue of MĀSA we continue with our updates on academic sections from the April seminar at SACAR - "An Orientation to the Multifaceted Genius of Sri Aurobindo."

The first couple of days, April 20 and 21 were dedicated to some key topics related to Integral Yoga Psychology.

Integral Human Personality - In this opening talk, Matthijs Cornelissen briefly discussed the different parts and planes of the being and emphasized the necessity for identifying how these different 'selves' of our being shape our personality and influence the various movements arising within us. The second hour of this session was entirely dedicated to questions from the participants, this format helped elaborate upon the complex topic and clarify several doubts of the members.



Panel Discussion: Application of Integral Yoga in Daily Life - The two panelists, Larry and Matthijs, briefly presented their individual perspectives. But the bulk of the session was reserved for questions from the participants. Questions covered a variety of topics such as the place of *Nama-Japa* and *Asana* in one's spiritual practice, effective methods of concentration, inner practice of 'remember and offer', and how to surrender to the Divine.



Bases of Yoga Psychology -- Larry Seidlitz started with a brief discussion of the philosophical foundations of Integral Yoga, and emphasized that the humanity represents the mental stage in the evolution of consciousness. He then moved on to explaining the fundamental principles of Integral Yoga Psychology, the Yoga of Works, Devotion, Knowledge and Self-Perfection, and the essential spiritual attitudes one must develop, namely, Aspiration, Faith, Equality, Surrender, Sincerity, Living Within, Patience, and Perseverance.



In order to make the learning experience more enriching a group-work session was also organized. Larry Seidlitz led this session in which the participants were divided into four groups and each group was asked to reflect and deliberate upon one of the four questions that covered different topics covered in the section on Integral Yoga Psychology. Toward the end of the session each group presented the results of their discussion and participants from other groups contributed to the learning experience by asking for clarifications or adding their input.

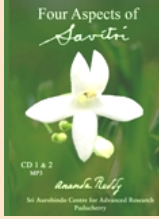


Pain is the touch of our Mother teaching us how to bear and grow in rapture. She has three stages of her schooling, endurance first, next equality of soul, last ecstasy.

Sri Aurobindo

The artwork titled 'The Healer' by Bindu Popli graces this issue of MĀSA.

Available at SACAR:
Four Aspects of Savitri
Talks by Ananda Reddy



A two-CD set available in
MP3 format
(Duration: 15 hours)
For information and
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Sri Aurobindo Centre for
Advanced Research
39 Vanniar Street
Vaithikuppam
Pondicherry 605012
INDIA
www.sacar.in

Contact: Beloo Mehra
Phone: 0413-2348067
beloome@gmail.com
sacar@auromail.net

We invoke the Grace
and Blessings of our
beloved Mother and
Sri Aurobindo through
our reference to
MĀ and SA. MĀSA is
also a Sanskrit word
which means month –
appropriate for this
monthly publication.

Recent Visitors to SACAR

Chandramowli from St. Louis, USA who has been a well-wisher and supporter of SACAR for many years recently visited the campus. He was first introduced to SACAR by Nirod-da. On his recent visit, he was impressed by the addition of the Scholars' Home and expressed much interest in the newly redesigned online and correspondence educational programmes being offered at SACAR.

Sachchidananda Mohanty, a well-known Aurobindonian scholar and editor of the recently published book "Sri Aurobindo: A Contemporary Reader" also visited SACAR. In a stimulating conversation with SACAR faculty he presented his rationale for selecting relevant excerpts from Sri Aurobindo's social, political and cultural writings that were included in his book. He emphasized the intellectual necessity for making Sri Aurobindo relevant for contemporary times and was very happy to know that at SACAR we are planning to use sections from this book as required reading for some of our courses.

A Poetic Tribute to SACAR

We are happy to share with our readers this heart-felt poem written by Mr. Suresh Kumar, a lecturer at PSG Tech College, Coimbatore. Suresh participated in the residential seminar in April 2008, and on the last day he shared with everyone this poem which conveyed his impressions about SACAR and some reflections on his learning experience there. We thank Suresh for his kind words of appreciation and for allowing us to share this poem with all our readers and friends.

A nest for the best in spiritual quest,
Intellect's Abode, Truth's Threshold for its seeking guest
SACAR cares to quench the growing thirst for Divine
And makes Knowledge and Practice entwine.
It strives to simplify Truths sublime
Using worthy wizards with words of acclaim
Speakers solemnized the Supramental splendor
In sweet words of subtle wonder
In all actions Ananda being the driving force
And the loving light of Deepa the source
SACAR achieves all its finite efforts' synergy
With infinite faith in Mother's energy.

Meet Our Learners

In this new feature of MĀSA, we will periodically profile some of our dedicated learners pursuing various courses and programmes at SACAR. We begin by introducing two of our newest learners – Raphaele Gabriele Schlitt from Germany, and Ketaki Mahesh Modak from Pune. Raphaele, a retired medical doctor who is led by her personal spiritual quest and keen interest in evolutionary spirituality is pursuing a self-designed MA in Sri Aurobindo Studies at SACAR. Ketaki, a lecturer in Pune who has done her PhD work on the literature of Indian saints will be taking some courses in Science of Living and Integral Education.

Online Programme in Introduction to Sri Aurobindo Studies Starts August 15th

An overview of Sri Aurobindo's insights on Indian Culture,
Social Evolution, Integral Philosophy and Integral Yoga.
Registration has begun! For information and application,
Visit – www.sacar.in or email at: sacar@auromail.net

Coming up in the next issue: A brief review of the section on Integral Education from the April seminar. Also short introductions of a few more of our learners at SACAR.