

In this issue

Report of April 2011 Symposium at SACAR



To rise into the new consciousness, the first condition is to have enough modesty of mind to be convinced that all that you think you know is nothing in comparison to what yet remains to be learnt.

All that you have learnt outwardly must be just a step allowing you to rise towards a higher knowledge.

The Mother

*Authors of earth's high change, to you it is given
To cross the dangerous spaces of the soul
And touch the mighty Mother stark awake
And meet the Omnipotent in this house of flesh
And make of life the million-bodied One.
The earth you tread is a border screened from heaven;
The life you lead conceals the light you are.*

*Sri Aurobindo
Savitri, Book IV, Canto III*

ANANDA REDDY IN ITALY

The Federazione Italiana Yoga (Italian Federation of Yoga) invited Ananda Reddy as a guest speaker for their 37th Yoga National Conference (April 1-3, 2011) organized at Assisi.



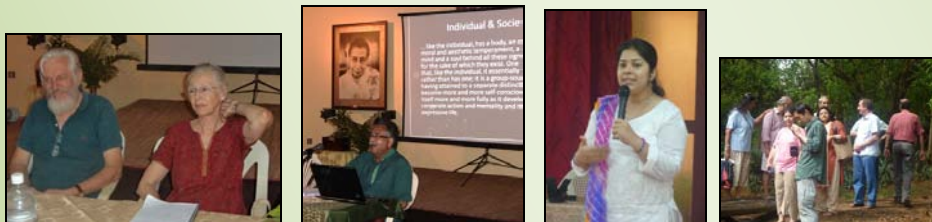
The theme of the conference was "Yoga: Wellness, Health, Beauty of Body, Mind and Spirit." Ananda Reddy took up the topic of **Integral Wellbeing** based on the Mother's and Sri Aurobindo's approach to health and wellness. In his two talks, titled "Psychological Causes of Illness" and "Cure by Inner Means" he emphasized that all illness is the expression of a break of equilibrium, and the inner cure works by rejecting the illness and focusing the light of equilibrium, peace and quietude on the physical spot that is affected. The talks were greatly appreciated because of the uniqueness of the integral thought that inspired them.

A BRIEF REPORT OF THE APRIL 2011 SYMPOSIUM

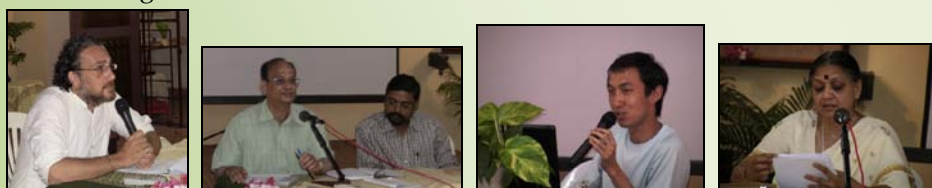
SACAR recently concluded its second symposium on Sri Aurobindo Studies in partnership with IGNOU. The symposium with its special theme *"The World in Crisis: An Interdisciplinary Exploration"* held during April 17-23, 2011 brought together some current students enrolled in various programmes offered by SACAR and some independent learners interested in the thought and vision of Sri Aurobindo.



The programme provided an intensive learning opportunity through rich and constructive deliberations on selected topics such as: Sri Aurobindo-The Future, The Evolutionary Crisis, The Crisis in Indian Politics and the Possibility of a New Direction, A Contemplative Approach to Pluralism in Society, Toward a Future Beyond the "isms", Transcending the Limitations of Human Knowledge and Will, Education that Liberates and Harmonizes, Learning to See the Sacred, Spiritual Passivity and Spiritual Activism.



In addition to SACAR faculty (Ananda Reddy, Larry Seidlitz, Beloo Mehra & Suhas Mehra), guest speakers at the symposium included Prof. Arabinda Basu, Alok Pandey, Matthijs Cornelissen and Neeltje Huppes. Two doctoral students, K. K. Kapila and S. Siddharthan also presented their research proposals based on the thought and vision of Sri Aurobindo.



A variety of learning activities such as lectures, interactive question-answer sessions, group reflections, creative exercises, discussions, visits to Auroville and Merville (Lake Estate), and film shows enriched the overall learning experience. One particular movie night was made extra special with popcorn, coca-cola and cookies, providing a relaxing and enjoyable experience for all!

UPCOMING EVENT AT SACAR



Painting by Prince Chand
(Photo credit: www.artlaureate.com)

August 2011 Darshan Talks
on selected chapters from
Sri Aurobindo's
Essays on the Gita

Facilitator: Dr. Ananda Reddy
DATES: August 12-24, 2011 (No
class on August 15)

Time: 9AM-11:30AM (with a
small break in between)

Venue: Ground floor conference
hall at SACAR

For more information, call:
(0413) 234-8067, or email:
sacar@auromail.net

As part of an exercise participants at the symposium were asked to create a "collective kolam." With a beautiful piece of music titled "Harmony" playing in the background, all participants contemplated for a while. Slowly each one of them walked up to the board, picked up a piece of coloured chalk and drew something that inspired him or her, something that came up spontaneously from within. The idea was to create a sense of harmony while allowing individual creativity and expression. Following is what resulted from this exercise.



MĀSA
Vol. 4, Issue 3, May 2011

SYMPOSIUM REPORT CONTINUED...

Participants were given specific questions based on selected readings, which they discussed in small groups and later presented their deliberations to the larger group. This allowed them to delve deeper into the topics being covered in the symposium. On the last day of the symposium, participants were also asked to write reflective essays on a topic of their choice inspired by some theme discussed at the symposium. This exercise further deepened their overall learning experience.



One evening was dedicated to a cultural programme in which the participants shared their various talents. We all enjoyed singing, guitar playing, poetry recitation, and a demonstration of Chinese art of calligraphy. The relaxed atmosphere made it a memorable evening.



Photos by Kathiravan & Suhas

For more photos from the event, see:

http://www.sacar.in/photo_gallery/april_2011_symposium/april_2011_symposium.html

NEWS FROM INSTITUTE OF HUMAN STUDY, HYDERABAD

Matridarshan Trust organized a day-long free medical camp in the village of Peddapahad in Jangaon Mandal. This was done in collaboration with several organizations and the Gram Panchayat of Peddapahad village. Services were provided in the areas of cardiology, gynecology, ophthalmology, orthopedics, pediatrics and general medicine. Nearly 500 people benefited from the camp, sixty-five persons were given glasses free of cost, and free medicines worth Rs. 10,000 were distributed. Dr. Sambasiva Rao Director of Ophthalmology and Mr. Chaturvedi, Director of General Administration, both working at KIMS Hospital supervised the overall running of the camp.



Certificate programmes offered by SACAR:

- Spiritual Foundations of Indian Culture
- Creative Expression in India
- Contemporary Indian Society and Polity
- Integral Yoga Psychology
- Integral Education
- Essentials of the Gita
- Integral Management

All study programmes are inspired by and focus on the vision and thought of the Mother and Sri Aurobindo.

For details, see: www.sacar.in



Learners interested in a formal degree may apply for one of our advanced degree programmes offered in partnership with IGNOU.

We presently offer:
[MA](#), [MPhil](#) and
[PhD in Sri Aurobindo Studies](#)

Other SACAR-IGNOU programmes include:

- Certificate in Introduction to Sri Aurobindo Studies
- PG Diploma in Studies in Indian Culture
- PG Diploma in Integral Education

More details at: www.sacar.in

NEXT START DATE:

August 15, 2011

To apply, email:

suhasmehra@gmail.com

MĀSA is the electronic newsletter of SACAR, and provides updates and information about our various activities.

We invoke the blessings and grace of the Mother and Sri Aurobindo through our reference to MĀ and SA.

Contact: Beloo Mehra

beloome@gmail.com

sacar@auromail.net

Phone: 0413-2348067

On the web: www.sacar.in