

*A deathbound littleness is not all we are:  
Immortal our forgotten vastnesses  
Await discovery in our summit selves;  
Unmeasured breadths and depths of being are ours.*

*Savitri, Book I, Canto IV*



*True Perfection in Oneself*

“In a general and almost absolute way anything that shocks you in other people is the very thing you carry in yourself in a more or less veiled, more or less hidden form, though perhaps in a slightly different guise which allows you to delude yourself. And what in yourself seems inoffensive enough, becomes monstrous as soon as you see it in others.

“Try to experience this; it will greatly help you to change yourselves. At the same time it will bring a sunny tolerance to your relationships with others, the goodwill which comes from understanding, and it will very often put an end to these completely useless quarrels.

“One can live without quarrelling. It seems strange to say this because as things are, it would seem, on the contrary, that life is made for quarrelling in the sense that the main occupation of people who are together is to quarrel, overtly or covertly. You do not always come to words, you do not always come to blows – fortunately – but you are in a state of perpetual irritation within because you do not find around you the perfection that you would yourself wish to realise, and which you find rather difficult to realise – but you find it entirely natural that others should realise it.

“How can they be like that?...” You forget how difficult you find it in yourself not to be “like that”!

“Try, you will see.

“Look upon everything with a benevolent smile. Take all the things which irritate you as a lesson for yourself and your life will be more peaceful and more effective as well, for a great percentage of your energy certainly goes to waste in the irritation you feel when you do not find in others the perfection that you would like to realise in yourself.

“You stop short at the perfection that others should realize and you are seldom conscious of the goal you should be pursuing yourself. If you are conscious of it, well then, begin with the work which is given to *you*, that is to say, realise what you have to do and do not concern yourself with what others do, because, after all, it is not your business. And the best way to the true attitude is simply to say, “All those around me, all the circumstances of my life, all the people near me, are a mirror held up to me by the Divine Consciousness to show me the progress I must make. Everything that shocks me in others means a work I have to do in myself.”

**“And perhaps if one carried true perfection in oneself, one would discover it more often in others.” (emphasis added)**

*The Mother*

7 November 1958 (CWM, vol. 10, p. 23)



*Prakriti*

Painting by S. H. Raza

*Either do not give the name of knowledge to your beliefs only and of error, ignorance or charlatanism to the beliefs of others; or do not rail at the dogmas of the sects and their intolerance.*

*Sri Aurobindo*

## Ananda Reddy's Visit to Germany

In May 2009 Ananda Reddy visited Berlin, Germany to deliver a series of talks covering various topics on Sri Aurobindo's Yoga and social-political vision. He was invited by Auroville International, Germany for delivering the key-note address on the topic 'Management by Consciousness'. His talk titled "Principles of Management: In The Light of the Mother's Ministry" was based on his experience of having lived in the Ashram for about 15 years (1958-1973) during the Mother's ministry. He opened the session by saying, "If I think of management by consciousness, and that too, a spiritual consciousness, then the Mother was for me the perfect example of spiritual management. There is for me no other person who could have been a better example."



Banyan Tree near Matrimandir,  
Auroville



At Sri Aurobindo Centre in Berlin, Ananda spoke on various topics of interest to the audience. In one of his talks, titled "The Psychic Being in Integral Yoga" he explained that Sachidananda in manifestation becomes the individual Divine which is called the Jivatman. It is the Jivatman that delegates the psychic being into the process of evolution. Through his explanations he brought home the point that the Divine is not just in the trees, in the sky, in nature as such, but that He has also delegated one aspect of Himself as the psychic being in each one of us.



While speaking on the topic "Understanding a Spiritualised Society" Ananda emphasized that even in today's Indian social culture the division between divine and life is not as sharp as in the West. He said, "[in India]...on a day to day basis the poor and the middle class people have not been able to separate God from life. It is not that all the Indians are spiritual or highly moral: you will surely see much corruption and violence etc. but what I want to impress upon you is that a mental division between the divine and non-divine is not there."



### DARSHAN TALKS AT SACAR

August 5-14, 2009

Presenter: Ananda Reddy

Selected chapters from

*The Life Divine:*

The Triple Transformation

The Ascent towards Supermind

For information:

09894778977 / 0413-2348067

[sacar@auromail.net](mailto:sacar@auromail.net)

In his talk "The Psychology of Integral Yoga" Ananda explained the meaning of yoga as union with our own highest self. He emphasized that Integral Yoga aims at bringing the higher hemisphere into this world and make this world itself beautiful and divine.

Ananda was also invited for a talk at the Indian Embassy in Berlin. There he shared some thoughts on "The Evolutionary Crisis and Alternative Solutions." While introducing his topic, he spoke about how Sri Aurobindo's writings on Germany in "The Ideal of Human Unity" had helped him gain a deeper insight into Germany's nation-soul and understand the deeper aspect of German culture.



Contact: Beloo Mehra  
Phone: 0413-2348067  
[beloome@gmail.com](mailto:beloome@gmail.com)  
[sacar@auromail.net](mailto:sacar@auromail.net)

MĀSA is a bimonthly electronic newsletter published by SACAR and provides updates and information about various activities at SACAR. We invoke the blessings and grace of our beloved Mother and Sri Aurobindo through our reference to MĀ and SA.

## News from Hyderabad: Report of a six-day Teacher Workshop

### Coming up....

In the month of June, we successfully completed a 5-day Personal Contact Programme for a small group of SACAR-IGNOU students (Oct 08). We are now getting ready to conduct another such residential study programme (an orientation PCP) for our newest batch of students (Aug 09). Look for all the updates and pictures from both these programmes in our upcoming issues of MĀSA.

### We're on the Web!

Visit us at:  
<http://www.sacar.in>

Under the auspices of Association for Integral Education, the Institute of Human Study conducted its annual six-day residential workshop titled Development of Teaching Learning Material for ten member schools. Forty-three teachers and eleven management members attended the workshop organized at Matridarshan during April 26-May 1, 2009. The workshop aimed to empower and help teachers become more effective in classrooms.

The workshop opened with a welcome address by Raghava Rao, General Secretary of IHS. It was followed by an address by Chhalamayi Reddy, Principal of Sri Aurobindo International School (SAIS), Hyderabad who briefly explained the vision of education as envisaged by Sri Aurobindo and the Mother. She emphasized that the present education system needs to become more child centered and that the development of teaching learning material must translate the three principles of true teaching given by Sri Aurobindo into activity-based learning.

Meenakshi Naidu from SAIS was the key resource person who conducted the practical sessions and guided the teachers. He was assisted by Mrs. Vijayalakshmi, Mrs. Vedashri, Mrs. Devika & Mrs. Neelima.

On May 1, teachers displayed the material they prepared during the workshop. Lakshma Reddy, Regional Joint Director addressed the gathering and awarded completion certificates to the participants. Sampath Reddy, co-ordinator of Warangal schools extended the vote of thanks.



Mrs. Kanakavalli, coordinator of the programme spoke about the most significant role of teachers in shaping the present and future of a nation through their work of moulding the character of children. She emphasized that a teacher is a progressive learner always seeking for self-improvement, enthusiastic, humble, and always seeking to become the change which he or she expects in others. While speaking about the purpose of education, she added that every letter in the word 'education' points towards a specific purpose: E-Enlightenment, D-Duty & Devotion, U-Understanding oneself, C-Character, A-Action, T-Thanking, I-Integrity, O-Oneness, N-Nobility. She warmly thanked all the participants for making the program a truly learning and enjoyable experience. The participants expressed their gratitude to the resource persons by honoring them.



**Admissions have started for February 2010 session of SACAR-IGNOU programmes**

To learn about the programmes, visit - [www.sacar.in/ignou/mainpage.html](http://www.sacar.in/ignou/mainpage.html)

To apply, visit -  
[www.sacar.in/ignou/admission/application\\_ignou.html](http://www.sacar.in/ignou/admission/application_ignou.html)

**Deadline for applications: December 15, 2009**

