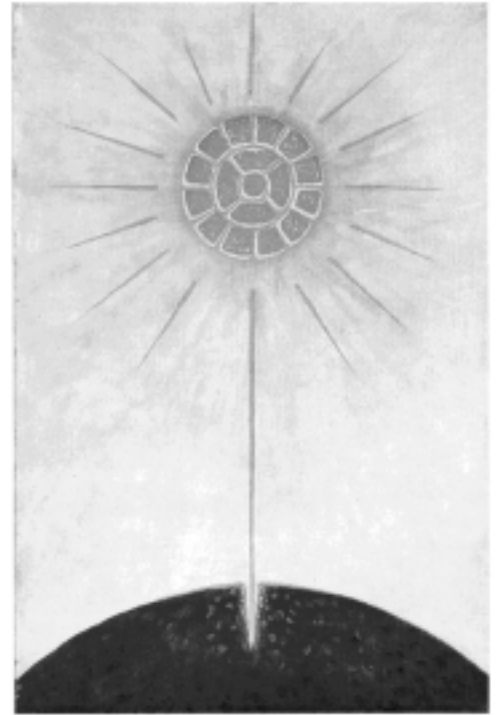
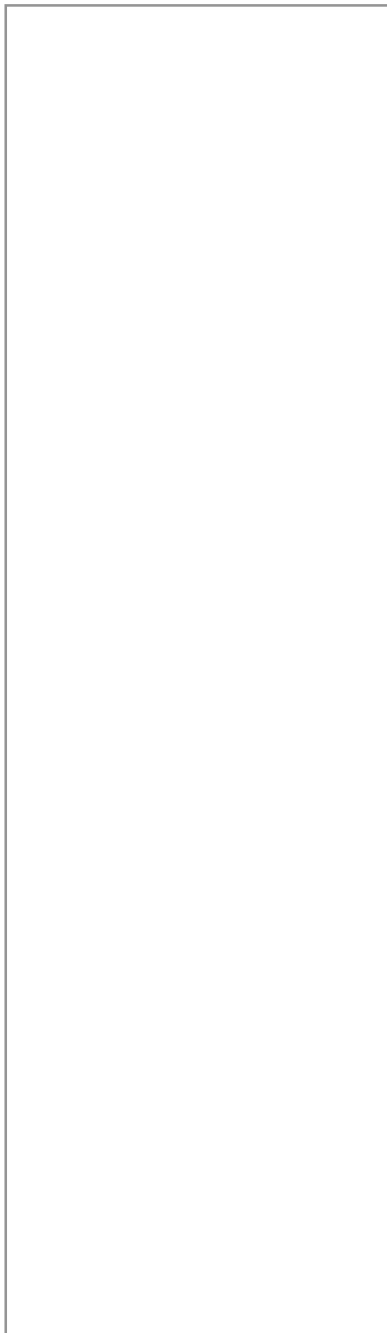


Bande Mataram

Bankim Chandra Chatterjee



Jan/Feb'97

Unity of India

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Hymn to the Mother

Sri Aurobindo's Rendering of Bande Mataram

*Mother, I bow to thee!
Rich with thy hurrying streams,
Bright with thy orchard gleams,
Cool with thy winds of delight,
Dark fields waving, Mother of might,
Mother free.*

*Glory of moonlight dreams
Over thy branches and lordly streams, -
Clad in thy blossoming trees,
Mother, giver of ease,
Laughing low and sweet!
Mother, I kiss thy feet,
Speaker sweet and low!
Mother, to thee I bow.*

*Who hath said thou art weak in thy lands,
When the swords flash out in seventy
million hands
And seventy million voices roar
Thy dreadful name from shore to shore?
With many strengths who art mighty and
stored,
To thee I call, Mother and Lord!*

*Thou who savest, arise and save!
To her I cry who ever her foemen drave
Back from plain and sea
And shook herself free.*

*Thou art wisdom, thou art law,
Thou our heart, our soul, our breath,
Thou the love divine, the awe
In our hearts that conquers death.
Thine the strength that nerves the arm,
Thine the beauty, thine the charm.
Every image made divine
In our temples is but thine.
Thou art Durga, Lady and Queen,
With her hands that strike and her swords of
sheen,
Thou art Lakshmi lotus-throned,
And the Muse a hundred-toned.
Pure and perfect without peer,
Mother, lend thine ear.
Rich with thy hurrying streams,
Bright with thy orchard gleams,
Dark of hue, O candid-fair
In thy soul, with jewelled hair
And thy glorious smile divine,
Loveliest of all earthly lands,
Showering wealth from well-stored hands!
Mother, mother mine!
Mother sweet, I bow to thee
Mother great and free!*

THE FIFTEENTH OF AUGUST 1947

(A Message written by Sri Aurobindo for broadcast over All India Radio)

"August 15th is the birthday of free India. It marks for her the end of an old era, the beginning of a new age. But it has a significance not only for us, but for Asia and the whole world; for it signifies the entry into the comity of nations of a new power with untold potentialities which has a great part to play in determining the political, social, cultural and spiritual future of humanity. To me personally it must naturally be gratifying that this date which was notable only for me because it was my own birthday celebrated annually by those who have accepted my gospel of life, should have acquired this vast significance. As a mystic, I take this identification, not as a coincidence or fortuitous accident, but as a sanction and seal of the Divine Power which guides my steps on the work with which I began life. Indeed almost all the world movements which I hoped to see fulfilled in my lifetime, though at that time they looked like impossible dreams, I can observe on this day either approaching fruition or initiated and on the way to their achievement.

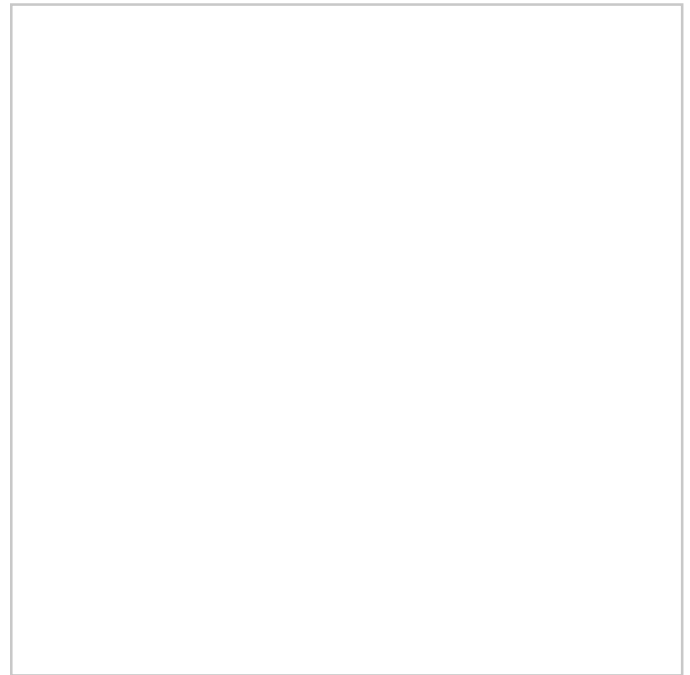
"I have been asked for a message on this great occasion, but I am perhaps hardly in a position to give one. All I can do is to make a personal declaration of the aims and ideals conceived in my childhood and youth and now watched in their beginning of fulfilment, because they are relevant to the freedom of India, since they are a part of what I believe to be India's future work, something in which she cannot but take a leading position. For I have always held and said that India was arising, not to serve her own material interests only, to achieve expansion, greatness, power and prosperity, - though these too she must not neglect -, and certainly not like others to acquire domination of other peoples, but to live also for God and the world as a helper and leader of the whole human race. Those aims and ideals were in their natural order these: a revolution which would achieve India's freedom and her unity; the resurgence and liberation of Asia and her return to the great role which she had played in the progress of human civilisation; the rise of a new, a greater, brighter and nobler life for mankind which for its entire realisation would rest outwardly on an international unification of the separate existence of the peoples, preserving and securing their national life but drawing them together into an overriding and consummating oneness; the gift by India of her spiritual knowledge and her means for the spiritualisation of life to the whole race; finally, a new step in the evolution which, by uplifting the consciousness to a higher level, would begin the solution of the many problems of existence which have perplexed and vexed humanity, since men began to think and to dream of individual perfection and a perfect society."

The First Dream : Unity of India

"India is free but she has not achieved unity, only a fissured and broken freedom. At one time it almost seemed as if she might relapse into the chaos of separate States which preceded the British conquest. Fortunately there has now developed a strong possibility that this disastrous relapse will be avoided. The wisely drastic policy of the Constituent Assembly makes it possible that the problem of the depressed classes will be solved without schism or fissure. But the old communal division into Hindu and Muslim seems to have hardened into the figure of a permanent political division of the country. It is to be hoped that the Congress and the nation will not accept the settled fact as for ever settled or as anything more than a temporary expedient. For if it lasts, India may be seriously weakened, even crippled: civil strife may remain always possible, possible even a new invasion and foreign conquest. The partition of the country must go, - it is to be hoped by a slackening of tension, by a progressive understanding of the need of peace and concord, by the constant necessity of common and concerted action, even of an instrument of union for that purpose. In this way unity may come about under whatever form - the exact form may have a pragmatic but not a fundamental importance. But by whatever means, the division must and will go. For without it the destiny of India might be seriously impaired and even frustrated. But that must not be."

The Second Dream : Resurgence of Asia

"Asia has arisen and large parts of it have been liberated or are at this moment being liberated; its other still subject parts are moving through whatever struggles towards freedom. Only a little has to be done and that will be done today or tomorrow. There India has her part to play and has begun to play it with an energy and ability which already indicate the measure of her possibilities and the place she can take in the council of the nations."



The Spiritual Map of India

"... India has a single soul and while we have to wait till we can speak of an India one and indivisible, our cry must be:
LET THE SOUL OF INDIA LIVE FOR EVER!"

The Mother
1947

The Third Dream : Unification of Mankind

"The unification of mankind is under way, though only in an imperfect initiative, organised but struggling against tremendous difficulties. But the momentum is there and, if the experience of history can be taken as a guide, it must inevitably increase until it conquers. Here too India has begun to play a prominent part and, if she can develop that larger statesmanship which is not limited by the present facts and immediate possibilities but looks into the future and brings it nearer, her presence may make all the difference between a slow and timid and a bold and swift development. A catastrophe may intervene and interrupt or destroy what is being done, but even then the final result is sure. For in any case the unification is a necessity in the course of Nature, an inevitable movement and its achievement can be safely foretold. Its necessity for the nations also is clear, for without it the freedom of the small peoples can never be safe hereafter and even large and powerful nations cannot really be secure. India, if she remains divided, will not herself be sure of her safety. It is therefore to the interest of all that union should take place. Only human imbecility and stupid selfishness could prevent it. Against that, it has been said, even the gods strive in vain; but it cannot stand for ever against the necessity of Nature and the Divine Will. Nationalism will then have fulfilled itself; an international spirit and outlook must grow up and international forms and institutions; even it may be such developments as dual or multilateral citizenship and a voluntary fusion of cultures may appear in the process of the change and the spirit of nationalism losing its militancy may find these things perfectly compatible with the integrity of its own outlook. A new spirit of oneness will take hold of the human race."

The Fourth Dream : The Spiritual Gift of India

"The spiritual gift of India to the world has already begun. India's spirituality is entering Europe and America in an ever increasing measure. That movement will grow; amid the disasters of the time more and more eyes are turning towards her with hope and there is even an increasing resort not only to her teachings, but to her psychic and spiritual practice."

The Fifth Dream : A New Step in the Evolution

"The rest is still a personal hope and an idea and ideal which has begun to take hold both in India and in the West on forward-looking minds. The difficulties in the way are more formidable than in any other field of endeavour, but difficulties were made to be overcome and if the Supreme Will is there, they will be overcome. Here too, if this evolution is to take place, since it must come through a growth of the spirit and the inner consciousness, the initiative can come from India and although the scope must be universal, the central movement may be hers.

"Such is the content which I put into this date of India's liberation; whether or how far or how soon this connection will be fulfilled, depends upon this new and free India."

Unity of India

... a personal journey

We have high hopes from India..... a firm conviction of her greatness. Yet the outer reality mocks in our face and one cannot ignore its sarcasm. I have to look deeper and question my faith..... to discover on what it is based and what hidden secret it can reveal which will explain the chaos around as a dance of new creation.....

*And so I begin.....
The outer first.....*

The Crises of India

So very strong is the present current of alienation that even the older generation - those who have witnessed the heroism of the freedom struggle, those who have stirred to the call of Mother India - even they refuse to believe in her resurgence.

What is it that grips India so darkly?

Passivity of Ignorance

An inertia has seeped in over the centuries. Taking support of Shankara's Mayavada and the Karma philosophy of Buddhism, the ignorant masses either submit passively to their fate or await liberation. Neither attitude acts as a foothold for life perfection.

Self-forgetfulness of the Nation

No other country has such a rich tradition of life affirming spirituality as India. Yet the truths of the Vedas are forgotten by the Indians themselves. So forceful and effective has been the influence of foreign domination that today an Indian will speak ill of the nation more readily than a stranger to the land.

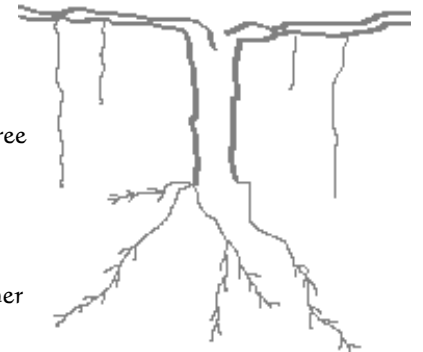
A Vacuum of Idealism

There is a vacancy in life..... who can say what our nation is striving for? Policies and Plans exist..... but what is that large collective vision for which people would feel impelled to self-exceed? The threat of a war momentarily brings the nation together. Is that the answer then? To have an ideal that operates through fear and insecurity?

The Call of the West

Yet an Ideal we must have. The West steps into this vacuum with its powerful call of materialism. Its tremendous vital energy, its zest for life, its increasing mastery over the material-physical - these do attract us. Why should we not take these on?

many branching are
the roots of the
banyan tree
and they immerse
deep into their
self
to emerge vaster
in the ether



I look around at people I know..... as friends and family..... and I wonder what will happen to us in a few years' time..... where will we be? Having lived a life of marriages and careers, having performed our social duties, having grown in power and wealth - and perhaps knowledge - we would vanish without any trace..... where?

Is this the life of Moksha and Nirvana we are leading? Is the gospel of the Gita guiding us? What is such life an expression of?

The people in the West believe in enjoying life..... the belief that there is only one life lends a desperation to their seeking and so we have a society where everyone is for himself.

Is this the belief that guides India as well?

The Foundations of India

Most people refer to India as great..... some in the past, some in the future. The present is obviously great only in throwing up all ills that ail us. What is this greatness that India had - what does it imply for the future? If India was great - why has she now sunk low?

Greatness of India

For some reason India appears to be a divinely chosen country. A veritable army of spiritual masters, doctrines and religions have graced this land. For centuries upon centuries India was able to integrate all contradictory seeming truths of various religions. She gained and grew through this synthesis. The wideness of her vision was based on a perception of unity - unity of all beings no matter what their path to Perfection, to Truth, to the Divine.

Her Guiding Light

Humanity today is guided by its faculty of Reason. India has the secret of a faculty higher than reason - that of the Spirit, the Soul, the Psychic. Reason by its very nature brings about division - it breaks down things in parts to understand the whole. The Soul is naturally in touch with the whole truth. It experiences unity. Therefore, the only sure guiding light can be the light of the Soul.

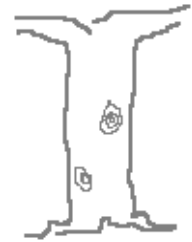
India's Soul

Just as a human being has a soul and a mind and the emotions and the body, so too has the nation a soul and a mind and the emotions and the body. What has happened in the case of India is that its physical being has been divided. The partition of 1947 brought about an artificial division that negated the truth of India's soul.

Diminution of India

Today we come across a society that is fragmented in all its aspects. The nation is falling apart - each province, each community, each religion is pulling in its own direction. Why?

cut are the roots
cut are the branches
only the trunk remains
how will it take root
how will it grow to fruition



We come back a full round. We know the malaise - rootlessness, apathy, an aimless wandering in the abyss. We know the potential that we possess to outgrow this weakness. We only have to begin.....

The Dance of New Creation

If we want to rebuild India we have to work with the present materials. The past we must tap for its own resources. But our eye must be on the future. There was a weakness in the past and therefore it could not stand up to the flux of Time. What is it that has to be rejected? What does the present life offer?

An Incomplete Past

The greatest mistake that India made was in following a life-negating spirituality. The ideal of the ascetic is only a half-truth. The ideal of the materialist too has to be integrated. The foreign invasion and a rule of 200 years, opened India's doors to this very materialism.

The Present Opportunity

Today India is in a position to understand both spiritual self-mastery and material perfection. Even the West looks towards her for this integration. India seems to have become the battleground for all the worst tendencies of our present times. If only she would stand assured in her soul's strength, she could yet again harmonise the divisions in a vast synthesis. For this, she must understand the Call of the Future.

The Call of the Future

Through ups and downs, through wrong starts and false finish, humanity has nevertheless continued its march towards Perfection. Today, when man has the means to master the material-physical, his attention is turning to the subtle, the spiritual. He is beginning to understand that the creation of an outer basis is not enough - all his institutions, all his isms and ideologies, all his theories of development - are yet unable to bring about a just and noble order of life.

If one looks at what is catching everyone's attention, one sees that the shift is towards self-development..... personal growth..... human potential. Somehow people have figured out that the root of the problem is within ourselves. They are endeavouring to find peace, find harmony, find themselves. The form this search has taken is still somewhat superficial - yet it has the key to the future.

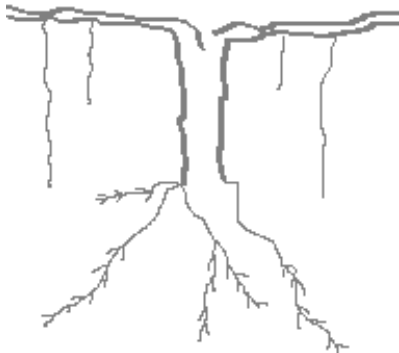
The next step for humanity is a move upwards and inwards - beyond the mind, into the realms of the Spirit. The challenge is to do this without losing grip on life.

This is what India must work for - with her special insight into spirituality, she must once again discover the principle of action that unites the worlds of matter and spirit. This is what will give her once again the ideal of founding god in the world. This is what will once again turn her attention to material perfection placed at the service of the soul.

Her belief in human perfection is not limited to one life..... her commitment is to the evolutionary march of the soul in humanity. This is the reason she is given the means to further that evolution. India must be true to her mission - this is the demand placed upon her by Time. She must show to the world the road to unity. And for this the first step is to rediscover her own unity. That is where she must begin.

We have high hopes from India..... a firm conviction in her greatness. We know that she lacks unity..... the truth of her soul is thwarted by division. We know that what we see around ourself today is only an expression of her mutilated freedom. We know that the present chaos is only a means to shake her out of her self-forgetful stupor. But only knowledge is not enough. The time now is for action. Standing firm in our vision of the future, we must begin with our own unification.....

Anuradha



a hollowness of life . . .

**a hollowness of life
the sap drained away
a meaningless strife
is this all then to my day**

**meeting youth with starry eyes
meeting hope in dreamy sighs
a glint of steel and candid strokes
even if it chips my vainglorious cloak
i welcome that
to that other dreadful visage
where all is smooth and perfect seems
but there is no hope, and no-one dreams
a round of routine is the deciding all
one follows the worst, then laments the fall
but has no urge to live otherwise
convenience has donned this macabre guise**

**not for me such nightmarish lives
to dream, to build... forever strive
to self-excel, to self-surprise
though called a fool... a dreamer worse
would this i choose o'er a hollow curse**

anuradha

The Road to Unity . . . an action plan

India is a huge nation..... the task of unifying it seems almost impossible..... where does one begin..... or does one wait for the 'system' to begin.....?

There is a key though..... the individual. What works within each one of us expresses itself in the system. The contagion has spread beyond recognition..... but the starting point was - and continues to be - the human nature.

So, the journey begins with oneself..... the individual too is a collection of separate entities..... many voices speak within oneself - pulling in different directions.....

The first milestone is a Personal Unification.....

- * to discover that part in oneself which is the noblest and carries the highest truth of the being..... to discover one's ideal;
- * to unify all actions, all thoughts, all emotions around the guiding light of the central ideal.

Unified within oneself, one can lay the foundations for harmony in interactions. The next milestone is a Unification with Others.....

- * to make one's ideal so high, so vast that it transcends one's ego and selfish desires..... to work always for stretching the limits of the ego - selfless action;
- * to contact that which is the noblest in the other and to make that the foundation one's relation - to unite through one's aspiration for a harmonious life.

And such unity would then be the basis for a Unity of the Nation.....

- * to contact India's soul and her true mission - 'to live from the principle of the Spirit and to make that the basis for all forms of government, social speculation, religion, philosophy, economic interchange.....';
- * to work towards a unity with Bangladesh, Pakistan, Burma, Sri Lanka, Bhutan - all contained in the one Soul that is India..... to develop forms of common action and cooperation - laying the larger lines for a unification of Asia.

Anuradha

A Call to Young India

"Our call is to young India. It is the young who must be the builders of the new world, - not those who accept the competitive individualism, the capitalism or the materialistic communism of the West as India's future ideal, nor those who are enslaved to old religious formulas and cannot believe in the acceptance and transformation of life by the spirit, but all who are free in mind and heart to accept a completer truth and labour for a greater ideal. They must be men who will dedicate themselves not to the past or the present but to the future. They will need to consecrate their lives to an exceeding of their lower self, to the realisation of God in themselves and in all human beings and to a whole-minded and indefatigable labour for the nation and for humanity.... It is with a confident trust in the spirit that inspires us that we take our place among the standard-bearers of the new humanity that is struggling to be born amidst the chaos of a world in dissolution, and of the future India..."

Sri Aurobindo

one single point
of concentration . . .
and all the ripples born



The Gnostic Centre Events : 1996-1997

The beginning . . .

It was 29th February when we felt that today The Gnostic Centre had actually taken birth..... For many months before we had been trying to crystallise our ideas..... to listen quietly and receive what seemed to await manifestation. Our energies focused on preparing our first information booklet..... the work becoming a means for our own clarity.

In the early light of 29th morning, we came together to meditate, to invoke, to offer. And so it was that The Gnostic Centre began.

The next few months were a time of preparation. Now the Centre had to be registered..... what approach to take, what structures to adopt, what rules to frame..... each and every part of the Charter became an occasion for discovering 'could there be another way to do this - to express our aspiration in terms black and white and yet not lose out on the colour'. The Centre was registered as a Trust..... and the Income Tax exemption (under Section 80-G) was procured.

During this time we formulated plans and researched on creating a Workshop space. On August 15th, we laid the foundation stone for the Centre.

Our first ventures . . .

We decided to begin with a series of Workshops on various themes..... self-development, integral education, communications.....

Education for the Future

an Integral Perspective

August 9th-11th

August 30th-1st September



Times are changing fast. Education as we have known it has lost its grip on life. Only the shell of competition remains. What next then? Shall we wait for the shell to disintegrate? Shall we not get up now and collaborate with the emerging reality of Tomorrow?

Education for the Future is an attempt to widen the circle of those who have already embarked on this journey. Its focus is Integral Education - a holistic approach to the individual and the collective.

Communications

from alienation to communion

August 24th-25th

September 14th-15th



To reach deeper and more authentic levels of communication through a journey in self and interpersonal awareness.

* To enable participants to understand the nature and dynamics of communication.

* To see communications as essentially expression of self in the world.

* To learn to communicate effectively and meaningfully as a conscious act of self-expression.

The Journey

Self-development & Mastery

September 7th-8th

September 21st-22nd



In a world rapidly becoming globalised and interdependent, and life becoming increasingly complex, the need for simple and powerful tools and techniques for Self and Life Mastery becomes imperative. Yet, to be a master of oneself and one's life are not just matters of technique or technology. They rest on a fundamental shift in consciousness, changes in perception, and a dynamic knowledge and exploration into the very nature of the human person.

Aims

- *To experience an actual shift - open a new horizon
- *To look at oneself objectively
- *To tap into one's inner strength when confronted with adverse circumstances
- *To bridge between the inner self and the outer day-to-day reality....

*Where shall we hide the truth from man
The Gods all asked when he was made
Hide it on a mountain, he will climb it
Hide it in the earth, he will mine it
Hide it in the water, he will crystallise it
Even in an atom, he will analyse it*

The wisest said:

*Let's take the truth and hide it deep within him
Hide it in his heart, he will doubt it
Hide it in his soul, he will live without it
Even if you were to tell him aloud
He won't believe the truth is within HIM*

Meenu Goswami

written during the workshop: *The Journey*

What a tremendous response there was..... The feeling that we had begun with - that there was an opening for change, a latent need in society today for self-knowledge and development - this got confirmed. People from different walks of life (education, law, business, design, management, college students...) responded.....

(I liked most.....) "The quiet within me, the decor, the exercise with flowers, sincerity of purpose that the organisers showed."

'The Journey' : participant feedback : Ritu Kohli,
Teacher, Apeejay School

"The environment and the facilitators helped everyone to feel that it is a workshop where all of us are equally equipped to participate in."

'Education for the Future' : participant feedback : Meenu
Goswami, Principal, Apeejay School

(I liked most.....) "No stopping or interruption by the facilitator which allowed me (to) explore on my own and look for answers within. A brief contact with my inner being (my feeling connected) is what I'm taking back with me."

'Communications' : participant feedback : Arvinder Singh,
Counsellor, Sanjeevani

"I knew vaguely what it (the workshop) was about and thus was excited since I love opportunities for true expressions and activities : what was more beautiful was the sensitiveness of each session - it was wonderful."

'The Journey' : participant feedback : Antara Sen,
working with CRY

"I was expecting an exercise at the mental plane rather than spiritual - but I am happy with the way the workshop turned out to be. I just wish it had been longer."

'The Journey' : participant feedback : Raka Maitra,
Student, Lady Hardinge Medical College

(I liked most.....) "Giving education a greater meaning, which takes care of inner self as well. Looking inwards for solutions, trying to improve oneself before applying it on others."

'Education for the Future' : participant feedback : Jyotsna
Mehrotra, Teacher, Saraswati Puri, Lady Irwin College

"This was the Communication which is never discussed, spoken or understood in the outside world and actually if practised can make a world of difference in communicating effectively."

'Communications' : participant feedback :
GR Nithyanandam, Senior Business Executive,
Core Group of Industries

"According to me, bearing in mind the time frame, the workshop succeeded in creating an awareness in all group members the need to reflect on the self and give serious thought to the adoptive methods possible to achieve the main goal."

'The Journey' : participant feedback : Krishna Wattal,
Travel Consultant, Cox & Kings (I) Ltd.

The follow-up . . .

After the Workshops, there was a need for some kind of follow-up..... some felt that they wanted to explore certain aspects in depth. And so the next step emerged..... the Study Groups.

Essays on the Gita : 'The Journey' had begun a process for some of the participants..... now the need was to practise it in daily life. The interest focused on Karmayoga. The study circle on the Gita started in October and is now ongoing.

Fivefold Education : Primarily a group of teachers who wish to explore the concept and practice of Integral Education - both for their own growth and for the growth of their students. The beginning was made this February.

A Presentation . . .

During the month of August, we presented the concept of Integral Education, at the monthly meeting of the National Progressive Schools' Council, to an audience of about 40 school principals.

The physical structure . . .

After the laying of the foundation stone (15th August, 1996), a few months were spent in designing and identifying materials. The work on site began on 17th November. With amazing speed, the physical structure for The Gnostic Centre was created..... a workshop space and an office, along with a pantry, bath and store.

The attitude towards the construction reflected an endeavour to involve those who are working with us with the experience of sacredness in themselves and in their work.....The person-in-charge developed a team-spirit with the labourers based on doing the work as a prayer. She would begin each day with a collective meditation and offering. In her absence, the labourers themselves guided the meditation. The difference showed..... in their work and their approach to it.

The Gnostic Centre Events : March-April, 1997

WORKSHOPS

During the months of March and April, we offer you three workshops..... Should you be interested in enrolling, please contact us.

March 29th-30th SHRUTI

An inward exploration into the depths of music, sound and word: the *Nada Brahman* (Sound, the Creator God), with respect to curative and harmonising properties of the mind, body and life processes. The approach would be artistic, spiritual and scientific, through experiential exercises.

Stage I

THE NADA BRAHMAN

Sound, the Creator God

- Discovering the Nada (abstract sound) as the fountainhead of the cosmic world process
- The Union of Nada and Prana
- The Power of the Nada Brahman
- The Cycle of Creation - through the Indian Raga

Stage II

PRANA

The Power of the Breath

- Origin of Music, Sound and Word
- Directing the energy of the Prana within through the:
 - a) Nada yoga
 - b) Pranayama

A series of exercises

Stage III

MANTRA

The Power of the Word

- The effect of the Mantra
- The Pranav Mantra : Om
- The Chanting Experience
- Colour and Images created by Word

Stage IV

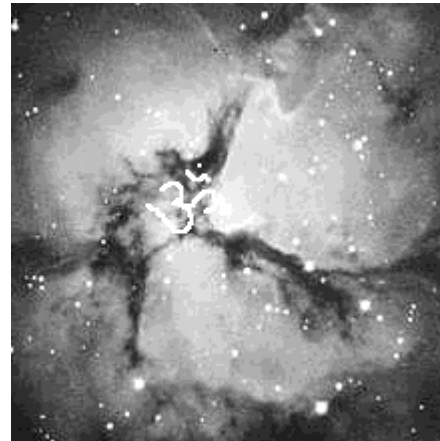
EXPLORING THE RAGA

- Swar
- Shruti
- Laya and Tala
- Aaroha and Avaroha
- Times and Seasons of the Raga
- The Raga Rasa

INAUGURATION

28th March, 1997

The physical structure of The Gnostic Centre is now ready. The inauguration will take place on March 28th. Thereafter, library membership will be available and the space will be open to those who wish to spend quiet time reading, meditating.



Stage V

NADA : THE MICROBE OF CURE Healing and Curative Properties of Music, Sound, Word and Vibration

- The effect of rhythm on pulse
- The effect of tone, volume, frequency on the cells of the mind and body
- Abstract Sound: the Electromagnetic power of mind (The Existent Potential within us)

Stage VI

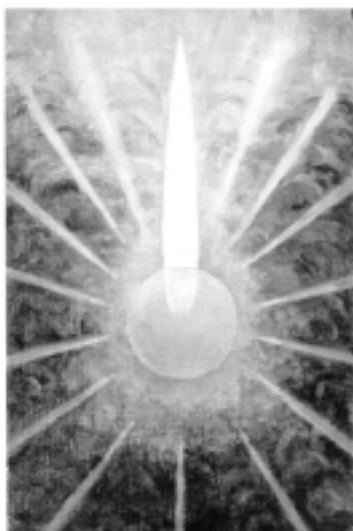
UDGATI : THE ASCENT Experience of Music on the Parts of the Being

- Body
- Vital
- Mind
- Psychic

A guided activity

At the end

A personal analysis of one's experience and future perspective with respect to Music, Sound and Word.



April 5th-6th **THE RISING SUN**

The workshop is called The Rising Sun because it is the symbol of the Dawn of Knowledge, and awakens Man from his torpid slumber.....

This workshop is for those who:

- * feel the need to understand and uplift themselves,
- * are seeking for the Truth behind Life,
- * would like to practise ways to live from within,
- * are interested in the knowledge and potential of our spiritual sciences to perfect human life.

ASPIRATION FOR LIGHT

The Human Aspiration

- What is meant by a higher life?
- How do I begin to live a higher life?
- The importance and practice of Aspiration.
- How to meditate?
- Establishing Peace in the Mind

a guided activity

IT IS DARKEST BEFORE DAWN

The Problem Of Life

The necessity of darkness and the problem of pain, suffering, death and incapacity.

- Why do we live an ordinary life?
- Why do I act from a lower consciousness, even when I aspire for something true, good and beautiful?
- How do I uplift myself from my ordinary lower movements -
 - * The mind's ideas, opinions, preferences, habits;
 - * The vital nature's desires, demands, cravings, passions, selfishness, pride, arrogance, lust, greed, envy, jealousy, lack of faith, anger, restlessness, etc.;
 - * The physical nature's stupidity, doubt, pettiness, laziness, unwillingness to change, *Tamas*.
- The importance and practice of Rejection.

a personal analysis and understanding

THE AWAKENING RAY

Living From Within

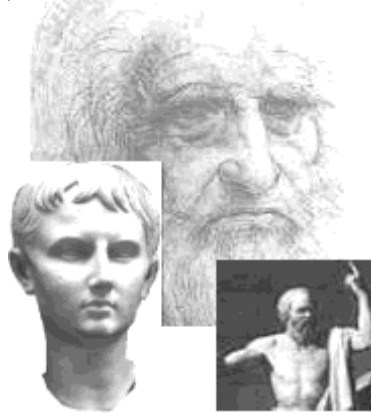
- The psychic opening.
- The importance and practice of Surrender.
- The action of the Grace.
- Work as a means to self-perfection (*Karmayoga*).

an experiential exercise : contacting your inner being

THE RISING SUN

The Dawn Of A Greater Knowledge

- What is yoga - Traditional and The Integral or Purna Yoga?
- Why the need for its practice.....its practical necessity?
- Its potential to perfect human life.



April 12th-13th
MANKIND ON THE MARCH

The problems of today have become so complex that a superficial knowledge of history is inadequate to enable people of the world to join together in human fellowship. Problems of race, religion, country and culture are too complex and diehard for mere reason to resolve. The differences are too deep and the time has come for all men and women of goodwill and insight to become conscious of the part they must play in life by educating their fellowmen in general and their children in particular, in regard to their common spiritual origins.

Mankind on the March is a research project on the evolutionary history of human civilisation as well as an evaluative account of Man's quest for Truth. This vision could embrace varied views - those of philosophers, scientists, historians, psychologists etc. who are willing to look at history in the light of Sri Aurobindo's vision. Therefore, anyone interested in contributing his/her research efforts in this multi-faceted project, is welcome to do so. These research works will be published at a later stage.

The Programme

MANKIND

- The Birth of Man
- Man's Manhood : to fulfil God in Life
- Beyond Man

Talks, Questionnaire, Discussions

ON THE MARCH

- Civilisation : Man's Endeavour towards Unity
- Devolution of Spirituality in India
- 'Mankind on the March' : the Project

*Talks, Questions-Answers,
Group Discussions,
Plans for Future Action*

**For further information or registration for
any of the Workshops, please contact us at
The Gnostic Centre.**

If I could be the vastness I am not . . .

If I could be the vastness I am not,
If I could see what human sight cannot,
If I could live each moment like a god,
And not crawl and succumb to human smallnesses.

If I could feel the immensity of a universe,
And do each act and think each thought,
With the knowledge of both Life and Death
Then would I not utter ephemeral words of our littleness.

If I could sit and see with open eyes,
The quiet burning core of things,
Could I not live my life
Keeping my eye on infinity?

Ameeta Mehra