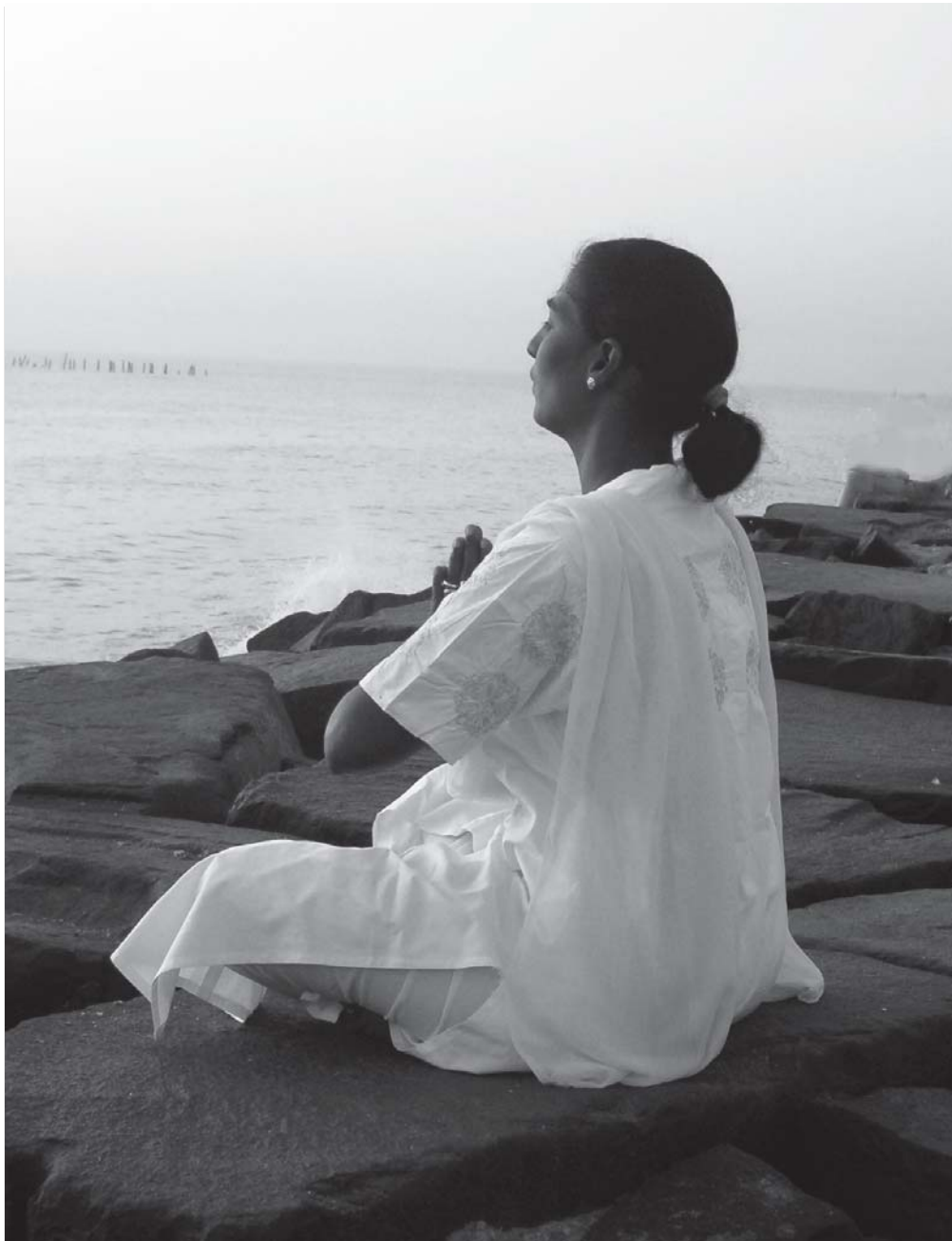


Collaboration

Winter 2008/Spring 2009

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Vol. 33, No. 3



**Larry Seidlitz on Practices in Integral Yoga • Santosh Krinsky on Nonviolence •
James Anderson on Transcending Nature •
Review of A.S. Dalal's book, *Eckhart Tolle and Sri Aurobindo* •
Current affairs • AV almanac • Source material • Poetry • Apropos**



About the cover

Sunrise meditation at Pondicherry seashore.
(Photo by Larry Seidlitz)

The authors and poets

James Anderson, of Anglo-Irish descent, lives in Pondicherry and is part of the journal team of NAMAHA, a journal that examines Integral Health, published by the Sri Aurobindo Society.

Richard Carlson has been studying the works of Sri Aurobindo for the past 28 years. In 2005 he and his wife Nishi hosted the 20th annual AUM conference. He is founder and chief executive of Pacific Weather Inc.

Gilles Guigan (gillou@auroville.org.in), a Parisian civil engineer, settled in Auroville in 1980. He has worked with CSR, Solar Kitchen, and Matrimandir, and has compiled the Mother's words on Auroville and on the Matrimandir.

Bridget Horkan (bridget@auroville.org.in), an Irish Aurovilian who arrived four years ago, is an experienced yoga teacher who has offered her considerable administrative and leadership skills to several Auroville village outreach units.

Kailas Jhaveri has been a member of the Sri Aurobindo Ashram since 1964. Her biography, *I am with you*, from which her poem was taken, was published by the Ashram in 2007. Her address is Sri Aurobindo Ashram, Puducherry, 605002.

The late **Kamalakanto**, a Bengali poet, joined the Ashram in 1949; he contributed poems to various journals in India and abroad. The poem selected here was published in his book *Petals and Sparks* by Sri Aurobindo's Action in 1988.

Amal Kiran, whose name given by Sri Aurobindo means the "clear ray," is the editor of *Mother India*, and a prolific author and poet. At age 104, he is the eldest member of the Ashram.

Santosh Krinsky (santoshk@msn.com) is the founder of Lotus Press, publisher of U.S. editions of Sri Aurobindo's writings, and the President of the Institute for Wholistic Education, devoted to the development of spirituality in daily life.

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From the office of Collaboration

The authors and poets continued

Nirodbaran was Sri Aurobindo's attendant and scribe. He learned to write poetry under Sri Aurobindo's guidance. He passed away in 2006.

Larry Seidlitz (lseidlitz@gmail.com) facilitates online courses for the Sri Aurobindo Centre for Advanced Research in Pondicherry, and is the editor of *Collaboration*.

Muna Wagner (munwag@hotmail.com) is an active member of the Sri Aurobindo Center Berlin and a regular visitor to the Sri Aurobindo Ashram and Auroville.

In this issue, we focus on various aspects of the sadhana, the spiritual practice of the Integral Yoga. The first essay on this topic by me, Larry Seidlitz, discusses a large number of specific practices and techniques that readers can select from and incorporate into their own personal practice. I find that newcomers to the Yoga are often confused about how to practice it, perhaps because in most other paths there are quite specific exercises and techniques that are systematically taught and form the core of their teachings. While I provide some general suggestions based on my personal experience, the vast majority of methods described are based on Sri Aurobindo's and the Mother's suggestions cultivated from their voluminous writings and talks. They cover a fairly wide ground, from various types of meditation and concentration, to organizing and purifying the outer life of physical tasks and activities, to approaching one's work and career, to developing a deeper, inner poise and equality, to nurturing faith, openness, and receptivity.

The second article on this topic was written by Santosh Krinsky; it concerns the development of *ahimsa*, usually translated as nonviolence or harmlessness. This principle is one of several qualities to be developed in preparation for the higher status of the yogic consciousness according to Patanjali's Yoga Sutras, an important classical text on yoga written some centuries before Christ. But as Santosh describes here, it is not merely an outward nonviolence or harmlessness that is enjoined, it includes subtle psychological forms as well. Whereas this principle is not stressed in Sri Aurobindo's Yoga as such, nevertheless, its cultivation and practice is consistent with the purification of the mental, vital, and physical nature which is an integral part of this Yoga. Therefore, the penetrating analysis of *ahimsa* presented by Santosh is a useful contribution for practitioners of Sri Aurobindo's Yoga dealing with an issue not often considered from this perspective.

The third essay, by James Anderson, focuses especially on the sadhana of the body and the physical consciousness. James discusses his own experiences and inner work of bringing the higher spiritual consciousness into the body consciousness in order to transcend and transform its limitations. This work is a fundamental requirement in the Yoga, but it often is overlooked when vital or mental obstacles are in the forefront, and the body itself is relatively fit and healthy. For transient illnesses, we typically resign and submit ourselves to their iron grip, knowing that they will soon pass. But when the body's limitations become long-standing and prominent, then the work of opening its consciousness to the higher spiritual consciousness becomes more pressing. James' valuable insights and experience in this realm illuminate for us the unique qualities and possibilities of this inner process.

Following these essays, we feature in our Source Material section extracts from Sri Aurobindo's and the Mother's writings on central aspects of the sadhana. In particular, we have selected important passages on the emergence of the psychic being, the key to rapid and smooth progress, and passages relating to sincerity in our practice and self-giving to the Divine, another fundamental requirement and power in the Yoga.

In addition to these primary essays on the practice of the Yoga, we have in Current Affairs an article by Rich Carlson describing a popular and interesting website called Science, Culture, and Integral Yoga (SCIY), and information on various centers and activities in the U.S. Integral Yoga community. In Auroville Almanac, we feature a bold proposal by Gilles Guigan for reorganizing the internal structure of Auroville's administration, and another article providing an update on the many activities related to Auroville's Village Action project. We also present a review by me of A.S. Dalal's recent book examining and comparing Eckhart Tolle's and Sri Aurobindo's views on enlightenment. We follow with a fine selection of spiritual poetry, and close our issue with inspiring quotations in *Apropos*.

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About SAA: The Sri Aurobindo Association distributes information about Sri Aurobindo, the Mother, and Auroville and supports various projects related to the Sri Aurobindo Ashram, Auroville, and Integral Yoga activities in America. Current officers: Theresa Boschert, coordinator; Kalpana Patel, treasurer; Chandresh Patel, secretary.

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