Matrimandir Meditations and the Matrimandir by Julie of Light Omega •
On attending a Savitri workshop by Kannappan Singaram •
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From vairagya to gifts and blessings, Interview of Lucas by Matthias Pommerening •
Central processes and practices in Integral Yoga by Larry Seidlitz •
Conscious individuality by James Anderson •
Current affairs • AV almanac • Source material • Book review • The poetry room • Apropos
### About the art on the front and back cover

**Front cover:** “Dahlia,” by Soleil Aurose (see note on the artist on p. 3).

**Back cover:** “Children’s Imagination,” by Yuriy Mazur (from Adobe stock photos), offers a glimpse into the child-like wonder of peering into the beauty and mystery of the Divine.

### The authors and poets

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- **Pujjalal Dalwadi** (deceased) was a poet and member of the Sri Aurobindo Ashram.
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- **Larry Seidlitz** (lseidlitz@gmail.com) is the editor of Collaboration, edits books for other scholars, and conducts online courses on Integral Yoga.
- **Loretta Sharpis** (loretta@auroville.org.in), an American Aurovillian, does book compilations and presentations on Sri Aurobindo’s and Mother’s work.
- **Kannappan Singaram** (kansing2004@gmail.com), a software engineer living in California.
- **Amit Thakkar** (amit.thakkar2007@gmail.com), now living in Massachusetts, was mentored by senior sadhaks in the Yoga in India as a teenager.
- **Henry Vaughan** (1621–1695) was a Welsh metaphysical poet, author, translator, and physician.
- **William Wordsworth** (1770–1850) was a major English Romantic poet.

### Table of contents

#### From the office of Collaboration

Notes on this issue .......................................................... 3

#### Current affairs

- Passing of Rudy Phillips .................................................. Julian Lines 4
- 2019 Integral Yoga Retreat in Greenville, SC....................... Radhe Pfau 4
- Integral Yoga Retreat at Madhuban .................................. Amit Thakkar 4
- Activities at Sri Aurobindo Center, Los Angeles ............... Jishnu Guha 5
- About the website motherandsriaurobindo.in ...................... Narad 5
- Briefs ................................................................. 6

#### AV almanac

- Auroville: The antithesis of yoga?................................. Alan 6
- Highway: From threat to action in unity ......................... Aravinda 8

#### Salon

- Matrimandir Meditations and the Matrimandir, Julie of Light Omega 10
- On attending a Savitri workshop .................................. Kannappan Singaram 12
- Reflections on faith ...................................................... Seabury Gould 13

#### Chronicles

- From vairagya to gifts and blessings ............................. Interview of Lucas by Matthias Pommerening 14

#### Essays

- Central processes and practices in Integral Yoga ............ Larry Seidlitz 18
- Conscious individuation ................................................ James Anderson 26

#### Source material

- The yoga of the intelligent will .................................... Sri Aurobindo 30
- Remember and offer ..................................................... The Mother 32

#### Book review

- The English of Savitri: Volume 3; Book Seven – The Book of Yoga ........................................ Reviewed by Larry Seidlitz 33

#### The poetry room

- From Savitri: The Book of Yoga ................................... Sri Aurobindo 36
- From The excursion ...................................................... William Wordsworth 36
From the office of Collaboration

In this issue, Current affairs includes articles on the passing of Rudy Phillips; the 2019 Integral Yoga Retreat in Greenville, SC; an Integral Yoga Retreat at the Madhuban center in the Himalayas; activities at the Sri Aurobindo Center, Los Angeles; and news of the website: motherandsriaurbindo.in. In Briefs, there is news about AUM 2019, the Auromira Centre in the UK, and the move of the Institute for Wholistic Education from Wisconsin to Hawaii.

AV Almanac has an article by Alan about the challenges of Auroville, and news by Aravinda on the government-planned highway through Auroville.

The Salon section features short essays by Julie of Light Omega about the Matrimandir Meditations and the Matrimandir, Kannappan Singaram on his experiences attending a Savitri workshop, and Seabury Gould on his experiences of faith.

In Chronicles, we have an interview of Auroville newcomer Lucas by Matthias Pommerening, about the former’s spiritual journey leading him to Auroville.

In Essays, our first article is by Larry Seidlitz about two central processes in the Integral Yoga, “becoming conscious” and “finding the psychic being,” as well as specific practices described by Sri Aurobindo and the Mother for achieving these aims. The second essay, by James Anderson, deals with an essential step in the Yoga, becoming an integrated conscious individual able to surrender.

Source material includes selections from Sri Aurobindo and the Mother about karma yoga. In Book review, we have a review by Larry Seidlitz on the third of Shraddhavan’s series of books on the English of Savitri.

We conclude the issue with a rich assortment of spiritual poetry in The poetry room, and inspiring quotations in Apropos.

Invitation to submit a short essay for publication

With the intention to make Collaboration more interactive and participatory, we invite you to submit a short essay of about 300-800 words for the next issue on any topic related to Integral Yoga for the Salon section. We hope that the relatively short length of these articles may inspire more writers who may be reluctant to write the longer essays which have become the norm in Collaboration. For the next issue, please email your essay by April 1, 2019 to the editor at: editor@collaboration.org.