

Collaboration

Spring 2020

Journal of the Integral Yoga of Sri Aurobindo and the Mother

Vol. 45, No. 1

The joy of collaboration

The Mother

Remembering to be

Don Salmon and Jan Maslow

It's You!

Andrea van de Loo

Memos on yoga

Lynda Lester

Engaging the children of Auroville through ATB

Julian Lines

This is the sailor on the flow of Time,
This is World-Matter's slow discoverer,
Who, launched into this small corporeal birth,
Has learned his craft in tiny bays of self,
But dares at last unplumbed infinitudes,
A voyager upon eternity's seas. . . .
A greater world Time's traveller must explore. . . .
To a new vision of himself and things.

~ Sri Aurobindo, *Savitri*, CWSA, Vol. 33, p. pp. 69-71



JOHANNES PLENIO, AUG. 12, 2018

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About the cover art

Front cover: "Untitled," from Ketaki Chowkhani, Ph.D., faculty of sociology of Manipal Centre for Humanities, Manipal Academy of Higher Education, India. Her work may be seen on her website (<https://ketakichowkhani.weebly.com>).

Inside front cover: Johannes Plenio's work may be seen on his website (<https://j.plenio.de>) as well as on pixabay.com (<https://pixabay.com/images/search/user:jplenio>), and many others.

Back cover: Jaanus Jagomägi, "Meteor streaking across the sky in Jeris, Finland," on Unsplash.

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Michael Miovic is a psychiatrist and long-time member of the Sri Aurobindo community. He is currently collaborating with Dr. Soumitra Basu to finalize *Consciousness-Base Psychology*, a comprehensive book that pulls together over 20 years of work on integral yoga psychology.

Don Salmon and Jan Maslow have worked in various fields, including music, psychology, and business, and have been devotees of Mother and Sri Aurobindo since 1976. They have devoted much of their lives together to developing a variety of means such as writing, videos, music, movement, and poetry to communicate the essence of the Integral Yoga. They have two websites, www.remember-to-breathe.org and www.RememberToBe.Life (should be available this summer).

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About the Sri Aurobindo Association: SAA distributes information about Sri Aurobindo, the Mother, and Auroville, and supports projects related to the Sri Aurobindo Ashram, Auroville, and Integral Yoga activities in America. Current board members: Mateo Needham, president; John Robert Cornell, secretary; Lynda Lester, director; Gloria Sayavedra, director. Collaborators: Ananda Bishma, treasurer; Govinda, technology consultant; Margaret Phanes, administrative support; Mira Patel, *Collaboration* support.

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About book editions: All quotations from Sri Aurobindo in this issue are from *The Complete Works of Sri Aurobindo (CWSA)*. All quotations from The Mother are taken from the *Collected Works of the Mother (CWM)*.

Collaborating with the Time-Spirit

THE SRI AUROBINDO ASSOCIATION

Dear readers and friends,

Collaboration wants to grow. The Sri Aurobindo Association of America, publisher of *Collaboration*, has been dreaming of new directions for this labor of love. Nourished in the capable hands of founders and editors for decades, the journal is poised to break out into new shapes of beauty, spaciousness, and joy. *Collaboration* wants to light up cracks in mental and cultural cages of fear and despair. *Collaboration* wants to meet our times with love and catch the visions of beauty and unity breaking on us in waves from the future. “The world is not an unfortunate accident, it is a marvel which moves towards its expression,” said the Mother.

This issue goes to press during the Great Pause of the Coronavirus pandemic. Life seems to be on hold.

But do we really want to get back to normal? Mass extinctions, rising seas, weather out of whack, plastic overwhelming the oceans, fragmenting social institutions, the oligarchy of billionaires—that’s our “normal” now. Don’t we want something more attuned to the times than that?

A hundred years ago Sri Aurobindo wrote of “the demand of the Time-Spirit on the human race that it find subjectively, not only in the individual, but in the nation and in the unity of the human race, its real self and live according to that.” Can the pandemic and the unravelling of the web of life be voices of that Time-Spirit?

And is it time yet for a truly radical answer? Sri Aurobindo’s transformational yoga of the last century seems to be coming at us from a mysterious future just in time: a real human unity through a radical change in consciousness. “What we propose in our yoga is nothing less than to break up the whole formation of our past and present which makes up the ordinary material and mental man and to create a new center of attention and a new universe of activities in ourselves which shall constitute a divine humanity or a superhuman nature,” he wrote.

These are impossibilities, idealistic absurdities, to our ordinary practical mind.

They signal that the ordinary mind must be overpassed.

Evolution is not over.

It invites our collaboration.

Collaboration intends to listen deeply to the soul of America, “co-labor-ate” with friends and fellow travelers on the way, and share threads of marvel and light that the Time-Spirit demands. In this issue, Sri Aurobindo, master poet, makes present the incandescent experience of this evolutionary future in his sonnet, “The inner Sovereign.” Another sonnet, “The infinitesimal Infinite” makes the scope truly cosmic. Lynda Lester spreads delight and fun by contrasting inner experience with the high-tech mentality of her old workplace in “Memos on yoga.” Julian Lines describes Awareness through the Body, “Jedi training” for today’s children—OK, adults too—coming out of Auroville, the City of the Dawn in South India. The Mother remembers how Mother Nature has already agreed to collaborate with the dawning change of consciousness, and she recounts her experience of becoming a flower-prayer to heaven in the form of a blossoming Japanese cherry tree.

Don Salmon and Jan Maslow offer their sensing of the waves of the Time-Spirit and their experiments using language accessible to ordinary Americans for early stages of yoga in “Remembering to be.” Andrea van de Loo’s story-telling gifts bring alive her youthful travels on the hippie trail to India of the 1960s and 1970s in “It’s You!” What she found was life-changing.

There is more. Lovely art and photography. Inspiring poetry. Words of the Masters.

We hope you enjoy the issue. We love hearing from you. We welcome your support.