

SUMMER 2025

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Collaboration

JOURNAL OF THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Embodiment and Earth Consciousness



It seems that one can never truly understand until one understands with one's body.

—The Mother, *Questions and Answers 1957–1958, Collected Works of the Mother*, vol. 9
(Pondicherry: Sri Aurobindo Trust, 2003), p. 326.



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"Mother of the World." AI illustration by Vishnu Eschner

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Contributors

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SOLEIL AUROSE has worked with various healing modalities for over 50 years. She received her Masters in Transpersonal Counseling Psychology, at JFK University in 1987. Her Aurose Process bridges all levels and brings new energies now available on earth into the body for herself and others.

JOHN ROBERT CORNELL was introduced to Integral Yoga in 1981. He is an editor of *Collaboration* and board member of the Sri Aurobindo Association. He lives with his wife, Karen, in the foothills of the Sierra Nevada mountains in Northern California.

SUSAN CURTISS is a transpersonal counseling psychologist and animal communicator. She has been a long-time devotee of Sri Aurobindo and the Mother and she focuses on the psychic being in her therapeutic work with trauma. She has used indigenous plant medicine and flower essences in her healing work with people and animals.

GURUJIMA is the spiritual teacher at the Village of Light Ashram. Her teachings form the mystical heart and core of all religions, expressed as universal principles, applicable by anyone of any background. She holds the Soul of America as precious and essential to the future of humanity. She has published numerous talks and essays on www.lightomega.org

KRISHTI KHANDELWAL is a 16-year-old prodigy from New Delhi, India. Her poems have garnered national and international recognition, winning numerous awards and accolades. Her remarkable talent and dedication to her craft made her a rising star in the literary world. Her works are centered around the exploration of all sorts of ideas and concepts, stemming from her undying curiosity and her philosophical outlook on life.

KAREN MITCHELL has had a long love affair with language and has recognized it as a uniquely human “second conception.” She is the author of the book *Woman Without a Name: A Wisdom Tale* and is currently working on a book of poetry. She regularly attends retreats at Sri Aurobindo Sadhana Peetham in Lodi, California, and is on the *Collaboration* Editorial Advisory Board.

KARUNDAS MOSS met Sri Aurobindo (and later, the Mother) through his writings and through a remarkable teacher named Eugene “Mickey” Finn in Boston, 55 years ago at age 22. He enjoys being active in the Integral Yoga community in the U.S. In 2018 he moved to western Massachusetts to place himself at the feet of GurujiMa.

TOM O'BRIEN had his life direction change after going to Matagiri in 1972. He formerly lived at Matagiri and became an Aurovilian from 1976 till 1979. Since the mid 1980's he's been a teacher, a college counselor, and eventually a clinical psychotherapist. His work aims to promote healing and encourage people to find the deeper self within.



EDITORIAL

Embodiment and Earth Consciousness

IN THIS ISSUE WE TURN TO EMBODIMENT, an essential cornerstone of Integral Yoga and Sri Aurobindo's vision of spiritual evolution for the transformation of human existence. To him the body is not merely a vessel but an active participant in the divine play, capable of being transformed into a luminous instrument of the supramental consciousness [truth consciousness beyond mind]. The Mother assures us that the Divine is present in the very atoms of our body and the physical being itself can be the seat of perfect existence, knowledge, and bliss.

But despite the richness of these potentials, we find ourselves still alienated from much of what our bodies can experience. Traditional teachings of the dichotomy between spirit and matter live on in our bodies and in the human-dominated world around us, where climate disruption provokes huge destructive storms and wildfires on every continent. Species are disappearing. Disease can spread very quickly; and war, famine, and genocide are appearing as governments pull back from their commitments to care for living things. The future is unknown!

In this context we asked our authors to bring their experiences and viewpoints to bear on the topic of embodiment—both the promise and difficulty of actually becoming embodied in this situation. To achieve a divine life on Earth, sadhaks [yoga practitioners] must integrate their psychic, mental, vital, and physical dimensions into a unified whole governed by the Divine. What we have gathered here is a variety of articles expressing some steps along the way as people bring a more integral engagement with the body into this apparent turmoil.

"A Fine Time to be Embodied" by Susan Curtiss, a psychologist and longtime sadhak, shares an experience that lit her aspiration to find spirit in matter and to work for years making her body strong, receptive, and plastic. She finds hope for this effort in recent psychological developments in trauma healing and in new understandings of how occult forces affect behavior. She sees promise in the reappearance of Indigenous teachings and, potentially, their integration with Western scientific understandings to help us prepare for a greater consciousness.

"Embodiment" is a warm and inviting interview by KarunDas, a member of the *Collaboration* Editorial Advisory Board, with his spiritual teacher GurujiMa of the Light Omega Ashram in Massachusetts. She talks about the decision we may face to become consciously embodied and the difficulties that may arise when we take steps in that direction.

"Darshan Anniversary at the PCT" by John Robert Cornell is an account of his embodied experience of oneness with nature while walking the Pacific Coast Trail with his wife Karen on Sri Aurobindo's birthday and their wedding anniversary. He describes how his senses came alive to the surroundings and colors glowed like coals as an overhead consciousness pressed down on his body. "Death here was as joyful as growth because there was no clinging to any particular form. Instead, there was equal delight in assuming or putting on a leaf and stem structure—and releasing the energy from that form."

In "Her Work Through Bodies," Soleil Aurose, who met the Mother in person when she was 16, describes experiences that inspired and continue to inspire her dedication to the sacred work of transforming the physical body, using the spiritual healing energy that is

now working with the supramental consciousness. Soleil tells also of her work with others in Auroville and in other parts of the world.

Poetry we also have in this issue. “Divine Sight” and “Divine Sense” by Sri Aurobindo are truly wonders of rapture in sonnet form that sing of transformed senses tuned to whole new realms of consciousness in the body. A passage from *Savitri*, here titled “The Inner Ear,” divulges how the inwardly listening traveler can sense the rhythms behind the silence and the low, sweet voice of earth.

We are also delighted to offer “The Eternal Dance of the Universe,” captivating poetry with interesting

Angiras Auro grew up in Auroville and trained in some healing modalities there. When she moved to the United Kingdom and discovered Kinesiology, she found her ideal companion for doing healing work in the context of Integral Yoga.

With this issue we are starting a new column tentatively titled “Journeys on the Path,” featuring stories, reminiscences, and accounts of the integral spiritual journey. “Listening Within: Synchronicity and the Mother’s Grace” by Tom O’Brien is a wonderful and engaging account of his introduction to Integral Yoga through the Matagiri center in New York in the early 1970s, his travels to India, and his involvement in the



“Old Earth.” Illustration / Pixabay

rhythms and unexpected turns of phrase and metaphor. Teen prodigy Krishti Khandelwal of New Delhi, India, wrote this when she was 14 years old.

In “Understanding January 1, 1969,” Karen Mitchell zooms in on some of the Mother’s experiences immediately before and soon after a decisive event that happened to the Mother on January 1, 1969. Related experiences continued for the rest of her life, the direct action of the supermind on the cellular level for transformation of the physical body.

“Kinesiology and Integral Yoga” is a description of a unique yogic way of practicing Kinesiology. Author

construction of Matrimandir in Auroville. Tom also showers us with stories of later trips to Auroville, gatherings of the American Integral Yoga community, and encounters with Celtic and Native American spirituality.

We hope that these articles and poetry, plus selections of source materials from Sri Aurobindo and Mother, offer a modest but rich perspective on a very important and crucial topic in Integral Yoga.—Susan Curtis, Bahman A. K. Shirazi, and John Robert Cornell for the *Collaboration* editorial team