

AUM 2019 SEATTLE

**Seabeck Conference Center
June 20-23, 2019**

THE SECRETS OF YOGA

A REFERENCE AND A SOUVENIR

(a waste zero virtual document in lieu of notes, powerpoints and handouts—by B)

Hi, please use these notes to internalize the “secrets.”

When someone wanted to translate *Secret of the Veda* into Gujarati, Sri Aurobindo said, “it is not complete and there are besides many imperfections and some errors in it.”

Well that was in 1920, can we take care of it now?

Still when I read the book, I didn’t find any errors; it seemed very complete. At the end, he does say the secret will remain because people don’t really get it. The secret is summarized in one Sanskrit word: *SATCHITANANDA* (*awareness that you are aware creates bliss*). That is a fundamental secret of Yoga, the Veda, and Life. *Willingly, knowingly saying Yes to life—that’s all there is to it!*

Our unique mentor for Auroville Kireet Joshi when he first received Sri Aurobindo’s Life Divine, started reading it immediately and could not put it down. He read day and night non-stop until he finished it. He was so inspired that he immediately read it through all over again.

A recommendation is to read these two more recent books to get some of the taste of what Sri Aurobindo already said in a more universal senselong before that for some is not so clear for those not familiar with his writings:

*Bruce Lipton’s Biology of Belief and
Eckart Tolle’s A New Earth*

Savitri, as many of you know, contains all the wealth, the secrets, and more.

**We may find when all the rest has failed
Hid in ourselves the key of perfect change.**

For the key is hid and by the Inconscient kept;
The secret God beneath the threshold dwells.
In a body obscuring the immortal Spirit.

Book-01-The Book of Beginnings Canto Four - The Secret Knowledge

Many people are familiar with the “feeling” Sri Aurobindo identifies when Savitri herself explains to the sage the secret of transformation. “Awakened to the meaning of my heart / That to feel love and oneness is to live.” Feeling the love and oneness is actually the intention of this 2019 AUM. Bill and Ron’s new book on Oneness is a lifetime gift of this truth.

Of course, another treasure trove gift for us is the volumes of *Mother's Agenda*

Agenda May 6, 1960 Mother comments on the secret:

Sri Aurobindo speaks of this **Secret** almost everywhere, especially in his Essays on the Gita.... Well, I saw this **Secret**—I saw that the Supreme only becomes perfect in terrestrial matter, on earth.... At times I sense there's an extraordinary **secret** to discover, just there at my finger tips; I feel that I am going to catch the Thing, to know Yesterday the **Secret** was there completely clear, wide open. But it's not something that can be explained: words are silly, it must be experienced.... Sometimes, for a second, I see the **Secret**; there is an opening, and again it closes. Then once again it is unveiled for a second and I come to know a little more....

Sri Aurobindo also writes in *The Supermind and Mind of Light*:

*The **secret** truth that emerges in Supermind has been there all the time, but now it manifests itself and the truth in things and the meaning of our existence.... The Mind of Light is a subordinate action of Supermind, dependent upon it even when not apparently springing direct from it, in which the **secret** of this connection becomes evident and palpable.... Truth in things which arranges all, guides towards the Self many contrary powers of being and rises towards its own heights where it can manifest its own highest truth and fulfil the **secret** purpose of [it] ... A world governed by an ignorant mind would soon drift into a chaos; it could not in fact come into existence or remain in existence unless supported by the **secret** Omniscience of which it is the cover;...*

Sri Aurobindo in his sonnet: *The Body*

*Too small was it to meet the giant need
That only infinitude can satisfy:
He keeps it still, for in the folds is hid
His **secret** passport to eternity....*

28 August 1932 in answer to a student's question about this the Mother replied:

It is very simple, as you will see.

The Infinite is the inexhaustible storehouse of forces. The individual is a battery, a storage cell which runs down after use. Consecration is the wire that connects the individual battery to the infinite reserve of forces.

Or

The Infinite is the river that flows without cease; the individual is the little pond that dries up slowly in the sun. Consecration is the canal that connects the river to the pond and prevents the pond from drying up. With these two images, I think you will understand.

21 March 1956 (Questions and Answers) The Mother told the students:

*As Sri Aurobindo says, "We know the Divine and become the Divine, because we are That already in our **secret** nature." ...*

If secrets remain secrets they defeat themselves



Trekking the sunlit path to AUM with the secrets of the Sunlit Path

A collection of references about the Sunlit Path and their sources:

In the sunlit space where all is forever known. (Savitri, p. 74)

*All was gold and gold and gold
a torrent of golden light
pouring down in an uninterrupted flow
and bringing with it the consciousness
that the path of the gods
is a sunlit path
in which difficulties lose all reality
Such is the path of the gods
if we choose to take it. (A Vision of the Mother)*

*In faith and confidence and joy
on the quiet and sunlit path
towards the home of Light and Ananda. (Sri Aurobindo, 11. 2. 1936)*

There is nothing spiritually wrong in being glad and cheerful, on the contrary, it is the right thing. As for struggles and aspiration, struggles are not really indispensable to progress and there are many people who get so habituated to the struggling attitude that they have all the time struggles and

very little else. That is not desirable. There is a sunlit path as well as a gloomy one and it is the better of the two – a path in which one goes forward in absolute reliance on the Mother, fearing nothing, sorrowing over nothing. Aspiration is needed but there can be a sunlit aspiration full of light and faith and confidence and joy. If difficulty comes, even that can be faced with a smile. (Sri Aurobindo CLE, Vol. 24, p. 1358-9)

As for the Mother and myself, we have had to try all ways, follow all methods, to surmount mountains of difficulties, a far heavier burden to bear than you or anybody else in the Ashram or outside, far more difficult conditions, battles to fight, wounds to endure, ways to cleave through impenetrable morass, forest and desert, hostile masses to conquer – a work such as, I am certain, none else had to do before us But it is not necessary nor tolerable that all should be repeated over again to the full in the experience of others. It is because we have the complete experience that we can show a straighter and easier road to others – if they will only consent to take it. It is because of our experience won at a tremendous price that we can urge on you and others: “Take the psychic attitude – follow the straight sunlit path . . . do not insist on the hard, hampered, roundabout and difficult journey. (Ibid p. 1332)

The sunlit path can only be followed if the psychic is constantly or usually in front or if one has a natural spirit of faith and surrender or a face turned habitually towards the sun or psychic predisposition (e.g., a faith in one's spiritual destiny) or, if one has acquired the psychic turn. That does not mean the sunlitman has no difficulties, he may have many, but regards them cheerfully as “all in a day's work”. If he gets a bad beating, he is capable of saying: “Well, that was a queer go but the Divine is evidently is a queer mood and if that is his way of doing things, it must be the right one; I am surely a still queerer fellow myself and that, I suppose, was the only means of setting me right.” (Ibid. p. 1610)

If the psychic is strong and master throughout, then there is no or little subjective suffering and the objective cannot effect either the soul or the other parts of the consciousness – the way is sunlit and a great joy and sweetness are the note of the whole sadhana. (Ibid. p. 1617)

There is no contradiction between my former statements about the sunlit path and what I have said about the difficult and unpleasant passages which the yoga has to pass through in its normal development in the way of human nature. The sunlit path can be followed by those who are able to practice surrender, first a central surrender and afterwards a more complete self-giving in all parts of the being. If they can achieve and preserve the attitude of the central surrender, if they can rely wholly on the Divine and accept cheerfully whatever comes to them from the Divine, then their path becomes sunlit and may even be straightforward and easy. They will not escape all difficulties, no seeker can, but they will be able to meet them without pain and despondency. (Ibid. p. 1620-21)

. . .the secret is in the heart, not in the mind – the heart that opens its inner door and through it the radiance of the soul looks out in a blaze of trust and self-giving. Before that inner fire the debates of mind and its difficulties wither away and the path, however long and arduous, becomes a sunlit road not only towards but through love and Ananda. . .the hidden springs of sweetness will reveal themselves if you persevere, even if now they are guarded by the dragons of doubt and unsatisfied longing. Grumble, if your nature compels you to it, but persevere. (Ibid. p. 1631)

I am myself, I suppose, more a hero by necessity than by choice – I do not love storms and battles, at least on the subtle plane. The sunlit way may be an illusion – though I do not think it is – for I have seen people treading it for years; but a way with only natural or even only moderate fits of rough weather, a way without typhoons surely is possible – there are so many examples. (Ibid. p. 1633)

I myself insist on the realisation in this life and not after six or a lakh of births more. But the point of these stories [stories of whether the ascetic or the bhakta become realized sooner] is in the moral and surely when Ramakrishna told it, he was not ignorant that there was a sunlit path of yoga. He even seems to say that it is the quicker way as well as the better. So the possibilities of the sunlit path is not a discovery or original invention of mine. The very first books on yoga I read more than thirty years ago spoke of the dark and sunlit way and emphasized the superiority of the latter over the former. (Sri Aurobindo CLE, Vol. 23, p. 790)

I had a clear vision of the two kinds of opposites in nature (not only in nature but in life) which almost everyone carries within himself: one is the possibility of realization, the other is the path chosen to attain it. There is always (it's probably inevitable) the stormy path of struggle, and then there is the sunlit path. After much study and observation, I have a sort of "spiritual ambition" (if it can be called that) to bring to the world a sunlit path to eliminate the necessity for struggle and suffering. Something that aspires to replace this present phase of evolution with a less painful phase.

It greatly interested me when I read your [Satprem's] letter. I was looking at why you have so many difficulties; twice in your note you wrote that it [writing] is a "suffering". You have often written this word, very often spoken it, and it seems dominant in one aspect of your being – while in the other is the glory of a supreme joy, the very stuff of the future realization. These are what could be called the two modes, not of your character but of your soul.

. . . you don't need to suffer; it's not necessary.

That's what I want to tell you. (Mother's Agenda, Vol. II, p. 36)

*Yes, there are happy ways near to God's sun;
But few are they who tread the sunlit path;
Only the pure in soul can walk in light. (Savitri, p. 448)*

And perhaps the whole work of Sri Aurobindo and Mother is to have brought the world the possibility of a sunlit path on which suffering, pain and disaster are no longer necessary in order to progress. (Satprem, On the Way to Superhumanity, p. 146)

*Sri Aurobindo's message is an immortal sunlight radiating over the future.
(Mother, 15.08.1972)*

More from Savitri:

**The cosmic Player laughs within his mask,
And still the last inviolate secret hides
Behind the human glory of a Form**

Book-03-The Book of the Divine Mother Canto Two - The Adoration of the Divine Mother

They looked upon each other, knew themselves,

**The secret deity and its human part,
The calm immortal and the struggling soul.**

Book-07-The Book of Yoga Canto Five - The Finding of the Soul

My “secret” mantra that I “heard” while cycling in Auroville about 30 years ago:

Align with the Divine

When I met the spritual teacher Isha (Judd) she gave four mantras, though she does not call them mantras but “facets”, which are the basis of her spiritual illumination the process she is teaching worldwide. Repeat them together for a while. Also her books are simple helps: *Why Walk When You Can Fly, and Wings of Love:*

Praise Love for this moment in its Perfection

Thank Love for my human experience in its Perfection

Love Creates me in its Perfection

Aum, Unity

Let’s not forget the last sentence in Eckhart Tolle’s enlightening book *A New Earth*:

A new species is arising on the planet. It is arising now, and you are it!

Last words . . .

Love and Ananda [Bliss] are the last word of being,

the secret of secrets,

the mystery of mysteries.

Sri Aurobindo