Why Didn’t It Happen To Me Earlier?

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Before starting my internship at Sri Aurobindo Ashram – Delhi Branch, I did not know much about Sri Aurobindo and the Mother. I used to hear my mother talk about their works that she had studied in the ashram. It wasn’t until I came here and realized what a great impact they could have on me. The influences of Sri Aurobindo and The Mother are transformative and profound. By studying their teachings, one can experience spiritual growth and self-realization. Through meditation and self-reflection, individuals can embody the principles and values set by Sri Aurobindo and The Mother. Sri Aurobindo’s teachings emphasize the evolution of consciousness and the transformation of human nature. His writings on yoga, philosophy and spirituality provide a roadmap for seekers to the path of self-discovery and inner transformation. By studying these works, individuals can gain insights into the purpose of life.

Sri Aurobindo wrote about the joy in working as god’s servant. “Earth is the chosen place of mightiest souls; Earth is the heroic spirit’s battlefield, The forge where the Archmason shapes his works. Thy servitudes on earth are greater, King, Than all the glorious liberties of heaven.” (Sri Aurobindo, in ‘Savitri’, Book 11, p. 686). We have earned the right to live in this body as a human. We are just here on earth as God’s wish. Our karmic actions are what define our future, past or present. When we treat ourselves as servants of God and spend our life serving Him, we are doing good karma. We must detach ourselves from the material world as that is what is preventing us from reaching our full potential. We must be humble in everything and make reaching God our ultimate goal. This is the only way through which we can achieve satisfaction because if we keep chasing after our material desires, we will never be fulfilled truly and we will constantly chase something new once we have obtained something. We could be born in the body of an animal, being preyed on all the time, living only to hunt for food, but the fact that we are human itself is a great blessing. We are in control of our own karmic deeds, we decide our future based on our present, or we will live a life without purpose. Being so good in our karmic deeds that we reach God’s humble abode is the final goal. To reach god is what we are present in this body for.

Sri Aurobindo meditated for four years on end from 1910-1914. Even after reaching great spiritual heights, he needed intense sadhana for four years. In contrast, we spend our days without thinking, we go through the motions while doing anything; we almost act like robots. We get up in the morning at the same time. We do the same thing every day and not paying much heed to life is looking like. We need to reflect. We need to think about our actions. This can be achieved by meditating. We do not have to do it for days or weeks at a time, that is realistically not possible in today’s world. As children we have to study and score good marks. After school, it is expected of us to go to a good college and then we must get a job and earn well. If we shy away from these expectations, we might lose respect. Our lives are moving so fast, but it is the need of the moment to slow down. Meditating can help us to reflect on our inner self, and think about the Higher Power; it can make us more self-aware and in control of our lives; it helps us take responsibility for our actions. Even meditating for 10 minutes a day can change the way we view things; it can help us stay in a better mood and improve our day and ultimately the quality of our life. As a young person in this day and age where spirituality isn’t given much importance, I feel like this is when we need it the most. Tamasic feelings like anger, ignorance and greed are taking over. We are rarely calm, relaxed or generous. We don’t stop to think. It is becoming more and more common to be greedy because we are ignorant. It is normal to go buy clothes after clothes, things we do not need. We indulge in consumerism. We try so hard to make sure that all the resources are available to us with any sum of money that we don’t realize that these resources aren’t ours. No matter how much we pay for them, we are God’s creation and we are simple being allowed to borrow them. We do what everyone else is doing; we don’t treat ourselves as individuals. Sure, we are our own people but we do not live for ourselves; we live for others. We want everyone to know how many bags or shoes or tops we have; we want everyone to think of us as lavish but in the fight for reaching the top we have smeared the lines of what the top is. Five more bags from a good brand may not be the top; you can have everything in the world and not be happy and fulfilled. We need to focus on growing, not financially but spiritually. Are we aware of what we are as people? Are we happy with who we are, or are we just stuck in a rat race trying to outrun everybody? True peace and enlightenment come from self-growth and awareness. We should be aware of who we are in the present in order to grow in the future.

All of the content mentioned above is not just ideas, this is how I have been influenced. **My eyes have been opened** and I have become more aware, my perspective has changed and I have incorporated small changes in my life. Materialism is hard to get over, once embedded in your brain chemistry it does not just disappear, you have to work for this. I have started getting rid of most of my clothes that I do not wear anymore and I have started giving them to the poor and needy. I do not buy clothes when I know I have them at home, because they are resources which are not going to benefit me in the moment. As stated above, meditation is highly integral for the growth of a human and I have started with meditating for 10 minutes a day with the hopes of increasing the time gradually. It is the only time in the day where I disconnect from the world, but somehow I feel more connected than ever. I focus on my breathing and my thoughts go quiet. I feel like I have matured as a person and I am not as shallow as before. I think about myself as a whole, and about the repercussions of my actions; I focus more on growing spiritually. **The influence of Sri Aurobindo and the Mother has come pretty late in my life.** I spent 18 years without knowing much about them. but now that I am fortunate enough to come into contact with their works, I will never forget them. Growth is something that doesn’t happen in the blink of an eye; it comes slowly and sometimes you might be pushed back. But you need to keep pushing forward, that is what real growth is.

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