

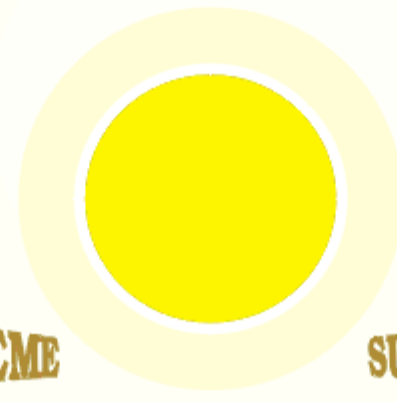
# INFINITE EXISTENCE CONSCIOUSNESS BLISS

## SACHCHIDANANDA EXISTENCE CONSCIOUSNESS BLISS

### SUPERMIND

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SUPREME



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**THE MOTHER** is she who works out all as the supreme Consciousness-Force who holds all souls and beings within her and as executive Nature; all exists and acts according to Nature, all is the Consciousness-Force manifesting and playing with the Supreme in millions of forms and movements into which she casts his existence.

"The more complete your faith, sincerity and surrender, the more will grace and protection be with you. And when the grace and protection of the Divine Mother are with you, what is there that can touch you or whom need you fear? A little of it even will carry you through all difficulties, obstacles and dangers, surrounded by its full presence you can go securely on your way because it is hers, careless of all menace, unaffected by any hostility however powerful, whether from this world or from worlds invisible. Its touch can turn difficulties into opportunities, failure into success and weakness into unfaltering strength. For the grace of the Divine Mother is the sanction of the Supreme and now or tomorrow its effect is sure, a thing decreed, inevitable and irresistible."

### INTUITION

is a vast splendour. It is the arrows of supramental Light.

**Universal** consciousness finds all itself by the variations of numberless individuals, the individual consciousness fulfils all itself when it is universalised into sympathy and identity with the cosmic. **Spiritual Mind** is a mind which is aware of the Self, reflecting the Divine. It is a mind passing beyond itself, but on its own plane, into the splendours of the Spirit.

### INTRODUCTION

The creation has descended all the degrees of being from the Supermind to Matter and in each degree it has created a world, reign, plane or order proper to that degree. In the creating of the material world there was a plunge of this descending Consciousness into an apparent Inconscience and an emergence of it out of that Inconscience, degree by degree, until it recovers its highest spiritual and supramental summits and manifests their powers here in Matter. Mind cannot be our last conscious expression because mind is fundamentally an ignorance seeking for knowledge; it is only the supramental, which is simply the Truth-Consciousness, that can bring us the true and whole Self-Knowledge and world-Knowledge. Sri Aurobindo's yoga is the integration, the harmonisation of the being and the possession of the inner and outer worlds not by the ego but by the Divine. Its object is to bring down a higher nature and a Truth-creation which will make spiritual Light, Power and the Divine Ananda the chief force in terrestrial existence. But for that, surrender of the mortal mind, life and body to the Higher Consciousness is indispensable, since it is too difficult for the mortal human being to pass by its own effort beyond mind to a Supramental Consciousness in which the dynamism is no longer mental but of quite another power. To divide your life between the Divine and some outward aim and activity that has nothing to do with the search for the Truth is inadmissible. The least thing of that kind would make success in the yoga impossible. The utmost Ananda the body and life are now capable - is a brief excitement of the vital mind or the nerves or the cells which is limited, imperfect and soon passes; with the supramental change all the cells, nerves, vital forces, embodied mental forces can become filled with a thousandfold Ananda, capable of an intensity of bliss which passes description and which need not fade away. The supramental love means an intense unity of soul with soul, mind with mind, life with life, and an entire flooding of the body consciousness with the physical experience of oneness, the presence of the Beloved in every part, in every cell of the body. It is necessary to break down the limits of the personal mind, life and physicality, dissolve the ego, enter into the cosmic consciousness, realise the self, acquire a spiritualised and universalised mind and heart, life-force, physical consciousness. Then only the passage into the supramental consciousness begins to become possible.

The **SOUL** is immortal and in all living beings; it is something that comes down into birth and passes through death, from the earth plane to other planes and back again to earth existence. It goes on with this progression from life to life through an evolution which leads it up to the human state and evolves through it all a being of itself which we call the **PSYCHIC BEING** that supports the evolution and develops a physical, a vital, a mental human consciousness as its instruments of world experience. A time comes when it is able to prepare to come out from behind the veil, take command and turn all the instrumental nature towards a divine fulfilment. This is the beginning of the true spiritual life. The soul is able now to make itself ready for a higher evolution of manifested consciousness than the mental human; it can pass from the mental to the spiritual and through degrees of the spiritual to the supramental state. **EGO** is the basis on which we bind together our experiences and relations. It strives to exist in its own right and conceals by its separative ignorance an entire dependence of the manifested being on the Lord. **DESIRE SOUL** strives for the possession and delight of things and comes rendered unequally into the three terms of pleasure, pain and indifference. Concealed by it is the psychic which is the real repository of the experiences of the Spirit.

"Here on earth there is the evolution with matter as the starting-point, life as the medium, mind emerging from it. There are many grades, realms, combinations in the cosmos - there are even many universes. Ours is only one of many."

**Consciousness** the Reality is the very essence of existence. When it forgets itself in the form it becomes the electron, the atom, the material object. In reality it is still consciousness that works in the energy and determines the form. When it liberates itself evolutionarily out of Matter, it emerges as life, as animal, as man, and it can go on evolving itself. When it frees itself from the confinements of the body it can enter into other worlds or other regions of this world and act there. It can achieve cosmic consciousness and know directly the forces and operate on them. As the mind is now a permanent state of consciousness in humanity, so also we want to create a race in which the supermind will be a permanent state of consciousness.

*"All the world's possibilities in man are waiting as the tree waits in its seed."*

Each part has a personality of its own and is a receiving station for the universal forces of the same plane of consciousness. **Thinking Mind** reasons, perceives, finds out or values things. **Dynamic Mind** puts out mental forces for the realisation of the idea. **Externalizing Mind** gives them expression in life, not only by speech but by any form. **Physical Mind** limits itself to the sense mind and perceives only the physical as fact. It is busy with external objects & activities. **Sense Mind** depends on the physical organs of receptive sense for knowledge.

**Vital** is Life-nature, a separate force than mind. **Vital Mind** plans or dreams; it is occupied with emotions, passions, desires, reactions and behavior of others. **Mental Vital** gives mental expression by thought, speech or otherwise to the emotions, desires, passions, etc. **Emotional Vital** is the seat of various feelings, such as love, joy, sorrow, hatred and the rest. **Central Vital** is the seat of the stronger longings and reactions, ambition, pride, fear, love of fame, etc. **Lower Vital** is occupied with small desires and feelings, sexual desire, food, vanity, etc.

**Mental Physical** goes on repeating mechanically - without use - the movement that has happened. **Vital Physical** is the life-force closely enmeshed in the reactions, desires, needs, sensations of the body. Its habitual reactions and obstinate pettiness are a chief stumbling block. **Material Physical** this part of the physical consciousness is largely subconscious, inert, obscure, full of inertia.

**Subliminal** stands behind and supports the outer nature. The psychic, the inner mental, vital, the subtle physical consciousness . . . are not subconscious, but they can be spoken of as subliminal. **Chakras or Centres:** 1, The Thousand Petalled Lotus: Governs the higher thinking mind and illumined mind and opens upwards to the intuition and overmind. 2, Forehead Centre: Governs the dynamic mind, will and vision. 3, Throat Centre: Governs the expressive and externalizing mind. 4, Heart Centre: Governs the emotional being. 5, Navel, Dynamic Life Centre: Governs the larger life forces and passions and larger desire movements. 6, Below Navel, Sensational Vital Centre: Governs the small vital movements, the little greeds, lusts, desires, the small sense movements. 7, Physical Centre: Governs the physical down to the subconscious.

Beside the physical, which has its own obscure consciousness proper to the limbs, cells, tissues, glands, organs, we have subtler sheaths or bodies by which we live behind the veil in direct connection with supraphysical worlds. **Subtle Physical** is in which the inner being more intimately dwells and in which it goes out in sleep or trance or at the moment of death. **Nervous Envelope** radiates from the body and protects it. **Circumconscious Envelope** is the subtle atmosphere surrounding the body. The universal forces first enter into this consciousness.

**Subconscious** is a concealed and unexpressed inarticulate consciousness which works below our conscious physical activities. It retains the impressions of all the past experiences of life, also all that is consciously experienced sinks down into the subconscious and can come up at any time as dreams, as mechanical repetitions of past thought, feelings, action, etc. When the higher consciousness is once established in the waking parts, it goes down into the subconscious and changes that also. **Inconscious** is the abysmal plunge into self-forgetfulness of Sachchidananda. A dense and solid basis has been laid for this play of division in a world of separative forces of Matter. This sea is the starting point of the evolution. The emergence of Forces of Darkness impelled to maintain the Ignorance by which they live. - **Peace** - "To possess self is to possess self-bliss; not to possess self is to be in more or less obscure search of the delight of existence."

**SAT CHIT ANANDA** are the supreme planes of Infinite Existence, Consciousness, Force and Bliss. **SUPERMIND** is the full Truth-Consciousness of the Divine Nature. It is the Divine Gnosis which creates, governs and upholds the worlds with which this world of a lesser consciousness proceeding by Ignorance is in secret relation and which alone maintains it and prevents it from falling into a disintegrated chaos. Between the supermind and the human mind are a number of ranges or planes, **OVERMIND** is the highest of these ranges, it is full of lights and powers. It releases a million God-heads each empowered to create its own world. Here begins the separation of aspects of the Truth. **SPIRIT** or central being is the presiding unborn non-evolving Self, superior to birth and death, the eternal true being of the individual. When there is the full consciousness the Spirit and the psychic being join together. Twelve is a symbol of material and spiritual perfection. "A magic leverage suddenly is caught that moves the veiled Ineffable's timeless will. A prayer, a master act, a king idea can link man's strength to a transcendent Force."

The **DIVINE** is the eternal Self of all from which all comes, in which all lives, but is hidden, not manifest. It is infinite Peace, Power and Bliss. **True** mind-vital physical is freed from the error and ignorant thought and will of the lower Nature and directly open to the knowledge and the guidance above. **Inner** mind-vital-physical is capable of an immensely deeper and larger range of action than the outer, but it is of the same essential nature.

### HOW TO ASCEND

The personal effort required is a triple labour of **aspiration, rejection and surrender**; an aspiration vigilant, constant, unceasing; the mind's will, the heart's seeking, the assent of the vital being, the will to open and make plastic the physical consciousness and nature; rejection of the movements of the lower nature; rejection of the mind's ideas, opinions, preferences, habits, constructions, so that the true knowledge may find free room in a silent mind; rejection of the vital nature's desires, demands, cravings, sensations, passions, selfishness, pride, arrogance, lust, greed, jealousy, envy, hostility to the Truth, so that true power and joy may pour from above into a calm, large, strong and consecrated vital being; rejection of the physical nature's stupidity, doubt, disbelief, obscurity, obstinacy, pettiness, laziness, unwillingness to change, Tamas, so that the true stability of Light, Power, Ananda may establish itself in a body growing always more divine; surrender of oneself and all one is and has and every plane of the consciousness and every movement to the Divine and the Shakti. As the crust of the outer nature cracks, as the walls of inner separation break down, the inner light gets through, a guidance begins from within, the whole conscious being turns towards spiritual Truth of thought, feeling, sense and action. This is the first result, the second is a free inflow of all kinds of spiritual experiences; experiences of cosmic consciousness, and its occult movements. Yet still, it is on the mental, vital and physical level and these experiences can lead away from life or to a Nirvana. In our yoga these are considered solely as steps in a transformation of the nature, for the ascent of consciousness is to rise into the ranges of Overmind and Supramental Nature in which the sense of Self and Spirit is ever unveiled and not restricted or divided as in our mind-nature, life-nature and body-nature. In most men the soul is hidden and covered over by the action of the external nature; they mistake the vital being for the soul, because it is the vital which animates and moves the body. But this vital being is a thing made up of desires and executive forces, good and bad; it is the desire-soul, not the true thing. It is when the true soul (psyche) comes forward and begins first to influence and then govern the actions of the instrumental nature that man begins to overcome vital desire and grow towards a divine nature. **Cling to Truth.** Open God's door, enter into his trance. Cast Thought from thee that nimble ape of Light.