

**For Students**

## **Methods to achieve progress and aim in the life of Students**

The first and foremost duty of Students is to have the aim for a high, super, better, happy, peaceful, and Ananda filled ideal life and to work accordingly to obtain the aim.

The life of Student is like a soft stem. In the soft stage, in whatever way you want build it, you can do it. If the soft stem is not kept straight then it becomes curvy; it cannot be made straight after ripen. You can give any colour to the student's life like a white clothe. After one colour is given, other colours cannot be given. The students from their childhood should be more careful and like a clean white cloth, they should paint their own life in such a beautiful and favourite colour so that it will increase the charm of their whole life.

These charming favourite colours are health, education, truth, discipline, honest, peace and ananda filled integral life. Everybody knows that the life of honest, righteous, peaceful, free from conflict, neutral, educated and healthy person is in-fact the best life. The life of those people becomes full of peace and ananda; they have respect in the society, they become honoured in the family, popular and respectable.

Students get better life by developing their mind, vital, physical and psychic. The physical develops and becomes strong, beautiful and flexible through exercise. The vital is developed through art, various works and control. The mental gets developed through studies and wise discussion. With development of all these beings, man achieves good attributes, he can become chief and can achieve reputation in the society. But if he deprives from the ultimate aim of his life, a happy peaceful and ananda filled life, then all the material things and all wealth feels like a suffering. These happiness and peace can be achieved through psychic development. In reality, the development of psychic along with the mental, vital and physical development is needed for obtaining completeness in life. For obtaining integral life, students should do exercise, art, work and should pray the divine to control the lower vital, study and psychic development.

The material Science does not like to believe in invisible things rather than visible things. But the aim of man is 'utmost peace', 'utmost happiness'. Even though material science has not clearly accepted this utmost aim, but still from beginning to keep people in happiness, it has created beautiful homes for people to stay; by creating tables, chairs, artistic furniture, it has decorated the home with shining things. He has made beautiful clothes and jewellery and has worn in his body; he has properly decorated his garden with different coloured flowers and fruits. He has invented radio, electric bulbs, fan, telegraph, telephone, television, cinema, cycle, motor, rail and airplanes etc. All these things are wonderful; there is no doubt in it. But all these things have not given man the utmost peace and happiness which he longed for. The material science has failed here. But the spiritual sadhana has got success in it. By the spiritual sadhana, Mahatma Tulsi Das, Samartha Ram Das, Gyanadev, Namdev, Tukaram, Ramprasad, Chanda Das, Gurunanak, Dadu, Rupa, Sanatana, Kabir, Jagannath Das, Achyutananda, Madhava Das, Acharya Shankar, Ramanuj and Ramananda oger Mahapurusha and mahatmas and today's divine devotees have developed the psychic and have made their life full of ananda by obtaining the God who is the form of utmost peace, utmost ananda, utmost knowledge. To get a slight touch of these ananda from them, the kings, maharajas, rich, intellects, warriors, scientists are keeping their heads at their feet and feeling life as meaningful after getting a drop from their blessings.

Although these old yogis have achieved Paramananda but have rejected their work. For this reason neither their life has become complete nor the society and country has developed. The

life becomes fully developed, injustice, lies and falsehood are removed from the country and the country becomes prosperous when the social work is based on supramental truth with the ideal of Sri Aurobindo.

The aim of man is to get free from un-happiness and confusions and lead a life full of paramananda. This gets completed if man gets free from old age, disease, death and can achieve a disease-free, strong, beautiful and death-less divine life. Man does not want unhappiness, want happiness; do not want diseases, wants to be disease-free, do not want death, wants immortality. This is the complete aim of human life. To help this aim, the medical science has discovered different types of medicines. It has invented surgery, electro-therapy and laser-therapy but has not achieved complete success. Today also man is dying of diseases. It is true that the material science has discovered lot of wonderful things but has always failed in achieving the ultimate happiness which is the aim of man. The old hata-yoga has achieved success in it. By doing pranayam and other yogic ways and by doing personal sadhana, he is completely free from disease, old age and has achieved the body without disease. He has crossed the longevity limit and has got healthy and strong body. But since the time has not come for it, this work has not been done in a complete, wide and collective way. This was an interim period of human development.

Now the time has come for it. Sri Aurobindo and The Mother has come to this earth and has brought the Supramental power down to this earth and they are doing the transformation work with the help of it. If man through the spiritual sadhana allows the supramental force to work inside him, then it will transform the mental, vital and physical in divine knowledge. The transformed man will be completely free from ignorance, darkness, old age, diseases and death and will be managed by the spiritual force. Along with this, the unhappiness, pain, confusions, hate, jealousy and war will be removed and the world will become heaven.

If the students consciously accept the supramental truth which came to earth, then their life will be completely developed. Man has been waiting since the beginning of this world to achieve this aim and unknowingly trying for it. The real divine form of social service will be done with it. They will become the pioneer of the coming Satya yoga. The rules they should follow for it is being described here. The main symbol of developed life is health. If the health is not good, man cannot do any better or worse work. The health is recovered and developed by following the external rules with the shelter at the divine power. Every student should follow the rules with strong devotion, determination and with shelter at the divine power.

### **Some Common Rules**

1. It is better for the students to sleep at 9pm in night and to get up at morning 5am. Those who sleep less than 8 hours, they can get up earlier than 5am.
2. As soon as one gets up, he should meditate for 5 minutes remembering the photo of The mother and Sri Aurobindo and pray for following the path to truth. After excretion, one should do sit-ups and do exercise according to the rule described in the book 'Discussion of health in an integral life' and 'The ways of development in Student's life'. After exercise, keep the body completely light. Lie flat for 5.10 minutes depending upon the amount of exercise; afterwards imagine that the supramental power is entering in each cell of your body.

3. Whenever you wash your face, you should fill the mouth with water and sprinkle cold water for atleast 30 minutes on the eyes. The eye power increases with it.
4. Before excretion, drink stomach full of cold water and go for excretion. Those who have constipation, do not have clear excretion, they can put 1 gm of salt into water and drink.
5. While excreting urine and stool, if both sides of teeth are pressed then the teeth becomes strong.
6. Before taking bath if coconut oil is applied on the edges of foot nails then eye power increases and whitlow does not occur.
7. At the time of taking food if air flows through right nose then the food gets digested properly and indigestion, 'loss of digestion power' diseases does not occur. The technique for change of breathing is discussed in the Lokasahitya book number 13-14.
8. The water should not be taken at the time of eating but rather after 1-1.5 hours of eating. Before going to sleep and after getting up, one should drink cold water. One should not drink everyday less than 2.5 liters of water.
9. The food should be offered to The Mother and Sri Aurobindo or to the inner psychic. Every bite should be chewed more than 32 times. If it is not chewed by teeth, then the work of teeth is done by stomach, at the end the stomach gets weak and the indigestion power reduces.
10. After getting good food, one should never eat more than required because of greed. When more wood is put in the stove, the wood is only half burnt. In the same way, if one eats more than required food, then the food is half digested and goes to the rectum. The indigestion disease starts in it and different stomach pain arises.

## **Brahmacharya**

Brahmacharya is solely required for leading a developed life and healthy body. Brahmcharya is man's every thing. If continuous Brahmacharya is followed, the man gets released from the jaws of Death, can do every impossible work, can study nicely, can judge better, can easily do the social work and divine realization. The body becomes free from disease of body, the nervous system becomes strong, the mind becomes calm and silent, and the intelligence becomes pure, fast and sharp. There is an increase in strength and patience and the memory power increases. Only by following the Brahmacharya, all the good qualities come naturally and bad qualities are removed. Students should follow Brahmacharya as their more preferred work than vital.

### **Rules for following Brahmacharya**

1. All types of intoxicant like hemp, opium, alcohols etc. and smoking should always be rejected. All these are bad for health and are a barrier in realizing Brahmacharya and the truth. In the opinion of specialists doctors, all these are reasons of cancer.

2. Vulgar movies, vulgar gossips, vulgar novels etc should not be read. Gita, Bhagwat, stories of devotees (surprising bibhuti etc), 'Loka Sahitya', 'Navajyoti', 'Navaprakash' and other divine magazines and social and divine subjective novels should be read.
3. The boys and girls should look at each other like brothers and sisters. Friendship with bad boys and girls is altogether forbidden.
4. Those boys and girls who cannot follow Brahmacharya in the whole life, atleast should follow Brahmacharya till marriage. After marriage girls should follow husband-ship dharma. The boy after marriage should keep 1 wife dharma and keep relationship with wife till getting two children. Afterwards he should follow continuous Brahmacharya. This is the good behavior, true ideal, peace and ananda filled life. This is possible with divine refuge. Those who can not follow these rules, if they do their work keeping this aim in mind will be successful. Without this, the life of man is confused, unhappy, scattered and full of unhappiness; because although man has a body but he works like an animal.

The health becomes better, Brahmacharya is followed, and the mental, vital, physical becomes pure and transformed through supramental divine sadhana.

### **Easy rules for Spiritual Sadhana**

1. In this era, The Mother & Sri Aurobindo has brought down the supramental power into this earth. Mother and the supramental power are one and the same essence. Mother is holding the supramental power and doing the transformation work. Those who can keep trust and faith on Mother, he can get help in social and divine path.
2. Every day as soon as one gets up, Pray The Mother and Sri Aurobindo by looking at their photos. If photo is not there then pray with mental meditation: 'O God, I am offering myself and whatever I have at your feet. Give me pure knowledge, wisdom and ethics. I can understand the truth and can follow it. Guide me in the true path. Help me in achieving education and good attribute.

Whenever a trouble comes, pray with concentration without getting tensed, agitated and impatience. If the prayers are real, then immediately you will get an answer and the result will be achieved.

3. Before doing anything-Studying, playing, wandering or doing exercise – first 2 minutes remain silent and call the divine power with concentration and surrender. Also surrender the work after finishing it.
4. Before or after taking bath, meditate Mother's photo for 5-10 minutes with open eyes. After sometimes close the eyes and see the same. If you cannot see, then practice regularly. If you can see, then take that photo deep inside the heart. After practicing it for some days, the moment one aspires, the concentrated-picture will go inside the heart. With the meditation, aspire peace and concentration from above the mind i.e. imagine that peace and concentration is coming from above and entering into us.

5. Every time Mother is with us and seeing everything – if we practice this belief, we can be free from many unjustified work. In reality, God is present everywhere and seeing everything. If one trusts in God, then gradually fear will be removed and fearlessness will increase. As a result, gradually one will progress in the path of truth. If this is developed, then the aim of life i.e. the form of utmost ananda, utmost peace and utmost knowledge i.e. god will be achieved. The life will become full of ananda. If we trust God then God is achieved and help us completely in our every small and big events in life.

### **Question & Answer**

Q: Before I was studying well but now I can not study well and I do not have interest also. What is the reason behind it?

A: The reason for it is bad friends and wastage of Brahmacharya. The calmness of mind gets wasted in it. If mind becomes fickle, then one can not study well and even do not have interest in studying. To be free from it, one should follow the rules of Brahmacharya. Do exercise, keep the health well.

Q: The environment we are in, how can we get good friends there?

A: The people, whom you think are good, keep correspondence with them, build your life according to their advice, read good books according to their suggestion. Establish a Sri Aurobindo study circle or student society by taking 2 to 4 of your friends, every week for a day or two, at a particular time, assemble together and do meditation for some time and discuss spiritual books for sometime. The study circle and rules of student society are discussed separately in the books such as 'The aim, establishment and work of Sri Aurobindo student society' and 'for the members of Sri Aurobindo study circle' society'.

Q: Why did we fail in exams even after getting Mother's blessings?

A: You failed because of the absence of trust and faith. Mother's help is always there. Whoever wants, he gets it. Till man wants development in the world, wants to do important work in world by being big scholar, till that time his effort is most important. If he wants to get help from divine for the success of his effort, he gets it definitely. God's help depends on one's own trust and faith. In God's eyes, everyone is equal and his blessing is equal for all. But those who keep trust and faith on God, they only get God's blessings. They are called Devotees.

Every moment students should remember that they should not get frustrated, sad, anxious and restless when failed in exams, but rather pray God with determination to get patience, strength, interest and carefulness. If you pray, then you will definitely get it. If the students do like this, then they will get help in exams and in development.

Do not be depressed by seeing your weakness, incompleteness, incapability and problems. Take shelter at the supreme powerful God and he will guide you the right path and will transform every incompleteness to completeness.

## **Some Notices**

1. Now it is the chance for every person, but for students and youngsters there is a great chance. If they follow the following rules, they can reach their aim easily. The supra-mental power will help them in their effort.
2. Mother is always helping with the work done by Supra-mental power inside the man by being the one and the same with the Supra-mental power. If man surrenders himself to her and remembers Mother's name, then development and transformation of body will be done physical exercise and through the work, development and transformation of vital will be done by control of vital, real development of mind will be done by study and surrendering the work like mental decision and thinking. The reason is because the mental-vital-physical is under the power of ignorance; they do not get transpired or can not get knowledge. For this they can not do developed work and faultless work. If the transformed mental-vital and physical gets united with God then the divine power works inside it. For that, completeness comes in every work.
3. By not knowing the transformation of body, our traditional culture has ruled our lazy body. Under the shelter of Mother with strong determination every man should cultivate vegetables for 1 hour daily morning and evening in their fields to remove the laziness of the body. With remembrance of Mother's name, do work as an offer to The Mother and surrender to The Mother as well. Girls can also do work in fields and can do sewing and stitching etc.
4. The study circle, student society, ladies study circle (mahila pathachakra), seminar, camp of young students, school and small selling centers help the most in this sadhana. There should be establishment of study circle and ladies study circle in villages. There is also need of student society in schools and colleges, construction of study circle house and timely seminars.

If the devotees who accept the ideals of The Mother and Sri Aurobindo and the children, who love Mother and Sri Aurobindo, purify their own behaviour, then others will follow them and will correct themselves. In order to benefit oneself, society and country, first one should purify one's own behaviour.