

Paths of progress in student's life

Editor's Note

The progress and fall of the whole human society depends upon the education system, preparation and activities of the student's society. In the modern student's society audacity, characterless and physical illness are mostly seen and for counter balancing it, what duties and which ways the students, parents or guardians and teachers should follow and about health, education and brahmacharya are discussed in a simple way in this book. The writer from his vast experiences has shown that the only way to solve the above mentioned problems are strong aspiration, open to psychic and surrender. We hope that the general readers and mostly the student's society will be specially benefited from this book.

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Health, Education and Brahmacharya

A peaceful, happy, prosperous life is achieved through health, education and brahmacharya. Whatever man wants to lead a happy and peaceful life, the most important out of all these is Health. Man can do all types of religion, work and obtain education in his body. For this, there is a great saying in Upanishad - ' Shareera madhyam khaludharmam sadhanaam- which is worthy remembering '. To rise above, the deities also need a healthy body to do sadhana. An unhealthy body is devoid of all types of delight and prosperity.

' bhoga rogasam jeevana bharu,
yama yatana sarina sansaru '
(Ramacharita manas)

That means, delightful things are unfriendly like diseases, leading lives becomes heavy and unpleasant; the world seems to be like the pain of hell '. But a prosperous and happy life is achieved when the health, education and brahmacharya is based on psychic base. We will discuss about all these.

First Need is Health

The first and foremost importance of man without rejecting the body and work for making his life complete, prosperous, powerful and developed is health. If man does not have complete good health, he can not study well, can not think, can not do exercise, can not do his job, while talking to others; he gets excited in minor causes and does insensible work due to his weak nerves. The knowledge whatever man gained through his whole life, he can not use it in proper way due to lack of health. Starting from normal life to the higher life, health is important. Even the saints, who say that the world and body are false, can not realize their aim in spiritual practice without good health.

Q: Why does man neglect such useful health?

A: Because of laziness and because of not knowing the importance of health, by lack of proper conscience, man does not understand the importance of health; by not knowing the ways to use it in proper way, he has given up exercise, which is the process to obtain a good health; by the works through which man could have got the prosperous life full of happiness and would have helped others; instead of doing this, he is just harming others due to his selfishness. The health which is man's ultimate treasure and the base of performing better work; bad results are seen due to the lack of leadership from the spiritual truth, which is its sender. The student who exercises for health always fails, his knowledge is not sharp, and everyone calls him semi-mad. In a village, if anybody does exercise, people call him fool and in cities he is called as rowdy. There is some truth in the allegation that is made to a healthy person. Because the base of physical strength is

the vital power, vital is always like a disobedient, untrained horse. He does not have the real knowledge, so he uses the health in the unjustified work, which is rather the helper in nice work. If there is fight between two parties, impudent healthy persons are invited for the criminal affray. Due to any reasons if there is riot, the shops are robbed by the healthy person. This happens because the vital power is not lighted and driven by the spiritual light. This downfall happened not only in the exercises but also in all fields. The education through which life becomes developed, that has become the reason for indiscipline. The aim of helping people, black marketing in business, bribing in offices, falsehood in politics - all these are happening because of breaking of morality due to change of ages.

Now a new age has come due to Sri Aurobindo's supramental power. If all the work in this world will be performed on the basis of supramental power, then truth and purity will come into it; human life and society will be developed by that work. How every work should be conducted, so that people can make their life happy and world can be prosperous; to keep those examples in front of the people, all type of work is conducted in Sri Aurobindo's Ashram. As soon as students enter the school as a child, he is taught with different types of exercises. Due to the atmosphere of Ashram, every students are participating in the exercises with his own will and interest. Here the teachers do not beat the students, do not threaten them, do not force them to do any work; they do it spontaneously; but if for any major reasons they are punished, the major punishment is to forbid them not to enter into the play-ground. It is clearly proved from this that for the beauty and strength of body, exercise is given the prime importance.

The authorities in every school, college, village and cities should adopt the physical education and establish gymnasium to provide the opportunity of exercise to the boys and girls from their childhood. We will discuss how to do exercises in the spiritual basis.

Usefulness in Exercises

Man can develop the physical built, mental and vital of a child which is there from the time of his birth by taking care of it. Like the mental and vital are developed through education, in the same way physical development is through exercises. Physical strength is increased through exercises, un-straight body parts become straight, well proportioned and beautiful; weak nerves become strong. The glands and joints become strong. The hunger is improved and the food gets digested properly, the body becomes free from diseases like rheumatism. Infact, the only aim of man – which is to achieve ultimate Ananda can be achieved in a healthy body.

Words in Upanishad - Nayamatma Balahinan Labhya - It means, ' The man with internal psychic strength and physically weak can not feel the psychic'. This is self-evident that an unhealthy person cannot do the social work or cannot realize spiritual truth. Mental, Vital, Psychic and Physical- With the development of all these four beings, man gets completeness. Out of these four, if one is under-developed then life is incomplete. The body is developed through exercises. The mental and vital is developed through

education. The psychic is developed through spiritual practice. For the complete development in human life, exercises, education and spiritual practice should be practiced in the same way from the childhood. Here we will discuss only about the exercises.

When the base of work is spirituality, it gets genuine shape, in the same way when the base of exercise is spirituality, then man gets physical strength and utilizes it properly. Strength is important to man; life is waste without strength. But if this strength is mis-utilised, then man becomes demons like Ravana, Kansa, Harinakhyay and Hitler and utilizing this strength in the right way converts the world into heaven.

For the establishment of a new divine-human race in this world, Sri Aurobindo had brought the supramental power into this world with which the mental, vital, physical will transform from its base chinmaya tattva and man will be free from old age, disease and death. For this, changes in the physical body are very important. With this, mental and vital becomes peaceful and concentrated. For the peace and concentration of mental and vital, the saints were doing all types of difficult practices and this is achieved through the physical exercise by the supramental power. Therefore, the physical exercise is not only important for good health, but also important physical changes happen by it. So, we will discuss which ways this work needs to be done.

Ways of Exercises

The result of every work depends upon its attitude and aim. It means it depends on the aim with which the work is done. Every man doing exercises should do exercises with the aim of a body without disease, without getting old and without death. That means, this is the aim of man. Before doing exercises, concentrate mother in the heart for five minutes and pray - ' i am surrendering my mind, vital, physical at your foot. You guide me, your power should do the transformation and establish you in all the beings of this body'. (How to do meditation is discussed in the book ' Pratyaka manushyara kartabya'). Start doing exercise after praying in this way and imagine that the divine power is entering into your body.

Another important thing in exercises is that the parts of the body where the power of exercise is felt or the part for which the exercise is done, the consciousness should be concentrated in that part. Like while doing free hand exercise or dumb-bell exercise the consciousness should be concentrated in hands, while doing exercise for stomach the concentration should be on stomach. The exercise with concentration has more effect than the normal exercises.

1. After doing exercises, one should lie down flat in a bed for 10 to 15 minutes and leave the body completely loose. This is called as 'Saba asana'. There should not be tightness in any parts of the body. During this time imagine with concentration that the divine power is entering your body.
2. One should not do exercises while stomach is full or empty. One should do exercises 3 to 4 hours after taking food.

3. Soon after doing exercise, one should wear shirt or warm clothes. During that time cold winds should not touch the body.
4. If necessary, one should take bath and food after 1 hour.
5. The appropriate time for exercise is morning and evening. Man can do it at anytime depends on his convenience by following above rules.
6. If one is hungry, then before 1 hour one can eat something and do exercise. During or after exercise, one should not drink water or tea.
7. Regular food and sleep is required. According to the need of man, one can go to sleep for 6 to 7 hours. But one should get up early morning at 4 or 5.
8. Daily in regular basis, one should do meditation and read spiritual books.
9. The important part of exercise is to follow rules. Never be late in ones work. one should reach his workplace 1 to 2 minutes before time. The time and word one has given to others should follow it at that time.
10. The place where there is study circle of Sri Aurobindo, the people doing exercises there should participate in the mediation of study circle once or twice a week or can do study circle in their residence. The rules of study circle is discussed in the book ' Sri Aurobindo patha chakra: ' Atimanasa shakti ra sakriya prakasya rupa ' (Sri Aurobindo's study circle: The active lighted form of supramental power).

Those students who do not have much time due to their busy study schedule and other works, they can do exercises for sometime following these ways:

1. Early morning they should finish passing the stool and cleaning the teeth and face. According to the habits, one should do exercise before or after taking bath. Afterwards minimum within 1 hour, it is forbidden to take bath, it is bad for health. One can take bath after 1 hour of exercise.
2. If time is limited, then one should do exercise at least for 10 to 15 minutes. The students between 10 to 15 years old should do 5 pushup, 20 sit-up and 3 minutes stomach exercise. The students more than 15 years old should do 10 pushup, 40 sit-up and 5 minutes stomach exercise. First one should start with 2 pushup, 5 sit-up and 1 minute of stomach exercise and then should gradually increase. After each exercises, for relaxing one should do slow foot movement. Stomach exercises are of different types. Out of which, one has been discussed.
3. Keep two knees in the floor and Sit on the two ankles. Breathe out air through nose. Take the stomach as much possible inside and touch the back and leave. This way is one time. Do it starting from 5 times and slowly increase up to 50 times. One can do 50 times in 5 minutes.
4. After exercises keep the body relaxed or loose and sleep flat. Imagine that the divine power is entering into the body. If you do exercise for 10 minutes, then take rest like this for 4 minutes. If you do exercise for 15 minutes then take rest for 6 minutes in 'Saba asana'. After half an hour of exercise, one can eat light food or snacks. The rules of exercises are discussed at first. These compact rules are for the students.

Before starting studies in the school, do meditations in heart for sometime, after finishing the studies, do meditation in heart for sometime and then finish studies.

Regarding meditation and surrender is discussed in the book ' Pratyak manushya kartavya (Duty of every man) '. Only one topic is discussed in one essay. To know details about other topics, one has to read 'Sri Aurobindo's yoga and sadhana' book and other literatures. This helps in understanding literature of The mother and Sri Aurobindo.

After this, we will discuss about education and 'brahmacharya'.

1. Development of Life and Society through Education

Human life is developed through Education. The dormant power inside man are all awakened and developed through Education. During childhood all powers of child are un-developed. After it is developed through education he can become engineer, doctor, professor, officer, politician of country, ruler, scientist, musician, actor, artist, poet, warrior; or through spiritual education he becomes 'mahapurush' and achieves man's only aim, eternal peace, paramananda and makes his life successful and helps many people by achieving this aim. Even if all these qualities are present in every man as theory, still it is not manifested all together. This happens only due to the mistake in Education. From the childhood if a student gets integral education, then he owns all the above qualities.

2. Childhood is the suitable time to get Education

All the beings of child are like a soft stem. Initially whatever way the soft stem is turned; it gets turned in that way. But the same stem after getting nourished and ripen cannot be changed by any means. Similarly, whatever education a child gets in his childhood, his future life is built in the same way. The change of nature at an old age is difficult.

Invisibly, the character of a child is formed in mother's womb. Like the mother takes pious or heavy food, judge true or false, does positive or negative work, the child's culture is formed in that way. For that reason, in simple words, by seeing the child's mistakes and qualities, their parents are praised or blamed. After birth, the child accepts the influence of the family and surrounding atmosphere. Then come the influences of friends and school education. At that stage, the influence of teacher specially works on the boys and girls. In the present situation, due to all opposite environment of the Education, the children from their childhood are bound into the selfish culture and forget about the complete development of Life. This happens with common people. But those with developing psychic, those who are sent to this world for doing special work, they are not effected by this opposite environment in spite of living in it. But their personality can change the whole environment. This happens in the life of uncommon 'Mahapurusha'.

3. Fault in Education

From his childhood, a child receives the selfishness and falsehood character from the influence of his parents. While obtaining education at school, with the influence of his friends, the superstition which was there as seed within him, gets developed. The

education with which he could have achieved a complete life during his adulthood and could have aroused the dormant power within and develop himself, instead he uses them for the temporary luxury of the world and achieving selfishness. He becomes disobedient to his father, mother and elders. He cheats his father and mother by telling lies and takes money from them and sees cinemas, plays cards and from the beginning, he leaves the aim to develop his good qualities and gets influenced by the effect of politicians and accepts their doctrines or else supports it and enters into politics.

Q : Why do students waste this important time of life in seeing cinemas, gossiping useless stuffs and doing valueless work with friends?

A: They do it because they do not know about the importance of life. Not only students waste the valuable time of his life, but also most of the people in society waste their lives; we can understand these from one example. After Sri Ramachandra won the war by killing Ravana, Vibhishana became the king. He said to Sri Ramachandra ' The troupe of vanar(monkey) have courageously fought the war and has won it, I want to give them beautiful clothes, gems fixed ornaments as gifts'. Sri Ramachandra was very much acquainted with the behavior of vanar. He said jokingly, ' If gifts would be given, then it should be according to the taste of people. If you will give with your hands, then you will give according to your taste; they may not like what you will give them. The best would be to take everything in Pushpak-viman (the flowered flight of Sri Ramachandra) and throw them from sky. The vanar's will take them according to their interest'. According to the order of Sri Ramachandra, Vibhishana took all the ornaments in the flight and threw all clothes, ornaments and jewelry from the sky as raindrops. The character of vanar is fickle and they like fruits. They had never seen jewelry, they did not know its value even, after seeing them, they started eating them with pleasure thinking them as heavenly tasty fruits. Those were not fruits, so how the taste will come? Therefore in their eyes, those valuable jewelry were valueless. They spat them out of their mouth thinking them as phlegm. They started wearing the necklaces in their feet, the things of foot they wore in head. Sri ramachandrs, Sugriva and others started laughing after seeing this. The reason was that the importance of those valuable things was not known to the vanar's. Similarly, the value of life is unknown to us. That is why we leave the aim of complete life and misutilize it.

During the student period, the mental thinking of student is so limited due to the fault in education that he can not accept the higher principles during his social work. There arises no question of development of life. All the village leaders, clerks, officers, teachers, advocate, politicians do whatever work in the society uses all types of tricks, debate, judgment, traps, falsehood for their selfishness. Due to this fault in Education, the progress of society and all types of higher principles that is put in front of human being for their progress in life remain useless. The parents should accept the higher principles for the sake of progress of society and completeness of life, the system of Education should be changed and the students should consciously support the developmental path of his own life. Acceptance of high principles by the parents, changed system of Education will help the children who will be born in the future. But presently the children and young people should be self-conscious by their own and accept the principles for their

progress in life.

4. Duties of the Student

The first duty of the students will be to know the aim of Education. The aim of education is not to income money in wrong way and not to get reputation by leading happy and luxurious life for himself and for his family. The aim of education is to obtain knowledge. That means to know the nature and property of visible and invisible things, accepting whatever is helpful in the progress of life, rejecting whatever is contrary. A complete life can be achieved by this type of work and also one will naturally achieve respect in the society. This is the ancillary picture of complete life. People accept secondary condition as their aim of life and deviates from his real aim. This is because our psychic has not been developed.

In every person's body, three beings i.e. mental, vital and psychic beings are present. Man gets completeness when the physical is developed along with these three beings. He becomes free from any disease, old age, death, unhappiness and resides in ultimate-ananda. This is the aim of every man. By mistake, man searches this aim in material things and work. Only to do limited development of mental knowledge or to pass in exams, reading some books does not make a complete life.

Along with studies, the students should do regular exercises. Due to exercises the body becomes healthy, fit, well built and disease-free; nervous weakness goes away. When the nerve is strong, man becomes tolerant, patience, silent and considerate. He keeps patience in doing any work. Because of nervous weakness due to lack of exercise, man immediately becomes angry while talking, with that, power of judgment becomes wasted, due to excitement, he does illegal work without thinking. The results become dangerous. At the end due to all this, he regrets and his mental power weakens and his body becomes ill. As a result, the eye-sight and the memory power weaken, at an early age he suffers from indigestion and other various diseases. The way the mistakes are visible for those who leave the progress of mental, vital and psychic and do only physical exercise, the same way the major mistakes are visible in the persons who does knowledge development and read books without physical and psychic development. Mental, physical, vital and psychic – these four beings are each other complementary. If one is left from these, life becomes incomplete and disharmonious. To gain completeness, man should do exercise, should study different books conducive to his nature and should do sadhana for psychic development.

Everyday morning or evening, students should do at-least for 15-20 minutes pushups, sit-ups, belly exercises and walking, jogging, asana etc.