

(T.R. THULASIRAM, SRI AUROBINDO ASHRAM)

It is a well known and accepted fact that the devotees and disciples of Sri Aurobindo and The Mother feel a great and special divine power during the meditation time between 10.00 to 10.30 A.M., on Darshan days of the Ashram. One is possessed by the power and gets absorbed easily in inward concentration at that time. Mind and heart become silent, calm and peaceful, and the effect continues even for the whole day. However, body's receptivity to that Power is far less or negligible. If a method for storing the Power by some means or the other could be found, it would serve as a great boon for pursuing the integral Yoga by sharing the high divine power with the body also.

By divine Grace, it has been found and also verified by other fellow inmates of the Ashram that if a plain white paper of any size is touched by both hands only for three to five minutes during the meditation time between 10.00 to 10.30 A.M. on the Darshan day of the Ashram, whether in the Ashram premises or in one's house, the paper absorbs and retains permanently the special divine power that rules the Ashram atmosphere at that time. Later on, when one touches the paper, a spiritual-physical power of a high intensity is felt, giving an inward concentration. If the top or bottom corners of the power-paper are touched by finger tips, maximum intensity of the same power is felt. If central part of the paper and its top corners are alternately touched each for two minutes, the power comes to be felt surely even by young beginners of yoga.

Therefore one can use the power paper for the following purposes.

1) For daily meditation at home one shall touch it at top corners for a few minutes. As a result concentration gathers easily and quickly and leads it into the inward depths of heart or mid forehead as the case may be.

2) The power-paper may be touched by one hand and whole fruits by the other simultaneously for two minutes. As a result fruits get charged with the special divine power of the Darshan day. Body also now gets this high power by intake of such charged fruits, and in fact of the daily food and drinks also by such a method of charging. If the daily intake of such charged food, drinks and fruits is continued for a month or two, body too though ignorant, absorbs and retains and builds up the spiritual-physical power - which can be felt