

(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

by touching it. One may now take a photo and verify its power with the old photo.

Therefore for the special purpose of integral yoga, and for the general health of body, the devotees are hereby advised to touch first a plain white paper for five minutes in each Darshan day meditation, and then touch fruits taken in a bag for two or three minutes in that meditation time. Mind and heart receive the divine power directly by meditation, and the body receives it through an acceptable medium like fruit. Thus there is a simple integration of mind, heart and body in regard to the actual receptivity of the special divine power. So necessarily the principle of transformation is hidden up in the process of intake of fruits directly charged with the divine power on that day, and later on by the simultaneous touch of power-paper and fruits.

The Grace-power of the Divine responds suitably and comes in a greater intensity than otherwise, when one holds the paper and touches fruits to receive it in them on Darshan days which fall on 21st February, 29th February, 24th April, 15th August, 24th November. To this list may be included 1st January (for calendar and sweets distribution) also. The Divine brings different modes of His integral power, the inward on 21st February and 29th February, the inward-upward on 15th August, the outward on 1st January, the all round harmony power on 24th April, and the greatest power of integral harmony on the Siddhi day of 24th November. These can be felt by touching especially at the top and bottom corners of the power-paper and also its middle part.

Plain paper and water, if touched in the house during the said Darshan day meditation time 10 to 10.30 a.m., help to receive the maximum intensity of the pure and special power of the Divine. Water so charged shall be used later for drinking as well as for charging food substances, fruits, milk etc by simultaneously touching them with it. Water is the best absorber of the divine power and also its conducting medium for charging food and even bathing water. It has a transforming power and so it may be applied twice a day to the body - on top head, face, sex organ, palms, feet and soles to get its best yogic effects, besides drinking a little of it after gargling it in the mouth.