

SRI AUROBINDO LEARNING CENTER, CRESTONE COLORADO

SAVITRI IMMERSION WORKSHOP SERIES – SAVITRI SOLAR DOME – 2009

We need to acknowledge that there is something we might identify as the mind of **Sri Aurobindo**. His poetry is an expression of something quite particular and unique, in both its form and content.

He is keen to have us understand a certain perspective and experience. As we find in *Savitri*, and as we see in some of the shorter lyrical poems, for example, there are a few main themes, experiences and movements of consciousness that he dwells upon.

- 1) He wants to teach the mind to interpret life and experience in terms of universal principles and forces – the theme of the planes of being.
- 2) Another theme that he dwells upon is the theme of sacrifice, of the journey of the search for the soul, and the movement toward higher regions of consciousness, all done for a purpose: the salvation of humanity. It is the theme of the transformation of the ignorance of humanity into a consciousness and life of truth and light.
- 3) The third theme we discover is the process of liberation, how the inner movement of sacrifice is done, the method of transformation: absolute stillness of the being.



What is being transmitted is not fundamentally information for the mind. SA has said that what he is trying to do is to transmit the force of truth from the highest planes of consciousness. At some point in our development of receptivity and our ability to hear, we are no longer gathering information or interpreting anything, but we are in the presence of the goddess of illumined speech. She is invoked, becomes present, and fills one with the divine force.

Ultimately the purpose of the sacrifice, the Vedic sacrifice of self-offering, is the descent of the divine, here and now, in the invocation. The magical aspect of Savitri is that this energy of transformation is brought to us through the mantric speech of Sri Aurobindo. This is the goal and the path of *Savitri*.



The Yoga of Aswapati (SAVITRI Books 1 and 3) - June 15th through 20th
The Yoga of Savitri (SAVITRI Book 7) - July 13th through 18th
The Yoga of the Transformation of Death (SAVITRI Books 9-11) - August 10th through 15th

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THE INSPIRED BREATH

THE CREATIVE WORD

THE SACRED SONG



EXPLORATIONS IN

- **breathing and its underlying rhythms and patterns, their interplay and bridging of body and mind**
- **the sense of listening to oneself and the world around (its differentiation from mere hearing)**
- **pure awareness in contrast to selective perception**
- **imagination, inspiration and intuition**
- **the rich spectrum and detailed differentiation of the human voice (through games, exercises, improvisations, compositions....)**
- **the meaning of gesture and position**
- **the play and function of emotive states in expression**
- **the freedom and trust in authentic movement**
- **the inherent creativity, spontaneity and flow of self (in contrast to calculation, inhibition and contraction of the ego)**

RESULTING IN

- **heightened awareness of self and others**
- **flowering of the creative potential of the individual and the group in a more free and full expression -**
- **wholesome rhythms and cycles of breath and movement**
- **healing sound and melodies of word and voice**
- **the harmony of our spiritual core and being**

Techniques and modalities used stem from a synthesis of more than 2 decades of experience in contemplative and mystic studies, voice and body work, theater and performance trainings and applications of integral yoga psychology in teaching work for the whole learning spectrum, from infants to aging elders, beginners and professionals.

DAILY EXPLORATIONS FACILITATED BY AURELIO