

SRI AUROBINDO ASHRAM TRUST

Pondicherry – 605002, India (+91-413-2233628)

04 April 2020

Individual Meditation: 7:45pm – 8:15 pm

The 4th of April 2020 marks the 110th Anniversary of Sri Aurobindo's arrival at Pondicherry.

Since the usual collective meditation in the Playground cannot be held this year, an individual meditation is suggested, by yourself, in your room.

The Ashram's official website (www.sriaurobindoashram.org) will have a link on the homepage for the Mother's organ music piece selected for this meditation. You may click on this link to listen to the piece selected.

It may be noted that a similar link will be updated every Thursday and Sunday as well, so that those who would like to continue with the Playground Meditation routine may do so from their homes.

The 4th April is the Ashram New Year, date of Sri Aurobindo's arrival in Pondicherry.

The Mother

I need some place of refuge in which I can complete my Yoga unassailed and build up other souls around me. It seems to me that Pondicherry is the place appointed by those who are Beyond.

Sri Aurobindo
