



The Chipmunk Press

That this one may be more a help.
I could ask for more advice.
We move on from circumstance.
The flower bears witness
In its ephemeral habitat.
What am I on?
The grandeur of a smile.
I can't hear for public speaking.
Habitat some truth.
We need material prayers.
I to do better,
Whether you listen or not.

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The Life Feline

Movement cat conscious
Independent transition
Frequently inner drawn
Ears internal they listen.

Instinct ability
Beckoned nature to climb
Rising direction
Solar feline.

Pastime rooftop spent
Tendency to fall
Four feet landing cushion
Imperative to yogic call.

Inbuilt knowledge
Keeping clean
Occult faculty
Realms Unseen.

Eyes fire kindled
Agni flame bright
Spark vision discernment
Attuned to night sight.

Kitty-cat conscious
A water aversion
Planes high and dry
A progressive excursion.

Aspiration...
The Life Divine
Inner poise...
The Life Feline.

By David Watson

Thrilled in the Sanctuary

Make stress of love to begin with,
 A music carved from the heart.
 There's a soul opening below
 In the nether parts.
 It waits disapproval.
 The feeling,
 It feels like hope.
 It doesn't want to stare at anybody.
 How many times touch the heart.
 It need not touch its groom.
 Don't get an appetite.
 It knows only a hush
 Thrilled in the sanctuary.
 It can guess in the flower.
 What world am I magnet on?
 It has patience this laugh.
 A warm nestling this laugh
 In the flavor of a song.
 It's reserved for things true,
 Waiting in its day for the Rose.
 I mean these petty parts can smile,
 At once the world and its epiphany.
 We come back to the heart,
 A full circle of song our orb has sung.
 Tina doesn't know what.
 Terrible, terrible.
 Can you hear me I'm dressed?
 Are you sure the roads are the same?
 Are you sure we're not gonna touch anything?
 Not if you're wide enough.
 My God that's a song. DD



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Touch Has a Whole Lot of Horse

She felt the lovely footsteps of beauty in her garden.
 You don't have to touch.
 If that's the best thing to learn that's the easiest.
 He said it didn't matter matter didn't matter.
 It matters, but you have to let go of it.
 I'm not gonna worry about it.
 The White, it's fascinating.
 It's so esoterical.
 Rob any age that's true.
 Number one, steal from your stomach.
 There's another substance here.
 There's another subject here.
 That's enough.
 If you steal someone's life-force you steal someone's money.
 Life-force is what I need to finish this notebook.
 Electric ear.
 Life-force is what I need to lift a finger.
 Here let me hold it.
 Daddy no problem,
 I have energy.
 We didn't draw the stars for two times.
 What's your problem dude?
 You think you're so special.
 Touch has profound.
 Maybe I'm helping you get fed.
 Is the debate over?
 Ah that'd be great.
 I'd better explain.
 Touch is necessary.
 Little I'm do it,
 Little need it.
 When you're providing
 Lessen the load.
 Touch should bright and shiny.
 That finer material substance brightens.
 We put a lot on you,
 A whole lot.
 You might be able to find it
 Show them respect.
 That's just the easiest
 You touch forever. DD

From First, From Within

By Douglas McElheny

A column dedicated to exploring the role of dreams, voices and visions in the integral yoga.

In the last installment of *From First, From Within* we discussed the two purposes that dreams, voices and visions seem to serve. The first is to give knowledge and insight. The second is to give specific guidance for one's sadhana. In the last installment all the examples given were of the first type. So to start things off for this installment I will give an example of direct guidance that came via a voice. The guidance that came was this:

Make sure you see airplanes in everyone.

Now what we have here are instructions for a basic but quite useful mental exercise. This exercise consists in the remembrance that, like you, everyone is an aspiring soul; everyone is an airplane that is learning how to fly.

So what are the benefits of using such an exercise? Well in my own case I have found a number of benefits from it. In a general sense I have found it to be useful for keeping my mental perspective turned in the direction of the Divine and the unity of all things instead of on the mundane and divided appearance of things. More specifically however I have found it helps me to be more patient, compassionate and helpful towards my fellow men. I have also found that it is useful for warding off feelings of superiority to others that are apt to creep in.

Let us now take a look at a dream. This dream is an interesting example because it offers both knowledge and guidance. It is primarily a knowledge giver however. I have found that, in my own dream life at least, dreams mainly serve to give knowledge rather than direct guidance. According to the Mother, this is the way it normally is. She says:

Very few dreams have a meaning, an instructive value, but all dreams can show you what your present state of consciousness is and how things are combined in the subconscious, what the terrestrial influences are, what traces they leave and how they are combined. This is a very interesting subject of study.¹

Having said that let's move on to the dream itself.

When the dream begins I am holding a metallic sphere in my hands. It's about the size of a baseball. I open it and inside is an oddly shaped piece of glass. I know that it contains the body of a slain hostile being like a demon or something. On closer examination I see that the glass is filled with a viscous liquid. I

think to myself that the body must be decomposed, but then I see that there is some sort of egg floating in the liquid. There is a friend standing there with me. I show it to him and tell him, "Hey look! It must be trying to regenerate." Then I think to myself that if its attempt to regenerate is successful then it was meant to be.

I decide to close the metal sphere but am unable to close it completely. I reopen it and now can see that the egg has split open and is empty. Then I notice that I am holding the sphere over the sink. I realize that the regenerated demon has escaped down the drain. I watch as a very large ant goes crawling down the drain. I hear the ant squealing and I realize that the demon really is in there and is attacking the ant. The friend I'm with leans over the drain to get a closer look and I tell him, "No, no don't! It will come out of there and go up your nose!" He backs away and then the demon comes up out of the drain. It is a long serpent like creature with the head of a dragon. I see it is going to attack my friend so I tell it "Stop! The last time you did this you terrorized the whole city!" So it stops and then it looks at me and I can see that there is nothing human in this thing anymore though somehow I know that there once was.

Then the scene shifts, and as the observer, I see an elvish looking creature screaming the word 'fire' as it charges towards something I can't see. I know however that it is attempting to attack the demon. I also know that the attack fails.

Lastly, I am with a guruish old man. I am apologizing to him about my inability to defeat the demon. He tells me not to worry because he is going to give me some new magic to use against it. End of dream.

Sadly, I don't remember the specific events of my life at this time. However, I do remember that I had the dream during a year I spent at *Sadhana Peetham* which is a small Sri Aurobindo Ashram in Lodi California. For me it was a protected environment in which I did not encounter many of my typical vital difficulties. Given this, the dream seems to show that a certain hostile being, which is accustomed to feeding on my energy, was finding itself starving to death at the time this dream occurred. We can see however that it is now taking action. It has been reborn and its strategy to unbalance me is

take refuge in my subconscious (symbolized by the drain) and to attempt to influence me from there.

Now the ant might represent my physical body and consciousness. It is the first thing to be attacked by the hostile being. Ants often symbolize anxiety—ants in the pants as the saying goes. So the first thing the hostile does is attempt to put my physical consciousness in a state of anxiety. Sri Aurobindo points out this phenomenon in *Letters on Yoga*. He writes:

If the vital keeps its balance, then the attack touches the physical consciousness only with its suggestions and is much more superficial or even it can do no more than create a temporary restlessness, uneasiness or ill-health in the body—the rest of the consciousness remaining unaffected.²

The friend in the dream could perhaps be my own vital which is in danger of being 'led by the nose' by this hostile being. For the moment though he (my vital) seems to be safe.

Now the scene shifts to the attack of the elvish creature who I assume is a representation of me. Its weapon of fire is a symbol of the fire of tapasya and purification. We see however that the attack doesn't cut the mustard this time. Then we have a final shift to the guru scene. Now I believe the guru is a representation of Sri Aurobindo and the new magic represents something he was teaching me on the inner levels that would help me in my struggle against this particular hostile being.

As you can see, this is a very fine example of the type of dream that the Mother describes above. It is showing my state of consciousness at the time as well as the forces (both beneficial and hostile) that were exerting an influence over me. But as I said previously there is an element of guidance in the dream as well. In order to illustrate this I need to point out that I feel the serpent creature doesn't just represent a hostile being. It also represents the vital movement or movements that the hostile being was trying to foster in me. The dream is clearly instructing me to leave the vital movement in the subconscious and not to study it, examine it, mull over it etc. If I follow these instructions I will avoid being led by the nose by this hostile being.

Now I would like to give an example of another type of dream which Sri Aurobindo discusses in *Letters on Yoga*. He tells us:

In the sleep part of the consciousness goes out to other planes of being and sees and experiences things there. It is quite possible for the witness

consciousness to follow these happenings which usually transmit themselves in a coherent transcription to the sleeping part of the consciousness—the latter receives them and they appear as clear significant dreams as opposed to the incoherent dreams of the subconscious³

I often have dreams which show the exploits of my vital in the more seedy regions of the vital plane. They involve coherent sequences where I am indulging in the lower vital delights in bars, brothels, fraternity parties and the like. The dream I am going to share however is of a much different character and is also quite a simple dream.

In the dream I am laying on a table and Sri Aurobindo is massaging my abdomen. It is causing me a fair amount of discomfort but I bear it. Inside myself I can feel a very large and very hard piece of feces which is at the end of my colon. It feels like I have a rock in there and I know that it is blocking my ability to defecate. Sri Aurobindo presses down on my abdomen and crushes the piece in his hand. I can feel that now it is soft and spread out and is no longer blocking things up. End of dream.

Now if this is actually a transcription of a contact with Sri Aurobindo on another plane (most likely the vital) then it is quite simple to interpret. What it shows is Sri Aurobindo taking some action (represented by the massage) to

remove a blockage (represented by the big hard piece of feces) in my subtle body. Given the location one can assume that the blockage was in the base chakra.

Well that wraps things up for this month. See you next month with another installment of *From First, From Within*.

References

1. The Mother, *Words of the Mother*, Collected Works of the Mother Volume 15, Sri Aurobindo Ashram, Pondicherry, p. 348-49.
2. Sri Aurobindo, *Letters on Yoga—Part 4*, Sri Aurobindo Birth Centenary Library Volume 24, Sri Aurobindo Ashram, Pondicherry, p. 1753.
3. *Ibid*, p. 1492.

Lessons Page

They just take up a little bit more family
Sri Aurobindo and the Mother,
Which I like.

DD

I gotta get help.
From who?
From my marker.
Here is the marker played by God,
Savitri.

DD

A problem has destruction on it.
What to do?
I know someone up there will say something different.
If you have a connection with your teacher
Draw neigh unto him.
Do something, now.
Do something new.
Do something now, large, and long.

DD

The Integral Yoga
Handle to the Mother.

DD

Letters On Yoga,
Yet yoga.
Read also.
To the worst person there is
A book of yoga, a book of faith.

DD

When I'm realized I'll be able to get instructions from them better.
What you just said.
Then you realize
There still needs to be some work
Supervised.
Oh just like the Mother and Sri Aurobindo.
Their authority's clear.

DD

We take a living image,
As most often these images are,
And enshrine it to the One.
When you find the Mother's photo you found a nice fit.

DD

The gods, all their costumes, only That.
Maybe one idea is the same idea.
If I'm not surrounded for all the statues.
If I don't have to go around them three times.
Letting a form come to see what the real eye images.

DD

Boy what a following she made.
Worshipped like a God.
Silken interpretation strings.
Is there an Overmind difference?
The Mother made a difference.

DD

Most people are not a disciple of Sri Aurobindo and the Mother.
I am.
I'm sure it would help.
They'll save your life.

DD

Free agent.
What do you think is one and one?
Touches the door of the Integral Yoga.
Muse is just the music.

DM

It doesn't matter if you're for somebody.
If you're religious you're somewhat so.
I have faith in Sri Aurobindo.
As long as it stays just an integral movement
And doesn't go into fascism.

DD

God is golden honey, hungry honey.
Bond up.
If the dates didn't know how to do this, they're successful.

DM

Going on to the drops.
Get a torch.
Sitting in the refrigerator.
Their inner being says,
Till they've moved in a bit.

DM

So what network fences are open in your mind?
Bluetooth.

DM

Why are you looking at me like that?
I'm scared I'll see something in myself
Remote from kin.
Self examination, whatever happened to it?

DD

Character writing on the wall,
Viewpoint of new.

DW

When our sacred feelings for people
Determine emotion.
That's a good law unto itself.

DD