

sri aurobindo and the mother

Sri Aurobindo and The Mother: A Spiritual Partnership That Transformed India and Beyond

sri aurobindo and the mother represent one of the most profound spiritual partnerships in modern history. Their combined work not only influenced India's struggle for independence but also laid the foundation for a unique spiritual philosophy known as Integral Yoga. Diving into their lives, teachings, and legacy reveals a fascinating journey of spiritual evolution, collective consciousness, and the quest for human transformation.

The Spiritual and Historical Context of Sri Aurobindo and The Mother

Before exploring their individual contributions and collaboration, it's essential to understand the historical and cultural backdrop against which Sri Aurobindo and The Mother emerged. The late 19th and early 20th centuries were times of great political turmoil and spiritual seeking in India. The country was under British colonial rule, and many intellectuals, revolutionaries, and spiritual seekers were searching for ways to reclaim India's identity and spiritual heritage.

Sri Aurobindo Ghose, a brilliant scholar and nationalist, initially gained recognition as a freedom fighter. However, his journey soon took a spiritual turn, leading him towards a deeper exploration of consciousness and yoga. Mirra Alfassa, later known as The Mother, was a spiritual seeker from France who joined Sri Aurobindo's mission, becoming his closest collaborator in the establishment of the Sri Aurobindo Ashram in Pondicherry.

Who Was Sri Aurobindo?

Sri Aurobindo was born in 1872 and educated in England at Cambridge University. His early life was marked by academic brilliance and a strong sense of patriotism. Returning to India, he became involved in the Indian independence movement. However, after a profound spiritual experience in 1908, Sri Aurobindo shifted his focus from political activism to spiritual transformation.

He developed Integral Yoga, a comprehensive system aimed at transforming human nature and consciousness. Unlike traditional yogas that focus on renunciation or meditation alone, Integral Yoga integrates all aspects of life, including the physical, mental, and spiritual, toward the realization of a divine life on earth.

The Mother: The Spiritual Partner

Mirra Alfassa, born in Paris in 1878, was a mystic and artist drawn to Eastern spirituality from a young age. She met Sri Aurobindo in the early 20th century and eventually moved to India to work alongside him. Known affectionately as The Mother, she played a vital role in the practical and spiritual administration of the ashram and helped propagate Sri Aurobindo's teachings.

Her spiritual mission was to manifest the divine consciousness on earth, complementing Sri Aurobindo's vision. She was revered not only as a spiritual guide but also as an embodiment of the Divine Feminine, a nurturing force essential for the collective spiritual evolution.

The Teachings of Sri Aurobindo and The Mother

The teachings of Sri Aurobindo and The Mother are deeply interconnected, offering a holistic approach to spirituality that emphasizes evolution, transformation, and the divine nature of existence.

Integral Yoga: A Path Beyond Traditional Yoga

Integral Yoga, as propounded by Sri Aurobindo, seeks to transcend the limits of human nature by transforming the entire being. Instead of escaping the world, this yoga embraces life in all its dimensions, aiming for spiritual realization while remaining active in the world.

Key elements of Integral Yoga include:

- **Self-Transformation:** The aspiration to transform the physical body, vital energies, mind, and spirit.
- **Divine Manifestation:** The goal is to manifest the supramental consciousness on earth, leading to a divine life.
- **Unity of All Paths:** Accepting and harmonizing various spiritual paths rather than rejecting any.

The Mother's role in this process was crucial—she worked to create an environment conducive to this transformation, emphasizing devotion, surrender, and the dynamic power of the Divine Mother.

The Divine Feminine and The Mother's Spiritual Role

One of the most distinctive aspects of their collaboration is the emphasis on the Divine Feminine principle, personified in The Mother. She was seen as the Shakti, or spiritual energy, that complements Sri Aurobindo's consciousness. This balance of masculine and feminine energies is fundamental to their vision of spiritual evolution.

The Mother's spiritual work involved what she called the "descent of the supramental consciousness" – a higher level of consciousness that would radically transform human nature. She was also deeply involved in practical aspects, such as managing the ashram community and later founding Auroville, an experimental township dedicated to human unity and spiritual progress.

The Legacy of Sri Aurobindo and The Mother

The influence of Sri Aurobindo and The Mother extends far beyond the confines of their ashram in Pondicherry. Their teachings continue to inspire spiritual seekers, social reformers, and scholars worldwide.

The Sri Aurobindo Ashram and Auroville

The Sri Aurobindo Ashram remains a vibrant center for spiritual practice and study, attracting people from across the globe. It is a living testament to their vision of a spiritual community where people can pursue Integral Yoga in daily life.

Auroville, founded in 1968 under The Mother's guidance, is an international township that embodies their ideals of human unity, sustainable living, and spiritual growth. It operates as a laboratory for new ways of living that transcend nationality, religion, and culture.

Influence on Modern Spirituality and Philosophy

Many contemporary spiritual teachers and philosophers draw inspiration from Sri Aurobindo and The Mother's work. Their ideas about evolutionary spirituality, the integration of science and spirituality, and the potential for a divine life on earth continue to resonate in today's world.

Their writings, including Sri Aurobindo's magnum opus "The Life Divine" and The Mother's collected works, provide deep insights into the nature of consciousness and the future of humanity.

Practical Insights from the Teachings of Sri Aurobindo and The Mother

For those interested in incorporating the wisdom of Sri Aurobindo and The Mother into daily life, several practical approaches stand out.

Embracing Integral Yoga in Daily Life

Integral Yoga encourages active participation in the world while maintaining spiritual awareness. This means:

- **Mindfulness in Action:** Being fully present and conscious in everyday tasks.
- **Surrender to the Divine:** Cultivating a sense of surrender and trust in a higher power.
- **Self-Observation and Inner Work:** Regular self-reflection to overcome limiting habits and develop spiritual qualities.

Fostering the Divine Feminine Within

The Mother's emphasis on the Divine Feminine invites one to cultivate qualities such as compassion, creativity, receptivity, and nurturing energy. Balancing these with the active, dynamic energies in life can lead to a more harmonious and fulfilled existence.

Living in Harmony with Others

Inspired by their example in building spiritual communities, one can strive to foster unity, cooperation, and mutual respect in social and professional environments. This reflects their ideal of human unity beyond divisions.

Exploring the teachings and life of Sri Aurobindo and The Mother offers a unique window into a spiritual tradition that combines profound philosophy with practical living, aiming for the evolution of humanity itself. Their partnership remains a beacon for those seeking not only personal transformation but a collective awakening to higher consciousness.

Frequently Asked Questions

Who was Sri Aurobindo and what is his significance?

Sri Aurobindo was an Indian philosopher, yogi, guru, poet, and nationalist who played a key role in India's independence movement and later developed a spiritual practice called Integral Yoga aimed at transforming human life.

Who is The Mother in relation to Sri Aurobindo?

The Mother, born Mirra Alfassa, was a spiritual collaborator and companion of Sri Aurobindo. She played a crucial role in establishing the Sri Aurobindo Ashram and advancing the practice of Integral Yoga.

What is Integral Yoga as taught by Sri Aurobindo and The Mother?

Integral Yoga is a spiritual practice developed by Sri Aurobindo and The Mother that seeks the transformation of all aspects of human life—physical, mental, emotional, and spiritual—into a divine life on earth.

How did Sri Aurobindo and The Mother contribute to spiritual philosophy?

They contributed by integrating Eastern spiritual traditions with modern ideas, emphasizing evolution of consciousness, and pioneering a path that combines spiritual realization with active involvement in the world.

What is the Sri Aurobindo Ashram and its purpose?

The Sri Aurobindo Ashram, established in Pondicherry, India by Sri Aurobindo and The Mother, is a spiritual community dedicated to practicing Integral Yoga and fostering spiritual growth and transformation.

How do Sri Aurobindo and The Mother influence contemporary spiritual seekers?

Their teachings inspire many contemporary spiritual seekers to pursue holistic spiritual growth, emphasizing personal transformation, collective evolution, and the realization of a divine life on earth.

Additional Resources

****Sri Aurobindo and The Mother: A Profound Collaboration in Spiritual Evolution****

sri aurobindo and the mother represent one of the most significant partnerships in modern spiritual history, embodying a unique synthesis of Eastern mysticism and Western philosophical thought. Their combined work transcended traditional religious boundaries, fostering a new vision of human consciousness and evolutionary potential. This article explores the intricate dynamics between Sri Aurobindo and The Mother, analyzing their shared spiritual mission, philosophical contributions, and lasting influence on contemporary spirituality.

The Historical Context of Sri Aurobindo and The Mother

Sri Aurobindo, born Aurobindo Ghose in 1872, was a scholar, poet, philosopher, and freedom fighter who later turned to spiritual practice and philosophy. His journey from political activism to metaphysical exploration culminated in the development of Integral Yoga—a comprehensive system aimed at transforming human life and consciousness.

Mirra Alfassa, known as The Mother, was a French spiritual collaborator who joined Sri Aurobindo's mission in the early 20th century. She played a pivotal role in translating his teachings into practical frameworks and nurturing the community that grew around their shared vision. Together, they laid the foundation for the Sri Aurobindo Ashram in Pondicherry, India, which became a hub for spiritual seekers worldwide.

The Synergy Between Sri Aurobindo and The Mother

The relationship between Sri Aurobindo and The Mother was not merely one of teacher and disciple but a profound partnership that combined masculine and feminine spiritual energies. This synergy is often described as the union of the Divine and the Shakti (power or energy), a concept central to many Indian spiritual traditions.

Their collaboration can be understood through several key aspects:

- **Complementary Roles:** Sri Aurobindo primarily focused on the philosophical and metaphysical dimensions of Integral Yoga, while The Mother emphasized the practical application and community-building aspects.
- **Shared Vision:** Both sought to facilitate the transformation of human consciousness from its ordinary mental state to a supramental consciousness, a higher plane of existence Sri Aurobindo described extensively.

- **Mutual Inspiration:** The Mother's intuitive and psychic capacities complemented Sri Aurobindo's intellectual rigor, creating a balanced approach to spiritual evolution.

Philosophical Contributions of Sri Aurobindo and The Mother

Sri Aurobindo's writings, such as **The Life Divine**, **Savitri**, and **The Synthesis of Yoga**, offer a systematic exploration of consciousness and the potential for spiritual transformation. His concept of Integral Yoga aimed to integrate all facets of human existence—physical, vital, mental, psychic, and spiritual—into a unified path of growth.

The Mother expanded on these ideas by focusing on the practical means to embody this transformation. She introduced methods of surrender, aspiration, and self-observation that helped practitioners align with higher consciousness in everyday life. Moreover, The Mother's emphasis on the Divine Feminine energy provided a dynamic force essential for the realization of Sri Aurobindo's vision.

Integral Yoga: Bridging Theory and Practice

One of the most distinctive features of their work is the seamless integration of theory and practice. While many spiritual traditions separate philosophical inquiry from practical application, the collaboration between Sri Aurobindo and The Mother dissolves this divide.

- **Sri Aurobindo's Intellectual Framework:** His extensive philosophical treatises analyze the nature of reality, the evolution of consciousness, and the ultimate goal of human life.
- **The Mother's Practical Guidance:** Through her writings and leadership at the Ashram, she provided accessible techniques for spiritual discipline, including meditation, self-purification, and community living.
- **Community and Environment:** The Mother's establishment of the Ashram created an environment conducive to collective spiritual growth, emphasizing service, creativity, and harmony.

The Impact and Legacy of Sri Aurobindo and The Mother

The influence of Sri Aurobindo and The Mother extends beyond their immediate circle, shaping modern spirituality, philosophy, and even the arts. Their teachings have inspired numerous spiritual movements and individuals seeking an integrative approach to personal and societal transformation.

Global Reach and Contemporary Relevance

The Ashram in Pondicherry continues to attract seekers from around the world, serving as a living testament to their vision. Additionally, Sri Aurobindo's and The Mother's writings have been translated into multiple languages, reaching diverse audiences interested in holistic approaches to spirituality.

In contemporary times, their emphasis on the evolution of consciousness resonates with developments in psychology, neuroscience, and integral theory. The idea that human beings can consciously participate in their own spiritual evolution aligns with current trends toward mindfulness, self-realization, and transformative leadership.

Challenges and Critiques

While widely respected, the teachings of Sri Aurobindo and The Mother have also faced criticism. Some scholars question the practicality of achieving the supramental consciousness or critique the idealism inherent in their philosophy. Others note the challenges in applying Integral Yoga in a modern, fast-paced world, where spiritual discipline can be difficult to maintain.

Nevertheless, the balanced approach combining rigorous intellectual inquiry with practical methods remains a defining strength. The critical engagement with their work continues to foster vibrant discussions in academic and spiritual circles alike.

Exploring the Teachings: Key Concepts and Practices

To gain a clearer understanding of Sri Aurobindo and The Mother, it is useful to explore some of the core concepts and practices they advocated.

1. **Supramental Consciousness:** The ultimate goal of Integral Yoga is the manifestation of the supramental consciousness on earth, transcending

the limitations of mind and ego.

2. **Transformation of the Physical Being:** Unlike many spiritual paths that emphasize renunciation, Sri Aurobindo and The Mother stressed the importance of transforming the physical body to support higher consciousness.
3. **Surrender and Aspiration:** The Mother particularly highlighted the need for surrender to the Divine will and continuous aspiration as essential practices for spiritual progress.
4. **Integral Approach:** Their teachings integrate multiple dimensions of existence—mental, vital, physical, and spiritual—into a cohesive path of development.

This holistic methodology distinguishes their work from other spiritual traditions that may prioritize one dimension over others.

The Role of Art and Culture

An often overlooked aspect of Sri Aurobindo and The Mother's legacy is their appreciation of art and culture as vehicles for spiritual expression and evolution. Sri Aurobindo himself was a prolific poet and thinker, while The Mother encouraged artistic creativity within the Ashram community.

This emphasis on culture reflects their understanding that spiritual transformation is not confined to meditation alone but permeates all aspects of life, including aesthetics and social interactions.

The partnership of Sri Aurobindo and the Mother continues to intrigue scholars, spiritual practitioners, and seekers worldwide. Their combined vision of a conscious evolution of humanity offers a compelling alternative to conventional spiritual paradigms, blending the intellectual with the experiential, the individual with the collective, and the earthly with the divine. As interest in holistic and integrative spiritual practices grows, their teachings remain a vital resource for those aspiring toward a deeper and more expansive understanding of human potential.

[Sri Aurobindo And The Mother](#)

Find other PDF articles:

<https://old.rga.ca/archive-th-024/pdf?trackid=rUw89-5305&title=barbie-mermaid-tale-2-games.pdf>

sri aurobindo and the mother: Sri Aurobindo and the Mother on Love Aurobindo Ghose, Mother, 1966

sri aurobindo and the mother: Some Letters from Sri Aurobindo and the Mother Aurobindo, Aurobindo Ghose, La Mère, Sahana, 1989

sri aurobindo and the mother: Sri Aurobindo and the Mother Kireet Joshi, 1989-01-01 Aryadeva's Catuhsataka, along with the work of Nagarjuna, provided the philosophical basis for much of subsequent Mahayana Buddhism. Like Nagarjuna's Mulamadhyamakakarikas, it too was commented upon by Vijnanavada, or Idealist, thinkers as well as by those of the Madhyamaka, or Middle Way school. Thus the Catuhsataka was interpreted in very different, and yet philosophically rich, fashioned by its sixth century commentators, Dharmapala and Candrakirti: the former saw it as only refuting ascriptions of imagined natures (parikalpitasvabhava) to phenomena while leaving real natures untouched; the latter interpreted Aryadeva's work as a thorough going rejection of all real intrinsic natures (svabhava) whatsoever. Tom Tillemans, in this reprint of his 1990 doctoral thesis, takes up the key themes in Dharmapala's and Candrakirti's philosophies and translates two chapters from their respective works on Catuhsataka. Both commentaries had a strong influence on subsequent Buddhism: Candrakirti's was important for Tibetan developments; Dharmapala's played a formative role in the increasingly marked differentiation between Vijnanavada and Madhyamaka philosophies.

sri aurobindo and the mother: The Mother Sri Aurobindo, 1995 Important small work dealing with the action of the Divine powers in the world and practice of yoga of Sri Aurobindo. Revelatory, inspired writing, frequently called the Matri Upanishad.

sri aurobindo and the mother: Sri Aurobindo and The Mother on Education Aurobindo Ghose, 1965

sri aurobindo and the mother: Sri Aurobindo and the Mother on Education Sri Aurobindo, 1966

sri aurobindo and the mother: *The Mother* , 1985

sri aurobindo and the mother: Letters sri Aurobindo, 1951

sri aurobindo and the mother: *Sri Aurobindo and the Mother on Education* , 1972

sri aurobindo and the mother: *A New Education for a New Consciousness* Aurobindo Ghose, 1992

sri aurobindo and the mother: *Powers Within* Sri Aurobindo, The Mother, 1999 The book throws light on the nature of various inner powers which we already possess and use more or less unconsciously, as well as with latent powers within, which are as yet undeveloped. The book is of interest to the general reader as well as to the spiritual seeker.

sri aurobindo and the mother: On Thought Aurobindo Ghose, Mother, 1986

sri aurobindo and the mother: *The Mother And The Integral Yoga* Compiled From The Works Of Sri Aurobindo, 2002 From the blurb, This compilation of Sri Aurobindo's letters deals primarily with the role of the Divine Mother in the practice of the Integral Yoga. In these letters Sri Aurobindo explains who the Mother is and how one can open oneself to her help. Surrender to the Mother; true relation with her through faith, devotion and love; work for her as part of one's sadhana; receiving her help in difficulties; her Presence, Light and Force; her human embodiment - these are some of the subjects Sri Aurobindo discusses in these letters. He wrote most of them in the 1930s to disciples living in his Ashram in Pondicherry.

sri aurobindo and the mother: *Messages Of Sri Aurobindo And The Mother* , 2021-09-09 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and

republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

sri aurobindo and the mother: Sri Aurobindo on Himself and on the Mother sri Aurobindo, 1953

sri aurobindo and the mother: *International University Centre Collection* Aurobindo, 1953

sri aurobindo and the mother: The mother with letters on the mother and translations of prayers and meditations Aurobindo, 1970 This volume contains Sri Aurobindo's most famous short work on the Divine Mother describing her nature and function, with letters on his spiritual collaborator, the Mother; and translations of some of her Prayers and Meditations . The One whom we adore as the Mother, wrote Sri Aurobindo, is the divine Conscious Force that dominates all existence. . . The Mother is the consciousness and force of the Supreme. In his essay in Part One on the Divine Mother, Sri Aurobindo describes her nature and function and way of working; in other essays he discusses some central aspects of his Yoga. In Part Two, a large section of letters, Sri Aurobindo speaks about his spiritual co-worker, the Mother, whom he held to be the individual embodiment of the Divine Mother. Contents: Part One: The Mother; Part Two: Letters on the Mother; Part Three: Translations from the Mother's Prayers et Meditations . Subjects: Yoga, Philosophy, Indology

sri aurobindo and the mother: Messages of Sri Aurobindo and the Mother Aurobindo Ghose, Mother,

sri aurobindo and the mother: Sri Aurobindo and the Mother. On Education La Mère, sri Aurobindo, Sri Aurobindo international centre of education (Pondichéry, Inde), 1956

sri aurobindo and the mother: *Conversations with the Mother* The Mother (Associate of Sri Aurobindo Ghose.), 1956

Related to sri aurobindo and the mother

List of countries by past and projected future population List of countries by past and projected future population Population of the present-day top seven most-populous countries, 1800 to 2100. Future projections are based on the 2024 UN's

World population is projected to grow from 8.2 billion to a The world's population is expected to grow by more than 2 billion people in the next decades and peak in the 2080s at around 10.3 billion, a major shift from a decade ago, a new

List of countries and dependencies by population (United List of countries and dependencies by population (United Nations) This is the list of countries and other inhabited territories of the world by estimated total population. It is based on estimates

Human population projections - Wikipedia 1. World population growth 1700–2100, 2022 projection World population by age group from 1950 to 2100 (projected) [1] Human population projections are attempts to extrapolate how human

World Population Prospects - Wikipedia World population by broad age group projected to 2100 The United Nations World Population Prospects (WPP) is the official series of global population estimates and projections produced

List of countries and dependencies by population - Wikipedia List of countries and dependencies by population Cartogram of the world's population in 2018; each square represents 500,000 people. This is a list of countries and dependencies by

List of countries by population growth rate - Wikipedia List of countries by population growth rate Population growth rate for 2023 by Our World in Data [1] This article includes a table of annual population growth rate for countries and subnational areas

World population - Wikipedia In world demographics, the world population is the total number of humans currently alive. It was estimated by the United Nations to have exceeded eight billion in mid-November 2022. It took

Microsoft - AI, Cloud, Productivity, Computing, Gaming & Apps Explore Microsoft products

and services and support for your home or business. Shop Microsoft 365, Copilot, Teams, Xbox, Windows, Azure, Surface and more

Office 365 login Collaborate for free with online versions of Microsoft Word, PowerPoint, Excel, and OneNote. Save documents, spreadsheets, and presentations online, in OneDrive

Microsoft - Wikipedia Microsoft is the largest software maker, one of the most valuable public companies, [a] and one of the most valuable brands globally. Microsoft is considered part of the Big Tech group,

Microsoft account | Sign In or Create Your Account Today - Microsoft Get access to free online versions of Outlook, Word, Excel, and PowerPoint

Microsoft cuts 42 more jobs in Redmond, continuing layoffs amid AI Microsoft has laid off more than 15,000 people in recent months. (GeekWire File Photo / Todd Bishop) Microsoft is laying off another 42 workers at its Redmond headquarters,

Microsoft layoffs continue into 5th consecutive month Microsoft is laying off 42 Redmond-based employees, continuing a months-long effort by the company to trim its workforce amid an artificial intelligence spending boom. More

Sign in to your account Access and manage your Microsoft account, subscriptions, and settings all in one place

Microsoft Reportedly Plans to Return to the Office More Microsoft employees at its headquarters in Redmond, Washington, may soon be mandated back to the office, according to new reports

Explore Microsoft Products, Apps & Devices | Microsoft Microsoft products, apps, and devices built to support you Stay on track, express your creativity, get your game on, and more—all while staying safer online. Whatever the day brings,

Download Drivers & Updates for Microsoft, Windows and more - Microsoft The official Microsoft Download Center. Featuring the latest software updates and drivers for Windows, Office, Xbox and more. Operating systems include Windows, Mac, Linux, iOS, and

The United States Social Security Administration Today, the Social Security Administration (SSA) proudly commemorates its 90th anniversary, marking its unwavering commitment to the financial security and dignity of millions of

my Social Security | SSA To create a personal my Social Security account, first you'll need to decide whether to create a Login.gov or an ID.me account. There is no wrong choice, it's just a matter of which account is

Online Services | SSA To create your online my Social Security account, first you'll need to decide whether to create a Login.gov or an ID.me account. There is no wrong choice, it's just a matter of which account is

Contact Social Security | SSA View our full list of online services Our website, www.ssa.gov, is the best way to get help. If you cannot use our website, please call our National 800 Number or your local Social Security

Apply for Social Security Benefits | SSA Different ways to apply for Social Security benefits

Social Security By signing in or creating an account, you agree to the Privacy Act Statement and Terms of Service. If you already have a Login.gov or ID.me account, do not create a new one. You can

Benefit types | SSA A listing of resources for Social Security's benefits

Create an Account | my Social Security | SSA Effective June 7, 2025, Login.gov and ID.me are now the only sign in options to use Social Security's online services. We have removed the option to sign in using a Social Security

Make or change an appointment | SSA Learn how to make or change an appointment at a Social Security office

SSA Office Locator Social Security Office Locator, Social Security This service is not available at this time. Please try again during our regular service hours (Eastern Time)

Related to sri aurobindo and the mother

Sri Aurobindo's Integral Psychology (Psychology Today4mon) Aurobindo Ackroyd Ghosh, the polymath Indian philosopher, freedom fighter, and revolutionary yogi, was trained in England in the Classics (St. Paul's School and King's College, Cambridge); it turns

Sri Aurobindo's Integral Psychology (Psychology Today4mon) Aurobindo Ackroyd Ghosh, the polymath Indian philosopher, freedom fighter, and revolutionary yogi, was trained in England in the Classics (St. Paul's School and King's College, Cambridge); it turns

Back to Home: <https://old.rga.ca>