

Introduction to
Integral Yoga
of
Sri Aurobindo

Presented by
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All life is Yoga



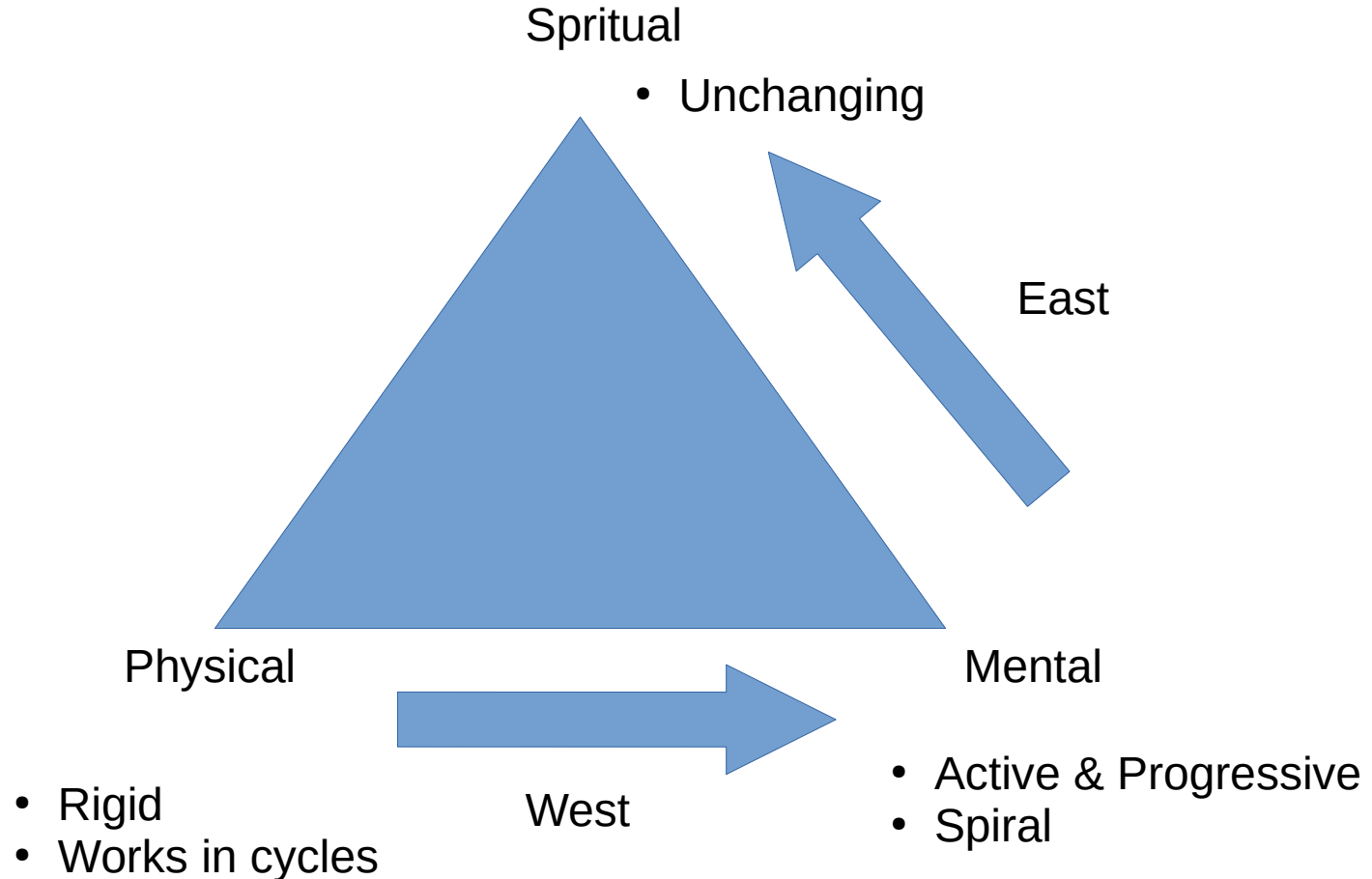
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Sri Aurobindo

- 15 August 1872 – 5 December 1950
- Philosopher, yogi, maharishi, poet, and Indian nationalist
- Journalist, editing newspapers such as *Bande Mataram*
- *Aurobindo studied for the Indian Civil Service at King's College, in Cambridge, England.*
- *Civil service works under the Maharaja of the princely state of Baroda*
- *Involved in nationalist politics in the Indian National Congress*
- *He was arrested for bombings linked to his organization Alipore Conspiracy.*
- *During his stay in the jail, he had mystical and spiritual experiences*
- *At Pondicherry, Sri Aurobindo developed a spiritual practice he called Integral Yoga.*
- *Nominated twice for the Nobel prize, 1943 for the Nobel award in Literature and in 1950 for the Nobel award in Peace.*
- *His main literary works are The Life Divine, which deals with the philosophical aspect of Integral Yoga*
- *Synthesis of Yoga, which deals with the principles and methods of Integral Yoga*

A Yogi can do Anything

Three Folds of Life



Existing Systems of Yoga

- Yog does something seems impossible at the beginning.
- But have problems
 - Loads our natural human life under the load of machinery to purchase certain form of freedom.
 - Mastery at the price of increased servitude
 - Draws away from the common existence

If he gains god, he loose life, if he holds life he looses god.

Synthesis of Yoga

- Human crisis are many side, so does solution should also be many sided. Hence Synthesis.
- Not by merely picking the best from each school of yoga.
- Or not by practicing each successively.
- But by merging the central principals common to all the system.

Aim Of Integral Yoga

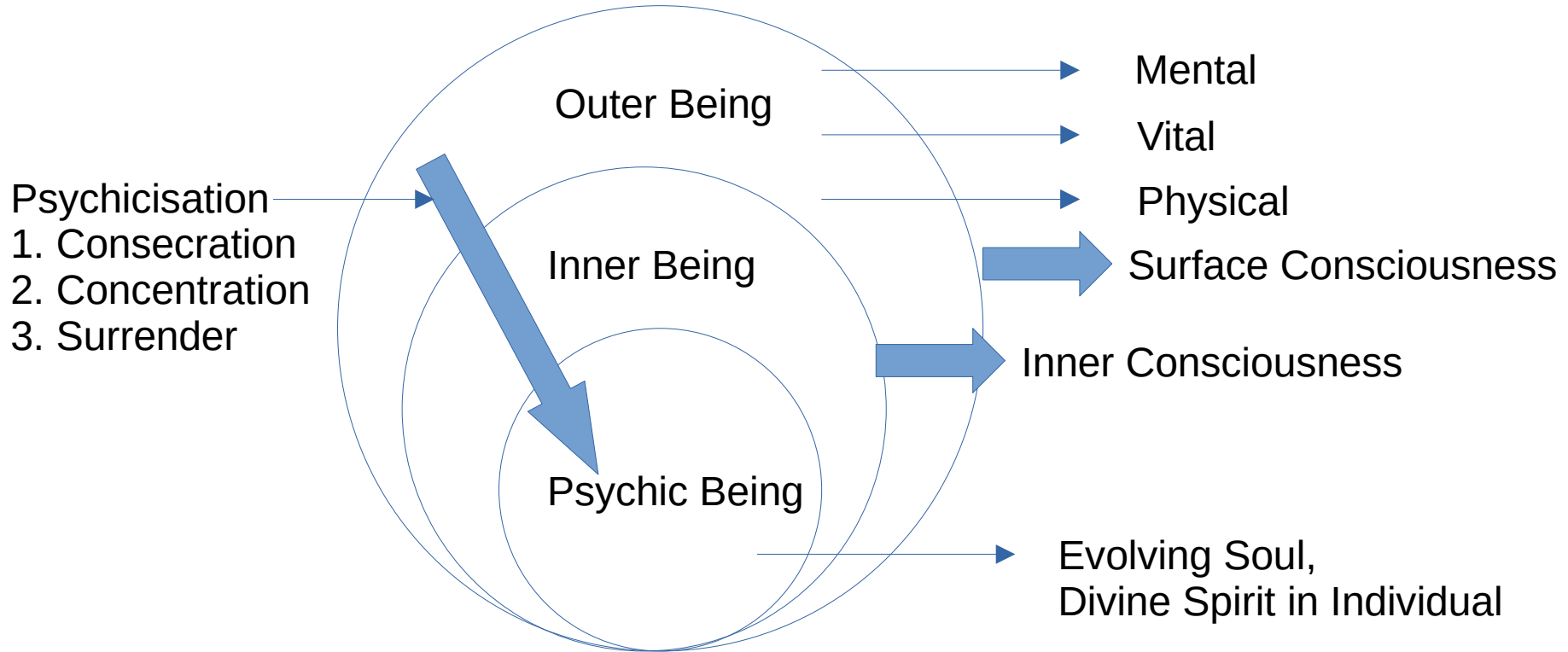
“The passage from the lower to the higher is the aim of Yoga; and this passage may effect itself by the rejection of the lower and escape into the higher, — the ordinary view-point, — or by the **transformation** of the lower and its elevation to the higher Nature. It is this, rather, that must be the aim of an integral Yoga.”

The synthesis of Yoga, Page 45

Levels of Being



Types of Being



Three Stage of Integral Yoga

- 1) Contact with the Divine
- 2) Preparation for whole lower nature to become higher nature
- 3) Transformation

Not just for Individual

“We have to recognise once more that the individual exists not in himself alone but in the collectivity and that individual perfection and liberation are not the whole sense of God’s intention in the world. The free use of our liberty includes also the liberation of others and of mankind; the perfect utility of our perfection is, having realised in ourselves the divine symbol, to reproduce, multiply and ultimately universalise it in others.”

- [The Sythesis of Yoga, Page 29]

References

1. Book The Synthesis of Yoga by Sri Aurobindo

2. Websites

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3. https://en.wikipedia.org/wiki/Sri_Aurobindo

3. Youtube

1. Sri Aurobindo & the Earth's Future - Part I : From Darkness to Light <https://youtu.be/47yhMAAjRyM>

2. Integral Yoga - Sri Aurobindo <https://youtu.be/uq6CKMU4JXA>

3. Evolution Fast-forward - Part 2 - Integral Yoga of Sri Aurobindo <https://youtu.be/1tFtHPA87ZM>

4. Integral Yoga: An Introduction to Principles, Theory and Practice (TE 444)
<https://youtu.be/gRzZ3iDWcvc>

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