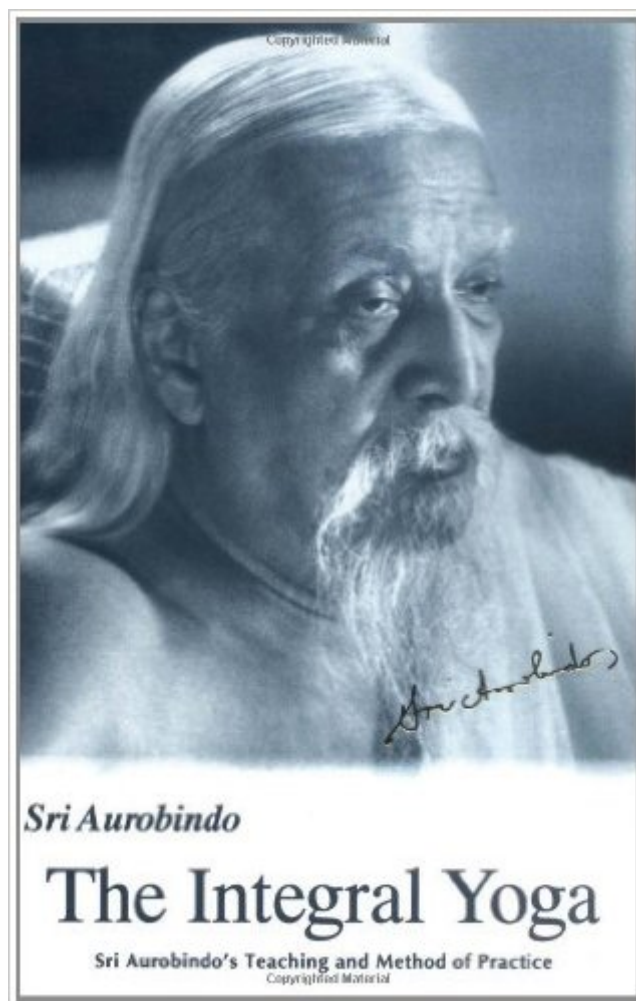


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# Integral Yoga: Sri Aurobindo's Teaching & Method Of Practice



## Synopsis

Integral Yoga: Sri Aurobindo's Teaching & Method of Practice US Edition One of the foremost Indian philosophers of the twentieth century, Sri Aurobindo was also a political activist, a mystic and a spiritual leader. Between 1927 and 1950, Sri Aurobindo remained in seclusion while perfecting a new kind of spiritual practice he called the Integral Yoga. During this period he gave detailed guidance to disciples and seekers, responding to thousands of inquiries. This correspondence constitutes a major body of work on the practice of yoga-sadhana. The present volume brings together a comprehensive selection of Sri Aurobindo's letters, organized by area of interest. An ideal introduction to his work and vision, it will also serve as an invaluable daily handbook for seekers of all paths - beginners and experienced practitioners alike. Glossary.

## Book Information

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## Customer Reviews

This is one deep book. Aurobindo is masterful in his analysis of the mind & brain, especially its limitations. As a person approaching everything in life via intellect I found his explanations right on the dot & revealing. He explains why we need to transcend our faculties to something higher. One can make more sense of the book if accompanied by spiritual practice & experience to relate to. Not for the faint hearted.

I've seen this book referenced more than a dozen times by Wilber in his books so when the book presented itself I jumped at it. It's not a book written by Aurobindo but personal instruction to those

who have written to him seeking guidance. This book is packed with the knowledge of one of India's most accomplished saints. This book reveals valuable insights for the spiritual traveler as well as a road map of the journey. A book I would say is indispensable for anyone on the path.

If ever you've wondered how to integrate the living of your life into your spiritual practice so that your life can actually become your practice, then Aurobindo's "The Integral Yoga" is for you. Here is one of the few recent sages who not only saw beyond the beyond, but lived his life from that perspective. If you've been searching, but not finding answers, chances are that Aurobindo's cogent comments will more than meet that need as he walks you through what it means to lead a deeply spiritual life, and then shows you how to do it.

This book is for those who want to conquer their everyday problems for ever and not seek an escape from them. Unlike his other books, the selections in this book are in easier prose. You could open this book when Tylenol fails to bring sleep after a bad day, and pillow yourself with a good dream. Or you can read it first thing in the morning and allow yourself a great day ahead! It is not a typical book that you must begin on its first page. It is a compilation of paragraphs and pages selected from his other writings, outlining the solutions arrived at by Sri Aurobindo after his experiments with Integral Yoga. Depending on what area of your life you are seeking to deal with on a given day, you can jump to the topic directly. Whether you are seeking a higher peace or running away from your lower order problems, it is a book for you, for your spouse, for your child and for your parent. If you want to raise your purpose in this life to a higher possibility then this book is your waiting chance.

If you are the type of person who is seeking to understand the abilities of human consciousness beyond the day-to-day existence, this material will provide you with that information. It would appear that other books, self-help books in particular, have taken one piece of the totality of knowledge required to put into practice a desired existence inclusive of several realms of consciousness. They are not helpful in reaching these realms or levels. The Integral Yoga is not "one piece" it is the totality. Within the pages of this book you will find the knowledge of a man, Sri Aurobindo, who, with continued practice, was able to reach realms or levels of consciousness unimaginable to most. Clearly written, easy to understand and practice. It is a journey that is more fulfilling than any journey you might take in the world of matter.

EDIT: Returning to this book several years later I see how invaluable it is. Some of the things that did not resonate with me before now resonate with me profoundly. This is after having begun my own practice of meditation for several years. I change the rating to 5 stars. This book contains letters that Sri Aurobindo had written to other yoga practitioners in his later years. As such, the book is organized into twelve chapters that touch on various themes of yoga such as basic principles of the philosophy of yoga, stages that one goes through in their yogic development, information about the human ego, and what makes Aurobindo's Integral Yoga different from other yogas. As a non practitioner this book was a great way to get a basic understanding of the method. The book also demonstrates Sri Aurobindo's highly developed and intellectualized writing style - even his letters are a pleasure to read. On top of this, Sri Aurobindo has shown himself to be an incredibly brilliant man and master psychologist. I would recommend this book for both beginner's and experts as it contains a wide range of topics. It can be used largely as a reference book.

Wow, there are great books, and there are books that leave you in somewhat a query, this book exceeds the "great book status, and moves to the awesome book status. Aurobindo's awareness is rare, and certainly focuses on devotion to God, rather than, acquiring knowledge. Aurobindo succeeds in relating liberation with the reality of actually knowing and wanting God.

This is an advanced text on Yoga. I would recommend it for someone who has already been awakened and enlightened, and is on the verge of experiencing realization. Its purpose is to integrate illumination into daily life by transforming ordinary consciousness into mystical awareness. The book is loaded with insight after insight into the spiritual nature that is us and surrounds us. The constant flow of insights will cause frequent reflections and meditations to occur so the book will take awhile to read. Because the topic is about the mystical core common to the Creation and therefore common to all religions, you may also find yourself stopping and researching ideas from other religions such as Buddhism, Christianity and Sufism. I highly recommend the book. If you are a beginner to yoga, an introductory book on any or all of the monistic religions will be helpful followed by Sri Aurobindo's book, *Our Many Selves*. I rated it a 4 because it is written in the guru-disciple, Q & A format which general audiences may find somewhat awkward. The vocabulary uses terms-of-art from many other spiritual traditions that may be unfamiliar to the casual reader, especially since there is great depth to their meanings.

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