

Overview of Course Material

Integral Yoga, Level I.A.

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Sri Aurobindo's and the Mother's Life

Sri Aurobindo's Early Life

The Mother's Early Life

Their Collective Sadhana

Auroville and the Matrimandir

Resources: More on Sri Aurobindo's Early Life

Overview of Integral Yoga

Key Integral Yoga Concepts

Commonality with other Spiritual Paths

Sri Aurobindo's and Mother's Symbol

The Mother's Symbol: Four Mahashaktis

Exercise: Higher principles that guild your life

The Mother's Symbol: 12 Living Principles

Reflective practice: Sincerity

Sri Aurobindo's Symbol

Parts of our Being and Levels of Consciousness

The Outer and Innermost Being

Integral Yoga, Level I.B.

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The Mother's writings and publications

Living an Integral Life: Finding Your Center of Gravity

The Role of Ordeals and Difficulties

Making Important Decisions in Life

Part A: Identify a current or near-term choice to be made

Part B: What is motivating factor behind the choice?

Part c: Inner most yearning or aspiration

Part D: Why is following our inner Truth so difficult?

Parts of the Being and Levels of Consciousness

“... our momentary personality is only a bubble on the ocean of our existence”

Jivatman, Soul and Psychic Being

Practice: Going Withing

Ego is the Helper, Ego is the Bar

Integral Yoga I.C.

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Sri Aurobindo's writings and publications

An Inspirational Animation Film on Sri Aurobindo's Life

The Purpose of Life is a Life of Purpose

The Soul's Swabhava and Its Expression in life

The Power of Sincerity

What is Your Solu's Swabhava

Soul-forces Questionnaire

Soul-forces Score

Summary of Soul-force Descriptions

The Inner or Subliminal Reals

Our Inner Nature

The Journey Inwards

The Subconscious in Sri Aurobindo's Cosmology of Consciousness

Integral Yoga I.D.

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The Mother and Flowers

The Significance of Flowers

Symbolism of Colors

The Flowers of the 12 Living Principles

Matrimandir Gardens

Union of Spirit and Matter: Science, Consciousness and a Life Divine

The Journey Inwards Continues

The Cosmic Consciousness and its influence on our Environment Consciousness

Widening our Consciousness

Practice: Widening Your Consciousness

Integral Yoga Practice: Mirroring

Integral Yoga I.E.

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Sri Aurobindo on the Object of Integral Yoga

A Closer Look at the Outer Being

The Intermixing of the Outer Consciousness

Subdivisions of the Physical, Vital and Mental Consciousness

An Evolutionary Perspective of Vital Education

Higher Ranges of the Mind

The Higher Mind

The Illumined Mind

Practice: Heightening Your Consciousness

Integral Yoga: I.F.

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Sri Aurobindo's Five Dreams

The Involution and Evolution of Consciousness

Involution and Evolution and the Role of the Psychic Being

Theories of Evolution and Sri Aurobindo's Concept of the Complete Person

Still Higher and Vaster Planes of Consciousness

Intuition and the Intuitive Mind

Overmental Plane and the Overmind

Brahman, Satchidananda and the Supramental

Practice: Silencing the Mind

Resources