

Contents

Sri Aurobindo's and Mother's Life	
Sri Aurobindo's Life	
Level I.A: Sri Aurobindo's Early Life	
Level I.A: Resources: More on Sri Aurobindo's Early Years	
Level I.C: Sri Aurobindo's Major Works	
Level I.C: Where to begin and how to read Sri Aurobindo's writings	
Level I.C: An Inspirational Animation Film on Sri Aurobindo's Life	
Level I.E: The Object of Our Yoga	
Level I.F: Sri Aurobindo's Five Dreams	
Mother's Life	
Level I.A: Mother's Early Life	
Level I.B: The Mother's major works	
Level I.D: The Mother and Flowers	
Sri Aurobindo and the Mother: Their Collective Sadhana	
Level 1.A Their Collective Sadhana	
Auroville	
Level I.A: Auroville and Matrimandir	
Integral Yoga	
Level I.A: Integral Yoga Overview	
Introduction	
Key Integral Yoga Concepts	
Commonality with other Spiritual Paths	
Level I.B: Living and Integral Life: Finding Your Center of Gravity	
The Role of Ordeals and Difficulties	
Level I.D: Union of Spirit and Matter: Science, Consciousness and a Life Divine	
Level I.D: Integral Yoga Practice: Mirroring	
Level I.F: 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, Kireet Joshi	
Sri Aurobindo's and the Mother's Symbol	
Mother's Symbol: Four Mahashaktis	

Level I.A: The Mother’s Symbol: Four Mahashaktis.....	
Level I.C: The Purpose of Life is a Life of Purpose	
Level I.C. What is Your Soul’s Swabhava?	
12 Living Principles.....	
Level I.A: The Mother’s Symbol: 12 Living Principles.....	
Level 1.C The Power of Sincerity	
Sri Aurobindo’s Symbol	
Level I.A: Sri Aurobindo’s Symbol.....	
Parts of our Being and Levels of Consciousness	
Level 1.A: Overview, What is Consciousness?.....	
The Outer and Innermost Being.....	
Level I.B: Parts of the Being and Levels of Consciousness	
“... our momentary personality is only a bubble on the ocean of our existence.”	
Jivatman, Soul and the Psychic Being.....	
Practice: Going Within	
Ego is the Helper, Ego is the Bar.....	
Level I.C: The Inner or Subliminal Realms	
Our Inner Nature.....	
The Journey Inwards	
The Subconscious in Sri Aurobindo’s Cosmology of Consciousness	
Level I.D: The Journey Inwards Continues	
The Cosmic and Environmental Consciousness	
Widening Your Consciousness, Sraddhalu Ranade	
Practice: Widening Your Consciousness.....	
Level I.E: A Closer Look at the Outer Being.....	
The Intermixing of the Outer Consciousness	
Subdivisions of the Physical, Vital and Mental Consciousness	
A Closer Look at the Inner and Innermost Being	
The Inner Being and Its Personality	
The Innermost Being and the Three Purushas.....	
Higher Ranges of the Mind: The Higher Mind and Illumined Mind.....	
Level I.E: Practice: Heightening Your Consciousness	
Level I.F: Still Higher and vaster Planes of Consciousness	

Intuition and the Intuitive Mind.....

Overmental Plane of Consciousness

Brahman, Satchidananda and the Supramental Plane of Consciousness

Sri Aurobindo's Evolutionary Concept of Consciousness

Resource: Double Foundation of Yoga

