

# The Integral Yoga of Sri Aurobindo and the Mother



**Sri Aurobindo's Integral Yoga is a comprehensive approach to the evolution of consciousness for the individual and for humanity as a whole.**

**Integral Yoga is a process for accelerating the materialization of spirit and the spiritualization of matter.**

**S**ri Aurobindo states that this One Being and Consciousness is manifest here in Matter. Evolution is the method by which it liberates itself. Consciousness appears in what seems to be inconscient, and once having appeared is self-impelled to grow higher and higher and at the same time to enlarge and develop towards a greater and greater perfection.

Life is the first step of this release of consciousness. Mind is the second. But the evolution does not finish with mind; it awaits a release into something greater, a consciousness that is spiritual and supramental. The next step of the evolution must be towards the development of Supermind and Spirit as the dominant power in the conscious being. Only then will the involved Divinity release itself entirely and make possible the perfection of life on earth.

**I**ts goal is to integrate the physical, mental, and spiritual aspects of ourselves - to unite the infinite in the finite, the timeless in the temporal, and the transcendent in the immanent. Sri Aurobindo and his spiritual collaborator, the Mother, describe their teachings in numerous works of philosophy, poetry, talks, letters, translations, and commentaries on spiritual texts. They explain the many levels of consciousness, including the highest one, the Supramental, which is beyond the three lower planes of Matter, Life, Mind, and beyond other levels of consciousness that are not part of our everyday awareness. They envision the further evolution of humanity toward the embodiment of Supermind, which

will allow us to live in harmony with our ultimately manifested divine nature.

The teachings of Sri Aurobindo start from those of the ancient sages of India who experienced that behind the appearances of the universe there is the Reality of a Being and Consciousness, a Self of all things, One and eternal. All beings are united in that One Self and Spirit but divided by the illusion of a certain separativity of consciousness, an ignorance of their true Self and Reality manifested in the mind, life, and body. It is possible by a certain psychological discipline to remove this veil of separative consciousness and become aware of the true Self, the Divinity within us and all.



Sri Aurobindo was born in India but was raised in London from age five. He read all the English poets and graduated from Cambridge University. The oriental hemisphere of his culturing was ignited as he returned to India at 21 and quite rapidly emerged, possessing a planetary consciousness. He read, translated, and commented on many ancient Hindu texts and studied many yogas and yogic practices. He applied his love for India and his expanding yogic realizations as a leader in the Free India movement, before settling in Pondicherry where an ashram developed around him, managed by the Mother.

Named Mira Alfassa at birth, the Mother was born and raised in Paris to Jewish parents from Turkey and Egypt. Through early mystical adventures in France, she connected with Sri Auro-

bindo in dreams and meditations. She was an enthusiastic explorer of the Divine Consciousness before traveling to India and meeting Sri Aurobindo. Individually and together they explored Western and Eastern spiritual traditions. Synthesized and expanded by their own inner experiences, their insights emerged as the Integral Yoga.

**Integral Yoga is a very wide yet pointed working for the person and the planet to realize our involved potential in an evolved physical, emotional, mental, and spiritual reality. Not to just be better people and a better world but, eventually, new beings on a transformed Earth. It offers a vision occasionally seen through cracks of the present and amplified by the numerous writings of both teachers as helpers along the way. Though intimate with all the past, the Integral Yoga carries the light of the future for each one who feels its call.**

# Savitri by Sri Aurobindo

With nearly 24,000 lines, Savitri is an epic poem which expresses this evolutionary change of consciousness in mantric verse.

It recounts the transformation of humanity through terrestrial and spiritual growth and describes the emergence of an immortal supramental race upon Earth.

Though based on an Indian legend and filled with beautiful, powerful, and dramatic imagery, it is not a text to be studied, but a form of transmission that bypasses the mind and speaks directly to the evolving soul. Sri Aurobindo composed it over five decades and re-wrote it with each step in his spiritual evolution until his passing in 1950. Its primary figure is a woman who bears the aspiration of all humanity for the Earth and its people to live out the dream of the Divine.

The Mother said about Savitri: "Everything is there: mysticism, occultism, philosophy, the history of evolution, the history of man, of the gods, of creation, of Nature. How the universe was created, why, for what purpose, what destiny - all is there. You can find all the answers to all your questions there. Everything is explained, even the future of man and of evolution, all that nobody yet knows. He has described it all in beautiful and clear words so that spiritual adventurers who wish to solve the mysteries of the world may understand it more easily."

**Savitri is a consummate companion  
in the adventure of consciousness and joy  
that leads the Integral Yoga.**

**Different than other poetry, it is entirely mantric,  
inviting reading not just by the heart and mind, but  
by the soul in a body of sound  
quickenened and radically empowered  
by spoken acquaintance.**

## Excerpt from Savitri

(Book I: The Book of Beginnings,  
The Secret Knowledge pp. 47-48)

[It is more powerful when read aloud.]

In moments when the inner lamps are lit  
And the life's cherished guests are left outside,  
Our spirit sits alone and speaks to its gulfs.  
A wider consciousness opens then its doors;  
Invading from spiritual silences  
A ray of the timeless Glory stoops awhile  
To commune with our seized illumined clay  
And leaves its huge white stamp upon our lives.  
In the oblivious field of mortal mind,  
Revealed to the closed prophet eyes of trance  
Or in some deep internal solitude  
Witnessed by a strange immaterial sense,  
The signals of eternity appear.  
The truth mind could not know unveils its face,  
We hear what mortal ears have never heard,  
We feel what earthly sense has never felt,  
We love what common hearts repel and dread;  
Our minds hush to a bright Omniscient;  
A Voice calls from the chambers of the soul;  
We meet the ecstasy of the Godhead's touch  
In golden privacies of immortal fire.  
These signs are native to a larger self  
That lives within us by ourselves unseen;  
Only sometimes a holier influence comes,  
A tide of mightier surgings bears our lives  
And a diviner Presence moves the soul;  
Or through the earthly coverings something breaks,  
A grace and beauty of spiritual light,  
The murmuring tongue of a celestial fire.

## References for the further study and practice of the Integral Yoga

[www.sriaurobindoashram.org](http://www.sriaurobindoashram.org) All the works of Sri Aurobindo and the Mother are available free in PDF format.

Sri Aurobindo Society ([www.sriaurobindosociety.org.in](http://www.sriaurobindosociety.org.in)) Site of the Sri Aurobindo Society, a large organization founded by the Mother with approximately 50 branches and 300 centres in India and abroad.

Sri Aurobindo Sadhana Peetham ([www.sasp.collaboration.org](http://www.sasp.collaboration.org)) and [www.auomere.com](http://www.auomere.com), site of Auomere Ayurvedic Imports.

[www.miraura.org](http://www.miraura.org) An excellent site that provides a wealth of information and links regarding Sri Aurobindo's Yoga and teachings, Sri Aurobindo Centers and study groups, Auroville, the Sri Aurobindo Ashram in Pondicherry, India, online discussion groups, etc.

[www.collaboration.org](http://www.collaboration.org) The site for the Sri Aurobindo Association of America.

[www.auroville.org](http://www.auroville.org) Auroville is a universal township in South India founded by the Mother in 1968 as an experiment in human unity. It currently has 2,500 residents from 55 countries who are developing transformative approaches in many areas of human endeavor.

Books by, compilations of the writings of, and books about Sri Aurobindo and the Mother are available from: Pondicherry Yoga Arts, Woodstock, NY ([www.pondi.biz](http://www.pondi.biz)) – also providing information on and products from Auroville; Lotus Press, Twin Lakes, WI ([www.lotuspress.com](http://www.lotuspress.com)); Golden Bridge Publications ([www.goldenbridgepublications.com](http://www.goldenbridgepublications.com)); [savitribysriaurobindo.com](http://savitribysriaurobindo.com) (a very beautiful website dedicated to Sri Aurobindo's epic poem.)