

14

(226-119)

AUGUST

THURSDAY

2014

P-1

4 5 6 7 8 9 10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30 31

Integral Yoga of Aurobindo:

Sri Aurobindo discerns three types of being, namely ^{the} Outer being, the inner being and the psychic being.

The Outer being includes the physical, vital and mental levels of being, which characterises our everyday consciousness and experience.

The Inner Being or Subliminal includes the inner realms or aspects of the physical, vital and mental being.

They have a larger, subtler, free consciousness than that of the everyday consciousness. Its realisation

AUGUST							2014						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
					1	2							
4	5	6	7	8	9	10	11	12	13	14	15	16	17
18	19	20	21	22	23	24	25	26	27	28	29	30	31

P-2

AUGUST 15
FRIDAY
2014 (227-138)

is essential for any higher spiritual realisation.

The Psychic Being is the "Innermost Being", the permanent being in us. It is Aurobindo's term for the Personal Evolving Soul, the Principal of Divine Spirit in every individual. It supports the physical, vital and mental principals.

In Integral Yoga, the goal is to move inward and discover the Psychic Being, which then can bring out a transformation of the outer nature. This transformation of the outer being or ego by the Psychic is called Psychicisation; it is one of the three necessary stages

16

(228-137)

AUGUST

SATURDAY

2014

p-3

AUGUST							2014
M	T	W	T	F	S	S	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

in the realization of the
Supramental consciousness.

This Psychic transformation is the decisive movement that enables a never ending progress in life, through the power of connecting to one's inner spirit or Divine Essence. The Psychic begins its evolution completely veiled and hidden, but grows through successive lifetimes and gradually exerts a greater influence, taking on the role of spiritual guide.

17 SUNDAY

Sri Aurobindo's Integral
Yoga (Purna Yoga) is also
called "Supramental Yoga".

AUGUST							2014				
M	T	W	T	F	S	S	1	2	3	4	
5	6	7	8	9	10	11	12	13	14	15	
16	17	18	19	20	21	22	23	24	25	26	
27	28	29	30	31							

P-4

AUGUST

18

MONDAY

2014

(230-1351)

The aspire of the integral yoga is the alteration of the whole being. Sri Aurobindo explains the nature and practice of Integral Yoga in his composition The Synthesis of Yoga. As the title designates, his integral yoga is a "yoga of synthesis", planned to complement the paths of Karma, Jnana & Bhakti Yoga. It can also be measured as synthesis between Vedanta and Tantra & even between Eastern and western approaches to spirituality.

19

(231-134)

AUGUST

TUESDAY

2014

p-5

AUGUST

M T W T F S S

4 5 6 7 8 9

11 12 13 14 15 16

18 19 20 21 22 23 24

25 26 27 28 29 30 31

AUGUST

M T W

4 5 6

11 12 13

18 19 20

25 26 27

The objective of Integral Yoga
and the inheritance of every
individual is -

- to understand spiritual unity behind all the diversity in the whole conception;
- to live melodiously as members of one universal family;
- a body of most favourable health and strength.
- senses under total power;
- a mind healthy, disciplined, clear and calm;
- a mental power as sharp as a razor;
- a will as strong and flexible as steel.