

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the page, framing the central text. The shapes include triangles and polygons, some of which are semi-transparent, creating a layered effect.

Introduction to Sri Aurobindo's Integral Yoga

Relevance to the Evolutionary Crisis in the World Today

The Challenge We Face

- ▶ “We cannot solve our problems with the same thinking we used when we created them.” Albert Einstein
- ▶ *“The most vital issue of the age is whether the future progress of humanity is to be governed by the modern economic and materialistic mind of the West or by a nobler pragmatism guided, uplifted and enlightened by spiritual culture and knowledge....” Sri Aurobindo*
- ▶ *“To hope for a true change of human life without a change of human nature is an irrational and unspiritual proposition.” Sri Aurobindo*
- ▶ *We face an existential crisis caused by the application of mind to life and material existence without a true understanding of the inter-connectedness of all Nature.*

The Need for a Change of Consciousness

- ▶ Humanity has tried applying logical, rational solutions to the problems it faces, and after thousands of years, the failure of these means is apparent.
- ▶ We change economic systems, we change governments, but the limitations of humanity intervene and in the end, we have not succeeded.
- ▶ What is needed is a change of consciousness, a change of human nature, if you will, that allows us to approach the crisis of our age from a new light and a new direction.
- ▶ The drives that motivate us need to be seen, understood and brought into harmonious balance.
- ▶ We seek for external solutions that always fail. The true solution is to look within and “know thyself” as the sages have proclaimed.

The Evolution of Consciousness

- ▶ An observer of the universe aeons ago would see material forces at work without signs of life or mind.
- ▶ Continued observation would eventually show the evolution of plant life out of matter.
- ▶ In the progression of Time, animal life evolved, bringing new capacities of movement and eventually, the development of a life-mind
- ▶ Mental development followed with the eventual evolution of human life.
- ▶ Nothing can evolve that has not been involved as a tree grows from a seed, but not from a rock.
- ▶ Man is a transitional being with a limited capacity of mental awareness. The next phase of evolution takes us beyond the frame of mental consciousness.

The Adventure of Consciousness

- ▶ Spirituality, yoga, mysticism, ecstatic trance, vision quests are all terms for exploring and understanding consciousness.
- ▶ Religion is an external form that develops from the relationship of the individual, the community and the spiritual experience that creates the relationship to Nature and God
- ▶ To the extent religion focuses on outer forms and practices, customs, creeds, and rituals, it provides a binding force for a community but does not change basic human nature.
- ▶ The adventure of consciousness is the development of understanding about the sources, causes and operations of consciousness, with a view to supporting and speeding up the evolutionary development of consciousness.

The Next Stage in Evolution

- ▶ Mankind is capable of reflection, and of conscious participation in the evolutionary process.
- ▶ This capability implies that the evolutionary process of Nature, slow, deliberate and subconscious, can be speeded up.
- ▶ As life developed out of matter, and as mind developed out of life, the next phase of development develops out of mind.
- ▶ As a transitional being, the human being has the capability to experience, reflect and transform his consciousness to bring forth the next phase of evolution.
- ▶ The development of a “supramental” consciousness takes us out of the frame of the mental development that was unable to solve the problems we face.

The Solution to the Evolutionary Crisis

- ▶ A true change of consciousness allows us to solve the problems caused by the conflicting elements and drives in our current mental development.
- ▶ Conscious awareness of Oneness of all creation is needed to solve the disharmony and conflict we are facing today.
- ▶ We are not separate from Nature, and it takes a unified awareness to both recognize this and act from that view.
- ▶ A subjective experience of intuition, inspiration, spiritual experience of oneness and an understanding of the limitations of the mental, vital and physical drives that control us today is the direction needed to solve the evolutionary crisis.



How Can I Find Out More

- ▶ Sri Aurobindo set forth an extraordinary resource for undertaking this “adventure of consciousness”.
- ▶ Visit the website www.Aurobindo.net to get access to further information, links and books
- ▶ Sri Aurobindo, or The Adventure of Consciousness by Satprem is an excellent introduction available through Lotus Press, www.lotuspress.com
- ▶ Integral Yoga: Sri Aurobindo’s Teaching and Method of Practice is an organized treatment of the practice of Yoga (www.lotuspress.com)
- ▶ The Life Divine is Sri Aurobindo’s primary treatise on the subject. www.lotuspress.com
- ▶ The Synthesis of Yoga is Sri Aurobindo’s overview of the practice of Yoga. www.lotuspress.com
- ▶ Daily facebook posts: www.facebook.com/sriaurobindoswritings