As such the formation of the supramental sheath is absent in most

by concentration on the divine in this sheath

Brahman

towards God

oneness

Bhakti yoga has an exclusive focus while Integral Yoga has a comprehensive focus

BY starts with vital sheath to arrive at Psychic and Spiritual, while IY first focus on the Psychic, Spiritual and Supramental sheaths and then focuses their energies on the lower mental, vital and physical sheaths.

aspects of the Being towards Divine

Divine Life and Divine Work Isha Upansihad

gospel of Divine Knowledge and Self Surrender

working of the self in the world as creator and master of

Gospel of eternal Bliss Taittriya Upanishad

Kena Upanishad

supramental sheath to the satchitananda plane and the interference of

that plane on the lower planes creates this sheath around our subtle

individuals...its is formed by the ascension of consciousness above the The movement from the ordinary life from the spiritual life is a

another great leap

1. integral union between purusha and prakriti

2. ecstacy/bliss in one's active life in addition to the supramental silence and

leap/reversal of consciousness and likewise the movement from

spiritual consciousness to supramental consciousness is

Notes

1) Discipleship to God the Guru

Guide

the traveller of the unseen paths,

Savitri-295

Young grave disciples fashioned by their touch,

Savitri-382

And how shall the end be vain when God is guide?

Savitri-339

Thy soul has strength and needs no other guide

Savitri-374

One force shall be your mover and your guide,

Savitri-374

A way proposed by an unerring Guide.

Savitri-378

A ray from self's solitude of light the guide;

Savitri-460

2) Tenderness to God the Mother

The Ancient Mother clutched her child to her breast

Pressing her close in her

environing arms,

As if earth ever the same could

for ever keep

The living spirit and body in her

clasp,

As if death were not there nor

end nor change.

Savitri-551

He sees within the face of deity,

The Godhead breaks out through the human mould:

Her highest heights she unmasks and is his mate.

Savitri-65

3) Blissful Servitude to God the\rMaster - the evolution from Servant\rto Avatara

The master of existence lurks in usAnd plays at hide-and-seek with his own Force; In Nature's instrument loiters secret God.

Savitri-66Although she is ever in him and he in her, Her will is to shut God into her works

As if unaware of the eternal tie. And keep him as her cherished prisoner eternal Lover is her action's cause; To move here in a stark unconscious world. Savitri-181

That never they may part again in Time.Savitri-181 Her For him she leaped forth from the unseen Vasts

She made herself the diligent serf of all,

Till he becomes her freedom—or God's slave.Savitri-542Although she drives him on her fancy's roads,At play with him as with her child or slave,To freedom and the Eternal's masteryAnd immortality's stand above the world,She moves her seeming puppet of an hour.Savitri-65He makes of her his moment passion's serf. To obey she feigns, she follows her creature's lead:For him she was made, lives only for his use. But conquering her, then is he most her slave; He is her dependent, all his means are hers; Nothing without her he can, she rules him still.

4) Rapturous love of our divine Paramour

Or from the gold eye of her paramourSavitri-349An incense floated in the quivering air, A mystic happiness trembled in the breast As if the invisible Beloved had come Assuming the sudden loveliness of a face

And close glad hands could seize his fugitive feet And the world change with

To force its birth the beauty of a smile. Savitri-290 Our error crucifies Reality and divine body here, Compelling, incarnate in a human form And breathing in

limbs that one can touch and clasp, Its Knowledge to rescue an ancient Ignorance,

Its saviour light the inconscient universe. Savitri-170-71The Lover winds around his play mate's limb, Choosing his tyranny, crushed in his embrace?To seize him better with her boundless heartShe accepts the limiting circle of his arms,Bows full of bliss beneath his mastering handsAnd laughs in his rich constraints, most bound, most free.Savitri-653

5) Descent of Love into the Physical Sheath

The smile of love that sanctions the long game,

Savitri-41

The sweetness of love that knows not death, Savitri-51

As those who have lived long made one in love Savitri-292

Savitri-579

Then Love shall at last unwounded tread earth's soil:

Savitri-516

The feet of love tread naked hardest worlds.

As if Love's deathless moment had been found,

Savitri-592 Even now the deathless Lover's touch we feel:

Savitri-649

And when that greater Self comes sea-like down To fill this image of our transience,

All shall be captured by delight, transformed:

Savitri-171

6) Descent of Love into the Psychic Sheath

I have found the deep unchanging soul of love. Savitri-435

O lover of my soul, give more, give more

Of love while yet thou canst, to her thou lov'stSavitri-471

Over the body she loved her

soul leaned outSavitri-571 The soul of the beloved now seen no more. Savitri-585 In other spaces, and the soul she lovedSavitri-578 And let his soul be one with him I love;

If our souls could see and love and clasp God's Truth, Savitri-663

7) Descent of Love into the\rManomaya Kosha/ Mental\rSheath

His brain was wrapped in overwhelming light,
An all-embracing knowledge seized his heart: Thoughts rose in
him no earthly mind can hold, Mights played that never coursed through mortal nerves: He scanned the secrets of the Overmind, He bore the rapture of the Oversoul.Savitri-302 A Heart was felt in the spaces wide and bare,

A burning Love from white spiritual founts Annulled the sorrow of the ignorant depths;

Suffering was lost in her immortal smile. A Life from beyond grew conqueror here of

Wrong could not come where all To err no more was natural to mind; was light and love.

8) Descent of Love into the Vital Sheath

A Bliss, A Light, a Power, a flame-white Love Existence found its truth on Oneness' breast

Caught all into a sole immense embrace; And each became the self and space of all.

The great world-rhythms were heart-beats of one Soul, All mind was a single harp of many strings God

To feel was a flame-discovery of All life a song of many

Pure

meeting lives; mystic voices in beatitudes hush For worlds were many, but the Self was one Savitri-322-23 Appealed to Love's immaculate sweetnesses

His blissful hands to seize on Nature's limbs, To take all beings into his saviour arms, To force on them the happiness they

Calling his honeyed touch to thrill the worlds, His sweet intolerant might of union

Drawing to his pity the rebel and the waif

9) Limitations of human love\rand its gradual ascendency

But vain are human power and human love

To break earth's seal of ignorance and death;
Savitri-315
One who could love without return for love,
Meeting and turning to the best the worst,
It healed the bitter cruelties of earth,
Transforming all experience to delight;
Intervening in the sorrowful paths of birth
It rocked the cradle of the cosmic Child
And stilled all weeping with its hand of joy;
It led things evil towards their secret good,
It turned racked falsehood into happy truth;
Its power was to reveal divinity.
Savitri-291
Too far thy heavens for me from suffering men.
Imperfect is the joy not shared by all.

O to spread forth, O to encircle and seize

More hearts till love in us has filled thy world!

Savitri-687

A lonely freedom cannot satisfy

A heart that has grown one with

every heart:

I am a deputy of the aspiring

world,

My spirit's liberty I ask for

all.

Savitri-649

And Love that was once an animal's desire,

Then a sweet madness in the

rapturous heart.

An ardent comradeship in the

happy mind,

Becomes a wide spiritual

Yearning's space.

Savitri-632

love has grown greater by that mighty touch

learned its heavenly significance,

nothing is lost of mortal love's delight.

Savitri-719

10) The Descent of Divine Love\rinto the Universal Sheath

The universal Mother's love was hers. Savitri-8 Love in her was wider than the universe, Savitri-15 His bliss in her to him is his whole world:Savitri-62 His being, spread to embrace the A Lover leaning from his cloister's universe, Savitri-318To him the universe was her bosom of love, Savitri-327 Gathers the whole world into his single breast. Savitri-632-3 door More hearts till love in us has filled thy world!Savitri-687 And the mandate of thy secret world-wide love. Savitri-687 Bearing the burden of universal love, Savitri-695 Become my cord of universal

love.Savitri-702

11) The Descent of Divine Love to\rSupramental Sheath

The calm delight that weds one soul to all, Savitri-6All-Love throb single in one human heart.

Savitri-345Loved all and spoke no word and made no sign, Savitri-358They reached the one-self in all His large identity and

through boundless love. Savitri-381All that the lightning-flash of love reveals Savitri-406 all-harbouring loveSavitri-446

All-love was hers and its one heavenly cordSavitri-471

And all is known and all is clasped by LoveSavitri-633

My love eternal sits throned on God's calm; For Love must soar beyond the very heavensSavitri-633The Love our hearts call down to heal all strife,

Savitri-661

The Descent of Divine Love to\rthe Inconscient Sheath

Then kindling the gold tongue of sacrifice, We shall shed the discredit of our moral state Acquaint our depths with the supernal Ray mystic Fire.Savitri-171-72Out of the Void this grand creation rose,--AbyssSavitri-632And Love that broods within the dim abyssSavitri-416 Calling the powers of a bright hemisphere. Make the abysm a road for Heaven's descent, And cleave the darkness with the For this the Spirit came into the A hidden Bliss is at the root of things.

13) The Central Truth of Savitri or\rThe Divine Love

"Night of April 12-13, 1962. Suddenly in the night I woke up with the full awareness of what we could call the Yoga of the world. The Supreme Love was manifesting through big pulsations, and each pulsation was bringing the world further in its manifestation. It was the formidable pulsations of the eternal, stupendous Love, only Love: each pulsation of the Love was carrying the universe further in its manifestation... All the results of the Falsehood had disappeared: Death was an illusion, Sickness was an illusion, Ignorance was an illusion—something that had no reality, no existence... Only Love, and Love, and Love, and Love –immense, formidable, stupendous, carrying every thing." 1The Mother