

Mind Map of the Main Formula of Integral Yoga

"When in your heart and thought you will make no difference between Sri Aurobindo and me, when to think of Sri Aurobindo will be to think of me and to think of me will mean to think of Sri Aurobindo inevitably, when to see one will mean inevitably to see the other, like one and the same Person, — then you will know that you begin to be open to the supramental force and consciousness." The Mother/The Mother's Centenary Works/13/32/4 March 1958

The Main Formula of Integral Yoga - The literal meaning of integral Yoga is the union with the total Consciousness of the Eternal

10. All Dispensable self-disciplines are used to subordinate the all Indispensable self-discipline and its indispensability is felt after the Spiritual foundation is established on a secure basis.

Sarva niyatam anusasanam adhinasta sarva aniyatam anusasanam

9. All Indispensable self-disciplines are termed as Psychic, Spiritual and Supramental methods which mean to pursue inner development with the assistance of inner aid and without the support of any outer aid; where the higher formulations are used for transformation of lower faculties -

Sarva niyatam anusashanam bahya abalmbana rahitam

8. All Dispensable self-disciplines are termed as Psycho-physical methods, which mean to pursue inner development with the help of outer aid, support -

Sarva aniyatam anusashanam bahya abalmbana ashritam

7. The practice of all self-discipline leads to continuous union with the Self -
Sarvam anusashanam yunjita satatam atmana

6. All the method is the synthesis of (central truth of all) self-discipline -

Sarva vidhi anusashanam astu or vidhi sakalam anusashana samnwtam bhabet

5. All Effort is the synthesis of all the wide and supple Methods -

Sarvah abhyasah (avhyasa sakalam) vidhi-purbakam astu

All the (ten) formula of integral Yoga breaks through to uncover the integral Divine which includes integral Divine Law, integral Divine manifestation, integral Divine liberation, integral Divine transformation and integral Divine Perfection

In integral Yoga the practice of 'psycho-physical processes on a large scale' is the direct substitution of spiritual methods

Those who practice this Yoga must have an integral mental conception of the Divine from the very beginning of their Sadhana life that of Divine is in all things; all things are within the Divine and all things are made up of the stuff of the Divine and they must be wholly aware of the entire object of integral Yoga and opposition of all other Spiritual disciplines towards its practicality and final outcome

1. All life is Yoga, sarvajivanam nitya-yogamastu or sampurnam jivanam yogamayam bhabet. All life is a secret unconscious and conscious Yoga of Nature intended to become progressively self-conscious, luminous and self-fulfilled.

In integral Yoga a relation between Purusha and Prakriti exists whose static union will lead towards Rest, Purification, Freedom and Liberation of Soul and whose dynamic union will lead towards divine Action, new Creation, Delight and transformation of Nature

When both experiences reconcile, then heart becomes the dwelling place of the 'incarnate dual Supramental Godhead' and this experience will repeat in other nine occult centres

2. All Yoga is compression of one's Evolution by all possible ways of union with the Divine or all Yoga is a swift and concentrated conscious evolution of Being.

Sarvayogah abhibyaktimastu or yogasakalam abhibyakteh sankochanam

3. All Evolution is the heightening of force of Consciousness until it passes from a mental, vital and physical instrumentation into the essence and power of the Spirit. Or All Evolution is the awakener of higher states of Consciousness.

Sarva-abhibyakti cetayanti sumatinam astu or Sarva abhibyanjanam sumatinam chetakamastu

4. All Consciousness is one but in action it involves in manifold concentrated Effort and spontaneous movement of Shakti to realise every possible line of Spiritual experience.

Sarvachetana bahubidha abhyasam astu or chetana sakalam prakruteh bahubidha chesta

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