

Copy of Central Truth of Integral Yoga = Yoga of Consecration

The highest mystery of absolute surrender to the Divine and His Shakti is the first central secret of the Integral Yoga

This Yoga of Consecration occurs in stages

stage 1
Self giving and consecration of all that we think, do and feel
Constant rejection of all that is not the true Truth and that stands in the way of this consecration

stage 2
stage 1 will result in greater purity and vigilant passivity (the constant rejection will lead to a vigilant consciousness that is passive to the Divine suggestions only - not to any other suggestions - all lower vital suggestions will continue to be rejected)
This will result in a growing inrush of the Mother's Divine transformative force from above worki increasingly on the adhara

stage 3
all effort, method and fixed sadhana are transcended by simple, natural, spontaneous, powerful and happy disclosing of the Divine.

Methods to initiate this Yoga of Consecration

Vedantic Sacrifice (Purusha Yagna)

- Mind is pacified by the process of vigilantly rejecting all suggestion/influences that are contrary to the Divine this leads to
- The coming to the front and ascension of the Psychic Being (in the heart centre) into the Spiritual Being (above the head), and in turn
- The spiritual Being merges with the Supramental Being of Brahman. This in turn activates/dynamises the descent of the Supramental Shakti or Maya's force into the lower nature to transform them.
- Sri Aurobindo in his book the Synthesis of Yoga explore the vedantic sacrifice in greater detail.
- Samadhi, trance plays a greater role in this method

Vedic Sacrifice (Prakriti Yagna)

- Mind is still active with greater use of psycho-physical methods like nama Japa and mantras
- As such is usually practices in waking state
- This leads to the surrender of the lower nature (Prakriti) to the higher nature (Shakti) which is none other than the power of Ishwara, this in turn leads to
- a descent of the higher shakti into the lower members to pacify and silence them. This results in the quietening of the mind which then in turn
- commences the vedantic sacrifice - ie a rising of consciousness into spiritual and supramental levels
- As such Prakriti yagna is regarded as a complementary procedure to Purusha yagna depending on the swbhava of each sadhak they may start with either method. Regardless the descent of the divine mother's force is essential for the transformation.
- Explores the Prakriti yagna in greater detail - The Mother Book
- Explores both Purusha yagna and Prakriti Yagna in great detail. King Ashwapathi, Satyavan and Savitri all felt the ascent and descent of the Divine consciousness force but put varying empahsis of the methods depending on the sadhana they followed - Savitri Book

Radha's Prayer by the Divine Mother

O Thou whom at first sight I knew for the Lord of my Being and my God, receive my offering.

Thine are all my thoughts, all my emotions, all the sentiments of my heart, all my sensations, all movements of my life, each cell of my body, each drop of my blood. I am absolutely and altogether Thine, Thine without reserve. What Thou wilt for me, that I shall be.

Whether Thou chooset for me life or death, happiness or sorrow, pleasure or suffering, all that comes to me from Thee will be welcome. Each one of Thy gifts will be always for me a gift divine bringing with it the supreme Felicity.

What is sacrifice? It does not just mean the giving up of something to achieve a goal or benefit per se. The Radha's Prayer can be instructive in giving us a clue as to what a holistic definition of sacrifice and consecration is

NOTE SACRIFICE = CONSECRATION