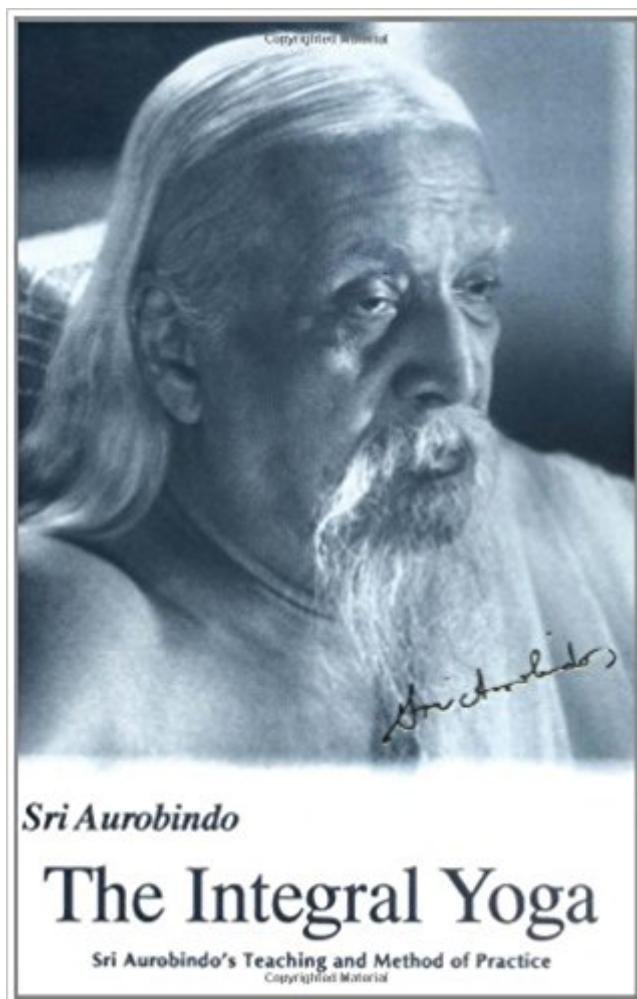


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# Integral Yoga: Sri Aurobindo's Teaching & Method Of Practice



## **Synopsis**

One of the foremost Indian philosophers of the twentieth century, Sri Aurobindo was also a political activist, a mystic and a spiritual leader. Between 1927 and 1950, Sri Aurobindo remained in seclusion while perfecting a new kind of spiritual practice he called the Integral Yoga. During this period he gave detailed guidance to disciples and seekers, responding to thousands of inquiries. This correspondence constitutes a major body of work on the practice of yoga-sadhana. The present volume brings together a comprehensive selection of Sri Aurobindo's letters, organized by area of interest. An ideal introduction to his work and vision, it will also serve as an invaluable daily handbook for seekers of all paths - beginners and experienced practitioners alike.

## **Book Information**

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## **Customer Reviews**

If ever you've wondered how to integrate the living of your life into your spiritual practice so that your life can actually become your practice, then Aurobindo's "The Integral Yoga" is for you. Here is one of the few recent sages who not only saw beyond the beyond, but lived his life from that perspective. If you've been searching, but not finding answers, chances are that Aurobindo's cogent comments will more than meet that need as he walks you through what it means to lead a deeply spiritual life, and then shows you how to do it.

It will take you as close as you can get to the core of Sri Aurobindo's philosophy.

To all people who have already read some Sri Aurobindo's or Mother's books, who are looking for the Truth and the way to evolution. In each line there is a concentrated idea! Sometimes it's hard for understanding, lots of new terms (but there is a vocabulary at the end of the book).

It's deep, chewy, soulful, intelligent teachings that help me expand my body, mind and soul. What a wonderful man. Thank you for sharing your insights Aurobindo.

This is an excellent book for anyone who is interested in universal principles that reaches beyond the world's great religions. Aurobindo is masterful at presenting the material in a relevant and user friendly fashion. I will use this book as a resource for my Science of Mind classes and share it in my enewsletters.

The breadth and depth of Yoga are explored here. Getting beyond the physical practices of Yoga is such a rewarding experience and Aurobindo shares his thoughts on the benefits of such a disciplined practice.

Great! :)

A great understanding of where Integral theory and evolutionary enlightenment got their beginnings. Truly brings a more modern understanding of India's long tradition of Yoga.

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