

The Central theme in phil. is the evolution of human life into life divine. He writes "man is the transitional being. He is not final"

The Step from man to Superman is the next approaching achievement in the earth's evolution.

It is inevitable because it is at once the intention of the inner spirit & logic of nature's process.

His phil. is known as integral non-dualism or integral Idealism or integralism. The Supreme reality is Brahman, the divine. It is eternal, absolute & infinite. Its highest positive expression of Brahman is the Sachchidananda or Existence-Consciousness-Bliss, all in one. It manifests itself as indeterminate, as one as well as many, as being as well as becoming, so yet transcends them all.

God is the real power of God, who descends through it into the world of matter. So there is nothing that is not permitted by God, & everything is real - just like Ramanuja.

⇒ Involution & Evolution

Reality is essentially one but Creation depends on the two fold principle unity & multiplicity -

- ✓ a descent of the spirit into worldly forms (involution)
- as then
- ✓ ascent of the worldly forms to its original higher states (evolution)

has evolved in it. Life can ascend in mind only because there has been descent of mind into life already. The entire lower hemisphere will ascend to the higher hemisphere only because the higher is already in the lower one. Acc. to Anubindo, the lower cannot evolve into higher unless the higher is already into it, because evolution cannot proceed out of nothing.

Acc. to him, the lower is constantly struggling to evolve into the higher, & the higher is always reflected in the lower. This means the universe is an unceasing evolutionary play between the lower & the higher, and the pinnacle of evolution is the attainment of Sachidananda (pure being, pure consciousness, pure joy)

- evolutionarily growth involves three processes.

✓ Widening process - Extension of scope & inclusion of co-existent forms.

✓ Heightening process - process of ascending from one step to another higher grade.

✓ Integration process - Upliftment & transformation of the lower stage into the higher ones.

cc This means when a higher principle emerges, it descends into the lower ones & causes a transformation of them!!

process of evolution in which all beings will attain liberation. He stated that aim of his yoga is the divinization of earth by bringing down what he called Supermind.

The method he suggested is purification of all parts of the personality & their eventual surrender, which will allow the psychic being to emerge, enabling the individual to become the supplemental being by opening to & receiving the supplemental force. Such Yogic individuals would then become the basis of a new society, administering in a divine life on earth.

⇒ Basic Characteristics of Integral Yoga

✓ It's a process of inner yoga which requires only those disciplines of purification & spiritualization which everyone can practice. It does not accentuate on only breathing or postural exercise or observance & performance of religious rites & rituals or recitations of prayers & mantras.

✓ Acc. to this, spiritual union with the divine can take place in the state of waking consciousness, there is no need of Samadhi or ecstatic trance, in which waking consciousness completely fades away.

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Differences :-

Patanjali

Aurobindo

- | | |
|---|--|
| ✓ Qualistic path. | ✓ Integral admission |
| ✓ First manifestation then dissolution | ✓ First involution then evolution |
| ✓ Unconscious teleology | ✓ Conscious teleology |
| ✓ These types of fundamental conditions - purusa prakriti | ✓ Ultimate reality is Sachchidananda |
| ✓ Jivat is real because it is real manifestation of paramatma | ✓ Aim of yoga to find the status of supermind |
| ✓ Aim of yoga is individual liberation | ✓ Holistic liberation |
| ✓ Emphasis on individual liberation | ✓ Transformation of physical & material aspects into upper form. |
| ✓ Physical aspects of our life is devaluated | |

Such individuals become forerunners of a new truth-consciousness based supra-humanity. Acc. to Aurobindo - the four stages in Integral Yoga through which mind is completely freed from all disturbances are - Quiet, Calm, Peace & Silence.

- ✓ Supermentalization brings about two classes -
 - ✓ Uninvoluntarization - expansion of consciousness
 - ✓ Transcendentalization - Knowledge of identity of the divine.

Aurobindo. apparently said "our yoga starts where the others end" - "Liberation, enlightenment rather being the end point & goal of spiritual evolution is only the beginning in integral yoga."

⇒ Patanjali vs Aurobindo Yoga Similarities -

- ✓ Acceptance of evolution theory
- ✓ Both have accepted God, theistic approach
- ✓ Ignorance is the root cause of bondage
- ✓ Evolution is teleological not mechanical
- ✓ Beginning & ending points are same in both places
- ✓ Lower stages are not destroyed in the process of evolution but they actualize themselves into upper stages.

Evolution has passed through matter, life, psyche & mind; & now mind is waiting to ascend to higher stage by entering into Super mental state. This is going to be final stage of evolution. Through the individual effort process of Cosmic salvation can be expedited. When this will emerge, there will be embodiment of a new species on earth, that will be once again united in Consciousness with Sachchidananda.

→ Integral Yoga :-

The term yoga literally means union, therefore, the basic aim of all kinds of yoga is the realization of the divine - realization of unity.

Integral yoga is yoga of synthesis aimed at harmonization of paths of Karma, Jnana & Bhakti yoga. Integral yoga is also known as pure yoga, Supramental yoga etc. that refers to the process of the union of all the parts of one's being with the divine, & the transmutation of all of their jarring elements into a harmonious state of higher divine conscious existence.

The goal of integral yoga is to facilitate & expedite the process of evolution that prepare for a leap unto the spiritual or supramental level. in other words, to expedite the

✓ It accentuates not only individual liberation but also the redemption of mankind & emergence of divine life on earth.

Through yoga the mind ascent towards Supermind through 3 process - psychization, Spiritualization & Supramentalization - known as three steps of integral yoga.

Psychization :- involves persistent efforts to realize the centrality of psychic being - finetune which represents divine in man. An upward spiritual movement in which one realizes the psychic being or divine soul at the core of one's being & enables this to transform the outer being via. consecration, concentration, & surrendering oneself to the divine intent

Spiritualization :- process of opening out - self seeks to bring itself power, peace, bliss, knowledge, etc. by opening itself out to higher consciousness - superconscious; & spiritualizes its all thoughts & actions - physical, vital & mental.

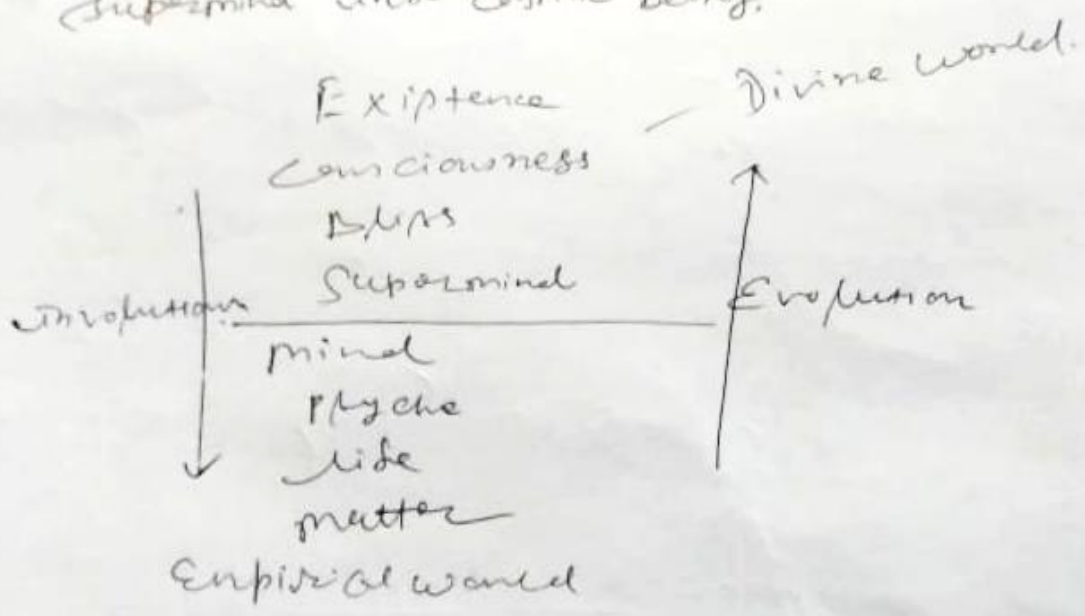
Supramentalization :- Final state of integral yoga; it refers to bringing down supramental consciousness & resulting transformation of the entire being which enables the birth of a new individual fully formed by supramental power.

The lower hemisphere seeks to represent the stages that evolution has been able to reach. The higher hemisphere seeks to represent the stages into which evolution ~~we ascend from matter~~ is going to enter. In the process of evolution we ascend from matter through a developing life, soul & mind & illumination medium of supermind towards the life divine.

"Acc to Aurobindo - Supermind is the link between the totally monistic transcendent worlds of Sachchidananda, & the dualistic manifested world of matter, life & mind". Involution or descent is not the end of the process, but is followed by evolution or ascent which Aurobindo calls "the spirit's return to itself". In the process of evolution, all existents constantly return to Brahman, the very source of their being.

At first matter evolves from simple to complex forms, then life emerges into matter & evolves from simple to complex forms, finally mind emerges in life and evolves from rudimentary to higher forms of thought & reason. As new principle emerges, the previous stage remains but are integrated into the higher principle. matter can evolve into life only because life itself

Sachchidananda, through the supermind, descends into mind, life & matter. This descent of the divine is called involution. Acc. to Sri Aurobindo, "Creation is the plunge of the Spirit into Ignorance". Ignorance is in between the two extremes of 'supreme divine consciousness' and 'complete ignorance'. Hence in creation absolute itself but itself partially in check it decides to descend into ignorance. Hence in the process of involution the divine descends from pure existence through the play of consciousness force and bliss the creative medium of supermind into cosmic being.



8 stages which involves both the process of involution & evolution as mentioned above. The stages from mind to matter belongs to empirical world. The stages from supermind to above are subernals of divine.