

The Hidden Forces of Life



Selections from the Works of
SRI AUROBINDO AND THE MOTHER

Compiled with an Introduction by A. S. Dalal

The Hidden Forces Of Life The Psychology Of Inner Development

Xiang Xie



The Hidden Forces Of Life The Psychology Of Inner Development:

Readings in The Hidden Forces of Life Santosh Krinsky, 2024-01-01 We tend to live our lives in the belief that we are separate and isolated from one another We struggle to survive and thrive in a world where every other being is competing with us for their own survival and self aggrandisement In such a world we suffer from self doubt anxiety fear and pressure We subject ourselves to internal judgment when we fail to meet the standards we believe govern our lives and we project our desires needs thoughts and concerns onto others and judge them on that standard as well What we fail to recognise is that we are actually united with all other beings in an interactive fully unified reality and that what we think what we feel what we experience what we suffer and what we enjoy all is the result of forces active in the world that vibrate within us when we are receptive to them and thereby create the reactions we experience We are receiving and transmitting stations for these universal forces Dr Dalal points out in the Preface to this compilation Dealt with herein are the diverse forces which act on us determining the course of events influencing our thoughts feelings and actions affecting our moods health and level of energy pulling the human being to nether depths or beckoning him towards lofty heights Spoken of in this book are also the hidden forces behind evolution and beneficent forces which man can learn more and more to draw upon Many of the passages in the book not only explain the nature of the various forces but also provide practical guidance in relation to both helpful as well as deleterious forces The systematic review of The Hidden Forces of Life reveals much that is hidden and occult from our normal daily view provides us considerable food for reflection and inner growth and helps us to overcome the limitations we set upon ourselves through the inaccurate view of our separation and isolation from the rest of the creation *The Yoga of Sleep and Dreams* Sri Aurobindo, Mother, 2004 The Yoga of Sleep and Dreams The Night School of Sadhana The practice of yoga continues day and night This book aids the seeker in becoming conscious and turning sleep and dreams into the opportunity for real and substantial progress on the path of yoga Introduced and compiled by Dr A S Dalal [Integral Yoga Psychology](#) Debashish Banerji, 2020-05-28 Integral Yoga Psychology is a new attempt to position the Integral Yoga of Sri Aurobindo and the Mother within the frame of yoga psychology as an inquiry related to transpersonal and whole person psychologies This book contains 11 essays by leading scholar practitioners of integral yoga sketching its possibility space as a psychology It attempts this through a hermeneutics of the texts of Sri Aurobindo and the Mother as well as their own and their disciples practices and experiences It also makes a beginning at locating the field in its larger contexts through comparative qualitative and empirical studies as well as probing the clinical possibilities of its models *Readings in Growing Within: The Psychology of Inner Development* Santosh Krinsky, 2024-01-01 In Growing Within Dr A S Dalal bridges the gap between Western psychology and Eastern spirituality as he explores the detailed inner workings of human life and provides at the same time a way of understanding based on the ground breaking work of Sri Aurobindo and The Mother which puts the human potential for self exceeding front and center Dr Dalal has compiled this book from the writings of Sri

Aurobindo and the Mother after first providing a detailed introduction and outline of their approach to the awakening and the growth of consciousness He calls upon the principles of yogic psychology to show us the way to move from our current state of human awareness to a new psychological status and a reversal of consciousness which brings about a sense of joy fulfillment and purpose in life Dr Dalal writes This book aims at shedding some light on the meaning nature and processes of inner development Its purpose is to help seekers in understanding and recognising the processes and experiences of inner growth so as to serve in some measure as a guide to those who may not have yet found a personal teacher and mentor The Readings in Growing Within systematically takes up each subject area covered in Dr Dalal s compilation with commentary to help the reader relate to and appreciate the depth and breadth of the yogic psychology described within the text **Yoga** Daren Callahan,2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master s theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest **Powers Within** Sri Aurobindo,The Mother,1999 The book throws light on the nature of various inner powers which we already possess and use more or less unconsciously as well as with latent powers within which are as yet undeveloped The book is of interest to the general reader as well as to the spiritual seeker **Our Many Selves** Sri Aurobindo,Mother,2003 Many of us face the difficulty of trying to change something in our nature only to find that it is either difficult or virtually impossible The key to solving this problem actually lies in a deeper understanding of the true nature of our psychological being We are actually composed of various different parts or planes of action that combine together interact with one another and impinge upon one another This understanding allows us to differentiate between a mental idea a force of will an emotional movement a vital energy or a physical structure and thereby more clearly understand the results of our psychological efforts and growth activities **Readings in Living Within: The Yoga Approach to Psychological Health and Growth** Santosh Krinsky,2023-10-10 What is psychological health and growth Western psychology tends to define psychological health as the absence of various forms of extreme disturbance or disruption Normal levels of dissatisfaction upset ness are considered to be both acceptable and part of everyday life It is only when someone experiences a psychological state that drifts into total disorientation violence suicidal thoughts or disassociation from the expectations of society that psychology labels the behavior as unhealthy or harmful There is however another way to look at the issue of psychological health and growth and that is to affirm the development of positive attributes as representing health Thus the individual can find and implement measures to create forward looking and positive directions in his life and contextualize the obstacles or issues that arise as

challenges to be met and overcome along the way Western psychology has a very rudimentary view of human psychology perhaps due to the fact that as a science it has been around for a very short period of time and has not yet had the opportunity to look into the vast ranges of human psychology and the complexity of the various aspects of our being and their interaction with one another Nowadays as Western psychology has developed more emphasis is being placed on the wider field of human growth and empowerment and thus Western psychology is entering a field long known to the yogic practitioners of India who long ago codified the actions of mind life and body and found ways to enhance the developmental powers of existence Patanjali's Yoga Sutras set forth a systematic approach to psychological development for instance Many yogic practices are based in a deep understanding of human psychology In the present volume Dr A S Dalal bridges the gap between Western psychology and Eastern spirituality as he explores the detailed inner workings of human life and provides at the same time a way of understanding based on the ground breaking work of Sri Aurobindo and The Mother which puts the human potential for self exceeding front and center Dr Dalal has compiled this book from the writings of Sri Aurobindo and the Mother after first providing a detailed introduction and outline of their approach to facing issues overcoming disturbances and enhancing peace creativity growth and satisfaction in life He calls upon the principles of yogic psychology to show us the way beyond reactions of anger fear anxiety and depression as well as how to achieve positive mental health and psychological growth from the Introduction *Looking from Within* Sri Aurobindo, Mother, 1995 Three chief categories of seekers have been kept in view in selecting passages for this compilation those who wish to obtain a greater life mastery those who while pursuing the common goals of life also aim at something beyond the ordinary life and seek to grow towards a higher or spiritual state of being and those for whom spiritual growth is the primary purpose and occupation of life

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