

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

Santosh Krinsky



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 [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

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 *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 *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 2400 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 *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 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

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

Foundations of Indian Psychology, Volume 2: Practical Applications Misra, Cornelissen, Verma, 2011 *Foundations of Indian Psychology Volume 2 Practical Applications* focuses on the practical applications of the Indian influences in Psychology Second in a two part series this book discusses aspects of psychology vis vis health education and social issues Essays in the book analyze how the theories and concepts discussed in the previous volume can be used to address issues plaguing modern society This book is useful for students and scholars of psychology philosophy sociology and religion as well as the general reader

Foundations of Indian Psychology Volume 2: Practical Applications Matthijs Cornelissen, 2011 The first volume had laid the groundwork for a new study in psychology based on the fascinating theoretical and conceptual insights that Indian thought offers Carrying forward the endeavour to broaden the view of its readers

Foundations and Applications of Indian Psychology Cornelissen, Varma, Misra, 2013 Venturing into the widely under explored area of Indian Psychology this book provides coverage of the origins scope and development in this area The twenty six essays in this book cover a broad spectrum of topics in Psychology and link mainstream topics that are taught in General Psychology with Indian thought It has several renowned contributors who have covered Indian psychology's links with Yoga Buddhism Ayurveda Veda and

Sufi traditions The book covers some of the most important areas that have emerged in modern psychology and will be of great value to students and teachers alike

Subject Guide to Books in Print, 1991 *New Age*, 2001 **Restoring the Soul of the World** David Fideler, 2014-11-20 Humanity's creative role within the living pattern of nature Explores important scientific discoveries that reveal the self-organizing intelligence at the heart of nature Examines the idea of a living cosmos from its roots in the earliest cultures to its eclipse during the Scientific Revolution to its return today Reveals ways to reengage our creative partnership with nature and collaborate with nature's intelligence For millennia the world was seen as a creative interconnected web of life constantly growing, developing, and restoring itself But with the arrival of the Scientific Revolution in the 16th and 17th centuries the world was viewed as a lifeless clock-like mechanism bound by the laws of classical physics Intelligence was a trait ascribed solely to human beings and thus humanity was viewed as superior to and separate from nature Today new scientific discoveries are reviving the ancient philosophy of a living interconnected cosmos and humanity is learning from and collaborating with nature's intelligence in new life-enhancing ways from ecological design to biomimicry Drawing upon the most important scientific discoveries of recent times David Fideler explores the self-organizing intelligence at the heart of nature and humanity's place in the cosmic pattern He examines the ancient vision of the living cosmos from its roots in the world soul of the Greeks and the alchemical tradition to its eclipse during the Scientific Revolution to its return today He explains how the mechanistic worldview led to humanity's profound sense of alienation for if the universe only functioned as a machine there was no longer any room for genuine creativity or spontaneity He shows how this isn't the case and how even at the molecular level natural systems engage in self-organization, self-preservation, and creative problem-solving, mirroring the ancient idea of a creative intelligence that exists deep within the heart of nature Revealing new connections between science, religion, and culture Fideler explores how to reengage our creative partnership with nature and new ways to collaborate with nature's intelligence

The Human Cycle, Psychology of Social Development Sri Aurobindo, 1999 Sri Aurobindo explores the cycles of human development with an eye toward showing the underlying trend and impulsion in that development He shows how humanity moves successively through various stages whereby different powers are developed and highlighted towards an ultimate integration and fulfillment of human destiny in an outflowing of our hidden spiritual nature in the diversity and vibrancy of our physical, vital, and mental life

Inner Development Cris Popenoe, 1979 **International Handbook of Curriculum Research** William F. Pinar, 2013-10-15 Continuing its calling to define the field and where it is going the Second Edition of this landmark handbook brings up to date its comprehensive reportage of scholarly developments and school curriculum initiatives worldwide providing a panoramic view of the state of curriculum studies globally Its international scope and currency and range of research and theory reflect and contribute significantly to the ongoing internationalization of curriculum studies and its growth as a field worldwide Changes in the Second Edition Five new or updated introductory chapters pose transnational challenges to key

questions curriculum research addresses locally Countries absent in the First Edition are represented Chile Colombia Cypress Ethiopia Germany Iran Luxembourg Nigeria Peru Poland Portugal Singapore South Africa Spain and Switzerland 39 new or updated chapters on curriculum research in 34 countries highlight curriculum research that is not widely known in North America This handbook is an indispensable resource for prospective and practicing teachers for curriculum studies scholars and for education students around the world

Habits of the Hidden Mind Fay Jackson, Most of what drives us happens beneath the surface In *Habits of the Hidden Mind* psychologist Fay Jackson uncovers the unconscious patterns that shape our daily lives how we think act and feel without even realizing it From implicit biases to emotional reflexes Jackson reveals the silent systems that guide our decisions and shape our identities Blending cognitive science behavioral psychology and real world examples this book offers a powerful look into the automatic habits that define us and how we can bring them into awareness With practical tools and deep insight *Habits of the Hidden Mind* is an invitation to better understand yourself and gently reshape the inner mechanisms running the show You can't change what you can't see until now

Chaos And Complexity Michael R. Butz, 2018-05-11 The nature of this book is to emphasize the inherent complexity and richness of the human experience of change Now the author believes there to be an acceptable scientific explanation for this phenomena Explored here are 30 years of studies to describe nonlinear dynamics today termed either chaos theory or complexity theory The connotations of both theories are discussed at length Offering social scientists validation in their attempts to describe and define phenomena of a previously ineffable nature this book explores chaos implications for psychology and the social sciences It describes the benefits psychology can glean from using ideas in chaos theory and applying them to psychology in general individual psycho therapy couples therapy and community psychology and also considers possible directions for research and application

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