about Sri Aurobindo

introduction

why "infinity in a drop"?

what is "Indian Psychology?"

about this map

philosophy & science, religion & spirituality

what is?

who am I?

what is consciousness?

what is the purpose?

what is right action?

who is the other?

how do I know?

what is yoga?

how to heal?

how to grow?

how to learn?

sachchidananda

the evolution of consciousness

the Mother

Maya

purusha, prakriti, shiva & shakti

Samkhya, Tantra, Vedanta

integrality

rebirth

karma

death

Nachiketas

yugas

ego, self and soul

consciousness vs. mind

4 theories of existence

a blade of grass

the self as agent

the self as centre of consciousness

rasa

two birds

pure consciousness

ordinary consciousness

the self as enjoyer

consciousness as force

planes of consciousness

self at different levels

3 concepts of consciousness

sleep and dream

samskaras

gunas

two students

what determines character?

varnas

self and society

svadharma

svabhava

group identities

the evolving society

ashramas

roles

relationships

other worlds

progressive emancipation

rigorous subjectivity

paradigms

types of knowledge & schools of psychology

witness consciousness

silencing mind

sources of error

cakras

concentration

intuition inspiration revelation

borders of the self

self and other

work

time

the guru

effort

the veda within

asatoma...

churning the ocean

why pain?

the self as knower

4 types of knowledge

naive & expert knowing

4 knowledge realms

a simple map of self and nature

an integral map of self and nature

things to avoid

the four aids

the vedic sacrifice

helping others

the evolving self

ego: hero or villain

after liberation, transformation

karma, jnana, bhakti yoga

faith

how can we change?

will

education for the soul

problems with schooling

the pragmatics of free progress

why mindfulness works

standing back

remember and offer

the other as mirror: beyond irritation

viveka: from where do our impulses come?

cultivating virtues

equality

aspiration & Grace

effort & surrender

aspiration

rejection

surrender

philosophy

psychology

yoga

self-help

therapy

education

development