

CONTENTS

PART ONE

THE DIVINE, THE COSMOS AND THE INDIVIDUAL

Section One

The Divine, Sachchidananda, Brahman and Atman

The Divine and Its Aspects

The Divine	5
The Divine Consciousness	5
The Divine: One in All	6
Aspects of the Divine	7
The Transcendent, Cosmic and Individual Divine	7
Personal and Impersonal Sides of the Divine	11
The Divine and the Atman	12
The Divine and the Supermind	12

Sachchidananda: Existence, Consciousness-Force and Bliss

Sachchidananda	13
Sat or Pure Existence	14
Chit or Consciousness	14
Outer Consciousness and Inner Consciousness	19
Consciousness and Force or Energy	24
Force, Energy, Power, Shakti	25
Ananda	27

Brahman

The Impersonal Brahman	28
The Inactive Brahman and the Active Brahman	28
Spirit and Life	29

The Self or Atman

The Self	30
The Cosmic Spirit or Self	30
The Atman, the Soul and the Psychic Being	31
The Self and Nature or Prakriti	32

CONTENTS

Section Two

The Cosmos: Terms from Indian Systems

The Upanishadic and Puranic Systems

Virat	37
Visva or Virat, Hiranyagarbha or Taijasa, Prajna or Ishwara	37
Vaisvanara, Taijasa, Prajna, Kutastha	38
Karana, Hiranyagarbha, Virat	38
The Seven Worlds	38
The Worlds of the Lower Hemisphere	39
Tapoloka and the Worlds of Tapas	39

The Sankhya-Yoga System

Purusha	40
Purusha and Prakriti	41
Prakriti	43
Prakriti and Shakti or Chit-Shakti	44
Purusha, Prakriti and Action	45
The Gunas or Qualities of Nature	46
Transformation of the Gunas	47
Sattwa and Liberation	48
Transformation of Rajas and Tamas	48
Transformation of Tamas into <i>Śama</i>	49
Mahat	50
Tanmatra	51

Section Three

The Jivatman and the Psychic Being

The Jivatman in the Integral Yoga

The Jivatman or Individual Self	55
The Jivatman, the Psychic Being and Prakriti	56
The Central Being and the Psychic Being	60
The Surrender of the Central Being	61
The Central Being after Liberation	62
The Karana Purusha	62
The Jivatman and the <i>Caitya Puruṣa</i>	62

CONTENTS

The Jivatman and the Mental Purusha	62
The Jivatman, Spark-Soul and Psychic Being	64
The Jivatman in a Supramental Creation	66
The Jivatman in Other Indian Systems	
The Jivatman in Other Schools	68
The Jivatman and the Pure “I” of the Advaita	68
PART TWO	
THE PARTS OF THE BEING AND THE PLANES OF CONSCIOUSNESS	
Section One	
The Organisation of the Being	
The Parts of the Being	
Men Do Not Know Themselves	79
Many Parts, Many Personalities	80
Classification of the Parts of the Being	
Different Categories in Different Systems	82
The Concentric and Vertical Systems	82
Section Two	
The Concentric System: Outer to Inner	
The Outer Being and the Inner Being	
The Outer and the Inner Being and Consciousness	89
The Inner, the Outer and the Process of Yoga	91
The Inner Being	93
The Inner Being, the Antaratma and the Atman	93
The Inner Being and the Psychic Being	93
The Outer Being and Consciousness	95
The True Being and the True Consciousness	
The True Being	97
The True Consciousness	99

CONTENTS

The Psychic Being	
The Psychic and the Divine	102
The Self or Spirit and the Psychic or Soul	105
The Atman, the Jivatman and the Psychic	106
The Words “Soul” and “Psychic”	109
The Psychic or Soul and Traditional Indian Systems	110
The Soul and the Psychic Being	114
The Form of the Psychic Being	119
The Psychic Being and the Intuitive Consciousness	120
The Psychic Being and the External Being	120
The Psychic or Soul and the Lower Nature	121
The Psychic Being or Soul and the Vital or Life	123
The Psychic Being and the Ego	124
The Psychic World or Plane	124
Section Three	
The Vertical System: Supermind to Subconscient	
The Planes or Worlds of Consciousness	
The System of Planes or Worlds	127
The Planes and the Body	132
The Supermind or Supramental	
Supermind and the Purushottama	133
Supermind and Sachchidananda	133
The Supracosmic, the Supramental, the Overmind and Nirvana	137
Supermind and Other Planes	144
Supermind and Overmind	146
Knowledge and Will in the Supermind	151
The Overmind	
Overmind and the Cosmic Consciousness	152
Planes of the Overmind	153
The Overmind, the Intuition and Below	154
The Overmind and the Supermind Descent	155
The Overmind and the <i>Kāraṇa Deha</i>	155
The Dividing Aspect of the Overmind	155

CONTENTS

The Overmind and the World	156
The Higher Planes of Mind	
The Higher Planes and Higher Consciousness	158
The Plane of Intuition	159
The Plane of Intuition and the Intuitive Mind	161
Yogic Intuition and Ordinary Intuitions	162
Powers of the Intuitive Consciousness	163
The Illumined Mind	164
The Higher Mind	164
The Lower Nature or Lower Hemisphere	
The Higher Nature and the Lower Nature	166
The Three Planes of the Lower Hemisphere and Their Energies	166
The Adhara	167
The Mind	
Mind in the Integral Yoga and in Other Indian Systems	168
Manas and Buddhi	169
Chitta	170
Western Ideas of Mind and Spirit	173
The Psychic Mind	177
The Mind Proper	177
The Thinking Mind and the Vital Mind	178
The Thinking Mind and the Physical Mind	179
The Vital Mind	179
The Physical Mind	181
The Physical Mental or Physical Mind and the Mental Physical or Mechanical Mind	182
The Mental World of the Individual	184
The Vital Being and Vital Consciousness	
The Vital	185
The True Vital Being and Consciousness	185
Parts of the Vital Being	187
The Mental Vital or Vital Mind	189

CONTENTS

The Emotional Being or Heart	193
The Central Vital or Vital Proper	193
The Lower Vital, the Physical Vital and the Material Vital	195
A Strong Vital	196
The Vital Body	197
The Vital Nature	197
The Vital Plane and the Physical Plane	197
The Life Heavens	198
The Physical Consciousness	
The Physical Consciousness and Its Parts	200
Living in the Physical Consciousness	206
The Opening of the Physical Consciousness	206
The True Activity of the Senses	207
The Physical Parts of the Mind and Emotional Being	207
The Mental Physical or Mechanical Mind	207
The Vital Physical	208
The Material Consciousness or Body Consciousness	209
The Gross Physical and the Subtle Physical	210
The Physical Nerves and the Subtle Nerves	211
The Sheaths of the Indian Tradition	212
The Environmental Consciousness	
The Environmental Consciousness around the Individual	213
The Environmental Consciousness and the Movements of the Lower Nature	214
The Environmental Consciousness and the Subconscious	215
The Subconscious and the Inconscious	
The Subconscious in the Integral Yoga	216
The Subconscious in Traditional Indian Terminology	222
The Subconscious and the Superconscious	223
The Subconscious and the Subliminal	223
The Subconscious Memory and Conscious Memory	223

CONTENTS

The Subconscient and the Inconscient	225
Section Four	
The Chakras or Centres of Consciousness	
The System of the Chakras	
The Functions of the Chakras or Centres	229
The Chakras in Reference to Yoga	231
The Centres and the Planes	233
The Mind Centres	234
The Sahasradala or Sahasrara or Crown Centre	235
The Ajnachakra or Forehead Centre	237
The Throat Centre	239
The Throat Centre and the Lower Centres	240
The Heart Centre	241
The Navel and Abdominal Centres	242
The Muladhara	242
No Subconscient Centre	244
The Parts of the Body and the Centres	
The Parts of the Body in Yoga	245
The Cerebellum	245
The Ear, Nose, Face and Throat	245
The Chest, Stomach and Abdomen	246
The Legs and Feet	247
The Sides of the Body	247
PART THREE	
THE EVOLUTIONARY PROCESS AND THE SUPERMIND	
Section One	
The Supramental Evolution	
The Problem of Suffering and Evil	
The Riddle of This World	253
The Disharmonies of Earth	262

CONTENTS

Spiritual Evolution and the Supramental	
Human History and Spiritual Evolution	265
Spiritual and Supramental	273
The Overmind and the Supramental	274
Involution and Evolution	275
The Supermind and the Lower Creation	279
Speculations about the Supramental Descent	280
Section Two	
The Supramental Descent and Transformation	
The Descent of the Supermind	
Inevitability of the Descent	287
A Beginning, Not a Completion	288
Clarifications about the Supramental Descent	292
Descent and Transformation	
A World-Changing Yoga	294
The Vital World and the Supramental Descent	297
The Nature and Scope of the Transformation	297
The Earth, the Earth Consciousness and the Supramental Creation	298
The Supramental Change and the Ananda Plane	299
The Supramental Transformation	
Preparatory Steps towards the Supramental Change	301
The Supramental Influence and Supramentalisation	301
Premature Claims of Possession of the Supermind	303
Transformation and the Body	
The Transformation of the Body	305
The Transformation of the Body in Other Traditions	306
Transforming the Body Consciousness	309
Death and the Supramental Transformation	310
The Conquest of Death	312
The Reproductive Method of the Supramental	315

CONTENTS

PART FOUR

PROBLEMS OF PHILOSOPHY, SCIENCE, RELIGION AND SOCIETY

Section One

Thought, Philosophy, Science and Yoga

The Intellect and Yoga

Intellectual Truth and Spiritual Experience	321
Intellectual Arguments against Spirituality	324
The Valley of the False Glimmer	330

Doubt and Faith

Doubt and Yoga	337
Faith in Spiritual Things	348

Philosophical Thought and Yoga

Metaphysical Thinkers, East and West	351
World-Circumstances and the Divine	355
Intellectual Expression of Spiritual Experience	357
Comments on Thoughts of J. M. E. McTaggart	368
Comments on Terms Used by Henri Bergson	374
Metaphysics, Science and Spiritual Experience	375

Science and Yoga

Science, Yoga and the Agnostic	380
Science and Spirituality	381
Science and the Supernormal	385
Science and Superstition	388
The Limitations of Science	391
Physics and Metaphysics	395
Space and Time	401
Matter	404
Animals	406
Plants	407
Life on Other Planets	408

CONTENTS

Section Two

Religion, Idealism, Morality and Yoga

Religion and Yoga

Religion and the Truth	411
Religion in India	412
Religious Ceremonies	413
Religious Fanaticism	415

Idealism and Spirituality

Human Perfection and Spirituality	416
The Collapse of Twentieth-Century Idealism	417

Morality and Yoga

The Spiritual Life and the Ordinary Life	419
Morality	422
Vice and Virtue	423
The Sattwic Man and the Spiritual Man	424
Selfishness and Unselfishness	428
Humility	429
Sacrifice	432
Ahimsa, Destruction and Violence	434
War and Conquest	436
Poverty	437
Natural Calamities	437

Social Duties and the Divine

Family, Society, Country and the Divine	438
Philanthropy	441
Humanitarianism	441
Social and Political Activism	444

CONTENTS

PART FIVE

QUESTIONS OF SPIRITUAL AND OCCULT KNOWLEDGE

Section One

The Divine and the Hostile Powers

Terminology

The Dynamic Divine, the Gods, the Asuras	449
The Soul, the Divine, the Gods, the Asuras	449
Terms in <i>The Mother</i>	451

The Gods

The Gods or Divine Powers	456
The Gods and the Overmind	457
Vedic Gods of the Indian Tradition	458
Post-Vedic Gods of the Indian Tradition	459

The Hostile Forces and Hostile Beings

The Existence of the Hostile Forces	461
The Nature of the Hostile Forces	463
The Conquest of the Hostile Forces	464
Asuras, Rakshasas and Other Vital Beings	465

Section Two

The Avatar and the Vibhuti

The Meaning and Purpose of Avatarhood

The Avatar or Incarnation	471
The Divine and Human Sides of the Avatar	472
Human Judgments of the Divine	474
The Work of the Avatar	476
The Avatar: Historicity and Symbols	478
The Avatar and the Vibhuti	485

Specific Avatars and Vibhutis

The Ten Avatars as a Parable of Evolution	487
Rama as an Avatar	489
Krishna as an Avatar	499
Buddha as an Avatar	500

CONTENTS

Mahomed and Christ	501
Ramakrishna	501
Augustus Caesar and Leonardo da Vinci	502
Napoleon	502
Human Greatness	
Greatness	504
Greatness and Vices	505
Section Three	
Destiny, Karma, Death and Rebirth	
Fate, Free Will and Prediction	
Destiny	509
Free Will and Determinism	510
Predictions and Prophecy	515
Astrology and Yoga	519
Karma and Heredity	
Karma	520
Karma and Heredity	521
Evolution, Karma and Ethics	522
Death	
Death and Karma	526
Death and Grieving	528
The After-Death Sojourn	529
Rebirth	
The Psychic's Choice at the Time of Death	532
Assimilation in the Psychic World	533
The Psychic Being and the Progression from Life to Life	536
The New Birth	541
Reincarnation and Soul Evolution	543
What Survives and What Does Not	544
Lines of Force and Consciousness	546
Beings of the Higher Planes	547
Fragments of a Dead Person that Reincarnate	547

CONTENTS

Connections from Life to Life	548
Lines of Sex in Rebirth	548
Asuric Births	549
Animals and the Process of Rebirth	550
Remembering Past Lives	551
Unimportance of Past-Life Experience in Yoga	552
Speculating about Past Lives	553
Traditional Indian Ideas about Rebirth and Other Worlds	554
European Resistance to the Idea of Reincarnation	554
Section Four	
Occult Knowledge and Powers	
Occult Knowledge	
Occultism and the Supraphysical	559
Occult Forces	559
The Play of Forces	560
The Place of Occult Knowledge in Yoga	565
Spiritism	567
Séances	568
Ghosts	569
Occult Powers or Siddhis	
General Remarks	571
Occult Powers Not the Object of Our Yoga	573
Ethical Rules for the Use of Occult Powers	577
Thought Reception and Thought Reading	577
Occult Powers and Health	578
The Power of Healing	579
Miracles	580
Magic	580
NOTE ON THE TEXTS	581