PART ONE THE PLACE OF EXPERIENCES IN THE PRACTICE OF YO	OGA
Section One The Nature and Value of Experiences	
Experiences and Realisations The Difference between Experience and Realisation The Yogi and the Sadhak Subordinate and Great Experiences Feelings as Experiences Love, Joy and Experience Imagined Experiences Mental Knowledge and Spiritual Experience Mental Realisation and Spiritual Realisation	5 6 6 7 8 9 9
Spiritual Experience as Substantial Experience The Value of Experiences Experience and Development of Consciousness The Importance of Small Beginnings	12 13 14
Inner Experience and Outer Life Subjective Experience and the Objective Existence Experience and the Change of One's Nature Inner Attitude and Outward Things The Power of Creative Formation	21 23 26 26
The Danger of the Ego and the Need of Purification Spiritual Experiences and the Ego Purification and Preparation of the Nature Mixed and Confused Experiences Purification and Positive Experience Purification and Consecration Purification and Transformation Conditions for the Coming of Experience	29 32 35 39 41 43

Suggestions for Dealing with Experiences	
Letting the Experiences Develop Naturally	47
Thinking about Experiences	47
Observing Experiences without Attachment	48
Observing Experiences without Fear or Alarm	49
Speaking about Experiences	50
The Difficulty of Keeping Experiences	52
Section Two	
Vicissitudes on the Way to Realisation	
Variations in the Intensity of Experience	
The Up and Down Movement in Yoga	57
Alternations, Oscillations, Fluctuations	
of Consciousness	59
Fluctuations in the Working of the Force	62
Lulls, Pauses, Interim Periods	63
Drops or Falls of Consciousness	65
Fatigue, Inertia and Lowering of the Consciousness	66
Variations during the Day	68
The Need for Periods of Assimilation	70
Emptiness, Voidness, Blankness and Silence	
Periods of Emptiness	72
Emptiness — A Transitional State	74
Voidness	77
Blankness	78
Emptiness, Blankness and Silence	79
Emptiness, Voidness and the Self	81
PARTTWO	
THE OPENING OF THE INNER SENSES	
Section One	
Visions, Sounds, Smells and Tastes	
The Value of Visions	
Vision, Experience and Realisation	87

Sensing Supraphysical Things	89
The Importance of Visions	91
Visions Not the Most Important Thing	95
No Reason to Fear Visions	97
Wrong Visions and Voices	97
Kinds of Vision	
The Inner Vision	98
Stages in the Development of the Inner Vision	99
The Diverse Nature and Significance of Visions	100
Representative and Dynamic Visions	102
Seeing Forms of the Divine and Other Beings	103
Cosmic, Inner and Psychic Vision	105
Mental Visions	106
Vital Visions	107
Subtle Physical Visions	108
Subtle Sights, Sounds, Smells and Tastes	
Sights and Sounds of Other Planes	111
Subtle Sounds	111
Subtle Smells and Tastes	113
Section Two	
Lights and Colours	
Light	
Seeing Light	117
Light and the Illumination of the Consciousness	118
Different Forms of Light	119
Two Visions Explained	120
Colours	
The Symbolism of Colours	122
White Light	124
White Light with Light of Other Colours	125
Whitish Blue Light	126
Blue Light	127
Violet Light	128

Golden Light	129
Gold-Green Light	130
Golden Red or Red Gold Light	130
Orange Light	131
Yellow Light	131
Pink or Rose Light	132
Green Light	132
Purple and Crimson Light	132
Red Light	133
Red and Black	134
Section Three	
Symbols	
Symbols and Symbolic Visions	
Different Kinds of Symbols	137
The Effect of Symbolic Visions	138
Some Symbolic Visions and Dreams Interpreted	139
Sun, Moon, Star, Fire	
Sun	142
Moon	144
Star	146
Fire and Burning	147
Sky, Weather, Night and Dawn	
Sky	148
Rain, Snow, Clouds, Lightning, Rainbow	149
Night and Dawn	149
Water and Bodies of Water	
Water	150
Sea or Ocean	150
Pond, Lake, River	151
Earth	
Mountain	152
Earth and Patala	153

Gods, Goddesses and Semi-Divine Beings	
Agni	155
Shiva	155
Parvati-Shankara	155
Narayana, Vishnu, Brahma, Lakshmi,	
Saraswati, Ananta	155
Krishna	156
Hanuman	157
Narada	158
Mahakali and Kali	158
Durga on a Lion	158
Ganesh	158
Kartikeya	159
Sanatkumar	159
Buddha	159
Apsaras	159
The Human World	
Child	160
Parents and Relatives	161
Robbers	162
Journeying	162
Running Away	163
Flying	163
Ears	163
Teeth	163
Flesh	164
Being Dead	164
The Animal World	
Cow	165
Bull	166
Horse	166
Lion	167
Tiger	167
Elephant	167
Giraffe	168

Camel	168
Deer and Antelope	168
Boar	168
Buffalo	168
Goat	169
Monkey	169
Dog	169
Black Cat	170
Snake or Serpent	170
Crocodile	173
Frog	173
Fish	173
Bird	173
Swan or Hansa	174
Duck	175
Crane	175
Peacock	175
Dove or Pigeon	176
Crow, Eagle, Kite	176
Ostrich	176
Spider	176
White Ants	176
Flies	176
The Plant World	
Aswattha or Peepul Tree	177
Jungle	177
Leaves	177
Fruits	177
Flowers	177
Lotus	178
Other Flowers	180
Constructions	
Building	181
Workshop	181
Temple	181

Pyramid and Sphinx	181
•	101
Objects	400
Cross and Shield	183
Crown	183
Diamond	183
Pearl	184
Flute	184
Conch	184
Bells	185
Vina	185
Wheel, Disc or Chakra	185
Bow and Arrow	186
Key	186
Book	186
Mirror, Square and Triangle	186
Incense Stick and Tobacco	186
Gramophone	187
Numbers and Letters	
Numbers	188
Letters (Writing)	188
OM	188
PART THREE	
EXPERIENCES OF THE INNER CONSCIOUSNESS	
AND THE COSMIC CONSCIOUSNESS	
Section One	
Experiences on the Inner Planes	
Experiences on the Subtle Physical, Vital and Mental l	Planes
Subtle Physical Experiences	193
Vital Experiences	194
Influence or Possession by Beings of Other Planes	198
An Experience on the Mental Plane	203

Exteriorisation or Going Out of the Body The Experience of Exteriorisation Going Out in the Vital Body	205 206
Section Two Experiences of the Inner Being and the Inner Conscious	ısness
The Inward Movement	
The Importance of Inner Experiences	211
Becoming Aware of the Inner Being	213
The Piercing of the Veil	214
The Movement Inward	219
The Inner Consciousness and the Body	222
A Transitional State of Inwardness	223
The Growth of the Inner Being and the	
Inner Consciousness	223
Living Within	225
Living Within and the External Being	228
Acting from Within on the Outer Being	230
The Double Consciousness	232
The Inner Being and Calmness, Silence, Peace	232
The Inner Being and the Inmost or Psychic Being	236
Inner Detachment and the Witness Attitude	
Inner Detachment	238
The Witness Attitude	241
The Witness Purusha or Witness Consciousness	244
The Purusha and Change of the Prakriti	246
Inner Experiences in the State of Samadhi	
Samadhi or Trance	248
Trance Not Essential	250
Kinds of Samadhi	251
Samadhi and the Waking State	252
Samadhi and Sleep	253
The Trance of Mediums	256
The frame of Medianio	200

Three Experiences of the Inner Being	
Opening into the Inner Mental Self	257
The Awakening of the Inner Being in Sleep	259
A Touch of the Inner Self	262
Section Three	
Experiences of the Cosmic Consciousness	
The Universal or Cosmic Consciousness	
The Terms "Universal" and "Cosmic"	267
The Nature of the Cosmic Consciousness	267
The Cosmic Consciousness and the Overmind	269
The Cosmic Consciousness and the Transcendent	269
Spiritual, Cosmic and Ordinary Consciousness	271
The Widening of the Consciousness	273
The Cosmic Consciousness and the Cosmic Self	277
The Cosmic Consciousness and Self-Realisation	279
Aspects of the Cosmic Consciousness	
The Cosmic Ignorance and the Cosmic Truth	281
The Cosmic Harmony and Discords	282
The Cosmic Will	283
Opening to the Cosmic Mind	284
Opening to the Cosmic Life	284
The Cosmic Consciousness and the Physical	285
The Universal or Cosmic Forces	
The Nature of the Universal or Cosmic Forces	287
The Universal Energies and the Divine Force	288
The Cosmic Force and the Overmind	289
The Entry of the Universal Forces	290
The Universal Forces and the Individual	290
Time Vision and the Cosmic Movement	290
Section Four	
The Dangers of Inner and Cosmic Experiences	
The Intermediate Zone	
The Nature of the Intermediate Zone	295

The Dangers of the Intermediate Zone Avoiding the Dangers of the Intermediate Zone	303 306
Inner Voices and Indications The Nature of Voices The Danger of Following Inner Voices	308 309
PART FOUR THE FUNDAMENTAL REALISATIONS OF THE INTEGRAL YOGA	
Section One Three Stages of Transformation: Psychic, Spiritual, Supramental	
The Psychic and Spiritual Realisations	
The Fundamental Realisations	319
Four Bases of Realisation	319
Three Realisations for the Soul	319
Foundations of the Sadhana	320
The Central Process of the Yoga	323
Conditions of Transformation	
Realisation and Transformation	331
The Three Transformations	331
Preparation for the Supramental Change	333
Section Two	
The Psychic Opening, Emergence and Transformation	
The Psychic Being and Its Role in Sadhana	
The Importance of the Psychic Change	337
The Role of the Psychic in Sadhana	339
The Psychic Deep Within	340
The Psychic and the Mental, Vital and	310
Physical Nature	342
The Psychic Awakening	344
Living in the Psychic	344
zi, iig ii die 16, eine	5.1

The Psychic Opening	
The Meaning of Psychic Opening	347
Conditions for the Psychic Opening	348
An Experience of Psychic Opening	349
The Psychic Opening and the Inner Centres	351
"Opening" and "Coming in Front"	352
The Emergence or Coming Forward of the Psychic	
The Meaning of "Coming to the Front"	354
Signs of the Psychic's Coming Forward	355
The Psychic and the Relation with the Divine	359
Means of Bringing Forward the Psychic	360
Obstacles to the Psychic's Emergence	362
Experiences Associated with the Psychic	
The Psychic Touch or Influence	367
The Psychic Condition	367
The Psychic Fire	368
The Psychic Fire and Some Inner Visions	369
Agni	371
Agni and the Psychic Fire	373
Psychic Joy	374
Psychic Sorrow	374
Psychic Tears or Weeping	375
Psychic Yearning	376
Psychic Intensity	377
The Psychic and Uneasiness	378
The Psychic and Spiritual Transformations	
Psychisation and Spiritualisation	380
The Psychic and the Higher Consciousness	381
The Psychic and Spiritual Movements	383
The Psychic Consciousness and the Descent	
from Above	385
The Psychic and the Supermind	387

Section Three **Spiritual Experiences and Realisations** Experiences of the Self, the One and the Infinite Peace, Calm, Silence and the Self 391 The True Self Within 393 The Self and the Sense of Individuality 394 The Disappearance of the "I" Sense 395 The Self and the Cosmic Consciousness 396 A Vision of the Universal Self 396 The Self Experienced on Various Planes 397 The Self and Time 397 The Self and Life 398 Experiences of Infinity, Oneness, Unity 398 Living in the Divine 399 Experiences on the Higher Planes The Higher or Spiritual Consciousness 401 Breaking into the Spiritual Consciousness 401 Wideness and the Higher Consciousness 402 Degrees in the Higher Consciousness 403 405 The Higher Planes and the Supermind Levels of the Higher Mind 406 An Illumined Mind Experience 406 407 Overmind Experiences Overmind Experiences and the Supermind 408 Reflected Experience of the Higher Planes 410 Trance and the Higher Planes 411 411 Living in a Higher Plane Section Four

The Spiritual Transformation Ascent and Descent The Meaning of Spiritual Transformation 415 A Double Movement in the Sadhana 415 Both Ascent and Descent Necessary 417

419

The Order of Ascent and Descent

Ascent and Descent of the Kundalini Shakti Ascent and Descent and Problems of the	420
Lower Nature	422
Experiences of Ascent and Descent	425
Ascent to the Higher Planes	
Contact with the Above	428
Ascension or Rising above the Head	429
Ascent and Return to the Ordinary Consciousness	431
Ascent and Dissolution	432
Ascent and the Psychic Being	433
Ascent and the Body	434
Ascent and Going out of the Body	434
Fixing the Consciousness Above	437
Ascent and Change of the Lower Nature	439
The Descent of the Higher Consciousness and Force	
The Purpose of the Descent	441
Calling in the Higher Consciousness	441
Preparatory Experiences and Descent	442
The Order of Descent into the Being	445
The Effect of Descent into the Lower Planes	447
The Descent of the Higher Powers	
The Descent of Peace, Force, Light, Ananda	449
Peace, Calm, Quiet as a Basis for the Descent	4 50
The Descent of Peace	452
The Descent of Silence	453
The Descent of Force or Power	455
The Descent of Fire	459
The Descent of Light	460
The Descent of Knowledge	461
The Descent of Wideness	461
The Descent of Ananda	461
The Flow of Amrita	462
Descent and Other Kinds of Experience	
Descent and Experiences of the Inner Being	463

Descent and Psychic Experiences	464
Descent and Other Experiences	466
Feelings and Sensations in the Process of Descent	
Sensations in the Inner Centres	469
Pressure	469
Perforation	473
Vibration	473
Electricity	474
Waves	475
Flow or Stream	475
Drizzle or Shower	475
Coolness	476
Stoniness	477
Sound	477
Difficulties Experienced in the Process of Descent	
Alternations in the Intensity of the Force	479
The Need of Assimilation	479
Pulling Down the Force	480
Shaking or Swaying of the Body	481
Headaches Due to Resistance	482
Talking Loudly	483
Fear of the Descending Force	484
Desires and Descent	484
Tiredness, Inertia and Sleep	485
Mixing with the World	485
Descent and the Lower Nature	
The Resistance of the Lower Nature	487
Descent into the Mind and Vital	490
Descent into the Physical Consciousness and Body Experiences in the Subtle Body and the Physical	493
Body	496
Descent into the Subconscient and Inconscient	497
NOTE ON THE TEXTS	499