

Contents

Part One: Man's Relationship with the Divine

The True Aim of Life	3
The Divine Is with You	9
“The Divine” and “Man”	17
Relationship with the Divine	19
The Ways of Working of the Lord	23

Part Two: The Path of Yoga

The Path	29
Yoga	32
The Integral Yoga	33
Yogic Action	36
Aspects of Sadhana	38
Tapasya	45
Ascetic Practices	47
Concentration	50
Meditation	52
Experiences and Visions	54
The Guru	60
General	62

Part Three: Elements of Yoga

Sincerity	65
Insincerity, Pretension and Self-deception	67
Aspiration	72
Aspiration, Calling and Pulling	77
Faith and the Divine Grace	79
Faith	79
Confidence	81
Certitude	82

Contents

The Divine Grace	83
The Divine Help	86
Faith in the Divine Grace and Help	87
Trust in the Divine Grace and Help	91
The Divine Grace and Difficulties	94
Devotion and Self-giving	98
Devotion	98
Worship	98
Offering	98
Consecration	99
Self-giving	100
Service to the Divine	104
Surrender to the Divine Will	107
Surrender	107
To Will What the Divine Wills	109
Difficulties of Surrender	113
Love	116
Divine Love	116
Divine Love and Human Love	119
Love and Sexual Desire	125
Love for the Divine	128
General	131
Peace and Silence	133
Calm	133
Quiet	135
Peace	138
Silence	141
Openness and Receptivity	144
Openness	144
Wideness	145
Plasticity	146
Receptivity	146
Purity and Humility	149
Purity	149
Simplicity	150

Contents

Humility and Modesty	151
Gratitude and Faithfulness	154
Gratitude	154
Faithfulness	155
Obedience	157
Will and Perseverance	158
Will	158
Resolution	159
Determination	160
Steady Effort	160
Persistence	161
Perseverance	162
Endurance	164
Patience	165
Heroism and Bravery	168
Boldness	169
Courage	169
Strength, Force and Power	171
Prudence and Balance	172
Enthusiasm and Straightforwardness	174
Nobility and Refinement	176
Happiness and Joy	179
Cheerfulness	179
Happiness	179
Joy	182
Beatitude and Bliss	182
Harmony and Goodwill	184
Harmony	184
Collaboration	185
Goodwill	186
Benevolence	187
Tolerance	187
Freedom	188
Truth and Speech	190
Truth	190

Contents

Falsehood and Truth	193
Truth Is Above Mind	196
Opinion and Truth	199
Honesty	201
Speak Always the Truth	201
Control of Speech	202
Speech and Practice	208
Part Four: Difficulties	
Circumstances	213
Circumstances: Results, Not Causes	213
Circumstances: Results of Past Actions	213
Circumstances and One's Inner Condition	215
Difficulties	218
The Cause and Utility of Difficulties	218
Never Complain about Difficulties	221
Never Worry about Difficulties	222
Forget about Difficulties	223
Face and Overcome Difficulties	225
Mistakes	234
Mistakes Can Be Effaced	234
Mistakes: No Torment, Worry or Sadness	235
Mistakes: Recognise and Correct Them	238
Weaknesses	240
Fear	240
Doubt	244
Depression	244
Suffering	247
Laziness, Tiredness, Fatigue, Tamas	248
Material Desires	250
Greed for Food	251
Desires, Impulses and Self-Control	252
Ego	257
Selfishness	258

Contents

Pride	259
Vanity	259
Ambition	260
Jealousy	261
Quarrels	261
Narrowness and One-sidedness	266
Part Five: Human Relationships	
Judging Others	271
Helping Others and the World	275
Opinions of Others	279
Attachment to Others	283
Duty towards the Divine and Others	286
General	288
Men and Women	289
Marriage and Children	291
Part Six: Work	
Work as an Offering to the Divine	297
Progress and Perfection in Work	303
Collaboration and Harmony in Work	309
Difficulties in Work	315
Work Silently	321
Care of Material Things	323
General	324
Part Seven: Parts of the Being	
The Soul (the Psychic)	329
The Mind	339
Mind: Only an Instrument	339
Mental Limitations and Weaknesses	341
Quiet Mind, Calm Mind, Silent Mind	347
The Heart	350

Contents

The Vital	353
The Senses	358
The Body (the Physical)	359
The Subconscient	363
General	366
Note on the Texts	367