



Our Many Selves

Practical
Yogic Psychology

Selections from the works of
Sri Aurobindo and the Mother
Compiled, with an Introduction, by A.S. Dalal

Our Many Selves Practical Yogic Psychology

Malakhiyah



Our Many Selves Practical Yogic Psychology:

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 Our Many Selves: Practical Yogic Psychology Santosh Krinsky, 2024-01-01 Who are we Why are we alive What are we here to do What is the meaning and significance of our lives These questions nag at us at times in our everyday lives until finally we take them up and try to unravel the mystery of our existence and the existence of the universal creation Sri Aurobindo and the Mother have taken up these questions and provided a way of understanding and a method for progress in finding and applying the solutions we find They do so by showing us the complex and multiple different selves that make up what we believe to be a unified external personality In fact we are not so simple and not so unified in our being There are conflicting drives and forces at work which create internal conflict and in many cases defeat us in the achievement of our highest goals and aspirations By understanding this complex makeup of our being we are able to find a path to liberation from this bondage without at the same time having to totally abandon all action in the world Our Many Selves Practical Yogic Psychology compiled by Dr A S Dalal from the writings of Sri Aurobindo and the Mother is an extremely useful text to aid us in the process of self discovery and self actualization It is a benefit to spiritual seekers regardless of the specific path followed as it is not based on any particular religious or philosophical dogma At the same time the deeper understanding provided by this text can aid even those who are not actively and consciously practicing yoga for the sake of self knowledge or self realization as it will help each individual work through the pressures the internal debates and inner conflicts that frequently impact the individual's ability to act and succeed in their intended goals even when they are purely based on fulfilling the external personality If we can understand the forces that bring us to feeding addictions procrastinating living an unhealthy and imbalanced lifestyle sabotaging our relations with others then we can begin to achieve a more harmonious and successful life however we choose to define success Dr Dala states This book is meant to bear out Sri Aurobindo's oft quoted statement Yoga is nothing but practical psychology Generally yoga is viewed as made up of certain set practices and certain rules and norms pertaining to one's outer life In contrast to this view Our Many Selves present Yoga as consisting essentially in inner psychological work aimed at the transformation of consciousness

Our Many Selves: Practical Yogic Psychology A. S. Dalal, Aurobindo, The Mother, 2003-01 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 **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 Your Symphony of Selves James Fadiman,Jordan Gruber,2020-08-04

Why you are a different you at different times and how that s both normal and healthy Reveals that each of us is made up of multiple selves any of which can come to the forefront in different situations Offers examples of healthy multiple selves from psychology neuroscience pop culture literature and ancient cultures and traditions Explores how to harmonize our selves and learn to access whichever one is best for a given situation Offering groundbreaking insight into the dynamic nature of personality James Fadiman and Jordan Gruber show that each of us is comprised of distinct autonomous and inherently valuable selves They also show that honoring each of these selves is a key to improved ways of living loving and working Explaining that it is normal to have multiple selves the authors offer insights into why we all are inconsistent at times allowing us to become more accepting of the different parts of who we and other people are They explore through extensive reviews how the concept of healthy multiple selves has been supported in science popular culture spirituality philosophy art literature and ancient traditions and cite well known people including David Bowie and Beyonc who describe accessing another self at a pivotal point in their lives to resolve a pressing challenge Instead of seeing the existence of many selves as a flaw or pathology the authors reveal that the healthiest people mentally and emotionally are those that have naturally learned to appreciate and work in harmony with their own symphony of selves They identify the Single Self Assumption as the prime reason why the benefits of having multiple selves has been ignored This assumption holds that we each are or ought to be a single consistent self yet we all recognize in reality that we are different in different situations Offering a pragmatic approach the authors show how you can prepare for situations by shifting to the appropriate self rather than being switched or triggered into a sub optimal part of who you are They also show how recognizing your selves provides increased access to skills talent and creativity enhanced energy and improved healing and pain management Appreciating your diverse selves will give you more empathy toward yourself and others By harmonizing your symphony of selves you can learn to be in the right mind at the right time more often *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 **Sustainability and the Humanities** Walter Leal Filho,Adriana Consorte McCrea,2018-08-22 This book explores the strong links between sustainability and the humanities which go beyond the inclusion of social sciences in discussions on sustainability and offers a holistic discussion on the intellectual and moral aspects of sustainable development The contributions from researchers in the fields of education social sciences religion humanities and sustainable development fulfill three main aims They provide university lecturers interested in humanities and sustainable development with an opportunity to present their work foster the exchange of information ideas and experiences acquired in the execution of teaching and research and discuss methodological approaches and projects that provide a better understanding of how the humanities can contribute to the debate on sustainable development Prepared by the Inter University Sustainable Development Research Programme and the World Sustainable Development Research and Transfer Centre the book reiterates the need to promote integrated approaches to sustainable development Including practice based lessons learnt that can be replicated further it is a valuable resource for scientists and practitioners working in the humanities and sustainable development *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 *How I came to Sri Aurobindo* Sivakumar Elambooran, This memoir details the story of a sadhak practitioner of spirituality once a dyed in the wool agnostic who came to the practice of the Integral Yoga after a life altering spiritual experience in his twenty fourth year Ignorant of spiritual literature at that time he accepted conventional medical wisdom that put down the experience to a psychosomatic disorder He continued to coast along as an agnostic for about a decade after this experience believing all the while that medical attention was enough to manage the condition It was the contact with the Integral Yoga of Sri Aurobindo that awoke him to the reality of the goings on within Until this first exposure to Aurobindonian philosophy and psychology he had rejected the subjective truth of the realities of his inner experiences This was simply because these realities did not fit into the scheme of things that his rational mind could then construct This book begins with a brief description of the spiritual experience alluded to and goes on to explore the tensions between interpretations of it as a medical problem and as a turning point in a life appropriated for a larger purpose It is the author s hope that this book will be of use to those considering taking up a spiritual life Moreover it is for those diagnosed with psychosomatic disorders The author would have achieved one of his main aims if the work throws new light on people with psychosomatic disorders *The Dark Kingdom 108 Monsters Within* Malakhiyah,2022-04-06 Embark on a transformative

journey with The Dark Kingdom 108 Monsters Within the captivating second installment in the groundbreaking Karmatic Diet series Discover the Karmatic Diet a holistic approach to life that encompasses the mind body and spirit Unveiling the secrets of ancient wisdom dating back to the dawn of existence this five book series serves as a profound guide to unlocking the mysteries of the universe The Dark Kingdom 108 Monsters Within delves into the intricate tapestry of the omniverse shedding light on the 108 monsters within the unilluminated aspects of ourselves waiting to be brought into awareness Gain profound insights into the delicate balance connecting every element of the universe including your emotional state Explore the 108 emotional states often referred to as the states of ego or defilements of the soul These are the energetic entities the whispers on your shoulder the biblical demons influencing your thoughts Authoritatively guiding you the book helps you recognize these states and empowers you to transcend them Learn simple yet effective breathing techniques meditations and mental wellness practices to rise above the monsters within Unlock the secrets of pratyahara a practice focusing on the withdrawal and disillusion of the senses particularly the mind and emotion The Dark Kingdom 108 Monsters Within is a beacon for those new to this transformative thinking or for truth seekers eager to deepen their understanding With practical keys tools and time tested practices this book lays the foundation for mental emotional and physical oneness with the universe Elevate your everyday life with this enlightening guide designed to inspire balance neutrality and a harmonious connection with the cosmos Embark on your journey to self discovery and transformation purchase and download The Dark Kingdom 108 Monsters Within today Your path to enlightenment awaits

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

Readings in Powers Within Santosh Krinsky, 2025-07-01 We tend to overlook or underestimate the powers inherent in our human existence the powers of the body the powers of the vital nature the powers of the mind the powers of the psychic being and the power of the spirit Some of these powers are manifest but not fully understood explored or developed Others remain latent within our being Still others we can see active in other forms and beings in Nature From time to time some of these other powers can be activated within the human being as well With an evolution of consciousness we see the successive development and expression of new powers coming to the forefront We can see this as a long process of maturation of the existence we experience on this planet The vital powers change and activate the dense material forms The mental power rearranges life and matter This evolution is not completed and we see signs of the emergence of yet higher more powerful ranges of consciousness as humanity matures and develops The powers that develop are part of a natural progression and can come about quite naturally At the same time the normal slow evolutionary process of Nature can be speeded up by a focused discipline by a dedicated individual Just as we see that skills can be developed and honed in the external life through dedication focus and practice inner development of the inherent powers can be developed through similar application of concentration with an increasing insight as to the right use of those powers In the Taittiriya Upanishad the seeker is asked to practice tapasya the concentration of conscious force as the means toward ultimate realisation of the source nature and meaning of existence In the end it is tapasya that lies behind the expression of all powers in life That tapasya is not an individual force alone but the energy that creates maintains and develops the entire universal creation We frequently limit our powers by the voluntary restriction of our being inherent in our material existence and our involvement with the individual ego personality within which we live and act in this lifetime When we remove these artificial boundaries we find that we are One with the universal Being and that the powers of that Being can manifest anywhere through any individual based on the intention and guidance of the universal sole Existence Sri Aurobindo and the Mother in Powers Within compiled by Dr A S Dalal have taken us on a systematic review of the various parts of our being and the powers that reside there and have helped thereby to open up new possibilities to widen and enliven our existence and prepare us for the next phase of our evolutionary development

Our Many Selves Abdulhusein Suleman Dalal, 2005 From the blurb This book is meant to bear out Sri Aurobindo's oft quoted statement Yoga is nothing but practical psychology Generally yoga is viewed as made up of certain set practices and certain rules and norms pertaining to one's outer life In contrast to this view Our Many Selves presents Yoga as consisting essentially in inner psychological work aimed at the transformation of consciousness This book discusses in detail the various planes and parts of the being and how they are to be harmonised and unified around the soul

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 2 400 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 **The Art and Science of Heroism and Heroic Leadership** Scott T.

Allison,James K. Beggan,Olivia Efthimiou,2019-06-21 Heroism is a rich elusive phenomenon Any adequate understanding of heroic behavior requires a new type of scholarly imagination one that taps into human artistic sensibilities as much as it does the rigors of scientific inquiry In an important sense we invoke a meta version of the call to heroic imagination by Franco Blau and Zimbardo 2011 who describe such imagination as a mind set and a collection of attitudes p 13 that can steer everyday people toward heroic achievement This eBook also merges our understanding of heroism with heroic leadership demonstrating that heroic leadership applies the principles of heroism in moving groups toward noble collective goals This eBook represents an effort by a distinguished group of authors to unleash their own creative mindsets attitudes and imaginations in their scholarship on heroism and heroic leadership **La educación del ser emocional. Segunda edición**

Juan Casassus,2015 Este libro es parte de la colecci n e Libro en BiblioBoard **Inner Tantric Yoga** David Frawley,2008-08-14 This extraordinary new book shows us how to connect with the Devatas the Divine powers of the universe to develop our deeper Yoga practice It features special chapters on the Shiva Linga meditations on Shakti in nature and in the human body Shakti in the practice of Yoga special knowledge of the chakras including the spiritual heart and the crown chakra the four internal energy centers of Fire Agni Sun Surya Moon Soma and Lightning Vidyut the practice of Drishti Yoga Yoga of perception Shambhavi Mudra and important mantras to Shiva Kali Bhairavi and Sundari It contains a wealth of deep yogic knowledge not easily available today and based upon traditional Sanskrit sources **Yoga Journal** ,1976-11 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty Indian National Bibliography ,2003-07 **The Indian National Bibliography** B. S. Kesavan,2003-07

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