

The Bhagavad Gita and Integral Yoga

1. Introduction

Purpose: A utilitarian interpretation of Sri Aurobindo's Essays on the Gita

Goal: Extract "gold" — Supreme Will, Wisdom, and Love

Symbolism: Transform spiritual knowledge into living realization

2. The 5 Key Spiritual Realisations

1. Supra-Cosmic Goal

Awakening the Supreme Self (Brahmabhutah)
Union with God

2. Universal Consciousness

Realizing Vasudeva sarvam iti — God in all beings
Acting for the welfare of all (sarvabhuta-hite ratah)
Upholding collective progress (lokasangraha)

3. Immanent Divinity

Recognition of the Divine within the human form (manusim tanumasritam)
The indwelling Kshara Purusha or Psychic Being
Without this: human life stays egoistic and limited

4. Impersonal Liberation

Opening to Akshara Purusha (Spiritual Being above the head)
Achieving impersonality as first step of perfection

5. Manifestation of Divine Nature

Union of the soul (Jiva) with Purushottama
Formula: "See all existences first in the Self, then in Me" (atmani atho mayi)
Divine Consciousness infuses Nature (prakritim mamikam, madbhava)

4 Lessons from the Gita for Integral Sadhak

Transcending the Gunas
Understand and surpass tamas, rajas, sattwa
Replace sattwa with equality and Psychic consciousness

Soul & Spiritual Forces
Perfect and integrate:

Fourfold soul forces (Chaturvarna)

Fourfold spiritual powers (Chatwaro manovastatha)

These carry across lives to aid transformation of the world

Consecration & Self-Control

Begins by rejecting lower nature

Becomes rigorous with Psychic/Spiritual opening

Becomes absolute with Supramental Self

Leads to total surrender (sarvadharmam parityajya) and Divine union (samagram mam)

Integral Liberation

Gita's liberation = negative freedom: desirelessness, egolessness, transcendence of dualities, freedom from gunas

Integral Yoga = positive freedom:

Universal in soul

Transcendentally one with God

Possession of Divine Nature (Mokshya - Integral Liberation)

3. Phases of the Soul's Journey

Phase One: Bound by tamas, rajas, and sattwa

Phase Two: Cultivating sattwic nature and self-control

Phase Three:

Partial opening of Psychic and Spiritual beings

Consciousness oscillates between gunas and trigunatita state

Phase Four:

Alternating between waking trance (Psychic) and non-waking Samadhi (Spiritual)

Phase Five:

Bridge between the two states

Consciousness spans Supramental/Bliss and Subconscious/Inconscient

Marks the beginning of universal action (Integral Yogi)