CONTENTS

Part-I : Sri Aurobindo's Metaphysical Vision	
Chapter One	3
Metaphysical Contemplative Psychology	3
The Psychological Nature of Spiritual Discipline	3
The Metaphysical Nature of Spiritual Discipline	8
Chapter Two	15
Main features of Sri Aurobindo's Metaphysical vision	15
Chapter Three	25
Main issues of Sri Aurobindo's Metaphysical Yoga Psychology	25
Aim of Integral Yoga	30
The process of integral transformation	33
Integration	33
Transformation	35
Triple Transformation	39
The Psychic Being and the Ego	40
Preparatory steps as the indispensable means of progress in sadhana	49
Equality and self-opening	49
Aspiration and Faith	52
Rejection	55
Surrender	56
The constituent elements of Yoga in sadhana.	59
Purification	60
Liberation	63
Perfection	65

Chapter Four	71
Transpersonal Psychology and Sri Aurobindo's Metaphysic	cal
Yoga Psychology and Integral Sadhana.	71
Introduction	71
Transpersonal Psychology	83
Transpersonal Psychotherapy	87
Transpersonal Psychiatry	91
Transpersonal Psychotherapy and Integral Sadhana	93
The Ego in Transpersonal Psychotherapy and Sri Aurobir	ıdo's
Metaphysical Yoga Psychology	100
Psychopathology In Sri Aurobindo's Metaphysical Yoga	
Psychology	104
Meditation in Transpersonal Psychology and Sri Aurobir	ıdo's
Metaphysical Yoga Psychology	110
Part – II : Sadhana in Integral Yoga and its difficulties	
Chapter Five	117
Various Difficulties and its Consequences during the	
Practice of Sadhana	117
Introduction sadhana	117
Difficulties in the process of sadhana	121
Difficulties Mental Being	128
Difficulties Vital Being	129
Difficulties Physical Being	132
Recapitulation : Difficulties of the Lower Parts of the Being	133
Difficulties in the Intermediate zone	137
Difficulties of the Subliminal Being	140
Difficulties in Psychic Transformation	141
Difficulties in Spiritual Transformation	143
Difficulties in Supramental Transformation	146
The Sunlit Path	147
Grace	152
Conclusion: Sadhana and its Difficulties	154

Concluding Reflections	
Chapter Six	163
Critical Evaluation of some Aspects of	
Sri Aurobindo's Integral Sadhana	163
The function of ethics in sadhana	169
The function of the Guru in sadhana	179
The function of Grace in sadhana	184
Resistance	190
Questions related to the nature, meaning and pitfalls of the Psychic Being	193
Epilogue	219
Evolution of the soul through spiritual development or the evolution of the human being by means of	
human technology?	219
Evolution of the soul through spiritual development.	219
Psychic Being and rebirth	219
Heredity	225
Evolution of men by means of human technology	230
The new man in the technological or spiritual evolution;	
a dialogue	234
Post-script	297
The Ashram	298
Human Unity	304
Auroville as the future City of Human Unity	307
Difficulties Aurovilians may encounter during the developr	nent

309

328

341

357

of the Psychic Being

Conclusion

Bibliography

Organisation and leadership in Auroville