Sri Aurobindo honors the contributions of each of these divergent streams of human activity. His writings help us reconcile the apparent conflicts of two diverse societies and at the same time develop a new, wider, embracing viewpoint which vibrates with spiritual force, mental clarity and a heart of love and compassion for the efforts of humanity.

Sri Aurobindo has been considered one of the foremost philosophers of the 20th Century, but he was far more than just a philosopher. He was a political activist, a mystic, a spiritual leader and a poet, a yogi and a teacher. Sri Aurobindo experienced the range of human activity and used that experience to communicate his insight in a way that we can appreciate and understand.

Sri Aurobindo’s yoga points the way toward the kind of transformative practice we need to realize our greatest potentials. No philosopher or contemplative of modern times has done more to reveal our possibilities for extraordinary life.

— Michael Murphy, founder, Esalen Institute  
Introductions
The following books are good “starting points” to find out about Sri Aurobindo.

The Life Divine
Sri Aurobindo’s work encompassed far more than philosophy. He integrated his philosophical vision with a panoramic view of human evolution. He included a focus on spiritual realization and experience. He started with a firm foundation of all the higher and wider aspects of human thought and experience. His ultimate goal was to effect a transformation of human life, both individual and collective, on the basis of the realizations achieved through this integrative process.

Dictionary of Sri Aurobindo’s Yoga
compiled by M.P. Pandit
This useful book organizes a number of philosophical terms and concepts of yogic practice and provides Sri Aurobindo’s own definitions as to their meaning. One of the major drawbacks people have in studying any comprehensive yoga system is to understand the use of the language and the exact meaning of the terminology. Because of Sri Aurobindo’s ground-breaking work, his use of numerous terms widens their essential significance. This book provides the key to understanding hundreds of terms of both yoga and traditional paths of knowledge.

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Sri Aurobindo and His Yoga
by Sri M.P. Pandit
Sri Pandit provides us an overview of Sri Aurobindo’s life, his writings and his Integral Yoga. In doing so, he takes time to introduce the major principles of yoga and relates in a simple yet dynamic form the path open to seekers of spiritual perfection.

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The Integral Yoga:
Sri Aurobindo’s Teaching and Method of Practice
This book systematically reviews the practice of yoga while focusing on the issues that are relevant and meaningful to our lifestyle here in the Western world. Sri Aurobindo’s integral yoga embraces the totality of human experience and life. It can be effectively practiced in the midst of the daily “battle of life.”

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ISBN 0-941524-76-0 320 pp paper $11.95


Rebirth and Karma
We have all had occasion to question providence; to ask, “why do the good suffer, why do the evil prosper?” Such fundamental questions of life take on a new significance when viewed with an understanding of Rebirth and Karma.

In Rebirth and Karma, Sri Aurobindo assesses the central arguments surrounding the concept of rebirth. He suggests that rebirth is a vehicle conveying the soul forward in its aeonic evolution towards self-knowledge and self-mastery. Evolution through the process of rebirth enables the soul’s indomitable effort through Time; karma engineers its spiritual education. Once seen, the process of karma, the law of consequence, takes a central place among the issues of life.

ISBN 0-941524-63-9 190 pp paper $9.95

Aurobindo treatises are among the most important works of our time in philosophy, ethics and humanities. Sri Aurobindo himself [is] one of the greatest living sages of our time, and a most eminent moral leader.

—Pitirim Sorokin, Harvard University.
Spiritual Traditions of India

Sri Aurobindo has translated and commented upon many of the major spiritual texts of India. His insightful commentaries unlock the inner meaning of the texts in a flowing, clear language that brings these scriptures to life. His work with the Rig Veda is especially important as he was able to discover the psychological sense that reveals the “secret of the veda”.

Bhagavad Gita and Its Message

The author of the Bhagavad Gita, and a number of other sacred Hindu scriptures, is considered to be Krishna, a divine form of Vishnu. Sri Aurobindo claims that many of the ancient Hindu texts were initially written in a deliberate obfuscation aimed at preventing common people from understanding and benefiting from the truths they contained. However, Sri Aurobindo argues that these texts were not intended to be cryptic but rather to guide those who were spiritually advanced. He asserts that in the Gita and similar texts, the inner sense and secret inner meanings of the original symbols and Sanskrit phrases were employed in a systematic way to delineate this experience.

Essays on the Gita

In this book, he illustrates the “key” he found by translating all the Hymns to Agni from the Rig Veda. Agni is the “mystic fire” of the Rig Veda and has the largest number of hymns dedicated to any one concept. Included for reference are the actual Sanskrit text of each hymn. The “Doctrine of the Mystics” reveals the underlying philosophical, psychological and spiritual truths experienced by the sages.

Hymns to the Mystic Fire

Sri Aurobindo unlocked the hidden secret of the veda. In this book, he illustrates the “key” he found by translating all the Hymns to Agni from the Rig Veda. Agni is the “mystic fire” of the Rig Veda and has the largest number of hymns dedicated to any one concept. Included for reference are the actual Sanskrit text of each hymn. The “Doctrine of the Mystics” reveals the underlying philosophical, psychological and spiritual truths experienced by the sages.

The Upanishads

The Upanishads clearly rank with the greatest spiritual and philosophical writings of mankind. They have been revered for their beauty of expression and for the philosophical issues they address in a way that can benefit all, regardless of the particular religious or spiritual tradition one follows. They are considered to be a universal body of expression of mankind’s highest aspirations and seeking for truth.

While many have undertaken to translate the Upanishads, Sri Aurobindo’s work deserves a special place. Sri Aurobindo brought more than just a scholarly effort to this work. Rather, he informed it with experience and spiritual practice, which allows him to enter into the spirit of the Upanishads and communicate it to us. The translation is lucid, flowing and extremely moving. Anyone who has struggled to grasp the inner sense of the Upanishads will experience an effortless and spontaneous understanding derived from Sri Aurobindo’s commentary. This is our most highly recommended translation and commentary on the Bhagavad Gita.

ISBN 0-941955-23-3 466 pp paper $17.95

Secret of the Veda

The Rig Veda is the wellspring of the spiritual development that characterized ancient India. It has not only been the source for the later developments, such as the Upanishads, the Tantra and the Gita, but it has been the focus of an ancient culture of spiritual discipline, as well as various religious rituals and sacrifices.

Throughout its existence, the Rig Veda has been openly acknowledged as being the “revealed Truth”, the “secret words” and the hidden secret. Nonetheless, whenever anyone tried to analyze the significance of the hymns, the stories and the legends contained therein, more often than not they were unable to discover the “essence” claimed to lie therein. This has led to much confusion and conflicting commentaries.

Sri Aurobindo, bringing with him a background in the classical Greek and Latin languages and his own spiritual discipline and experience, was able to discover the “Rosetta Stone” whereby the entire Rig Veda could be understood, without confusion or conflict. This key is based on the Rig Veda communicating a psychological truth of inner experience, where the symbols were employed in a systematic way to delineate this experience. Secret of the Veda has been acclaimed by scholars and yogins as the ultimate key to revealing the hidden sense and secret inner meanings of the original spiritual revelation of the Veda.


A new type of thinker, one who combines in his vision the alacrity of the West with the illuminations of the East. To study his writings is to enlarge the boundaries of one’s knowledge.

— London Times Literary Supplement
Main Texts on Yoga

The Synthesis of Yoga

“Truth of philosophy is of a merely theoretical value unless it can be lived, and we have therefore tried in The Synthesis of Yoga to arrive at a synthetical view of the principles and methods of the various lines of spiritual self-discipline and the way in which they can lead to an integral divine life in the human existence.”

In The Synthesis of Yoga Sri Aurobindo unfolds his vision of an integral yoga embracing all the powers and activities of man. First, he reviews the three great yogic paths of Knowledge, Works and Love, along with Hatha Yoga, Raja Yoga and Tantra. Then, in a section entitled “The Yoga of Self Perfection”, he presents his own unique contribution to the field. The Synthesis of Yoga is Sri Aurobindo’s major exposition of the practice of yoga. With its wide perspective and all-embracing vision, it can aid the practice of any seeker of spiritual realization.

ISBN 0-941524-65-5 paper $29.95
ISBN 0-941524-66-3 bound $34.95

Spiritual Mantric Poetry

Sri Aurobindo was a poet with the ability to communicate from the spiritual planes of existence. His poetry is at once beautiful and flowing, and a spiritual expression of both concept and the power of the “word”, the “mantra”.

SAVITRI: A Legend and a Symbol

Savitri is an inner guidebook for the soul. These mantric verses imbue even the body with potent spiritual resonance. In this epic spiritual poem, Sri Aurobindo reveals his vision of mankind’s destiny within the universal evolution. He sets forth the optimistic view that life on earth has a purpose, and he places our travail within the context of this purpose: to participate in the evolution of consciousness that represents the secret thread behind life on earth. Sri Aurobindo’s verses describe the origin of the universe, the appearance of sentient beings, and the stages of evolution, as well as speak to many of mankind’s unanswered questions concerning pain and death. He uses the ancient story of Savitri and Satyavan from the great epic of India, the Mahabharata, as a framework for this wonderful outpouring of poetic inspiration.

ISBN 0-941524-80-9 paper $24.95

Bases of Yoga

This is a practical handbook for the beginning aspirant just starting on the path of yoga as well as for the more experienced who are beginning to grapple with issues that were not evident at the start of the process. This book has provided guidance and inspiration for many thousands of spiritual seekers over the years and is for anyone who aspires to undertake the process of gaining mastery over their minds, emotions, vital energies and bodies in the practice of yoga.

ISBN 0-941524-77-9 paper $6.95

The Mother

Important small work dealing with the action of the Divine powers in the world and practice of the yoga of Sri Aurobindo. Revelatory, inspired writing, frequently called the “Matri Upanishad”.

ISBN 0-941524-79-5 paper $2.95

Society and Human Social Evolution

Sri Aurobindo understood the wider framework within which mankind developed societies, political organizations and civilizations. His study of the history of human social evolution led him to write several texts of extremely high relevance today as we face the problems of integrating the varying cultures of the world into a framework of peace, harmony, goodwill and understanding.

The Ideal of Human Unity

While humanity has made many attempts at achieving unity, most of these were founded on the basis of some form of “uniformity”. Sri Aurobindo points out that such an attempt to create unity through uniformity is bound to fail. He therefore puts before us a wider and more embracing formula, “unity with diversity”. He explores the potential for human oneness founded on a basis of freedom and respect between people, while allowing the infinite diversity of human thought, religion, culture and lifestyle to manifest in all its wonderful and colorful forms.

ISBN 0-914955-43-8 paper $17.95

The Human Cycle: The Psychology of Social Development

Sri Aurobindo develops the overview of mankind’s evolution to show that societies pass through a series of stages, starting from the “symbolic”, moving to the “typal and conventional”, evolving to the “individualist” and finally ending in the “subjective”. Each of these stages has characteristic elements that determine how the social structures are developed and how individuals view their own purpose and activity in life. As a result of this review, Sri Aurobindo indicates that we are approaching a new spiritual age of humanity which is the fulfillment of the seeking of all religious and philosophical leaders of the ages.

ISBN 0-914955-44-6 paper $14.95