

Growing Within

THE PSYCHOLOGY OF INNER DEVELOPMENT



Selections from the Works of
Sri Aurobindo and the Mother

Growing Within Psychology Of Inner Development

Santosh Krinsky



Growing Within Psychology Of Inner Development:

Growing Within Aurobindo Ghose, Mother, 1992 The selections in this compilation provide an overview of the meaning nature and processes of inner development These include the first awakening of consciousness the basic requisites and initial stages of inner growth the individual means and methods to grow in consciousness some of the difficulties and pitfalls along the way and the eventual new birth into a spiritual life that comes from a reversal of consciousness The focus of the book is inner growth as an experiential process based on certain universal psychological elements and principles and its purpose is to help seekers understand and recognise the processes and experiences of inner development and foster its growth in their lives *Readings in Growing Within: The Psychology of Inner Development* Santosh Krinsky, 2024-01-01 In *Growing Within*

Dr A S Dalal bridges the gap between Western psychology and Eastern spirituality as he explores the detailed inner workings of human life and provides at the same time a way of understanding based on the ground breaking work of Sri Aurobindo and The Mother which puts the human potential for self exceeding front and center Dr Dalal has compiled this book from the writings of Sri Aurobindo and the Mother after first providing a detailed introduction and outline of their approach to the awakening and the growth of consciousness He calls upon the principles of yogic psychology to show us the way to move from our current state of human awareness to a new psychological status and a reversal of consciousness which brings about a sense of joy fulfillment and purpose in life Dr Dalal writes This book aims at shedding some light on the meaning nature and processes of inner development Its purpose is to help seekers in understanding and recognising the processes and experiences of inner growth so as to serve in some measure as a guide to those who may not have yet found a personal teacher and mentor The *Readings in Growing Within* systematically takes up each subject area covered in Dr Dalal's compilation with commentary to help the reader relate to and appreciate the depth and breadth of the yogic psychology described within the text **Readings in Living Within: The Yoga Approach to Psychological Health and Growth**

Santosh Krinsky, 2023-10-10 What is psychological health and growth Western psychology tends to define psychological health as the absence of various forms of extreme disturbance or disruption Normal levels of dissatisfaction upset ness are considered to be both acceptable and part of everyday life It is only when someone experiences a psychological state that drifts into total disorientation violence suicidal thoughts or disassociation from the expectations of society that psychology labels the behavior as unhealthy or harmful There is however another way to look at the issue of psychological health and growth and that is to affirm the development of positive attributes as representing health Thus the individual can find and implement measures to create forward looking and positive directions in his life and contextualize the obstacles or issues that arise as challenges to be met and overcome along the way Western psychology has a very rudimentary view of human psychology perhaps due to the fact that as a science it has been around for a very short period of time and has not yet had the opportunity to look into the vast ranges of human psychology and the complexity of the various aspects of our being and

their interaction with one another Nowadays as Western psychology has developed more emphasis is being placed on the wider field of human growth and empowerment and thus Western psychology is entering a field long known to the yogic practitioners of India who long ago codified the actions of mind life and body and found ways to enhance the developmental powers of existence Patanjali's Yoga Sutras set forth a systematic approach to psychological development for instance Many yogic practices are based in a deep understanding of human psychology In the present volume Dr A S Dalal bridges the gap between Western psychology and Eastern spirituality as he explores the detailed inner workings of human life and provides at the same time a way of understanding based on the ground breaking work of Sri Aurobindo and The Mother which puts the human potential for self exceeding front and center Dr Dalal has compiled this book from the writings of Sri Aurobindo and the Mother after first providing a detailed introduction and outline of their approach to facing issues overcoming disturbances and enhancing peace creativity growth and satisfaction in life He calls upon the principles of yogic psychology to show us the way beyond reactions of anger fear anxiety and depression as well as how to achieve positive mental health and psychological growth from the Introduction *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

Psychology in the Light of the East Margot Esther Borden, 2017-01-16 Psychology in the Light of the East presents fresh insights into integral psychology incorporating the reason of Western psychology together with the holistic outlook of Eastern wisdom Borden examines the philosophy mysticism and psychology of both East and West to convey how they reflect the evolution of consciousness Grounded in a theoretical framework this text includes valuable techniques for application and invites readers on a journey of self knowledge and self mastery providing practitioners as well as general readers with the tools for great personal and professional development **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

Powers Within Sri Aurobindo, The Mother, 1999 The book throws light on the nature of various inner powers which we already possess and use more or less unconsciously as well as with latent powers within which are as yet undeveloped The book is of interest to the general reader as well as to the spiritual seeker

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 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

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

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

Brain Change Therapy Carol Kershaw, J. William Wade, 2014-01-09

Helping clients control their own emotional reactivity When conditions like anxiety and depression are experienced chronically they condition neural pathways and shape a person s perception of and response to life events As these pathways are reinforced unhealthy neural networks turn on with increasing ease in the presence of conscious and unconscious triggers In this groundbreaking book Kershaw and Wade present Brain Change Therapy BCT a therapeutic protocol in which clients learn to manage their emotions and behaviors and thus reduce stress and control emotional reactivity Drawing from the latest neuroscientific research as well as integrative principles from hypnosis biofeedback and cognitive therapy BCT helps clients reach stable neurological and emotional states and thus shift perspectives attitudes beliefs and personal narratives toward the positive BCT starts with the working assumption that effective therapeutic change must inevitably include a repatterning of neural pathways and employs self directed neuroplasticity through the active practicing of focused attention As an adjunct to these methods it helps clients create new empowering life experiences that can serve as the basis for new neural patterns The book begins by laying the foundation for body mind and brain body interventions by exploring the basics of the brain its anatomy neuroanatomy neurophysiology electrochemical processes and the rhythms of the brain and body and nature The authors set forth a detailed protocol for neuroassessment and evaluation of new clients with particular attention to assessing a client s habitually activated emotional circuits neural imprints state flexibility level of arousal and any relevant neurobiological conditions The authors go on to outline BCT and its interventions geared toward stress reduction and state change or the capacity to shift the mind from one emotional state to another and to shift the brain from one neural pattern to another Protocols for specific presenting problems such as fear anxiety and life threatening and chronic illnesses are outlined in detail Because of the breadth of the BCT approach it is effective in working with individuals who are interested in shifting and conditioning peak performance states of consciousness and the authors offer protocols for helping

their clients reach peak professional performance as well With this book clinicians will be able to empower their clients to find their way out of a wide range of debilitating mental states Brain Change Therapy: Clinical Interventions for Self-Transformation Carol Kershaw,J. William Wade,2012-02-06 Helping clients control their own emotional reactivity

Leadership after COVID-19 Satinder K. Dhiman,Joan F. Marques,2022-03-05 The COVID 19 pandemic has permanently changed lives around the world and no dimension of life and leadership seems to have been spared from its wrath It has also stirred us into thinking about novel approaches to lead organizations and societies toward a shared sustainable future This book offers novel perspectives on leadership and change management after the COVID 19 pandemic that take us beyond striving for thriving perspectives that are grounded in emergent theory research and practice It highlights sustainable leadership and change management strategies to effectively deal with unpredictable and rapidly changing situations particularly in a world that is increasingly volatile uncertain complex and ambiguous VUCA This book also highlights engaging perspectives by specialists from different disciplines such as business psychology education and health care It serves as a practical guide in identifying and responding to leadership challenges and opportunities in each of the four VUCA categories of volatility uncertainty complexity and ambiguity and how they affect businesses organizations and societies as a whole

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 Introspective Practices and Executives' Leadership Behaviour By S.Pragadeeswaran S.Pragadeeswaran,

Spirituality and Business Sharda S. Nandram, Margot Esther Borden, 2009-11-11 We Sharda and Margot feel very honored to be able to write and edit such a book Our spiritual journey has led to the passion of bringing together and sharing the thoughts we ourselves have come across in our lives by meeting gurus swamis like minded seekers managers teachers entrepreneurs academics students and by reading books and practicing spiritual techniques We also have gained much spiritual inspiration from the teachings of Sri Aurobindo and The Mother to whom we are grateful The thoughts presented in this book already exist in the East and West Integrating them into the way we do business can help us to regain trust and respect in business even in the current economic crisis We aim to convince others of our deep belief that spiritual practices and a spiritual orientation help make life more enjoyable and makes us better human beings through helping us to live in line with our karma in every context of life in our roles as employees entrepreneurs managers leaders mothers or fathers etc

New Age ,2001 Readings in Educational Psychology Charles Edward Skinner, Ira Morris Gast, Harley Clay
Skinner, 1926 *Educational Psychology* Edward Lee Thorndike, 1910

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