

SRI AUROBINDO'S 'THE LIFE DIVINE'

Overview, Cosmology, the Individual, & More

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Last updated: 12/30/2019 2:28 PM

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OVERVIEW

The Human Aspiration

- All things, people, circumstance, etc. in Life express the fundamental longing of humanity for perfection beyond what presently exists on earth.

-This seeking is actually the aspiration of the Divine itself expressing through us. It is the seeking of the Divine to manifest itself in life as perfect form.

Overcoming Our Divided Consciousness

-Man strives for light, love, and joy but is unable to obtain it. It is because he lives in Ignorance; in a divided consciousness.

-Only when he rises or goes deeper in consciousness can he experience and fulfill the Human Aspiration. Only when he has the Unity consciousness of the All – i.e. perception of the Reality, which is all aspects of existence - can he fulfill the Human Aspiration.

-If he opens above mind and goes into the depths of his being, he can discover the truth of existence, know the true nature of Reality, and thereby overcome his divided consciousness and fulfill the Human Aspiration.

How Man's Divided Consciousness Expresses

-Man's divided consciousness can be seen in the extremes. Eg the *materialists* do not perceive spirit only material reality, as in the case of most scientists. On the other hand, spirit-oriented individuals perceive spirit, but traditionally do so apart from life, like the ancient Indian rishis.

-These sorts of opposites need to be reconciled through higher consciousness in life. Eg embracing both spirit and matter, and their integral unity, such as when a person opens to the spirit when involved in a work task, to in effect divinize it.

-Man's nature is divided, unconscious in a wide variety of respects; not only at the extremes, such as between matter and spirit.

-Man is also divided among his physical, vital, and mental parts. Eg his mind may want to do one thing, but his vital/emotions want to do something else. His aspirations may be great, but he lacks the skills to attain it. And so forth.

-These too need to be reconciled, put into balance, in harmony. When he rises to a higher consciousness in each of these, he begins to reconcile his divided nature at various levels. As he does so, he experiences not only the light and knowledge of the Human Aspiration, but the oneness, love, and joy.

-In these and many other ways the division in his being prevents Man from perceiving the true nature of Reality. This leads to error, misconception, failure, and falsehood.

Moving to the Depths and Opening to the Divine Force

-When man goes within and discovers his Inner Being, culminating in his psychic being, i.e. his evolving soul, he increasingly perceives the True Nature of Reality. And from there his decisions and actions end to always take the right tact, move in the right direction, eliciting ultimate results from life.

-Man can also connect to the divine power, the Supramental Force to not only aid in his growth on consciousness, but to create outcomes that are startlingly positive in their effect.

-If from the psychic poise Man opens to the divine shakti, the supramental power, the Divine Mother he gains a great power over life; he fully is on the road to overcome his divided nature, turning it into its opposite of harmony, unity, and oneness.

Our Purpose Here on Earth

-What then is Man's purpose in life? It is to arrive at the highest consciousness; to help evolve himself and the world around him.

-In that way as Man rises, he fulfills not only his Individual purpose but also the Universal and Transcendent purposes.

-As he goes within and opens to the supramental plane and power, he becomes a True Individual, as well as a Universal and Transcendent individual.

-Thus Man as he now stands is not the ultimate form of sentient being. Something higher is in the works.

-Man is not the last and highest formation of life in the universe. There will be a greater, gnostic i.e. Supramental Being, who will have ultimate knowledge and spiritual qualities beyond the current human entity.

-And when enough individuals arise of this type, a new race will be born, and a new society will take shape – a Divine Life on earth.

Absorption of Conscious-Force as Source of Our Divided Consciousness

-How then did Man arrive with divided consciousness? What in the cosmos caused us to arrive at this status a birth?

It can be explained if we understand the involutory and evolutionary basis of his existence (explained in the Cosmology section of this document).

Because the Conscious-Force is all but lost at the point of creation, he has come into his life with a divided consciousness and therefore cannot attain the Human Aspiration of light, love and joy

COSMOLOGY

Emergence of Sat-Chit-Ananda

The Absolute is unknowable, immutable, ineffable.

-It took on its first existent state, knowable formation, as Sat-Chit-Ananda (Being, Conscious-Force, Delight)

-To become the material universe and beyond, the Supreme goes through a division process. It first divides into three: Sat, Chit, and Ananda

-Sat is Being. I.e. the Absolute now exists. It is a Being. A Conscious, Self-Conscious Being

-Sat is also a Conscious-Force (Chit). I.e. because it exists, because it is Conscious, it emanates a Force, a Conscious-Force. (And out of that Conscious-Force all of creation will come into being.)

-Because It is a Being and emanates a Conscious Force, it takes infinite delight in that fact, which is Ananda (Bliss).

-Sat is to perceive its own I finite, eternal Existence; its Beingness. Chit is the emanation of a force, a Conscious Force as a result of recognizing its existence. Ananda is Its Delighting in its awareness of its Existence, Being, and Conscious Force.

Involution and Evolution

-Involution is the process by which the Divine became the world. Evolution is the process by which the matter becomes life, reaching its ultimate possibility as Being/Spirit.

-Through the Involutionary dividing process the Supreme extends itself to material creation, though its outcome is unconscious, inscient matter. However through the evolutionary process that dumb matter evolves into conscious forms, culminating in humans that progressively embody the Supreme.

-In the Involution/descent the Consciousness is increasingly lost, hidden, involved in order to enable a dividing action that would lead to material creation in a universe. In the Evolution the Consciousness is progressively regained to connect back with the Supreme and divinize life.

- Sat-Chit-Ananda Ananda descends in the Involutionary process from integral consciousness, to non-consciousness (in matter)

Involution

From Sat-Chit-Ananda to Matter

-Involution descended from the Unknowable to Sat-Chit-Ananda to Supermind to Mind to Energy to (unconscious) Matter. In the evolution there is a climbing back up that latter from inconscient Matter to Energy (life) to Mind to Supermind to Sat-chit-ananda. There is greater Consciousness in each ensuing plane.

-In the Involution there is a loss of Consciousness in each descending plane. In the Evolution there is the regaining of that lost consciousness.

-In Chit of *Sat-Chit-Ananda Consciousness and Force are fused and one*. There is ultimate Consciousness, matched by a Force that enables it to move forward in creation; to manifest a universe of forms.

-At the next plane down (*Supermind*) *Conscious Force becomes Knowledge and Will* fused. There is ultimate knowledge, matched by a Will for its manifestation. It is not so much an involution of consciousness from Sat-chit-ananda, but a means for how the universe of forms will perceive the Conscious Force, i.e. as Knowledge and Will.

-Supermind will be a go between of an upper hemisphere of Sat-Chit-Ananda, and the lower hemisphere of Mind, Life, and Matter. Through Supermind, the lower will come into being from out of the Upper (in the involution); and the lower will evolve toward the Upper in the evolution.)

-As the Involution continues out of Supermind comes a less conscious plane, known as Mind. *In Mind there is less Consciousness, with the Will maintained. I.e. Knowledge and Will begin to separate*. One has the knowledge, but not the will, or the will without the integral knowledge.

-Energy then involves out of Mind, losing most of its consciousness, while retaining a Will.

-In Matter the least conscious plane, the Knowledge is fully hidden, absorbed, and there is only a will. There is only Force ultimately divided at the atomic level.

Increasing Division in the Involutionary Process

-In this descending movement of the Involution, the two poles of existence – beginning with Conscious-Force -- increasingly separate from one another, increasing the division between the two.

-I.e. in Supermind Conscious-Force becomes Knowledge and Will, where they are one, are fused

-In Overmind, there is still a vast (universal) consciousness, but in which each entity, such as a God, sees its vast truth apart from other truths. (Sri Krishna is an example of someone who had the Overmental Consciousness descended into him, and which he carries forth in the evolution.)

-In Mind, the next plane down, Knowledge and Will begin to separate, and the Knowledge decreases. Will, Force is maintained. There is thus less consciousness at this place compared to Supermind and Overmind.

-In Energy, the next plane down from Mind, Knowledge is virtually gone. It is hidden from the surface. There is mostly Will, Force. It is Consciousness involved, hidden, with only the Force, the Will remaining. (It is in essence the final involutionary operation of the Conscious-Force; now just Force.)

-In Matter, Knowledge disappears altogether. In the dividing process energy divides into (completely unconscious; i.e. inconscient) atomic existence, which is Matter.

-Or to put it another way, **at each descending plane, the original Conscious-Force (Chit) is further involved, hidden in creation. In Matter, atomic material existence it is fully involved, hidden; inconscient.**

Why Involution and a Lowering of Consciousness?

-Involution is a movement from the completely Conscious (Sat-Chit-Ananda) to ultimate divided unconsciousness (through energy and then Matter).

-Through absorption of the Consciousness in the Involutionary process, there is increasing separation and division, culminating with atomic-based matter, in which those elements are separated in those distinct entities.

-Why does the existent take this course?

-This creates ultimate variation and possibility in life. It allows for the unconscious, the bad, the ugly, and all other negativities, as well as their corresponding good qualities to emerge.

-Each of us become a unique being, with infinitely variable qualities and possibilities.

Evolution

What Evolution Is

-Evolution is the process of a rising in consciousness, manifesting higher planes of existence above itself.

Evolution Among the Planes

-Evolution in the cosmos begins with Matter and evolves upward among the planes. (Perhaps it starts with Energy, and then Matter)

-Involved in each predecessor plane is the seed of the next successor plane. This Vital/Life plane is buried in a seed in Matter, though it is nowhere to be found on the surface. Likewise the Vital/Life plane contains the seeds of the to come Mental plane. Etc. all the way up through spiritualized mind to Sat-chit-ananda.

-With each movement upward among the planes, there is a descent of that consciousness into the previous lower plane(s). Thus if I have a higher realization of how to do something (at the mental plane), I then must descend into the Life to apply it as real, for the process of evolution to be complete.

-Man is becoming mostly mental, and the age we are in is increasingly mental.

-The rise in consciousness in the individual takes place in two directions. One, above normal mind to spiritualized mind; and within, away from the surface of life and into the depths, culminating in our connection with our subliminal and then our psychic beings.,

-In this process our mental, vital (life center, emotional being), and eventually our physical being (the material body) is transformed to their higher equivalents.

On Supermind

-Supermind is the planes that resides between the Upper Hemisphere (Sat-Chit-Ananda) and the lower (Mind, Energy, and Matter); enabling the upper to manifest in the lower.

-Supermind is the creator. It manifests the Real Ideas – Divine Values - of Sat-Chit-Ananda into possibilities in creation. (The real ideas are peace, harmony, truth, knowledge, love, joy, timelessness, and infinity, among others.)

(comprehending, apprehending, space, time)

-In Supermind there is ultimate Knowledge, plus that knowledge tendency to manifest as something real in the world. Knowledge and Will are thus fused in Supermind

-Supermind is three things. It is a plane that manifest creation out of Sat-Chit-Ananda. It is also a plane of existence where Knowledge and Will are fused. Third, it is a Force we can open to to manifest life integrally and instantaneously.

Supermind is the Creation Process

-Supermind is the Creator. It guides the deployment of the Spirit, of Sat, into the formulations of energy and matter.

-Within Itself the Being (Sat) aspires for a universe of infinite, varying forms to be created that would embody its own divine attributes in infinite variation. That would require a dividing capacity and action, and so it extends Itself to a 4th plane – Supermind.

-There are divine-attributes bound up in Sat, Chit, Ananda that the Supreme seeks expression in the material universe to come; through sentient beings, eventually through human in evolved form. These spiritual values/attributes include Peace, Truth, Wisdom, Oneness, Love, Delight, Timelessness, and Infinity.

-Supermind deploys the Real Ideas of Sat, so that there is an object to its subject. Eg Love becomes the Lover Loving the Beloved, Knowledge becomes the Knower Knowing the Knowledge, etc.

-That is an essential quality of Supermind: things that are divided remain in identity and one. Thus eg the Lover, through its love is one with the Beloved.

-In *Comprehending Supermind* the Real Ideas become distinct entities. In *Apprehending Supermind* the Real Ideas formulate into Subject – Method – Object status so they can be gleaned by humans later on in the creation process.

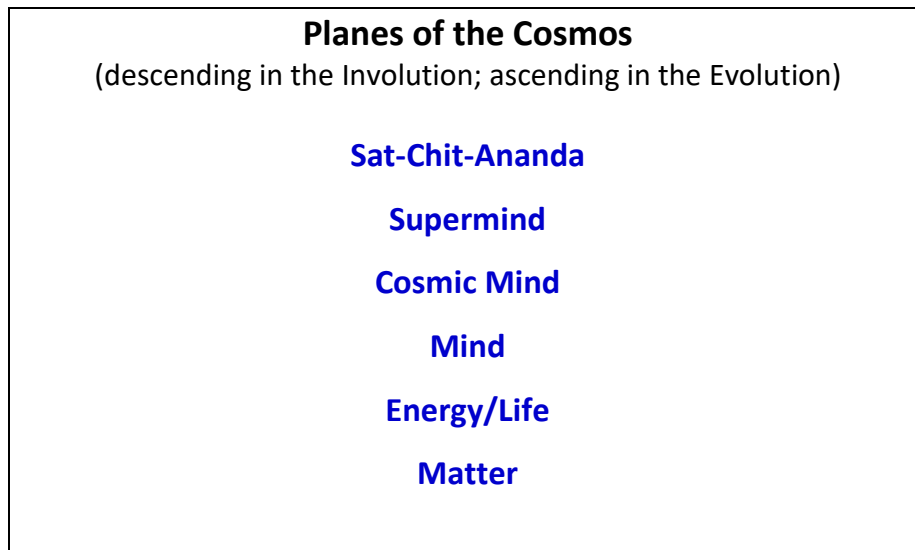
(-By opening to Supermind via the Divine Mother in the Evolution, we will embody the spiritual values, reestablishing the lost oneness, transforming our own lives and life on earth.)

Space and Time

-In order to unfold the spiritual aspects in the triplicity arrangements, there needs to be a cosmic contents for it to take place. Thus Supermind unfolds space and time. Space is extension. Time is extension in motion. Now the Real Ideas have the context to express in its triplicities.

-In Space and Time, these spiritual values can work their way through creation. We humans pick up on these values, attempting to and succeeding in implementing in our own being, in the world around us.

(-Does Supermind create Space (i.e. extension) and Time (i.e. extension in motion) so that the subject – method – object formulation of reality takes shape?)



The Reality

-The Reality is the All. Spirit and Matter: The Positive and Negative; Good and Bad; Conscious, Unconscious; Large, and Small; Finite and Infinite; the Individual and Universal: etc. etc.

-The Reality is all the planes of the Involution and evolution; from Satchitananda down to Matter in the involution and from matter to Satchitananda in the evolution.

-The Reality is the all. It is both the Involution and the Evolution.

-The rishis have communed with Brahman, indicating that is the Truth, but Sri Aurobindo says All is Brahman; all is the Reality.

-The Reality is thus the Supreme and the creation/universe inexorably intertwined.

-Only in Supermind can we truly perceive the Reality; the utility, the necessity of all things in the unfolding.

-In our own lives, we perceive Spirit and Matter as separate; as two separate realms. Our destiny is to rise in consciousness, and see them as one. As we move from mind to intuitive mind to supermind that increasingly and integrally occurs.

THE INDIVIDUAL IN THE EVOLUTION

Rising Out of Our Limitation of Consciousness

We are born as divided beings. Through our elevation of consciousness, we progress, as well as further the evolution. We fulfill the human aspiration for light, love, and joy of being.

We are divided beings because we inherit the inconscient of the lower planes, including the unconsciousness of matter.

Planes of Consciousness of the Individual

The Vertical Scale Of Human Consciousness

-In a universe of matter, life/energy, and mind, we appear as sentient beings consisting of a physical, vital, mental, and spiritual planes, levels of being.

-In the physical plane, there is the subplane of pure material substance of the body (physical physical); the vital in the physical (physical movement) which is seat of our physical urges and sensations; and bodily movements; and the mental in the physical, which is the consciousness of the body, where it learns how to act, where it learns the primary skills needed for existence and action from movement

-In the vital plane, there are the sensations of the emotions (physical in the vital); where our feelings, emotions, passion, enthusiasm reside (vital in the vital); and where our attitudes, life intelligence, and higher emotions lie(mental in the vital).

-In the mental plane there is the processing of information into facts, associations, and ideas (physical in the mental); the ideals and values we subscribe to (vital in the mental); and the plane where we engage in pure, rational thinking, using logic (mental in the mental)

-Beyond that is the spiritual mind, consisting of the Higher Mind (silence of the mind producing right thinking); Illumined mind of light and vision: intuitive mind of intuitions of thought without thought: universal mind that perceives all; and supermind, which has integral, unitarian knowledge with an associate power to make that which it knows real.

-This is the vertical scale of human consciousness.

Horizontal Scale Of Human Consciousness

There is also a horizontal scale ranging from the surface to the depths. At the surface level are the ordinary moment to moment reactions of the mind and emotions that we experience.

-The depths is the Inner Being, consisting of the Subliminal being, the subconscious, and the superconscious. The Subliminal receives messages from the superconscious, and then relays them to the surface as guidance. The Inner Being is a far vaster range than the outer being, but it is mostly hidden from the average person. By developing in yoga (through silence and other methods) one can get in touch with the subliminal and its profound inner guidance.

-Within the Subliminal is the Psychic being, the evolving soul in us that has taken birth in our person to acquire knowledge in its journey through time. It leaves the body at death and goes to rest or enters a new birth to acquire further knowledge.

-When we open to the Psychic Being we experience divine spiritual attributes like peace, love, delight, and timelessness; and we know our purpose of our life on earth. It is the starting point of Sri Aurobindo's Integral path of Transformation. Through our connection with it, our mental, vital, and physical nature is uplifted and ultimately transformed.

-When the individual is able to create by connecting to the Supramental, he attains the same power as the Ishwara, the Creator aspect of Sat-Chit-Ananda, enabling us to be infinitely creative creators just like the Supramental plane that enabled a universe to come into being from a Divine Source.

-Descent Follows Ascent in Consciousness -- For every ascent in consciousness to a higher plane, there needs to be a corresponding descent into the lower planes to purify these, and complete the cycle of transformation.

-From Behavior to True Spiritual Individuality - In the Integral Yoga one moves beyond the surface being, tied into the herd, conformist, non-individualistic view and advances upward from Manners (copying others) to Behavior (unconscious individuality) to Character (an identifiable formed nature, character) to Personality (A uniqueness of character and action) to true Spiritual Individuality (spiritual individuality made possible by upsurging of inner guidance from the subliminal and psychic being).

Transformation Of Our Being

-The yoga of Sri Aurobindo is to get I touch with the Psychic Being, and feel all its wonders – joy, love, truth, etc. – and then surrender to the supramental Force (the Divine Mother), which will transmute the mental, vital, and physical planes of our being, and also divinize life.

-When we reach the psychic being, we begin to discover our True Self and identity. As true Individuals we not only fulfill our own purpose, but the Universal purpose we are tasked with, which in turn fulfills the transcendent, the Divine purpose.

-Our ultimate status is to become supramentalized beings. They will be the harbingers of a new humanity living within a Divine Life on Earth.

Life: Its Statures, Problems, Solutions

-The first status of life is Unconscious Will to Survive; the second status is Ego-Oriented Interchange; the third is Mutual Interchange and Harmony; and the fourth is Spiritual Unity with Others, Life.

-What then are the causes of the problems of life?

-Sri Aurobindo indicates that at the cosmic level there has been a separation between Consciousness and Force, which are One in Satchitananda, but are divided in creation. This expresses as an essential Ignorance that manifest at various levels for the individual human, providing the root of all human difficulties.

--He also describes how the Consciousness and Force that are One in the highest Reality, were separated in Life, causing our ignorance and incapacity; i.e. life's problems. He then describes how through our mentality and Supramentality, they are reunited

Nature, Benefit, and Connection to the Psychic Being

-Sri Aurobindo tells us that we actually have two souls: an outer desire “soul,” and an inner psychic being, personal soul. The surface desire-soul works in our cravings, our emotions, our aesthetic faculty, and seeking for power, knowledge, and happiness. On the other hand, the subliminal psychic entity and being which has a pure power of light, love, joy, and refined essence of being.

-Developing our psychic center brings great benefit to ourselves and the world. That includes our experience of delight [Ananda, Bliss] that the universe was created for.

-How then do we then connect with the psychic entity within us, the evolving soul? He tells us that when we connect to the Divine, we develop an individual soul, which is the psychic being.

-He then concludes that the Psychic experience will be part of, a first stage of a wider yogic movement that also includes a Spiritual and ultimately as Supramental transformation.

Seven Ignorances, Seven Knowledges

-Our essential Ignorance born of creation, which is the basis of our division and contradiction, takes seven shapes.

He says that when Man moves from the surface and the material, and goes within to the depths, culminating in his True Self and Evolving Soul, he gains a vast knowledge and power to affect life – his own and that of the collective and its consciousness. In particular, that Knowledge takes shape as a reversal of the essential Ignorances of Man. When he moves within-

-he overcomes his *constitutional* Ignorance by perceiving that he is more than a mind, a life, and a body, but that he has an evolving soul [the psychic being] and an eternal, immutable Self.

-he begins to overcome his *temporal* Ignorance and is able to perceive the timelessness beyond time; to perceive past, present, and future in the eternal Now; to see the span of his existence beyond his life and death.

-he overcomes his *psychological* Ignorance by seeing that his surface waking being is only a small part, and that there are hidden subconscious, subliminal, and superconscious parts.

-he overcomes his *practical* Ignorance of wrong-doing, suffering, falsehood, and error that is the cause of all life's confusions and discords; replacing them with right consciousness, right action, and right being.

-he overcomes the *original* Ignorance as he sees that his Self is the Self in the cosmic consciousness as the Divine Reality behind.

What Will the Supramental (i.e. Gnostic) Being Be Like?

Sri Aurobindo explains the supernature of a “Gnostic Being.” He addresses in general what this Supramental Being’s nature would be like, and then in considerable detail explains how this Gnostic Being expresses his supramental supernature. Among the ways the gnostic being expresses it are through-

Integral Truth Knowledge, including-

- the capacity to perceive the right relations between the parts of any truth
- a complete identity with that integral truth of things
- an integration of Knower, Knowledge, and Known
- the capacity that leads to right dealings with life
- the ability to know directly the truth of things (Truth Consciousness)
- an Integral Knowledge that has also has Will and Power for it to manifest as Real.

Oneness, including-

- oneness with all aspects of being
- oneness with others, including care for their good and well-being
- an inner oneness between the individual and the outer life experienced.
- having a World consciousness and action
- being at one with the individual, universal, and transcendent purpose and action
- being one with the Divine Intent
- being one with all planes of being, enabling one to become the master of life
- having universality and cosmic consciousness

Delight-

- by knowing and living one’s purpose
- in one’s relations and experiences with life movements
- in one’s relation with others
- within one’s own self and being
- as a result of the shift from pain and suffering to their opposite
- within the various planes of one’s being
- in communion with the Divine
- in love of God

Development of Personality and Self-

-in an ascending scale, having gone beyond Manners, Behavior, and Character to Personality and Spiritual Individuality

A Wide Freedom, including-

-freedom that sees beyond laws, restrictions, and mental standards
-the reconciliation of freedom and order

Realizations in the Vital Plane of His Being, including-

-higher vital expressions, such as universal connection of love with others
-diverse experience giving the full sense of life

Realizations in Physical Plane of His Being, including-

-overcoming the limits of physical consciousness, including the drag of the subconscious
-the responsiveness of the physical body to the Spirit
-the supramental effect on the body
-the restoration of the intuition of the body
-the right physical perceptions, including its right relation with things
-the body's capacity to be flooded with the supreme energy of the consciousness-force

What Will the Divine Life on Earth Be Like?

-Sri Aurobindo focuses on the gnostic *collective life* that would emerge from a preponderance of gnostic individuals.

Sri Aurobindo describes a new collective existence where individuals who have partially or fully attained the gnostic, supramental consciousness become the pioneers of a new Spirit-based Society. This is his vision of a future Collective Divine Life on Earth.

Inner Life of Gnostic Individual

Sri Aurobindo begins with a description of the inner life of the gnostic individual; that he helps bring the spirit being into the becomings of life; that he realizes spiritual knowledge force, power, and delight of being; that he is universalized and transcendentalized; and in general, develops a Supernature in terms of knowledge and action.

Gnostic Individual's Connection with Others

Sri Aurobindo then goes on to explain how these gnostic, supramentalized individuals would have perfect relations with this perfected life around him.

Focusing on the gnostic individual's relations with others, this being would (a) not insist on his own truth, accepting the truth of others; (b) know how to live in the field of life in terms of action, including leading others and when to subordinate himself; (c) feel a closeness and intimate oneness with others; (d) have a unifying and harmonizing knowledge that would easily blend his existence with that of the collective; and (e) in sum, live a life of unity, mutuality, and harmony.

Limits of Current Collective Existence; and Need of Spiritual Change

Sri Aurobindo then examines the current reality and indicates that this existence cannot be the basis of this new collective life. He says that Spirit - not the current mind and mentality - can harmonize our mental, vital, and physical existence. Moreover, there are severe limits to the current collective life, the modern methods, to enable a perfect society. He indicates that neither the current scientific formula, nor a perfected economic society, nor democratic existence, nor varying structure of governance, nor religion are enough to create the higher, perfected, divine society and existence that the world is moving towards. It is the *Spiritual Change of individuals* that alone can transform the race and bring about this new perfected Divine Life on Earth.

Difference Between Old and New Collective Spirit-based Life

Next, he asks: How would this new collective life be different from the current life? Among the ways, there would be-

-*the end of conflict*, replaced by the unity of the gnostic individual and the gnostic, supramentalized collective life.

-*the end of the old mental life*; of the mental idols, the constructed principles and systems, and the conflicting ideals.

-*the end of war and strife*.

-*the end of suffering* for the individual at all planes of life.

As a result, Life would be a constant miracle. There would be a total fullness in living; an ecstatic and joyful and rich Life Divine.

ADDITIONAL KEY CONCEPTS, INSIGHTS

Contradictions are Complements

-Our life is filled with contradictions, things opposing us, people disagreeing with us, our emotions coming into conflict with those around us. All of those contradictions in life can be seen from a higher point of view as complements to what we are, as opportunities to make us more than what we are today, as the exact conditions needed to help us discover and bring forth hidden potentials within ourselves.

-We progress, evolve through contradictions with others - whether another party, a differing idea, etc. By changing our consciousness relative to that conflictive, differing position, we become more conscious, and thereby progress; evoking positive response along the way.

Thus behind every conflict, division, contradiction, harmony with other parties there lurks an Opportunity to raise ourselves - realized by taking to a higher consciousness relative to the adversary or adversarial idea. When we reverse ourselves and embrace that other position or otherwise learn a lesson from that unfolding, not only do we realize a higher harmony, but life responds and we are thrust into a higher status in life.

This is then how life normally works for our progress. It is Nature's Way: 'Prakriti' in Sanskrit. All isn't thrown at us at once negatively or positively. Instead it comes through a process that is realized through the resolution of dual pairs in contradiction and conflict, as the parties shift from division, ego, separateness to greater awareness and higher Harmony.

All Problems in Life are Problems of Harmony

-We can solve any problem by moving to a higher consciousness, in which we are one with others and life.

-We can convert oppositions and disharmonies into harmonies. In one sense this may be considered the most central principle of the entire book.

-Spirit and Matter, Being and Non-Being, the Individual and the Collective, Knowledge and Ignorance, ego and Self are all oppositions created by our mental consciousness that are harmonized in the Supramental Consciousness.

Nature's Way

-Life normally evolves through Nature's slow and difficult way. It is Prakriti; as opposed to Purusha which is Soul, evolution through higher consciousness alone.

-Though Nature's ways are difficult, She is moving forward toward progress and evolution through these contradictory and conflicting means.

-Thus, from a higher perspective, Nature and Her ways should be looked upon as a necessary if limited means of bringing about evolution and progress on earth.

-A goal of creation is to shift from Life/Nature/Prakriti to Purusha, Soul where there is only positive consciousness; no negative side effects. Life flows smoothly and with ultimate intent and result.

Process of Creation; Our Infinite Power to Create

-The universe is created through a process of Self-Conception, Self-Limitation, and Self-Absorption. This is precisely what occurs in the Involution. Ishwara of Sat conceives of Real Ideas; it limits itself to making those things possible, fully absorbing itself in that process by hiding its Consciousness, leaving only the Force that creates energy and then matter.

-We essentially follow that process when we create, accomplish in life - by first *conceiving* what we want to accomplish. Then *delimiting* ourselves to that goal, forgetting all other matters, putting them aside; and then fully *absorbing* ourselves in that work at hand. Life then responds with the expected and the Unexpected results.

-We can also perceive this process from the creator power of the Ishwara.

-The Ishwara is an aspect of the Being, Sat (of Sat-Chit-Ananda). It has the power to conceive of means and values for creation and the power to see it enforced. From out of Ishwara (the creator aspect of the divine), a universe of forms emerges.

-We too have that same power within us, as Ishwara; to create infinitely. We move to the depths within, and open to the Supramental (i.e. Mother's) Power, enabling us to attract vast results, instantaneously, miraculously.

Instantaneous Miraculousness (Life Response)

-When we move to the depths , and pull the right psychological and spiritual levers, including opening to Her Supramental Force, life responds in our favor. In 'Synthesis of Yoga' Sri Aurobindo calls this dynamic "Instantaneous Miraculousness."

Infinite in the Finite

-Sri Aurobindo tells us that anything, even the smallest thing in life -- whether a form, an act, or ourselves -- is infinite in scope since it is a product of the Infinite consciousness (the Reality, Brahman), and is therefore capable of releasing and expressing that infinity in life.

-Just as the Absolute is the Infinite consciousness with infinite capacity and existence, so too is the smallest thing in creation (and everything in between).

-When we rise in consciousness, we can bring out that infinity. When we bring in the spiritual Force in that act or entity we stimulate its infinity and life responds to that effort. I.e. even the smallest act done in perfection, with highest consciousness, and open to the spiritual Force can bring about staggering result. E.g., brushing your teeth or meeting with a client with the right consciousness can attract the biggest client of one's life in five minutes.

-To see that the smallest, the infinitesimal is not only Brahman, but Infinite-capable to manifest infinite results from it (as Brahman did in creating an infinite-like universe) is to see the Marvel. It can be perceived by rising in consciousness beyond Mind to Supermind.

Practical Concept of Infinity

-Human conception of reality is limited, finite. Spiritual concept is boundless. Through the spirit, consecration, the Divine Mother and all, we not only attain higher consciousness, but we release the Infinite in life. Infinite success, love, joy, creativity, etc. Thus Infinity is not only an ideal concept, but a practical one that brings infinite results in our daily lives.

-The Infinity of the Divine can be applied to the details of life, evoking Infinite-like results.

Character of Life

-Life has a character, just like we humans. It is governed by laws and principles. One law is that how you are inside is reflected by life outside. It is the principle of Inner-Outer Correspondence. Therefore if you change your nature inside, life will instantaneously attract positive conditions on the outside to match it.

-Another law of life is that it will always repeat, unless some higher consciousness is brought to bear; then it will not repeat.

-A third law of life is that everything that happens in life is indicated by a predecessor event or circumstance. There are no exceptions.

-A fourth principle of life is that circumstances that happen simultaneously are related in consciousness.

-A universal law of life is that it/Nature works on several fronts, circumstance simultaneously, for the purpose of their progress.