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THE CONCEPT OF INTEGRAL YOGA IN THE PHILOSOPHY OF SRI  
AUROBINDO

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Abstract

Sri Aurobindo's philosophy of Integral Yoga represents a comprehensive spiritual discipline that harmonizes the diverse paths of knowledge, devotion, and action. Unlike traditional yogic systems that emphasize liberation from the world, Integral Yoga seeks the transformation and divinization of human nature itself. Its central aim is "*the conversion of the human soul into the divine soul and of natural life into divine living.*" Sri Aurobindo envisions a spiritual evolution leading to the realization of the Divine not only in transcendence but also within the material world. Integral Yoga emphasizes a triple transformation—psychic, spiritual, and supramental—through which the individual attains complete union with the Divine, resulting in both inner liberation and outer perfection of life. Philosophically, it is grounded in the concept of *Sachchidananda* (Existence, Consciousness, Bliss) as the Absolute Reality, and the evolution of consciousness as the means of divine manifestation. Ultimately, Integral Yoga aspires not for escape from life but for the establishment of a divine life on earth, where human existence becomes an instrument of supramental consciousness and the realization of God in all aspects of being.

Keywords: **Integral Yoga, Supramental Consciousness, Triple Transformation, Sachchidananda, Spiritual Evolution, Divine Life.**