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PEER REVIEWEDYOGA: PHILOSOPHICAL PERSPECTIVES OF SRI AUROBINDO AND
PATAÑJALI

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Abstract

Nowadays the entire world is suffering from various types of problems. The lifestyle of human beings has gradually changed over time. Man's life has become hectic and stressful. Science and technology has subjugated the present age. In this period of competition life has become so hard and stressful that man is unable to cope with it and suffers from various mental disorders. Yoga can offer the best solution to these problems. The concept of yoga has a significant impact on the life and works of contemporary Indian philosophers like Swami Vivekananda, Sri Aurobindo, Mahatma Gandhi, Radhakrishnan, Rabindranath Tagore and others. They all emphasize the importance of yoga. Sri Aurobindo, holds that yoga is a method by which a man can transcend from the empirical to the trans-empirical level. It raises the ordinary human mind to the higher and wider modes of consciousness. On the other hand, Patañjali, our ancient sage, says yoga is a spiritual endeavor to attain perfection through the control of sense organs, gross body, subtle mind, intellect and ego. In this article an attempt has been made to highlight *Patañjali* and Sri Aurobindo's views on yoga.

Keywords: Divine Consciousness, Integral Yoga, *Sarvamukti*, *Aṣṭāṅga* Yoga, *Saccidānanda*.