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The Internet Companion of

Indian Psychology: An experiential approach

Chapter 1 — A progressive universe Part I

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- **The Big Bang Theory**

A short web-article on how science and spirituality are coming closer. Michael Mamas writes about a new theory of consciousness and the Big Bang.

There are certainly a number of unaddressed problems with the Big Bang Theory in its current form. No doubt, over time it will be revised. Today, The Big Bang Theory of modern physics states... [Continue reading](#)

- **The Evolution of consciousness**

An essay of Sri Aurobindo explaining how consciousness is evolving.

All life here is a stage or a circumstance in an unfolding progressive evolution of a Spirit that has involved itself in Matter and is labouring to manifest itself in that reluctant substance. This is the whole secret.... [Continue reading](#)

*New file with relevant part of "Sri Aurobindo, *Essays divine and human*, pp. 173-77" to be put up on IPI website.*

See more

If the texts above have not led to interesting discussions in the class, watch some short videos in class or at home to get further inspired and motivated to start an active discussion

with your class mates. The various points of view on evolution presented in the texts and the videos of this chapter are the outcome of extensive research by eminent scientists. Get more clarity on your thoughts by discussing them.

- [Video-Science and Soul](#)

An 8-minute discussion with Fred Alan Wolf about hard science and the concept of soul.

- [Video-Vedic Science](#)

A 4-minute video about the Big Bang and Vedic Knowledge.

The question that is discussed in this short video is about knowledge through *scientific* analysis and *intuitive* knowledge through *experience* beyond the mind.

Chapter 1 — A progressive universe

Part II

Read more

- **The evolution of life on earth**
Our evolving society

Both from *The global brain* by Peter Russell (pp. 43-48 and 67-93).

The main ideas in this book can also be watched in a 35-minute video: [Video-The Global Brain](#)

The pace of this video is slow with soft music in the background to give us opportunity to reflect.

- **The Riddle of this world**

An article by Sri Aurobindo related to some of the concepts discussed in this chapter.

All spiritual experience affirms that there is a Permanent above the transience of this manifested world we live in.... [Continue reading](#)

See more

- National Geographic, *Space Odyssey*, Episode 1, *Standing up in the Milky Way*

There are 13 episodes in this series and they are all very interesting and beautiful. Earlier it was freely available on the web, but unfortunately this is not anymore so.

The Nasa website has some interesting inputs free of cost: [images of the universe](#)

Chapter 2 - Thoughts on Consciousness

Read more

- **The Centrality of Consciousness in Indian Psychology**

Part of a chapter under the same by title by K. Ramakrishna Rao in *Consciousness, Indian Psychology and Yoga* edited by Kireet Joshi and Matthijs Cornelissen.

The pervasive theme of Indian psychology is consciousness. The centrality of consciousness in the human condition... [Continue reading](#)

- **Brahman or the Supreme Self**

This is a short article from the Bihar School of Yoga

Brahman or the Supreme Self is beyond time and space, causation. He is limitless. He is tranquil. He shines with equal effulgence in all bodies. He cannot be any particular thing. He is... [Continue reading](#)

- CHECK THE FOLLOWING: Cornelissen, Matthijs, Part of an article on consciousness from IPI webpage

See more

- [Video-Science and consciousness](#)

A 14-minute video on the dilemma of science and consciousness. This is a short video that may lead to a lively class discussion on the world views of hard science and humanities, including spirituality. To view it well one has to pause the video and start a discussion to affirm or reject the statement that is made.

- [Video-The Ship of Theseus](#)

The Ship of Theseus is a brilliant ancient thought experiment exploring what makes you 'you'

- [Video-Who am I?](#)

Throughout the history of mankind, the subject of identity has sent poets to the blank page, philosophers to the agora and seekers to the oracles. These murky waters of abstract thinking are tricky to navigate, so it's probably fitting that to demonstrate the complexity, the Greek historian Plutarch used the story of a ship. Amy Adkins illuminates Plutarch's Ship of Theseus.

Chapter 3 - The main philosophical systems of the Indian tradition

Read more

- **Vedas and Upanishads**

A very well written article of five pages of eSamskriti about the Vedas and Upanishads.

The Vedic philosophy encompasses the oldest spiritual texts of any religion in the world, and its subjects are broad and numerous. Its more advanced concepts can be difficult for even the greatest scholars to fathom. The Vedic literature discusses many types of philosophical viewpoints, and studying some of them will let us see that many of the concepts that we accept as new today are nothing more than parts of the ancient Vedic knowledge that... Continue reading at:

[Vedas-and-Upanishads](#)

- **The Veda and Indian culture**

TO BE STILL WRITTEN

TO GET THE ACTUAL TEXT [The Veda and Indian Culture](#)

- **Towards a true scientific psychology**

Written in challenging English from his book Essays divine and human, pp. 331-336

When the ancient thinkers of India set themselves to study the soul of man in themselves and others, they, unlike any other nation or school of early thought, ... Continue reading at [Towards a true scientific psychology](#) [WORD file for the chapter to be put up on IPI webpage]

See more

- [Video-Vedantic thoughts](#)

A 17-minute TED-talk by swami Sarvapriyananda on how Vedantic thought can be applied today.

There are many long or short movies or documentaries of saints and sages available on YouTube. Choose from the rich variety and enjoy yourself!

Chapter 4 - The concept of *satchitananda* and the urge for happiness

Read more

- **The eternal source of “I am”**

A short introduction on *The eternal source of “I am”* by M.S. Srinivasan

The most fundamental psychological experience of our being is the sense of “I AM” or in other words, “I exist and am aware of my existence.” What is the ultimate inner source ...Continue reading at [psychology-of-the-absolute](#)

- **Sat Chit Ananda**

TO BE STILL WRITTEN

A long introduction with, now and then, a divergent world view TO ADD MORE
[Continue reading at](#)

- **Sat Chit Ananda**

Written in somewhat difficult English:Sri Aurobindo, *Essays divine and human*, pp. 90-93, Sachchidananda;

The Vedanta, that solemn affirmation of the ultimate truths beyond which no human thinking has ever proceeded, or can proceed, looking deep into...
Continue reading at [Sachchidananda](#) [WORD file for the chapter to be put up on IPI webpage]

See more

- [Video-Habits of happiness](#)

A Ted-talk on happiness by Buddhist monk, Matthieu Ricard.

- [Video-Happiness is all in your mind](#)

A TedX talk by a Buddhist nun, Gen. Kelsang Nyema. She ends her talk with a 3-minute meditation practice.

There are various ways to heal ourselves when we go through a painful period in our life. Similarly there are practices for keeping us physically and emotionally healthy. Repeating a *mantra* has been throughout the ages one of the means with a beneficial outcome. Sri Aurobindo writes in answer to a question about the power of a *mantra*

The function of a mantra is to create vibrations in the inner consciousness that will prepare it for the realisation of what the mantra symbolises and is supposed indeed to carry within itself. Letters on yoga, p. 1040.

- [Video-Moola mantra](#)

There is a mantra on happiness and healing. This mantra is known as the *Moola* mantra. Here is a 13-minute video where the mantra is sung in a modern way with written explanations of the text of the mantra and explanations on Satchitananda.

- [Video-Mrityunjaya mantra](#)

Another mantra in a more traditional rendering is a mantra for healing from the ashram of Anandamayi Ma.

- [Video-Gayatri mantra](#)

The Gayatri mantra is the most well known in the Indian tradition.

- [Video-OM](#)

Reciting Om can become a mantra. Here is one of many versions available on the web.

Chapter 5 - Planes of consciousness or gradations of substance

Read more

- **Planes of consciousness**

TO WRITE

An extensive introduction with a variety of views on planes of consciousness in the Indian traditions can be found at [plane \(esotericism\)](#)

- **Our subtle bodies**

The next article is an introduction about the five subtle bodies around the gross physical body.

According to the yoga tradition, every one of us has five bodies, each made of increasingly finer grades of energy. The five progressively subtler bodies that compose our personality are... Continue reading at [the koshas](#)

- **The ascending series of gradations of substance**

A challenging read with extensive information but difficult English can be found in Sri Aurobindo's book *The Life Divine*. The name of the chapter *The ascending series of gradations of substance*.pp.269-75, indicates the content of this read.

Even within the formula of the physical cosmos there is an ascending series in the scale of Matter which leads us from the more to the less dense, from the less to the more subtle. Where we reach the highest term of that series, the most supra-ethereal subtlety of material substance or formulation of Force, what lies beyond?... Continue reading at [The ascending series of gradations of substance](#)

[WORD file for the chapter to be put up on IPI website]

See more

- [Video-Consciousness](#)

David Chalmers talks about the phenomenon of consciousness. He says that our consciousness is a fundamental aspect of our existence.

- [Video-Koshas](#)

This is a short overview of the koshas from Yoga International. Note that here the intellectual connotation of vijnanamayakoshais mentioned.

Chapter 6 - Who am I in the evolution?

Read more

- **Human evolution**

The link to National Geographic gives a good introduction with some interesting questions on human evolution, but the concept of Consciousness is not addressed in this link. Why are scientists certain that human evolution happened? They look specifically at living matter and find a number of reasons:

We share nearly 99 percent of our genetic sequence with chimpanzees and bonobos, which strongly suggests we share a common ancestor. And there are...

[Continue reading at](#)

- **Evolution of consciousness**

The following article by Peter Russell includes human evolution and Consciousness.

Before we can begin to consider the evolution of consciousness, we have to ask when consciousness first arose. Are human beings alone conscious, or are other creatures also conscious? Is an animal such as a dog, for example, conscious?

[Continue reading at](#)

See more

- [Video-Human origins](#)

A 4-minute introduction of the Smithsonian Institute on Human Evolution

- [Video-Evolution of modern humans](#)

A 10-minute video on how, starting from one common ancestor in Africa, human beings slowly spread over the earth.

Chapter 7 - Who am I- Parts and planes

Read more

- **Our many selves**

This is a compilation by A.S Dalal with small, usually one-page, clippings of the parts and planes of our being from the works of Sri Aurobindo and The Mother. We quote from the Introduction

Yoga is generally associated with certain practices such as postures, breathing exercises, meditation and the like. In addition, yoga is understood as consisting in certain rules and norms pertaining to aspects of one's outer life, such as diet, habits, acts of conduct. However, as taught by Sri Aurobindo, yoga consists essentially in inner psychological work aimed at the change and transformation of consciousness. As he states: "yoga is nothing but practical psychology... [GET LINK]

- **Spiritual faculties**

We all have heard the word 'mindfulness'. It comes from the Buddhists tradition. The following is an article of the Vipassana Fellowship.

The Buddha spoke about five spiritual faculties that turn into spiritual powers if we cultivate and develop them. We all have these faculties within and developing them means making them powerful qualities... [Continue reading at](#)

- **Raja yoga**

There are many articles on how Vedanta speaks about the spiritual powers of the mind. Here is an article of the Vedanta Society.

Raja yoga, is the royal path of meditation. As a king maintains control over his kingdom, so can we maintain control over our own "kingdom" —the vast territory of the mind. In raja yoga... [Continue reading at](#)

See more

- [Video-Invest in yourself](#)

Jaya Row on how to invest in yourself.

- [Video-How to live happily](#)

Sadhguru on the secrets of a happy life

- [Video-Thoughts and emotions cycle](#)

A 2-minute video that explains the thoughts- emotion cycle.

- [Video-Emotions](#)

A 2-minute explanation by Matthieu Ricard on emotions.

Reflect for 5 minutes on personal experiences related to the two short videos above.

Make small groups with people you trust. Exchange experiences that lead to positive outcomes.

Read more

- **The ego**

Sadhguru of the Isha Foundation explains that the ego need not be destroyed. He talks about transcending the limited existence of the physical being without specifically mentioning spiritual qualities, but does say that there are tools for "inner management".

"Ego" is not something that you got because you did something well or because you became rich or beautiful or anything else. When you started kicking in your mother's womb, the ego was born... [Continue reading at](#)

- **In search of the soul**

The chapter In search of the soul in Neeltje Huppes, Psychic education, a workbook, pp.29-39.

TO WRITE [Continue reading at](#)

- **Kena and other Upanishads**

A challenging read: Sri Aurobindo, Kena and other Upanishads, pp. 25-28 (we are not our surface nature, but we are that eternal being).

TO WRITE [Continue reading at](#)

See more

- [Video-Insights on the Soul, Spirit, Ego](#)

Aron Goch, Insights on the Soul, Spirit, Ego. (8 minutes)

- [Video-Are thoughts the source of ego?](#)

Eckhart Tolle, the author of the book, The power of now, answers the question, Are thoughts the source of Ego?(10 minutes)

- [Video-TO GIVE TITLE](#)

Eckhart Tolle, Did the universe make a mistake with the ego? (9 minutes)

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