

# RESEARCH REPORT, 2022-2023

Prepared and Submitted by BhāratShakti

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## RESEARCH TOPIC:

All Life is Yoga: An Exploration and a Review of Sri Aurobindo's summation of the crux of the spiritual quest

## RESEARCHER NAME:

**Lead Researcher:** Dr. Beloo Mehra (Editor, Renaissance Journal and Director, BhāratShakti)

**Co-Researchers:** Raamkumar Loganathan, Narendra Murty, Biswajita Mohapatra

## GENRE(S) OF RESEARCH:

Text-based, Qualitative, Action-Research

## DURATION:

12 months (August 2022-August 2023)

## ABSTRACT:

The purpose of this project was to bring to the fore the deeper implications of what Sri Aurobindo meant when he said, "*All Life is Yoga*," in his principal work on Yoga titled *The Synthesis of Yoga*. We aimed to explore how all areas of life can be turned into *sādhanā* by giving our activities a spiritual turn.

For Sri Aurobindo, spiritual quest did not mean a retreat from the heat and dust of life but to carry out all our activities in the world in a way that they themselves become a path to the Divine. Through our project we examined deeper dimensions of various aspects of human life, keeping always the Integral Yoga teachings of Sri Aurobindo and the Mother in forefront as our guiding framework.

We covered several areas of life such as Parenting, Education, Work, Human Relations to examine how to approach our roles as learners, teachers, parents, professionals, partners, workers, organizers, artists, and more in the spirit of Sadhana instead of merely as mundane, material works so that all life indeed becomes a Yoga.

## **METHODOLOGY:**

We chose eight (8) sub-themes to explore as part of our research project. Six of these themes were explored over a period of one month each, while two were explored over a period of two months each. In addition two months' period was used for planning and organizing purposes, especially for the action-based practical and experiential activities required for the research. Thus, a total time period of 12 months was spent for completing this intensive research project.

Following steps were employed to conduct systematic inquiry into each of the sub-topic.

### **Review of Literature**

1. We started by conducting an intensive review of literature of the published works of Sri Aurobindo and the Mother.
2. A word-search through electronically available reference materials was also conducted.
3. In addition to the writings of Sri Aurobindo and the Mother, we also sourced relevant material from early scholars-practitioners of Integral Yoga including K.D. Sethna, A.B. Purani, Kireet Joshi, Nolini Kanta Gupta, Nirodbaran, M.P. Pandit to name a few.
4. Several compilations and other secondary works were also reviewed.
5. Old volumes of journals published by Sri Aurobindo Ashram and Sri Aurobindo Society were also researched to identify relevant material.
6. The selections were organised in various themes so that each topic can be explored in a multi-perspective manner.
7. All the material was thoroughly scanned and wherever necessary minor formatting revisions were made to present the material digitally.
8. Selected quotes were pulled out for designing the graphics which added much visual interest and ease of virtual reading to the articles which were prepared for publication in an online format.

### **Preparing Original Content**

1. Taking forward the golden legacy that we had inherited from the past, we also invited original content on the chosen theme in the form of short articles, essays, poetry and reflections.
2. A careful review was done of all submitted content – both from in-house researchers and writers as well as received from other authors drawn to Sri Aurobindo's teachings.
3. Apart from write-ups on the chosen theme, we also created audio-visual content in the form of Interactions, Webinars and organised seminars and events during the year.

### **Preparing Web-based Journal**

1. We meticulously transferred all the collated and reviewed material to our website [Renaissance](#) ensuring that all research is available in the public domain.
2. Detailed attention was paid when transferring the researched material to the Renaissance website.
3. Proper citations were added to every selection linking them to online sources wherever possible. This allows a prospective reader to explore further if so desired.

4. This work was done month after month with great attention to detail in both the design and accuracy of the content.

## RESEARCH OUTCOMES:

Eight specific themes were explored in Sri Aurobindo's philosophical light of "*All Life is Yoga.*" Our research work resulted in following outcomes.

1. **Conscious Parenting:**
  - **Six** write-ups compiled from the works of Sri Aurobindo and the Mother
  - **Video talk** by Dr Alok Pandey
  - **Webinar** with Vijaylakshmi C
  - **Seven** original papers by Beloo Mehra, Shruti Hajirnis Gupte, Janani Ramanathan, Shraddha Gour Mohanti, Vidya Shankar, Shilpi Mohan
  - **One** poem by Imran Ali Namazi
  - **An invited talk** by Jayashree Ashok and B. Ashok on the topic of Conscious Parenting
2. **Education for the New Age:**
  - **Seven** write-ups compiled from the works of Sri Aurobindo and the Mother,
  - **Four** from early sādharma-scholars: Nolini Kanta Gupta, Kireet Joshi, Pavitra PB–Saint Hilaire, and Tara Jauhar
  - **Video talk** by Bindu Popli on Art Education for Inner Harmony
  - **Two** original papers by Beloo Mehra and Narendra Murty
3. **Work and Yoga:**
  - **Eight** write-ups compiled from the works of Sri Aurobindo and the Mother
  - **Two** from early sādharma-scholars: MP Pandit and Shobha Mitra
  - **Three** original papers by MS Srinivasan, Divyanshi Chugh and Narendra Murty
  - **A talk** on this topic was also delivered by Beloo Mehra in Gujarat.
4. **Human Relations and Yoga:**
  - **Five** write-ups compiled from the works of Sri Aurobindo and the Mother
  - **One** from Kishor Gandhi
  - **Four** original papers by Dr Beloo Mehra, Gayatri Majumder, Chitra Kolluru and Narendra Murty.
  - **Panel Discussion** on Rethinking Relationships in a New Light
  - **Invited Talk** on Individual and Family by Lakshmi Jyothi
5. **Money and Yoga:**
  - **Four** write-ups compiled from the works of Sri Aurobindo and the Mother
  - **Six** original papers by MS Srinivasan, Dr Charan Singh Kedarkhandi, Deven Shah, Shyam Krishnakumar, Beloo Mehra and Narendra Murty.
  - **Interactive Session** with Mr Deven Shah

## 6. Religion and Yoga:

- **Seven** write ups compiled from the works of Sri Aurobindo and the Mother
- **One** from Nirodbaran
- **Three** original papers by Beloo Mehra, Monica Gulati and Narendra Murty

## 7. Life, Literature and Yoga:

- **Five** write ups compiled from the works of Sri Aurobindo and the Mother
- **Three** from early sādharma-scholars: Amal Kiran, KR Srinivas Iyengar, Tara Jauhar
- **Five** original writings by Anju Makhija, Beloo Mehra, Gayatri Majumdar, Narendra Murty and Oeendriila Guha
- **Webinar** on “What draws me to Sri Aurobindo’s Poetry”
- **Interactive session** with students on “Who is an Aryan and Building Aryan Character.”
- **E-Book:** As an additional research work under this theme of Life, Literature and Yoga, Dr. Beloo Mehra has written a research monograph titled [Indian Literary Tradition in the Light of Sri Aurobindo](#). This is a comprehensive overview of India's Literary Tradition starting from the Vedas, the Upanishads, the Mythologies, Sutra literature, Classical Sanskrit and vernacular literature in the light of Sri Aurobindo’s writings on Indian literary heritage. It has been published as eBook by Auropublications, the publications wing of Sri Aurobindo Society. The book is available on Kindle via Amazon as well as on the Aura website of Sri Aurobindo Society.

## 8. Food, Sleep and Yoga:

- **Nine** write ups compiled from the works of Sri Aurobindo and the Mother,
- **Three** from early sādharma-scholars: Nirodbaran, MP Pandit, Kireet Joshi
- **Two** original papers by Narendra Murty and Biswajita Mohapatra.
- **Interactive session** on the Mother’s guidance on Yoga in life with special emphasis on Conscious Cooking
- **Four Practical Sessions** on Healthy Cooking and Eating
- **Poster Exhibition** on Conscious Cooking and Eating
- **Experiential session** on Preparing for Conscious Sleep

## PRESENTATION OF FINDINGS:

- All our research and writing works as well as detailed reports of our activities related to the themes explored in our research project have been uploaded on our website and carefully categorised for easier access.
- For each of the issues, Dr. Beloo Mehra has written insightful editorials giving an overview of the work completed on a particular theme.
- Our original content researched and created specifically for our project which includes written papers, webinars, video talks, invited talks, poster exhibition, experiential sessions etc. has been much appreciated in all circles.

- **ONE E-book:** [Indian Literary Tradition in the Light of Sri Aurobindo](#) – authored by Beloo Mehra, this research monograph has been published as eBook by Auropublications, the publications wing of Sri Aurobindo Society. The book is available on Kindle via Amazon as well as on the Aura website of Sri Aurobindo Society.
- **Long-form content created = 121** (including researched compilations, original writings, video content, reports of practical sessions, invited talks and other related fieldwork).
- **Short-form flipbook content created = 12** (each with about 15 posters)
- **Exhibition posters created = 25 posters**
- **Posters for social media and journal website created = 350+**

## RESEARCH CONCLUSIONS:

In the light of Sri Aurobindo's and the Mother's vision of the future of humanity it becomes critical that we begin to see and understand all aspects of our ordinary lives as means to our inner progress. These are the steps on the path as we become more conscious and grow inwardly. Evolution in consciousness and an inner transformation are the only radical solutions we have if we as human race have to address the challenges we are facing in a meaningful and sustainable manner.

It is amply clear that what we face today is not dearth of technology or economic prosperity but a right view of life. There is only one crisis facing humanity today: A Crisis of Values. Not environmental, social or economic crisis, but a crisis of our thinking itself. And what is the source of such right values? It is the storehouse of the spiritual wisdom of this land.

The conclusions we arrived at after a thorough survey of Sri Aurobindo's and the Mother's works as well as reviewing the writings of several sādharma-scholars of Integral Yoga, in addition to talking to and interacting with a few experts from diverse domains of human activity, can be best summarised in the following excerpt from Nani A. Palkhivala in his book *'India's Priceless Heritage'* where he writes:

*"In these days of spiritual illiteracy and poverty of the spirit, when people find that wealth can only multiply itself and attain nothing; when people have to deceive their souls with counterfeits after having killed the poetry of life, it is necessary to remind ourselves that civilization is an act of the spirit. Material progress is not to be mistaken for inner progress. When technology outstrips moral development, the prospect is not that of a millennium but of extinction. Our ancient heritage is a potent antidote to that. Today that wisdom is essential not only for the rebirth of the Indian nation but also for the re-education of the human race."*