

# ONGOING RESEARCH PROJECT FOR RENAISSANCE

Prepared and Submitted by BhāratShakti Team

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## RESEARCH TOPIC:

Streams of Sadhana: An Exploration of Selected Aspects of Spiritual Practice and Philosophy in Integral Yoga

## RESEARCHER NAME:

**Lead Researcher:** Dr. Beloo Mehra (Editor, Renaissance Journal and Senior Academic Mentor)

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

## GENRE(S) OF RESEARCH:

Text-based, Qualitative, Action-Research

## DURATION:

12 months (August 2023-August 2024)

## ABSTRACT:

This project aims to explore selected aspects of spiritual practices and philosophical frameworks that constitute different streams of sadhana in Integral Yoga.

Given the vast and all-integrative nature of the Theory and Practice of Integral Yoga, only a few specific themes or areas have been identified for this project. This will help keep the focus clearly defined resulting in specific research findings that can be helpful both for refining one's intellectual understanding of Integral Yoga as well as for deepening one's spiritual practice on this path.

An important criterion used to identify the themes was that these should cover both the individual and collective aspects of sadhana. This was considered necessary because Integral Yoga, with its highest aim of bringing a Divine Life on earth, presents for the aspirants a complete path for the transformation of the individual as well as collective life. Thus, individual, nation, humanity, world, earth – all these progressively enlarging units are of concern to an aspirant on the path of Integral Yoga. This was kept in consideration while identifying the following themes.

1. CONCENTRATION AND FOCUS
2. THE DIVINE SHAKTI

3. YOGA OF INDIAN NATION
4. SYMBOLISM IN SANATAN DHARMA
5. THE MOTHER'S GRACE
6. THE DIVINE IN NATURE (with special emphasis on flowers)
7. SILENCE AND SOLITUDE
8. BEAUTY AND ART – THE SUNDARAM ASPECT OF THE DIVINE
9. BHAKTI – THE PATH OF LOVE

## **METHODOLOGY:**

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

### **Review of Literature**

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

### **Preparing Original Content**

1. We shall also invite original content on the chosen themes in the form of short articles, essays, poetry and reflections.
2. A careful review will be done of all submitted content to select appropriate content for inclusion in the journal.
3. Apart from write-ups, we shall also create audio-visual content in the form of invited talks, interactions, webinars, workshops etc.
4. We shall also plan for exhibitions and other such activities based on our selected themes.

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

1. All the researched, prepared, collated and reviewed material will be transferred every month to our website [Renaissance](#) ensuring that all research is available in the public domain.

2. Detailed attention to detail – both for the design and accuracy of the content – will be paid when transferring the researched material to the Renaissance website.
3. Proper citations will be added to every selection linking them to online sources wherever possible. This allows a prospective reader to explore further if so desired.

## **DISSEMINATION OF FINDINGS:**

- All our researched material including original writings related to the themes explored in our research project will be uploaded on our website and carefully categorised for easier access.
- All detailed reports of our offline and online activities related to the selected themes – including webinars, seminars, workshops, video content, invited talks, poster exhibitions etc – will also be uploaded on our website.
- For each of the issues, Dr. Beloo Mehra will write insightful editorials giving an overview of the work completed for a particular theme.
- **At least TWO E-books and/or research monographs are being planned.**
- Following forms of content are being planned to present our research findings:
  - Long-form written content (including researched compilations, original writings, video content, reports of practical sessions, invited talks and other related fieldwork).
  - Short-form flipbook content
  - Exhibition posters
  - Posters for social media and journal website