

# PRACTICAL SPIRITUALITY

*In all of life,  
here and now...*



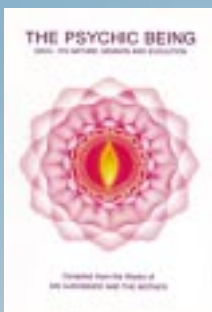
## *The Spirit*

Spirituality unveils the meaning of our life on earth. It lays bare the cause of birth, the purpose of life, and the significance of death. Spirituality is not just an intellectual concept: it is a powerful state of consciousness whose practical dimension infuses life with joy and inner growth. Spirituality is often associated with religion, but it is not religion. Spirituality is a living experience which each religion seeks and expresses in its own way, in its own words and with its own images. Spirituality comes alive for us when we feel called to discover the hidden soul of delight within us.

Lotus Press has published a series of books, drawn from the writings of Sri Aurobindo and The Mother, which brings the core truths of spirituality to life in a simple, yet elegant manner. This series explores the nature of the Soul and its role in our earthly existence. These volumes, nonsectarian in nature, enrich and enliven spiritual practice for seekers of all paths.

## *The Soul*

The Soul is the innermost guide and true leader of our existence. To set aside the ego and discover our soul and follow its guidance is a central goal of spiritual teaching.



**THE PSYCHIC BEING**  
Soul: Its Nature, Mission and Evolution  
Compiled from the writings of Sri Aurobindo and The Mother  
With a preface by Dr. A.S. Dalal  
This book explores the meaning and nature of the psychic being, the soul moving through time, and distinguishes between spirituality and "psychic powers." The psychic being's role, function and power to discover and harmonize life's purpose and energies are also described.

The evolutionary nature of the soul and its growth through multiple experiences are revealed. The many steps toward self-realization and the process of self-discovery are traced out, and finally, the soul's mission in the context of rebirth and the memory of past lives is reviewed.

ISBN 0-941524-56-6 223 pp paperbound \$8.95



**SEARCH FOR THE SOUL IN EVERYDAY LIVING**  
Compiled from the writings of The Mother

By Wayne Bloomquist

The most profound questions of life are addressed with remarkable clarity and depth by The Mother, one of the world's foremost spiritual leaders. She brought a power of practical insight to the spiritual seeking of humanity, merging daily life into the life of the Spirit. *Search for the Soul in Everyday Living* takes us beyond the ashram, the mountaintop and the spiritual renunciate to reveal the steps leading towards the integration of the inner and the outer, spirit and matter. Awaiting us is a revolutionary new consciousness, founded in Oneness and expressing harmony in life and action. Search for the Soul traces

practical steps which we can take HERE and NOW towards this greater life. The Mother's teachings touch the soul and reveal its nature with authentic immediacy and clarity.  
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**THE SOUL AND ITS POWERS**  
Compiled from the writings of The Mother

By Wayne Bloomquist

Humanity has been searching for the meaning of life since time immemorial. The contradictions of human existence can lead us away from the earth to a nirvana or heaven that gives peace and salvation to the isolated individual. The Mother and Sri Aurobindo, though, drew upon a more affirmative realization, one which perceives a hidden purpose, an emerging truth and delight in the world. They married in principle and practice the truth of transcendence to the truth of life on earth. They showed us how to create a divine life in a human body. Key to this profound integration is the constellation of a

purified mental, vital and physical being around the soul and dynamized by the Divine Will. *The Soul and Its Powers* offers a practical and realistic guide to the essential elements which form our being and determine our direction in life.

ISBN 0-941524-67-1 147 pp paperbound \$9.95

# Living Your Spiritual Truth

Recognizing the soul within, one wishes to live according to its radiant intimations. This ushers the seeker into a joyous but also arduous process of sorting through the confused actions, motives, driving forces and ideas and organizing life around its deeper truth.

## LIVING WITHIN

**The Yoga Approach to Psychological Health and Growth**  
Compiled from the writings of Sri Aurobindo and the Mother

*With an introduction by Dr. A.S. Dalal*

“Western psychotherapy and personal growth process have gained considerably from the experience acquired within Eastern traditions. *Living Within* makes it apparent that there is a great deal more to learn that is of both practical and theoretical value. Dr. A.S. Dalal has lived and worked in both the world of Western mental health and the world of Eastern spiritual discipline. He draws on the deep insights of Sri Aurobindo and the Mother to locate the origins and solutions to ordinary problems in living as well as in psychopathology. The key lies in understanding that the levels of consciousness in which we ordinarily live are fraught with psychological disturbances. As a result, we experience recurrent conflict, anxiety, anger, fear and depression. *Living Within* not only shows the way for overcoming such disturbances radically, but also provides practical guidance and exercises for achieving positive mental health and psychological growth.”

Arden Mahlberg, Ph.D., Midwestern Psychological Services, Madison, WI.  
ISBN 0-941524-22-1 179 pp paperbound \$8.95



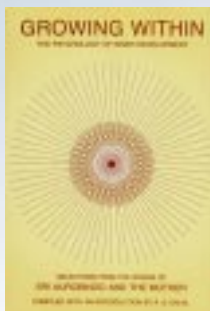
## GROWING WITHIN

**The Psychology of Inner Development**  
Selections from the writings of Sri Aurobindo and The Mother

*With an introduction by Dr. A.S. Dalal*

Evolution is the progressive emergence of higher levels of consciousness within the material base of the body. With the appearance of humanity, evolution has become a more conscious and accelerated process. The sign of this evolution is the seeker's inner growth. The goal of this inner growth is to soar beyond the normal human state into a new consciousness characterized by unity, oneness, harmony and wisdom. *Growing Within* charts the psychological processes, methods, conditions, difficulties and inner experiences of such a transformation of consciousness. This book fosters insight, inner growth, and spiritual development.

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## LOOKING FROM WITHIN

**A Seeker's Guide to Attitudes for Mastery and Inner Growth**  
Gleanings from the Works of Sri Aurobindo and The Mother

*With an introduction by Dr. A.S. Dalal*

*Looking from Within* is a practical handbook to cultivate inner states of awareness which aid the seeker in achieving extraordinary spiritual growth. The selections were chosen for those who wish to obtain a greater mastery of life and self; for those who aim at embracing but exceeding ordinary life, for those who seek to grow towards a higher state of being; and for those whose spiritual growth is life's primary purpose. Self-mastery and inner growth groom in us a poise and attitude which enable us to deal equally well with both success and failure. This book clarifies these issues and suggests practices which can make permanent a change in consciousness. Through this book we learn how to convert difficulties into opportunities, perplexities into calm strength, and obstacles into the zest for endless progress.

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## POWERS WITHIN

**Selections from the Works of Sri Aurobindo and The Mother**  
*With an introduction by Dr. A.S. Dalal*

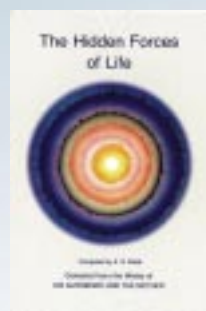
We all possess and wield, consciously or unconsciously, various powers of consciousness in our lives. *Powers Within* focuses on the inner abilities,



capacities and faculties which are inherent within the human constitution. This book examines the hidden capacities of the mind, aspiration and prayer, the powers of concentration, imagination, and intuition, as well as faculties potential within us but commonly considered to be “psychic” or “occult.” These powers can all be developed and harnessed for spiritual progress. This book provides techniques to enhance your ability to recognize and bring to fruit the many powers living undiscovered within you.  
ISBN 0-941524-96-5 196 pp paperbound \$5.95

## THE HIDDEN FORCES OF LIFE

**Compiled from the Works of Sri Aurobindo and The Mother**  
*With a preface by Dr. A.S. Dalal*



We may believe that we are the authors of our own ideas and actions, but sometimes we recognize that we are acted upon by other and larger forces, conscious universal forces. There are states of awareness open to us in which we clearly perceive these unseen forces which move us. *Hidden Forces of Life* identifies and examines the layerings of cosmic powers which act on us, determine events, influence our thoughts, feelings and actions, affect our moods, health and level of energy, pull us down into the depths or exalt us to the heights of our possibilities.  
ISBN 0-941524-60-4 203 pp paperbound \$9.95



## INTEGRAL YOGA

**Sri Aurobindo's Teaching and Method of Practice**

*By Sri Aurobindo*

This volume is a compilation of letters written by Sri Aurobindo to aid spiritual seekers in the journey of growth and realization. The letters provide a systematic exposition of Sri Aurobindo's Integral Yoga. The reader will find that they encompass both the life of the Spirit and the life in the world. Sri Aurobindo's wisdom resonates throughout this splendid introduction to a practice which leads through the constancy and sincerity of its discipline towards the greatest transformation of self and society.

“Sri Aurobindo's yoga points the way toward the kind of transformative practice we need to realize our greatest potentials. No philosopher or contemplative of modern times has done more to reveal our possibilities for extraordinary life.”

Michael Murphy, founder Esalen Institute, author, *The Future of the Body*.  
ISBN 0-941524-76-0 416 pp paperbound US edition \$14.95

# Inspirations for Daily Spiritual Life

It is fruitful to the soul's aspiration to frequently immerse oneself in refreshing spiritual streams, to find buoyancy and delight for a moment in the thoughts, the emotions, the atmosphere of the soul. The following books are glad companions, bringing to us daily inspiration and remembrance.

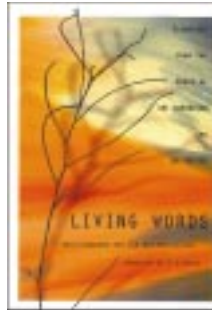
## LIVING WORDS

### Soul-Kindlers for the New Millennium Gleanings from the works of Sri Aurobindo and the Mother

Compiled by Dr. A.S. Dalal

There are writings so infused with the Spirit that they move us powerfully when we read them. Words giving voice to the spirit ring out and call us towards greater states of awareness where the soul reigns supreme. Such "soul kindlers" house the power to ignite in us an unconquerable aspiration and bring us into a state of receptivity and openness. This book is a collection of such inspirational passages; it guides us through difficulties and confusions, and inspires us to bring to birth a new world of harmony and oneness. A radiant life awaits us at the end of this current season of dissolution and disharmony.

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## FLOWERS AND THEIR MESSAGES

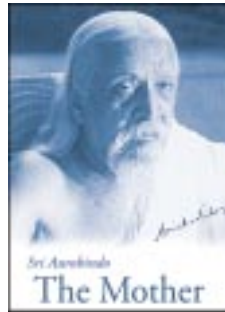
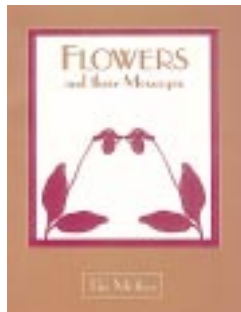
By The Mother

"Flowers are the moment's representations of things that are in themselves eternal."

Sri Aurobindo.

Flowers create a direct psychic link between the world of eternity and the world of human existence. If we open ourselves to their subtleties, we can experience feelings, powers, and aspirations which invite us to live more in tune with inner harmony and truth. The Mother provided guidance about the specific spiritual significance of more than 800 flowers described in this book. There are numerous line drawings and several color plates, arranged with inspirational passages to attune us to the messages of the flowers around us. A remarkable exploration of the symbolic and spiritual language of flowers, this treasure offers insight into the simple and loving realm of plant life. Offering beauty, uplifting the atmosphere and revealing sweet secrets of existence, flowers can be our sincerest friends, transmitting to us messages and a palpable experience. One need only be receptive to absorb their refining influence. This book opens us to the occult significance of flowers and goes far beyond the early groundbreaking book on the consciousness within plants, *The Secret Life of Plants*, to precisely describe each flower's influence and radiant message.

ISBN 0-941524-68-X 309 pp paperbound \$29.95



## THE MOTHER

By Sri Aurobindo

Sri Aurobindo offers in this small and mighty book a guide to the practice of a supremely conscious life. To discover this gem is to gain a companion whose guidance is forever meaningful. At whatever stage of development, whatever may be the difficulties and whatever the questions, this book provides wisdom and illumination and speaks to the soul in utter candor and simplicity. *The Mother*

opens one to the deeper spiritual truths of life, and speaks to the soul at its turning point, providing comfort, guidance and concrete assistance to the seeker. Its power of expression and meaning are so concentrated, sweet, and far reaching that many have called it "Matri Upanishad", the Upanishad of the Mother. Sri Aurobindo's *The Mother* reveals the conscious Power of creation in both its universal and personal sense, founding truth of philosophy based upon truth of yogic experience.

ISBN 0-941524-79-5 62 pp paperbound US edition \$2.95



## SAVITRI

### A Legend and A Symbol

By Sri Aurobindo

*Savitri* is a map for the soul's growth. Its mantric verses exalt the reader and invade the listening body with a rolling spiritual resonance. In this epic poem of unequalled height, Sri Aurobindo presents his vision of humanity's sublime destiny in the context of an evolving cosmos. He sees that life has a purpose: the redemption of the earth through the soul's conquest of matter and self for the Divine. Evolution in his view

leads to the flowering here of the Infinite in beauty and form and power. Sri Aurobindo's verses describe the origin of our universe, the many dimensions of existence, the stages of evolution, and speak to many unanswered questions concerning pain and death. Sri Aurobindo creatively reworks the ancient story of Savitri and Satyavan, drawn from the great epic of India, the Mahabharata, as a framework for this astonishing outpouring of poetic inspiration.

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