

## Sri Aurobindo – Inspirations Summary Box

---

### *Key concepts, claims and elements*

- \* **Spirituality:** Inspiration is ultimately drawn from a focus on the Divine as the ultimate goal of being
- \* Integral Yoga as a **holistic practice:** connecting inner and outer realms, vision and realism, ground and embody all striving for a better world
- \* **Development of self and world:** all life is a process of unfolding of higher potentials (combining man's striving towards the Divine with the Divine's descent into the world), no step can be skipped
- \* **World-centric perspective** (humanity united as a political vision)
- \* **Integral anthropology:** body, vital/emotions, mind and spirit/supermind need to be integrated and balanced for a healthy existence
- \* **Political institutions** designed to organize human unity (on various levels) **must be based on corresponding inner qualities** ("psychic unity"); inner/psychic (soul) dimensions tend to be the driving force (precondition for institutions to function well; "an order is only healthy if it comes from within").
- \* There is a **natural dynamic in favor of unfolding, development and growth** that cannot be acted against in the long run; all development processes are fundamentally path-dependent, i.e. follow their own natural logic and inherent dynamics.
- \* There will and should always be a **coexistence of unity and variation** to allow all entities to develop at their own speed.
- \* Politics needs to acknowledge, respect and ideally support the different needs for growth and provide **enabling environments** for development at all levels.
- \* **Holonc concept of politics:** individual and collective life needs to be healthy and balanced at all levels; collective life feels more comfortable when it can concentrate in small spaces; those need to be "healthy" in order to join together to build larger entities.

---

### Sources:

Aurobindo, Sri (1999). The ideal of human unity. Lotus Press.

### Further reading:

IO 1 chapter 1

