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Seven Quartets of Becoming A Transformative Yoga Psychology Based on the Diaries of Sri Aurobindo

Debashish Banerji

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Groomed in a modern academic tradition and post-Enlightenment ideals of creative freedom and social critique, Sri Aurobindo (1872-1950) turned his attention to yoga and the limits of consciousness in its ability to relate to and transform nature. In the process, he documented scrupulously his experiments and experiences based on a synergistic existential framework of practice. Debashish Banerji correlates the approach to yoga Sri Aurobindo took in his diaries

with his later writings, to derive a description of human subjectivity and its powers. Banerji constellates Sri Aurobindo's approach with transpersonal psychology and contemporary lineages of phenomenology and ontology, to develop a transformative yoga psychology redefining the boundaries and possibilities of the human and opening up lines of self-practice towards a wholeness of being and becoming. Both scholar and Yogi, Aurobindo (1872-1950) carefully documented the unfolding of spiritual consciousness starting shortly after his deep revelatory experiences while in prison in 1908. His observations were recently published in a two volume set, *The Record of Yoga*. Debashish Banerji has analyzed this work and offers a detailed, clear, systematic and inspirational interpretation of how the Yoga of Sri Aurobindo may be understood and practiced. -- From the 'Foreword' of Prof. Christopher Key Chapple Doshi Professor of Indic and Comparative Theology Loyola Marymount University, Los Angeles, (USA)

About the Author Debashish Banerji is a professor of Indian Studies and Dean of Academic Affairs at the University of Philosophical Research, Los Angeles. He is also an adjunct faculty in Art History at the Pasadena City College; and a Research Fellow in Asian and Comparative Studies at the California Institute of Integral Studies, San Francisco. Banerji is the author of the book *The Alternate Nation of Abanindranath Tagore* (Sage, 2010).