

The Integral Yoga

We want to translate into physical terms, as perfectly as possible, the inspiration sent by the Lord for the accomplishment of His work upon earth.

And for that, each individual soul is a help and a collaborator; but each human ego too is a limitation and an obstacle.

5 April 1960

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To those who want to practise the integral Yoga, it is strongly advised to abstain from three things:

- 1) Sexual intercourse
- 2) Smoking
- 3) Drinking alcohol

12 June 1965

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The more I go, the more I know that it is in work that Sri Aurobindo's integral yoga is *best done*.

9 October 1966

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It is not what you do but the spirit in which you do it that is important for the integral Yoga.

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