



Our Many Selves: Practical Yogic Psychology

Sri Aurobindo, The Mother

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Many of us face the difficulty of trying to change something in our nature, only to find that it is either difficult or virtually impossible. We struggle, try to suppress various actions, only to have these actions rebound on us and cause feelings of failure, shame, guilt or frustration. The key to solving this problem actually lies in a deeper understanding of the true nature of our psychological being. We are actually composed of various different "parts" or "planes" of action that combine together, interact with one another and impinge upon one another. This understanding allows us to differentiate between a mental idea, a force of will, an emotional movement, a vital energy, or a physical structure, and thereby more clearly understand the results of our psychological efforts and growth activities.

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