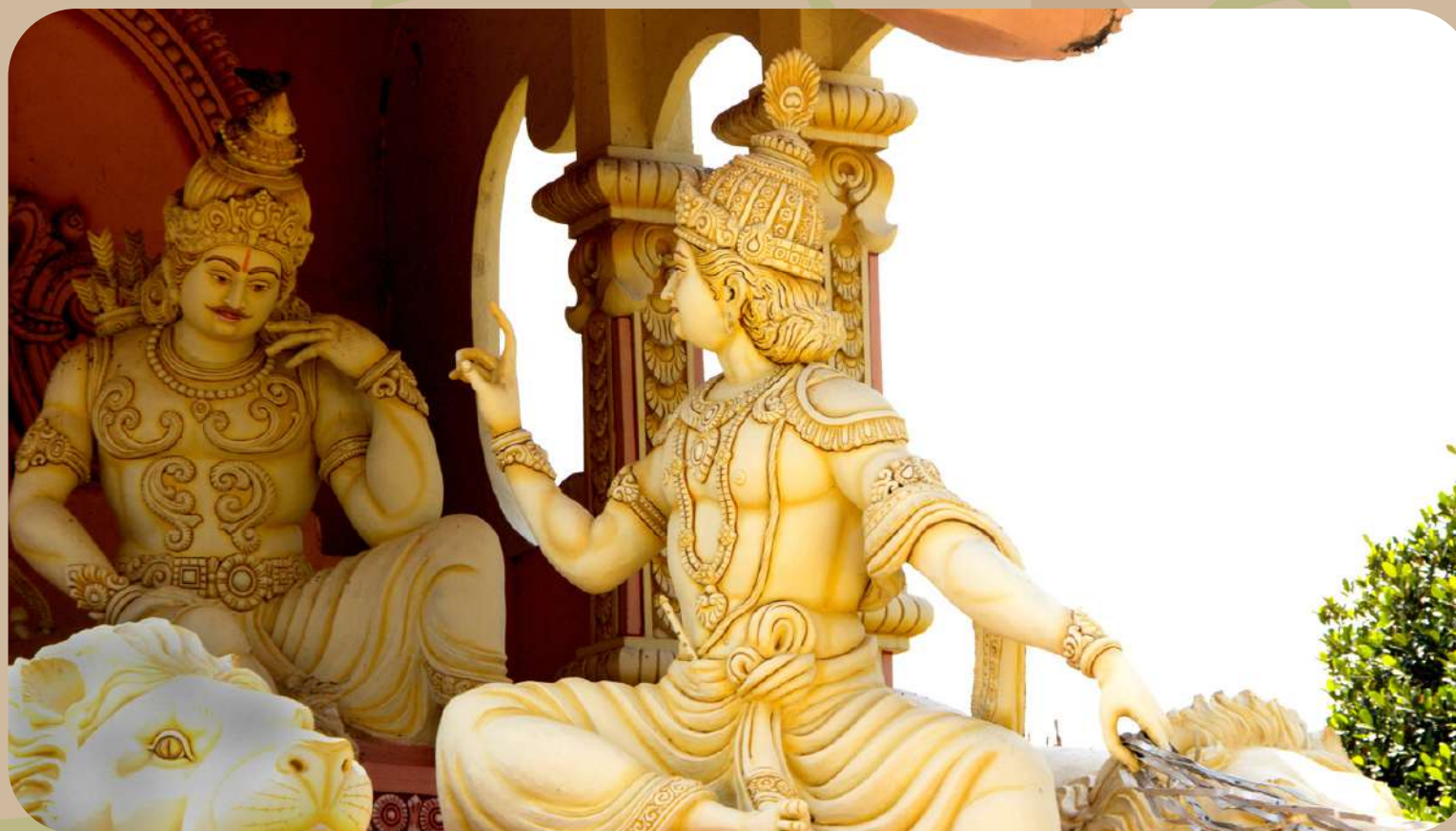




# Sri Aurobindo on Yoga of Works



**A Yoga of works, a union with the Divine in our will and acts—and not only in knowledge and feeling—is then an indispensable, an inexpressibly important element of an integral Yoga.**

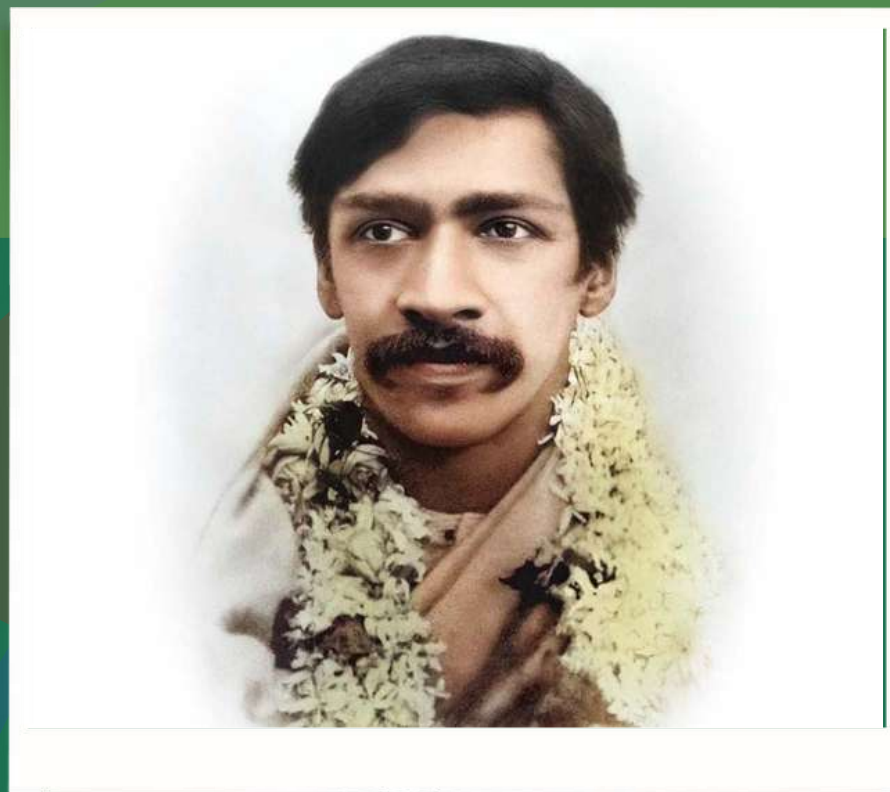






All acts are included in action,—work is action regulated towards a fixed end and methodically and constantly done, service is work done for the Mother's purpose and under her direction.

Sri Aurobindo, CWSA, 29: 245



Self-dedication does not depend on the particular work you do, but on the spirit in which all work, of whatever kind it may be, is done.

Sri Aurobindo, CWSA, 29: 245





It is the spirit and the  
consciousness in  
which it is done that  
makes an action  
Yogic—it is not the  
action itself.

Sri Aurobindo, CWSA, 29: 232



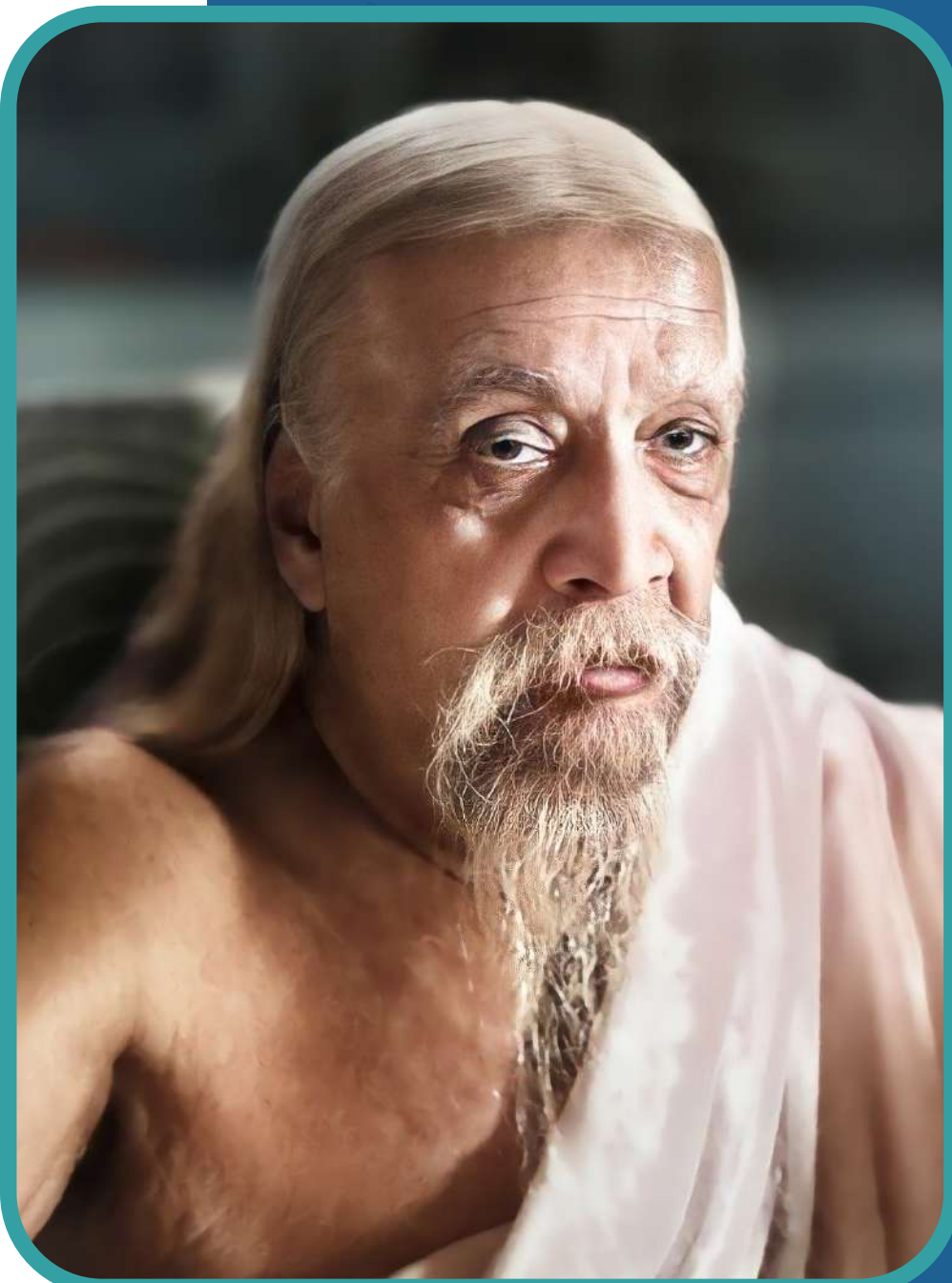
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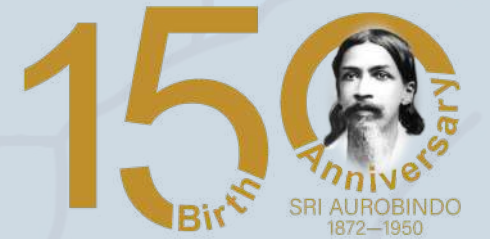
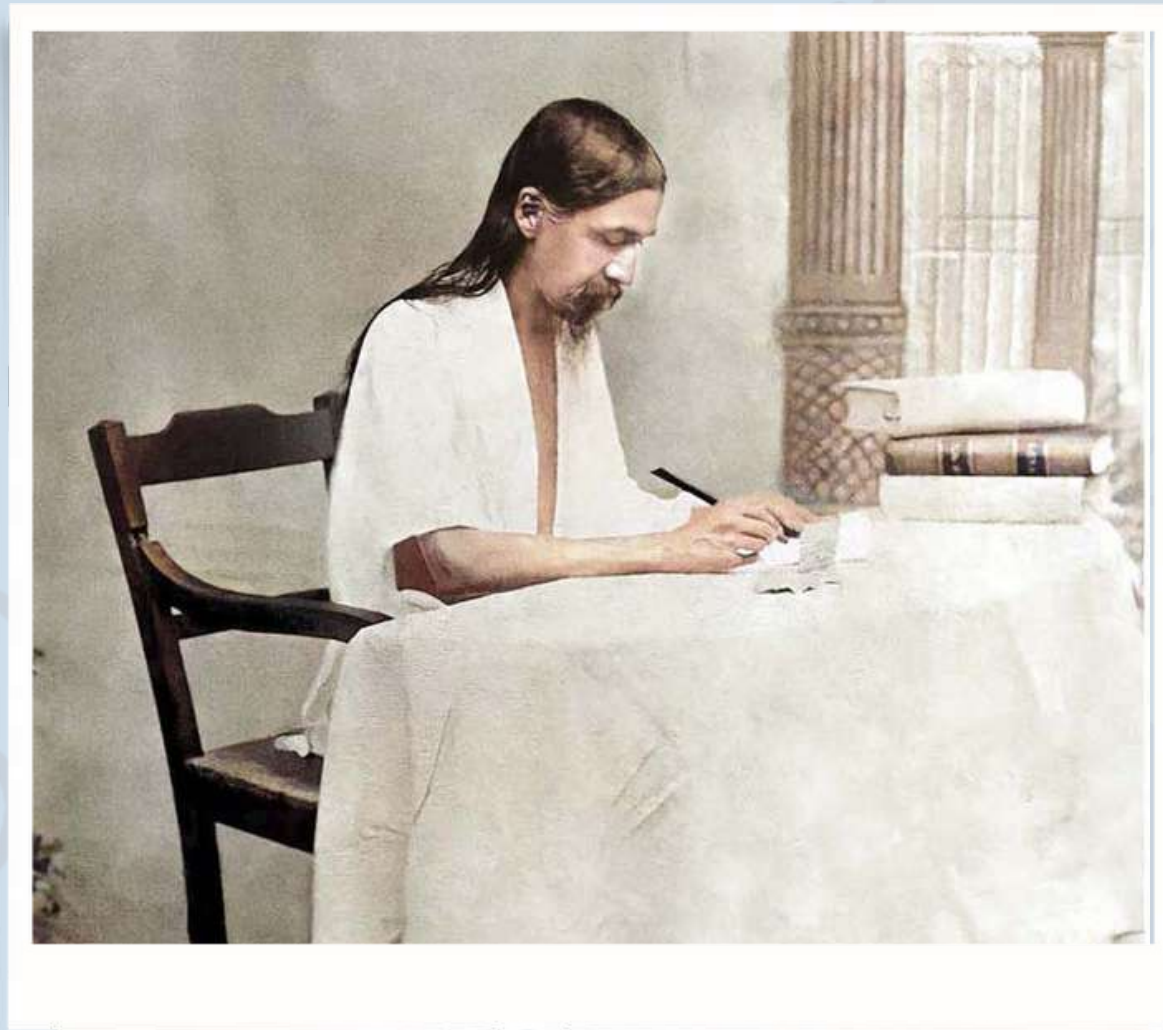


**Your object is not  
only to practise  
Yoga for your own  
internal progress  
and perfection, but  
also to do a work  
for the Divine.**

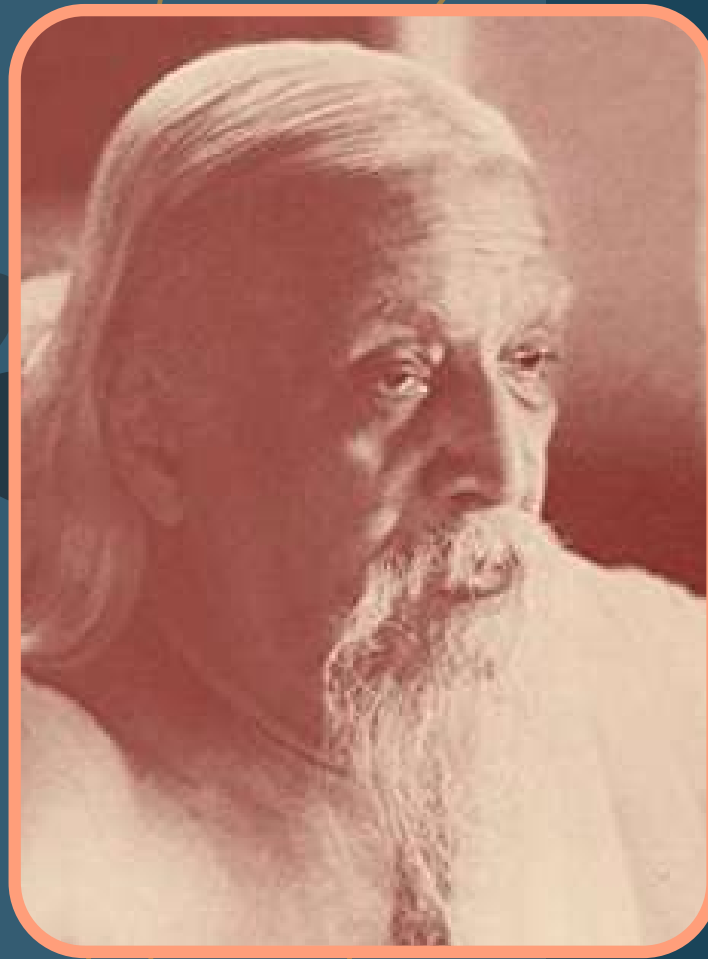
Sri Aurobindo, CWSA, 29: 231







TO BE FREE FROM ALL EGOISTIC MOTIVE,  
CAREFUL OF TRUTH IN SPEECH AND ACTION,  
VOID OF SELF-WILL AND SELF-ASSERTION,  
WATCHFUL IN ALL THINGS IS THE CONDITION  
FOR BEING A FLAWLESS SERVANT.



**Work is part of the sadhana, and in sadhana the question of usefulness does not arise, that is an outward practical measure of things, though even in the outward ordinary life utility is not the only measure.**





To do anything for a reward is contrary to the rule of Yoga.

One must do a thing because it is right or else do it for the Divine, not for a reward.



Sri Aurobindo, CWSA, 29: 232



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*Crinum lily, Spider lily*

*Spiritual significance: Disinterested work done for the Divine in the vital; calm and powerful, it reaches its goal.*

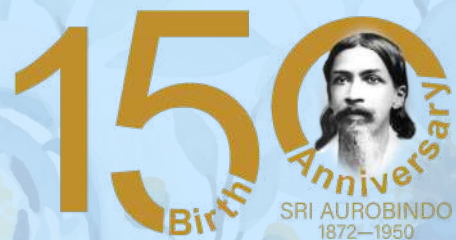




THE SADHAK OUGHT  
TO BE READY TO DO  
ANY WORK THAT IS  
NEEDED, NOT ONLY  
THE WORK HE  
PREFERS.



Sri Aurobindo, CWSA, 29: 249





*"It is true that each being is an instrument of the cosmic Shakti, therefore of the Mother. But the aim of the sadhana is to become a conscious and perfect instrument instead of one that is unconscious and therefore imperfect. ."*

**- Sri Aurobindo (CWSA, 32:243)**



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The impersonal worker puts his best capacity, zeal, industry into the work, but not his personal ambitions, vanity, passions. He has always something in view that is greater than his little personality and his devotion or obedience to that dictates his conduct.





As for the work, it is a  
means of preparation,  
it can also be a means  
of growing into the  
inner consciousness.

Sri Aurobindo (CWSA 29: 242)





... the first rule  
of action laid  
down by the  
Gita is to do the  
work that should  
be done without  
any desire for  
the fruit,  
*niṣkāma karma*.

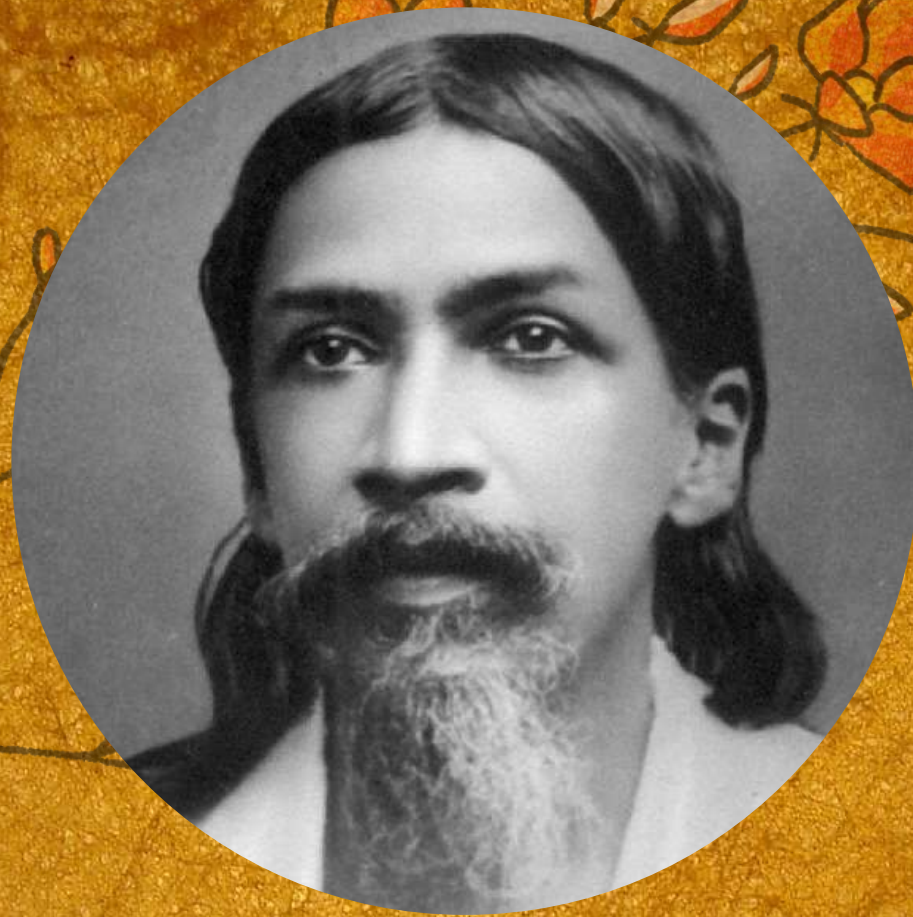




... the modern mind  
has exiled from its  
practical motive-power  
the two essential things,  
God or the Eternal  
and spirituality or the  
God-state, which are  
the master conceptions  
of the Gita.

Sri Aurobindo, CWSA, 19: 32





The impersonal worker puts his best capacity, zeal, industry into the work, but not his personal ambitions, vanity, passions. He has always something in view that is greater than his little personality and his devotion or obedience to that dictates his conduct.

Sri Aurobindo, CWSA, 29: 245





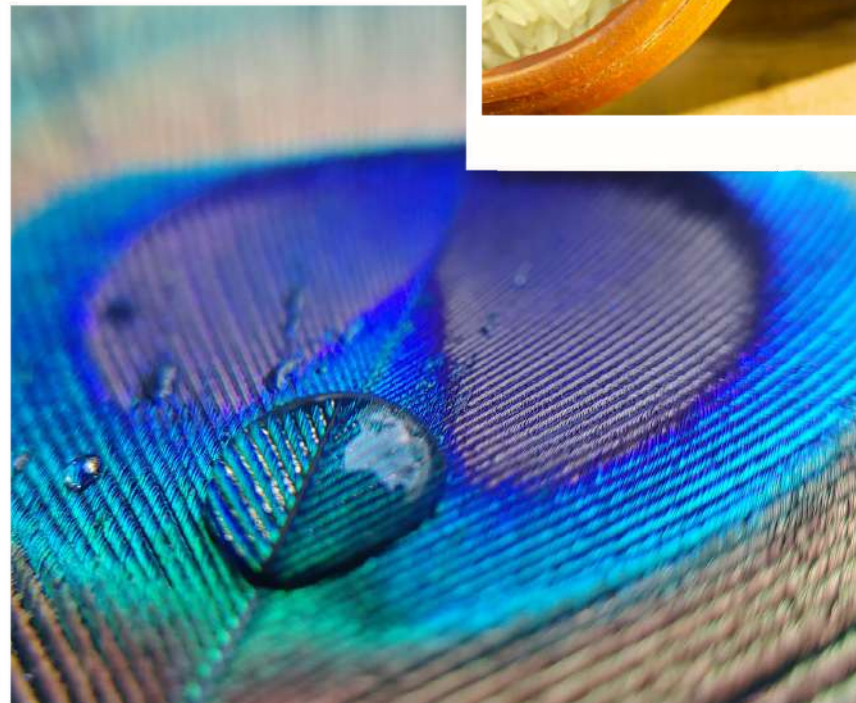
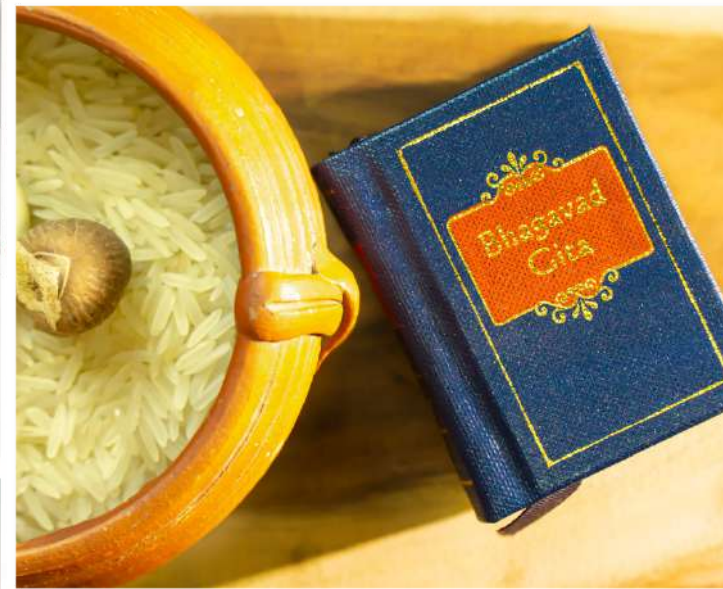


***Those who do work for the Mother in all sincerity, are prepared by the work itself for the right consciousness even if they do not sit down for meditation or follow any particular practice of Yoga.***

***- Sri Aurobindo (CWSA, 32:247)***



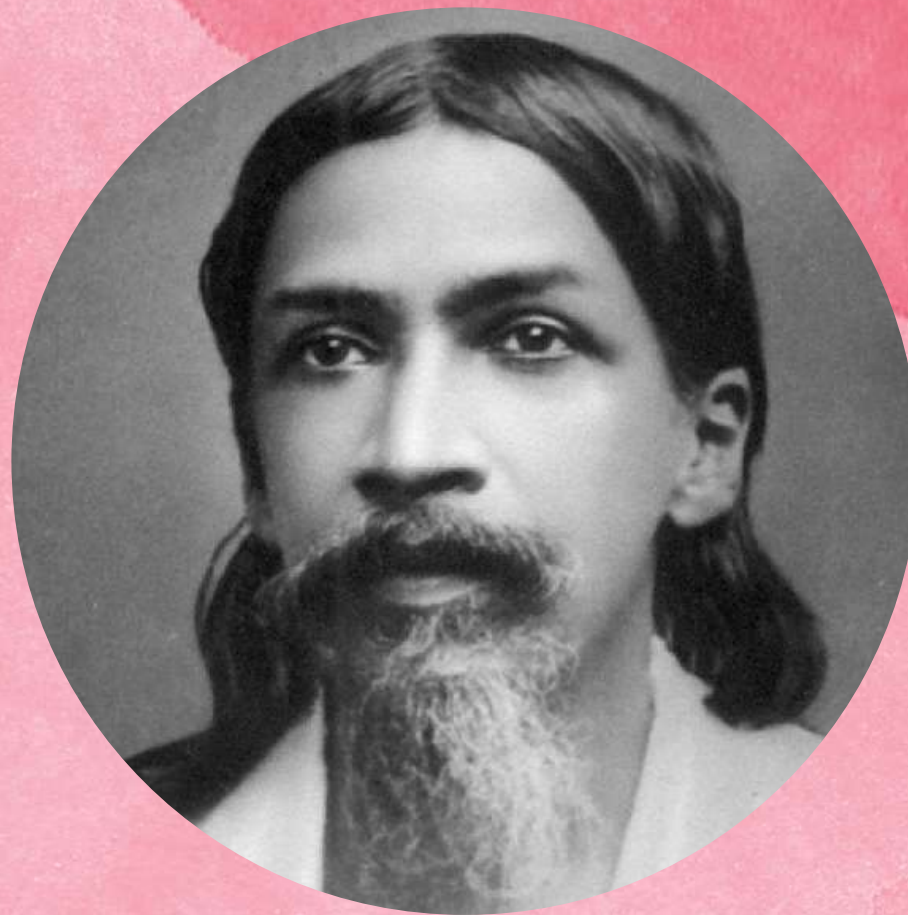




ANY WORK CAN BE DONE AS A FIELD FOR  
THE PRACTICE OF THE SPIRIT OF THE GITA.

Sri Aurobindo, CWSA, 29: 238





There must be the rasa [*in the work*],  
but it comes when there is the dynamic  
descent of the Power.

Sri Aurobindo, CWSA, 29: 251







All work done in an egoistic spirit, however good for people in the world of the Ignorance, is of no avail to the seeker of the Yoga. .

Sri Aurobindo, CWSA, 29: 232



...it (*work*) must be done not as work only but as an offering to the Mother, without insisting on the ego, with an aspiration to feel her Force working in one, her Presence presiding over the work, seeking to give all to her, not claiming anything for oneself.

That is the spirit of work offered as a sacrifice; done like that, work becomes a sadhana and a Yoga.

Sri Aurobindo (CWSA 29: 242)



150  
Birth Anniversary  
SRI AUROBINDO  
1872—1950



  
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In our Yoga, which seeks not only a static peace or absorption but a dynamic spiritual action, work is indispensable. .

**Sri Aurobindo, CWSA, 29: 210**



Work is part of the Yoga and it gives the best opportunity for calling down the Presence, the Light and the Power into the vital and its activities; it increases also the field and the opportunity of surrender.

– Sri Aurobindo (CWSA, 32:251)

