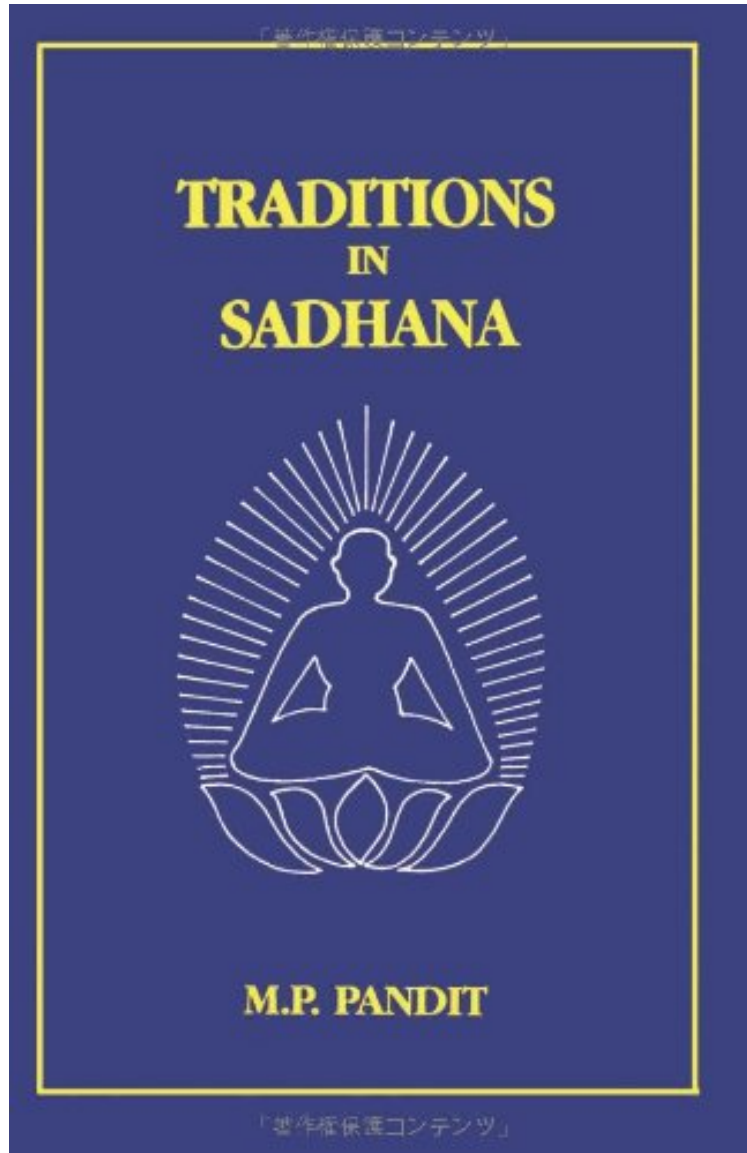


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About the AuthorM. P. Pandit was born in 1917. He was a prolific writer, and secretary of the Sri Aurobindo Ashram and personal secretary to The Mother. He wrote over 100 books and many articles on the yoga of Sri Aurobindo and The Mother, social and political thought, science, philosophy, religion, mysticism and the classical texts and spiritual traditions of India. Sri Pandit gives us an overview of Sri Aurobindo's life, his writings and his Integral Yoga. In doing so, he takes time to introduce the major principles of yoga and relates in a simple yet dynamic form the path open to the seekers of spiritual perfection.