



NAMAH
The Journal of Integral Health

THE QUIET MIND

PSYCHIC ASPIRATION, SACRED MANTRA & THE BODY IN INTEGRAL YOGA

In these three Zoom sessions, Don, a licensed clinical psychologist, will explore the role of sacred mantra in fostering the quiet mind, psychic aspiration and enhanced body-consciousness in Integral Yoga, based on over 40 years of practice of the Mother and Sri Aurobindo's Yoga.

Insights and practical/experiential exercises drawn from Integral Yoga psychology will be featured in each presentation. The first session will focus on **Mother and Sri Aurobindo's guidance for recognising the ever-present quiet underlying our surface consciousness**. The second will focus on **recognition of the ever-present aspiration hidden by our surface mental and vital activities**. The third will focus on **enhancing body consciousness**. All sessions will be presented in the context of the effortless engagement with sacred mantra, as taught by the Mother and Sri Aurobindo.

DR. DON SALMON



Don worked as a professional pianist-composer in the 1970s and 80s in New York City, performing with dancers, actors and

fellow-musicians, as well as composing for theatre, dance and movies. He worked as a clinical psychologist for over 25 years, conducting research on lucid dreams and the use of mindfulness in the treatment of pain. Over the course of several decades, he has studied and practised meditative and contemplative methods from various traditions, and, with his wife, Jan Maslow, has written a book on the yoga psychology of Sri Aurobindo, *Yoga Psychology and the Transformation of Consciousness*. He has also written a chapter on the practice of Integral yoga for Jonathan Shear's, *The Experience of Meditation*.

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