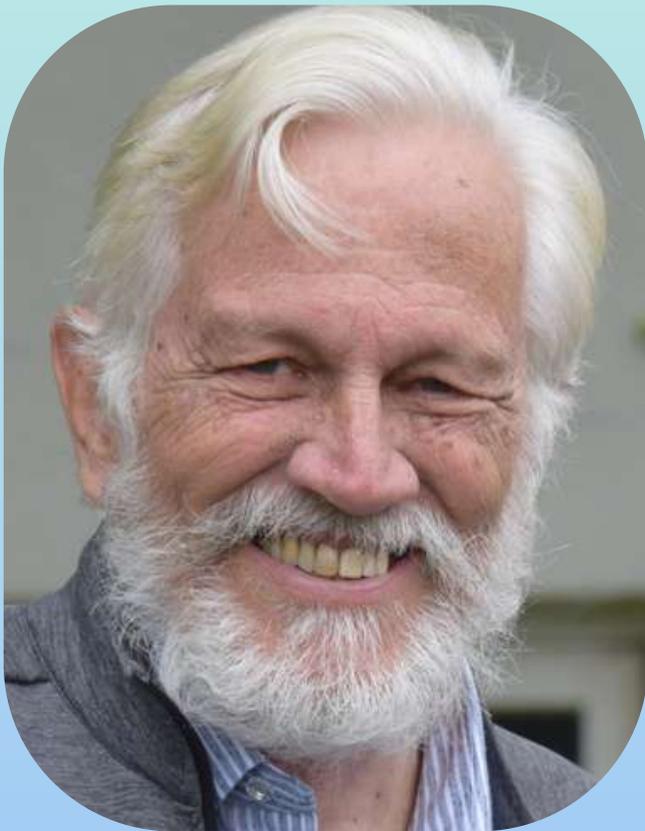


# Institute Colloquium

**“Using Jnanayoga to Create a Reliable  
Foundation for A More Effective Science and  
Technology of Consciousness”**



**06<sup>th</sup> February,  
2026**



**05:00 PM**



**Auditorium,  
North Campus**

**Dr. R. M. Matthijs  
Cornelissen**

**Former Director,  
Indian Psychology Institute**

# Using Jnanayoga to Create a Reliable Foundation for A More Effective Science and Technology of Consciousness

Dr. R. M. Matthijs Cornelissen

Affiliation: - Former Director, Indian Psychology Institute, Puducherry (India)

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## **Abstract: -**

During the last few hundred years, science and technology have made astounding progress in the physical domain. Unfortunately, the evidence-based, mathematics-supported research methods of modern science haven't work equally well for psychology, the humanities and the social sciences. This has led to a dangerous disbalance in which humanity has developed unprecedented powers in the outer, physical domain, but not the wisdom to use those powers well. As a result, virtually all major problems humanity is facing at present are ultimately psychological.

In the meantime, hathayoga and decontextualised forms of mindfulness meditation have been introduced, all over the world, on an ever-increasing scale for health and well-being, and there is an impressive body of research showing their effectiveness: they work. But they were never meant to provide bits of basic comfort: they were meant to provide Bliss, yes, but also Knowledge, and even Immortality.

In our attempts at understanding what the ancient texts meant with these terms, we should not forget that the rishis who composed them were not engineers but seekers. They did not aim at a little more comfort and a little longer life for the body, but at an infinite and unconditional Delight, the realisation of the immortal Self which we have always been and will always remain in the deepest depths of our being, and finally the Knowledge that is inherent in the workings of the Cosmos, that we already know deep within our Self, and that stems from the transcendent Divine beyond everything.

So, what we'll look at in this presentation is the question whether we can use some of the very first, basic steps of *jnanayoga*, to introduce some more balance in our collective pursuit of academic knowledge, and lay in this way the foundations for the advanced psychology humanity needs for a safe and harmonious future.

As context for this venture, we'll give a short introduction to Sri Aurobindo's concept of a still ongoing evolution of consciousness.

**Bio-Sketch:**

Dr. Matthijs Cornelissen was born in The Netherlands and studied Medicine and Psychology in Amsterdam. He is deeply interested in the work of Sri Aurobindo, and when 27, he moved to India where he has lived ever since. In the Delhi Branch of the Sri Aurobindo Ashram, he helped setting up the Institute for Integral Education, Mirambika, and at present he teaches the psychological aspects of Sri Aurobindo's work at SAICE in Pondicherry. He assisted with the publication of Sri Aurobindo's Complete Works, and wrote a few articles and book chapters on Sri Aurobindo's contributions to Consciousness Studies and Psychology. He also organised conferences, gave workshops and lectures, and edited books on the same subject. He founded and maintains the websites of the Sri Aurobindo Centre for Consciousness Studies, the Indian Psychology Institute and Infinity in a Drop.

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