About the Soul-Force Profiler

Foundation

The Soul-Force Profiler stands on the vision of the Mother and Sri Aurobindo, and on the Indian civilisation's deep understanding of human nature. The Mother and Sri Aurobindo gave a psychological and spiritual understanding of the human being, along with the framework and premise on which a practical tool like this could be built. Two of their ideas sit at its heart. The first is the four powers of the Mother: Wisdom, Strength, Harmony and Perfection. The second is the ancient Indian ideal of the *varnas*, which in the Gita and in the vision of Indian society was a psychological map of human nature, with nothing to do with birth or caste.

Origin

The idea arose during a Swadharma session on the four powers of the Mother, led by Manoj Pavithran. Divyanshi Chugh, a psychologist, saw that these powers could become a questionnaire. She had come across an earlier questionnaire built on similar ideas and noticed that it favoured one of the four types, describing it with more positive qualities and the others with more negative ones. The aim was a tool that honours all four equally.

The team went deep into the source texts: *The Synthesis of Yoga*, *Record of Yoga*, *Essays on the Gita*, *The Chariot of Jagannath*, and the Mother's own book *The Mother*. They mapped the four powers against Sri Aurobindo's description of the varnas in *Shakti Chatushtaya*. From 2019, the first version was used informally as an activity in workshops. In 2022, the work of formalising it began.

Building it carefully

The statements of the first version, created in 2023, were drawn as closely as possible from the original writings of the Mother and Sri Aurobindo, and sharpened through card-sorting exercises among Divyanshi Chugh, Pooja Varshney, Niharika and Manoj Pavithran. Equally important was coaching experience on the ground, which kept the tool practical and true to how people actually show up. The team also brought in examples of people, close to them and across the world, who showed these qualities in action.

Pooja Varshney, a clinical psychologist, carried out the testing of the questionnaire on the ground, through several rounds with hundreds of people for Soul-Force Level 1 before it came into shape. She also created the automatic results and conducted the interviews. These interviews were with seekers, chosen mainly from among volunteers the team had worked with over a long period and knew well, so that the results could be compared with what each person was really like in practice. Version one was tested with more than 30 individuals, who were interviewed about how they felt about their results, and changes followed. Experts in Integral Yoga Psychology reviewed the statements, and a pilot study and a second round of testing led to the final set.

The tool then took its online form through the work of Surya Ravishankaran and the Talam team, who developed it into a tool people anywhere can use.

It remains in continuous development. In 2024 and 2025, the number of statements in Level 1 was increased, because more statements allow a more precise mapping, and this became Version 2.0.

Level 2

Soul-Force Level 1 was released in 2023, and Level 2 followed in 2024. Level 2 grew out of Divyanshi Chugh's coaching experience and a distinction in the writings of the Mother and Sri Aurobindo. On one side are the vast, universal powers of the Mother. On the other is practical human nature. Bridging the two showed that each power has two common expressions, with the same core underneath:

- **Wisdom**: the scientist or the sage
- **Strength**: the warrior or the leader
- **Harmony**: the mother or the entrepreneur
- **Perfection**: the volunteer in service or the artist

Level 2 also uses a different method of scoring. In Level 1, a natural positivity bias led many people to rate themselves highly on all four Soul-Forces, which blurred the differences between them. Level 2 uses a ranking method that creates a clear gap between scores, so that a clear leading Soul-Force emerges.

A journey of development

The pattern in Level 1 also reflects something true about human growth, which tends to unfold in three stages. In the beginning, all four Soul-Forces are present but faintly, and because self-awareness is still young, we tend to rate ourselves higher than we are. As a person develops, one or two Soul-Forces rise clearly. With further growth, all four become deeply established within, which is integral personhood. It is a long journey, and the Profiler is meant as a companion along the way, not a final verdict.

The four powers

- **Wisdom (Maheshwari).** Calm, wide knowledge and vision, and the ability to see people and situations whole and to understand deeply.
- **Strength (Mahakali).** Power, courage, drive and swiftness. It is the force to take on challenges, protect, and lead.
- **Harmony (Mahalakshmi).** Beauty, balance, warmth and relationship. It brings people and things together into a fitting whole.

- **Perfection (Mahasaraswati).** Skill, care for detail and devoted work, doing things completely and well, often in service.

Today

More than 500 people have now taken the Soul-Force Profiler. It began in the Swadharma programme and other workshops within the Purnam community, and has since been used in settings ranging from the Transforming India Initiative to IIM Kozhikode. Its purpose is practical: to help seekers see where they truly come alive, and to move from skill towards soul strength, so that they can tap into their full potential.

Sources

The Mother and Sri Aurobindo: *The Mother*, *The Synthesis of Yoga*, *Record of Yoga*, *Shakti Chatushtaya*, *The Chariot of Jagannath* and *Essays on the Gita*, along with seeker interviews and expert review in Integral Yoga Psychology.