

## Different Forms of Yoga and their Purpose.

- I. Yoga is the life practice designed to produced a favorable condition for the realization in complete sense of that which is formulated in philosophy of ~~xxx~~ Wisdom-Religion
- II. The Path of Yoga is essentially one in that it involves the destruction of the false ego and the realization of the One Self.
- III. Many specific techniques differøing in emphasis by which same result attained.
  - A. The fruits of all methods must be realized before full Realization.
- IV. The different types of Yoga.
  - A. Karma Yoga, or Yoga of action.
    1. Performing duties in life as the SELF for the SELF.
  - B. Bhakti, or Yoga of Devotion.
    1. Pre-eminently the path of love.
    2. Seeks to see God only in all things of the Universe.
  - CC Hatha, or Yoga of the Body.
    1. All use of body as agent is of this type.
    2. Emphysizes posture and breath
    3. To be avoided by the Occidental and by everybody who is not under a personal Guru.
  - D. Laya, or Yoga of Chakras
    1. Pre-emñnently to do with raising of Kundalini
      - a. Life drawn from below and concentrated in head-centers
  - E. ~~RajayxxxRajayx~~Yoga.
  - E. Mantra, or Yoga by the power of Sound.
    1. This invokes thru mystic power of word.
    2. Depends upon mouth to ear instruction.
    3. Requires guru, but is easiest discipline of all.
  - F. Raja, or Royal Yoga.
    1. Ignores lower centers and act through powers of mind alone
    2. Uses power of mind to penetrate the citadel of the SELF.
  - G. Jnana, or Yoga of Knowledge or Wisdom.
    1. Union thru philosophy of science.
    2. May not arouse Kundalini at all.
- V. The eight limbs of Yoga.
  - A. Yama or performance of Dharma: "The doing good to others the supreme duty".
    1. Harmlessness, Truthfulness, Non-covetousness, Continence, Forbearance, Fortitude, Mercy, Simplicity, Moderation in diet, Purity of body and mind.
    2. Pre-eminently purification.
  - B. Niyama
    1. Austerities, Contentment, Charity, Worship of Lord, Study, Shame for wrong action.
    - ~~Ex~~ 2. Yama and Niyama lead to detachment.
  - C. Asana or posture.
    1. First of all a comfortable position required
    2. Mechanical stimulation of certain nerve centers.
    3. In general to be avoided by Occidentals.
  - D. Pranayama, or breath culture.
    1. Thru breath control may be secured ofer inner vital airs and thru them over mind.
    2. To be avoid by Occidentals.

E. Pratyahara or withdrawal of mind from senses.

1. Very important as ~~it means~~ senses uncontrolled lead to loss of power and also leave the man entangled in the web of illusion.

F. Dharana, Concentration of mind on chosen object.

1. Involves power to lose awareness of anything else.

G. Dhyana, contemplation or unity of mind with object.

2. In this state there is still awareness of the self on the part of the ~~yogi~~ student although that self is in conscious unity with the object.

H. Samadhi, or complete loss of Ahankara, and identification with object.

1. This is state of true yoga, where the yogi is fully identified with the object of consciousness.

VI. Goal is union with Parabrahma, or the SELF. The merging of the drop in the ocean, and the ocean in the drop.

VII. Subordinate powers that are the fruit of Samadhi.

- A. Accurate discernment.
- B. Power to understand all sounds uttered by sentient beings.
- C. Knowledge of experiences in former incarnations.
- ✓ D. Knowing the minds of others.
- ✓ E. Make the body to disappear.
- F. Cessation of functions of any organ.
- G. Knowledge of time of death.
- H. Acquire friendship of anyone.
- I. Manifest powers of elements or animals.
- ✓ J. Knowledge of spheres between earth and ~~an~~ n.
- K. Knowledge of fixed time and motion of stars.
- ✓ L. Knowledge of the minute, concealed or distant objects.
- ✓ M. Knowledge of the physical body.
- ✓ N. Overcome hunger and thirst.
- O. Make body immovable.
- ✓ P. Power to see divine Beings.
- Q. Knowledge of true nature of soul
- ✓ R. Power to transfer mind to other bodies.
- S. Power to rise thru any matter.
- T. Power to appear as a blazing light.
- ✓ U. Power to hear all sounds near or far.
- ✓ V. Power over elements.

In a word, Omniscience and omnipotence.