How to Revitalize and Rebuild your Mind and Body

I. This is a discussion of principles
   A. Practical technique is part of the class work.

II. The above statement of subject does not truely present the problem from the standpoint of Yoga Philosophy
   A. External practitioners approach it in this way but their accomplishment is purely alleviation.
      1. All of this is merely trying to control effects directly; it does not reach causes.
   B. Those who work from level of suggestion are only a step nearer the truth.
      1. Suggestion is a power of mind.
         a. Illustrate with power of hypnosis.
   C. Both mind and body are servants of the soul.
      1. Hence master power does not lie in either
      2. Man's slave-like or devitalized condition is due to the fact that he attached himself to his body and mind.
         a. Illustration of attachment by instance of monkey caught with his hand in jar.
      3. Body by itself is helpless.
         a. Corpse cannot be animated.
      4. Mind is a monkey which leads us willy nilly.
         a. Illustrate with monkey actions.
      5. Illustration of chariot.
   D. By man's identifying himself with his body or mind he partly cuts them off from their source.
      1. Story of prodigal son.
         a. When separate from the father he starved.
         b. When he returned he found fattened calf.
   E. When man identifies himself with soul then he nourishes mind and body from that fount.
      1. Story of self-sufficient lake that refused to receive the stream.

III. Life as a universal principle.
   A. If taken directly, untransformed it is destructive.
      1. Illustration of man who takes electricity from high ten
tension wire.
         a. Current must pass thru transformer to be safe
      2. Transformer corresponds to soul; main current to spiritual energy.
      3. Mind and body are the wires and instruments of use.

IV. Practical methods of Yoga.
   A. Negative use by posture and pranayama for these are controlled by monkey mind.
      1. They have a place under higher discipline by by them selves are dangerous.
      2. Warn against pranayama.
   B. Mantram. Yoga uses power of sound which is power from level of soul.
      1. Show how sound has power.
      2. This is safe because it is Master power.
   C. Means of using this taught in class.