I. Questions and answers

II. Outline of what is determined in the connection between analytic psychology and Yoga.

A. Yoga is realization of identity in the Atman.
   1. In psychological terms this is directing of the libido into the Subject in intense degree, i.e., high powered introversion.
   2. It implies becoming self-conscious of the subjective Root of Consciousness.
      a. When this is attained, and while in that state, the individual is freed from bondage to the Object and, therefore, above Karma.

B. The predominant conscious attitude of each individual is either introvert or extravert.
   1. The complementary attitude of the unconscious of each individual is extravert or introvert in the reverse order.
   2. As a consequence the Yoga Path of the individual varies with his attitude type.
      a. If his conscious attitude is introvert his attainment is primarily dependent upon the consciously disposable Libido.
         (1) Implying the primary importance of conscious discipline.
      b. If his conscious attitude is extravert his attainment is primarily dependent upon the Libido at the disposal of the Unconscious.
         (1) In this case the Awakening is most likely to occur unexpectedly and spontaneously without apparently being related to the activity of objective consciousness.
   3. We would expect the extravert to be more susceptible to induction than the introvert.
   4. We would expect the introvert to be more susceptible to conscious discipline of the thought and the feelings.
      (A) These latter points await more complete verification.

C. The capacity for active functioning of introvert intuition seems to be the common denominator of those who are attracted to Yoga.
   1. On this point both a priori considerations and the results of the class-examinations agree substantially.
   2. It is significant that the most highly developed function of the class appears to be Intuition.

D. Where the conscious process is the primary means, as with the introvert, the function which controls the most of the disposable Libido is most important.

E. To acquire a state of self-control in the subjective Sea of Consciousness requires a strong development of one of the Judgment Functions, i.e., Thinking or Feeling.

E. The first great objective is the capacity to enter the state of Quiescence after death.

F. The next great possibility is the attainment of the status of Bodhisattva through Renunciation of the continued enjoyment of this state of Quiescence.
III. The three-fold meditation for the state of Quiescence.
   a. The cutting off of the thoughts as they arise.
   b. Letting the thoughts flow, doing nothing about them but
      simply observing them.
   c. The ignoring the stream of thoughts.
      1. Neither seeking to repress nor observe them with any
         interest, attraction nor repulsion.
      2. This involves a 'splitting of consciousness.'
         (Note: Every effort to stop thought binds one to thought, for
         he is bound to the thought of trying to stop thought.)

IV. The spacial visualization.