

Kenosha

# How to Revitalize and Rebuild your Mind and Body

~~THE MYSTERY OF THE UNIVERSE~~

- I. This is a discussion of principles
  - A. ~~Practical technique is part of the class work.~~
- II. The above statement of subject does not truly 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 hypnotism.
  - 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 fatted 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 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 themselves are dangerous.
    - 2. Warn against pranayama.
  - B. ~~Mantaa~~ 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.~~