

Notes on Hatha Yoga

Secret Doctrine.

Pranayama without acquisition of or understanding of two higher senses pertains to the lower Yoga. I 122

Hatha Yoga discountenanced by the Arhats.
Injurious to health and cannot alone develop into Raja Yoga. I 122

Warning against the practice of the Hatha Yoga practice of Shrivagama which is the Basis of "Nature's Finer Forces." III 491

Hatha Yoga neglects the two higher Tattvas and hence can develop physical powers only but not spirituality. III 499

Theosophic Masters unanimously opposed to Pranayama or suppression of breath.

Following directions of Nature's Finer Forces can lead only to black magic or mediumship. III 502

Tantrikas take the science of the five breaths, moist, fiery etc., as referring to the vital or lung breath, the Raja Yogis take it as referring to the mental or ~~xxx~~ "will" breath which alone leads to function of Third Eye and true Raja Yoga occult powers. III 502