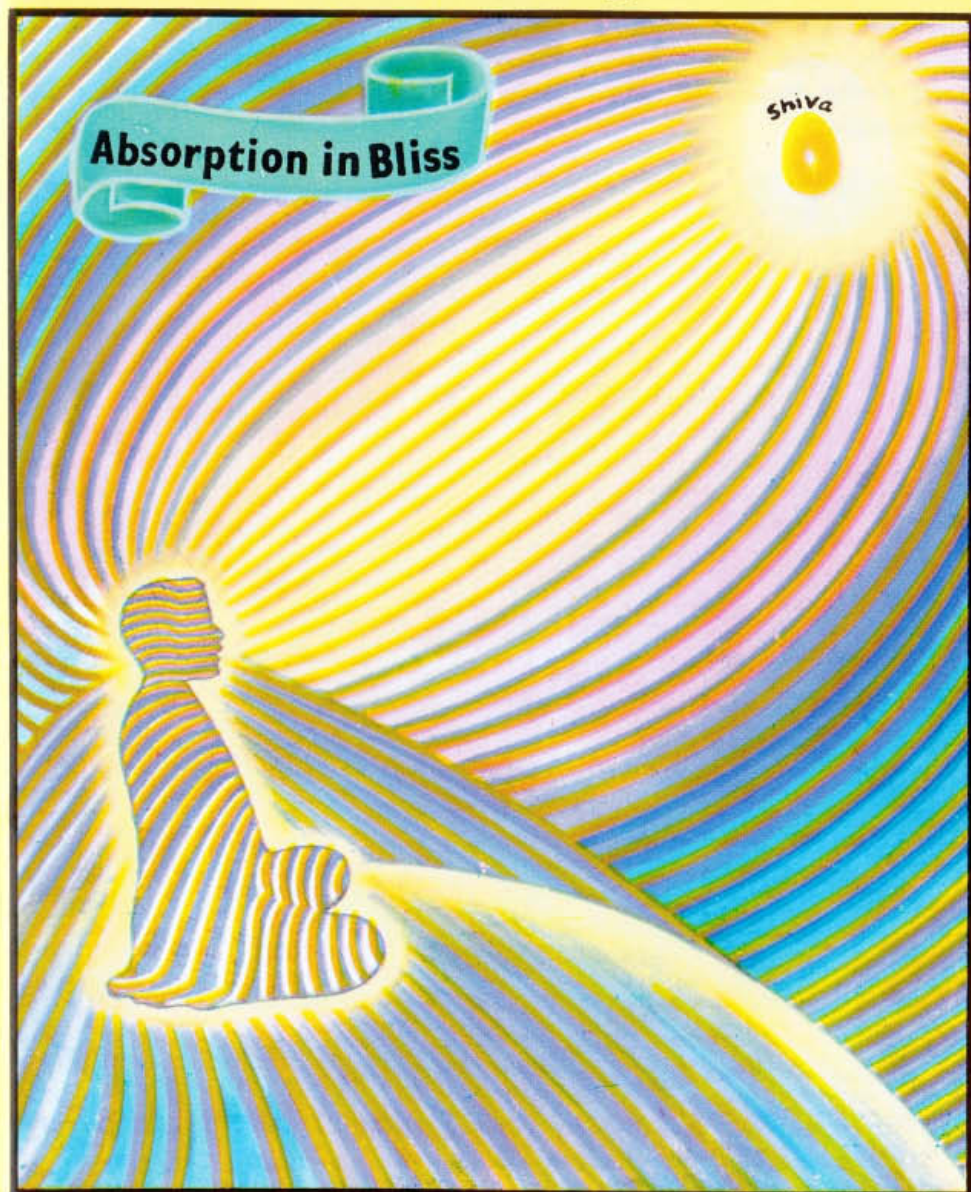


ILLUSTRATIONS
ON
RAJA YOGA

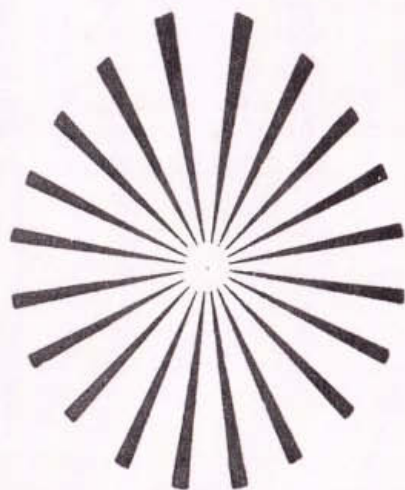


Prajapita Brahma Kumaris Ishwariya Vishwa-Vidyalyaya

MOUNT ABU (Rajasthan) INDIA

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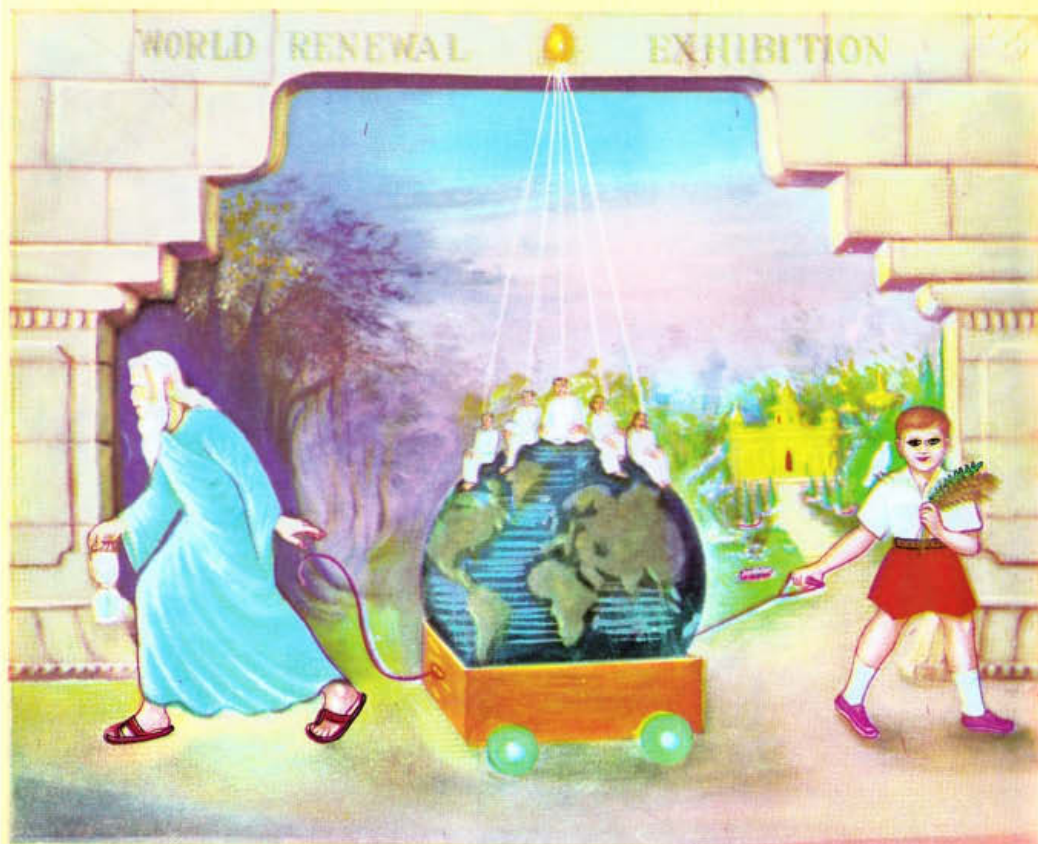
The Science for attaining Purity, Peace and Bliss



Prajapita Brahma Kumaris Ishwariya Vishwa-Vidyalaya
—Pandav Bhawan,—

MOUNT ABU (Rajasthan)
INDIA

MAN is suffering to-day because of War, Disease, Corruption, Crime, Inner Conflict, Sensuousness, Natural Calamities, etc. Solutions of all kinds—economic, scientific, political, religious, etc.—have been tried but man has not been able to attain eternal peace and prosperity. The reason for all this is that man does not have mental purity, proper values, right attitudes and divine qualities. God Shiva is now morally renewing the world by teaching Raja Yoga and divine knowledge so that there may be Complete Purity, Peace and Prosperity.



THE present-day World is the old, Iron-Aged World, characterised by old bickerings, feuds and enmities and by crisis of faith and character. By means of practice of Raja Yoga, a new World Order is being re-established. We will soon have the Golden Age, characterised by spirit of brotherhood, love, non-violence, vicelessness and perfect peace.

Raja Yoga taught by Shiva the Lord of Yogis

RECENTLY, the word 'Yoga' has become widely known. 'Yoga' is a Sanskrit word which, considered etymologically, means: 'To connect'. 'To add', 'To establish a link'. The word was originally used to connote the mental or spiritual link with God. It also meant the harmonious relationship of the soul with God, with other souls, and with the Nature. But now this word is being used to denote certain physical bends, twists and postures, called *Asanas*. This, evidently, is a wrong, or, at least, a very crude and very narrow use of the term.

The tradition and texts clearly declare that Shiva is the Lord of Yogis and that yoga was originally revealed by Him. That yoga is the same as propounded by the Lord Sermonizer of Gita. But, people are generally oblivious of this original, real and most effective yoga though they know the Raja Yoga of Patanjali.

Raja Yoga, as expounded by Patanjali, is also known as 'The yoga of eight limbs, for it has eight essential parts, namely (1) Absention from evils (*yam*) (2) Various Observances (*Niyamas*) (3) Physical Postures (4) Breath Control (5) Withdrawal (6) Concentration (7) Contemplation and (8) Absorption or *Samadhi*. Patanjali says that these eight will enable the soul to stabilise in the self and will, ultimately, lead the soul to Absolution. Talking about, Postures, Patanjali has not asked to practise any particular postures which people practice to-day but has said that one may sit in any posture in which one feels relaxed and comfortable. Similarly, about breath control, he has said that it should come easy.

As compared to this, the Raja Yoga taught by Shiva, the Lord of Yogis, lays stress on the six, leaving the two—*Asana* and *Pranayama* and such other things for. He says that when the soul withdraws from the body and concentrates on God and gets stabilised in the *Samadhi*, one's posture will, automatically, become stable and the breathing will be as it should be.

Besides this, Shiva, the Lord of Yogis, has given knowledge of the Past, the Present and Future of the World, and of the Creator and Creation and also about how one should inculcate divine qualities in the self. Thus, the Raja Yoga, taught by God Shiva, is based on knowledge, is easy and gives ever-lasting benefits. Its impact is so great that it brings purity and peace not only to the practitioner but changes the atmosphere also and, when it is practised on mass scale, it brings about the Golden Age in the world, for it uplifts the character and spreads vibrations of peace.

*The Raja Yoga, explained and illustrated in this book
is based on revelations of God Shiva through
Prajapita Brahma.*

Script and illustrations by :
Raja Yogi B.K. Jagdish Chander

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Raja Yoga in the Present Age

PERHAPS the most important feature that distinguishes the present era from all the preceding ones is that, in this Age there is tension all over in the atmosphere. The great hub-hub in the ever-growing cities, the noise because of motor vehicles, factories and jostling crowds in the busy market place— all this tells badly on man's nerves and causes him irritation. Never before were the cities so big, vehicles and factories so many or noise-pollution so much as today.

Again the ways of living and earning one's livelihood have rapidly and enormously changed too. Science has made so many things of comfort, convenience and enjoyment available to man that man's dependence on them and the number of his needs has greatly multiplied too. Thus modern man needs more gadgets, his life has become more mechanical, he is in more hurry and his worries have alarmingly increased. As such, man to-day is placed in a situation of constant stress and strain. He takes most of the decisions in this state of tension and hurry and thus involves himself into further trouble. This is as true of nations as of individuals.

In such a situation, a little practice of Raja Yoga gives to man inner tranquility. It gives him mental relaxation and thus enhances his capacity to judge things calmly and dispassionately. It enables man to live in peace and to let others live in peace. This state of mind contributes greatly towards the betterment of the society which is heading towards lawless law and which currently thinks in terms of having more hospitals and doctors rather than having people who are practically healthy, and which thinks of more law-books, law colleges, lawyers and law courts rather than have people who, by their nature, are law-abiding or righteous. Raja Yoga brings about a society which is based on mutual love and regard, and where strife of all kinds is unknown and everyone enjoys the fruits of Nature. It brings about a society in which people, by their very nature, are peaceful, loveful and lawful. They are holy, happy and healthy. They are active and effective, alert and efficient and elastic and accommodative. It improves human relations, increases man's stamina, frees him from worries, saves him from wastage of Thought Power and brings about an atmosphere of good will. In other words, it brings about Golden Age or the world of deities or the divine sovereignty.

Other Names of Yoga

SINCE the Yoga taught by Shiva, the Lord of Yogis, is based on knowledge of the self, the cosmos, the moral laws, the Supreme Soul etc. it is also known as 'Yoga of Knowledge or Gyan Yoga. Further, since it has to be practised by means of the intellect, as it does not involve any physical postures, it is also called 'Intellectual Communion' or *Buddhi Yoga*. Again, since a practitioner of this yoga has to keep his mind linked to God even while discharging social, professional and other obligations, it is also known as 'Karma Yoga.' The practice of this yoga, does not require the renunciation of one's household or one's duties and *Karmas*; it demands renunciation of only *evil* tendencies, attachment and that which is ignoble. From that point of view, it is also termed as *Sanyasa Yoga* or 'the Yoga of Renunciation.' One who practises it, acts as a mere trustee with God overhead; he considers himself as a mere instrument. He acts with good wishes for all. He surrenders himself mentally and absolutely to God and acts according to his injunctions. This makes him free of all worries, fears, vain thoughts and negative moods. Therefore, it is also called the Yoga of Equanimity or '*Samatwa Yoga*,' One who attains to it is called '*Sthitha Prajna*'—a yogi having equanimity.

Furthermore, the yoga is based on deep love for and dedication to God; so, it may also be called *Bhakti Yoga* though, it should be noted, one does not perform any worship or *Japa*. It can be called *Bhakti Yoga* only in the sense that love for and consciousness of God is an essential factor in this yoga.

This yoga easily leads to *Samadhi* or the state of absorption; so, it is also known as 'Sahaj Raja Yoga'—the word *Sahaj* means: 'that which is easy' or 'that which becomes a part of one's nature'.

Thus, it should be borne in mind that Gyan Yoga, Karma Yoga, Bhakti Yoga, etc. are not different kinds of Yoga but these are the various names given to the Raja Yoga, taught by Shiva, the Lord of yogis, given to it to point out its salient features. All those who practise this Raja Yoga do necessarily have some knowledge, spirit of devotion or dedication etc. though some have more of these than others have.

Practice of this Raja Yoga in which are integrated all these yogas, gives the benefit of all these and much more.

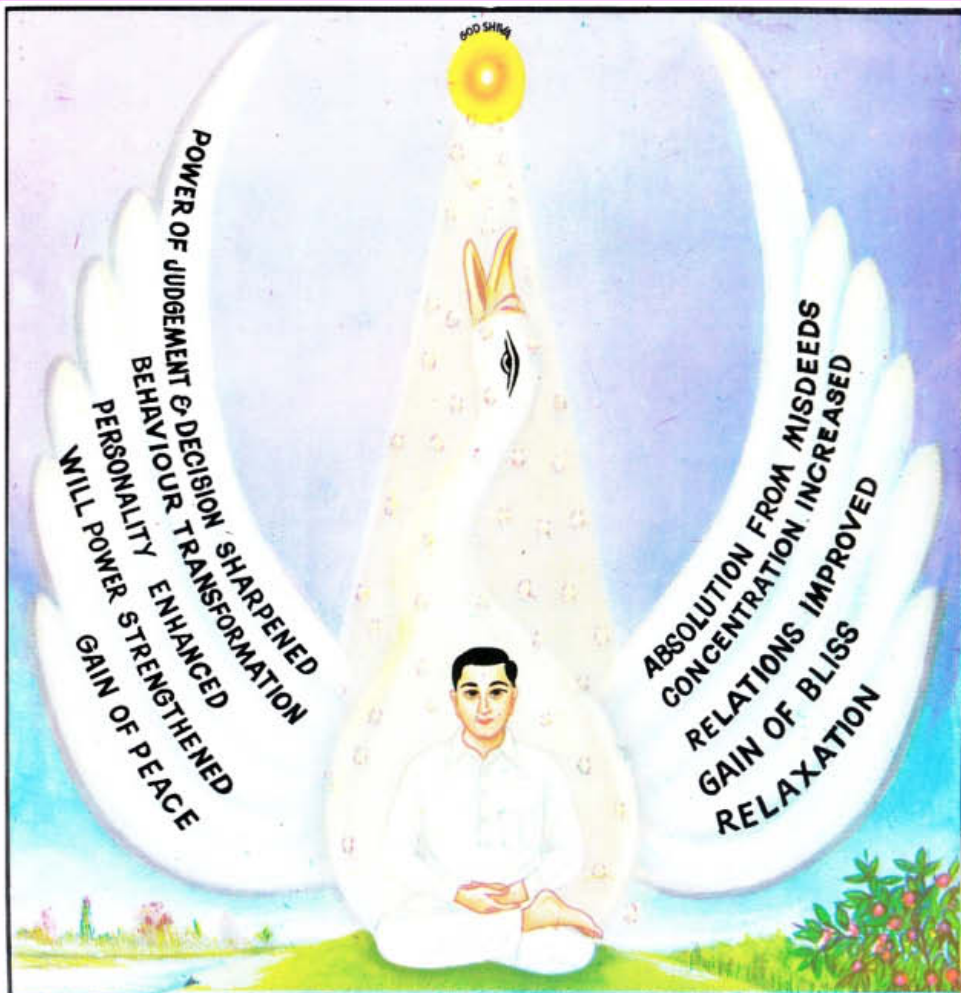
Absorption in Bliss

IN the state of Yoga one experiences the rays of light and might or peace and bliss, descending on him and, spreading through him into the whole world, thus charging the atmosphere with vibrations of purity, love and spiritual quietude. Sometimes one feels surrounded by bluish white divine light and at this stage, experiences extraordinary peace such as one had never experienced before taking to the practice of Yoga. Sometimes he perceives himself in goldish red light with strong currents of spiritual might, emanating from him in all directions as strong rays of light are radiated by a Search Light on an Airport. At this stage, he has deep realisation of being separate from the body which too he now sees being charged with these transcendental rays. Again he experiences very very strong waves of deep-red light and might beaming out from him in all directions and he perceives these enabling. and peace-giving vibrations going in all directions, with good wishes to all. He also, at times, feels as if he is a brilliant point-of-light, with rays of very high intensity, bursting or darting out from him for the service of the whole world on such occasions, he has even no feeling of his body and has no conscious thought except that he feels that he is absorbed in peace and bliss and in God's fond Love, there being in him, sub-consciously though, the feeling of fulfilment of life and of attainment of the ultimate. He feels in him a high ride of exhilaration and satisfaction and he now regards himself a very fortunate person having achieved his goal.

A Yogi has these and many other such benign experiences. He either gets visions, revealing great mysteries or becomes a visionary, having thoughts of high attitude. Even after the yoga sittings, a yogi feels changed man—a holy and happy man. He is now imbued with the feeling of friendliness, affection and sympathy for his fellow beings. While walking, he no longer feels the weight of his body he feels, as if he carries his body light as a feather or as if he were lifted from the ground. He now feels enormous store of will-power and exuberance of zest and indefatigable spirit. He now remains totally unaffected by situations involving sharp contrasts—joy and sorrow, gain and loss praise or dispraise. He feels as if his weaknesses are now disappearing, his ignoble tendencies are now making room for the dawn of purity and divine qualities. He feels like continuing in this unique state for ever. The whole world now appears as to him to be a Wonderful Drama.

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Why Yoga?

If man aspires for deep peace and eternal bliss, independent of sense-objects, if his aim is to know the mysteries of this life and beyond and to have a link with God, and if he loves to be relaxed in mind and pure in thought, Raja Yoga is the way. Raja Yoga enables one to withdraw from one's senses and to have long life as a tortoise. It is through Raja Yoga that a world order of complete purity, peace and prosperity can be re-established.

Why Yoga?

EVERY human being in this world, aspires for peace and happiness. Happiness and peace have in fact, less to do with gross objects they refer to states of mind. Moreover, there is another kind of experience, which is the highest and is independent of worldly objects and senses. It is called Bliss. This bliss is one thing for which a person should practice yoga.

Bliss or supersensuous joy enables a person to break the shackles of otherwise die-hard habits and addictions. For, it is so rewarding and ennobling an experience that nothing demoniacal can stand in its way.

Yoga enables man to have deep relaxation also. It does this in two ways. Firstly a yogi does not have worries, fears or spoilt relations. Secondly, he feels detached from the world and from the situations. This relaxation makes him calm and enables him to take decisions without any tension, undue haste or pressure.

Further, yoga brings about behavioural transformation of man without any therapy. The thoughts which a yogi makes use of, in meditation, work like mental surgery. Positive virtues are implanted in him in place of negative traits. His outlook now changes and so, bad habits now loosen their grip on him. His energy is now used for constructive and useful work.

This brings about an overall enhancement in his personality. His shyness is now replaced by a feeling of confidence. From a dull, dreary and stiff person, he now becomes a man of sociable and charming manners.

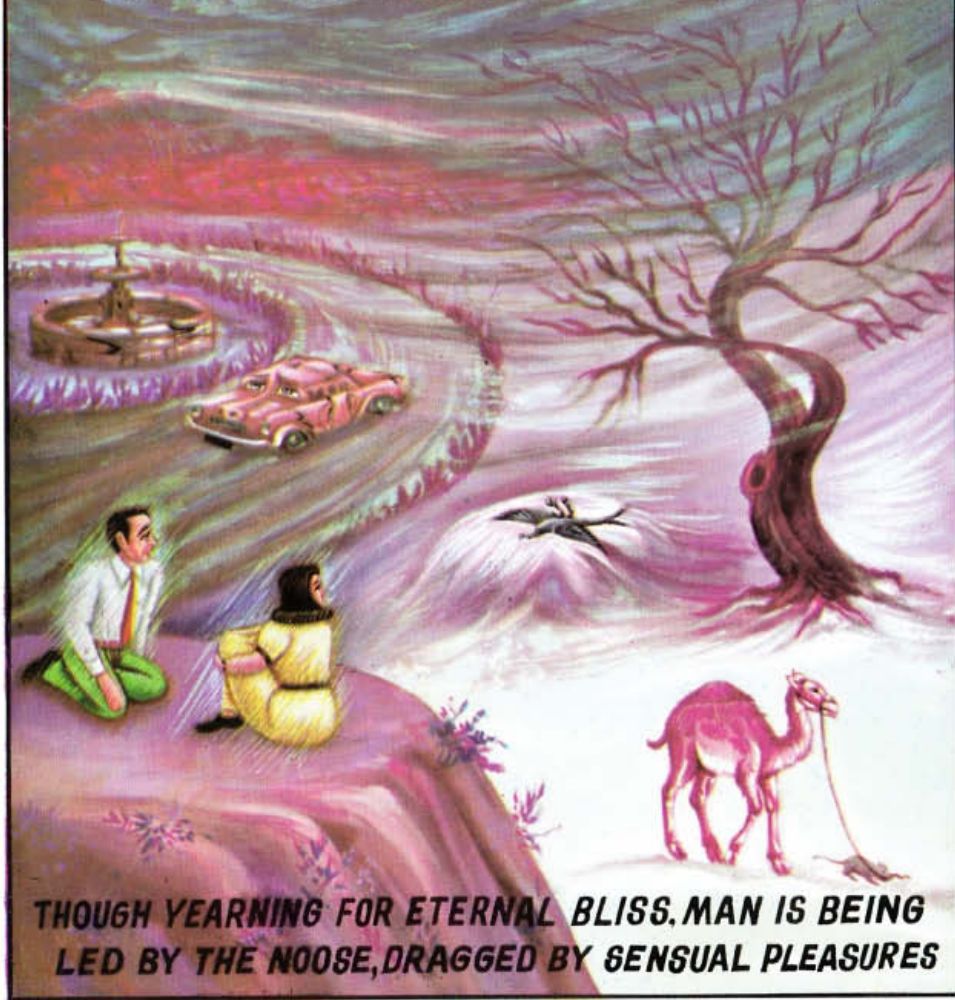
All this goes a long way to improve his relations with others. He can now put up with all sorts of people and remain unprovoked. He now does not mind small things and laughs away certain things instead of taking uncompromising and tough positions, so that he has health, happiness and a pleasing nature.

Another thing Yoga also enables a person to experience the heavenly love, which comes only from God as the soul's Mother-Father, Friend, Saviour and 'Sweet Heart'. This love plays such a melody on the strings of one's mind that one really feels enraptured. It can better be experienced than said.

Last but not the least, Raja yoga enables a person to control his mind and to have an economy of thoughts. One is now freed from purposeless or negative thoughts. In a word, it can be said that yoga brings about fulfilment in man's life.

You can say that a yogi is a person who is in harmony with Nature, at peace with his own self, in concord with others and in unison with the Creator. His mind is not in conflict with his intellant nor his actions disturb Nature nor contravene injunctions of God.

FATE OF BEAUTY, MELODY AND THINGS WORLDLY



**THOUGH YEARNING FOR ETERNAL BLISS, MAN IS BEING
LED BY THE NOOSE, DRAGGED BY SENSUAL PLEASURES**

Like a camel, led by a rat by its noose, man is being driven by the senses to the ephemeral objects. Little does he realise that the comforting car, the green groves and the beautiful birds are all a passing phase. The process of wear and tear, of withering away and of disintegration of objects into their elements, are constantly on. All things end into the dust. So, man should not be a slave to sense-objects.

Fate of Beauty, Melody and Things Worldly

EVERYTHING in this world is constantly changing. The tree bearing soft leaves and colourful flowers and laden with juicy fruits, gets one day, robbed of all its majesty. It gets denuded of its tender leaves, dancing flowers and luscious-flavoured fruits. It stands there like a dry log of wood, hollow from within and waits for the day when a strong wind will bring it back to Mother Earth.

The cuckoo that used to sing melodious and melifluous songs, the sparrows that used to chirp and the pigeons that used to coo-coo for the joy of man, and the butterfly that, with the exquisite pattern on its wings—The handiwork of Nature—the Master Artist—suddenly stop one day the play of their wonderful music. Their melody fades away into silence and one finds them fallen from the tree-tops, down into the dust.

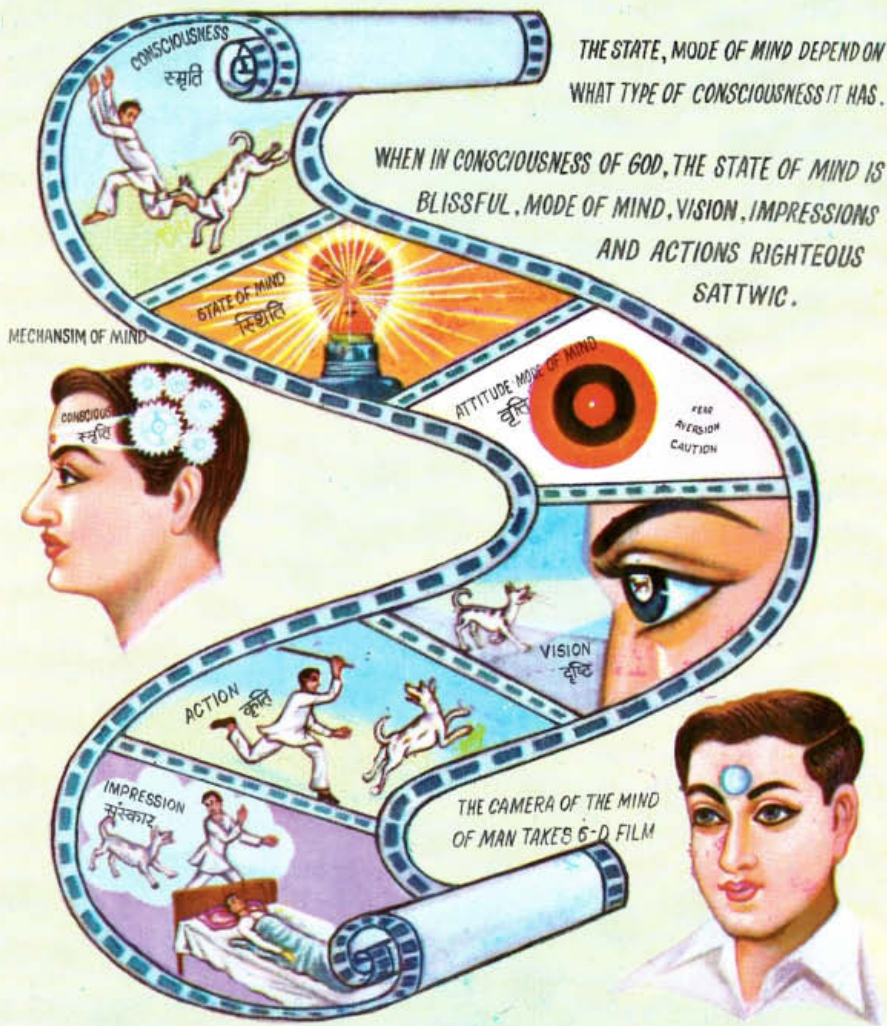
The trim, slim and elastic bodies of charming men and women, wobbling with life, get worn out in course of time and become like a rattling, ramshackle car. The charming form of a beauty-queen ultimately disintegrates into constituting elements. The beauty-lines change into wrinkles. The person whom one used to love more dearly than one's own life is snatched away by cruel hands of what is called Death and one is left only to dream of him for a while but see him no more. Everything in this world thus meets its Fate. Yet man, so it seems, does not realise it. Like a camel driven by a rat, by his nose, man is being led by his senses—but where?

Man has become a bond-slave to the sense-objects. Little does he realise that all worldly things are in a state of flux and that the present phase will soon be over. He becomes so much bewitched by the outer appearance of things that he loses his balance and becomes infatuated.

Yoga frees man from his state of helpless dependence on the gross and ephemeral things and enables him to attain eternal bliss and beauty of the form and spirit and the harmony of his mind and intellect.

A yogi, no doubt, enjoys the work of Nature and maintains peace and amity with the people and has a feeling of brotherly love for all but, deep in his mind, he has also the realisation that these are only the passing phases, the fleeting phenomena or the charming scenes, projected on a screen and therefore, he does not have any sense of infatuation or involvement.

INTER-CONNECTION BETWEEN THE SIX ASPECTS OF MIND.



The recollection or consciousness of a dog having once bitten someone, now gives to man's mind the state² of fear and a mood³ of aversion. He now views⁴ the dog as an enemy and acts⁵ with a stick. This, in turn, leaves an impression⁶ on his mind. Thus, it is clear that the feelings⁷ of a man depend on what he is conscious of.

(1) Smriti (2) Sthiti (3) Vritti (4) Dristi (5) Kriti (6) Sanskara (7) Anubhuti

Chain of Six states of Mind

NOT only does a man get absorbed in deep bliss and profound peace when he is established in meditation but yoga brings about a transformation in his day-to-day acts, behaviour, manners, attitude and his whole life. He becomes a changed man. This fact will be clear to us if we understand how one's actions (*Kriti*), outlook (*Dristi*) and one's mood or state of mind (*Sthiti*) also depends upon what thought his consciousness (*Smriti*) is occupied with. The following example will make it clear.

If a person had seen once in his life, a stray dog biting a man and today, he himself meets a stray dog in the street, his consciousness becomes occupied with the past memory of a dog having bitten a man. This, in Yoga terminology, is known as *smriti*, briefly, 'consciousness'. Now, this 'consciousness' changes into the sentiments, feelings, mode or state of mind of that man, so that if he was previously normal, he now becomes nervous or fearful. This, in turn, gives rise to the thoughts of caution, fear, aversion or to other such thoughts. This third kind of thought is called *vritti*, i.e. 'mode of mind'. This means that his mind has become tainted, coloured or toned in a particular way. Now, this in turn brings about a change in the outlook (*dristi*) of the man. All this takes place in split second so that the time-gap between the one and the other is unnoticed. The blending of all these is such as if they were non-different. Thus ultimately ends in the man either taking a stick to beat the dog with, or to run away from the situation out of fear and take shelter and refuge somewhere. This action does not stop there but leaves an impact, impression or *sanskara* on the mind of the man. Next time, this *sanskar*, unless transformed, again becomes a springboard for action, if such situations occur in the future, or else it would remain dormant. Even when unmanifest, the *sanskars* or the resolves determine the personality and sometimes, these may also manifest themselves in the form of dreams.

This sequence of different aspects of mind or spiral-like movement of thought from *smriti* into *kriti* (action) leads to the conclusion that, to transform action or behaviour, the consciousness or *smriti* has to be changed. In order to change the outlook (*Drishti*) also the consciousness has to be changed too. To change the state of mind (*sthitii*) or to make the state of mind eternally happy also the consciousness must be changed. Since a yogi changes his consciousness through the art and science of yoga, he is able to bring about a change in his habits and behaviour and become a holy and happy man.

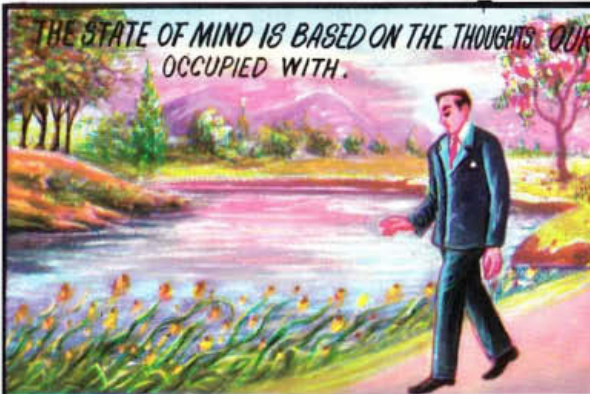
What is Raja Yoga?

WHAT is Raja Yoga after all? To describe it briefly, yoga means stabilising the mind in the consciousness of God, or having a mental link with God. This is something based on sound psychological principles. It can be observed from daily experience that the state of mind or the various moods of man's mind are determined by the consciousness one has at that particular moment. This is made clearer by reference to Wordsworth's poem "Daffodils". He says in the poem that he chanced to go to a lake and there he saw the daffodils dancing and the ripples rising high in the lake due to the wind, and his mind became filled with ecstasy. He was so charmed with the beauty of Nature that even on other occasions in his life, when he was in a vacant or pensive mood, the vivid memory and reflections of the past would refresh him. His mind would again dance with the daffodils. This illustrates how a scene of joy will create joy in the mind even when a person be in an unhappy frame of mind.

Take another example. A man is sitting in his drawing room. Suddenly, he sees a man entering his room. He knows that this man is inimical to him and wants to shoot him. This thought creates disturbance or fear in his mind. If, on the other hand, this man is not his enemy but his old friend, who has come after a long time, the sight or thought of him brings happiness to his mind. So, it shows that the state of man's mind depends on the quality or contents of his thoughts.

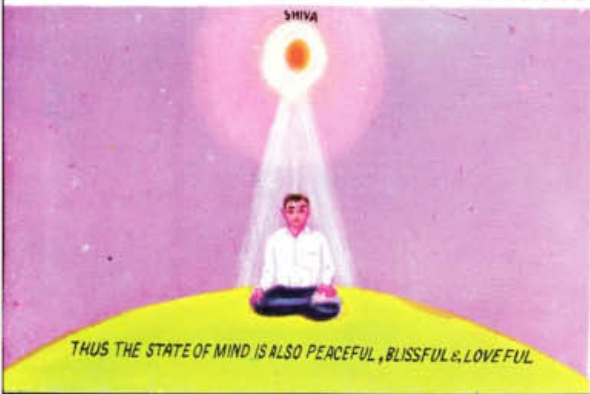
Applying this principle, a yogi keeps in his mind the divine qualities of God so that his mind also always feels a kind of divine ecstasy which is different from the worldly joy in three respects: (1) His source of ecstasy is unvanishing, (2) it is ennobling and elevating, (3) one does not get enslaved to the worldly objects which, at certain stages of his life he may not be able to acquire, or many fail in his senses to establish contact with those objects, and be unable to extract pleasure from those sources because of old age, physical debility, disease or death. So, it is for our permanent good that we take to the practice of Raja yoga.

THE STATE OF MIND IS BASED ON THE THOUGHTS. OUR CONSCIOUSNESS IS OCCUPIED WITH.



*"WHEN ALL AT ONCE I SAW A CROWD A
HOST OF DANCING DAFFODILS;.....
THE WAVES BESIDE THEM DANCED
BUT THEY OUTDID THE SPARKLING
WAVES IN GLEE ;
A POET COULD NOT BUT BE GAY
IN SUCH A LAUGHING COMPANY;"*

*"FOR OFT. WHEN ON MY
COUCH I LIE IN VACANT
AND PENSIVE MOOD ,
THEY FLASH UPON THAT
INWARD EYE WHICH IS
THE BLISS OF SOLITUDE ,
AND THEN MY HEART WITH
PLEASURE FILLS,
AND DANCES WITH THE
DAFFODILS"*



**CONSCIOUSNESS OF A YOGI
IS OCCUPIED WITH THOUGHTS
OF GOD, WHO IS PEACEFUL ,
BLISSFUL , LOVEFUL AND
ALMIGHTY**

Wordsworth once enjoyed a scene of dancing Daffodils. Later, the recollection of the scene gave him glee during his pensive moments. It shows that the state of man's mind is determined by what he is conscious of. Since a Yogi is conscious of God, the Blissful, he feels himself in an ecstatic mood and his mind is calm and pure. He feels detached from the body and in good spirit too.

Sublimation of Mind Through Yoga

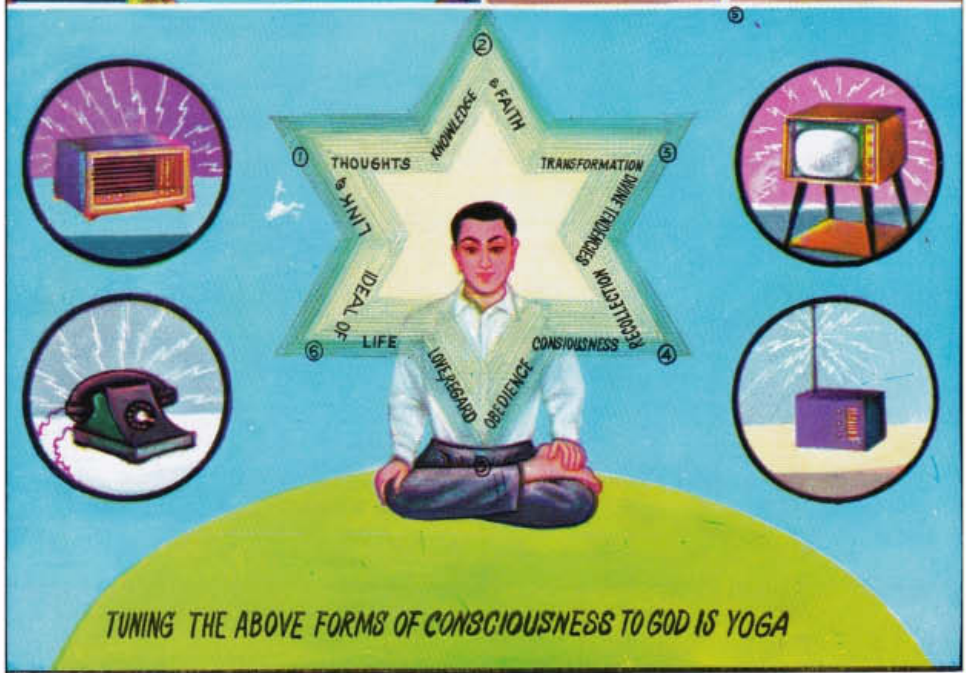
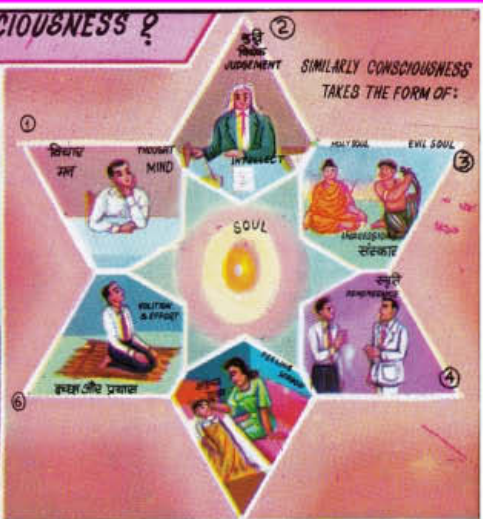
ALL living beings do have what is called Consciousness. It is their consciousness that makes them react to various stimuli — external or internal. It is this consciousness that manifests in the form of thoughts, desires, understanding, judgement, memory, feeling of happiness or sorrow or self-awareness. Just as electricity is termed as Heat, Light or Power according as it manifests, even so is this consciousness called 'Mind' when it manifests as thoughts; it is called 'Intellect' when it performs the function of understanding or judgement; it is known as 'Memory' when it recollects the information stored in it, and it is termed as 'nature' tendency, 'proclivity', 'subconscious mind' or resolve. (*Samskaras*) as it colours its present thoughts and judgement.

This consciousness is capable of thinking of future and it has in it the memories of the past lives also. So, it is something which transcends Time and is different from this body though it acts and reacts through the body, the nervous system and the brain. It can make extra-sensory perceptions and precognitions also. Therefore, in its nature, it is not something gross and material but is a subtle and a transcendent entity, called: 'The soul'. The soul is, therefore, said to be conscient or sentient (*Chetan*) entity which is non-material and above time. 'Mind', 'Intellect' etc, are the names given to various manifestation of the consciousness which the soul has.

If the soul has the knowledge of God and based on what knowledge it has thoughts and memories of God and has also faith in and deep love for him, its intellect and mind will be said to be linked to God and the person thus linked will be known as a *Raja Yogi*. One whose mind, intellect and memory are barren of the thoughts of and love for God, is the opposite of a yogi. He is a '*Bhogi*'. A Yogi switches on his mind to God even as one switches on his radio to a particular station or dials a particular number of the telephone.

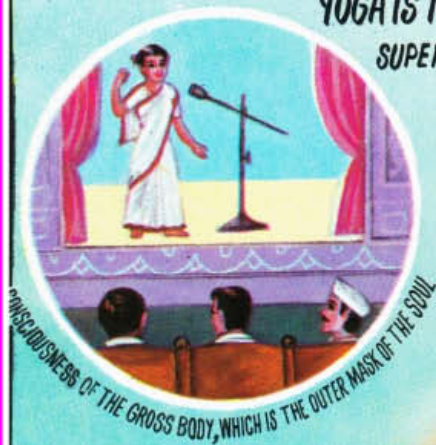
Knowing these truths, we have now to purify ourselves. We have not to lay blame on our mind or intellect, considering these as separate from the soul but have to sublimate our thoughts and divinise our intellect by turning these to God.

WHAT IS CONSCIOUSNESS ?

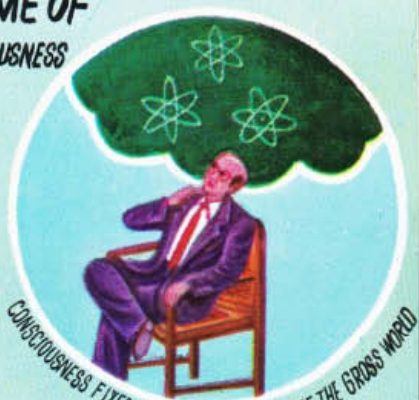


Electricity is known by different names, such as Light, Power, Heat, etc. according as it functions. Consciousness is known as Mind, Intellect, etc. when it manifests as thoughts and judgement respectively. Consciousness pertains to the soul. So, mind intellect, etc. are non-different from the soul. Just as we get a Radio or T.V. Station by switching on to that station, or we get a person on line by dialling his number, we have to switch on our mind and intellect to God so as to have yoga, i.e. connection with Him.

YOGA IS THE NAME OF SUPER-CONSCIOUSNESS



CONSCIOUSNESS OF THE GROSS BODY, WHICH IS THE OUTER MASK OF THE SOUL

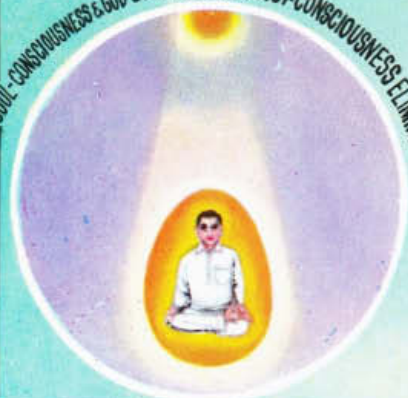


CONSCIOUSNESS FIXED ON ABSTRACT THOUGHTS OF THE GROSS WORLD

TO IDENTIFY THE SELF WITH THE BODY IS TO
MISTAKE THE NONSELF FOR THE SELF.

SUPER CONSCIOUSNESS, THAT IS SOUL-CONSCIOUSNESS
IS NECESSARY FOR BEING HOLY & HAPPY.

SOUL-CONSCIOUSNESS & GOD-CONSCIOUSNESS, BODY-CONSCIOUSNESS ELIMINATED



CONSCIOUSNESS OF HIGHER BEINGS WITH SUBTLE BODY



In the beginning of yoga-practice, all thoughts of the practitioner may not converge on God. However, soon one's keen aspiration for the union, one's dedication and one's deep love enable one to have transcendental consciousness and good Meditation. Now, God being the centre or goal of one's thoughts, one gets good concentration and this leads to absorption in experience or realisation. The stage of realisation is exquisite; it stands higher than the sum total of experience of happiness in the full cycle of lives.

Yoga is Super-Consciousness

IT has been observed that there are mainly four types of consciousness. All men, in this world, without any exception, belong to one or the other category out of these. The first among these which is common to almost all, is the *gross-consciousness*. This means the same thing as '*body-consciousness*'. The example of an actor can be cited to clarify this. He plays his allotted role on the drama stage. For instance if an actress is called upon to act as Indira Gandhi, she may use a mask to look like Indira Gandhi to the spectators. However in her mind she is not oblivious of the fact that in reality, she is not Indira Gandhi but only her mask makes her appear like the latter. The folly of man however is that playing his part on this World Drama-stage, he has come to identify himself with the gross body, instead of realising that he is a soul and the body is just like his outer garment.

Some people wrongly identify the self, the conscient our soul, with the body and brain, which is merely like a computer. To this second category belong the intellectuals, the scientists being among them. They in their research work, concentrate their minds on abstract ideas. At that time, they also are not conscious of their gross body, so much that they forget about their bodily relatives, their home and their bodily needs. Yet the ideas with which their mind is occupied are connected directly or indirectly with the objects of this gross world and have somethings to do with the body. Theirs may be called '*the Intellectual consciousness*'.

Other people when engaged in their spiritual efforts are conscious of subtle deities or the progenitors of their religion in their subtle form. During those hours of devotion, *they are a little above gross consciousness and they feel elevated and uplifted. theirs may be called 'The subtle consciousness.'* these devotees may not be conscious of their own gross body or of the person they worship yet their mind has the consciousness of the subtle body of those whom they worship.

The ultimate highest type of consciousness which a yogi in the real sense of the term attains to, is the superconsciousness and one's mind is attuned to the Supreme Soul who is *Incorporeal*. This is what is known in one word as Yoga. A Yogi is conscious of himself as a soul and of God as the Supreme Soul. Just as we chop off the insulating material from wires in order to join them, we have to withdraw from our body in order to establish a link with God.

What is mind : What is Soul or Consciousness?

THIS world will soon become a better place to live in and we will soon have the Golden Age or the era of peace and plenty if man realises the self as distinct from the body, practices soul-consciousness and on that basis, adopts the motto of World Brotherhood. In order to end the Iron Age, the society has to understand that the root cause of all sufferings and troubles in the world is that man has gradually come to identify himself with the body. today little does he realise, and much less does he practise the truth that in this body, which is made of inert Matter dwells a conscient our and immortal entity—the eternal spark of life and light called the soul.

The body is like a temple and the soul is like the flame of light or like the deity in a temple. The body is like a car and the soul like its driver. The body is an assemblage of instruments in the shape of various organs—whereas the soul is its user. The body and the brain are like a computer whereas it is the soul that programmes it and uses it. The body is not for its own sake but for a conscient our user called the soul.

The soul is like a micro star. It abides in the body midway between the eye-brows, where dovouts in India apply *Tilak*—a sacred mark. Here it is connected with the brain and the nervous system.

The soul has three intrinsic abilities which the body or anything else made of Matter, does not possess. These are : (1) the ability to think or wish or will, (2) the ability to judge, understand or investigate and (3) the ability to retain impressions of past thoughts in the form of attitudes, moods or habits. The first of these is known as Mind, the second as Intellect and the third as *Samskaras* or the Resolves.

It is these abilities which distinguish one man from another and determine the mental and moral state of a person. One who is given to violence and other evils is known as a sinner, the other who makes efforts to purify his thoughts, judgement and resolves is known as 'a *Mahatma*' or 'an elevated soul' whereas the one who has completely divinised himself is called a *devatma* or a deity. It should thus be clearly borne in mind, that it is the soul that suffers or enjoys because of its bad or good actions, for mind is not an entity separate from the soul; rather it is the name given to the manifestation of soul's consciousness.

हड्डी मांस का पुतला

आप आत्मा हैं YOU ARE A SOUL

जीवात्मा



SKELTON OF BONES
& FLESH



मन
MIND



बुद्धि
INTELLECT



संस्कार
RESOLVES



HUMAN BEING



जैसे डाईवर मोटर का नियन्त्रण करता है
उसी प्रकार आत्मा शरीर का नियन्त्रण करती है

शरीर रूपी मोटर BODY-THE MOTOR



AS THE DRIVER CONTROLS THE
MOTOR, SOUL CONTROLS THE BODY

If the body be compared to a motor car, the soul is the driver with the motive force. In the brain is the starter, the gear, the brake, etc., but the soul it is that uses them. The body is not for its own sake but for the soul which abides in the brain. So, a yogi is soul-conscious. He knows that the body is an assemblage of organs, given to the soul, and the abilities of thinking and judging are inherent in the soul.

BODY-CONSCIOUSNESS IS AT THE ROOT OF ALL EVILS .

BODY



CONSCIOUSNESS



I AM ELDER&MORE LEARNED



OH! MY SON! MY SON!



I AM YOUNG, SHE IS BEAUTIFUL



HE IS BLACK, I AM WHITE



MY SON! I SHALL LEAVE YOU MILLIONS

Body-consciousness gives rise to Anger, Greed, Pride, Laziness, Sex-lust and emotional attachment. These are the causes of all conflict and peacelessness in the society and in man's mind. So, it is soul-consciousness which can now establish a society, based on purity, goodwill and world-brotherhood. When a person becomes soul-conscious, vices leave him and he is able to stabilise himself in God-consciousness and thus have Bliss and Peace.

The root of all evils

SOME people ask : "What difference does it make if we do not practise soul-consciousness or yoga? To understand the answer to this, let us see how body-consciousness gives rise to the five main evils and how the latter cause to man sorrow and sufferings.

Suppose a small boy genuinely feels that he has some good suggestion to offer. he says to his uncle : "Please, sir, will you kindly listen to me for a minute?" The uncle instead of giving a patient hearing says, "Look here chap, I take it as an affront to me. How dare you give an advice to me who am many years your senior whereas you have not yet had even your wisdom tooth appear!" Now this kind of harshness has evidently sprung from the man's pride of his *physical* age which in other words means that he is body conscious. This small example is enough to illustrate how more severe form of pride can cause severe cracks in the relations between families and nations and lead to wars.

Again a mother feels so shocked at the death of her son that she feels the need to consult a psychiatrist to bring her back to normal state. She is so much disturbed that she constantly cries, "Oh my son, my son!" though she knows well that her dead son is not going to come back to life. Similarly does one feel when one is treated harshly by someone with whom one had attachment. In other spheres of life, attachment is it that is responsible for nepotism favouritism, narrow nationalism etc.

Sex-lust, it need not be explained at length, is an attraction towards the colour and contours of the flesh. When one is conscious of himself in terms of being male, female or young, then on is one invaded by the carnal desire.

Anger and hate also have their roots in body-consciousness. One becomes angry when one looks upon others as not 'his own'. Racial discrimination, casteism etc. are also based on body-consciousness.

Similarly greed also is hinged on body-consciousness. Take the case of a man who is amassing great wealth so as to leave behind him a great fortune for his son. He exploits other for the sake of his son he does not care even if other peoples' sons die of starvation but he wants to hoard and hoard for his "own sons". Obviously he is cruel to others or at least, he does not have any tender feelings to those who are starving because of his attachment to one who is related to him physically as his son.

So, soul-consciousness or yoga is necessary for purity and peace.

Meditation as means of linking the self to God

WHEN we want to contact other people far away from us, we need some form of energy as an agency to do it through. For instance when a person contacts another on telephone, the sound-waves of his voice are carried through the instrument to the person at the other end by electro-magnetic force. Without the electric current the telephone is said to be 'dead' i.e. unfit for use as a medium of communication. There are thus several agencies involved in this process of communication viz sound, electricity and magnetism. An air pilot, before landing at an airport can similarly communicate with the Air Control Officer at the port through radio-telephone (wireless) where again the above-mentioned forms of energy operate to bring about the contact between the two persons. On the moon where sound does not reach, the directions from the earth are conveyed through the Remote Control System so as to be translated into words for the spacemen at the other end through electro-magnetic force. Again when the person is addressing a vast audience, he needs the help of both light and sound energies to be able to establish audio-visual contact with them. In the absence of any light—either from the sun or electricity—the speaker and the listeners would be invisible to each other, while in the absence of a microphone, the speaker's voice would not be perfectly audible to the listeners with the result that the address will become ineffective for want of mental rapport between the speaker and his audience. The operation of the self-same two energies—light and sound—is yet again in evidence when two persons meet or converse with each other face to face. Without the presence of these media i.e. light-waves to convey both their images and voices, the two persons could neither see nor talk to each other.

Marvellous though these physical energies—heat, light, sound, magnetism and electricity of this material world are, they are not of much use in helping man to have link with God for the simple reason that He is not a material entity, perceptible through the physical sense-organs. He is a subtle eternal verity far far away and far different from any of the forces mentioned above. He can be contacted, therefore, only through the Thought Energy which surpasses both in speed and intensity, all the above-mentioned forces in that it can, as it were, go through space and the remotest and subtlest regions to the incorporeal God. In other words, meditation is the only means by which the soul can at once contact the Supreme Soul.

WHAT IS MEDITATION OR YOGA?



Contact with a person through telephone, wireless, remote control, vision etc., is always by means of some form of energy—electricity, sound, light, etc. Contact between soul and God is established by means of Thought—the spiritual energy. This is called: Meditation and Concentration. For this, one has to visualise God with the Eye of mind, and to focus his thoughts on God, recapitulating God's attributes and His relationship with us.

Fundamentals of Easy Rajyoga...

RELATIONSHIP - LOVE - REMEMBRANCE....



Love is the greatest force which brings about contact, concentration and union. Love is easily transferable. A Baby's love towards its mother, in later years, gets transferred to his playmates, then to his wife and later to his children. Now, transference of spiritual love to God is called-- 'Yoga'. This Yoga is easy because transference of love and thoughts does not require any austerities. Further, this Yoga enables the soul to control the organs of the body as a king controls his subjects. So, it is called: 'Easy Raja Yoga.'

Fundamentals of Yoga

YOGA leads one to realisation God or to the union with God. It leads one to attainment of lasting peace and bliss. Such a Yoga is based on deep love for God.

Love is a great cementing force. Love easily brings about concentration. One's mind is very much occupied with the remembrance of a person whom one loves. But love is based on, and is known in the form of some relationship as between a mother and a child, a sister and a brother or a friend and a friend. So if one realises that there is the nearest and dearest relationship between the soul and the Supreme Soul, there would automatically be established the link of love which would lead to concentration of mind on God.

Let us take an example. A baby recognises only its mother. So it has found love only for her. Even if its aunt hugs it to herself, it declines to leave the mother by turning away. But when it grows up into a child, it moves out into the street, leaving the mother at home, to play with other tiny tots. Evidently, part of his love has now got transferred to his friends and to the games so that when his mother, to whom he was so deeply attached before, calls him back home for the lunch he asks her to wait. As he grows up into an adult and gets married, his love gets centred more on his wife and gradually gets transferred to his children. Thus, everyone knows by personal experience that one's mind is automatically devoted to, and engaged with, the thoughts of one whom he loves. Also it is common experience that one's love *easily* gets transferred from one to another; one has not to be given any special training for that. So one should now be able to transfer one's love easily to God who is the most beloved Mother-Father. This transference of love to God is called Easy Raja Yoga.

Furthermore, as a patient's mind automatically thinks of a doctor or a student's mind often goes to his dear teacher, even so should our mind rest in God who cures the soul of all the sufferings and ailments in the form of evils and who gives the most valuable knowledge. thus the knowledge of our all these relationships to God should awaken our love for Him and enable us to remember Him constantly like a true Yogi.

The trouble with man is that he has love for the money, love for power, love for flesh and love for worldly objects and relations but no deep-founded and real love for God, the Mother-Father and Friend. So his love has taken the form of greed, selfish motives, sex and attachment. This has created problems for him and for the world. Love of God *i.e.* Yoga, spiritualises and purifies man's love and changes it into love for all. So let us now have link of love with God.

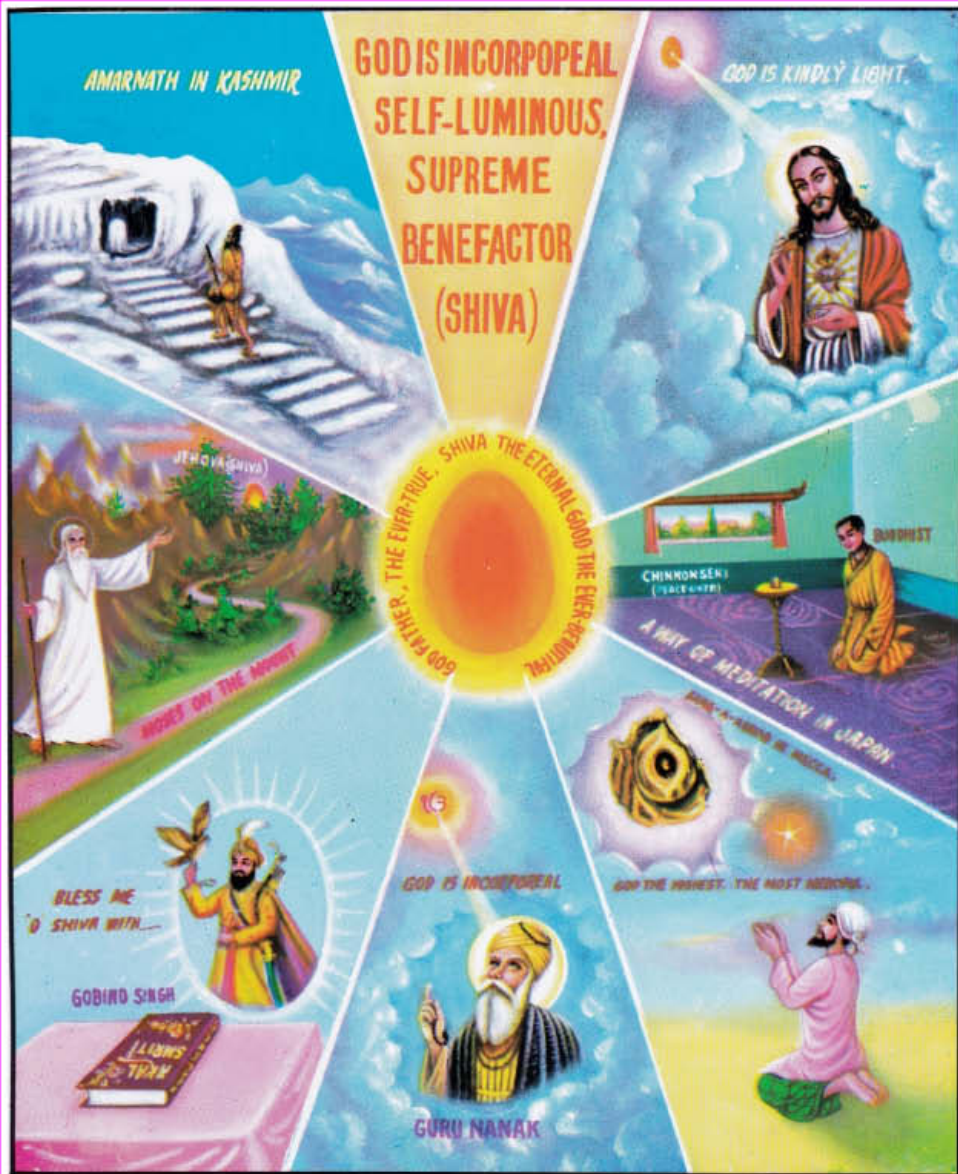
Universal Truth about God

THERE is evidence to show there was that a time, however in the remote past when people of almost every major religion in the world believed that God is *Jyoti-Bindu*—an eternal Self-luminous Point-like entity. The tradition, the ancient lore, the sacred monuments and some scriptural texts refer to this radiant Form of God.

For example, Christ also said that God is kindly Light. It is noteworthy that some Buddhists in Japan practice concentration on this form. They call it Chinkonseki, meaning one who gives Peace. In Mecca, the sacred-most pilgrimage of Muslims, there is symbolic black-stone having this form and it is a tradition among the Moheemmedans to touch it or to kiss it from a distance to signify their love and reverence for God. They call this stone as Sang-e-Aswad. Nanak, the founder of Sikhism and Govind Singh, another famous Sikh preceptor also believed God as Light. In the Old Testament also, it is mentioned that Moses had a vision of this form of God near the bush on the Mount. All these facts point out that once upon a time founders and followers of almost every religion believed that God was of this form.

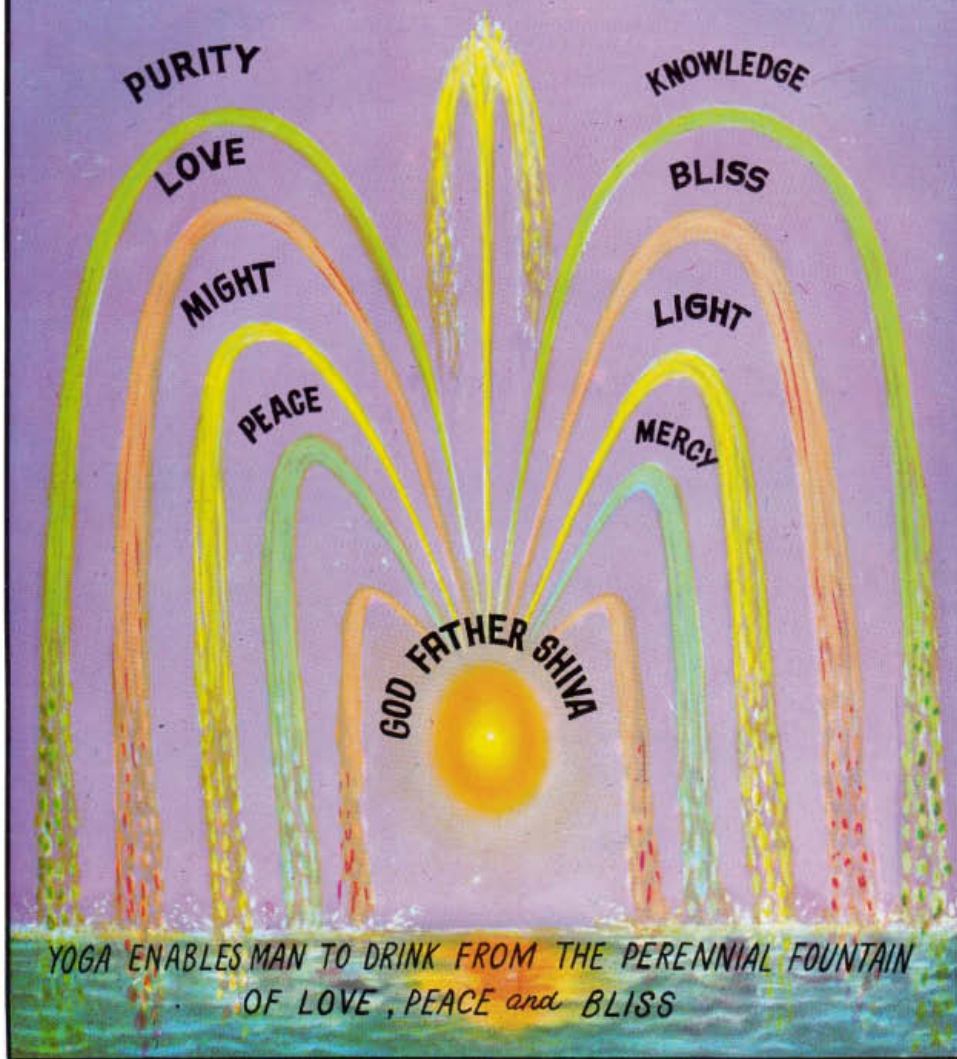
In India, for example, people in large number still go to Amarnath—a famous temple in which snow takes the oval form every year. Again, millions of people still hold the belief that Shri Krishna, the famous deity, regarded God as 'Shiva'—the divine Light-Point—as the Supreme Being and the Gopeswaram temple in brindaban is a testimony to this fact. The Somnath Temple, which is supposed to have been installed by the well-known king Vikramaditya and which finds special mention in the history of India, also enshrines a symbol of this form of God. Again Rama, another historical figure, widely worshipped in India, is believed to have payed homage to Shiva in Rameshwaram and the temple there is said to be a witness of this fact.

Let us tell one and all that God, The Supreme Soul does exist. All of us can have perception, experience or vision of Him. Yoga is the way for that extra-sensory perception or God-realisation. Yoga means focussing the mind on God, the transcendental, micro star-like conscient verity who is related to us as our spiritual Mother-Father. This linking of our mind to God will bring you bliss, peace, might etc. which also will be a proof of God's existence just as the flow of water from a tank full of water, at a higher level, to a tank at lower level, serves as a proof that the former has water.



God is self-luminous and incorporeal and, to man's third eye, He looks like a star or a point-of-light as other souls do. Oval-shaped stone, or a flame of light, is used as a symbol of His form in various religions. He gives to mankind spiritual rejuvenation and divine inheritance and is, therefore, known as World-Father Shiva. He is the Holiest of the holy and the Highest of the high. He is Incorporeal and above the cycle of transmigration.

ETERNAL FOUNTAIN



Yoga, i.e. mental contact or Love-link with God, enables one to realise the Truth, to attain spotless purity of mind, to have from God abundant real love, to get spiritual might for control of mind, and to experience deep peace and bliss, for He is the Eternal Fountain, from which these flow. Yoga with God brings to man such mental calmness and purity of thoughts, words and deeds as all other men with all the scriptures, rituals or worship cannot give.

The Eternal Fountain

THERE arises the question as to whether there is a source of *constant* joy, unbounded bliss and *everlasting* happiness? A Yogi gives this emphatic answer: Yes, there is such a source. But what source is that?

Man has so many wishes; he wants this, that and the other; he craves for almost everything under the sun and, sometimes he desires even that which is not in existence in this world now. He has hopes of attaining that also in the future. There is no end to man's wishes and to realise these wishes, no avenues are left unexplored and no stone left unturned. A list of wishes would exceed the bounds of the earth. However, an analysis of this list would show that there are basically four or five desires and other desires are various forms of these wishes.

If a person is unable to find a source which will guarantee a permanent supply to satisfy these wishes, he will wander from place to place, searching for that source. So man today wanders from one oasis to another, seeking and searching. A Yogi, on the other hand realises that there is one source which is the spring of perfect Health for the body and peace for the soul. Drinking from that Spring will bring constant bliss and eternal happiness, divine love in full measure and the other things that flow down from the Fountain. Yoga is nothing but to drink from this Fountain and to let others know that there is such a Spring or Fountain. People over the ages, have tried to find the Elixir or Nectar of Life which would lead them to immortality and constant happiness and divinity; some even say that the branch of Modern Science, which is now known as Chemistry, developed out of this desire of man. If there is such an elixir, it is obtained only by Yoga i.e. by fostering a link with God.

One should bear in mind that material objects only temporarily gratify the senses or satisfy the needs of the body; they are not a source of permanent satiation and fulfilment of the soul. Man's enjoyment of those objects also depends on the state of his mind. Don't we see that when man's mind is disturbed, even the daintiest of dishes, the most melodious of songs, the best of perfumes and the most picturesque of scenes also loses charm for him This shows that bliss is a supersensuous feeling It is an experience which one enjoys when one is stabilised in the original nature of the self and has link with God, the Eternal Fountain.

This World and the Other World

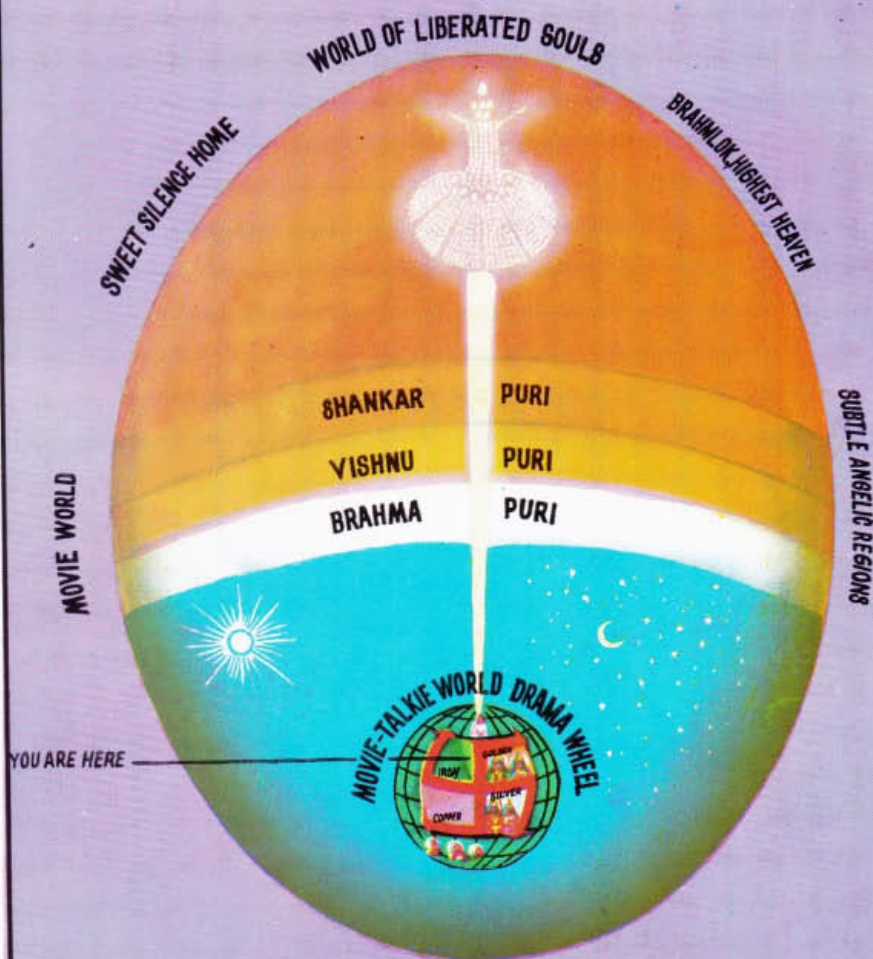
THE world in which we are now located is known as the Gross or the Corporeal world because all living beings here have gross corporeal form. This is also called the Mortal or the Ephemeral World because anyone who is born here has to die one day and there is constant change in states and affairs of this world. It is also known as *Karma Kshetra*—the Amphitheatre of action or the Drama Stage, for everyone here does some acts and reaps the fruit thereof in the form of pleasure or pain. This very world is Heaven or Paradise in *Satyuga* (Golden Age) and Silver Age (*Treta Yuga*) and Hell in *Dwapur Yuga* (Copper Age) and *Kali Yuga* (Iron Age). This world is located in a fraction of Ether—the *Akash Tattwa*.

Beyond the sun, moon and stars of this world is another world. It comprises three regions which belong to three angels—Brahma, Vishnu and Shankara. These regions or *Puris* are located one above the other. In each one of these is divine light, present everywhere, and this light differs in colour from region to region. There is thought as well as action in this Diety world but there is no sound or voice there although there is speech. This world is also known as the Angelic World or the Subtle World.

Beyond this is yet another world. It is known as *Param Dham*, *Parloka* or *Brahmloka*. One can call it the Highest Heaven. A Golden-red divine light, known as 'Brahm' is omnipresent here. There is perfect calm and purity in this region. In this world, the self-luminous point-shaped souls abide in the incorporeal state when they have attained Liberation or Mukti. Above them all abides the Supreme Soul, the God Father Shiva, the *Jyoti-Bindu*.

So in order to practise meditation, let us take our mind to the Soul World where there is golden-red light called Brahm. In that Light, let the eye of our mind see a conscient our Point-of-Light or a micro star, radiating Light, Peace, Bliss, Love and Might. Let our mind remain focussed on the Supreme Soul Shiva. Now let us meditate thus: 'I am a soul, a twinkling, conscient our star, radiating light....I am an eternal child of God, the Most Beloved Father, the Ocean of Peace, Bliss, Love.....' While meditating thus, keep your mind stabilised on Shiva, in the Soul World. You will experience Light, spiritual Might, Bliss and Peace descending on you. You will feel as if you are a ball of Light, emitting Light and the vibrations of Peace and divine love.

WHENCE WE CAME & WHITHER SHALL WE GO?

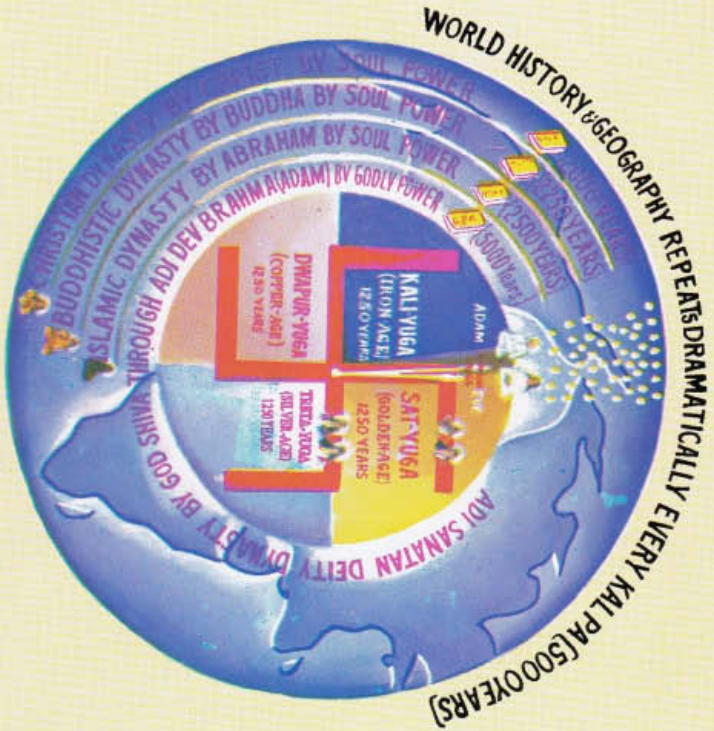


AT THE BOTTOM IS SHOWN THE GROSS GEO-PHYSICAL WORLD OF TIME, SPACE AND ELEMENTS, AND BEYOND IT THE REGIONS BEYOND SPACE.

Ours is the Gross World, for we have gross bodies. Beyond the sun and the stars, there is the Subtle World where the deities--Brahma, Vishnu and Shankara, having subtle bodies, abide in Light. Beyond that is the World of souls and of God. A Yogi keeps mentally in touch with God in the Soul World--'Brahmloka' or the Highest Heaven.

A Raja Yogi withdraws his mind from all objects of senses and takes it to the world of transcendent light and peace--'Brahmloka'--and stabilises his mind on the radiant form of Shiva.

WORLD DRAMA WHEEL



**NOW IT IS AUSPICIOUS
CONFLUENCE AGE**

THREE DIVINE ACTS OF GOD



CREATION OF HIGHTER
A WORLD THROUGH
BRAHMA

SUSTAINANCE OF
HIGHTER WORLD
THROUGH VISHNU

DESTRUCTION OF OLD
VICIOUS WORLD
THROUGH SHANKARA

Yoga vis-a-vis the Universe & God

IT is necessary to know how God acts in relation to this world which passes through five different phases, namely Golden Age, Silver Age, Copper Age, Iron Age and Confluence Age as indicated by the *Swastika* in the picture of the Time Wheel. The world, during Golden Age, has complete Purity, Peace and Prosperity and in the Silver Age also, it enjoys all these three though to the extent of two degrees less. In the Copper Age Sex-lust, Anger, Greed, and attachment appear in to this world. Abraham, Buddha and Crist established their respective religions one after the other. Despite all this, unrighteousness, violence and peacelessness go on increasing gradually in this world. In the Iron Age, there is rapid degeneration in moral and spiritual values so that, at the end of Iron Age, the climax is reached. At this time, God descends into the body of an aged man whom He names Brahma or Adam. He, the Creator of Brahma, Vishnu and Shankara, gets His three acts done.

Through Brahma or Adam, He imparts Godly Knowledge, teaches easy Raja Yoga and inculcates divine qualities. Thus he transforms human beings and elevates them spiritually. This brings about the new, Golden-Aged world again. Those who do not divinise themselves, suffer destruction and also punishment for their evil acts. The act of Destruction of the Iron-aged vicious world is carried out through Shankara. In the Golden Age and Silver Age, the righteous world is sustained through Vishnu's corporeal representatives—Shri Narayana and Shri Lakshmi and Shri Sita and Shri Rama and their dynasty respectively.

Thus the Wheel of Time goes on non-stop. The four Yugas or epochs, including the Confluence Age, are of 5000 years duration, each of the first four yugas being equal to 1250 years. This cycle has been going on and on since eternity.

Now, we should know that the world is heading towards a catastrophe because of over-population, acute shortage of food, pollution of environment, depletion of the sources of energy, increasing mental tension and, above all, erosion of moral values and extinction of the feeling of brotherhood. There will not be total destruction or dissolution of the world but it will be an indescribably major destruction through nuclear war, Natural Calamities, Civil Wars, starvation etc. It is the last chance for man to give up exploitation and greed, anger and vengeance, sex-lust and prurient habits, pride and sloth and while discharging his social and family obligations, be true yogi for his own sake, for world's sake and for God's sake.

Spiritual or Transcendental Meditation

IN this work-a-day world, man's consciousness is always engrossed with things that are earthly, persons which are worldly, situations which are mundane, feelings which are temporal, thoughts which pertain to this cosmos and visions of things that are terrestrial. Never does he, in his life-time transcend these for he does not have knowledge of that which is super-mundane, spiritual or transcendental. Only in deep sleep is his consciousness at rest to an extent. The depth of the feeling of this rest or relaxation depends on how much his consciousness was withdrawn from the world or, in other words, how much he was lost in sleep. Even if his doors of knowledge or organs of perception be shut out to the outside world, he will not 'enjoy' his sleep if he has dreams of persons and things that are worldly; he will say that he had a disturbed sleep. Keeping this principle in mind, a yogi withdraws his mind from his body and the world and yet he is not asleep. To understand this we have to understand the following:

When a person in the state of wakefulness, has reminiscences that are pleasant, thoughts that are holy and memories of persons with whom he has cordial relations and of situations that are beneficial to him, then he feels happy. The depth of his happiness depends on how beneficial the situations are, how intimate these relationships are, so on and so forth. Again, the more deeply he is absorbed in these thoughts and memories, the more intense is his happiness and, at that moment, he feels detached from all the rest or he feels lost in that experience.

Spiritual or Transcendental Yoga is based on the above two principle. One's consciousness is detached from this world and is focussed on or absorbed in the thoughts or memories of the Transcendental. But how?

To illustrate this, let us suppose a person utters the word 'sun' or you yourself think of the sun. What happens at that moment is that your mind, your awareness or consciousness goes outwards, straight on to an orb-like shining object that radiates light and heat and is called 'the sun'. Similarly, what a yogi does is that he takes his mind to the Soul World and he sees there, with the eye of mind, the conscient our shining star that God is; and he meditates on His attributes. He stabilises in these thoughts and this absorption leads him to restfulness or relaxation to the highest pitch of bliss.

Spiritual or Transcendental Meditation



When you think of the sun, the eye of your mind sees the shining sun in the sky and the thoughts come to your mind that the sun gives heat, light, etc. Similarly, think of God, the brilliant Point-of-Light, in the Soul World, and let thoughts come to your mind that He is Peaceful, Blissful, etc. This is the way of Meditation. At first, your mind would, perhaps, not have perfect stabilisation, but keep on contemplating with deep love, and your Meditation will take the form of concentration and then you will have realisation of the self, God and Peace.

WHERE DOES GOD ABIDE?



God is our Transcendental Father in Brahmloka, Parloka, Param Dhama or what is called the Highest Heaven. If He were immanent in this world, like fire is in an iron ball, then His attributes—purity and peace—would be omnipresent too and there would be no need to seek a vision of him or His protection. But, such is not the case. So, God has a form though He is without a body. It should be a matter of shame for man to believe that eve-teasers, murderers, crocodiles, serpents etc. are various forms of God.

God is in Brahmloka

IN Gita, the famous scripture, it has been said: "Whenever there is complete irreligiousness, I take a corporeal form...." It has also been said, "My abode is located beyond the light of the sun, moon and stars." This clearly points out that the Supreme Soul abides in *Brahmloka*—the World, where the souls dwell after liberation. Yet there are many people who think that God is omnipresent or that all beings are different manifestations of one same God! The question arises: "If God, the Giver of health and happiness, were omnipresent, or were Himself manifest in various human forms, why should a person be diseased at all or why should he pray to God for relieving him of the pain?" Does this not show that God has His existence different from individual souls?

Again, it is a matter of common observation that, when fire pervades an Iron ball, the iron also gives a burning sensation and begins to glow like the fire. Likewise, if God, the Ocean of Purity, Peace and Bliss dwells in the heart of all beings, why should not there be vicelessness, peace and bliss in all and why should there be no consciousness at all when a soul has left a body? Do these facts not betoken that God has His own separate abode; He does not dwell in all? Otherwise, if God, the loveful Father, dwelt in all or if all beings were manifestations of God, how would you explain the stabbing of a man by another man or the aspiration of the vision of God by a Yogi? It would only be self contradictory to say that even a criminal, a crocodile, a snake and a pig, all are manifestations of God. Let all know it clearly that God is the Parent Soul in Brahmloka, i.e. the Soul World, whose vision the yogis aspire.

It is a point worthy of consideration that, if God were omnipresent or if all beings were manifestations of God, there would be no sense in withdrawing our mind from all directions and focussing it on God. In that case, one would let one's mind wander in all directions. But as one knows *Pratyahara* i.e. withdrawal of mind *Dharna* i.e. holding the mind at one point and *Dhyana*, i.e. Contemplation or Meditation on Him as a Special Person (*Purusha Vishesha*), are the prime factors in the practice of Raja Yoga and all these refute the belief that the self is God or that God is omnipresent. Those who believe that God is omnipresent, seek to concentrate on the tip of their nose or on the point between eye-brows or on a candle-flame which are only material objects. One should, in fact, concentrate on God, who is a Point-of-Light in the Soul World.

God The Most Beloved Father

IN order to have mental, emotional and spiritual link with God, one loves and regards God as one's spiritual Father, Teacher, Saviour, Mentor and Guide. For this, one has to understand clearly that God is called the Father not because man owes the procreation of his body to Him and not because God created Matter or the souls but for other reasons. The following few usages of the word 'Father' will make this point clear.

One calls the Mayor of a city as 'The City Father' not in the ordinary sense of the word but in the sense that as Mayor, he is chiefly responsible for the peace and welfare of the people abiding in the bounds of the city. He is called the City-Father because over-all, he looks after the health and happiness of its inhabitants as a father should look after his children.

Again a person who has been the key figure in the task of political liberation of his country from the yoke of aliens, or who plays a major role in reconstructing his country, is known as the Father of the Nation. Evidently, he is called 'The Father' because he gave the political or economic re-birth to the nation which already had its territorial, linguistic, cultural, ethnic or social existence..

Similarly, a person who propounds a new theory or gives the world a new system of thought, is known as the father of that theory or that art or science. Further, one who commands respect among many people because of his wise guidance, affection and towering stature is also known as the 'Father figure'.

In the same manner, God is known as the Father of the world not because He created the souls or the Matter but because it is He who brings liberation to souls from the bondage of five vices which are the cause of all sufferings. It is not that he creates the world in any gross sense but that he brings about the spiritual regeneration. He gives them the moral and spiritual birth by teaching Divine Knowledge and Raja Yoga through the medium of a human being who comes to be known as 'Prajapita Brahma' or Adam. He is called the Father, for He gives to the mankind the inheritance of complete Purity, Peace and prosperity at the end of the Iron Age in each World Cycle. He gives them the love, guidance and care of a spiritual Father as also of a Mother, Guide and Preceptor. So it is most appropriate to remember Him as the Most Beloved Mother-Father, Teacher and Preceptor or *Guru*.

Dedication to God

MAN has in him many shortcomings and flaws. But perhaps the greatest of all vices in man that brings his downfall or creates hurdles in his life is his ego and his emotional attachment. It is pride that spoils man's relations with others and makes his behaviour rough or unrighteous and it is mental or emotional attachment that puts him in various bondages and bogs him down in the marsh of vices or the quagmire of Maya. Yoga is that frees man from his enslavement to these two.

Raja Yoga enjoins upon man to dedicate himself to God. It demands man's devotion to God, considering Him as the Holiest, the Wisest, the Mightiest, the Most Beautiful, the Most Faithful and the Most Merciful and Loving Father. This naturally makes him to have unswerving faith in God and to surrender himself unto Him so that His divine forces can work upon him to remove the hard crust of vices or the rust of evil that covers him. This inner feeling of self-surrender brings to him the meekness so that he now thinks it fit to act upon the advice of God and to act according to His will. His pride of erudition, worldly wisdom, riches, youth and vigour etc. now vanishes and instead, he now becomes humble, kind considerate and compassionate in the way of His Master or Mentor—the Most Merciful and Benevolent God Shiva.

Because of this dedication his love no longer remains confined to his few friends, blood relatives or to those whom he likes. Its sphere now widens and takes the whole world in its range for He now considers the whole world as his family under the Fatherhood of God. Now He has not only the spirit of comradeship but of brotherhood. There cannot be in him now any idea of exploiting others or harming them even in thought.

His mind is now not divided by distinctions of race, caste, colour or language, rather he looks upon the world as a Drama, having huge variety and he has love for all. He does not have attachment towards some, aversion or ill-will towards others and a feeling of no-concern towards the rest; rather he feels that he should be of service to the world so that it becomes a better place to live in. He now lives as a trustee under God and has therefore, no lust.

Considered from this point of view a yogi does his duties without attachment and without ego. He considers himself to be in the service of mankind and acts according to the directions of God.

Pillars Of Raja Yoga

YOGA enjoins upon its practicant, a divine discipline because the aim of yoga is to purify the mind, to bring about a transformation in outlook and attitudes and to give to man a holy and happy frame of mind. In other words the high stage of yoga stands on some strong and firm pillars.

Of these chastity, continence or *Brahmacharya* is one. A yogi is not attracted towards the physical charms or towards sex-indulgence because his outlook has changed. He looks to the beauty of the soul. His mind is stabilised in *Brahma* as the word '*Brahmacharya*' connotes and therefore, he now takes pleasure in spiritual love towards all as a brother to other brothers because he is now soul-conscious rather than attached to the body. This soul-consciousness and *Brahmacharya* gives him great physical stamina, moral force and spiritual strength. It enhances his will-power and gives him clarity of judgement, efficiency and equipoise.

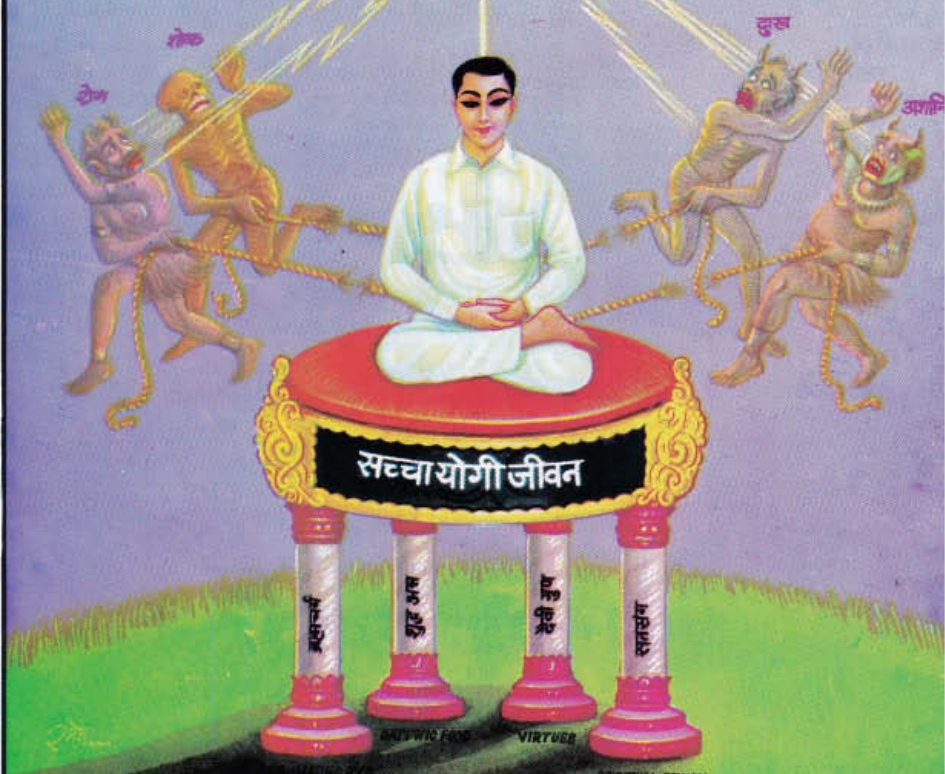
Another important pillar is the *Sātwic* diet. Food has great effect on one's mind. A yogi does not take meat, eggs, alcoholic drinks or tobacco. He does not kill for his food nor does he earn his bread by unrighteous means. He makes offer of the meals to God and then takes it as *Prasadam*—God-blessed, consecrated food that becalms and purifies the mind.

Satsanga is another important pillar. One who wants to be a good yogi, has to refrain from bad company, bad books and bad thoughts and should attend spiritual congregations. This helps in acquiring good habits.

Divine Virtues also constitute one of the pillars. Without humility, contentment, cheerfulness, introvertness, sobriety, geniality and other divine qualities, yoga does not stay.

If we ponder over deeply, we will come to the conclusion that man loses his mental calmness and equipoise either because he takes an intoxicant or stimulant, i.e. non-*Satwic* food or because of his sex-overtures and loss of stamina or because of lack of any divine quality such as toleration, amiability, geniality, humility, etc. Therefore, it is necessary that, in order to be a Raja Yogi, one takes only *Satwic* food, observes *Brahmacharya* and cultivates divine qualities in the self. For this, one should attend spiritual congregations. In other words, one should build the edifice of Yoga on these four pillars.

राजयोग के स्तम्भे PILLARS of RAJYOGA



राजयोग से विकर्म विनाश

Continence, Vegetarian and Sattvic diet, Divine Qualities and Spiritual study- these are the pillars of Raja Yoga which enable one to get liberated from the bondage of peacelessness, sufferings, disease and grief. Raja Yoga, it is that burns away one's past karmic impurities as a lens enables the sun-rays to burn a piece of paper at their focus.

FOLDS OF LOVE



Love has now taken the perverted form of sex-lust or attraction towards flesh. This has given rise to infidelity and immorality and youth-problems. It has also resulted in disrupting family life. Now love is to be spiritualised by directing it towards God who is the Loveliest and the most virtuous one. This re-direction of love to God is called-- 'Raja Yoga'. Love of God as the World Father is a strong force that takes mind to God, the focal point for a Raja Yogi.

Folds of Love

LOVE is something divine and most essential for man's happiness. If man's relations become estranged or strained, there is tension. But we find that in many cases, this love is misdirected or perverted.

Let us suppose that there is a married couple. It is expected that they are on cordial relations and are faithful in their matrimonial relations. However, an element of infidelity is observed in these relations also these days. This is not unusual but has become more and more common with the passage of time. The young ones are left uncared for, the home no longer remains a home and this in turn, has numerous other serious consequences.

There is a bad effect on the children, due to the absence of parental love something is left wanting within the mind of the child and he seeks other means of getting love or manifesting it. Many children take to lascivious behaviour in their adolescence. So the number of unwanted children is increasing daily, together with the cases of abortions and illicit relations, beginning at an ever-younger age. The birth of the hippie cult and the drug-addiction may also be traced to lack of parental love at home.

The solution to all these problems is to forge a metal link or love-bond with God, whose love towards human beings is spontaneous, absolutely unblemished, unselfish, and is the love of a Mother, Father, Friend and Guide-all in one. It is the only kind of love which elevates the person who receives it. Unlucky is the person who misses this kind of love in his life.

There are eight qualities, when observed in a person, consciously or subconsciously, arouse love towards him. These eight qualities are: (1) loveliness (2) A feeling of belongingness (3) Virtues (4) Energetic (5) Thrilling nature (6) Harmony (7) Eternal love and (8) Easy-going nature.

If all these factors are not present, at least some of these are noticed consciously or sub-consciously before one comes to love a particular person. We do not mean that one makes a special effort to discover these qualities and then love is born out of some conditions but it cannot be denied that one does take notice of some of these qualities, either all at once or over a period, and then love comes into play.

Deep thinking reveals that all these qualities are in fact found in God at their climax. One gets them in full measure from God if one fosters a love-bond with Him, but that object can be achieved only if one truly understands what 'I' stands for. For, the relationship with God is as between a Soul and the Supreme Soul.

The Stages of Yoga

WHEN a person first begins to practice Yoga, he is able to stabilize his mind on God for some seconds while, during other moments, his thoughts are scattered in all directions and towards many objects. There are some practicers who are able to control and calm down their mind in a trice and they bring it to focus on God without much efforts whereas others take time to do it but, in either case, the efforts are quite rewarding. When the mind is stabilized on God even for a split second, it brings so much inner peace and such an ecstatic taste to the mind that it is drawn again and again towards God so as to have more such experience. Even though the moments of concentration be few and short, this practice is at least an attempt to control the mind and to subdue it and bring it to a point, which in itself is a great thing and of great use even in their worldly life. So, one should not get frustrated or become ill-at-ease with one-self if, during the initial attempts, one notices in one's self the inability to control the mind for a couple of minutes at a stretch. For, even the idea of taking the mind to God is golden and rewarding in itself; millions of people are poorer in their minds because of the lack of this idea in them.

Meditations : Concentration

In this second stage, one is easily able to switch on one's mind to God, as one would switch on the light. One only thinks of God with the deep emotion that he is the most beloved Guide and Friend and Mother-Father, and one's mind goes in that direction, and only a very small fraction of one's thoughts fritters away. One begins to feel ecstasy and becomes intoxicated with the divine love and bliss. However, the full blaze of yoga has yet to be lit. That would be the third stage, called 'Concentration.'

Realisation

In this stage, a man finds light, peace, bliss and might, descending on him and spreading through him into the world. It is such a wonderful experience that one feels that all the treasures of the world fade into insignificance in the face of this attainment. At this stage, love, peace and bliss do not remain merely stale and feelingless dictionary words, but one takes a dip into their essence, or one is drenched in them. These penetrate through one's very being so deeply that their effect lasts over long periods even after this period of intense meditation is over.

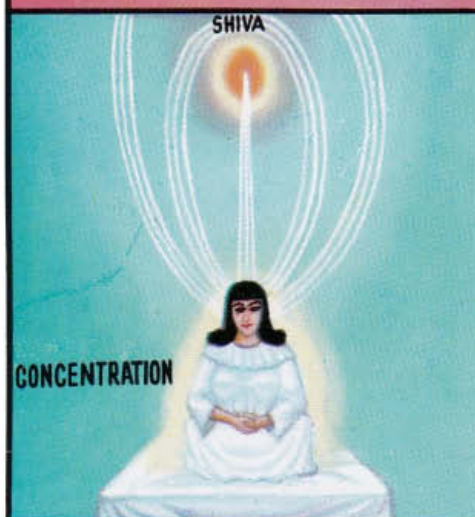


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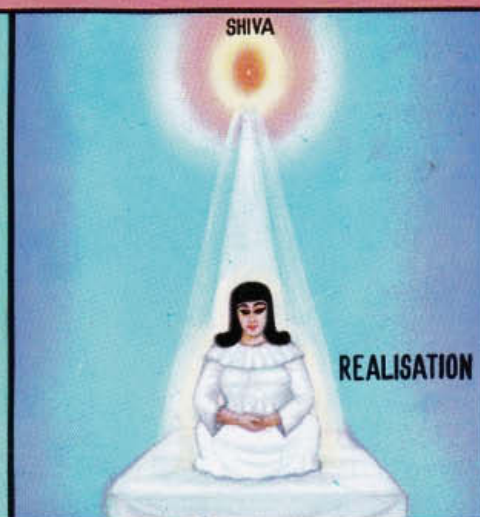


MEDITATION

STAGES IN YOGA



CONCENTRATION



REALISATION

THE MEDITATION AND CONCENTRATION OF A RAJA YOGI ARE TRANSCENDENTAL AND THEY BRING TO HIM REALISATION OF PEACE AND OF SELF.

There are different forms or levels of consciousness. Most people identify the self or God with a body—gross or subtle or their consciousness is engaged with the thoughts of material things, however abstract. But a Yogi meditates on the transcendental self (considering the body as a mere mask) and on Incorporeal God.

VAGARIES OF MIND

OURSELVES

OUR FAMILY

OUR NATION

MO-RO-HZMIZIND-CH-OMMZO-AMGZD-JNCT-XMUS



RIDING ROUGH SHOO OVER OTHERS FEELINGS

EACH ONE BLOWING HIS OWN TRUMPET EVERYONE BEATING HIS TRUMPET

Peace lies in equilibrium, calmness and stability of mind. But sex-lust, anger, greed, attachment and pride raise strong waves in one's mind. They disturb man and his family and create problems for the nation and mankind as a whole. Raja Yoga sets the mind at rest as it makes man soul-conscious. The bliss a yogi gets, quietens his mind as it makes him love all human beings as brotherly souls.

Vagaries of Mind and Emotional Disturbance

MAN'S mind today become vagrant. This has caused him a grave emotional stress and the latter, in turn, has given rise to many problems in the sphere of the family, the nation and the whole world. An analysis of the situation would show that most of the problems, today, whether in the sphere of family, the Nation or the world stem from any one of the six main kinds of perversities or uncultured tendencies of mind.

For example, the sex-lust in man has resulted in the oversized families, in thousands or millions of uncared-for and unwanted children, and unemployment in the Nation. So, in the world today, we have the grave problem of over-population with its economic implications and social and other ramifications. The situation has become explosive due to baby boom. "Prevention", it has been rightly said, "is better than cure" and so the wise solution of all this would be to observe the noble principle of Brahmacharya—Continence—so that man's better health and spirit and stamina is used for higher and nobler causes.

Again, anger is that causes man mental tension, nervous disorders, emotional disturbances and family broils and rocks the nation with many disorders. It brings forth violent agitations, strikes that paralise the industries and causes small and big wars. It makes man orgainse, at tremendous cost, the firing squads and fighting brigades rather than the 'Fire-fighting brigades'. It would be a holy and happy day when man realises that harsh words are like scissors that cut asunder the minds that were once united and that fits of anger are no less harmful than hysterical fits, for under their influence, not only does man lose his own balance but he also disturbs others.

Greed too has had its own heavy toll. Gluttony, hoarding, tax-evasion and earning by unfair means which are various forms of greed, seriously erode man's personal integrity and moral fibre and heavily tax man's tranquility. It raises the number of gamblers, hoarders, profiteers, black-marketeers and all other who want easy money. The legal profession thrives, for litigation increases and law becomes complicated and voluminous. There is economic exploitation in the world and the rich shed only crocodile's tears over the fate of the lower lot. Should man learn

from what Alexander, the Great, said to his Generals when he was dying. "The world would be a better place to live in, the man who earns by unfair means dies a sorrowful death, for he has caused sorrow to so many people. He may collect astronomically large amounts of money but he cannot eat more than his hunger demands nor can he sleep in more than room."

Attachment to one's relatives and friends or to articles of food also gives to man many shocks in life. It proves nerve-racking when a near and dear one is down with some disease or dies because of it. One who is tied to someone by mental bonds, goes in life like two persons joined in a three-legged race. Because of attachment to one's caste, language, communities or country, the world is, today, divided into various fighting factions or nations confronting other nations. As acrobats leave their swing or sling to hold the hands of others, hanging down from their slings, in full view of the spectators, the nations, to-day, enter into various alignments. The lion of Nationalism has almost devoured the brain of the venturing U.N.O. Now, one can safely cross the ocean of the world if one considers attachment as the rock in and roughness of the sea of existence and as an obstacle to smooth-sailing in life.

Pride also raises high tides in the mind. A proud man sees a magnified image of his own self as one sees one's face in a concave mirror. He is happy in the company of flippants and yesmen only. He rides rough-shod over those who are men of small means. He is in the habit of blowing his own trumpet or beating his own drum. A nation, which has people drunk with pride, has to pay a high price to keep itself united and to set its house in order, for there is always a tendency in its people to tear away and form into separate groups. The world today is suffering badly because of leaders who are men, proud of their economic strength, territorial superiority, bigger population etc. Wouldn't man have sanity if he understood that pride of all these is a childish pride of mere toys.

Thus, it will be found that abstinence from these five vice besides the sixth which is sloth or indolence, is the path of wisdom. A Raja Yogi takes to this path. In order words, he becomes a holy man. In fact, such a path is not only to a man personally but to the family, the nation and the whole world.

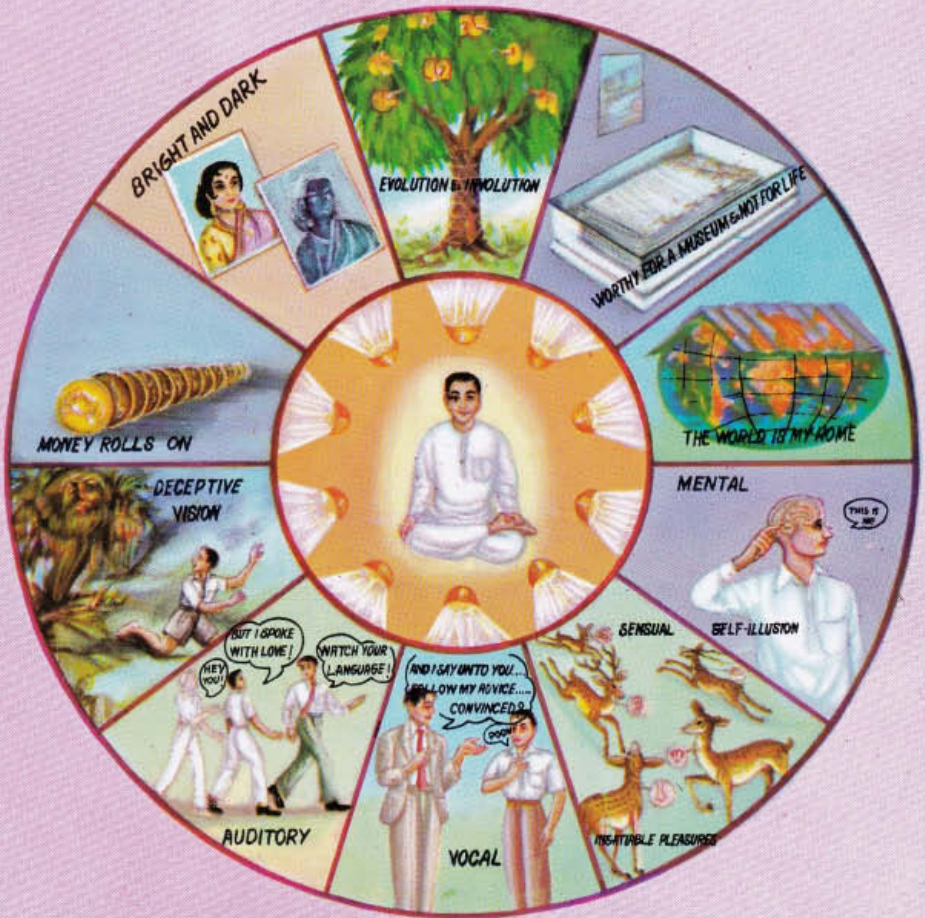
VAGARIES OF MIND

OUR WORLD SOLUTION



Over-population, Violence, Exploitation, Groupism, Power politics and callousness are due to these vices. Raja Yoga enjoins on us to conserve and re-channelise our vital energy for constructive purposes and nobler causes, to consider anger as fits and harsh words like scissors and attachment as a hurdle to smooth-sailing and arrogance as vain pride for one's toys. Thus, a Raja Yogi does service to the self, the family and the society.

DELUSION ILLUSION & ENLIGHTENMENT



A Yogi knows that money rolls on, that appearances have both the bright and the dark sides, that evolution has in it the seeds of involution, that preserved tradition has in it some meritorious and also many outmoded features. Thus, he has no delusion. His outlook does not deceive him nor other organs cause illusion. He is truly enlightened. So his actions are righteous and he is happy.

Delusion, Illusion and Enlightenment

WHEN a man is body-conscious, his knowledge of things is not such as should illumine his mind and give it virtue. For instance, when he sees a beautiful lady, he becomes bewitched by her facial appearance, easily forgetting that this is a momentary phenomenon. But the reality has dawned on a Raja Yogi, who knows that all that glitters is not gold. A beautiful photo, for example, has its negative in which the figure looks like a ghost. So, the beauty of form does not captivate him; he only appreciates it.

Similarly, though a Raja Yogi earns money and makes use of it, yet he does not hanker after it nor lose his mind if he loses the money, for he knows that money rolls on.

A non-yogi may notice hostility, opposition or hate in certain persons, though it is actually based on his own deceptive mind even as a boy, sometimes, sees a ghost in some plant in the darkness. But a Raja Yogi keeps his mind free of negative thoughts and tension.

Take an example. A man, in a jolly mood, says to his friend, walking ahead of him; "Hi you"! A non-yogi may feel pricked and may turn in upon the man, asking him to hold his tongue. But a youi takes things in a good spirit and is not easily provoked.

Similarly, a yogi does not feel bedazzled by sense-objects as a deer does on a hot day in summer, wrongly perceiving the sand dunes at a distance as ripples of water.

A non-yogi may feel very proud of his ownership of a little piece of land. But a Yogi considers the whole world as a family.

A Yogi talks out of necessity only and gives proper regard and love to others, and says things without any prejudice and without authoritative tones. Thus, he is saved from odd dituations, resulting out of rebuff from others.

Likewise, he does not keep himself bound by the shackles of whatever is old, by giving to it the beautiful name of "ancient culture", but he considers things on their merits. The past may be worthy of only being shown in a museum, rather than being translated into life in modern conditions.

Again, though he likes and admires the beautiful trees and fruits, he is not overwhelmed with one-sided feelings becuase deep in his mind, he knows that inherent in it are the forces of involution.

Thus, a Yogi is free from delusion and illusion. He is truly enlightened. His source of knowledge is God and so he knows the universal and ultimate Truth. He has knowledge of past, present and the future of the world and also knows the regions beyond Space.

Ideas On Beauty

IT has been aptly said that a thing of beauty is a joy for ever. It has to be seen, however, to which kind of beauty this saying applies.

It is observed that a person, having facial beauty, is not necessarily beautiful at heart. For example, a lady who has attractive looks, no longer looks beautiful if she acts like an enraged bull in a china shop. So, it has been truly said that handsome is he that handsome does.

Again, beauty is subjective. For instances, anyone who is a lover of Nature, cannot resist being drawn to a beautiful flower but to a bird a flower is only a thing to be nibbled at. So beauty does not necessarily lies in the colour or contours, rather it lies in the eye of the beholder.

Further, in this attitude towards beauty, man seems to be oblivious of what lies under the skin of the person he loves. For, if he had remembered that underneath the skin, is the net of nerves, muscles, bones, etc., his idea of beauty would look only meaningless. It is, therefore, that the saying goes that beauty is only skin-deep.

Again, time also leaves its own indelible marks, in the form of wrinkles, on the face. In points to one's vanity due to one's beauty of form, because there is no element of permanence in the form of the race.

Disfigurement by accident also reveals that mere linear beauty of things is not a joy for ever.

Furthermore, man's body and its beauty are nourished and brought into existence by what a man eats. Hunger robs a man's face of what was, until then, called beauty. Similarly, disease, fatigue and worry also eat away what is called loveliness.

Moreover, in fact, the colours and form look as they do because of the presence of light, and the colours are nothing but the various rays with different wave-lengths, and undeniable is the fact that light itself is beauty.

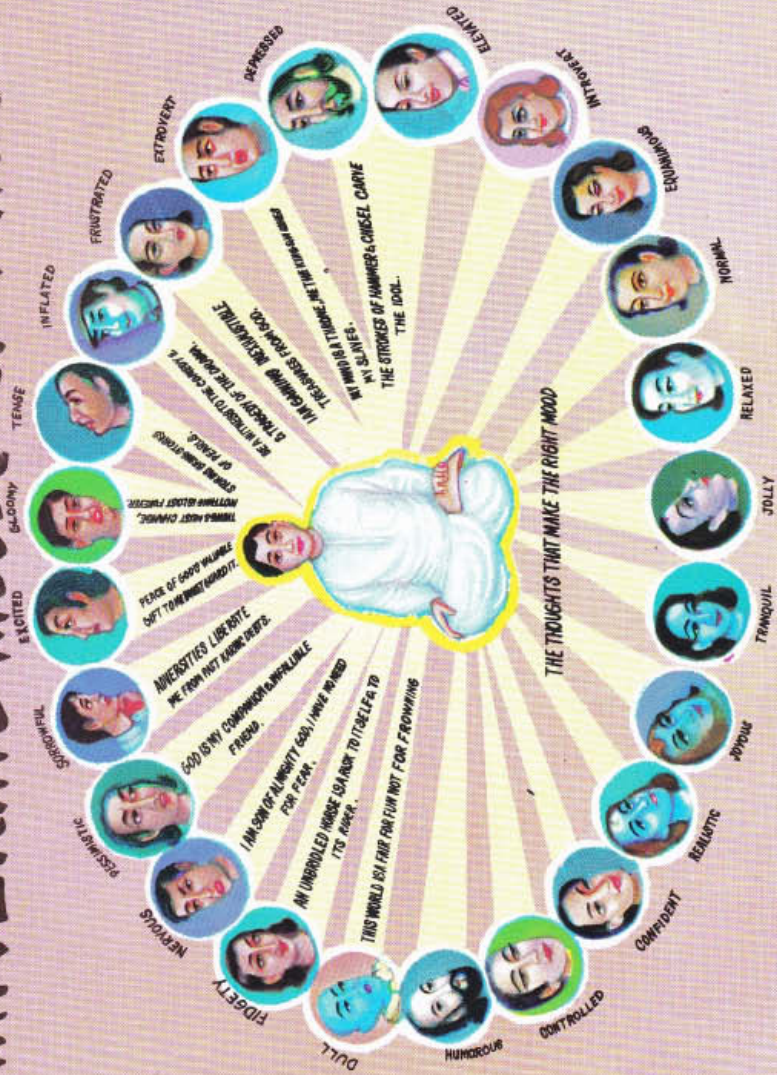
All these facts bespeak the truth that beauty, which has rightly been termed 'a source of joy for ever', should be something more lasting and divine. A yogi finds this kind of beauty in God, who is Light personified, who knows no disease, no accident, no sorrow, no ageing, no injury, no wear and tear, no fatigue, no weakness and is, in fact, one who blesses divine beauty, beauty of the mind, the spirit, the form and the actions. That beauty is exquisite, pure, natural, innocent and ennobling.

A person with a handsome face may have ugly actions, a beautiful flower may be just an article of food to a sparrow; beauty is nothing but some lines on and luster of the skin which is spoiled by Age and Disease. It is made of what we eat and it vanishes in darkness. Only God's beauty is everlasting. It is a real joy. A yogi loves God's beauty. God's beauty is so enchanting that nothing can stand comparison to it. Love with God enhances beauty of the spirit.



A THING OF BEAUTY IS A JOY FOREVER

WAVERING MOODS OF MAN



Because of lack of knowledge and yoga, man gets into various negative moods. The knowledge that this world is a fair for fun, that storms bring stores of pearls, that God, the Almighty Being, is our Father, Guide etc. etc. --and the conscious link with God-gives man a state of constant happiness. Why should we lose our mood if we know that loss of mood is loss of our happiness? Why should man lose his mood if he knows that it would create more difficulties.

Wavering Moods of Man

THERE is no person in this world who at some given point of time, has no mood at all. It has been found that the negative moods not only cause uneasiness or peacelessness to the person but they also affect his health and disturb the atmosphere around him. For, they set into action some such vibrations as cause dispeace. So, there is need of knowing the art which enables one to keep happy always and in positive moods.

The art of yoga enables one to achieve this object. But how? It has to be noted that the method of practice of Raja Yoga is based on positive thoughts which give noble sentiments and a happy mood, for the saying goes: "As you think, so shall you become." If, for instance, a man thinks that he is weak, his lack of confidence in himself makes him tremble in the face of a difficult situation. So, this gives the clue to what method one should adopt in order to have the right type of moods, namely that one has to change the thoughts from negative to positive ones. This is exactly what a Raja Yogi does. His positive thoughts are the thoughts connected with one or the other positive virtues of God or positive goodness of the world, or the hopes about the future. This can be illustrated by the following example.

Suppose a person feels nervous in some situations because he thinks that he is unequal to the difficulties and has no one to help him, to sympathise with him, or co-operative with him. Now, this feeling fritters away his thought-power all the more and distracts this attention away from the problem so that, even before he has given a good fight to the problem, he has surrendered his arms completely and thus denied to himself even a trial or a chance. The way of a yogi is however different. He has the firm faith that God is his infallible companion and his unailing helpmate and since God is Almighty and invincible, he believes that even the remote question of his getting defeated does not arise. Now, this faith works like many horse powered of energy. He is able to push his cause and put his maximum strength, with all the will-power and concentration at his command. It has been found that, in many cases he succeeds.

This is not to deny that, in certain cases, a man of God, i.e. a yogi, also faces failures, but his faith in God's companionship gives to him the inner strength to withstand that harm easily and without any feelings of unhappiness. It will be found that the thoughts that a yogi has and ediatates in his mind, are positive.

Because of these thoughts, he feels joyous, relaxed and introvert and acts with equanimity, confidence and tranquility and does not lose his humour.

Mental Postures of a Raja Yogi

RAJA Yoga, which is yoga in the real sense of the term, requires the practice of mental, not physical postures.

What is meant by mental postures can best be explained by comparison with the postures in *Hatha Yoga*. A *Hatha Yogi*, for example, practises the Lotus Posture *Physically*. Compared to his, a Raja Yogi makes his *mind* like a lotus. That is to say that a Raja Yogi discharges his worldly responsibilities without his mind getting polluted by the evils of this world. Take another example. A *hatha yogi* tries to balance his *body* on his head. But a Raja yogi always keeps his head, i.e. his *mind* in equipoise. To him, keeping the head or mind balanced is more important than balancing on the head. For, if one is not given to outbursts of fits of anger, frustration or worries, there is little cause for getting any disease.

Similarly, a *hatha yogi* practises the *Shava asana* after and before every *asana*. A Raja yogi, on the other hand, repeatedly takes his mind into the realm of dead silence and withdraws himself from the body, just as the soul does when it finally departs from its mortal coil. Like a tortoise does, he winds up his sense away from their objects, and his mind also, at that time, ceases to think of the worldly objects.

A Raja yogi takes certain mental postures in another sense also. For example, take the case of a man who thinks that his particular right has been denied to him. He becomes angry and in order to redress his grievance, takes to harsh language and unpleasant ways and thus, causes disturbance to others. But a Raja Yogi, who also knows what his rights are, minds not only his rights but he also minds whether what he is doing is right.

Again, a Raja yogi knows that being a slave to gluttony, adultery or to other kinds of sense-gratification, is like being a puppet in the hands of the great Temptress, that is *Maya*. So, he refrains from this.

Also, if someone misbehaves, he does not get provoked but treats him with pity, thinking that the latter is mentally sick.

These and such other are the mental postures which a Raja yogi takes to so that he can lead a holy and happy life. By means of these postures, he remains free from dejection, disappointment, nervous tension, mental pollution, various fobias, complexes, nervousness and the like. He feels that he is blessed and lucky and has inner satisfaction.

POSTURES OF A RAJYOGI

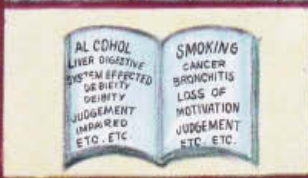


A Hatha Yogi performs physical postures but a Raja Yogi takes to spiritual postures. Instead of balancing the body on his head or sitting in a lotus posture, he maintains the balance of the head (mind) and gives to his mind the lotus posture. He draws back the senses and adopts firm posture in face of provocations and temptations. The mental postures of a Raja Yogi guard him against moral and spiritual diseases and bring him spiritual health, elasticity and active nature.

HABITS

CAUSE

EFFECTS AND CURE



Depression, maladjustment, bad company, love-starvation, etc., lead one to smoking, drinking, and drug-addiction. These habits are a drain on money, cause disease, give wrong mental attitudes, vitiates the atmosphere and are hurdles in spiritual progress. By taking to lifebuoys of Bliss, God's Love, etc., one can sail across the whirl of these habits.

Habits—their causes, effects and cures

IN the world, as it is today, man acts more according to his second nature, i.e. his acquired habits, than according to his original nature. He even desires to be released from some of his habits but the voice of his original nature, which had its footing in purity, has become feeble, the will power to resist the harmful urge has become weak and the path to freedom from these is not known to him.

Let us discuss about the habit of smoking and about addiction to alcoholic drinks, other intoxicants and L.S.D. drugs. Why does one take these? If we go into the cause, we will find that mental depression is one of the causes. In order to forget, for a while, one's losses, failures and difficulties, one takes to drugs or to smoking, for one drinks that one finds in the smoke an expression of one's disgust and dejection. Lack of love on the part of one's close friends or relatives is another cause. In these days of rat race, loss of face and maladjustment also impell one to take to these. Man's fidgety mind or has mental or physical fatigue or his mood of frustration or the feeling of loneliness also are the factors that take him to these habits.

Let man clearly understand that, by taking to these, he is not only going in for life-long slavery to these habits but that these would constantly drain his purse, make him adopt the escapist attitude to life, impair his nervous system, affect his lungs, cause him diseases, like bronchitis, cancer, etc. and pollute the atmosphere or set bad example unto others, lead him to various accidents and also set great obstacles in his path to spiritual elevation etc etc.

Also, one should know that man's pleasure, in fact depends not upon the objects he takes but on his mental tastes and that escapism by means of intoxicants does not solve problems as a pigeon does not gain safety by closing its eyes when it sees a cat advancing towards it and that the urge to take drugs or to smoke is like being carried away by a witch, one would consider these drugs and drinks as not only vain but positively harmful things.

One who does not get love from one's kith and kin, should know that God alone constantly, gives unselfish love. If one has weak will power, one should know that, just as a battery is re-charged with the help of a dynamo, will-power is generated by Raja Yoga.

A Raja Yogi acts according to the above guidelines. He knows that, to a person whose ship of life has met with accident against the rocks of habits, the rescue boats of divine knowledge, the life-buoys of God's love, bliss and will-power are the only aids.

Divine Virtues

IT is the divine qualities that make man a gentle and a noble man, and enables a person to become a great yogi. The divine virtues give man spiritual strength and peace and enable him to serve others truly and thus be near and dear to them and to God.

Cheerfulness stands high among these. As a flower spreads its fresh fragrance all a round in the atmosphere, a smile on man's face cheers up the spirit of others who come in his sphere. Thus, a cheerful man does silent service to others.

Tolerance and Patience too are sterling qualities. They give to man's mind the strength of steel. Like the seat-cushions or the buffer springs, they work as shock-absorbers in life. One who has these can withstand great hardships and bumps.

Sweetness of language and temper is another great virtue. One who discerns only the good qualities of others, is a man of great merit. As a bee collects sweetness from flowers, so does a man who has an eye for others' merits, gather good points, and he himself also becomes a store of sweetness like a honey-comb.

Humility is another high quality. One who thinks himself to be a humble man, is considered by others to be a great man or a saint. A king, wearing a crown, rules over this kingdom only, but a man having humility, though without a crown, is a king in his own right; his kingdom knows not the barriers of territory of time, for he rules over the hearts of men of all ages.

Fearlessness saves man from worries and suspicion that causes man pain, as much as a person being hanged on the gallows, feels. Thus, he lives a care-free life as against a coward who, as the saying goes, dies many times before death.

Contentment is of very great merit. A man who is contented is richer than the wealthiest man in the world, for he is not riding the wild horse of unfulfilled wishes. He considers the points of God's knowledge as so many gems being showered on him by God, and looks upon his righteous actions and his yoga as the great treasure.

Self-confidence is, undeniably, a very important quality that one need have so as to attain success in any great task. It is this that enables man to consider a mountain as a mole hill whereas one who lacks in this quality looks upon a mole hill as a mountain.

Straightforwardness enables man to fit better in society. People do not have to be afraid of his intrigues or his tricks. On the other hand, a crooked man is like that nail or a peg which has many bends.

Again, Service-to-others and the spirit of renunciation are qualities that make a man truly great and happy. A man who has other qualities but lacks in these, is like gold which lacks in fragrance.

These and many other divine virtues come to a yogi as he establishes a link with God who is the perennial source of these.

DIVINE VIRTUES

STRAIGHT-FORWARDNESS

MAN FITS BETTER IN SOCIETY, A DRAG ON FAMILY, A PUZZLE TO FRIENDS, HANDICAPPED IN TRADE, A FREAK IN SOCIETY, CROOKEDNESS MAKES A MAN A MISFIT.



CONFIDENCE

SELF-CONFIDENCE



FLOWER WITHOUT FRAGRANCE

SERVICE

MAN WITHOUT RENUNCIATION AND SERVICE



HUMILITY



WORDS OF WISDOM
A KING WEARS HIS
CROWN OF GOLD BUT
QUERIES HIS KINGDOM

A SAINT IS A KING IN
HIS OWN RIGHT, BUT
HIS KINGDOM KNOWS
NOT THE BARRIER OF TERRI-
TORY OR TIME. HE RULES OVER
HEARTS OF MEN FOR HE HAS
HUMILITY.

PICK THE BEST OF THE BUNCH

CHEERFULNESS

A SMILE IS THE BEAUTY OF THE FACE.



FEARLESSNESS



A COWARD DIES MANY TIMES BEFORE HIS DEATH.

TOLERANCE & PATIENCE

CONTENTMENT
A MAN CONTENTED IS RICHER AND HAPPIER THAN

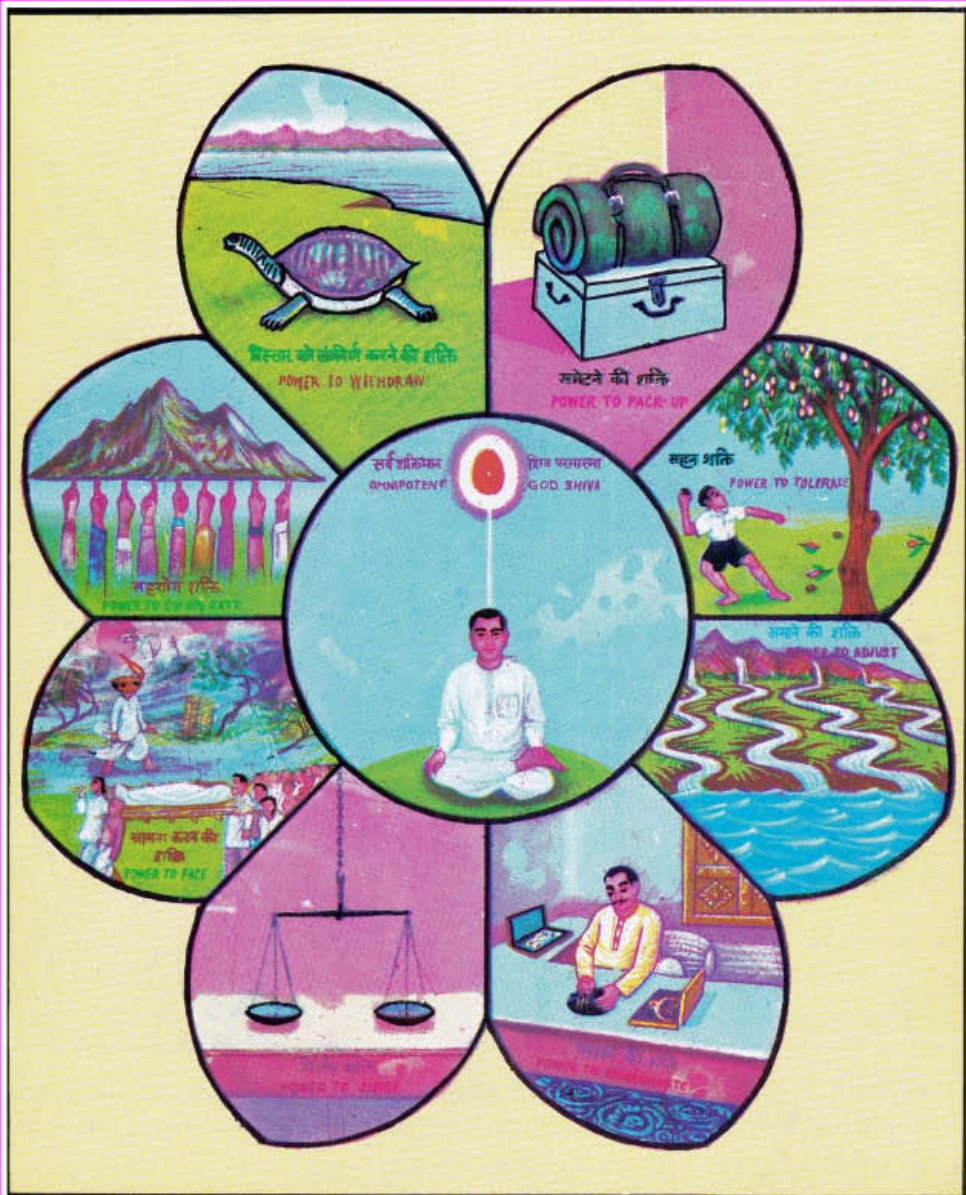


PATIENCE

SWEETNESS IS DISBURSEMENT OF MERITS

- CHEERFULNESS IS LIKE FRESHNESS
- SERVICE IS LIKE FRAGRANCE
- SIMPLICITY IS LIKE BEAUTY
- THERE IS NO SAINTLINESS WITHOUT HUMILITY
- THERE IS NO SUCCESS WITHOUT CONFIDENCE
- THERE IS NO EASINESS WITHOUT FEARLESSNESS
- CONTENTMENT IS MORE GOLDEN THEN GOLD.
- SWEETNESS IS MORE APPEALING THEN NECTAR.
- PATIENCE IS MORE PEROUS THEN PEARLS

Confidence gives man stability, Contentment gives constant joy, Fearlessness gives freedom from the gallows of suspicion and worries, Humility begets love from others, Discernment of virtues in others gives sweetness, Tolerance works like shock-absorbing springs, Cheerfulness works as beauty, Straightforwardness brings grace and Service brings fragrance. These virtues are attained through Yoga. It is these virtues that make a yogi different from an ordinary man and take him near God.



Raja Yoga brings to man the power to windraw from the body, to wind up one's thoughts, to tolerate, to accommodate others who differ with us, to judge the merits and demerits of things, to distinguish between right and wrong, to face odds and to co-operate with others in uphill tasks. These powers make life holy and happy. These eight and many more spiritual powers make a yogi see his path and work his way and be happy.

Powers Through Yoga

THE practice of Raja Yoga or intellectual communion with God brings into the soul many spiritual powers. Of these, eight are very important.

The power to withdraw is one of these. A yogi can act like a tortoise which spreads out its organs or draws them in at

The power to wind up is another one. A Yogi is not like those whose mind is scattered over the wide world and who is so much drawn out to men and matters that he is unable to sleep or to detach himself at his will. A Yogi can wind up his thoughts whenever he wills.

Yoga develops man's power of toleration. A yogi tolerates all verbal attacks on him and does good even to those who offer brickbats to him as trees offer fruits to those who pelt stones at them.

Practice of yoga makes man broad-minded also. It gives one the ability to accommodate others even as a sea embraces rivulets into it.

One also gets, through yoga, the great power of decision. A yogi can take correct and quick decision.

He also acquires the power to distinguish between right and wrong or good and bad persons as an expert jeweller can easily distinguish the false from the pure diamonds.

Yoga also develops in him the power to endure hardships. Adversities, like the death of those on whom one depends, may come and high storms may rage strongly yet his flame of equanimity does not get extinguished.

A yogi also develops in himself the spirit of co-operation. This is a great achievement because if everyone gives his little finger, the society could lift great mountains.

Evidently, these powers are not only of personal benefit but are necessary for building a good society. These qualities help build better relations with all, help in one's profession, in the sphere of home and in enabling man to be at peace with himself.

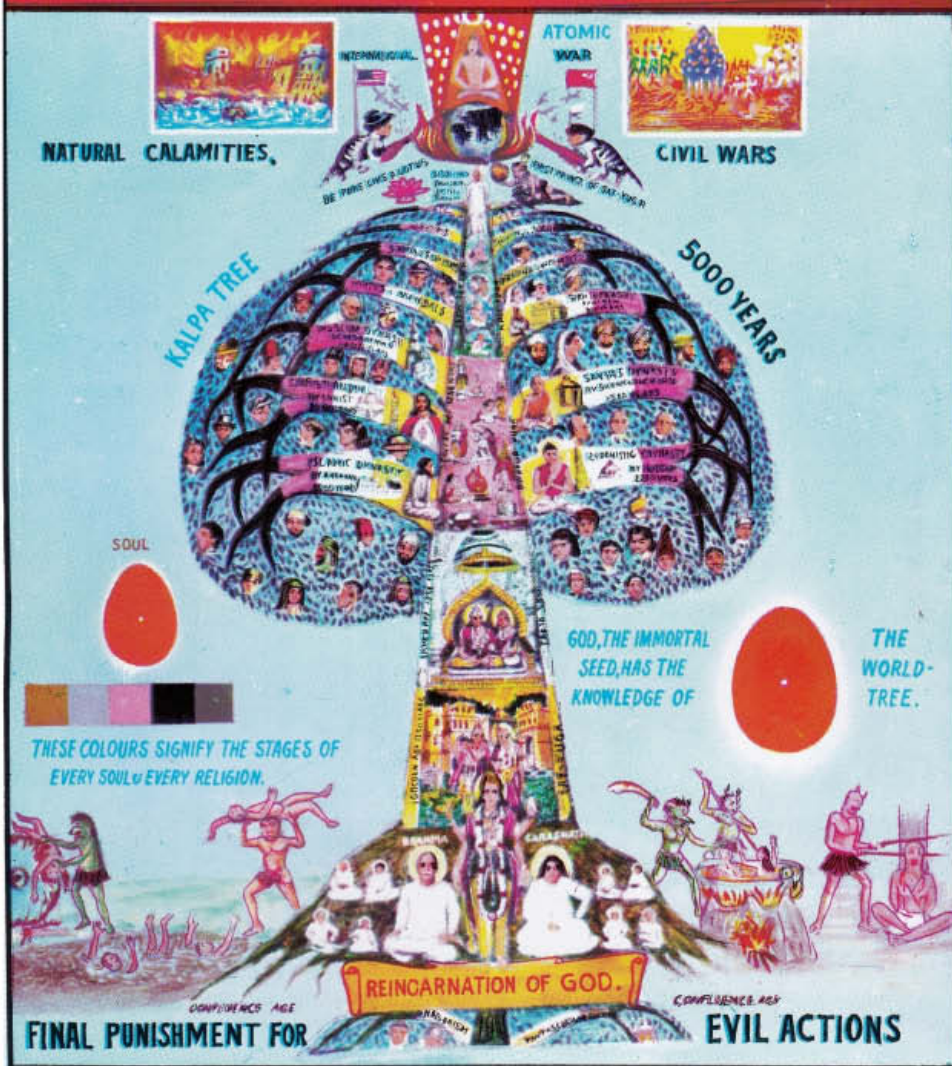
World Genealogical Tree

THE History of this world is depicted here in the form of a genealogical tree, called the Kalpa Tree. On its trunk is first shown the Golden Age and then the Silver Age, each having the duration of 1250 years. During this period there was only one practical religion, characterised by complete vicelessness, non-violence and peace. Therefore, the sovereigns and the people of that era are known as *devatas* or dieties. Shri Lakshmi and Shri Narayana were the first Holiness-cum-Highness in the Solar Diety dynasty in the Golden Age and Shri Sita and Shri Rama were the first holy sovereigns in the Lunar Dynasty in the Silver Age.

Gradually there had been a decline in purity so that, in the beginning of the Copper Age, sex-lust, anger, greed etc., accompanied by peacelessness, made their first appearance though in a very mild form. This happened because, by and by, people had become body-conscious. Now various religions began to be established. Abraham, Buddha, Christ, Shankaracharya and Mohammed established their respective religions. Scriptures were written, worship performed in various ways. Temples, Churches, Mosques, etc. were built and pilgrimages of holy places came into vogue. In course of time, these religions—the branches of the Kalpa Tree—got split up into sub-branches so that there was now internal strife and hatred.

Then came the Iron Age with more and more decay in moral values. Religion had got transformed into rituals or had become mostly theoretical by now. Now the world had reached the stage of complete irreligiosity and unrighteousness. Today U.S.A. and Russia have built up a great stock of nuclear weapons which in combination with natural calamities and civil wars, are ready. In the near future, there will be a great destruction of the world. Knowing this story of man from Age to Age, we should now make sincere efforts to transform ourselves into deities by means of Raja Yoga. We have now the golden chance, offered Once in a *Kalpa* (World Cycle), for we have now the direct guidance of God Shiva, the perfect *guru* (Master) and the *Yogishwara*, for he has now taken a corporeal medium to bring about the Golden Age in the world. The time we are now passing through, is known as the auspicious *Sangam Yuga*, *Amrit Vela* (time to get elixir), *Brahm Muhurta* (the most sacred hora when man should meditate on God). We can let this pass only at a grave, recurring loss to ourselves.

PANORAMA OF WORLD HISTORY



The world grows like a Tree. In the Golden Age and Silver Age, there is only one religion—the Deity Religion. i.e. all are holy or deities by nature. So, there is peace, love and prosperity in full measure. Later, body-consciousness and vices appear and various religions and their off-shoots also appear. The degeneration continues till the end of Iron-Age when man's acts lead the world to destruction through Nuclear War. etc.

The Load of Vices



The world is now on death-bed. All have heavy load of sins on their head. The nuclear warheads are hanging like the sword of Damocles from a slender thread. It is time that we take to yoga and make ourselves and the world free of mental pollution. Man, because of his wrong ways, has brought the world on the brink of Destruction. Raja Yoga is the only hope of man and this is the time to practise it for the benefit of the world.

Guilty Conscience or Loaded Mind

IN his dealings with others, everyone has done certain things which his conscience considers to have been wrong, unjust, unfair or immoral. There is none who has never done anything stealthily, deceitfully, roughly or greedily. There, certainly, have been occasions in life when one has been harsh or impolite to others or had ignoble feelings, like that of sex-lust, undue profiteering or manoeuvring. These and many other thoughts, words and deeds of man have caused suffering, pain, unpleasant feeling, irritation or uneasiness to others. And, one knows this consciously, sub-consciously or unconsciously. This is a great burden, one is carrying on in one's mind. This, sub-consciously, gives to man, at times, a mood of melancholy, despondency, desperation, dejection or the like. This guilty conscience affects one's present behaviour also. A man finds that without any apparent reason he feels in him lack of self-confidence or a tendency to be slack, pessimistic or irritable.

One should know that all this is due to the impressions of our past actions and thoughts left on our consciousness or mind. So there is dire need to erase or wash off these impressions and acquire in their place, positive mood, healthy and holy habits and sound and *Satwic* tendencies.

This is possible only through Raja Yoga. For in yoga-practice one makes mental confession of his guilt unto God and, thus, his hidden feelings find expression without fear of any untoward reaction from any quarters. This lifts up a great burden from one's mind. Also, meditation or cogitation of God's holy attributes, acts as a helpful factor for eradicating these past impressions as a needle pushes out a thorn or a new song erases the old song in a magnetic tape. There is no other way of doing this except through Raja Yoga.

But we find that in India people instead of taking to yoga, take to many rituals. When a man is on death-bed and his sense of hearing is found to be going defunct, they recite to him verses from the Gita and, when his consciousness is ebbing out, they put into his mouth, water from the river Ganges and when Soul, the Light, has gone, they light an earthen lamp to illumine his path! Alas, the man should have lit up his path by the torch of yoga while yet conscious and have taken sips of elixir of knowledge when yet alive.

The Ladder of Eighty-four Lives

THE rise and fall or the series of births and re-births of man may be compared to a ladder or a star-case, having eighty-four steps as the maximum. When the soul first descend from the Soul World, they have goodness, purity and good qualities in them and are, therefore, in their Golden Age. They take eight births in all in the Golden Age—the reign of Shri Lakshmi and Shri Narayana and their Sun Dynasty—and have all the good things that this World has. They descend along these stairs to the Silver Age which also is of 1250 years like the Golden Age or any other Age. Their stage of purity, peace and prosperity has by now lessened by two degrees. In this Age—is the reign of Shri Sita and Shri Rama and their Moon dynasty—they take twelve births, for the average life-span of a person in the Silver Age is 125 years whereas it was 150 years in the Golden Age. However, both these epochs are characterised by *Satoguna*.

Then comes the Copper Age—the period of *Rajoguna* when worship of Shiva, Shankara, Vishnu and other deities is started and temples are built at great cost to perpetuate their memory. During this epoch of 1250 years, the soul takes twenty-one births in all. The king and the subjects in this age are no longer worship-worthy or deity-like as they were in the Golden Age and the Silver Age; they have now become worshippers of their own ancestors and of their own previous forms even.

This is followed by the Iron Age during which *Tamoguna* pervades into the world. Now the worship of imaginary gods, the fire, the tree, the water etc. also takes place and people and people become extremely body-conscious and irreligious. Religious Conferences are held but to no avail. It is at such a point of time that the advent of God, the Knowledgeful, Peaceful, Blissful and Almighty Father, takes place. He, the Redeemer, takes all souls back to the world of liberated souls—through Yoga or through expiation and chastisement of souls at the hands of the Divine Adjudicator. That time has now come. He, the world's Beloved Father is now teaching Easy Raja Yoga to purify the soul and enable them to have peace. The great destruction of the world through a nuclear world war is round the corner.

भारत के 84 लाख और भारत के 84 लाखों की आकाश रजनी
 जो कि परित पावन, ज्ञान सागर, गीला ज्ञान दाता, परम पिता परमात्मा सुना रहे हैं।



भूतल पर 84 लाखों की आकाश रजनी, जो कि परित पावन, ज्ञान सागर, गीला ज्ञान दाता, परम पिता परमात्मा सुना रहे हैं।

(स्वर्ग)

शशि युवा दिन
 राम राज्या

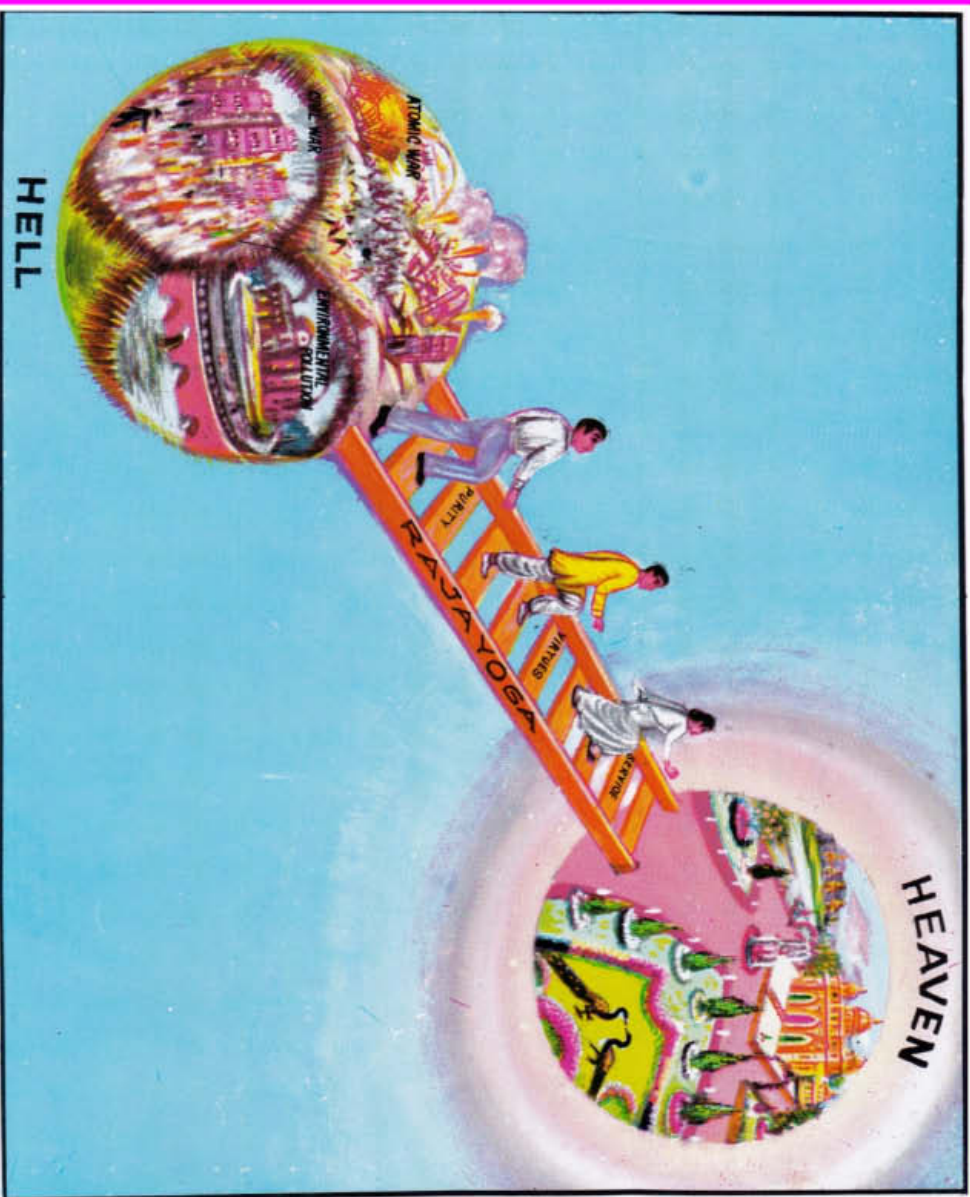


कलियुग
 4320 वर्ष
 कलहिन
 47 जन्म
 47 जन्म
 जन्मकालीन 47 जन्म



भूतल पर 84 लाखों की आकाश रजनी, जो कि परित पावन, ज्ञान सागर, गीला ज्ञान दाता, परम पिता परमात्मा सुना रहे हैं।

A human soul does not transmigrate into 84 lacs of species. If always transmigrates into human species and takes 84 lives at the maximum. Man is a deity at one end of this ladder-case of life and he is a devil at the other end. When he becomes utterly degenerate, God, the Holiest of the holy, descends to purify and uplift man back to deityhood.



The Environmental Pollution, Nuclear War, Population Explosion and Natural Calamities are soon going to burst out in this world which has become a veritable Hell. Knowledge and Yoga make the only bridge, leading to the Heaven—the World of Purity, Peace and Prosperity. As science has enabled man to yoke material resources to better use, Yoga enables man to yoke man's mind to better moral values which are necessary for a happy life.

From Crime Age to Divine Age

MAN today is unheedful of what effect his actions will have on others. He has scant regard for the welfare of others. His insatiable greed has resulted in inhuman exploitation of others. In this he has gone even to the extent of depriving others of bare necessities of life. Black-marketing, hoarding, bribery and adulteration hold no bar for him. He can adulterate even such things as food-stuff and spices and what are called 'life-saving drugs'. He can sell spurious medicines though it may injure the health of others. He even pollutes the atmosphere and the water-resources through the industrial wastes, chimney-soot and smoke from the motor vehicles to the detriment of all. To be brief, man is now living on brother man. He has now become callous and cruel.

His anger is now more wild than even the wild animals themselves. Though possessed with language and reasoning faculty, he strikes head against head to settle his disputes. And, his head has horns too and his hands have the claws too. He has spent astronomically high amounts to pile up Atom and Hydrogen bombs for destroying 'civilisation' and for feeding the cannon with fodder though millions of his brothers have nothing to feed them with.

Sex-indulgence has now become a means of recreation! About forty million people are being added to the world every year, with a great danger to the human race. Yet man has this animal instinct in such high degree that he has surpassed all animals in this amorous game and has even invented devices to avoid births though he continues to indulge in his prurient havits!

One can go on adding endlessly to the list of crimes and vices, for man to-day has become barbarous, liar, cheat, hypocrite. He wants to deceive God even by blaring up his prayers by the use of a microphone or by raising temples after making money through unfair means!

Such being the state of society, let us warn that the world is heading towards a major catastrophe through over-population, nuclear war, natural calamities, civil strife and environment pollution.

But let it be noted that divine efforts are also going on to sow the seeds of a divine world order by implanting divine qualities in the mind of those who are willing to listen to the divine call and to charge their ways. Those who would care would go via divine knowledge, Raja Yoga and virtues, to the divine world.

When if not now?

IN the present-day world, if a man is asked to spend a few moments for the practice of Raja Yoga, he says unthoughtfully that he will do so when he has retired from his business or has grown old. This in fact is an unrealistic answer. For, one does never know with any certainty whether until then one will live at all.

Further, if we consider various phases of the life of a human being, we will find that if he does not spend an hour or so daily for attaining the highest stage of happiness and holiness, he will perhaps never have enough time for this later in his life.

To explain this, let us suppose that the average life-span of a person is 60 years. Out of this, the first five years of his childhood pass by in learning how to walk and talk and in playing.

Then let us suppose that up to the age of 16 years, he goes to school. If, on average, he spends about six hours in school and an hour-and-a-half for going to and coming back from school and also an hour and a half for doing his home work, then that means that about four years' time is spent on all this.

Further, if he spends about 2 hours per day on games, T.V., movies etc. during that period and about 4 hours per day on such things later, we will have to add another six-and-a-half years to the previous aggregate of 9 years.

Then let us suppose that he enters into some profession from the age of 16 and spends about 10 hours a day on work and on to and fro, for 5 days a week, upto the age of 60. This would mean that he spends about 14 years out of 60 years of his life on earning his livelihood.

Add to this a period of 18 years, assuming that, on average, a man sleeps for about 8 hours a day.

We have also to add to this the time man spends on taking his bath or his food, or on shopping, visiting his friends, attending parties and functions and on recreation, picnics, etc.

Calculating thus, you will find that the total comes to be about 58 years. You can now well imagine that if man does not spend a small part of each day on practising Yoga, then he will have lost this precious little time without having bliss and without attaining the goal of life. So, we ask : "when, if not now, will man do his Yoga-practice?"

Spiritual Race

WHEN a person dies, his relatives and friends say, "He has left for his heavenly abode." It has become only customary to say this. Those who say this, do not perhaps really mean it, else why should they pray to God for giving to the departed soul the peace of mind? The mourning, the condolence meeting, the celebration of anniversaries, the epitaphs on the graves—all these indicate that in the heart of their hearts, people do not believe that the departed soul has left for the heavenly abode or for *Swarga*. The reason is obvious. In the heavenly abode, dwell the *devatas*—the deities. So, one who, before leaving this world of mortals, has become divine in his nature, habits, dealings, behaviour or mental outlook, he alone can be considered to be a deserving person for an abode in heaven.

In other words, it can be said that, in order to be redeemed from the sufferings of this present-day world, which has all the characteristics of Hell, one has to make such efforts as liberate him from the five major evils. One has to participate in the spiritual race that has sex-lust, anger, greed, attachment and ego as the big hurdles. He has to cross over sex-lust in one jump, pass safely, and without receiving any burns, through the fire-ring of Anger, pass undeterred and unswayed by the lure of gold, cross out of the net of attachment and get over pride to reach the ever-green garden of Heaven. Many a man falter or fall on the way but he, who has a loveful link with God, reaches the top; he enters the portals of heaven with a great eclat and ecstasy.

It is wrong to believe that there are some deities in the heaven who control our destiny and on whose whims our fate depends. Heaven and hell are of our own making. We are who make or mar our own future. Our future depends on our present actions. So let us be holy and yogi now to be deities of heaven in the next life.

Further, it is wrong to believe that the Heaven is located in the moon or in some other planet or even above the astral regions. That which is above the astral regions is the World of the subtle deities—Brahma, Vishnu and Shankara—but 'heaven' or 'paradise' is the name of this human world when it is in Golden Age—the era of complete Purity, Peace and Prosperity which is now being re-established through God's knowledge and Raja Yoga.

How to Practise Yoga?

SIT in any easy posture. Feel yourself relaxed. Take your mind to the Soul World i.e. Brahmloka which is far beyond the moon, the sun and the stars. There you see with the eye of your mind goldish-red light, called Brahm, present everywhere and in it you see a brilliant and conscient Point-of-Light, called God Shiva, the World Father, radiating divine light, might, peace, bliss and love in all directions. Stabilise your mind on Him and considering yourself as a soul and God Shiva as your Most Beloved Father, feel that beam of light, might, peace surrounding you and descending on you and feel yourself as though bathing in that light and peace.

Keeping your mind focussed there, meditate thus: "I am a soul, a conscient, twinkling star, a point-of-light, radiating light in all directions. Shiva Baba, Thou art my most beloved Father, Teacher, Guide and Saviour. Thou art Knowledgeful, Peaceful, Blissful, Loveful and Almighty. I am really fortunate to have known Thee and to have mental link with Thee. I have now become Thine Baba, and will obey all Thy commands and thus be a great yogi and a holy person. I will pass on this light and Might and Peace and Bliss, which I am getting from Thee, to all souls in all directions....,Meditating thus, get immersed in the experience. Be all Light, Peace, Bliss and Love. Drink deep into this bliss. Love God profoundly, thinking Him to be the one from whom you had astrayed but whom you have found now after long. He being the one who loves you truly and who is the most sincere Friend, most dependable Helpmate and the most infallible Guide.

If any worldly thought lands in your mind, again start meditating thus: "I am a soul, a twinkling star, eternal and immortal, pure and peaceful in my original nature... I am a child of God... Shiva Baba! Thou art my only Guide... I have come to Thee, Baba; I am now Thine and Thou art Mine..." and get absorbed again into bliss and love. This heightened consciousness will enable you to feel relaxed, refreshed, purified, elevated and re-charged.

Snatch a few moments, every now and then, out of your busy hours and meditate thus. You will feel happy, alert, energised and active. Practise this early in the morning, then again after bath, in the evening for sometime and in the night before sleep. The more you practise, the happier and holier you will be.

Mental Tension

MENTAL tension is the cause of most of the crimes in the world. Many diseases are also due to psychological imbalance, nervous strain and hypertension. In order to feel relaxed some people now-a-days, take tranquilisers, they smoke marijuana or use LSD drugs but this does not provide them with a lasting relief. Rather these things have harmful effects on man's mental faculties and they make him a slave of the urge to take them again and again. It has now been demonstrated that the best course to be free of mental tension is to practise Raja Yoga daily even though for a short while.

One would naturally like to know as to what exactly it is that leads man to mental tension and how Raja Yoga helps to keep him free from it. In this connection one should know that the main factor responsible for the mental tension is man's attitude towards events, persons and things. It is well-known that the main mechanism through which man reacts to external stimuli in the form of events, persons or things is man's brain and the network of sensory and motor nerves with which the brain is connected. But people do not know that actually it is the soul which is the centre of the consciousness and the soul abides near the pituitary. The pituitary receives information from the cerebral cortex or the brain and passes it on to the soul. Now it depends upon what attitudes, values or proclivities the soul has. The soul reacts to those stimuli according to its tendencies, beliefs, values etc. through the above-mentioned mechanism. Raja Yoga enables the soul to have proper attitudes and values and to fill store of will-power and bliss through link with God. If, for example, the soul looks upon the world as a drama, it does not feel sad in face of adverse events. Rather it takes them as mere passing panorama and remains as a witness.

Again, if the soul has the belief that it was originally calm and peaceful and that all other persons also are souls, related to it as brothers, it treats all with love and if anyone acts unrighteously, it pities him and tries to extricate him rather than get disturbed.

Further, the soul because of its belief in God as the omnipotent and Merciful Father, who helps those who help themselves by acting according to divine law, remains free of worry, feels secure and also gets love from Him. It experiences bliss, and this saves the soul from the harmful impact of external stimuli on its consciousness. Thus, Raja Yoga helps the soul to feel relaxed and peaceful.

A UNIVERSITY WITH A DIFFERENCE

Brahma Kumaris World Spiritual University is, in many ways, a University with a difference; it is an up-and-coming spiritual educational institution which is gaining world-wide acceptance and unique international recognition.

1. Global acceptance of its teachings : The wide acceptance of its teachings can, perhaps, be gauged by the fact that during the last two decades, its affiliate centres have spread in over fifty countries in all continents, and they number 1750. Its recognition by various world bodies can be appreciated by the fact that:

- (a) It is a member of the Non-Governmental Organisation of the Department of Public Information (DPI) of the United Nations.
- (b) It has a roster-consultative status with the Economic and Social Council (ECOSOC), one of the main organs of the United Nations.
- (c) It has consultative status with the UNICEF (UN Children's Fund).
- (d) The United Nations 'University for Peace' in Costa Rica has sought its co-operation in the field of peace education by means of an official agreement.
- (e) The Government of Mauritius has recognised it as a University by an Act of Parliament.
- (f) The Government of Guyana has adopted the principle of starting the proceedings of their Parliament with three minutes' Rajayoga Meditation as suggested by this Spiritual University.

As a University, it has a distinctive character because of the following reasons:

1. It is a University where the main emphasis of teaching is to promote, in every sphere, the qualities of humanism, tolerance and a never-ending enthusiasm for spreading the knowledge of truth. The University believes that education should be for practical life and not merely for a vocation or a profession or job.

2. Education for Peace and moral well-being :

Another distinguishing feature of this University is that it gives utmost importance to character-formation and to maintaining peace. There is a well-known saying that "If character is lost, everything is lost."

Additionally, this Vishwa Vidyalaya believes that "if peace is lost, everything else is meaningless and purposeless." By building character, corruption the root cause of man's social and economic evils, can be eradicated.

So a university, according to its principles, should impart such knowledge and experience that enable a person to face the obstacles of life in a calm, composed and confident manner, and to stand like a rock in the midst of strong storms of circumstances. For only

such a person can lead a life of inner satisfaction and kindle in others stable faith in goodness, and only such a man brings honour to his nation.

3. Education for promoting public welfare :

Brahma Kumaris University feels the main cause of tension and catastrophe is lack of the spirit of co-operation, sympathy, brotherhood and selfless nature. This University tries its best to promote these good qualities.

4. Education that corrects imbalance in human prosperity :

Above all, this University feels that, in the present system of education, there is over-stress on natural and biological science, commerce and economics, computer sciences, applied mathematics, statistics, etc., but education in other social sciences and humanities and more particularly, in spiritual subjects has not only been relegated to the background but has deliberately been omitted from the curriculum. This has resulted in a great imbalance in the development of human personality and society as a whole.

So, this University imparts education that satisfies curiosity to find the answers to questions like "Whom am I? Where have I come from and to where shall I return?"

5. Holistic education relative to the present crisis :

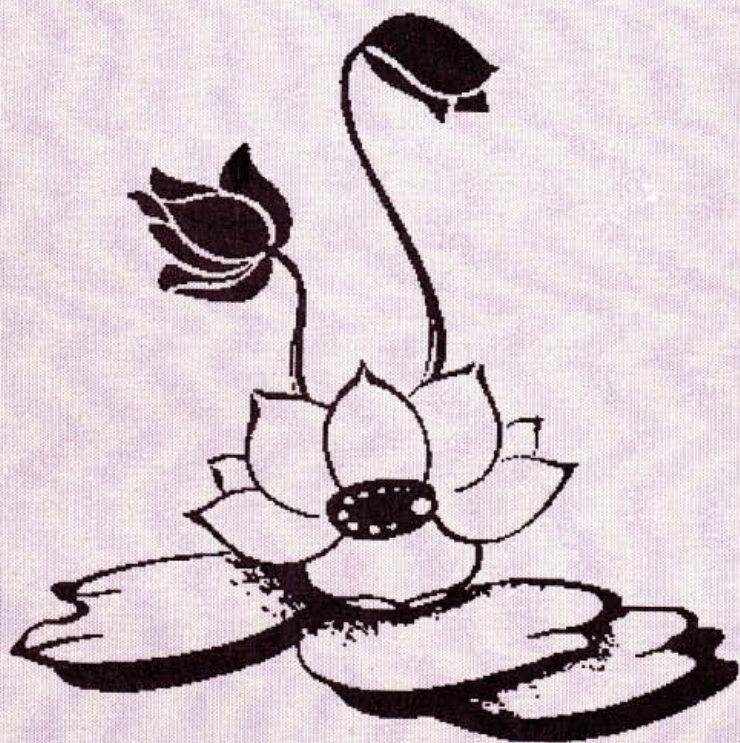
Thus, this is a unique university which wants to correct the great imbalance created by the present system, or to fill the gap that is left unfilled by most other universities. It does not want to impart education in all those subjects which are being taught at other universities, for that would just be the duplication or the overlapping of efforts. On the other hand, it is giving education in those subjects which are very relevant to the present critical situation.

The education it imparts, though visibly spiritual in its content, is a happy blend of ethics, practical psychology, metaphysics or philosophy, the gist of world history and philosophy, culture, sociology, political science and, in fact, many other subjects. In truth it gives knowledge as one integrated system which is made up of the wisdom of almost all subjects and is, therefore 'holistic' and not fragmentary.

This is a University with a difference or, let us say, an educational institution with distinction, one distinction being that this University is run mostly by women with a spirit of dedication, devotion, renunciation and sacrifice for the welfare of society as a whole without any distinction on the basis of race, religion, nationality, caste or creed and without charging any fees. It is supported by voluntary contributions of its students. It does not give any certificates, diplomas or degrees as none of these were given in the ancient past, or even till less than 200 years ago; for these do not, in fact, reflect the spiritual level of a person, nor does a spiritually elevated person ask for a certificate or a commendation, because his or her own life

is a certificate to others. Aristotle, Copernicus, Newton and Einstein were much more than what any degree can signify of their intellectual attainments. So were Mahatma Gandhi, Abraham, Vivekanand and Buddha. It would be a disgrace if one thought of one's renown or moral stature in terms of certificates.

Such are the ideas of this Ishwariya Vishwa Vidyalyaya for it wants to revive that tradition of people with outstanding character at a time when society has almost stopped creating such high characters.



Race Towards Heaven

Attachment

मीर

Ego

अहंकार

Greed

लोभ

Sex-Lust

काम

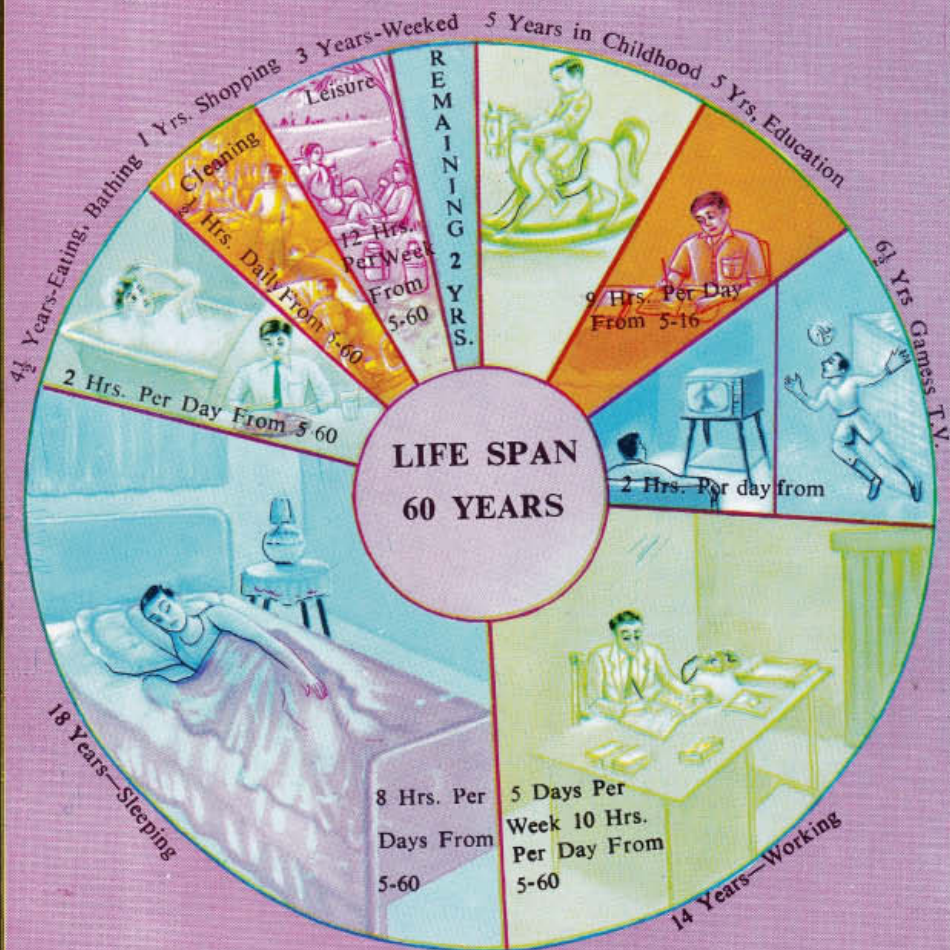
क्रोध

Anger

Heaven



IF NOT NOW THEN WHEN ?



We Know not when Our Life'll End

Why not Our Habits Mend ?

And for this Speed a Part of Each Day

in Knowledge and Yoga to be Eternally gay

If average life-span of man be 60 years, he spends about 58 years on other things, such as playing, study, games, office-work, sleep, eating, working, bathing, shopping, recreating, etc. Hardly two years are left which, if he so desires, he can utilise for his moral and spiritual advancement. But even this period man lets pass on trivial things. Little does he realise that man was born not merely to eat, drink, grow and then pass away but also to uplift himself and make his future bright.