

*The Real
Esoteric
Raja Yoga*



This is how Patanjali explains the essence of Raja Yoga in Yoga Aphorisms in Book I (W.Q. J.'s rendition)

12. The hindering of the modifications of the mind already referred to, is to be effected by means of Exercise and Dispassion.

13. Exercise is the uninterrupted, or repeated, effort that the mind shall remain in its unmoved state.

14. This exercise is a firm position observed out of regard for the end in view, and perseveringly adhered to for a long time without intermission.

15. Dispassion is the having overcome one's desires.

Samadhi

Meditation, Union with the Divine

Dhyana

Contemplation

Yamas

Forbearance
external discipline

Dharana

Attention

Niyama

Religious Observances
internal discipline

Pratyahara

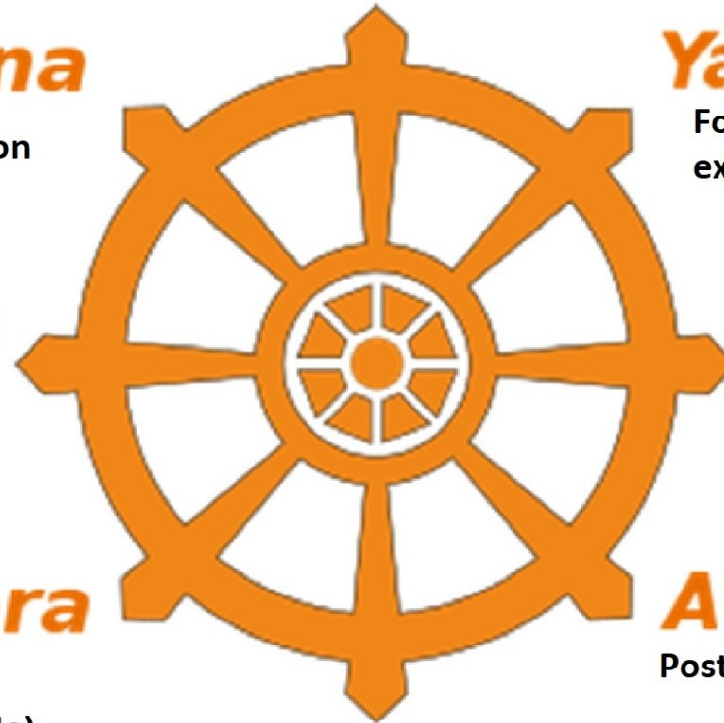
Restraint
(moving the senses inside)

Asana

Posture

Pranayama

Suppression of the Breath
(on the inner sphere)





Our 24/ 7 life is our most important meditation.

Each day, endeavour to live consciously, harmlessly, and at the highest point of consciousness possible. Continually make an effort, regardless of what you may be doing, to keep the consciousness elevated and the mind concentrated. Remember the Self in all things and all things in the Self. Do what you can to help and serve others, in the spirit of divine Compassion.

