



The lotus is the emblem of the productive power of nature, through the agency of fire and water (spirit & matter)... it is the two-fold type of the Divine and human hermaphrodite. *SD 1:379*

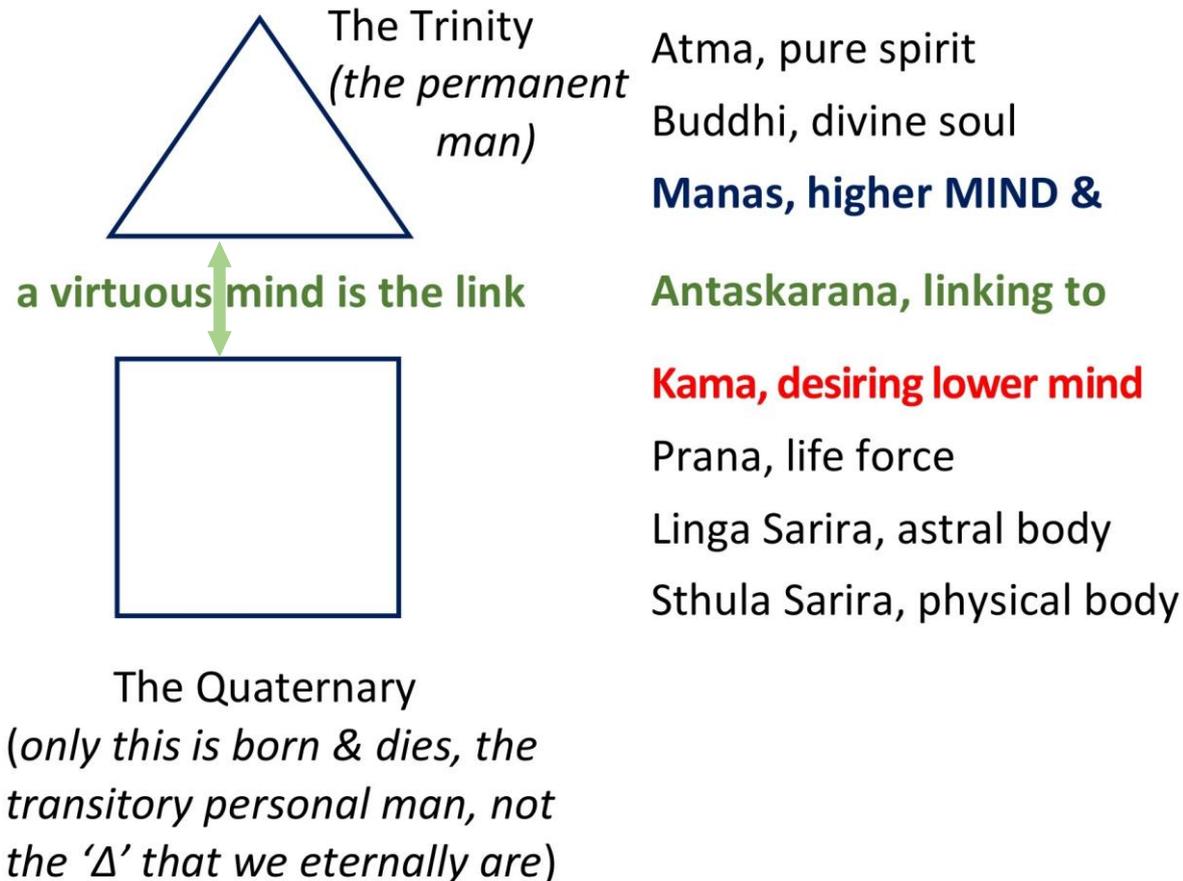
Hatha Yoga, Pranayama & Kundalini

a Theosophical viewpoint & guidance

Talk 2a, a Seminar at the United Lodge of Theosophists
Saturday 6th March 2021

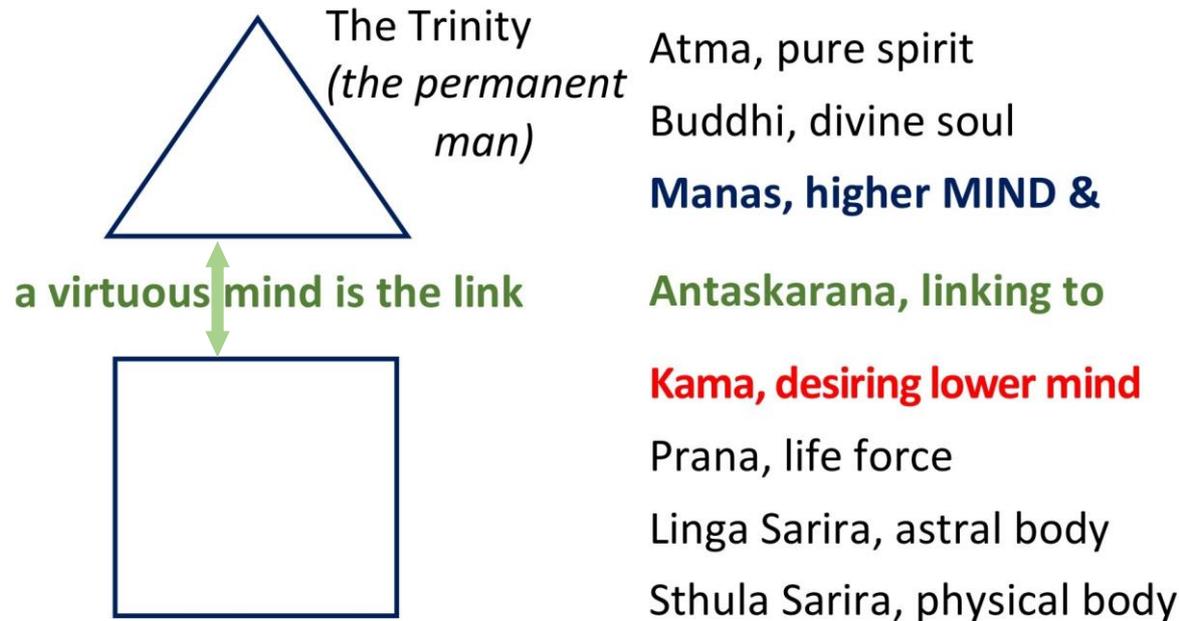
Understanding our whole Being

Man's seven aspects



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Man's seven aspects



The Quaternary
(only this is born & dies, the
transitory personal man, not
the 'Δ' that we eternally are)

Atma, pure spirit
Buddhi, divine soul
**Manas, higher MIND &
Antaskarana, linking to
Kama, desiring lower mind**
Prana, life force
Linga Sarira, astral body
Sthula Sarira, physical body

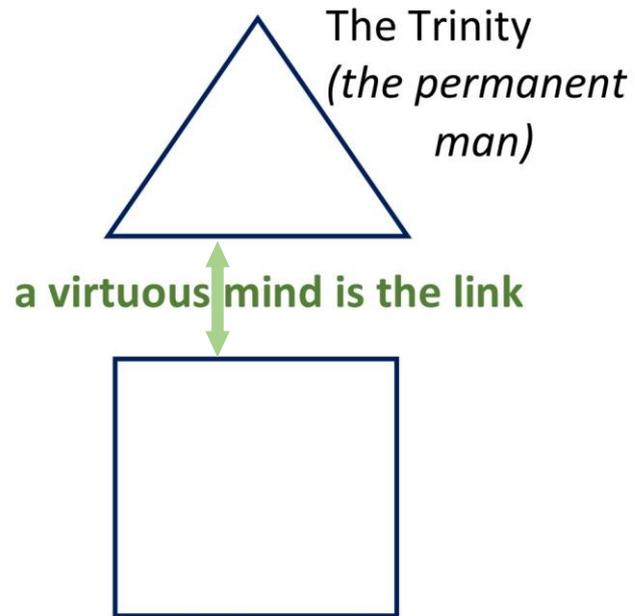
One key to **Yoga** is seeing that:

- **Raja** deals with the *Trinity*;
- **Hatha** with the *Quaternary*.

The aim is to purify and reunite the Kamic desiring mind with its spiritual parent by building the Antaskaranic bridge.

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↕ Kundalini is the vital force
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principles, Pranic, Astral &
Manasic etc. It must be kept
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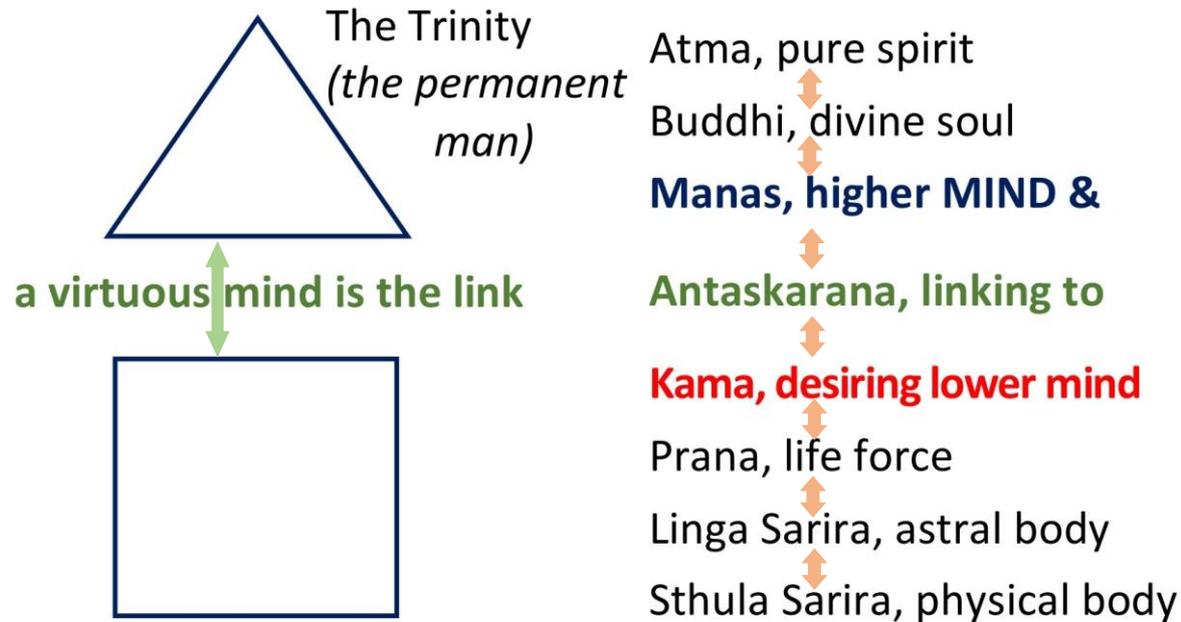
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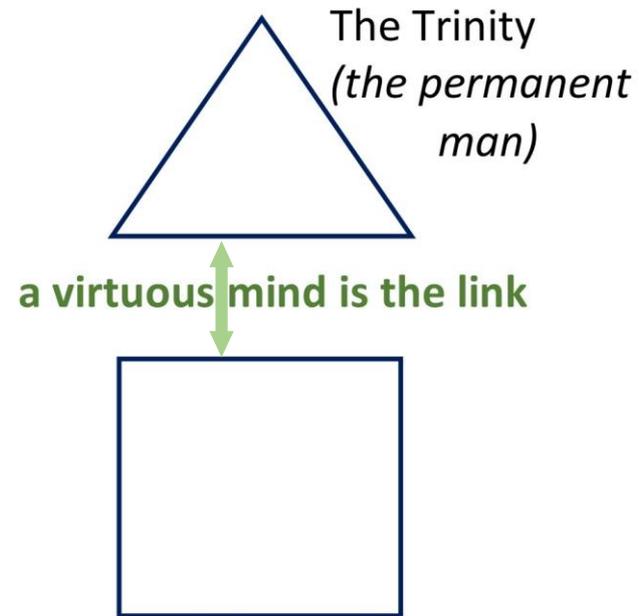
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HPB & WQJ also use the terms *ethereal body, inner body and subtle body*.

In Yoga it is vital to understand the astral body.

The Working of the Astral Body (1)

The astral body... has a complete system of *nerves and arteries of its own* for the conveyance of *the astral fluid** which is to that body as our blood is to the physical. *The Ocean of Theosophy*, p. 42, William Q. Judge

The inner currents emanate from their own centers (Chakras) and are constantly in motion. They are *affected by thoughts* and the reflection of the body in its physiological changes. They each act upon the other incessantly... It is by means of these subtle currents—called *vital airs**—that impressions are conveyed to the mind above.

Replanting Diseases for Future Use, William Q. Judge

Kundalini* is an electro-spiritual force, a creative power which when aroused into action can as easily kill as it can create. *The Voice* 24, HPB

* Kundalini is the fiery power of life and flows in the astral nerves, but caution is needed! See [the handout](#).

The Working of the Astral Body

(2)

The astro-spinal column has three great nerves of the same sort of matter.* They may be called ways or channels, up and down which the forces play, that enable man inside and outside to... feel, and to act.

In description they answer exactly to the magnetic fluids, that is, they are respectively positive, negative, and neutral, *their regular balance* being essential to sanity. When the astral spine reaches the inner brain the nerves alter and become more complex, having a final great outlet *in the skull*.

Mesmerism, William Q. Judge

* the ida, pingala and sushumna are 'magnetic currents' that run in the spine's astral nerves.

Sushumnâ, (Sk.). The solar ray – the first of the seven rays. Also the name of a spinal nerve which connects *the heart* with the Brahma-randra, and plays a most important part in Yoga practices.

Theosophical Glossary, H. P. Blavatsky

Yoga and the Analogy of the Solar & Lunar Energies

The Secret Doctrine compares making one's spiritual connection to that of raising one's mental energy to its solar source through the use of meditation and the development of *the heart qualities*.

An SD commentary on the "Pistis-Sophia" (the book of Wisdom):

"... Sophia Achamoth is shown lost in the waters of Chaos (matter), on her way to Supreme Light, and Christos delivering and helping her on the right Path.

The Secret Doctrine 1:132, HPB

Sophia Achamoth is here a personal, astral-psychic entity that is lost in the labyrinth of matter but is saved by Christos, the Higher Self.

This is just how Raja Yoga saves the psychic or lunar "Sophia Achamoth" (the Quaternary) by raising it to a pure and blissful union with *the solar Trinity* (in the Heart; later, in the "Spiritual Sun"). It is comes about as the lower mind lets go of the material spheres. 9

Study of *the handout* with a Q&A Panel

Talk 1, Raja Yoga for 30 minutes (3:50 to 4:20)

Talk 2, 8 Limbs & Guidance for 35 mins (4:20 to 4:55)