RAJYOGA

HATH YOGA AND OTHERS















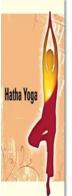
Tallght by Supreme soul God Shiva himself

To enjoy everlasting complete HEALTH, WEALTH & HAPPINESS in



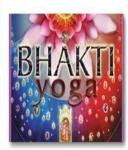
(GOLDEN AGE- Satyuga & SILVER AGE – Treta yuga)

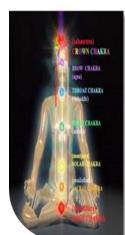
















) Ally ht by great souls - Sages, Yogi's & Ally K

To enjoy transitory HEALTH, WEALTH & HAPPINESS in



(COPPER AGE – Dwapur yuga & IRON AGE - Kali yuga)

YOGA FOR BETTER CONTROL OVER YOUR LIFE :

We all live our lives in search of peace, love and happiness and also inner powers which we as spiritual beings are lacking in. So yoga i.e. our mental energy correctly channelled and connected with something positive provides us with that we seek. People also call performing actions as yoga which is called *karma yoga*, but only performing selfless actions with complete dedication nowadays with the stresses and strains of everyday living can be depleting on a mental energy level unless the *karma yoga* as it is called is accompanied by a mental union or link with the Supreme while performing the actions, which helps us in remaining unaffected by the stress caused due to being over-busy in those actions. That in the true sense is *karma yoga* i.e. selfless karmas performed in the remembrance of God. This link between me, the spiritual child and God, the spiritual parent, nourishes me continuously and gives me the strength to perform actions with complete accuracy and get the desired success filled result.

Meditation simply means the management of your thoughts. It is to have the ability to think of what you want and when you want, without interference from other thoughts. Meditation is to develop the ability to concentrate on a particular subject without being attracted and influenced by the five senses, the five vices and the five elements. Yoga, which is associated with meditation, simply means to have union or make connection with some object, subject, person or God. However, yoga is usually associated with spirituality. Yoga is to have connection and to have dialogue or sweet conversation with the divine source of inspiration, whom people call God. Meditation, therefore is a prerequisite or condition that assists spiritual seekers to have unbroken, undisturbed and continuous access with divinity and this experience is called yoga, another form of prayer.

In meditation, I go into the depths of myself, and deep within my inner being, I find the beauty of peace, love and happiness that is there inside me. I also realize that this same beauty lies inside each soul. Then naturally and very easily, without any effort, I get connected to the same qualities in others. In meditation, we learn to observe our inner self and recover the resources that can cleanse (heal) and fill us with virtues like peace, love, truth, wisdom, purity and happiness. Through concentrated thought we learn to let these positive and pure energies manifest (show) themselves in our conscience and in our day-to-day actions.

"Meditation is full attention without tension. Meditation is not simply a dead mind but it is a communication between the self and the supreme soul who governs the whole world and us."

We must remember these 3 letters for meditation: SOS S = Stand beyond ; O = Observation stage ; S = Steer the Supreme

When our mind becomes stable, our views are stable & we receive blessings. So, yoga is life and should not be limited to sitting in a particular posture for a few minutes at a particular time of the day. Basically, remembering anything or anyone is yoga. The word yoga should not be limited to exercise which is a narrow definition of yoga. Focusing on one's own body is extremely important, but only one aspect of a yogi lifestyle. A complete or comprehensive yogi lifestyle is focusing on pure and constructive sources right through the day including God, because yoga means union or link, a union which will benefit the soul & body positively.

CONTRAST BETWEEN RAJYOGA (TAUGHT BY SUPREME SOUL SHIVA) AND HATHA YOGA & OTHER FORMS (TAUGHT BY GURUS & SANYASIS)

There are various types of yogas like 1) Rajyoga 2) Ashtang yoga 3) Hatha(penance) yoga 4) Kriya yoga 5) Swar yoga 6) Jnana yoga 7) Buddhi yoga 8) Samatva yoga 9) Bhakti yoga 10) Mantra yoga11) Tantra yoga 12) Karma yoga 13) Sanyas yoga 14) Kundalini yoga 15) Tatva yoga etc.

All of us are constantly living a life of yoga, which in spiritual terms is called a link or connection between two entities i.e. the one which remembers and the other one which is remembered. Examples of what we have yoga with - it could be a person or God (Rajyoga) or your actions (Karma yoga) or spiritual knowledge (Gyan yoga) or bhakti (Bhakti yoga) or your breath (Pranayama) or your physical body (Hatha yoga) or even a physical object like a candle flame. Rajyoga is the highest amongst all since it is the communion between soul and supreme soul (love borne communion) where in the thirst of innumerable births of soul are quenched and sins of innumerable births are absolved, all the virtues and powers of soul are emerged there by becoming king of kings. All yogas are inherent in the Rajyoga.

The body and mind must remain healthy for overall progress of a human being. As Hatha yoga is required to keep the body healthy, Rajyoga which is greatest amongst all yogas is equally essential to keep the mind healthy since a healthy mind is the base for a healthy body. If mind is powerful then the body also becomes strong. Therefore it is said "As the mind, so is the body". It is also said "Conqueror of the mind conquers the world". The soul acts like a battery in our body which gets discharged intensely through our negative, wasteful thoughts and vicious acts due to which the divine qualities & powers of soul gets depleted. As a resultant it becomes weaker and victim to vices. Hence it's charging is must on routine basis for smooth functioning and proper control over mind & body. The mind becomes strong by acquiring powers through the remembrance of almighty authority Supreme soul. In Rajyoga one learns method of connecting the mind and intellect with the Supreme soul. This dispels anxiety, fear, stress etc. of the mind. Rajyoga is an easy path to calm down and stabilize thoughts. Through it, we gain power to remain happy in every situation of life.

Maharshi Patanjali who is regarded as the originator of Ashtang Yoga (8 fold path of yoga) has depicted the aim of yoga to reach Nissankalp samadhi (thoughtless stage), Nirvikalp or Nirbeej samadhi (Seedless stage) but in order to attain that stage one has to undergo through the preliminary steps of Yama, Niyama, Asanas, Pranayams and Pratyahaar that helps to restrain attitude of the mind. Since the final aim was difficult people limited themselves to the gross exercises under Asanas, Pranayams and Dharna or concentration considering it as Yoga instead of achieving the higher goal i.e Dhyan (Meditation) leading to Samadhi (Merger in Absolute) whereas Rajyoga taught by the Supreme God Father Shiva is the only ancient Rajyoga knowledge that is imparted at the Confluence age i.e end of the old & beginning of the new world cycle. Here instead of establishing connection with object, corporeal beings or any specific organs of the body, one has to concentrate mind and intellect on the original form

of Supreme soul being in soul conscious stage so that all the sins of soul are destroyed and it becomes full with virtues and powers. This automatically results in restraining attitude of mind, and God realisation occurs easily. The greatest attainment is that soul gets purified and divinity starts emerging in life where as Patanjali's yoga lacks clear discussion over forms of Soul and Supreme soul. Rajyoga is that yoga technique which is devoid of any rituals or mantras and can be practiced easily anywhere at any time by people of all backgrounds. Therefore it is called as Sahaj (Easy) yoga or Karma yoga.

Since Dwapur yuga when all human beings become impure and sorrowful under the influence of sinful actions then for the welfare of mankind these Hatha yogis (rishis, sanyasis & ascetics) through their yogic power developed by their austerity & effort are successful in improvising physical and mental health to some extent. Also the world is supported by their purity power but go on degrading day by day. The eternal world drama wheel that has begun from Satyuga moves on with it's constant motion passing through Treta yuga and Dwapur yuga and finally reaches Kali yuga where irreligiousness reaches its climax and due to widespread of darkness of ignorance throughout the world it is dominated by tyranny, unrighteousness and rise in falsehood and sinful actions.

Then, at Sangam yuga (Confluence age), as per the commitment Gita God Yogeshwar incorporeal point light form Supreme soul (Shiva / Allah / Khuda / Jehovah / Omkar), the resident of the soul world, reincarnates into an ordinary medium of Brahma every cycle to destroy various religions and establish one true eternal deity religion (heaven) and fulfill the Godly duties. Due to which all souls of the world get true knowledge of Soul, Supreme soul, World drama wheel, Abode of souls and achieve Godly birthright of Mukti (liberation) & Jeevan mukti (liberation in life). All souls of the world get relieved from sorrow, restlessness and sufferings of extreme hell and this world gets re transformed into swarg, bahisht or heaven (paradise).



	RAJ YOGA	HATHA YOGA AND OTHERS
1.	Rajyoga is the love borne	1. Communion with Brahma or (sixth
	remembrance of the Supreme soul	element) or any corporeal form is
	residing in the Brahma element	Hatha yoga. All these are physical
	(sixth element) . This is spiritual	yogas that are not meant for purity.
	yoga or union to become ever pure.	yogao mat are not mount for panty.
2	Rajyoga guides in the easy and	2. Hatha yoga turns human beings into
Ζ.		ascetic and sanyasis (hermits) for
	best way for God attainment amidst	attaining God.
	household life. Also imparts deity	
	status in coming future.	3. Only ordinary human souls bow
3.	, , , , , , , , , , , , , , , , , , ,	down before the Hath yogi gurus but
	heads before the inanimate idols of	do not perform procedural worship
	deities who acquire deity status	before their inanimate idols.
	through Rajyoga.	
4.	The practice of Rajyoga makes the	4. Through any other yoga it is
	soul pure by clearing away the	impossible to destroy not only the
	sins, karmic bondages and purifies	sins of previous births but also the
	the five elements of nature thereby	present birth too and it cannot even
	transforming the world into heaven.	purify the 5 elements.
5.	Rajyoga can be taught only by the	5. Various types of Hath yogas are
	incarnated bodiless supreme soul.	, and the second s
		taught by different corporeal or physical gurus.
6.	Through Rajyoga, the Supreme soul	
	destroys various religions and	6. Through Hatha yoga destruction of
	establishes one deity religion.	various religions and establishment
7.	Rajyoga teaches to realise self as	of one true religion cannot be done.
	soul and remain in the	7. In Hath yoga the teaching is
	remembrance of the Supreme.	imparted that soul is equivalent to
8.	In Rajyoga, a direct connection	Supreme soul.
	between soul and the Supreme soul	8. In Hatha yoga there is a freedom to
	is established due to true and	concentrate on any place or object,
	complete identity of Supreme soul	relation is established with the guru
	based on clarity in form, relations,	(spiritual guide) and deities. In other
	location, time and acts due to	words emphasis is not given on
	which the soul regains its lost	merging the mind in the
	original qualities and powers by	remembrance of the incorporeal form
	stabilizing in its original form.	of Supreme soul with the
9.	In Rajyoga the main focus is	understanding of his real identity.
	especially over the practice of	9. In Hatha yoga importance is given to

especially over the practice of 9. 1 elevated and powerful thoughts.

 In Hatha yoga importance is given to thoughtless stage.

	RAJ YOGA	HATHA YOGA AN	D OTHERS
10.	The practice of Rajyoga destroys	10. In Hatha yoga bod	y consciousness
	body consciousness and get	is not eradicated de	ue to connection
	established in soul consciousness	with corporeal being	JS.
	state.	11. Due to lack of tru	e introduction of
11.	A Rajyogi can celebrate easy	Supreme soul an	d his dwelling
	communion with God through	place, the Hatha	yogis cannot
	angelic form in subtle world and	establish loving re	elation with the
	soul form in Soul world.	Supreme soul due	e to which the
		true communion do	es not happen.
		12. Through the pra	ctice of Hatha
12.	A soul attains Satopradhan	yoga it is never po	ssible for a soul
	(intense pure) stage after	to attain complete	e viceless and
	eradication of five vices ie lust,	intense pure stage.	
	anger etc through the practice of	13. The Hatha yogi	sanyasis go to
10	Rajyoga.	jungles in search	for peace but
13.	A soul remembers it's true religion through Rajyoga and remains	they acquire of	nly momentary
	through Rajyoga and remains stabilized in the everlasting peace.	peace.	
14	A soul attains salvation through	14. A soul can attair	
14.	Rajyoga which means it enjoys	only one birth throu	gh Hatha yoga.
	complete peace and happiness in		
	Satyuga & Tretayuga for 21 births.	15. In Hatha yoga the	re is no rule for
15.	In Rajyoga it's necessary for an	household persons	to obey purity.
	householder to follow purity norms.	16. In Hatha yoga	a spiritual
16.		practitioner is co	nfined to Soul
	experience of both the Soul and	realisation stage on	ly. He is devoid
	God (Supreme soul).	of God realisation.	
17.	Through Rajyoga the soul attains	17. Through Hatha	yoga the soul
	Karmateet stage (beyond effect of	cannot become co	mplete viceless,
	actions) by becoming completely	conqueror of physic	al sense organs
	viceless, gaining victory over	and matter, cannot	free itself from
	physical organs and nature, freeing	karmic bondage a	nd thus cannot
	itself from karmic bondages.	reach a stage be	eyond effect of
18.	In Rajyoga in order to attain	karma.	
	success of thought one need to	18. Hatha yogi sanyasi	attains success

- remain stable in one thought.
- 19. A Rajyogi becomes double light and remain stabilized in higher stage, constant stage and angelic stage.
- 19. The Hatha yogis lift their body through yoga and practice the art of flying.

through physical concentration.

 Rajyoga does not demand tight and strict sitting positure, one can sit in any comfortable physical position and remember Supreme father and 84 birth cycle. Since this is an easy remembrance technique. After learning Rejyoga, the deites in Satyug become ever healthy and attain longevity without any disease, oid age or sudden death. Rajyoga rishis celebrate communion with God through all sort of relations. Rajyoga makes his physical organs frigid (cool) for ever though the power of Yoga. In Rajyoga practice is done to attain bodiless or soul conscious stage by forgetting the body. Any household can easily learn Rajyoga and bring it into practice. Rajyoga is learnt in only one birth at Sangamyuga or confluence age and attainment is for 21 births which means going to ascending stage. Ralyoga is very simple non- violent yoga in which one has to remember Supreme father while waiking and roaming. Both peace and happiness are attained from God for 21 births. The Hatha yogis adge temporarily relax to second the power of Yoga. Hatha yoga is a sort of violence, giving suffering to physical body, involving lot of exertion. Even some one's brain gets damaged without any attainment. There is momentarily peace like crow droppings. 	RAJ YOGA	HATHA YOGA AND OTHERS
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violent yoga in which one has to remember Supreme father while walking and roaming. Both peace and happiness are attained from God for 21 births	28. Rajyoga is very simple non-	28. Hatha yoga is a sort of violence.
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and happiness are attained from God for 21 births	walking and roaming. Both peace	
God for 21 births	• • •	
peace like crow droppings.		
		peace like crow droppings.

RAJ YOGA	HATHA YOGA AND OTHERS
29. Rajyoga is an unlimited pure form of renunciation i.e renunciation of the old world. A Rajyogi carries out unlimited renunciation through intellect. Rajyoga is karma yoga or yoga of action which is taught by god himself. God can never teach Hatha yoga.	29. Hatha yoga is a path of limited Rajoguni renunciation where one has to abandon his homes and family ties. Sanyasis leave their home and belongings. They do not believe in family duties. They follow Hatha yoga karma sanyas i.e renunciation of actions through penance or obstinacy. Sanyasis can never teach Rajyoga.
30. Through Rajyoga, the dynasty continues for 21 births.31. A Rajyogi carries out austerity	 30. Hatha yoga begins from Dwapur yuga and continues till Kali yuga end. 31. Hatha yogi carries out austerity for
for attaining kingdom.	Mukti (salvation)
32. A Rajyogi remembers God Shiva with knowledge because he is aware of the occupation and finally attains Karmateet stage (beyond the effect of action) by resolving all his sins.	32. Though Hatha yogi remembers Shiva but they don't know the occupation and neither have the knowledge to absolve from sins. Hence they do not attain Karmateet stage (beyond the effect of Karma or Action).
 Rajyoga can be practiced by both male and female. 	33. Hatha yoga is learnt only by male.
34. Rajyoga is a Godly spiritual knowledge which is taught by incorporeal Supreme soul i.e God himself to souls through the corporeal medium of Brahma and its main aim is to achieve deity status from human beings and to transform inner vicious devil latencies into divine qualities.	34. Hatha yoga and other yogas are not Godly Spiritual knowledge. But it contains knowledge imparted by human beings to other human beings. Secondly, it's aim is also not to attain deity status but to attain peace or salvation and not heavenly joy or Jeevan mukti (liberation in life).
35. Rajyoga has 4 pillars 1) Celibacy 2) Pure diet 3) Divine virtues 4) Good company	35. Hatha yoga has 8 limbs with a focus on attaining Samadhi 1) Yam (Ethical discipline 2) Niyam (Personal discipline

RAJ YOGA	HATHA YOGA AND OTHERS
	 3) Asanas (Physical postures) 4) Pranayama (Breath control) 5) Pratyahar (Control over organs) 6) Dharna (Concentration) 7) Dhyan (Meditation) 8) Samadhi (Merging in Absolute)
 36.In Rajyoga there are 4 base for remembrance of God 1) Introduction 2) Relation 3) Love 4) Attainments 	36. In Hatha yoga neither the real love is established with the God nor the unlimited attainments from him are achieved as his true identity and relations with him are not clear.
 37.The 4 stages of Rajyoga are 1) Contemplation 2) Communication 3) Concentration 4) Realisation 	37. The final main stages of Hatha yoga are 1) Dharna 2) Dhyan 3) Samadhi
38.Eight Powers are gained through Rajyoga which are everlasting 1) Power to withdraw 2) Power to packup 3) Power to tolerate 4) Power to accommodate 5) Power to discriminate 6) Power to judge 7) Power to face 8) Power to co-operate	 38. Eight short-lived Siddhis or Supernatural powers are achieved through the practice of Hatha yoga. 1) Anima: Ability to reduce one's size 2) Mahima: Ability to increase one's size 3) Garima: Ability to increase one's weight infinitely 4) Laghima: Ability to become lighter than the lightest 5) Prāpti: Ability to Obtain anything 6) Prākāmya: Ability to travel anywhere desired 7) lşiţva: Lordship over creation 8) Vaśitva: Having control over things. There is a possibility of downfall if these powers are misused.
39.When God taught Yoga the world transformed from Hell to	39. When Humans taught Yoga the world transformed from Heaven to

Hell

Heaven