

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 yoga 11) 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 Dhyana (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

1. Rajyoga is the love borne remembrance of the Supreme soul residing in the Brahma element (sixth element) . This is spiritual yoga or union to become ever pure.
2. Rajyoga guides in the easy and best way for God attainment amidst household life. Also imparts deity status in coming future.
3. Even the Hatha yogis bow their heads before the inanimate idols of deities who acquire deity status through Rajyoga.
4. The practice of Rajyoga makes the soul pure by clearing away the sins, karmic bondages and purifies the five elements of nature thereby transforming the world into heaven.
5. Rajyoga can be taught only by the incarnated bodiless supreme soul.
6. Through Rajyoga, the Supreme soul destroys various religions and establishes one deity religion.
7. Rajyoga teaches to realise self as soul and remain in the remembrance of the Supreme.
8. In Rajyoga, a direct connection between soul and the Supreme soul is established due to true and complete identity of Supreme soul based on clarity in form, relations, location, time and acts due to which the soul regains its lost original qualities and powers by stabilizing in its original form.
9. In Rajyoga the main focus is especially over the practice of elevated and powerful thoughts.

HATHA YOGA AND OTHERS

1. Communion with Brahma or (sixth element) or any corporeal form is Hatha yoga. All these are physical yogas that are not meant for purity.
2. Hatha yoga turns human beings into ascetic and sanyasis (hermits) for attaining God.
3. Only ordinary human souls bow down before the Hath yogi gurus but do not perform procedural worship before their inanimate idols.
4. Through any other yoga it is impossible to destroy not only the sins of previous births but also the present birth too and it cannot even purify the 5 elements.
5. Various types of Hath yogas are taught by different corporeal or physical gurus.
6. Through Hatha yoga destruction of various religions and establishment of one true religion cannot be done.
7. In Hath yoga the teaching is imparted that soul is equivalent to Supreme soul.
8. In Hatha yoga there is a freedom to concentrate on any place or object, relation is established with the guru (spiritual guide) and deities. In other words emphasis is not given on merging the mind in the remembrance of the incorporeal form of Supreme soul with the understanding of his real identity.
9. In Hatha yoga importance is given to thoughtless stage.

RAJ YOGA

HATHA YOGA AND OTHERS

10. The practice of Rajyoga destroys body consciousness and get established in soul consciousness state.
11. A Rajyogi can celebrate easy communion with God through angelic form in subtle world and soul form in Soul world.
12. A soul attains Satopradhan (intense pure) stage after eradication of five vices i.e lust, anger etc through the practice of Rajyoga.
13. A soul remembers it's true religion through Rajyoga and remains stabilized in the everlasting peace.
14. A soul attains salvation through Rajyoga which means it enjoys complete peace and happiness in Satyuga & Tretayuga for 21 births.
15. In Rajyoga it's necessary for an householder to follow purity norms.
16. In Rajyoga one can have experience of both the Soul and God (Supreme soul).
17. Through Rajyoga the soul attains Karmateet stage (beyond effect of actions) by becoming completely viceless, gaining victory over physical organs and nature, freeing itself from karmic bondages.
18. In Rajyoga in order to attain success of thought one need to remain stable in one thought.
19. A Rajyogi becomes double light and remain stabilized in higher stage, constant stage and angelic stage.

10. In Hatha yoga body consciousness is not eradicated due to connection with corporeal beings.
11. Due to lack of true introduction of Supreme soul and his dwelling place, the Hatha yogis cannot establish loving relation with the Supreme soul due to which the true communion does not happen.
12. Through the practice of Hatha yoga it is never possible for a soul to attain complete viceless and intense pure stage.
13. The Hatha yogi sanyasis go to jungles in search for peace but they acquire only momentary peace.
14. A soul can attain happiness for only one birth through Hatha yoga.
15. In Hatha yoga there is no rule for household persons to obey purity.
16. In Hatha yoga a spiritual practitioner is confined to Soul realisation stage only. He is devoid of God realisation.
17. Through Hatha yoga the soul cannot become complete viceless, conqueror of physical sense organs and matter, cannot free itself from karmic bondage and thus cannot reach a stage beyond effect of karma.
18. Hatha yogi sanyasi attains success through physical concentration.
19. The Hatha yogis lift their body through yoga and practice the art of flying.

RAJ YOGA

20. Rajyoga does not demand tight and strict sitting posture, one can sit in any comfortable physical position and remember Supreme father and 84 birth cycle. Since this is an easy remembrance technique.
21. After learning Rajyoga, the deities in Satyug become ever healthy and attain longevity without any disease, old age or sudden death.
22. Rajyoga rishis celebrate communion with God through all sort of relations.
23. Rajyogi makes his physical organs frigid (cool) for ever though the power of Yoga.
24. In Rajyoga practice is done to attain bodiless or soul conscious stage by forgetting the body.
25. Any household can easily learn Rajyoga and bring it into practice.
26. Rajyoga is everlasting attainment through success in method.
27. Rajyoga is learnt in only one birth at Sangamyuga or confluence age and attainment is for 21 births which means going to ascending stage.
28. Rajyoga is very simple non-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.

HATHA YOGA AND OTHERS

20. The Hatha yogis adopt cross leg sitting posture and perform yoga followed by Pranayama or breathing exercises.
21. Through Hatha yoga one remains healthy for short term period.
22. The Hatha yogi sage believes element to be God. They do not attain God.
23. The Hatha yogis temporarily relax their physical organs either through penance or by taking medicines.
24. In Hatha yoga importance is given to physical postures and actions.
25. The householder cannot perfectly follow the hatha yoga practices.
26. Through Hatha yoga occult powers are achieved momentarily.
27. Hatha yoga has to be learnt in successive births and then go on alighting the steps.
28. 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

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.
30. Through Rajyoga, the dynasty continues for 21 births.
31. A Rajyogi carries out austerity for attaining kingdom.
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.
33. Rajyoga can be practiced by both male and female.
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.
35. Rajyoga has 4 pillars 1) Celibacy 2) Pure diet 3) Divine virtues 4) Good company

HATHA YOGA AND OTHERS

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. Hatha yoga begins from Dwapur yuga and continues till Kali yuga end.
31. Hatha yogi carries out austerity for Mukti (salvation)
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).
33. Hatha yoga is learnt only by male.
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. Hatha yoga has 8 limbs with a focus on attaining Samadhi 1) Yam (Ethical discipline 2) Niyam (Personal discipline

RAJ YOGA

36. In Rajyoga there are 4 base for remembrance of God 1) Introduction 2) Relation 3) Love 4) Attainments

37. The 4 stages of Rajyoga are
1) Contemplation
2) Communication
3) Concentration
4) Realisation

38. Eight Powers are gained through Rajyoga which are everlasting 1) Power to withdraw 2) Power to pickup 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

39. When God taught Yoga the world transformed from Hell to Heaven

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 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 final main stages of Hatha yoga are 1) Dharna 2) Dhyan 3) Samadhi

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) Prakāmya: Ability to travel anywhere desired
7) Iṣṭva: Lordship over creation
8) Vaśitva: Having control over things. There is a possibility of downfall if these powers are misused.

39. When Humans taught Yoga the world transformed from Heaven to Hell