

INTERNATIONAL YOGA DAY: referred to as **Yoga Day**, is celebrated annually on **21 June** since its initiation in 2015 which was declared unanimously by the United Nations General Assembly (UNGA) on 11 December 2014. The Indian Prime Minister Narendra Modi in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and also shares special significance in many parts of the world. Yoga also imparts longevity to human beings.

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

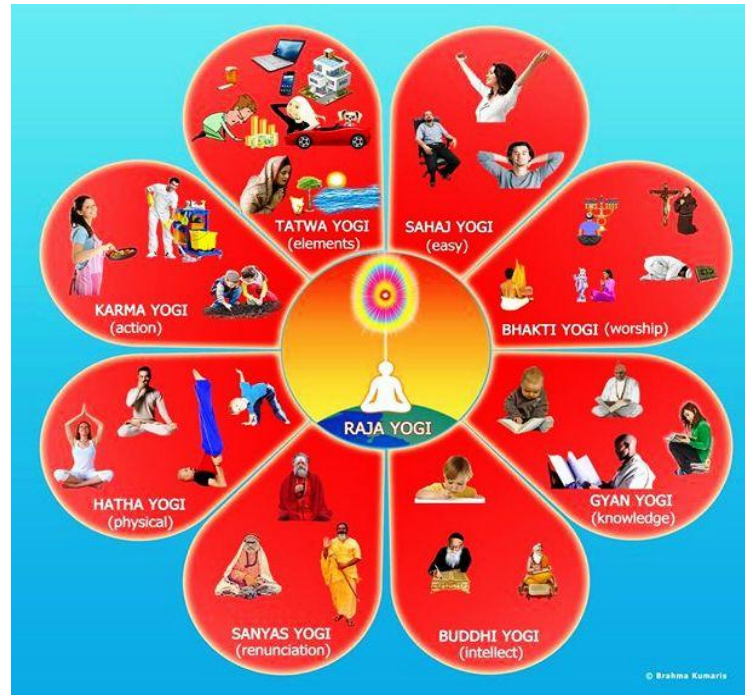
S = Stand beyond

O = Observation stage

S = Steer the Supreme

When our mind becomes stable, our views are stable and we receive blessings.

CONTRAST OF RAJYOGA TAUGHT BY SUPREME SOUL GOD FATHER SHIVA AND HATHA YOGA TAUGHT BY GURUS (SPIRITUAL GUIDES) & SANYASIS (MONKS)



There are various types of yogas like some of which graphically depicted in the image 1) **Rajyoga** 2) **Hatha (penance) yoga** 3) **Gyan yoga** 4) **Buddhi yoga** 5) **Bhakti yoga** 6) **Mantra yoga** 7) **Tantra yoga** 8) **Karma yoga** 9) **Sanyas yoga** 10) **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.**

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 and body positively.

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 through our negative, wasteful thoughts and vicious acts due to which the divine qualities & powers of soul gets depleted and it becomes weaker and victim to vices. Hence it's charging is must on daily basis for smooth functioning and proper control over mind & body. The mind becomes strong by acquiring powers through the remembrance of almighty 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** is the only ancient Rajyoga knowledge that is being 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**.

At **Confluence age** incorporeal point light form **Gita God Yogeshwar Supreme soul (Shiva / Allah / Khuda / Jehovah / Omkar)** the resident of the soul world has to reincarnate into an ordinary human medium in every cycle to destroy various religion and re-establish one eternal deity religion (heaven) and fulfill the godly duties of imparting spiritual knowledge, teaching Rajyoga and purifying souls and five elements. 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, paradise or heaven**.

- Rajyoga is the love borne remembrance of the Supreme soul residing in the Brahm element (sixth element) . This is spiritual yoga or union to become ever pure.
- Communion with Brahm or (sixth element) or any corporeal form is Hatha yoga. All these are physical yogas that are not meant for purity.
- Rajyoga guides in the easy and best way for God attainment amidst household life. Also imparts deity status in coming future.
- Hatha yoga turns human beings into ascetic and sanyasis (hermits) for attaining God.
- The practice of Rajyoga make the soul pure by clearing away the sins, karmic bondages and purifies the five elements of nature thereby transforming the world into heaven.
- Through any other yoga it is impossible to destroy not only the sins of previous births but present birth too and it cannot even purify the 5 elements.
- Rajyoga can be taught only by the incarnated bodiless Supreme soul.
- Various types of Hatha yogas are taught by different corporeal or physical gurus.
- Through Rajyoga, the Supreme soul destroys various religions and establishes one deity religion.
- Through Hatha yoga destruction of various religions and establishment of one true religion cannot be done.
- Rajyoga teaches to realise self as soul and remain in the remembrance of the Supreme.
- In Hath yoga the teaching is imparted that Soul is equivalent to Supreme soul.
- 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.
- 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.

- In Rajyoga the main focus is especially over the practice of elevated and powerful thoughts.
- In Hatha yoga importance is given to thoughtless stage.
- The practice of Rajyoga destroys body consciousness and get established in soul consciousness state.
- In Hatha yoga body consciousness is not eradicated due to connection with corporeal beings.
- A Rajyogi can celebrate easy communion with God through angelic form in subtle world and soul form in soul world.
- 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.
- A soul attains Satopradhan (intense pure) stage after eradication of five vices i.e lust, anger etc. through the practice of Rajyoga.
- Through the practice of Hatha yoga it is never possible for a soul to attain complete viceless and intense pure stage.
- A soul remembers it's true religion through Rajyoga and remain stabilised in the everlasting peace.
- The Hatha yogi sanyasis go to jungles in search for peace but they acquire only momentary peace.
- A soul attains salvation through Rajyoga which means it enjoys complete peace and happiness in Satyuga and Tretayuga (Golden & Silver age) for 21 births.
- A soul can attain happiness for only one birth through Hatha yoga.
- 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.
- The Hatha yogis adopt cross leg sitting posture and perform yoga followed by Pranayama or breathing exercises.
- After learning Rajyoga, the deities in Satyuga become ever healthy and attain longevity without any disease, old age or sudden death.
- Through Hatha yoga one remains healthy for short term period.
- Rajyoga rishis celebrate communion with God through all sort of relations.
- The Hatha yogi sage believes element to be God. They do not attain God.
- In Rajyoga practice is done to attain bodiless or soul conscious stage by forgetting the body.
- In Hatha yoga importance is given to physical postures or actions.
- 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 with action which is taught by God himself. God can never teach Hatha yoga.
- Hatha yoga is a path of limited Rajoguni (second purity level) renunciation where one has to abandon his homes and family ties. Sanyasis leave their homes and belongings. They do not believe in family duties. They follow Hatha yoga karma sanyas i.e renunciation of actions through penance or obstinacy.
- Rajyoga can be practiced by both Male and Female.
- Hatha yoga is learnt only by males.

- 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 it's main aim is to achieve deity status from human beings and to transform inner vicious devil latencies into divine qualities.
- 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 i.e liberation in life.
- Eight Powers are gained through Rajyoga which are everlasting 1) Power to withdraw 2) Power to packup 3) Power to tolerate 4) Power to accomodate 5) Power to discriminate 6) Power to judge 7) Power to face 8) Power to co-operate
- Eight short-lived siddhis or Supernatural powers are achieved through the practice of Hatha yoga.
- When God taught Yoga the world transformed from Hell to Heaven
- When Humans taught Yoga the world transformed from Heaven to Hell

P.T.O. . .

Rajyoga Meditation - short practice..

Along with reading over the following words slowly and silently, make a sincere effort to create corresponding images of them in the eye of your mind:

I focus myself on the self, the soul, a point of light.....

I reside between the eyebrows in the middle of the forehead.....

I radiate rays of peace, purity and love in all directions.....

I visualize myself gradually going out from this physical body.....

I, the sparkling star like divine energy, fly into the night sky.....

I see myself floating above a vast expanse of buildings and lights.....

Slowly I rise higher and higher to enter space.....

I am surrounded by millions of stars and planets.....

Gradually I see myself flying beyond the world of five elements.....

I, the white star, enter another dimension, a soft golden-red light soul world...

A world of sweet silence & peace where I feel pure warmth, surrounded by light...

I the being of light sparkle in this sixth element.....

I am free of all tensions, extremely light, silent, calm and still.....

This is where I belong; This is my real home, also the abode of all souls.....

I recognize this place, a place beyond sound.....

I had forgotten it, but now I have rediscovered it.....

Now I focus my attention on the supreme light - the God Father, a bright shining divine star. He is very tiny point but he is the supreme source of peace. He is so powerful that everyone receives power and energy from him but still his energy don't deplete. I am feeling strong vibrations coming out from him and through me spreading to all souls and 5 elements of nature. The strong vibrations from him are charging me making me strong and powerful. I feel so good and energetic. All my worries, tensions have slipped away and I feel light. It is such a beautiful experience to be with. I automatically feel elevated in God's company. I am sitting on the lap of my spiritual father.

Oh ! God father, I am very much grateful to you that you have given me your divine knowledge. Your knowledge has open up my mind and now I am able to play my role in world drama in better way. You have taught me not to get disturbed by looking at any scene of drama and play role in detached manner. After getting charged completely, I am going back to corporeal world to play my role.

Spend a few minutes in this positive experience and then gradually come downwards to take your seat back in the physical body.