

Corrections and Additions

The Psychological Chart: Yogananda actually used six categories –

1. Tama (Obstructing),
2. Rajas-Tama (Activating-Obstructing)
3. Sattwa-Tama (Elevating-Obstructing)
4. Raja (Activating)
5. Sattwa-Raja (Elevating-Activating)
6. Sattwa (Elevating)

In an effort to bring them into alignment with the four stages, we made some errors. We will make the corrected version available online for you.

Additions

A friend sent a definition of **dharma** given by Yogananda in a footnote in *Autobiography of a Yogi*:

“A comprehensive Sanskrit word for law; conformity to law or natural righteousness; duty as inherent in the circumstances in which a man finds himself at any given time. The scriptures define dharma as ‘the natural universal laws whose observance enables man to save himself from degradation and suffering.’”

A big thanks to everyone who have already sent in suggestions. Keep them coming!

Knowing Truth



Knowing Truth

Sloka 4:27 — Others, by discrimination, offer up their sense activities, and the energy within those activities, in the fires of self-control. (They ask themselves, “Who is seeing? Who is hearing? Whose energy is activating the experience of these sensations?”)

Explanation: Pandu symbolically represents discrimination. When our power to know right from wrong dies, we lose our moral compass. We then fall under the control of the blind, sensory mind, and can no longer perceive what brings true happiness.

Affirmation

“I will see goodness in everything. I will view the world around me, not from the depths of matter-attachment, but from the heights of divine aspiration.”



Technique

Meditate on the thought, “Who am I?”
Go beyond all superficial definitions.

Goal: To see the difference between what is true and lasting and what is false and ephemeral.

This frees one from fear and brings great peace of mind.

Aids to Knowing Truth

- Guidance of the Guru – attunement to His intuitive guidance
 - Gaze into his eyes,
 - Visualize at Spiritual Eye,
 - Ask: Introduce me to God
- Difference between knowledge and wisdom – philosophy vs. darshan
- All paths: bhakti, karma, gyana, and raja yoga lead to truth
- Right Attitudes
- Living Dharma

Seeing the Divine Truth Behind Form

- **Seeing God with and without form, personal and impersonal**
 - Master said, “Try to see beyond form to the consciousness of infinity.”
 - Try to see yourself as a part of the infinite consciousness who is dreaming this dream
 - Chapter 11: The Divine Vision

Affirmation for Knowing Truth

- “I will see goodness in everything. I will view the world around me, not from the depths of matter-attachment, but from the heights of divine aspiration.”

The Integrated Life



Krishna to Arjuna in Gita (6: 16-17)

“Oh, Arjuna! Yoga is not for him who eats too much or who fasts too much, who sleeps too much or who sleeps too little. One who is temperate in eating, recreation, working, sleeping, and wakefulness attains yoga, which destroys all suffering.”

Introduction

The Integrated Life is to help us understand how to function better in achieving our highest potential on all levels of the self.

It recognizes the various levels of our being: physical, energetic, mental/emotional, and spiritual.

Unless we integrate all of these levels, we will be unbalanced and suffer.

The pyramid is an adaptation of the “Radiant Health” pyramid, which has a variation of these four levels, but is focused on health rather than integration of the whole self, and which we offer as a week-long course.

Physical Level: Diet

- Yogananda's suggested diet—"Proper Eatarianism"
 - Fresh fruits and vegetables, Fresh juices, Whole Grains
 - Fasting one day a week/three days once a month, Nine-Day Cleansing Diet
- Seeing food as a source of prana, not just taste
- The way you eat is equally important as what you eat
 - Always pray before eating
 - Chew well
 - Eat in sattvic environment because you absorb vibrations when you eat

Exercise

In a letter during a time that he was in the desert helping Master, he told Swamiji:

“Work – 9 hours a day with deep concentration – meditate two hours deeply at night after dining at 6:30. Sleep 7 hours. Be sure to walk briskly or run for 5 minutes every 2 hours. This will keep strain out. After dinner at night walk on the road and not in jungly brush—for one hour 6 to 7. Then eat and meditate two hours. Adjust routine whatever possible. Not necessary to walk at night. You can work from 7:30 A.M. – if you like. You should take ½ hour walk in the morning and after a quick meditation and breakfast covering ½ hour.”

Many modern studies show the need for both aerobic and muscle-strengthening exercises. These are covered by the above advice plus daily practice of Energization.

As modern science advances, it comes closer and closer to Master’s recommendations on diet and exercise.

Master also recommended sun-bathing and consciously drawing energy from the sun’s rays.

Other Physical Factors

Sleep:

- Go to sleep in an uplifted and unattached frame of mind
- Don't sleep too much or too little

Use of Addictive Substances:

- Alcohol, tobacco, and drugs are tamasic, addictive, and lower the consciousness as well as destroying physical health. They also open the mind to downward pulling and lower astral energies.

Energy Level

- Will-Power
 - Will power is the switch for the flow of energy, and techniques of drawing and controlling energy and fundamental in Dwapara Yuga.
 - “The greater the will, the greater the flow of energy.”
 - “Bite off more than you can chew, and then chew it.”
 - Take on small tasks, complete them, and then successively take on more difficult ones and also bring them to completion.
- Master said that every test is a test of our will power.

Energy Level

Energization Exercises

- Master said if you only had the single technique of Energization, it would lead to the discovery of the entire science of yoga. Master's original term was "Tissue-Will Exercises."
- He also said it was his unique contribution to the science of yoga
- Concentration on the energy flow is central to successful practice
- It is as important to relax and feel the energy as it is to tense.

Energy Control

- Exerting strong will power brings strong results; weak will brings weak results
- Pranayama techniques
- Ananda Yoga focuses primarily on controlling the flow of energy using a combination of physical positions and mental affirmations.

Mental Level

- Positive thinking helps to direct energy upward
- The Law of Success depends largely on holding a strong positive intention which produces the positive magnetism needed for success.
- There is a link between body posture and mental states of consciousness
- Bring strong concentrated thought in everything you do. Don't let the mind slip into passive, subconscious states.
- The mind is strongly influenced by outside sources.
 - Be careful about the company you keep: "Environment is stronger than will power."
 - Pay attention to your mental diet as well as your physical diet

Emotional Level

- The likes and dislikes of primordial feelings are the prime agency to keep us bound in delusion.
- Maria's Mantra: "Detach yourself, control the reactive process, and live the teachings."
- A prime goal is to be "even-minded and cheerful."
- When you are feeling a negative emotion, affirm the opposite in thoughts and actions. Battle each warrior of negativity by bringing out the opposite positive warrior.
- Catch negative feelings before they gather momentum by bringing the energy to the spiritual eye.

Spiritual Level

- Each successive level is more powerful than the preceding ones. The spiritual level is the most important of all.
- Master said that all disease begins from spiritual ignorance.
- Meditation is the most important spiritual practice, and therefore the most important activity we can do.
- Yogananda said that the most powerful arrow in delusion's quiver is the desire not to meditate.
- Lahiri Mahasaya said that Kriya Yoga is the solution to every problem.
- Attunement of the individual will with God and Guru is the goal. Meditation is a way of attaining it.
- Try to feel God's presence moment by moment throughout the day.