

Yoga For All

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***Kavi Yogi
Suddhanantha Barathi***

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BY

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COME LOVELY SOULS

Come lovely souls
Sweet with your smiles
Sing happy hails
Greeting equal souls.

Aum is our name
Heart is our home
Our truth is same
Beyond name and form.

Life is His breath
Love is its worth
Joy is our health
In God's commonwealth.

Accord is mirth
Discord is death
Strength is in faith
Good Peace is our wealth.

Graceful and kind
Tranquil in mind
Go deep and find
Lord's Light behind.

When mind is pure
He is there sure
Open heart's door
And behold Him there.

I is our soul
God is our goal
To God yoke the soul
That is Yoga for all.

2. WHAT IS YOGA?

A hidden voice is eloquent to inner ears. A hidden-light smiles in every heart. We want peace and bliss and they are the very nature of our Soul. There is a fountain of wisdom that can remove our thirst and keep us joyful. To rediscover *that* and live in tune with that *self* is Yoga.

Yoga is right life, right movement. We live by the union of several elements and principles. The lungs breathe in union with the air; the lungs live in Yoga with the air. The heart beats in union with the blood; the heart lives in Yoga with the blood. Our body lives in union with the Pure Spirit and that in union with the Divine. This union is called Yoga. All life is verily Yoga. Yoga means union, communion, connection, touch, contact. Yoga is yoking of the mind to the Soul, the human to *divine* in us. In the technical sense, Yoga is Psychic Science showing us how to live in tune with the *Pure Spirit* that is our *Divine* essence.

There are two parts in our Being ; Human and the Divine; Nature and God; Matter and Spirit; Prakriti and Purusha; Deha and Atma; Body and Soul. The *Divine Spirit* is immortal, peaceful, blissful, dynamic and full of energy. The other part ; Matter, Nature and Human part; is changeable, mutable, moral and limited. Yoga enables us to live in the matter conscious of the *Pure Spirit*. It unites the human with the Divine in us by psychic purity and gnostic equilibrium. Yoga is not life extinction; it is life expansion. It is not self-immolation; it is self-transcendence. It is not mere religious moralism; it is super-moral spiritual life. It quickens the evolution of humanity to *Divinity*. Yoga purifies, unifies, transforms, perfects and divinises human existence and heavenises earth-life.

'Be a Yogi' said Sri Krishna to Arjuna. Yoga is mightier than Tapas and Jnana, austerity and Knowledge. Yoga is greater than religions that are built around personalities. Yoga develops around the immortal Self which knows no differences of mental creation. Yoga is not a personality cult. Yoga is a great force of cosmic unity and harmony. There are many branches of Yoga. We synthesize all in one Pure Bliss and call it Sama Yoga (Yoga for all).

3. YOUR BIRTHRIGHT

Yoga is nobody's monopoly. Just as everyone has a right to breathe air, drink water, eat food that Nature gives, every individual has a right to know the Divine Spirit and live in its dynamic bliss. In this there is no caste, clime, creed or religious difference; all aspirants, all sincere seekers can join the Yogic circle. Purity, unity and divinity are the watch-words of Yoga. The pure Sama Yogin is the centre of a cosmic force; he perfects himself to perfect humanity. He unravels the knots of life; he solves within himself the riddles of existence and helps humanity to solve the same. Whatever he gains is consecrated to the progress of the human aggregate. He finds out the missing concord between the Subject and the Object, between the Matter and the Spirit and leads an integral life of the Spirit in Matter. The spirit of the Divine Orient and the science of the dynamic Occident unite in the harmony of his

higher life. The Pure Yogin has a shining body, healthy system overflowing with energy, a dynamic vital strength and endurance, brilliant intellect, blissful heart, psychic love, freedom of conscience, equality of vision, self-delight and divine consciousness. He is a superman, a Godman, a saint and hero, calm in mind and powerful in action. His body lives in tune with Nature and his Spirit in tune with the Divine. Self-fixed, he acts in the world without any hitch or bondage. Is this possible for the common man of the modern world? Yes, if one has the aspiring will.

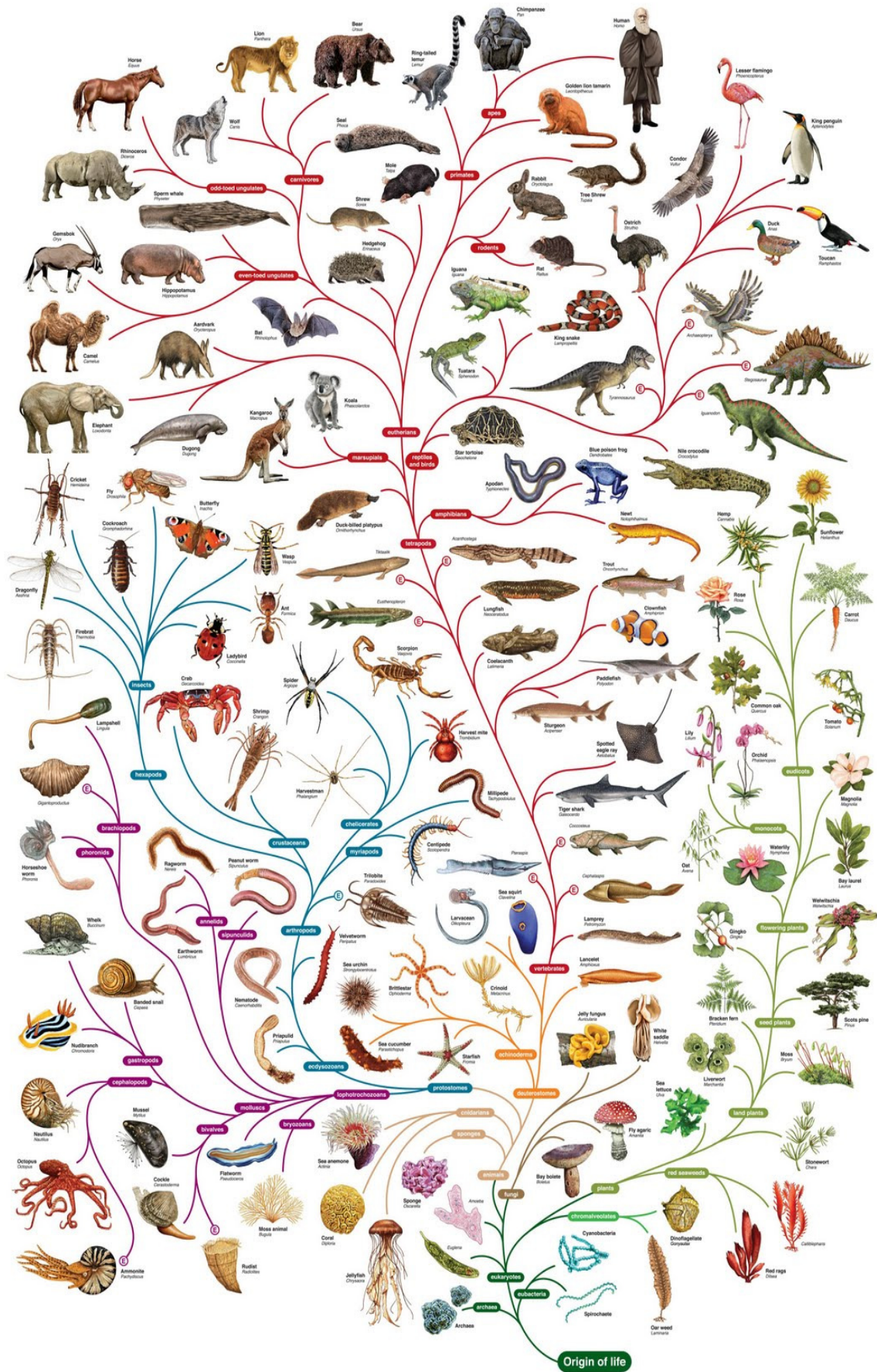
4. HOW IS MAN TODAY?

Man today has many problems which have gone beyond his scientific brain. His science is wonderful but his psychology is deplorable. He measures heights and depths, but is unable to focus his mind into his own self. He has television, but no self-vision or cosmic vision to see himself in all, and all in himself. He plays Othello and Tartuff with existence. The world wars have left behind them ghastly blood-prints of the weaponed beast in man. Yet callous brutality threatens humanity with uranium thunders. Man's thoughts are far away from God and his life far away from Mother Nature. His politics is full of wars, his economics full of wants, his commerce full of exploitations and his education soul-less. He is in discord with himself and out of balance with the society. His mind is not in its right place and so is his vital. His craving is restless and his dissatisfaction endless. His life swings between fad and greed. He kills animals for food and kills men for power. His vital passion bursts out to break the Bible commandments. Heavily clad, multiplying his wants, living in thick-walled rooms, his life is laden with sins and evils due to wrong movements.

His life must obey Nature and his soul the voice of God in the conscience. Harmony with Nature is health; harmony with the Divine Spirit is Yoga. Man is a Spirit embodied in Nature. He must know his body and his spirit and live in tune with Nature and God.

5. LOVING NATURE

Loving Nature! She fills the earth with floral beauty fertile greens and golden yields. She has provided her children with ether, air, fire, water, earth, fruits, grains, nuts, vegetables, milk etc. She has provided for their thirst and hunger. She cradles them on her bosom and heals their ailments. She feels from plants, senses from animals and thinks from man. She breathes from lungs and throbs in the heart. Nature is the wonderful power that plays in creation in the game of God. All things and beings are instruments of the universal play. Each cell of our being is instinct with her touch. Her intelligence is evident even in the minutest capillary. Nature is God's embodiment, his manifesting energy. The infinite sky, countless stars, boundless ocean, the bright sun, beaming moon, the blessed rain clouds, the vital air, the subtle ether, the majestic hills, flowing streams, fertile crops and plants that sustain our lives, the fire that warms, the water that cleans and the earth which homes our destiny are all free gifts of Nature. Electrons, protons, neutrons, ether,



electricity, magnetism, gravity, equilibrium, pressure, instinct in creatures are all forces of Nature. Mind, will, intellect, intuition, sensations and emotions are self-expressions of Nature in man.

She warns man to follow her. Your body, life and mind are my mechanism. I am the source of health and strength. Use my elements; live in tune with me, pure, free, equal-minded, simple, clean, calm, peaceful and blissful. The body is my architecture, says Nature.

6. OUR BODIES

We see only the physical body; it is the garment of our real body. Anatomists and pathologists have made researches into this physical vesture of ours. They have given us a list of bones, tendons, glands, blood vessels, nerves, ganglions, lung-cells and brain folds. The surgeon's knife has not gone deeper than the Bundle of His -- the spindle-like atrioventricular nodes in the heart. There are many unknown corners in the body. Man has no control over the involuntary nerves. Man throws food into his mouth; Nature does the rest. The process of digestion, assimilation, secretion, circulation, respiration, the workings of the heart and the brain-- all are a mystery to him. Something thinks in the brain, breathes in the lungs, beats in the heart, sees through the eye. What is THAT? Body is its clay and life its play. That is the Pure Spirit in all. It lives in a five-ringed fort. The physical body is the outer ring; inside it is the Mental body of thoughts and impulses. Above that, is the Gnostic plane of consciousness which links the lower body of Nature with the Pure Spirit. Above that is the Bliss plane, the centre of delight. These five sheaths encircle the Pure Spirit which is real I, you, he, she or it. It is Pure-Truth-Knowledge-Bliss: Yoga brings all the planes of our being in harmony with the Pure Spirit. So our Yoga begins with knowledge of the physical body and goes deeper into other planes.

Nature has given us a wonderful body. There is no existence without body. The body must be kept strong, virile, healthy, active and luminous with cosmic force pent up in our psychic planes.

A knowledge of the body and its systems is indispensable for all men and women. Even sages and saints who have renounced the ego must take care of the body and live in the world, a healthy life. Many sages die of vile diseases for they do not follow nature in eating, drinking and cleaning the body. By so many experiments on myself, I have found out a way to live disease-free. I am obliged to tell you, my dear readers, how I lived in and out free from mental, ital, physical ailments. I do not know if I can conquer death; but I can tell you that you too can live an ideal life free from disease and mental worries. I am now giving you the science of the body before leading you to Yoga for the body. Man can live beyond the present span of life, if he knows the secret of the body, which houses his eternal Spirit--the God in human.

7. THE PHYSICAL BODY

The physical body is a network of protoplasmic cells. Protoplasm is a jelly-like substance developing around a nucleus in each cell of the body. It contains water, proteins, carbon, oxygen, hydrogen, nitrogen, fat, sulphur, phosphorous and other elements. The male cell fertilizing the female nucleus in the ovum, generates an embryonic foetus. Fed by the mother's blood through the placenta, it develops into a child and sees the light of the day at the end of 280 days. The child grows through the harmonious working of the skeletal, muscular, digestive, circulatory, respiratory, lymphatic, nervous, endocrinal systems and hormones.

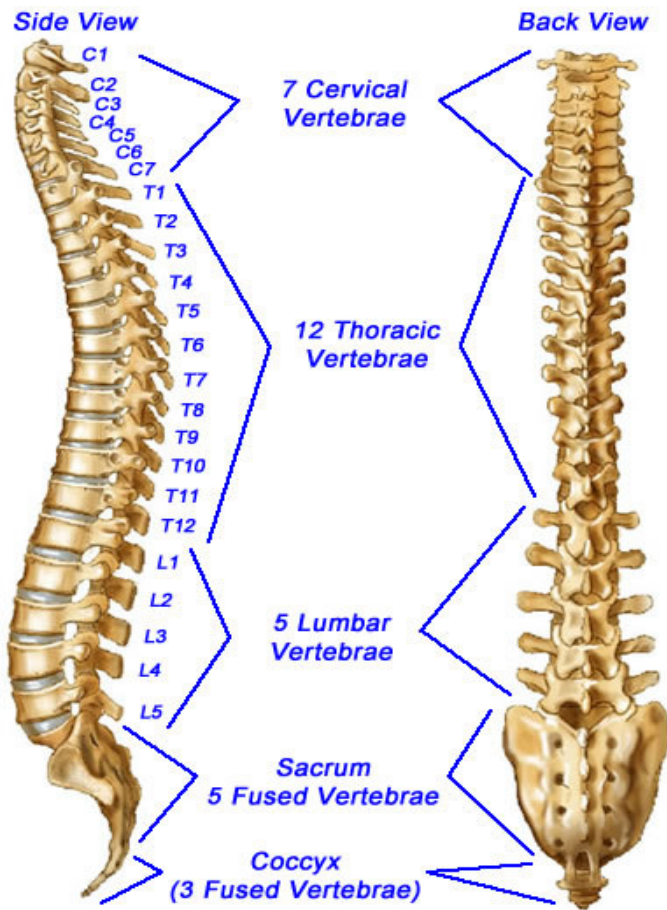
8. THE FRAMEWORK

The skeleton is the framework of the body. It is formed of 206 prominent bones, long, short, flat or irregular in shape, tied by ligaments. The vertebral column, containing 33 bones, is the root and trunk of the body. The 7 cervicals, 12 dorsals and 5 lumbar vertebrae are movable. The massive sacrococcygeal vertebrae are firmly fixed. The main life cords, the spinal sensory and the motor nerves, pass through the vertebral column. All the psychic centers are involved in it.

Ribs arch out of the dorsal vertebrae to form the thoracic cage. Seven pairs of ribs on either side are joined to the sternum or the breast bone. They are the true ribs. Three more are united to the above and two last are floating ribs. The cavity thus formed is the thorax. It contains the lungs, the respiratory organs and the heart which pumps out blood, the fountain of life. Below the thorax is the abdomen which contains the alimentary and the excretory organs. They feed the body, assimilate the food and throw out the digestion ash. The alimentary canal extending from the mouth to the anus is 33 ft. The kidneys do the eliminating function. The liver and the pancreas help digestion by their secretions. There is a dome-like muscle called the diaphragm between the thorax and the abdomen which helps inspiration.

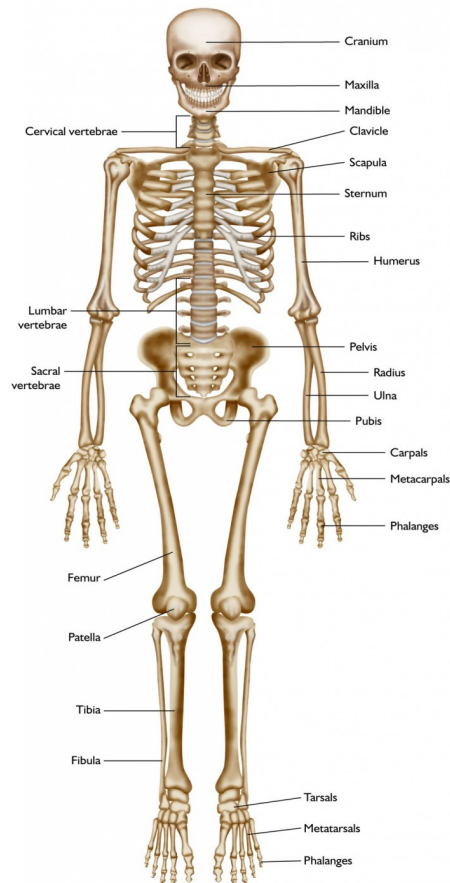
The upper extremities are joined to the shoulder blade and the lower extremities to the pelvic girdle. The ball of the arm bone is joined to the socket of the scapula or the shoulder bone. The collar bone connected with this helps the lateral motion of the arm. The forearm is connected with the arm at the elbow by a hinge joint. This contains two long bones: the radius and ulna. At the end of these is the wrist which contains five carpal bones; the hand contains five metacarpal bones and fourteen finger bones. Similarly the lower extremities are united to the pelvic bones by a ball and socket joint.

The thigh bone (femur) is the longest bone of the body. The leg contains two bones- tibia and fibula. The thigh and the leg bones are connected at the knee by a hinge joint. A round patella bone forms the knee cap. 8 tarsal bones form the ankle joint. 5 metatarsals form the bones of the feet and 14 phalanges, bones of the toes. Thus each lower extremity has 31 bones. The head is poised on the atlas bone, the bones: 2 parietals, 2 temporals, 1 frontal, 1 occipital, 1 sphenoid, 1 ethmoid bone. The skull treasures the brain



VERTEBRAL COLUMN

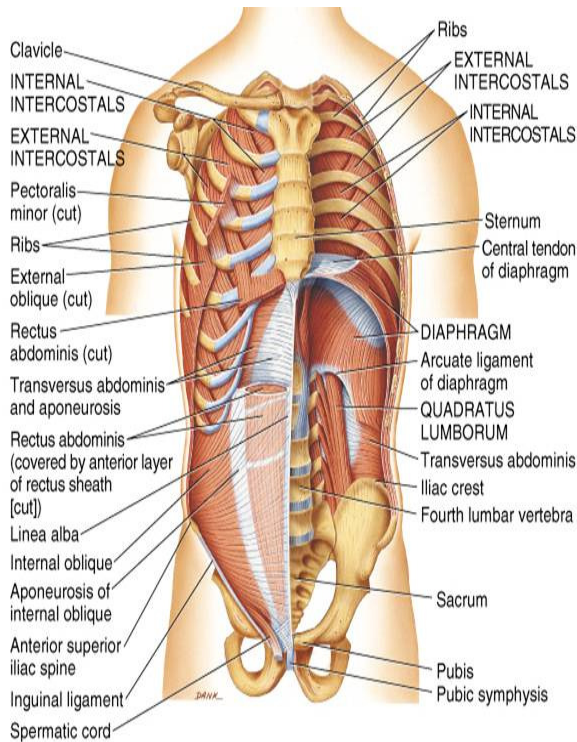
Human Skeletal System



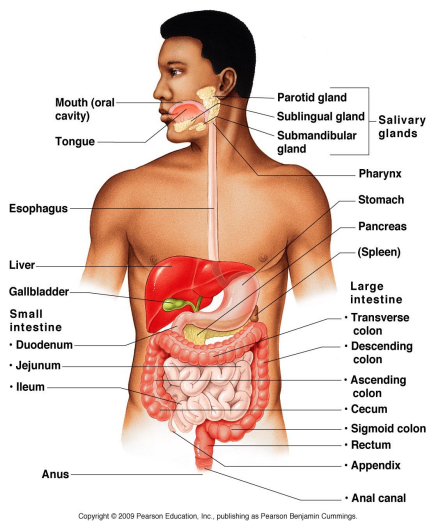
which is the centre of the nervous system ruling over the body. The facial bones are 14: 7 nasals, 2 malars, 2 palates, 2 superior maxillaries and 1 inferior maxillary. The teeth are set 16 in each jaw. This much of osteology and syndesmology is enough for our purpose.

The bones are covered by muscles and tendons. There are 555 muscles; 82 in the head; 71 in the neck; 174 in the trunk, 112 in the hands and 116 in the legs. Muscles like those in the arms and legs can move at our will; they are voluntary muscles. Muscles of the heart, lungs and stomach are not at our will. They are involuntary. The skin covers the muscles and hair the skin.

9. HOW IT WORKS



THORAX AND ABDOMAN



ALIMENTARY CANAL

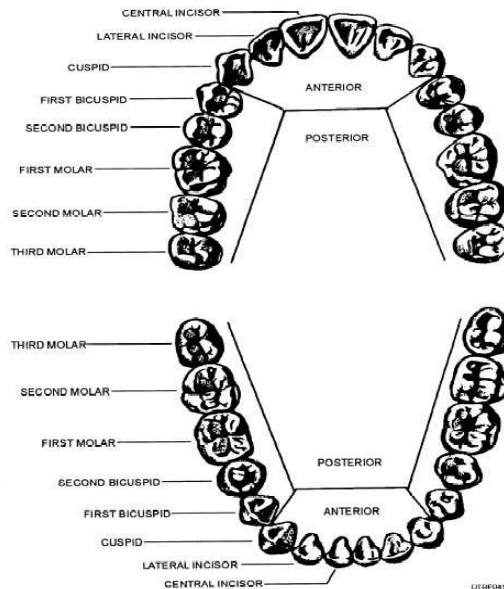
The food taken through the mouth enters the stomach. It is digested in the stomach and in the intestines and is turned into chyle. The chyle is absorbed through the lacteals and emptied into the thoracic duct. This joins the subclavian veins to pour its content into the right auricle of the heart. The heart pumps it on to the pulmonary artery. There the lungs purify it and convert it into red blood by a mysterious process of Nature. The blood courses through the arteries and the capillaries to every nook and corner of the body. The brain is nourished by the aorta, the biggest artery. Twelve pairs of nerves extending from the brain control the functions of the nose, eyes, ears, tongue, muscles of the face, heart, lungs, stomach, liver, neck back etc. There are endocrinal glands secreting hormones vital to health and life. Thus works the body as Nature wills. The body is made of food. Let us see how.

10. DIGESTIVE ORGANS

The diagram here is that of the alimentary canal.

The continuous parts of the canal are: 1. Teeth 2. Salivary glands 3. Tongue 4. Epiglottis 5. Gullet 6. Stomach 7. Liver 8. Spleen 9. Pancreas 10. Bile duct 11. Duodenum 12. Small intestines 13. Diaphragm 14. Large intestines 15. Rectum. The small projection at the beginning of the large intestines is the vermiform appendix. These are the important parts of the digestive system. These organs of digestion must be ready to function before food is injected. Good food must be put into clean vessels. When the canal is clean, empty and ready, Nature itself will call for food. That call is hunger.

Alimentary cleanliness must be observed to get the natural call of hunger.



MOUTH AND TEETH

11. MOUTH AND TEETH

The mouth must be clean and free from bad smell. It is the first organ of digestion. A foul smelling mouth betrays a gutter-intestine. The poison within smells bad in the tongue; the rosy coloured tongue is a sign of health. Too much bile excretion within coats the tongue yellow. Constipation changes its colour and taste. The teeth are also affected by the inner impurities. The food is prepared for digestion

by the tongue, teeth and the secretions of the salivary glands.

A child cuts its first tooth in its sixth month. In two years 20 teeth appear. Milk or other liquid food is given until the teeth are fit to chew food. After the seventh year, the milk teeth fall one by one and are replaced by permanent teeth. The permanent teeth are complete by 25th year, after which they do not grow again. The teeth are arranged in the form of an arch in the lower and the upper jaws. Each arch has sixteen teeth. It is divided into two halves; each half contains 2 incisors which cut, one canine which tears, 2 premolars which grind and 3 molars which grind and paste the food. Horses and cows eat grass; they have strong molars to chew the food long. Lions and tigers tear the flesh; they have sharp front teeth. The human teeth are adapted to grind vegetarian food alone. The molars are stronger and larger with two roots. The incisors are thin with one root. Each tooth has a neck, a crown and one or more roots. The inner cavity of the teeth is filled by the dental pulp. It is a collection of tissues supplied by nerves and blood vessels. This is surrounded by a solid dentine or ivory. The bottom is bone and the visible portion is a smooth enamel. The fleshy tissue covering the base of the tooth is the gum. It fills the space between teeth.

Particles of food stagnating between the teeth and under the bridges contaminate the mouth and the food that is eaten. They pollute the dental pulp and the salivary glands. The result is oral sepsis, caries and pyorrhea.

The teeth must be cleaned early morning and before going to bed at night. Tooth stick is better than brush and paste. Margosa twig, black babul (acacia Arabica), aerial root of the banyan tree, cashew leaf, mango leaf, and karisalankanni (eliptaprostata) are the best tooth-cleaners. Brick and sand will spoil enamel. Wood and nut charcoal well powdered and mixed with salt and cloves and smooth ash form a good tooth powder. Almond or arecanut, margosa bark or acacia bark are suitable for this purpose. Dry mango leaf powder mixed with a powder of acacia arabica bark is an excellent tooth powder. Coconut fiber cleans the teeth as good as a brush. The teeth can be cleaned by smooth clay now and then. The thumb and the forefinger must be used to massage the gums, palates, tongue, lips and throat. Water must be gargled and the mouth rinsed repeatedly. After meals the used match stick or a clean broom stick can be used to pick out the matter sticking between the teeth. The mouth must be well rinsed and exposed to the sun and air for a few seconds. The sun has vitamin D and it calcifies the teeth. In case of toothache, bathe the mouth in the steam from water which has been boiled with acacia Arabica and salt and rinse it with the same tepid water. The bowels must be clean.

12. TONGUE AND TASTE

The tongue is an organ of digestion as much as it is of expression. It is formed of the most flexible muscles covered by the mucous membrane. The hyoid bone is at its base. There are minute glands, nerves, blood vessels and lymphatics in the tongue. Its surface is covered by papillae fungiforms which contain taste buds. The tongue is the index of health. A coated tongue indicates bad digestion. After cleaning the teeth, the tongue must be cleaned and massaged very well. It must be trained to enjoy natural tastes. Chewing the sugarcane cleans the teeth and the tongue and stimulates the salivary secretion.

SALIVA

There are three pairs of salivary glands. The largest is the parotid gland situated behind the lower jaw-bone below the ear. The submaxillary gland about the size of a walnut is in the submaxillary triangle. The almond shaped sublingual gland lies beneath the mucous membrane of the floor of the mouth, under the tongue. Healthy salivation is very important for good digestion. Avoid smoking, chewing tobacco and indiscriminate spitting. These bad habits affect the glands and the health of the body.

13. MASTICATION

Every morsel of food must be well masticated, intensely tasted and well mixed with the saliva and then swallowed. This is the first part of digestion. This dissolves the starch in the food and renders it easy for further digestion. Saliva is the nectar of health; it must not be wasted by indiscriminate spitting. Tulsi leaves and goose-berry fruits (Emblic Myrobolam) stimulate good salivation. The tonsils too must be carefully cleared by gargling water. The food passes into the stomach through the gullet or esophagus. In case of

sore throat or mouth which is very common in constipation, the bowels must be opened. The mouth must be well rinsed with acacia water. Coconut milk or the juice of solanum nigrum (Manatakali) added to cow's milk can be taken to cure sore throats and sore tongues. They can heal even esophageal ulcer and dysphagia. The esophagus must be kept very healthy. It is a muscular tube 9 inches long, passing behind the trachea and in front of the vertebral column. It is well protected by Nature. But it is very delicate. It passes through the diaphragm and ends in the orifice of the stomach. It must be kept free from any food stagnation. All irritant foods produce ulcers and inflammations; they must be avoided. If this tube is inflamed, food cannot be swallowed and the body cannot be nourished. Orange juice and citrated milk sipped slowly have a soothing effect on the gullet. Man has control over food only up to the beginning of the gullet. Beyond it he has no control. If he does his initial duty, Nature will do her part in the rest of the process connected with digestion.

14. THE STOMACH

Eat pure food with good relish, just to satisfy hunger; then the abdominal organs prepare themselves to digest and assimilate it. The abdomen is the largest cavity of the body, oval-shaped up and down, roofed by the dome-like diaphragm and resting on the pelvis. It contains the stomach, the intestines, the liver, the pancreas, the spleen, the kidneys and the adrenal glands. Its walls are covered by a large serous membrane called the peritoneum. The stomach is a continuation of the gullet leading into the duodenum. It is the most dilated digestive organ shaped according to the contents. It can freely hold one measure of water. The empty stomach is J shaped. It receives food from the cardiac orifice and expands forwards and downwards. It has four coats. Beginning from the outermost coat, the first is serous, the second muscular with circular oblique fibres. The third is of areolate connective tissues and the fourth is the honeycombed mucous membrane. They are supplied by nerves, blood vessels and lymphatics. The main function of the stomach is secretion of the gastric juice through the pyloric, cardiac and fundus glands, to digest the proteins contained in the food.

The gastric juice is colourless and antiseptic; it curdles milk. It contains hydrochloric acid. The churning movement in the pylorus softens the hard substances. The gastric secretion dilutes chemical irritants and destroys germs if any. It assimilates iron from the food and this helps the formation of haemoglobins. The walls of the stomach are bathed with the gastric juice. The gastric action is affected and the membranes injured by such stimulants as alcohol, tea, coffee, tobacco, aerated waters, flesh and drugs. If proper satvic food is taken, the stomach will do its duty happily. No pungent, irritant or putrefying food should be swallowed. Nature induces vomiting of poisons, irritants and contaminated things. The stomach must be kept clean by drinking enough warm or cold water at frequent intervals. But no water should be drunk at meals. Saliva should be the only water at that time. All vomitings, hysterics, reflex, nausea etc are the outcome of wrong eating, fear, bile, decomposition, disgust, hatred etc. Drinking fruit juice, warm water, fasting until true hunger calls and psychotherapy are the remedies of all stomach disorders. Buttermilk regulates and stimulates gastric action. Nature pushes the

chime into the duodenum right and left. Its arch surrounds the coils of the small intestine. It is supplied by a network of nerves and blood vessels. The large intestine is composed of the caecum, the colon, rectum and it ends in the anus. A worm-like appendix about 9 cm long stretches from the apex of caecum. Contaminated food and dirt affect the appendix; the organ gets inflamed and it gives pain, produces ulcer, gastritis, vomiting etc. Fasting on tulsi water, sun and tub baths are effective in this case.

The food comes to the caecum 4½ hours after it reaches the stomach. It moves on to the small intestine and glides on slowly inch by inch. Vegetable diet stimulates peristalsis. After absorbing the nutritive elements in the food required for the body, the useless remains of it passing into the colon are expelled through the rectum.

The rectum is a short tube about 5 inches long. The food refuses takes about 13½ hours to traverse the large intestine and to get ready for evacuation. The unabsorbed food escapes as the faeces. Cellulose is excreted almost unchanged. About 128,000,000,000 bacteria are expelled daily in the faeces. 35 grams of dry substance and 100 grams of water are excreted per day. A vegetarian's faeces is more in quantity than that of a non-vegetarian. The evacuation must be regular at least once a day before or after breakfast. I am trying to find out a food which will completely absorb without producing any waste matter. Science has not yet found out such a food. On deep Samadhi days, I have taken only coconut water with a little honey at the call of conscious hunger and have continued in trance without the need to go to number two. That is my only possibility. But by a process of absorbing into the system the vitamins of the Sunrays and the pure air, I have been able to preserve the life energy the Prana Shakti. These can be done by a ripe Yogin; but for ordinary men, food is vital need. Now I shall deal with the sort of food that Nature will take agreeably.

17. METABOLISM

By the processes of metabolism and catabolism, the body undergoes continuous change. By metabolism the body is built and by catabolism waste matter is discharged from it. The first is like income and the second expenditure. Between the two, man has to keep his daily balance. Food, water, sunlight and the inspired air are incomes. Respiration, sweating, excretion, urination etc are expenditures. With every movement of work, speech, breath, thought or writing, the energy in the body is spent up. To make up for the loss and to supply fresh energy of life and to keep the body fit for work nourishment is required every day. Food, drink, breath and light are the chief sources of nourishment. The diet must follow the nature of the body, climate, work and exercise of the limbs, brain and lungs. The modern science regiments 1680 calories daily for a man at complete rest.

An average man taking eight hours rest and active otherwise requires at least 2500 and a busy worker 3500 calories. 98-99 of temperature has to be maintained. Some refute this calorie theory. Anyhow man must conserve enough energy to do his work. He must be physically fit and socially efficient. Salts and proteins are required in abundance for a healthy body. The bones must have calcium phosphate and the blood sodium chlorate; the liver, pancreas etc must be able to secrete digestive juices. The glands must have substance to release hormones. The body contains about 69% of oxygen, 23.5% carbon, 10% hydrogen, 1.83% nitrogen, 2.5% calcium, 1% phosphorus, 1% chlorine, 15% sulphur, 0.133% potassium, 11% magnesium and 0.66% iron. Water constitutes the bulk of the body. Besides that, all the above elements and many more must be replenished through air, food and drink. The food must contain water 50%, starch 33%, protein 10%, salts 2%, fat 6% besides the whole vitamins.

18. EVIL FOOD

Man is a vegetarian by nature. All the elements of a balanced diet can be had from vegetables. The carbohydrates, proteins, fats, minerals, salts and vitamins necessary for a human being can be had from milk, fruits, nuts, grains, flowers and roots. Vegetarianism is one of the powerful means of cultivating universal love and compassion. Flesh eating is an unnecessary strain on the alimentary canal. Horses, cows, monkeys, parrots, deer, elephants and many other animals are strong and active on raw vegetable diet. Nature can build up and sustain the human body on food derived from vegetable kingdom. To love all creatures and live on harmless food is life natural.

Wine is another evil. All alcoholic drinks inflame the mucous membrane of the stomach. They excite the nerves initially but weaken the nervous system at the end. Alcohol is not a food at all. It is a devilish stimulant leading man from temptation to temptation, impoverishing him and striking him down senseless. Wine, women, gambling and misery are fast companions- shun these enemies of health. All narcotics like opium and tobacco spoil the system. Tea and coffee too are unnecessary drinks. Coffee contains caffeine, an alkaloid poison, tea tannin poison; these poisons stimulate and weaken the nerves and affect the kidneys. A decoction of tulsii leaves, coriander seeds and margosa flowers with honey forms the best drink for us. Even condiments, pickles, chillies, tamarind and pungent things are stomach stimulants. These must be sparingly used. The food must be natural even like hunger that calls for it.

Fruits, nuts, milk, greens, grains and cereals furnish the articles for a hearty and wholesome diet. Some of them can be eaten raw while some need cooking. All palatable vegetables easy for mastication and digestion can be taken fresh and raw. Hard articles such as rice, wheat, dhal etc have to be cooked. Nuts, beans, milk and curds are good substitutes for meat and fish. Mill polished rice and wheat must be replaced by hand-pounded rice and wheat. Milling removes vitamins. Polishing removes bran from the rice. The bran contains vitamin B which is important to stimulate the intestinal peristaltic action. Want of vitamins produces deficiency diseases like scurvy, beri beri, rickets

etc. A balanced diet must contain all the vitamins, proteins, fat, minerals, salts and carbohydrates in the right proportions.

19. THE VITAMINS

Vitamins are the life of foods. Devitaminised foods have no nutritive value. There are A, B, C, D and E vitamins established by modern scientific research. Goat's and cow's milk, tender coconut, coconut water, oranges, apples, plantains, tomatoes, cucumber, cabbages, hand-polished rice and wheat, green dhal, ragi, pumpkin, snake gourd etc contain rich vitamins. A vitamin is very important to promote the growth of children. Lack of it affects the teeth, the enamels, the spinal cord, the medulla or the auditory nerves and produces night blindness. This important vitamin is present in green leafy foods. Green leaves promote the growth of the body. Vitamin A supplies strength to the nerves and muscles. Vitamin B is found in the bran of grains. White rice and white bread do not contain B vitamin. Absence of this vitamin causes beri beri, constipation, ulcers, cardiac troubles, mouth sores etc. Whole rice, whole wheat, whole cereals and fruits are rich in vitamin B and they cure also deficiency diseases.

Vitamin C helps proper secretion of the digestive juices. Lack of this vitamin produces scurvy, muscular weakness, lassitude, dizziness etc. Apple, oranges, juicy fruits, lemons, bananas, cabbages, spinach, lettuce, human milk, cow's milk are the sources of vitamin C. Sprouted beans, Bengal gram, kidney beans, potatoes are rich in vitamin C. But this vitamin is destroyed by excessive heating and boiling. Vitamin D assimilates calcium and phosphates. It gives perfect dental health. Sunlight releases this vitamin. Fruits that naturally ripen in the sunlight provide this vitamin. Buttermilk contains it. Want of D vitamin gives rise to rickets. Vitamin E is found only in oily seeds, cereals, coconuts and green vegetables; this is very important for pregnant ladies. Loss of this vitamin gives rise to miscarriage and death of the foetus.

20. CHEMICAL ELEMENTS

Besides vitamins, the following elements constitute human food.

CALCIUM gives strength to teeth and bones. 85% of the bone is calcium phosphate. Teeth will decay without calcium. Milk, lime, orange, potato, cabbage, coconut, onion etc contain calcium.

SODIUM promotes digestion and gives strength and vitality. The sodium man is virile and agile. A lack of this depresses, weakens and devitalizes the system. Coconut, almonds, carrots and other root vegetables contain sodium.

POTASSIUM stimulates hunger, regulates gastric action and strengthens the muscles. Lack of this element creates gastric pain, constipation, muscular weakness etc. Fruits, tomatoes, tender coconuts etc contain potassium.

MAGNESIUM is good for bones and muscles. It cools the body, removes constipation, gives good sleep and rejuvenates the body. The body loses youthful vigor, the skin wrinkles and the tendons weaken without magnesium. Magnesium salts are present in lemons, grapes, figs cucumber, wheat, coconut etc.

IRON forms 4% of the body. It gives colour to the blood and invigorates it with oxygen. The iron man is strong, active, keen-sighted, enduring and energetic. The blood loses its colour and body becomes pale and sickly without iron. Fruits, nuts, green vegetables and cabbages contain salts of iron.

IODINE gives strength and energy to the brain and nerves. The thyroid and other glands contain iodine. Lack of this element retards the development of the brain, weakens memory and creates dullness. Rice, onion, apple, peas, grams, tomatoes, potatoes etc contain iodine.

CHLORINE helps catabolism, purifies the system and stimulates hunger. Fruits, nuts and fresh vegetables contain this element in abundance.

PHOSPHORUS gives vigor and keenness to the brain and eye sight. This is of vital importance to the brain workers. Ripe fruits, nuts, green vegetables, oranges, coconuts, grapes, beans, cucumber, climbing brinjal (tutulai) and radish (Mullangi) contain this element.

SULPHUR helps elimination, secretion of bile, promotes growth of hair, nails, skin and liver. The skin and the liver are affected due to lack of sulphur. Tubers, tomatoes, potatoes, onions coconuts etc contain this element.

MANGANESE promotes memory and this is contained in nuts.

21. GOOD FOOD

The human body is the subtle laboratory of Nature. Every moment chemical composition and decomposition are going on and in it. Inorganic compounds such as water, acids, ammonia and various salts are produced in it. The nitrogenous proteins, carbohydrates, fats etc are the organic compounds of the body. The gastric juice contains hydrochloric acid, urine ammonia, bone calcium phosphate and the blood sodium chlorate. This chemical-physical laboratory must be kept sound and working. For that I shall give you some vitamin foods that I have tried.

These can be taken raw as Nature gives them: Plantains, mangoes, apples, oranges, jack, pomegranates, grapes, wood apples, figs, guava, lemons, melons, apricots, dates, cucumbers, tender snake gourd, tender bindi, tomatoes, cabbages, coriander, ginger, soaked bengal gram, groundnuts, almonds, green dhal, walnuts, peas, pistas, coconut, milk, curd, buttermilk, honey, etc. I shall give you some of the food combinations that I have tried with advantage:

1. **BANANA:** Slices of bananas, coconut scrapings, groundnuts and a little honey. Mix these and add milk or buttermilk and take spoon by spoon. Similarly, take all the following preparations.
2. **NUT FOOD:** Mix together soaked Bengal gram, groundnut, green dhal, black gram and almonds with coconut scrapings; add soaked beaten rice. Mix all with milk. Eat with mango, apple or any fruit you like.
3. **FRUIT NECTAR:** Mix together slices of plantain, mangoes, jack, apple and orange with good honey; and cashew or groundnut. Take spoon by spoon and drink coconut water or milk in the end. This is an excellent vitamin food.
4. **MILK FOOD:** Squeeze sweet oranges in the milk. Add banana slices and almonds. Take with dates. Dates and milk are healthy foods.
5. **JUICE FOOD:** Mix together juices of pomegranates, oranges, citrines, grapes and gooseberry. Add honey and take.
6. **AVAL:** Beaten rice soaked in milk or buttermilk with nuts and coconut scrapings from a sumptuous food.
7. **SALADS:** Cucumber, snake gourd, pumpkin, tender bindi, tomato, carrot, cauliflower, green cabbages, all palatable greens, onions, coriander, tulsii leaves ; these are very good for salads. These can be severally mixed into fine salads. Some ginger, pepper and salt must be added. After taking the salad, curds or buttermilk should be taken. Milk and coconut water makes a good drink for the morning. The above raw preparations purify the blood, conserve energy, remove constipation and liver complaints, stimulate hormones and keep the body healthy. Soft vegetables can be taken thus raw.

22. COOKED FOOD

Hard vegetables such as grains, pulses and roots can be cooked. Too much concentration or frying of materials is not good. Steaming things is better. Hand polished rice, whole wheat, ragi, dhal and pulses, potato, brinjal and such vegetables that cannot be taken raw must be cooked in a charcoal stove or firewood oven.

Wheat is rich in proteins and rice in starch. Dhal, ghee, milk, coconut and vegetables must be added to them to get the full food value. A raw course such as fruits and salads must supplement the rice or rice or wheat menu. Milled cereals are not advisable. Wheat, ragi, cholam, black dhal, green dhal, yellow dhal -- all these can be powdered and kept in separate tins for ready use. These can be made into several nice eatables.

VITAMIN CAKE: Knead rice and wheat flour with one or two plantains; add coconut scrapings and groundnuts or tapioca softened. Bake the mixture into a cake smearing it with ghee or coconut oil. Remove the cake hot from the pan. This vitamin cake plus milk or buttermilk is an ideal diet and I have tried it for years with advantage.

The flour of rice or wheat or ragi and the flour of black gram can be kneaded well with buttermilk; coconut scrapings, Bengal gram or groundnuts can be added to this. The whole can be patted into nice cakes and steamed.

These steamed cakes can be taken with a vegetable mixture (Kootu). A cup of curd or buttermilk finishes the course.

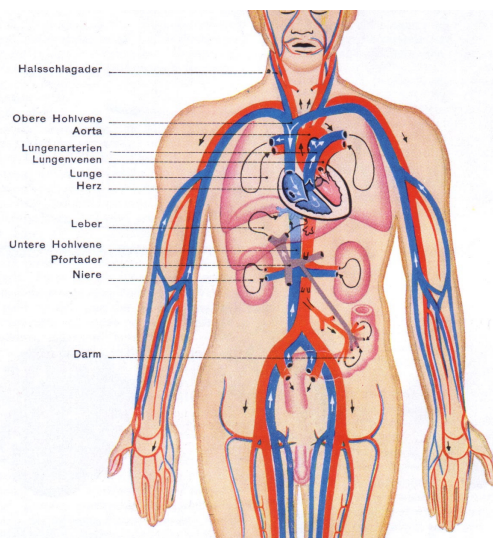
THE VEGETABLE MIXTURE: (Kootu): Boil green or yellow dhal with beans and grams as you like; pour into them cuttings of all good green vegetables; tomatoes, potatoes, carrots, brinjals, bindi etc. When the mixture is sufficiently boiled, add coriander leaves, ginger, black pepper powder, salt, coconut scrapings and a little lemon juice. If you like onions they must be coked with the dhal. This vegetable mixture is a health-compound. It can be mixed well with boiled rice and rolled into clean balls. Take this with a juicy fruit or plantain and finish the course with buttermilk. Or another curded-rice ball can be taken. This is a substantial food for all. These rice balls can be packed in leaves and distributed. A charcoal stove and four vessels will do for this preparation. The eating affair can be finished with a clean economy. Mud pots are good for cooking. All metals incorporate metallic poison into the preparations. The cooked stuff must be taken as warm as possible. It must not be kept for more than three hours. There must be an interval of five hours between one meal and another. The morning meal may be a liquid like coconut water and milk. At 12 noon any of the above preparations can be taken with buttermilk. At 6.30 p.m., salads, cakes, fruits and nuts should suffice. At night water alone must be taken, a cup before going to bed and a cup early morning.

This simple diet is enough for a normal healthy life. All the extra salt, chilli and sugar preparations are only stomach loaders. Eat to the hunger point and allow Nature to digest it before eating again. Give the stomach a holiday now and then. Fasting cleans the human system and keeps it receptive. When the stomach is loaded beyond limit, Nature resists the human tyranny and goes on strike. A sensible man must give it a holiday to finish the pending work. The ignorant man still overloads the poor organ and brings a doctor to his help. The doctor gives a number of digestives and laxatives and the pitiable stomach rebels. From constipation to appendicitis a number of diseases assail the alimentary system and the insurgence spreads to the heart, to the circulatory system, to the respiratory system and then to the

glands, nerves and to the brain; the whole body of Nature revolts against the human tyranny. This revolt is called disease. The very first lesson on health is what, how and when to eat and how to eliminate morbid matters accumulated in the system.

23. ELIMINATION

The bowel must evacuate naturally once a day at least. If it does not move for two or three days, know that the gutter is clogged. Never take drugs to remove constipation. The enema can serve as a temporary measure. But the enema habit is not desirable. Note the condition of the tongue. If it is coated



BLOOD IS LIFE

and if it smells bad, you may know that there is accumulated harmful matter throughout the digestive canal. The best thing in that case is to fast for a day taking only five mouthfuls of clean water every hour. Expose the abdomen to the sunlight and massage descending colon well. Then a hip bath can be taken in a tub. Next morning take coconut water with lemon or orange juice. This will have the desired effects. Fruits, nuts, salads and buttermilk can be taken at the call of real hunger. Afterwards the bowels will open easily. Create a habit and a will to evacuate at regular hours. Walk a mile or two or take a scout run in the open air. Nature will do her work if you do your part sincerely. Avoid sedentary habits: take brisk exercise. Water, air and sunlight are the best friends of health. Make full use of them; you can be disease-free.

24. BLOOD IS LIFE

If digestion and elimination go on normally, the heart and the lungs will perform their functions well and nourish the body with healthy food. Blood is the life-current of the human system. It forms one-tenth of the weight of the body. The blood content of the body is about 4 measures weighing 10 to 14lbs with a temperature of 98.4°F normally. The blood plasma is yellowish. Innumerable red and white corpuscles float in it. In a cubic millimeter of blood, there are five million (5,000,000) red corpuscles and 5,000 white corpuscles. There are a number of colourless blood platelets as well. The fibrin formed in the plasma helps in the coagulation of the blood in case of hemorrhage. About 65% of the blood consists of plasma and 35% of corpuscles. Nature is always awake in every particle of the body to protect the life-fluid. In slight superficial abrasions, after a slight oozing, the blood clots in the wound, closing it with a red jelly-like layer. This is due to fibrin. When blood clots, the serum comes out of it. The serum is plasma without fibrin.

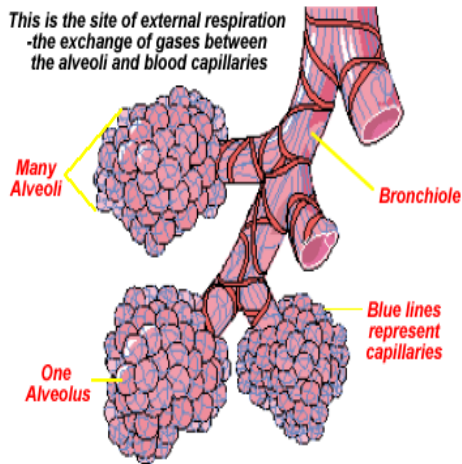
To manufacture blood and circulate it throughout the body, Nature has built a central pumping station called the heart, a purifying air station called the lungs, a ramified network of arteries which supplies and distributes and a capillary network to feed every minute part in the body; from the capillaries the exuded blood is led by the network of lymphatic capillaries to nourish the tissue cells. The lymph is gathered latter in vessels which conduct the blood containing metabolic waste, to the thoracic duct which empties itself into the sub-clavian veins. These veins pour their contents into the right auricle of the heart. There, the tricuspid valve opens, the blood gushes into the pulmonary artery, which branches into two, entering the right and left lungs. They spread into minute capillaries and suck up the oxygen in the inspired breath.

25. LUNGS

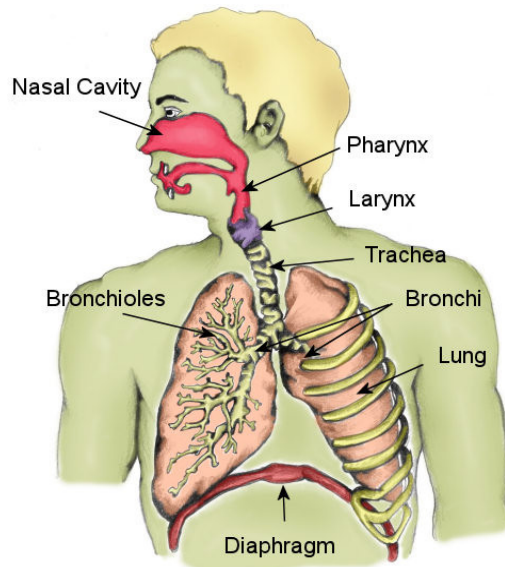
RESPIRATORY APPARATUS

The larynx, trachea, bronchi and the grey elastic lungs form the respiratory apparatus. The lungs contain a number of small pouches each with innumerable cells. They can be spread over a space of 120 sq yards. The

Bronchiole with Alveoli
(each sphere is an individual alveolus)



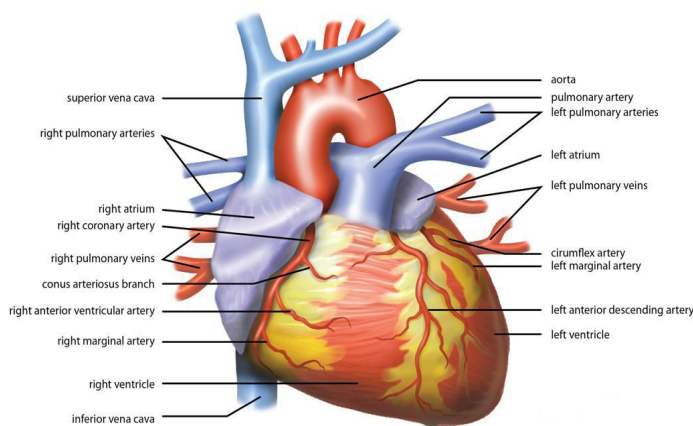
POUCHES



RESPIRATORY APPARATUS

venous blood brought there by the pulmonary capillaries is purified, red-coloured, sterilized and poured into the left auricle of the heart from which it flows into the left ventricle and thence into the aorta, the biggest artery. This is pulmonary circulation. The aorta is at the beginning of the systemic circulation. The artery is red and the vein blue. The artery circulates throughout the body pure oxygenated blood rich in red corpuscles. The blood runs with various degrees of pressure. The pressure is great in the main arteries and less in the capillaries. It is much less in veins and least in venacava. Owing to such pressure, pulsations can be felt in the chest, armpits, wrist, temples, ankles etc.

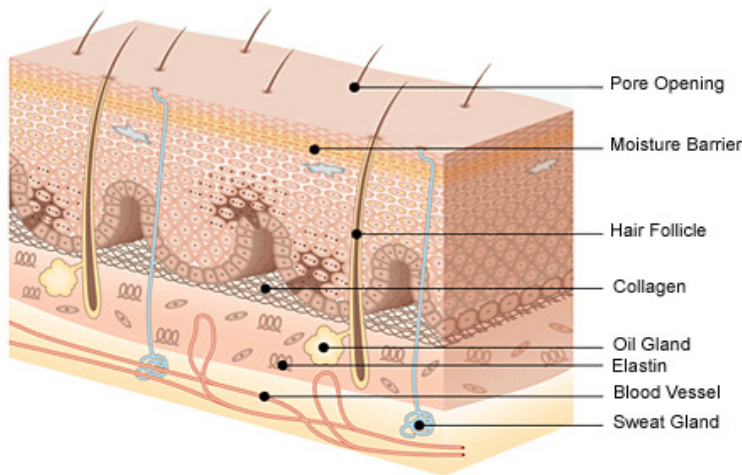
26. HEART



HEART

The heart is a four chambered pouch, 5' long, 3½' broad and 1½' thick with a weight of 10 ozs. In children it beats 120-140 times and in adults 70-80 times per minute. The pressure of the heart-beat gives rise to corresponding pulsations in the arteries. The heart of a male is larger than that of a female. The blood pumped out of the left ventricle

nourishes all the tissues of the body and enables them to carry out their proper functions. Just as the food waste is evacuated through the rectum, the waste of the tissues carried in the systemic circulation is excreted by the kidneys, collects in the bladder and is let out as urine. The blood-impurities are thrown



SKIN

out of the system in form of sweat as well. The sweat is excreted by the skin.

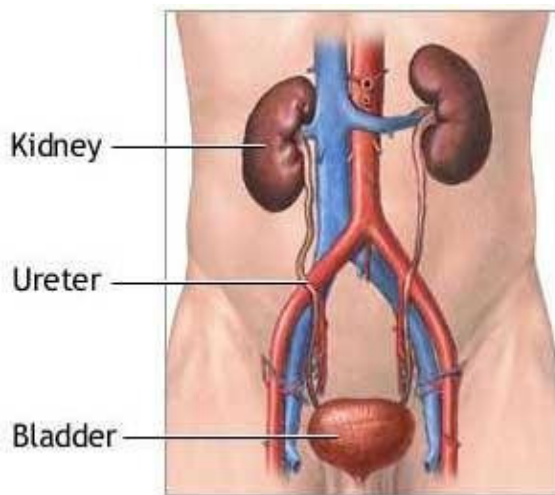
27. THE SKIN

The skin is in two layers -- dermis and epidermis. The horny epidermis has no blood vessels. It closely covers the dermis. The dermis is the real skin. It is vascular and has fat

and sweat glands, capillaries, sensory nerves and hair follicles.

Thus we see how every part of the body is interconnected, from the heart to the hair, from the bone to skin, from the brain to the brawn. We see how nature assimilates food essence, makes the heart work, the lungs to purify the blood, the arteries to circulate it, the lymphatics to collect it and the veins to return the impure blood to be re-purified and circulated from the heart. We see how the waste is eliminated through the skin, the kidneys, the rectum and the lungs. Next to food, water and air are of vital importance.

Now, let us examine the vital body.



KIDNEY

28. THE VITAL BODY

The vital part of the body is a very complex mechanism built by the nervous tissues and the hormones secreted by the endocrinal glands. Life is caught in the vital network of cerebro-spinal and peripheral nerves, sympathetic nerves and ganglia and the

nerve plexus. Health, strength and vitality radiate from these vital nervous tissues. The least meddling with the labour of Nature in this vital part of the body leads to serious set-backs in health. Let us briefly review the system and pass on the practical things.

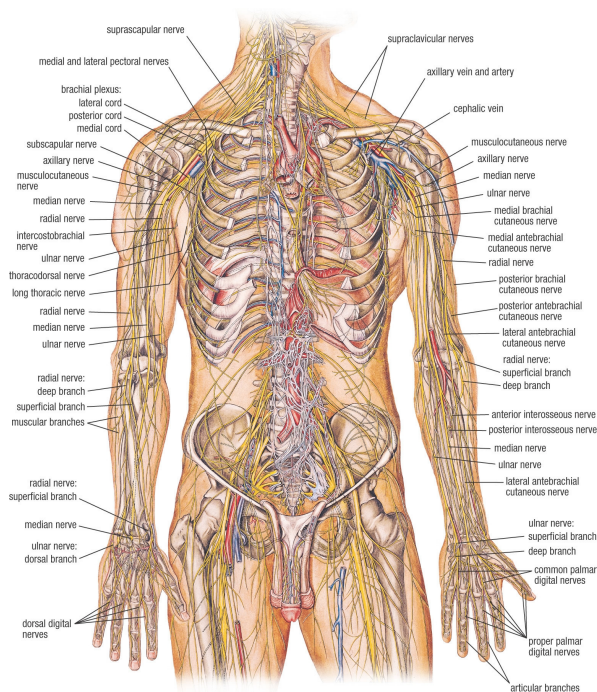
The brain, the spinal cord, the cerebral nerves, peripheral and sympathetic nerves and the ganglia form the nervous system of the body. All the nerves are made of a very minute substance called the neuron. The nervous tissues are stellate spider cells woven with delicate neuro fibres.

They are everywhere in the body. They are efferent or centrifugal and intercentral connecting together the nerve centres. They send nerve impulses to the headquarters which is brain and receive commands. They are motor and sensory nerves. They carry messages and radiate impulses quicker than the radio.

29. THE BRAIN

The Brain is the head office or rather the regal palace of the spirit

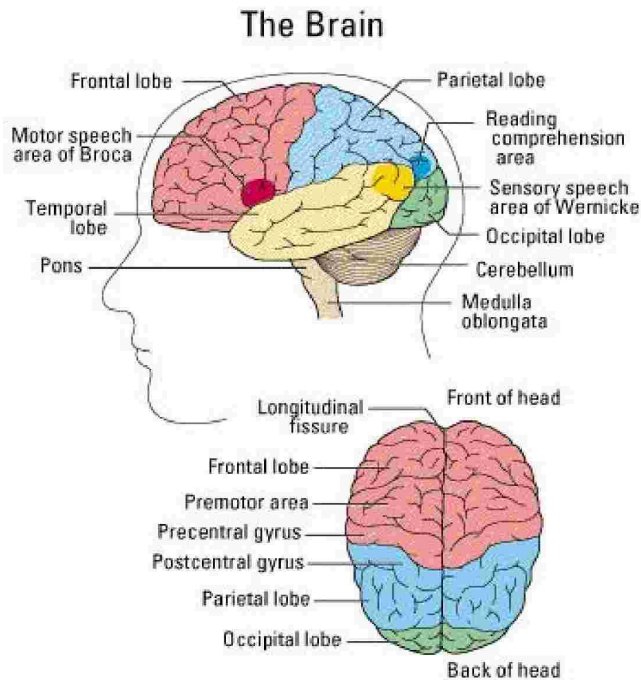
NERVOUS SYSTEM OF THORAX AND UPPER LIMB (ANTERIOR VIEW)



NERVOUS SYSTEM

which runs and administers the body through subtle, vital and physical agents. The brain of a whale is only 1/3000th of its weight. The brain of an elephant is 1/500th of its weight. But man's brain is 1/48th of his weight. Man has the weightiest and the most powerful brain. The male brain weighs 48 oz and the female brain weighs 5 oz less. Some brains weigh 60 oz. But it must not be less than 32 oz. The brain is composed of grey and white matter. The grey portion receives and stores up impulses and the white fibres conduct the impulses. The brain and spinal cord form one continuous cerebro-spinal complex. The cerebro-spinal tissue is like a taproot for the human system. All nerves branch forth from it. The cerebro-spinal tissue is covered with three layers formed of the connective tissue, the pia matter covering the folds and fissures of the brain feeding it with blood. The arachnoid keeps the brain moist without allowing it to dry. The dura matter close to the skull contains the veins and the arteries. Cerebrum and cerebellum are the major hemispheres of the brain. The pons varolli and the medulla oblongata form the stem of the brain; the spinalis is the long root. All are of the same substance. The cerebro spinal fluid fills the cavities of the brain, the canal is the spinal cord and the spaces of the pia-arachnoid outside. It resembles the clear blood-plasma transparent and colourless.

which runs and administers the body through subtle, vital and physical agents. The brain of a whale is only 1/3000th of its weight. The brain of an elephant is 1/500th of its weight. But man's brain is 1/48th of his weight. Man has the weightiest and the most powerful brain. The male brain weighs 48 oz and the female brain weighs 5 oz less. Some brains weigh 60 oz. But it must not be less than 32 oz. The brain is composed of grey and white matter. The grey portion receives and stores up impulses and the white fibres conduct the impulses. The brain and spinal cord form one continuous cerebro-spinal complex. The cerebro-spinal tissue is like a taproot for the human system. All nerves branch forth from it. The cerebro-spinal tissue is covered with three layers formed of the



The cerebrum forms 75% of the entire weight of the brain. It is the sensorium, the seat of intelligence and the repository of all that is best and divine in man. It is a big ovoid mass of tissue divided into two hemispheres by a deep longitudinal cleft. The fissures produce the lobulated convolutions. The lobes take names of the bones or nerves with which they are in contact, frontal, parietal, occipital, temporal, olfactory etc. The highly developed brains have a greater number of convolutions and the less developed

show meager convolutions. The cortex of the brain has five layers of pyramidal, granular spindle-shaped cells. The cell laminae are grey and fibrous. The cerebral region is the empire of the Will, the seat of intelligence, vision, audition and smell and the sensory, motor and the psychic impulses. All the limbs and muscles of the body move by the excitation of the motor force of this brain. Muscles are stimulated to act by its will. The grey matter of the brain gets its oxygen supply through the carotid artery. It is indeed this master tissue that controls the blood supply through the medullary centres. By the simple pressure of its will the supply goes on regularly. The brain must get a rich supply of more than the heart. If not the brain will cease to function and fainting is the result.

The cerebellum is seated in the inferior occipital fosse behind the pons and the medulla. It is the hind brain. It is unconvoluted. It weighs about 150 grams. It has two hemispheres connected by a vermiform process. Its cortex is grey, its inside is white. The white has a tree-like arrangement. It is called arbor vitae. Inside it is grayish yellow lamiae of the nucellus dentatus. The cerebellum is connected to the other parts of the brain by three penduncles: by the superior cerebral penduncle to the cerebrum, by brachia pontis to the pons and by the restiform bodies to the medulla oblongata. Its bulbous fibres end in the medulla. The fibres making up the white matter have an afferent and efferent nature. There is a labyrinth of complexity in the formation of the cerebral hemispheres. This part of the brain stimulates locomotion, reflex action, maintains the equilibrium of posture and controls the movements of the head and the eye sight. It has many other subtle functions yet undiscovered. It is one of the executive centres of the cerebrum. The pons form the bridge. The pons receive impulse form the face, trunk, limbs and the ear. The pons

and the medulla form the stem of the brain locating many executive centres of the senses and the impulses.

30. NERVES

The pyramidal shaped medulla oblongata forms the connecting link between the brain and the spinal cord. It is grey within and white without. Its length is 1.25' and the breadth is 1'. Its upper part controls the sensory nerves and the lower part controls the functions of the heart and the lungs. Any injury to this vital nervous centre will be fatal. The sensory nerves inform the brain and the motor nerves inform the body. There are twelve pairs of cranial nerves, emerging from nine holes.

1. The OLFACTORY nerves stimulate smell in the nose. This is poor in man and very keen in the dog and the horse.
2. The OPTIC nerves give sight to the eyes.
3. The MOTOR OCULI, the TROCHLEAR, the ABDUCENS are the movers of the eye lids and the optic muscles.
4. The TRIGEMINAL is the great sensory nerve of the head, face and the mouth. It controls the muscles of mastication.
5. The FACIAL is the motor nerve of the face.
6. The AUDITORY nerve in two divisions enables hearing in the ear.
7. The GLASSO-PHARYNGEAL nerve is a mixed nerve whole sensory nerves control taste in the tongue. Its motor nerves move the pharyngeal muscles.
8. The VAGUS, the long wandering nerve extends to Larynx, Gullet, Stomach, Intestines, Liver, Spleen, Heart and the Lungs. It has many centripetal and centrifugal functions.
9. The SPINAL ACCESSORY nerve moves the neck and the back muscles. Its internal branch cooperates with the Vagus.
10. The HYPOGLOSSAL nerve moves the tongue and enables speech.

So many administrative centres are situated in the bulb of the medulla oblongata and this organ is very important.

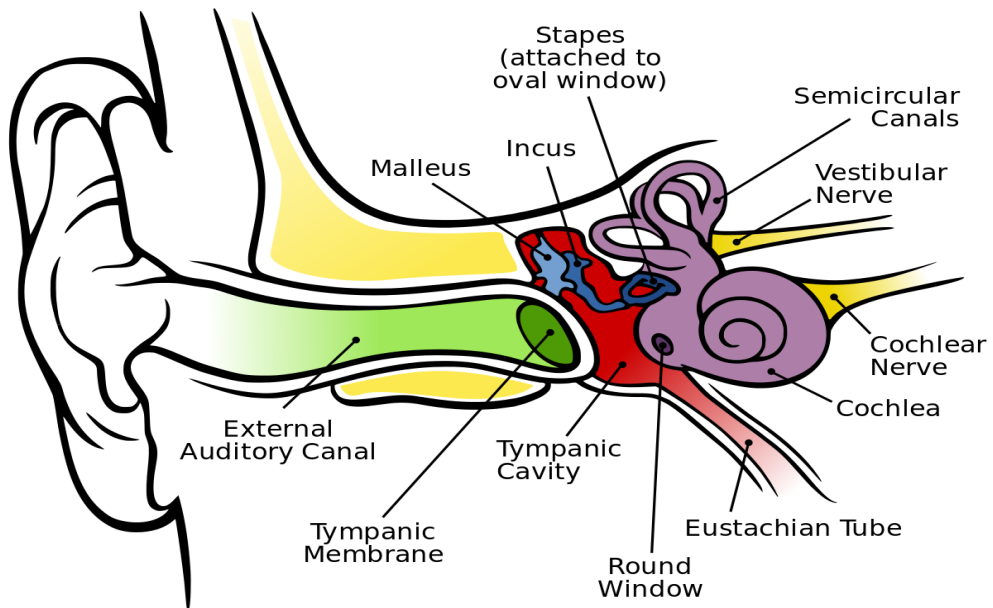
A succession of telegraphic communications through the delicate and dynamic nervous system keeps the muscles active and the body alive. Each muscle is spurred to a disciplined activity by a particular nerve connected with the central nervous system. No human army or agency under the ablest commander discharges its duty with such a scrupulous accuracy as the nervous system. Besides the twelve pairs of cerebral nerves, there are 31 pairs of peripheral or spinal nerves branching on either side of the vertebral column within which the spinal cord is located. The Sympathetic nerve and the Ganglia supplement their work. They regulate the movements of the intestines and the secretions. On either side of the spinal column (connected with the medulla spinalis) are the knotted chains of ganglia from which the sympathetic nerves issue forth. They range from the skull to the coccyx. Blood vessels supply all these nerves with nutrition. The central nerves and the ganglia form knotted lotus-like plexus in some places of the cerebro-spinal system. These are the psychic centres in which a large amount of vital and spiritual

energy is treasured. These centres remain closed in common people. By yogic force, they can be opened and made channels of tremendous power and dynamic energy.

31. SENSES

Every muscle senses impulse and so does every hair. A slight touch in any part of the body is felt by the cutaneous nerves and the touch corpuscles. Pain or pleasure, heat or cold, every impulse internal or external is carried to the brain. A slight touch at the hair tickles its root. It is at once communicated by the nerves to the brain. The central office discriminates the touch, the source, the place, the nature etc. The mouth is highly sensitive to temperature and taste. One spits out a bitter substance immediately. If it be sweet, it is accepted and swallowed. The taste buds in the tongue help in judging the differing tastes of things.

If you smell a flower, the nerves of smell at once communicate it to the brain. Nature repulses snuff or any bad substance introduced into the nostrils. The senses of taste and smell are closely connected. If the nose is affected by cold, the tongue tastes not. It appears to issue the warning ;Do not trouble me; give me rest until the nose, my friend, is all right'. A day of fasting



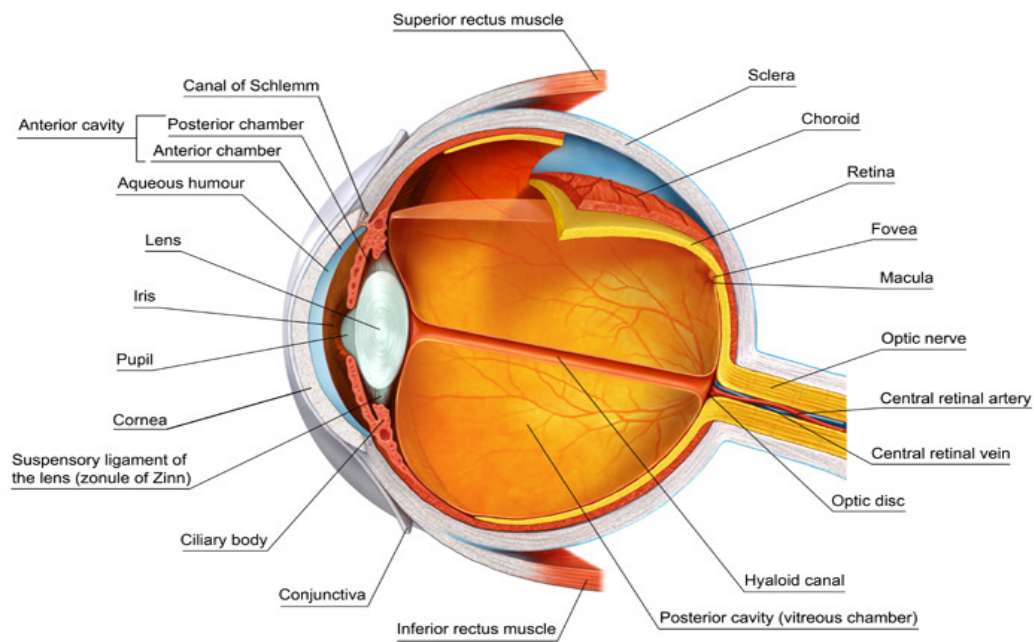
EAR

often removes cold.

32. EAR

The eyes and the ears are very important sensory organs for the requirements of knowledge. They are at work all the wakeful hours. So nature has given them a very complicated mechanism and strong protection. The external ear is a flap protecting the organ. The middle ear has the TYMPANYM and the MALLEUS (hammer bone) which receive and collect the sound

vibrations and send them to the inner ear, which contains a spiral Cochlea embedded in a bone shelf. It is a complex labyrinth filled with lymph-like fluid which vibrates when the sound waves impinge on it. The hair-like sensory cells are situated in the snail-shell like cochlea about one inch long. It is surrounded by nerve fibres and is covered by an elastic membrane. The sound can travel only in air; the air in the middle ear comes through the Eustachian tube which connects the ear-drum with the pharynx. The mind is pleased to hear melodious songs. The air vibrates 5000 times and the sound 1100 times in a second; and not a single vibration should go in vain. 'What you see and hear and utter affects you physically and mentally. It determines your life and progress; so be careful' says Nature.



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EYE

33. EYES

Light travels 186,000 miles per second. The eyes see by light. The eye is like a camera. It is fitted into a strong bony orbit. Nature protects it with a pair of eyelids, with a thin outgrowth of hair at their ends to prevent dust. The eyebrows prevent sweat or anything descending into the eyes from the front. There are tear ducts and tear glands which secrete tears and clean the eyes. The eyes move by six muscles and a complicated web of nerves. The eye-ball, like the camera, is black within. The wall is composed of three tunics. The fibrous tunic consists of the white, hard cornea; the second is the vascular, coloured tunic; it consists of the choroids, the ciliary body and the iris. This part is full of minute veins and arteries and nerves. The ciliary muscles play an important role in adjusting the vision of objects. The iris is black in some and blue in others. The third tunic is the retina, a delicate pigmented nervous membrane. It has seven layers of nervous tissues. The iris is like the dia-

phragm of a camera. Behind it and in front of the vitreous body is the mass of crystalline tissue called the lens, focusing sufficient light for sight. Its front part is filled with aqueous humour and the hind part with vitreous humour. The elastic lens can be focused on any object in any direction. There is a colour-sensitive substance in the retina by which we can see things in their true colours.

The eyes must be trained in keen sight just as the mind in keen insight. Too much glare injures the eyes as well as too much strain which is caused by reading in and seeing through dim light. The sight becomes short or long and artificial lenses are required to see or read. Sufficient sleep is necessary (at least six hours for adults) to give rest to the eyes and nerves. The eye-sight is improved by constant washing of the face and eyes with water, by spinal bath, by bathing the eyes with water, by spinal bath, by bathing the eyes in the evening on sun-rays playing on green grass or fields. Those who have short sight must make it a point to read in the open day-light and avoid as far as possible lamp light.

The eyes and the ears are essential for the movement of the body. There are 31 pairs of spinal nerves. They have their afferent and efferent roots in the medulla spinalis or the spinal cord, which is 16' long. The tail of the spinalis called the FILUM TERMINALE is a very sensitive nerve. It is the centre of sex pleasure. What the Yogin calls serpent power is coiled there. The spinal nerves are very cleverly distributed by ingenious nature. Thus the nervous system administers the body movements, sensations and functions and functions of the internal organs.

34. HORMONES

There is another subtle system of ductless glands which are the chemical messengers of the body. They secrete various energizing and rejuvenating juices called the hormone. These glands pour directly into the blood their secretions which are immediately carried to all parts of the body. These hormones influence the mind, the vital and the physical activities of the body. These ductless glands are called endocrines. The health of the body, mind and the character of a person depend upon the functional activities of these endocrines. They determine even the size structure and sex of the human being. Scientists are trying to change or transform the sex by gratifying particular glands. The testicular gland of a male monkey, grafted into a female monkey makes the latter virile. There are many ductless glands secreting hormones inside different parts of the body. All of them are interrelated. Only a few of them have been discovered. The deficiency of any of these glands disturbs health and the vitality deteriorates.

The **PINEAL** gland is conical, pea-like in shape. It is the throne of the brain and the intellect and it controls through impulses. It is in the mid-brain, above the spinal column. It controls the brain, heart and lungs and the sex centre.

PITUTORY gland at the base of the brain influences all other glands. If this is eliminated other glands atrophy. It is 13mm long, 9mm broad and 6 mm high. Its weight is only 0.5grams. This small gland secretes many kinds of hormones each possessing special chemical properties. These hormones are important for building the body. Their deficiency produces dwarfism. The lactogenitic hormone of this gland controls the secretion of milk.

THYROTROPHINE supplements and compliments the work of the thyroid glands. When the latter ceases to function, the former secretes more hormones to make up the deficiency. What an ingenious adjustment of Nature!

The **GONODOTROPHIC** hormone stimulates the ovary and the spermatogenic glands. It ensures virility and dynamic energy. **DIABETOGENIC** hormone supplements the adrenal glands. Closely associated with it is the **GLYCOTROPIC** hormone. These glands keep the kidneys sound and prevent diabetes. The **KEYTOGENIC** hormone increases the liver fat. A healthy liver means a healthy alimentation.

PANCREATIC hormone is secreted in the islets of the pancreas. It is insulin. Adrenotrophin supplements the work of the adrenal cortex. **PARATHYROTROPHIN** supplements the work of the parathyroids. Thus the pituitary gland secretes vital hormones which contribute to the hormonal regulation of the whole body. Gigantism (bony over growth of the head, the hands and the legs), dwarfism (subnormal growth), sex precocity, barrenness, adiposity, virilism, blindness, diabetes etc result when this gland is affected. This gland functions naturally in life natural.

The **THYROID** glands are situated on either side of the larynx. They are oval. Their cells produce the valuable thyroxine which enters the blood through the lymphatics of the glands. It contains iodine which has a tonic effect on metabolism. It invigorates growth and causes agility and mental activity. It regulates oxidation and keeps the nerves and the tissues healthy. Sub-thyroid persons suffer from myxoedema. The body shrinks, dwarfs, weakens, the face and hands swell, the brain becomes dull; the bones of the skull do not grow; sexual neurosis, mental confusion, seminal emission with wet dreams, melancholia, hypersensitiveness to cold, abnormal temperature, impotence, anemia etc result from thyroid disorders. Sarvangasanam can keep the thyroid sound and healthy.

PARATHYROIDS are small glands weighing about 3 grams situated by the side of thyroids. They are richly supplied with blood vessels. The parathormone secreted by the four parathyroids regulates calcium and phosphorus metabolism. Fruits, milk and nuts rich in calcium salts are very good for these glands.

The **THYMUS** gland below the neck helps mental, physical and sexual development. Its disorder causes rickets and sex precocity. The **ADRENALS** or suprarenals are two small yellow glands situated above the kidneys. They maintain the normal flow of blood and the proper functioning of the sympa-

thetic system. The deficiency of the adrenalin hormone weakens blood circulation. Abnormalities in the adrenal hormones lead to virilism in women and feminism in men or hemaphroditism in both. Sex glands are of vital importance. The testes and the ovary secrete vital hormones. Defect in these glands result in sterility and loss of libido. Use the gifts of nature properly for a good hormone health. Drugs and extracted hormones and gland preparations cannot do the work of Nature. Air is the first gift of Nature. The next is water and the next, sunlight.

35. BREATHE PURE AIR

Man breathes air, lives, moves, thinks, speaks and acts in air. No air, no life. Air condition is the first condition of life and health. Man breathes 18 times in a minute, children breathe 40 times a minute. The lungs in the adult can hold 230 cubic inches of air. We breathe in average 3,500 cubic feet of air per day. The breath is in proportion to exertion.

Work	Inspiration	Expiration	Waste
Speech	8	12	4
Walk	8	16	8
Industry	10	20	10
Quarrel	12	24	12
Sleep	30	48	18
Running	27	54	27
Sex intercourse	24	64	40

The average temperature of the human breath is 98. The air that we breathe is composed of: nitrogen 79%, oxygen 20.96%, carbon .04% and a trace of ammonia, ozone and watery vapour according to the climate. In the expired air we find nitrogen 79%, oxygen 16% and 4.4% carbon dioxide. Only 4% of the oxygen in the inspired air is assimilated in the blood. More of it can be assimilated by rhythmic breathing. The expired air breathed through a pipe into a glass of clean lime water changes it white, due to the presence of carbon dioxide. Nitrogen is a diluting medium for oxygen. Oxygen supports the animal life by oxidizing the blood. It is necessary for all sorts of combustion. Ozone the active form of oxygen, exists in very pure air.

36. BAD AIR

The air of the town, crowds and markets are loaded with carbon dioxide. It is injurious to health. The air is often contaminated by respirations, smokes, dust, factories, markets, decomposed excreta, suspended impurities in the air and water; this contaminated air affects the lungs and whole body. Man breathes out 6 cubic feet per hour and 14.52 cubic feet of carbon dioxide per day. Rotten foods, dirty clothes, spittles, unclean bodies, stinking water etc contaminate the air we breathe. Seekers of health should avoid these. Cigarette smoke is more injurious than chimney smoke. One smoker can defile the air breathed by a thousand persons. Besides spoiling his own body he causes injury to many others. Give up the injurious habit of smoking and using tobacco in any form. The snuffer and the chewer defile the air by their nasty habit of sneezing and spitting. The people will enjoy better health,

if tobacco, tea, coffee, opium, toddy and wine are produced not at all. The gutters, unsanitary kitchens, backyards, lanes, stuffy rooms, crowded workshops and the decomposition of organic matters are the causes of bad atmosphere which shatters health. Sore throat, nausea, anemia, loss of appetite, asthma, bronchitis, broncho-pneumonia pneumonikoniosis, pulmonary tuberculosis, pleurisy and various diseases result from inhaling bad air.

37. SKIN HEALTH

We breathe not through the nose alone but also through the pores of the skin too. The skin is the natural covering for man. Skin health is body-health. The skin excretes sweat and dirt. Over-clothing and tight suits spoil the skin health. They prevent perspiration from evaporating, accumulate dirt and make the body smell with impurities. Man must not be a slave to strange fashions that obstruct free play of air and prevent skin respiration. One or two pieces of cloth will do while at home. While moving in the society, dhoti, shirt, towel and cap for men and a saree and bodice for ladies will be decent. In the cold season a woolen shawl can be used and a muffler for the head. The face must not be covered. Enjoy air, bath and sun bath daily with a waist cloth or a cod piece.

38. HOUSE AND SURROUNDINGS

The surroundings must be kept clean smiling with greens and flowers. 300 cubic feet of fresh air is required per head every hour; for hard workers and for patients, 50 cubic feet. An individual requires at least 100 sq feet of living space. The house must be at least 12 feet high and well ventilated. There must be inlets and outlets to let in fresh air and let out impure air. A good house is judged by the volume of air that freely plays in every part of it.

A thatched hut is better than an ill-ventilated mansion. Tiled roof allows sufficient ventilation. The kitchen must be provided with a chimney for smoke escape. Dirty waste and rubbish must be removed to a distance from the house and there trenched in pits and covered with a layer of earth. It will be converted into manure for the garden. A pit or a flush latrine is absolute necessity in the backyard of the house. Dig a pit, place a big bucket or a portable pot in it. Make a seat to sit on while easing. After emptying the bladder and bowels wash the private parts clean then and there. Let also the dirty water fall into the bucket or pot. Close it after use. This bucket or pot can be emptied into the manure pit.

Everyone must take a vessel of water to clean the parts after defecation. It is a danger to the community to pollute water basins and river beds and bunds. A pit can be dug and a plank placed across it. You may sit on the plank and ease yourself and wash and throw some earth into the pit to cover the faecal matters. When that pit is filled, another pit can be dug for similar use. The pit manure will be very useful for fields and gardens. Never urinate or defecate in places adjoining schools, public buildings or water beds. Green

the surroundings by growing plants to purify the air and to provide you with vitamin products. Flower pots purify and beautify the atmosphere. It is the duty of a householder to rear a cow and an ox and for that a separate airy shed must be built. The dung and waste fodder must be removed to the manure pit every morning. The drains must be cleaned then and there. The house can be perfumed by incense, camphor and flowers daily. All these things must be done automatically as a domestic discipline; for the house must be clean as the body. The soul lives in the body and the body lives in the house.

Proper exercise is necessary to keep the body fit. Open air exercise has a tonic effect. The terrace, courtyard or the garden can be used for this purpose. The nerves are invigorated, the lungs purified and the flow of blood accelerated by good exercise. Air bath is necessary for the whole body even more than water bath. A tatti or a split-bamboo-lattice-enclosure can be improvised just for privacy. The skin must be rubbed with the hand vigorously. Walking and running are the easiest forms of exercise for all. Other exercises will be described elsewhere.

3. TONING UP EXERCISES

So far we have studied about the wonderful mechanism which embodies the Divine soul which is the Man within men. Now let us know how to keep fit, how to tone up the body, alimentary canal, blood vessels, nerves and the endocrines. During my global tours I have seen how several nations preserve bodily health by chosen exercises. I combine here the best in the Japanese, Chinese, English, German and Russian exercises along with the system of exercises prevalent in India. This is Yoga for all men and women; all men and women; all can follow these simple exercises.

1. SING AUM, AUM UP AND AUM DOWN in well scaled gamuts, five times:

Aum Up: Aum, Aum, Aum, Aum, Aum, Aum, Aum, Aum.

(sa, ri, ga, ma, pa, da, ni, sa)

(do, re, mi, fa, sol, la, si, do)

Aum down: Aum, Aum, Aum, Aum, Aum, Aum, Aum, Aum.

(Sa, ni, da, pa, ma, ga, ri, sa)

(Do, si, la, sol, fa, mi, re, do)

This is called Udgata in Vedic terms and these Aum ups and downs five times shall fill the being with good vibrations and tone up the larynx and the nerves.

2. MANTRA: Have Aum as the standard mantra for all purposes and take eight up and eight down as the unit for each exercise. Take note of the measure when I say one unit or two units.

It takes fifteen seconds to repeat one unit and four units will cover one minute. Observe this time limit in all cases. The meaning of Aum is 'Salutations to the Omnipotent Divine who is the Individual soul, the Universal All-Soul and the Supreme transcendent impersonal Truth'.

3. MASSAGE: Massage is one of the ancient and modern treatments. It is stroking, pressing, kneading, rubbing the body and the muscles. This is done by bare hand pressing the muscles from head to foot, rubbing each limb and

warming up the system. The rubbed portion smells sulphur. Bad matter in the skin goes out and the body feels braced up, in full vigour. The hand massage shall be taken before exercise routinely.

Oil massage is taken by rubbing oil in all parts of the body and kneading the muscles very well. Fruit massage is taken by rolling gently a lime or country orange along the spinal regions, the chest, neck, thyroids, stomach, legs and hands. This shall tone up the nerves and the tendons and muscles.

Friction massage is done while taking tub bath or full bath by rubbing each part of the body with a thick wet towel. The sex part must be cleaned thoroughly by mud and washed scrupulously. Friction bath restores skin health and tones up the nerves.

Herbal massage can be taken before baths by rubbing the body with the paste made of the following herbal leaves: Senna, margosa, Ponnangani, Vallarai (Brahmi) mixed with pepper powder and turmeric is also good for this massage. After massage, wait until the herbal paste is dry and then take full bath. Take this bath twice a week and you will feel strong and agile.

4. ERECT POSE: Keep the spine erect and straight and also the head.

Do not bend the back. Guard against Back-Curvature.

5. NATURAL EXERCISES: Walking along green fields or gardens, scout runs (twenty paces walking and twenty paces running), swimming, floating in water, cutting fire wood, cleaning clothes and gardening are good exercises actiising the nerves.

6. GAMES: Games give a team spirit but waste much breath power. Games such as football, tennis, badminton, cricket, volley ball, ping-pong, polo, hockey, wrestling and fencing are good pastimes.

7. HOLY DANCE: Do Bhajan. Then dance around a lamp singing holy songs and keeping time to the tunes. This Lamp dance has a good effect on the psychic as well as the physical body.

8. LAUGH FOR HEALTH: Japanese people sit in a circle, join hands, swing here and there, sing and laugh and laugh 'hahahaha!' rhythmically. By this their hearts feel delightful and sorrows are forgotten. (Three minutes).

40. SIMPLE EXERCISES

There are certain simple exercises which all can do in the morning as a daily routine to keep fit. Rise up at 5 am. Answer calls of nature. Clean the teeth, mouth, face, eyes, hands and feet with water. Take five mouthfuls of water and then do these exercises. Say mentally Aum, one unit, as you do each exercise.

1. RUB: vigorously all parts of the body.
2. HEAD: Head erect, spine erect, put will power in the cerebrum and thyroids. Turn the neck right and left. Roll the head for 8 Aums. This will stimulate the glands in the head and neck.
3. SWINGING ARMS: Put will power in shoulders, biceps, hands and fingers. Swing arms clockwise, counter clockwise, this side, that side, front, turning the hips too. Each one unit.

4. **FIST ROLLING:** Keep hands firm, stretch them forward. Clench the fists, roll the wrist bones. Tight stretch hands, sideways, turn the hip alone, each one unit. Bend arms four times. Stand at ease.
5. **HIP EXERCISES:** Head erect. Rise on the toes; hold arms straight up; slowly bend; touch the toes; quickly swing arms aback and strike the hands-tat (4 units)
6. **ABDOMEN ROLLING:** Keep the above pose; bend and touch with hands; then make a sideways circle with the hands first this way, then that way, rolling the abdomen simultaneously. Observe eight units. This is an excellent exercise for the abdomen hip and back and it will remove constipation and disorders of the liver, pancreas and strengthen the lumbar regions.
7. **KASRAT:** Lie in horizontal pose; keep legs and hands firmly planted on the floor. Raise the trunk and thighs and knees; take four dips; ten do ten Kasrats.
8. **BHASKI:** Stand straight. Squat putting will power on hands, legs and spine; stand quickly; turn this wise and that wise; in sitting pose, the thighs and back. This can be done also with the help of a chair. Chair Bhaski strengthens trunk and hip (duration- five units).
9. **LEAPS:** Stand straight and leap twice forward and backward. Sit as you leap forward, stand and then leap backward and sit. Repeat this for four units.
10. **FROG LEAP:** Crouch on the floor. Put will power on the knees, leap forward five times like a frog and a leap backward five times (five times).
11. **LIMPING:** Walk eight steps this way and that way with limping gaits (four units).
12. **CIRCLING:** Mark a circle 6 feet diameter. Run around repeating mentally ten units of Aum.
13. Lie flat on the back; keep body still. Take heaving breath from the abdomen right up to the head and then breathe down to the abdomen. Repeat this four times, then rest for a minute and finish the exercise. You can take your bath after this exercise and this will tone up every part of your being.

This simple exercise can not be described in word. Come to the Yoga Samaj and learn it. This must form our national exercise just like Thaishi in Japan. This shall prepare your system for Asans and breathing exercises. It trains the endocrines and the lungs for difficult Psychic exercises. Now let us learn Rhythmic breathing which is vital for health and long life.

41. RHYTHMIC BREATHING

You must do all the activities of your life to the rhythm of the mantra Aum walking, talking, singing, thinking, climbing, eating, bathing etc. In course of time the heart beat will adjust itself to the mantra and you need not even repeat it. The breath must be trained properly. I shall give you a few exercises. These are to be done in the evening.

1. **Whizzing:** The diaphragm must be exercised first. Sit straight; breathe whizzingly through both the nostrils. Press the abdomen with the inhaled air; breathe it out through the mouth folding the

tongue like a spoon. The lips must be round like a tube. Proportion: Inhale one unit slowly, press the abdomen for one and exhale for one. This will tone up the thorax and the abdomen and the diaphragm and invigorate the nerves. Call this whizzing.

2. **Brain Brisk:** To inhale, retain and exhale are the three processes in the breathing exercise. Sit straight; look between the brows; inhale slowly one unit through the left nostril; let the breathe strike the cerebrum; at once exhale through the right nostril. At once inhale through the right nostril one unit then exhale one unit through the left, inhale through the left; go on like this increasing the speed for two minutes. The last breath must always be breathed through the right nostril. Then the inspiration and expiration must be equalized so that the breath runs inside the nose. You will feel a peace, a joy, a clarity and a vigour in the brain. This is called Brain Brisk. While doing this fast, repeat quickly Aums.
3. **Press Breath:** Breathe out the pent up air in the lungs by the right nostril. At once breathe one unit through the left nostril. Press the neck with the chin tightly for a unit. Allow the inhaled breath to work in the lungs for one unit, then exhale slowly for one unit through the right nostril. Now do not breathe in for one unit. Create a vacuum in the thorax. Then breathe through the left nostril. This cleans the heart and the lungs and cures tuberculosis.
4. **Rhythmic walk:** Stand up; spine erect. Inhale by both the nostrils and walk rhythmically for one unit eight steps. About turn, retain the breath for one unit and take eight steps and breathe out for one unit and take eight steps. Thus stroll to and fro for three minutes. This is rhythmic walk. This purifies blood and nerves.
5. **Push Breath:** Walk with fast and long steps, pounce forward taking two unit breath and at once inhaling two units -- this is called Push-breath. This energizes the whole body and gives tremendous energy. This can be done for two minutes. Then sit calmly and watch the breath for a minute.
6. **Inner breathing:** Sit calm in pure air. Look at the sky for a minute. Then take breath from the abdomen up, up to the cerebrum. Then bring the breath down. Then breathe up, then down. This is inner breathing and this will prepare you to Antar Pranayam (Inner breath Control)

If these breathing exercises are done as above for two months, Pranayama (breath -- control) will be easy and natural.

42. PRANAYAMA

PRANA is a subtle imperceptible Cosmic Energy which pervades everything, everywhere. From that, ether emanates; from ether, air; from air, fire; from that, water; and from that, earth; from that, crops; and by eating that, men and animals live upon the earth. Prana is the force that sustains all and it is the residuum of all. Electrons, protons, electricity, magnetism, heat, light and all forces of Nature are the physical expressions of Prana. It is the genius in the wise, strength in the strong, power in the powerful, heroism in the hero;

the Prana increases by controlling the mind; the mind is controlled by controlling the breath. The efflux of the mind through the outgoing senses decreases our energy. Hence the importance of being ingathered. The Cosmic Prana is everywhere and we can draw it in, in any pure atmosphere. The receptivity increases by the control of breath. The mind is caught like a bird in the net of Prana. When the breath is calm, the mind is calm; when the breath is under control, the latent psychic energies wake up in our plexus. Now let us learn how to do Pranayama.

The Process of Pranayama

The mind must be morally pure; the heart must be sincere; the pose must be steady. The breath of ordinary men is very irregular and inharmonious. The rhythmic breath must be practiced two months before Pranayama. I have shown you the rhythmic exercises already. Do them and keep watching the breath daily. Acquire steady habits and a peaceful mind.

Sit straight in a convenient pose keeping steady the spine and the head. Never bend the back; it is harmful. Never move from the straight pose; do not shake the back; keep the spine straight and steady and the breath will be steady.

1. Close the right nostril; breathe out through the left nostril, the air pent up in the lungs.
2. Inhale slowly one full unit of Aum through the left nostril closing the right. The breath must be drawn in a measured rhythm to full.
3. Strike the inhaled breath deep down the abdomen, then bring it to the chest and retain it there for four units; then raise it to the head and breathe out in the same rhythm through the right nostril maintaining two units.
4. Breathe again in the same proportion through the right nostril, retain like-wise and breathe out through the left; retain and breathe out through the right; again take through the right, thus go on.
5. The rhythm must be kept in inspiration, retention and expiration. The proportion is 1:4:2. You can increase the counts as you go on doing Pranayama.
6. By long practice, the breath is concentrated inside. Plenty of oxygen is assimilated in the blood. You feel a warm current coursing the nervous system. The cosmic energy is awakened by breath control. You become the master of the mind.

Begin with rhythmic breathing and the control it and you can get more concentration on Yoga.

This will lead you to Inner Pranayama.

43. SUNBATH

The Sun gives light, warmth, vital energy and vitamin D. The Sunlight has antiseptic and antibacterial powers. It is the best disinfectant. It is effective in the treatment of rickets, rheumatism, leprosy, tuberculosis. It supplies iron and increases haemoglobin in the blood. It cures diseases due to calcium deficiency. The ultra violet rays of the sun have wonderful curative powers. Sodium, helium, calcium, magnesium, chromium, aluminium, titanium,

copper, iron, zinc, hydrogen, oxygen, carbon, nitrogen and a number of elements are in the sun. The sun is the architect of the world; it is a brilliant poem of God's manifestation. It is a splendid phenomenon of Nature. By that the world wakes up and lives, seeds germinate, flowers smile, fruits ripen, the ocean evaporates, the sky weaves rain clouds.

The Sun-bath stimulates harmonic secretion and gives vigour to the body and nerves. The body exposed to air and sun is strong and shining.

1. The Sun-bath must be taken before 10 am and after 4.30 pm. Spread a thick mat in the open terrace or courtyard or in any convenient place. Spread a bed sheet upon it and stretch your body upon it; first expose the front, then the back until the whole body perspires. You can cover the body with a cloth or plantain leaves; the head must be covered by the same or kept under the shade of a tree; the head and face must be exposed to the sun, swinging, palming and eyes protected with inter-laced fingers. The head must be swinging here and there with eyes open before the sun. Wear only a codpiece while taking the whole Sun-bath, exposing the whole body.
2. Now stand up, rhythmise the breath; take a rhythmic walk in the evening sun. The light sweeping through the greens is the best.
3. Have a rosary in the hand. Walk in the sun counting 108 beads with the mantra. You can do more if possible.
4. Stand before the sun palms joined in worship. Turn round and round repeating 'Aum Jyoti Aum'. This has a healthy effect on the body and mind.
5. Sun Gaze Walk: Look at the sun walking forward eight steps and close the eyes and be introspective when you turn back on it for eight steps, imagining that the sun brightens your interior.
6. Sun-Drink: Expose water to the sunlight for two hours and drink it. Open your mouth before the sun; looking at the sun, breathe in through mouth air and sunlight, breathe out through the right nostril.

The above Sun exercises purify and dynamise the physical and vital bodies.

A long walk in the evening sun and strenuous labour in the garden or fields under the sun is a tonic for health.

Surya Namaskar:

1. Stand straight; look at the sun; Say AUM Jyoti AUM (AUM hail light)
2. Then throw up joined palms high above the head, look at the sun (ten units)
3. Bend down; place palms on the ground and face between the knees. Look down for two units.
4. Swift: throw back leg. Bend right leg at the knee; plant the feet firmly. Look at the sun for three units.
5. Throw back quickly the right leg too; raise the loins; let the toes and palms rest firmly on the floor. Arch the body well. Look at the feet. Keep the pose for four units.
6. Lower the body parallel to earth; look at the ground for two units.
7. Head up like snake pose; look at the sun for six units, firm in the pose.
8. Raise upon the toes and palms repeat exercise No.5 (three units).

9. Draw the right leg forward; bend left leg at knee (look at the sun for four units)
10. Repeat pose No.5 (five units).
11. Stand straight palms joined up like pose No.2. Look at the sun for five units.
12. Assume the 1st position and concentration on the Sun repeating Aum, Hrim, Hram, Hrum, Aum.

This is the first round of Sun salute. You can do quickly ten rounds; then wash the eyes and face with cool water, close eyes in meditation, for ten units.

44. WATER CURE

Water is a necessity of life: no water, no food; no food, no life. Water health is world's health. Water is needed to build the tissues, to maintain the blood circulation, to promote alimentary action, to clean the body; to clean clothes, to cook, wash, bathe, flush, water is indispensable. It is a free gift of Mother Nature. 30-40 gallons of water is required per day, per head. The warm rays of the sun evaporate 700 gallons of water per square mile per minute from the vast ocean. Rain is the purest water and the next is the mountain stream. Water on the earth is polluted by dust and dirt and rotten stuffs and by human imprudence. Water bases must be kept clean. Wells must be sunk with parapet walls and platforms. Washing and bathing must be done at a distance. Public latrines and washout closets and flushes must be provided in towns and villages.

Drinking water must be boiled and filtered. Potassium permanganate, sodium hypochlorite etc are used as germicides. Water heated with Tulsi leaves is good for health.

Take care of water and water will take care of you. Drink pure water frequently to aid free alimentary action. Wash hands and feet and face and give a spongewash to the whole body whenever you go out and come after working in the town. Give a mudwash to the private parts after answering the calls of Nature. This will prevent ringworms, piles and sex diseases.

BATHS

Bathing stimulates blood circulation, invigorates nerves, reduces excessive heat, keeps the body cool, induces hunger, promotes digestion, removes bad smell, relieves congestion and poisons in the system. An evening bath induces sound sleep at night. Water cures many diseases like fever, blood pressure and constipation. Swimming is a very good exercise. Floating and meditating upon water has done me much good.

TUB BATH

Bathe regularly twice a day; in rainy seasons once. Once a week take oil bath or herbal massage. The whole body must be rubbed with a vegetable oil -- coconut, gingelly or castor oil. Or you can apply milk and black pepper powder or bilva fruit. The body must be massaged and every muscle well

trimmed then. A bath powder can be prepared by mixing together the powders of green dhal, Bengal gram, soapnut and avaria leaves (Cassia Auriculata).



TUB BATH

Tub bath: For Nature cure this tub is necessary: A zinc tub with trapezoid sides, 1 ft high, 4 ft long and 2½ ft wide at the top.

Fill half the tub with cool water; take Sitz Bath by sitting in the tub breathwise so that only the middle part is immersed in the water. Massage the abdomen well for ten to fifteen minutes. Then take friction bath with a wet towel. Diseases of stomach and the pelvic region can be relieved by this Sitz bath.

The spinal bath is taken by immersing the whole spinal column and the thighs into the above tub of water, putting the head and knees along the outside its rim. Now knead the abdomen, massage the trunk for ten minutes more and rise up. Stroll to and fro; do exercise and then bathe the whole body. In case of fever the spinal bath alone will do. Usually this bath can be taken with advantage as soon as you rise from bed and half an hour before going to bed. Piles, paralysis, constipation, indigestion, wet dreams etc. can be cured by taking this bath.

Steam Bath does good in colds and fevers. Place a vessel of boiling water on the ground. Cover yourself and the vessel with a thick blanket and allow the steam to bathe the whole body until it perspires profusely. Or place very hot bricks into the boiling water and catch the steam under the blanket cover. The body perspires freely. The steam bath may be taken in winter in the absence of sun. This will prevent cold. Wipe off the steam perspiration with a towel, take herbal or oil massage and then take immersion bath or spray bath. Steam bath is not necessary if the sun bath is possible. Spray bath is cooling. A bath under a waterfall is worth ten under a pipe.

Wetpacks may be used to bring down temperature in fever. Place inside the bath tub a wet blanket thickly folded. Place your back upon it and cover the whole body with another shawl or blanket. Remain 25 minutes; the temperature of the body will come down to normal. A wet blanket may also be wrapped snugly round the body to bring down heat. Or sponge the body vigorously with cold or lukewarm water. These are the several baths meant for maintaining, restoring or improving health.

45. FASTING

Eat only when the stomach is receptive, when the bowels are clean and the tongue normal. Fast when you are ill and unwell. Its therapeutic effect is immediate. Fasting purifies the body, the vital and the mind. It eliminates all morbid matter in a manner that no purgative or enema can do. To fast out diseases is Nature's best cure. It is a panacea for all diseases. It controls the animal Nature, wild passions, sexual cravings, bad appetites, violent temperament etc. It reduces unnecessary fat in corpulence and makes the body brisk, nimble, agile and develops the will power. Fasting conduces to concentration and meditation by accelerating the cosmic force. All religions prescribe fasting for inner purification. Fasting is a welcome rest, a holiday to the overworked stomach. When you feel ill, dull, diseased, when hunger does not call food, when tongue smells bad and the bowels are clogged, or when you catch cold, fast a day. I have fasted often. I had fasted whenever Gandhiji fasted for the country. In all I have fasted more than 1,500 days in my life. Once I fasted for thirty days continuously taking only cold water. I was in then in Samadhi. The body thinned but the spirit got strength and the cosmic energy increased. During a fast of ten days, I wrote the commentary on my Yoga Siddhi. I fasted several days while writing the Bharata Shakthi Mahakavyam. I achieved my ideals by fasting. I tell you these things so that you may not be afraid of fasting. It is a national economy too. All can take to fortnightly fasting on the 11th day (Ekadasi). In case of some chronic disease, fasting can be undertaken until morbid matters are eliminated, the tongue tastes normally and the stomach cries for food prompted by natural hunger.

Forget all worldly thoughts during the fast. Hear holy recitations, do Japam, meditate on the Pure Almighty power enthroned in your heart. Tulsi water may be taken, five sips per hour; or coconut water or orange and lemon juice can be taken diluted in water. This will stimulate the bowels and remove the waste matter without resort to enema. If the bowels are hard and clogged, take a sun bath, then a tub bath; wait for ten hours; if there is no motion, take an enema. Add lemon juice to lukewarm water used for the enema. Break the fast by taking coconut water and orange juice. About two hours later the bowels will move. At noon, when you feel hungry, take food with plenty of vegetables. Cabbages and leaves of Akathi (Agati grand floria) are very good then. You may add embelica (Nellikai) too. The fast-a-day treatment has cured sex passions, sex perversities and many other weakness of human nature. Silence during fasting stores up the cosmic energy.

46. SLEEP

Natural sleep is a restorative tonic to the nerves. Yogins can convert ordinary sleep into psychic trance and enjoy inner delight. That sleep is complete immersion of mind into the deeper self. Ordinary sleep gives rest for vital and the physical body. But mind, the subtle body, may be wandering with past impressions and acts in the dream. The mind works even in dreamless sleep. To avoid sleep altogether is not possible or advisable. I have experimented on sleep for years. I was able to convert vital sleep into spiritual trance. It is an entrancing rest in the self. A minimum of six hours rest is necessary for ordinary human beings. It is better not to avoid sleep when it comes. But daylight dozing must be stopped. See the birds; they go to bed early and rise up early. Tea, coffee, alcohol and other stimulants spoil sound sleep. Never take them. Go to bed at 10 p.m. and rise 5 a.m. Brain workers must take plenty of rest. A day labourer enjoys well-earned sleep at night. A brisk evening walk, a refreshing bath, a stroll in the air fifteen minutes before going to bed invites sleep. Do not cover the face. Cover only the body, if necessary, lightly. Wear a codpiece and cover the body with a dhoti. Sleep in a clean room with windows wide open. Sleeping on a sand bed gives good relief. Put up a thatched shed or a tin shed on the terrace. Spread sea or river sand on floor, thickly. Spread a mat and a sheet on the sand and sleep. Avoid vulgar theatres, films, talks and thoughts; otherwise bad dreams will trouble you. Dreams come generally between 3-5 a.m. Rise up and then meditate, read or write. You can then avoid bad dreams.

Light of the evening fire, throw into it peepal twigs; pour a spoon of ghee or incense; meditate on the flames. Imagine that it is the cosmic flame in you. The fire meditation will help in conquering sexual dreams. This is also a means of preserving the Brahmacharya Shakti.

47. BRAHMACHARYA

BRAHMACHARYA is the soul of health. Brahmacharya is control and conservation of the vital energy and devoting oneself heart and soul to the realization of the Brahman, the unique ONE which is divine essence of all. The control of vital fluid gives strength, power, vigour, vitality, endurance, peace, concentration and victory to the celibate. To save semen is to save life; to waste it is death. The higher ideals of life can be fulfilled only by Brahmacharya. Man must follow the rules of celibacy while a student, until his 24th year and virgins until they finish their study. Even married couples should use their vital energy only for the procreation of the race and must observe celibacy otherwise. Be pure in thought, word and deed. The mind is perturbed by reading, speaking or hearing sensual matters. If you see or read an obscene play or story your mind is poisoned by sex thoughts; the vital passion gets out of control and man-power is wasted away or you get wet dreams and nocturnal emissions. Sex excitements also lead to secret vices and spoil your career.

Do not wreck your liufe by self-pollution. Beware of the snare of eyes, lips and arms. It is only a sage of self-realisation, a perfect Yogin of cosmic consciousness, who can see women as Mother and beauty as an innocent flower. Until you reach such a height of purity, keep at a respectful distance

from the other sex. Pray to the Pure Almighty Power for such a purity. Sex desire is very difficult to overcome. It will lurk in the subconscious plane even when the mind pretends innocence. It rises in your dreams and wastes your man-power. So the subconscious plane must be conquered for the perfect mastery of sex centre. Do not indulge in voluntary acts or talk about sex affairs. Keep the mind elevated in holy thoughts and ideals. Seek holy company. Over-feeding, eating late at night, sleeping with fully loaded stomach, bad diet, day sleep, over-sleeping, improper sleep, sleeping on the stomach, onanism, secret vices, seeing obscene pictures, reading obscene books, loss of temper, jealousy, anger, passion, too much brain work, mental worry, craving to see sex parts or to touch the opposite sex, bad company - they are the causes of the loss of life energy. Mingling with crowds, unclean habits, constipation are also causes of emissions.

Think that you are the Pure Atman. If your mind is always fixed in that, temptations can never tempt you. They attack weaklings. All bad thoughts and dreams proceed from external causes. Ban bad thoughts as they attack you. Divert your mind to holy things, holy practices, holy songs and holy company. The Satanic force can be conquered and quelled by the Divine Force. Develop the Divine Force in you by sadhana. Do Yoga.

48. MORAL PURITY

PURITY is the first practice of Yoga - purity of the body, vital and the mind. So far we have learnt how to purify the body and the vital. Pure diet, pure clothing, pure environment, pure thought, word and deed, pure rhythmic breathing and exercises and pure life in tune with nature are the means of purity of the physical and the vital parts of our being. You must apply spotless purity as a test of your acts by thought, word or deed. "Will this act make me pure or will it make me impure?" That is the question you have to ask before thinking a thought, uttering a word or attempting a deed. Take care not to do anything for which you will repent afterwards. Take care not to do anything that will wound the feelings of others. Take care not to utter a word that would do harm to your brother-man. Take care that you do not waste a breath in doing useless things or indulging in vain words.

Do not kill any creature, don't take flesh. Have deep compassion for all fellow creatures in the world. Be buddha-hearted and Christ-minded. Non-injury in thought word and deed frees one from the enemies.

Be true to your conscience. Let your words come from the sanctum of Truth which is your conscience. Truth gives tremendous force to the words and a control over acts and industry is an expression of Truth. Truth conquers. Falsehood meets with defeat and disappointment. A man true to himself never covets what belongs to others. He never steals; stealing destroys peace and honour. Non-stealing adds to life, peace and prosperity; Non-recvieing of things from others for personal gain gives one freedom and independence.

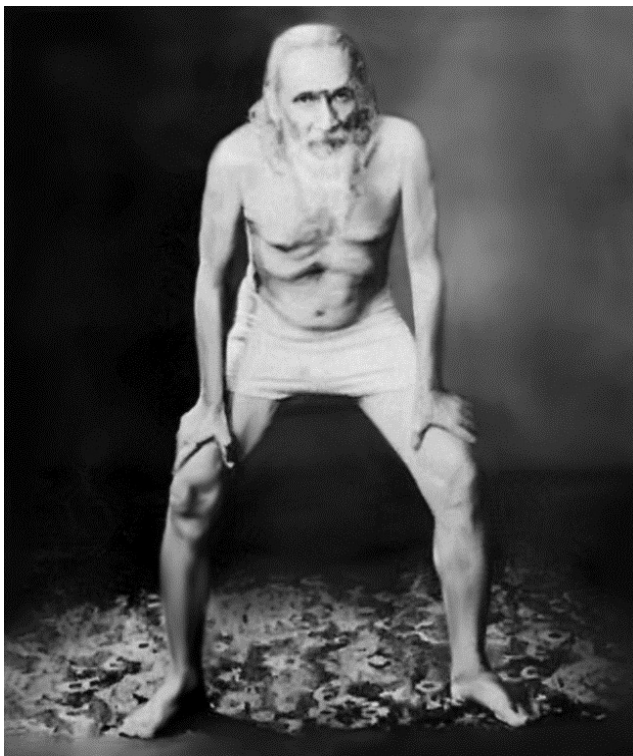
You must earn your living by work and set a tenth of your savings for public good, charity and holy works; this purifies your mind and the vital. The

more you give, the richer you become in purity; the more you renounce desires, the freer you become in conscience. Don't receive anything from any one out of selfish motive or desire.

Rather give than receive; this will give you independence. You must earn your creature comforts by honest industry. Begging must stop. To work is noble. Yogins must keep up the serenity of living doing some useful work by body, word or intellect. If the family man works ten hours a day, the man of renunciation must work fifteen hours for the good of the society. He must find Yoga in work. This is an important discipline of Sama Yoga or Spiritual Socialism.

The pure aspirant must be clean in and out. This prevents him from disease and keeps him strong and fit to do his duties, fulfil his obligations. Mental purity helps in concentration and introspection. The Yogin must not grumble; he must not crave after this and that. He must be content in heart. Contentment helps spiritual life.

By strict disciplines the yogin must control the out-going senses. He must not be a slave of passions and vital emotions. He must study holy books or books on useful arts and sciences. He must not touch improper books or hear obscene words. He must read soul-elevating books by inspired masters and contemplate their truths.



UDYAN NOULI

49. INNER PRANAYAM

To conserve the cosmic force and sublimate subtle energy is the object of Pranayam. To inhale, retain and exhale the breath in proportion 1:4:2 is the rule adapted by the sages. The breath is taken by one nostril, retained in the lungs and released by the other nostril. This nasal pranayam can assimilate oxygen. Psychic centres are the store-houses of cosmic energy. There is Inner Breathing and Inner Pranayam which open psychic centres and activate the astral tubes which are channels of the psychic

currents. Ida, Pingala, Sushumna (moon, sun and flame) are the main strings of existence, the important astral tubes. There are six vibrant psychic centres along the spinalis called Adhara Chakras. They pass the psychic energy up to the topmost plane of consciousness - the Sahasrara. Inner Pranayam helps

this upward journey of the life energy. I shall give you some directions but it be better if you can learn it directly from the Yoga Samaj.

1. You must practice UDYAN first. Stand up, press both hands on the thighs. Draw up the naval and the intestines towards the back. Take breath from the abdomen for this suction. Now the diaphragm, intestines, liver, etc are well toned up. Churn the Udyaned abdomen left and right. This is Nouli. This thoroughly cleans and cures all abdominal diseases.

2. Heave breath from the abdomen. Make it pass from navel to throat and from throat to navel. Do not breathe through nose. Then slowly breathe up from navel to head. Do this for eight units. Observe one unit up and one down.

3. Now keep the lungs and abdomen empty, airless, controlling the breathing process for one unit. Then draw breath from within for one unit; retain it in the chest, in the head for four units, breathe down two by will power. Thus the breath passes inward and in course of time awakens psychic planes. Know the process clearly:

1. Keep chest and abdomen empty, one unit.

2. Breath up one unit, retain breath in the cerebral region for four units and breathe down for two units. Don't breathe for a unit, then continue the process. This deep inner breathing prolongs life.

This inner Pranayama gave me inner victory. Then follow some easy asans.

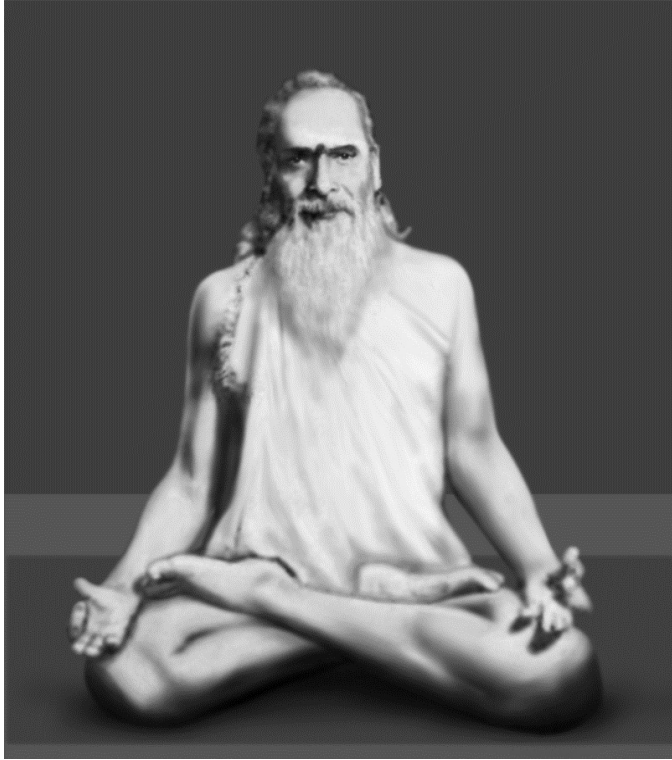
50. POSES FOR MEDITATION



SIDDASAN

There are more than 64 intricate poses or Asans; we have no time to do all of them. During my boyhood, I did all those Asans and my body was virile and agile. But I wanted to sublimate the vital energy so that not a drop is wasted in thought or action. I made many experiments, studied Tantric works, met expert Tantrics. I practiced Asvinimudra and observed intricate Vajrolis. Some introduced tactfully a catheter into sex organs and sucked up air by Nouli. Some sent into genitals milk, honey or mercury and tried to prevent sex secretion even during excited orgasm. Some

tried to reabsorb the sex fluid, some swallowed it. But many became sex-



PADMASAN

ridden slaves, even Venerables and their health too was impaired and they died of venereal diseases, diabetes and piles and heart failures. This is not due to Vajroli or Asva and Goraksha mudras. It is due to wrong diet and wrong living and want of psychic purity and inner awakening.

Jnana Siddha who was my unique Master appeared before me while I was doing tapasya in the Agastya Guha near Kedarinath. He was the mystic sage who initiated me in Raja Yoga during my boyhood and transformed my being. He taught me the Antar Pranayam, Sabda

Pranayam and asans to control and sublimate the Vital Energy. I have already told you about the Inner Pranayam. Now I shall give you the Cosmic Force Asans, Poses of Inner dynamism and give some hints to do them. See the picture and try them; better learn them in person.

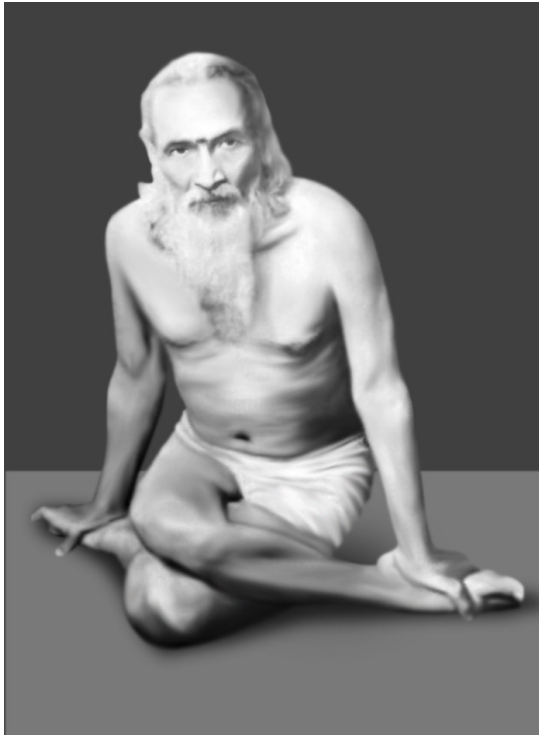
1. Baddha Padmasan is described here. It keeps body firm and virile and cures seminal emissions.

Sit straight; stretch the legs in front. Then place the right foot on the left thigh and left foot on the right thigh. This is Padmasan, lotus poses, in which place arms over knees. Now take the right hand behind and catch hold of the right toe. Take the left hand behind and catch hold of the left toe. Keep the pose for two units. Then bend the back forward and touch the ground with the forehead. This is Yoga Mudra. Keep the pose for two units.

2. Do Siddhasan. This Asan is the best for meditation. Sit straight; press one heel at the anus and the other the sex organ. Keep ankle joints firmly close together. Do five unit Japam in this pose. Then change to swastikasan. It is like the sacred Swastik symbol. Fold the left leg placing foot near the right thigh. Place the right leg conveniently close to the calf muscles. Keep hands interlaced under the abdomen. Meditate for eight units. This will give good concentration and peace. Then do Simhasan by sitting like a lion folding the legs backward and joining the toes firmly. Place arms on the kneecap. Do Japam in this pose for eight units. Then do Gomukhasan (Triangular pose) thus: Left heel is placed under the left part of the anus. The right sole is closely adjusted on the left thigh. A triangle is formed like a cow's face. The index

fingers are locked firmly at the back. Gaze between eyebrows and keep the pose for four units. In all these poses the inner breathing must be kept.

51. POSES FOR INNER DYNAMISM



PRANAMUDRA

Then attempt the following special poses which are meant to sublimate Vital energies. I call them Sama Yogasans; they accelerate inner dynamism by awakening gnostic equilibrium.

1. Prana Mudra (Cosmic - energy awakener)

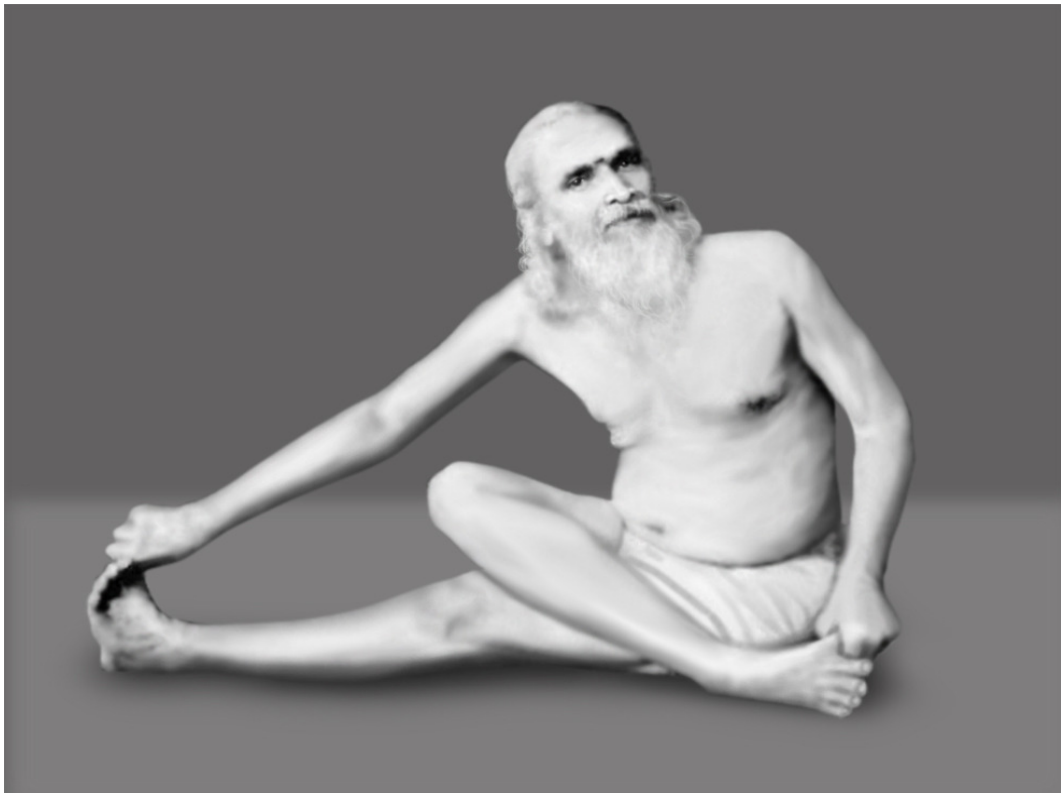
Sit in Cow-face triangular pose. Press the palms on the respective legs. Heave the breath from the lower plexus doing abdominal suction (udyan). Raise the hip as you do this. Keep the breath in the lungs for one unit and then bring the breath down; again breathe up, heave up the air; continue this five times. Keep eyes gazing straight. This exercise awakens Cosmic energy and gives strength and vigour to the psychic planes.



PRANA DARAN

2. Prana Dharan (Cosmic energy Conserver)

Do the above Asan; take four Aums of heaving inner breath, slowly bend down, touch the knees with the chin, then touch the ground with the head. Keep the breath for sixteen Aums during this process of bending the back and touching the ground; then raise the head slowly and sit erect in the triangular pose respiring eight Aums. Keep the lungs without inspiration for four Aums and then continue inner breathing, bending, touching the ground with the head, rising slowly - all to the proportion of 4:16:8:4. This exercise promotes inner dynamism, purifies the brain, opens psychic centres and vibrates cosmic energy all over the body.



TANKAR

3. Tankar: (Invigourator)

Sit firm; stretch right leg, put force in it; fold the left leg upon the right thigh. Catch firm hold of the right thumb with the right hand and the left thumb with the left hand. Infuse force and do inner breathing in the proportion of 4:16:8:4. then stretch the left leg; fold the right leg upon the left thigh Catch firm hold of the left thumb with the left hand and the right thumb with the right hand. Do inner breathing as before. This is done four times. This exercise gives vigour an energy to Astral tubes and psychic currents.



ARDHA SIRASASAN

4. Ardha Sirasasan (Hip head pose)

Stand up, legs a foot apart. Bend the knees. Bend the hip. Take hand down the knees and catch the feet firmly and now bend the head and touch the ground. Now take inner breath 4 Aums, retain 16, slowly breathe out 8 as you raise the head and stand up. Do this four times. This is more effective than Sirasasan. This Half-Sirasasan gives strength to heart and brain and awakens cosmic energy in all psychic planes. All the endocrines, especially the pineal and the pituitary regions are energised by this hip-head-pose. See that the rhythm of inner breath is kept all through.

5. Naavasan (Boat pose):

This is very good for the hip and pelvic regions and the sex glands. Lie straight on the back supine. Lift the legs and thighs and then the head and trunk so that the body is balanced on the buttocks.

Keep the pose for two units. Do inner breathing up and down rhythmically - Aum, Aum.



NAVASAN



JOLASAN



KANTASAN

is the best pose for thyroids, parathyroids, thymus, adrenal and teste glands. This controls sex parts effectively.

6. Jolasan (Lounge Pose):

Do Naavasan; now clutch firmly with hands the knees, bend and roll the back like a lounge. This is done for two units. Breathing must be normal.

7. Kantasan (Neck pose):

Lie flat; raise the legs up, up. Rest the body on the neck. Slightly slant legs and look at the toes and keep the pose for six units. This



8. Liverasan (Liver Pose):

Keep the above pose intact. Bend the right leg and touch the eyebrow with the knee; keep gazing inside for two units. This is fine for liver and stomach.

LIVERASAN



9. Pancreasan:

Similarly, bend the left leg and touch the brows; concentrate on the pancreas. This is the best cure for diabetics. Duration two units.

PANCREASAN



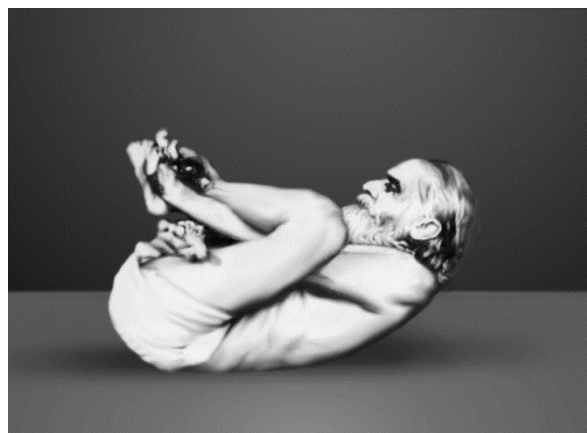
MATSYASAN

10. Matsyasan (Fish pose):

It cures constipation, asthma, consumption. It helps deep breathing and inner breathing comes easily by this asan. It must follow Sarvangasan. Sit in Padmasan right foot over the left thigh and left over the right. Lie flat on the trunk. Stretch the head back. Raise the trunk and arch it. Catch the toes with the fingers. Keep the pose for five to ten units. Poses 7 to 10 stimulate the pituitary and pineal glands and the thyroids.

11. Jayasan (Victory Pose):

This is a powerful pose easy to do. It awakens the cosmic force and takes it easily to the cerebrum. It sublimates sex energy. Lie on the back like a dead body; stiff, more stiff; do inner breathing for two units. Lift up the head and the trunk, at once cross the legs bent at the knees. Insert hands at the bent angles and lock them firmly on the heels and maintain the pose firmly doing inner breathing. The body is posed on the back now. Look between the brows. Fix the gaze on any holy picture or on the blue sky. Keep this pose for sixteen units and unlock the hands and rise up. Then take rhythmic walk. Then wash the body or take bath and then meditate as long as you can, on AUM LIGHT.



JAYASAN

Yoga For All

Prepare a mirror round or square with Aum in the centre. Light a lamp and place it before the mirror. Look at the AUM and be ingathered.

This is Cosmic Energy Sadhan, a complete course of psychic exercise for inner and outer health and for the sublimation of the sex energy.

See the diagrams and learn how to do these useful esoteric sadhanas, preferably from the Master.

Now we will go to traditional Asanas which can be easily mastered by those who are successful in the above sadhanas.



12. Relaxation (Shanthy):

Relax the muscles at the end. Lie flat on the back; keep arms close to the thigh; look up. Do inner breathing. Keep head trunk and limbs in a line. This is called Shanti Asan. It gives peaceful rest and prepares the body for active life.

Master the twelve poses described already before trying the exercises in the following chapter.

Learn lesson by lesson; do not be in a hurry. Master a pose and go to the next. If you can spare fifteen minutes a day, you can live hale and healthy in perfect youthful vigour.

Do yoga mudrasan after taking bath.

52. POSES FOR PERFECT HEALTH

There are certain meticulous poses which keep the body fit and agile. Their results are well tested by scientists. They are very effective in stimulating the centres of health and regulating the flow of hormones from the endocrines. They open also the ganglionic centres for the free flow of the cosmic force. They purify all the 72,000 nerves of the body. There are more than 64 poses in the traditional Hatha Yoga. Let us choose 12 poses which can be easily maintained everyday. Before attempting them you must thoroughly practice the simple exercises and the breathing exercises. They will be

useful to stimulate the particular glands in particular poses. Rise up at 4 a.m, go out; clean the teeth and the tongue and the nose. Do rhythmic breathing or pranayama. Take five mouthfuls of pure water; have a rhythmic walk and then do the following poses. Repeat the manta while maintaining them.

1. Snake Pose (Bhujangasan):

Lie flat on the belly, heels straight and stiff; plant hands both sides; raise up the body as far as the waist like a hooded cobra.

2. Locust Pose (Salaba Asan):

Lie down as above and raise legs alone like a locust keeping other parts stiff and stretched straight.

3. Bow Pose (Dhanur Asan):

Lie flat. Make a bow of the dorsal body by catching the ankles with both hands. These poses are good for the lungs, heart, chest and sex parts.

4. Peacock Pose (Mayurasan):

Lie flat; plant the elbows firmly upon the trunk and raise up the whole body horizontally. This is very good for the abdomen. It cures constipation. Poses 1, 2, 3 and 4 are maintained for four units.

5. Lotus Lock Pose (Baddha Padmasan) - see chapter 50.

6. Spine Twister (Ardha Matsyendrasan): was found out by Yogi Matsyendra. This gives a lateral twist to the spinal column. Plant the left heel firmly below the scrotum, touching perineum. Bend the right knee and plant the right ankle close to the left hip. Place the left armpit upon the bent right knee and catch hold of the left knee with the left palm. Apply pressure on the shoulders. Turn face right in line with the shoulder. Twist the trunk and the spine to the right, swing aback the right arm and catch hold of the right ankle. Keep the vertebral column straight. Likewise you can twist the other side too. This backtwist can be done for four units.

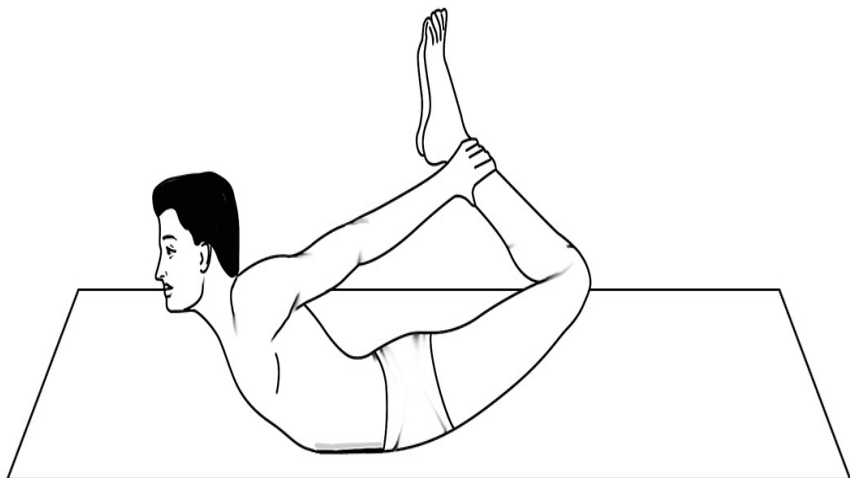
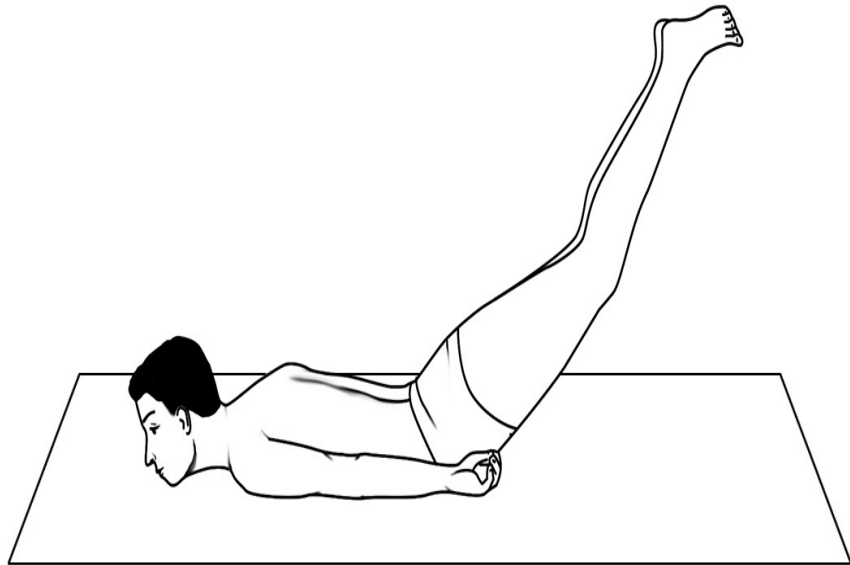
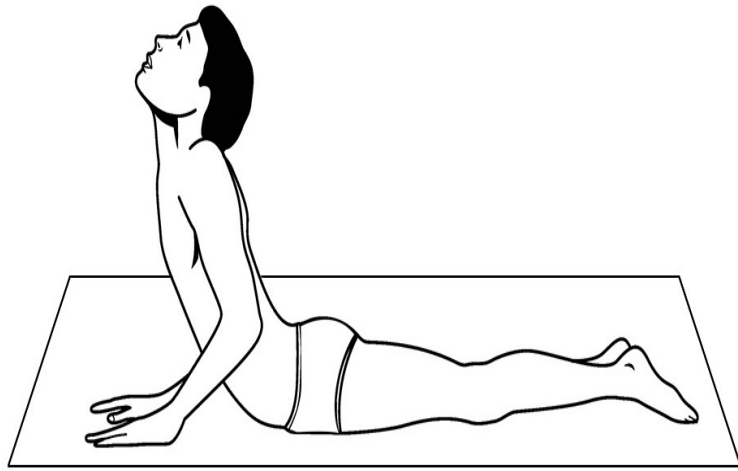
7. Triangle Pose (Trikonasan) This is also a spinal exercise and it supplements the above Spine Twister. It is good for the spine and the sympathetic nerves. It gives good appetite and helps digestion and assimilation.

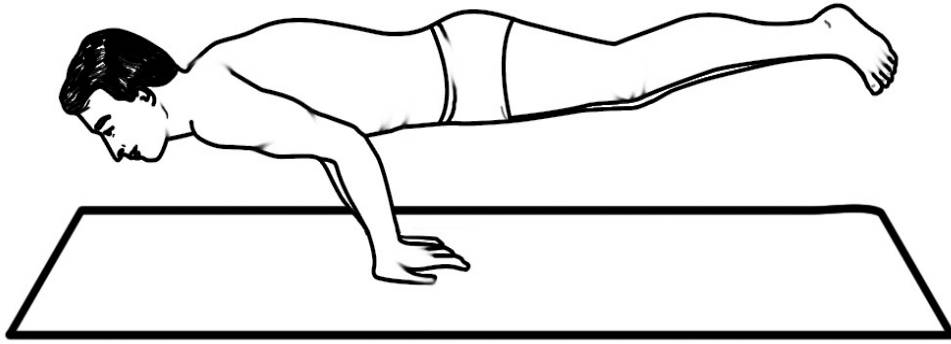
8. Plough Pose (Halasan) nourishes the vertebral column and tones up back nerves. It cures many nervous diseases like lumbago, neuralgia, myalgia etc.

Lie flat on the even ground on a blanket. Keep hands firmly on the ground. Lift up legs straight; do not bend the knee. Do the neck pose and slowly lower the legs so that the toes touch the floor. Press the chin against the chest. Keep the pose for two units and then slowly raise the legs and come to the normal pose.

The hands can be made to touch the toes too. The spine makes our health fine.

Yoga For All





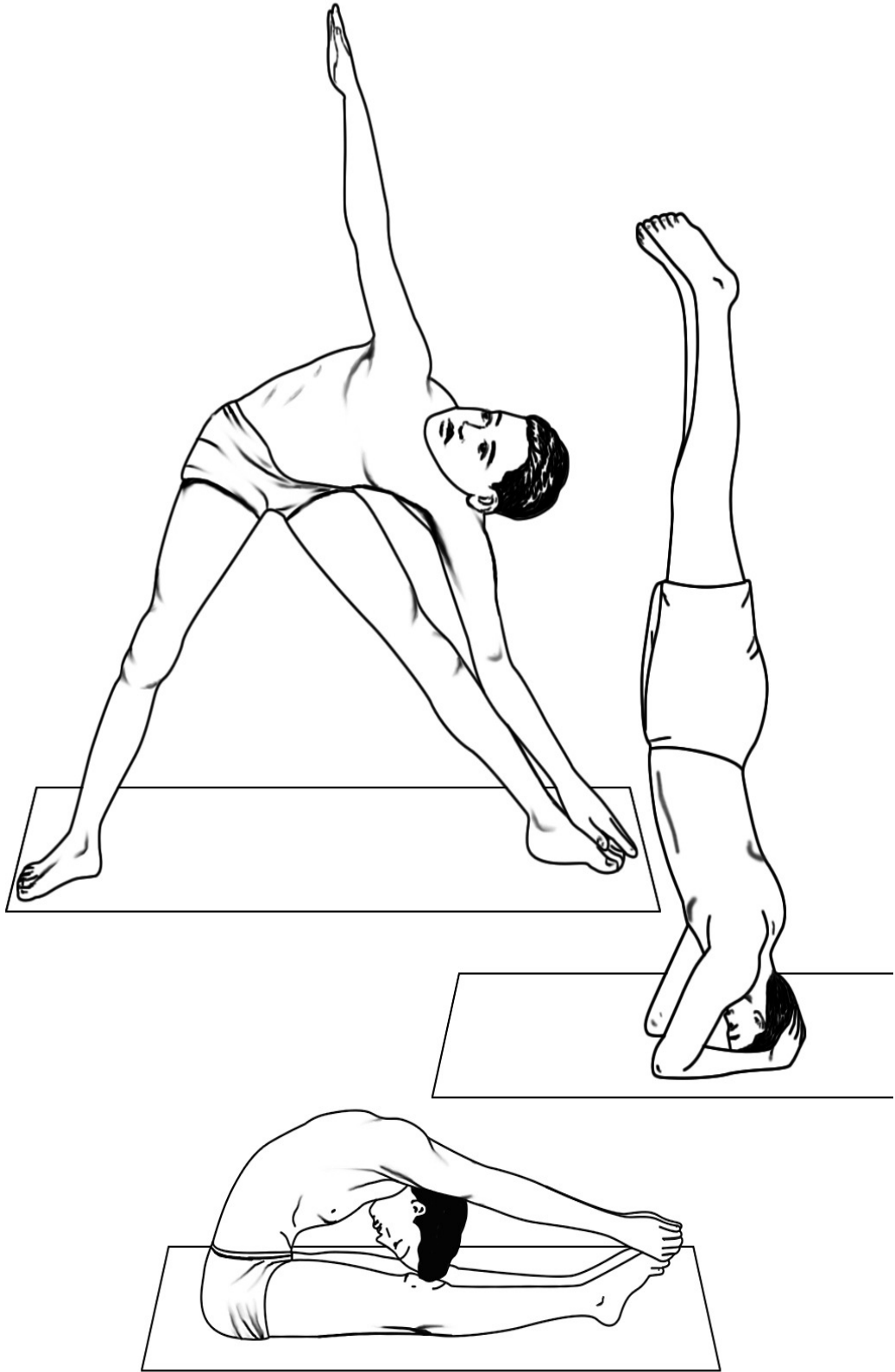
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6



7



9. Head Knee Pose (Paschimottana Asan) keeps the spine elastic and the nerves active. It cures enlargement of the spleen and the liver. It stimulates endocrines and the abdominal viscera. It cures constipation and dyspepsia.

Lie flat on a mat, hands stretched over head. Gently raise the arms and the trunk, bend over the legs; touch the toes and catch hold of them; lower elbows; plant the head between the knees. Keep the pose firm for two units. The knee must not be raised. Massage the legs and spine with oil and you can get this Asan easily. This can be done for five units.

10. Thyroid Pose (Sarvangasan) is the king among asans. It benefits all limbs and nerves and promotes free flow of hormones into the blood. This is pan-physical pose. Lie on the back. Tip up the body gently. Raise up the hip, thighs, legs up, up; keep feet straight. The body is supported on the neck. The head is flat on the ground. The trunk and legs are straight up. The hands support the hip. Look at the toes and keep this asan for five to ten units at a time and then slowly assume the normal pose.

11. Head Pose (Topsy turvy Sirasasan) Helps sex sublimation, invigourates and rejuvenates the entire system. It feeds the brain with pure blood. It fills the head and heart with prana, cosmic energy.

Kneel down; plant elbows firmly on the ground, slowly lift up the legs placing the head firmly on the interlaced hands. Stand thus for ten units and slowly bring the legs down and assume normal pose. It is good to do this asan before going to bed and as soon as you wake up and answer calls of nature.

53. PRAYER

One of the powerful ways of mind control is Mantrajapam, repeating mentally with one-pointed devotion holy canticles, mantras and incantations. These have the power to set in motion the latent psychic powers in man. They purify and sanctify life. A mass prayer unites hearts in the soul and soul in the Divine. Make it a discipline to pray with fervour and to sing holy songs for a few minutes morning and evening and then silently repeat a mantra, a holy word with every breath. Mantra Yoga is concentrated repetition of a holy word with every breath or heart beat. This brings the errant mind to concentrate upon a single attribute of the Divine and that attribute is assimilated in our psychic being. It prevents mind-wandering. It ingathers and stores up all our energy and makes it a dynamic soulforce. Sound is form of the Divine.

The Divine is meditated by the sound AUM. There are three letters in this mantra - A*U*M. A is the Almighty One; U is the Universal Spirit; M is man the soul. One Pure Almighty Grace, One truth Light manifests itself as God, Universe and the Soul. So you must regard all beings in the Universe as soulful rays of One Grace Light and meditate upon that in the heart. There are many mantras given by the ancient seers, such as AUM TAT SAT (That AUM is Truth), Tat Twam Asi - (Thou art that Truth); Aham Brahmasmi - I am that Omnipresent Reality; Soham - I am He; Aum Sivam, Sivoham - I am Siva the

Blissful Lord; Nama Shivaya - Salutations to the Blissful Lord; Sivamayam - The world is the omnipresence of the Blissful Lord; Namō Narayanaya - Salutations to the Omnipresent Divine.

There is a powerful mantra which was inspired in my heart during my childhood and which led me on to success in Yoga. It is this: Aum Shuddha Sakti Aum. The transcendent universal and the individual Omnipotent Reality realised by Great Seers, is the highest purity and the dynamic energy that gives us truth, bliss, power, knowledge and peace. Let us adore that pure Almighty Truth Light and live in its conscience a life of Purity, Unity and Divine bliss. You can repeat this Mantra of four syllables at any time, amidst any work, either standing, sitting or walking. Put your concentration upon its meaning. There is another Mantra which I have already told you: Aum Shuddha Sakti Jaya Satya Jyoti, Aum Satchidananda Parama Krupanidhi. This translates itself into English as "Hail Aum Pure Almighty Truth Light, the Supreme Truth-knowledge, bliss. We seek Thy compassion". You can make this the marching song of your progressive life. It will give a rhythm to the music of life.

SYMBOLS

God is Purity, Beauty, Power, Knowledge, Bliss, Truth. He has manifold other qualities. These qualities have been idolised by religions, but you can mould them into your life and cultivate divine qualities. When you see the image of any divine quality you must not remember the stone or brass but you must concentrate upon the particular aspect of the Divine. Form is only a symbol. The best form for concentration is the Light. Man can change metallic forms but not Light. The human soul is like camphor. It gives itself to the Divine Light and when it catches Light all its defects go away as smoke and the soul disappears into the light. When you offer candles and incense to the Divine you must remember the cosmic fire of God. It burns all evils and purifies the soul and embraces it to enlighten it with knowledge. Even the names of God like the forms, concretise His several attributes. You must contemplate on those attributes, make them your own and slowly withdraw your mind from the necessity of names and forms, for they are only means of developing concentration. The reality is in our Heart. It is realised by deep inner contemplation and meditation.

54. WHAT IS GOD?

We see many forces of Nature -- electricity, magnetism, electronic forces and atomic energies. They cannot be perceived visually, but we know their existence from their actions. We know about electrons when they operate in the radio or a projector. Even so God is an impersonal, pure, conscious power. That Pure Almighty Power manifests itself as the cosmic energy which builds up the world and innumerable stellar bodies. The human mind conceives of the Unique One severally by attributing to it, several names and forms. In reality, God has neither name nor form. No book or temple and no idol can reveal him. Only deep concentrated ingathered introspection and untram-

melled meditation can make one conscious of the Pure Supreme Light that pervades all. All hearts are its sanctum. All brains are its heavenly throne; The Unique One is the Brahman of the Vedas, Siva of Siddhanta, Ahura Mazdan of the Zendavesta, Jehovah of the Old Testament, Father-in-heaven of the Bible and Allah of the Qur'an. It is in the plenum void realised in trance. It is Pure individual Spirit in creatures, the Universal Spirit that pervades all Space and the creative power of the Universe. It is the splendour of all manifesting wonders. It is ever as it is. The full, perfect, unconditioned, ever free, all-equal, immaculate purity, the All-in-all. Some religions worship this Omnipotent Reality in human masters, some in temple form, some in the form of AUM, some in prayers, some in meditation and some know it and remain conscious of it. All these practices are steps to realization. The human soul must surrender itself to the Divine with faith and fervour. That is the principle of worship. It can first surrender to a higher reality, to a Master who can lead it on to realisation. Anyhow self-will and egoism must be sacrificed to Truth in any form. This sacrifice and surrender remove impurities, egoistic impulses, self-sufficient vanities and prepare the instrument for the spiritual development. God is infinite, omnipotent, omnipresent. He is Pure Atman, the Pure Spirit, the Seer, the Witness, the ever-free Light of Grace. He cannot be approached by a mind of dualities. The mind is a dividing element. It wanders through the senses. You must restrain its wanderings. You must stop the waves of the emotive mind and settle in the tranquil equipose of the soul. Then only you can realise the Soul of souls and enjoy Its Bliss in this very life. So you must know about the mind and its mysteries and how to conquer it for your spiritual progress.

55. THE RESTLESS MIND

MIND is the third plane of our consciousness. It is the highest plane of matter. The soul sees the world through the mind. The mind is restless, passionate and egoistic. It is a bundle of desires. The mind has four parts:

1. The **sensorium** is the mind that wanders through the senses.
2. **Emotional** mind records all the perceptions and conceptions sent by the sensual mind. It is a storehouse of past and present impressions.
3. **Egoistic** mind is a self-assertive entity posing itself as the foremost. It is this element that aids Satan. It is an element of endless wars. It asserts itself and rebels against the soul. It makes existence a pandemonium of egoistic forces.
4. Above this is the **intellect**. It discriminates what is good from what is bad and controls other mental spheres. The restless mind wandering through the senses dislocates the equilibrium of the intellect. That is why man is not able to maintain peace and harmony in himself. When he fails to establish peace and harmony in self, when he fails to attain self-rule, he cannot co-operate with others to maintain peace and harmony in the world. That is why the human empire is often devastated and thrown into chaos by wars raging in and out. The inner war is waged by waves of contrary passions, dual emotions and sensations.

To conquer the mind and establish self-peace, is a great achievement in Yoga. The mind is full of ignorance, impurity, egoistic attachments and vital desires. It is tossed by stormy waves of desires. The mind must be tamed day by day and brought into steady control. It must be withdrawn from its efflux and surging mental impressions into the heart and focussed within where the central divinity is seated. For this there are many practices well tested by perfect souls. Diversion, distraction, sloth, languor, sensuality, indecision, carelessness, inner tension, forgetfulness, meanness, littleness, jealousy, peevishness, greed, selfishness, avarice, gluttony, disease, unbelief, anxiety - all these are the obstacles that mind places in the way of our realisation. These cause pain, despair, shakiness, waste of energy and waste of breath. All these must be removed by unflinching devotion to the Divine, by using centre-in, not centre-out, by the cultivation of introspection and by the qualities of universal compassion, complacency, satisfaction and indifference to the mental modifications of pleasure and pain. There is an inner culture that removes all the evils of the ignorant mind. Meditation is its central practice.

56. MEDITATION

I am now going to tell you how to meditate. Leave behind all your cares. Go into solitude with clean body, clean vital and with elevated thoughts, serene and tranquil. Sit on a raised seat before the rising sun, before the dawn, before the setting sun, or in a garden or in a solitary room kept specially clean for meditation. If it is in a room, you must light the lamp and burn incense. If it is before sunset or sunrise, nothing is required. You can consider the whole heaven-bound earth as your temple and your heart as the sunrise. Sit erect; the head, back and the chest must be kept straight. The spinal cord must be erect without the least deflection. Look at the sky. How calm it is! Look at the crimson dawn as it gently smiles and the sun rises from its bosom with the splendour of Nature's divine beauty. Even so, in the peace of your heart your divine splendour will rise up, when your being is tranquil! For two or three minutes look at Nature. Admire God's beautiful and wonderful creations - the sky, earth, fire, ocean, water, rain, sun, moon, plants, flowers, fruits etc. Contemplate upon the divine presence all over the world. Contemplate upon the divine beauty of nature; God is installed in its heart. Body, vital and the mind are your nature-self. It is called matter, Prakriti or field. It is the basis upon which your spiritual truth is installed. Then gently withdraw the senses into the mind. This may be difficult to achieve. To do this, make the mind one-pointed by fixing your gaze upon a flower, the flame of a lamp, upon the tip of your nose, in the space between the eye-brows or upon the symbol AUM. If it is night, you can fix your gaze upon any particular star. The gaze must identify itself with the object. Then, slowly you must develop subjective consciousness by focussing all your attention upon the heart-beat. You must ingather the thought waves and make the mind introspective. This introspection intensifies as you reject the mind-stuff and watch the heart-beat.

Now you must close your eyes. You must throw away all thoughts and emotions and create a vacuum inside. You must concentrate your attention fully in the heart-centre.

The psychic heart which contains the soul is one span above the navel. It is a grain-like principle in which there is a subtle vacuum. Inside the vacuum a lightening dances. The light in the vacuum is somewhat like the spotlight in the fluorescent glass of a television tube or you can imagine an X-ray tube. In ampules, the tungsten is set up in a vacuum. The light burns in it. You must create a vacuum in the psychic being which is the central heart. Withdraw the mind from all thought impressions and restless wanderings; fix it firmly in the heart-centre. The heart-centre which is your psychic self is the root of all thoughts. It is the root of breath. Your soul is just where the breath and thought emanate; and with the breath and thought, touch the root and remain there in peace and tranquility. There you sense the peace that is necessary for self-awareness. Where the mind is fixed, the psychic consciousness opens; and an energy is born which is felt as a gentle fire and as a vibrating electric current. This is the cosmic fire. This can be felt if you meditate continuously and steadily for six months in unperturbed inner peace. Meditation is intense concentration of the mind in the serene tranquility of the heart. Dawn and dusk and midnight are the best times for meditation. Half an hour or one hour of meditation will do to begin with. By ceaseless dynamic meditation, the cosmic fire begins to possess the whole body and then meditation goes on naturally. To prove that this stage has been reached, you will hear a conch-like AUM or gentle flute-like sound in your cerebrum and a light will be seen between the brows. It is a flaming light of delight, but these phenomena are not the end. They are simply signs and symptoms of your progress.

The psychic heart must be well developed by meditation and concentration. You will then feel a creeping vibration which is the sign of self-awakening consciousness. Then a joy, a delight, a contentment an atmosphere of purity and a silent featureless tranquility are felt in the core of your being. Gently, a light rises up and travels like a lightening from the heart to the brain through a very subtle nerve called the nectar-nerve (amrutha nadi). Now, the consciousness unfolds from the heart and jumps up to the brain. You will now feel a thudding sensation in the psychic heart. It is called the dance of God. You will feel as if two feet are dancing in ecstasy there. Then the concentration and consciousness naturally reach secret plexus at the top of the brain and realisation gently dawns.

57. REALISATION

There are many mystic parts in our being and there are many astral tubes full of psychic forces and currents of divine energy. Inside the spinalis there are very subtle nerves that have not yet been discovered by anatomy. Inside the canalis centralis there is what is called the Brahma Nadi, the Pure Spiritual current which goes from the anus right up to the topmost cerebral plexus. It is full of warm energy. Along this there are psychic centres which I shall describe later on. For the present I shall tell you how realisation actually takes place. We have seen that a vibrating current runs from the heart to the brain accelerated by the intensity of meditating. When the current rushes flaming up to the brain, you get a spiritual trance in which you feel that gnostic equilibrium, which is the link that connects body, life and mind with the higher

planes. The higher planes are Bliss, Consciousness and Truth. The gnostic equilibrium is in the psychic plane which is located in the heart but influences other planes. When your being is absolutely pure, calm and peaceful in deep meditation, you can feel this gnostic equilibrium working like an active dynamo. You can then feel an icelike coolness in the heart and the brain at first and then a warm electric current animating your nerves. As this experience intensifies you can realise the Pure Spirit, the unique entity that is the core of beings. You will experience the pure self-existent bliss. At this stage you become yourself. You are conscious of the Divine who possesses your body, mind and soul and dominates your very existence in the form of an immaculate conscious bliss. You then become a gemmed book of endless knowledge. You will know the past, present and the future. You will be sure of your self-existent bliss. You are then as you are in real state without any disturbance of the lower planes. All planes of your consciousness are then pervaded by one golden stream of self-bliss. That itself will tell you have realised the Truth that you are. That realisation is beyond thought and word. This unity of the soul with the Divine, discharges a divine current which divinises existence.

There is a process called Samyama in Yoga. It is deep concentrated communion in untrammelled meditative peace. Concentration, meditation and trance are involved in it. By this deep communion, the Yogi gets many psychic powers. By concentrating on time he can know the past, present and future. By deep concentration and inner communion he can attain many wonderful powers like knowing the language of others, thoughts reading, thought control, clairvoyance, clairaudience, conquest of the elements, conquest over nature, control of hunger and thirst, enormous strength, luminous body, knowledge of stars, knowledge of the earth and events, ability to float upon water, rise in air, move unseen and ability to enter another's body. But all these are impediments to peace and trance. They are trivials before the joy of divine union in the self. If you become a slave of these powers, it means you are challenging the will of God. The Truth is the Pure Spirit. To know that and be that in a state of perfect peace is our aim. In that state, the ego consciousness ceases to be. The mind does not peep out of the five windows. It is merged in the heart and the heart in the higher plane and that in perfect bliss of the pure-self. In that stage, self-bliss becomes natural. All other planes are superceded by a supernal height of ineffable self-existent bliss. The consciousness flows like a golden stream of immortality to enrich even active existence. This realisation is a real self-rule. The Yogin becomes a master of himself and a power radiates around him. He becomes a centripetal force of divine energy. Whoever comes within the ambit of his radiance gets the spark of divinity. He scatters self-bliss wherever he goes and the self-rule in him extends into an empire of divinity. He becomes the knower, the known and the knowledge. What is this knowledge?

58. SELF-KNOWLEDGE

Knowledge is Power, Knowledge is Peace, Knowledge is Strength, not mere book knowledge but God-knowledge. To know the reality of our being is knowledge. Look up. The vast nebulous sky bends over the earth like a gigantic interrogation mark. It silently demands 'Who am I?' 'What are you?'

'Whence and wherefore?' The Ocean waves roar out the same age-long refrain: 'Who am I? 'Who are you?' 'What is in my depth?' 'And what is in the depth of your being?' The free flowing stream creeps along its dual bank with the same mellow refrain: 'Who am I?' 'Whence and whither?'. The soft flute of the scented breeze greets the morning glory with the same golden strain: 'Who am I?' and 'Who are you?' 'Where am I going?' 'What is my goal and what is yours?'. The same question encounters the thinking man at one stage or the other of existence. In the soft stillness of the sage's heart, the question finds a solution. 'Who am I?'. I am not this chyle-nourished body composed of flesh and blood, fat, skin, bone, marrow, nerves etc. I am not this body of the gross sensible matter. These things will dissolve themselves into elements; I am something deeper than the physical body and the thinking mind. Something lives in the body. Let me discover. An urge towards knowledge begins when this question and the self-reflection of 'Who am I?' deepens.

There are two parts of our being. The Objective and the Subjective. It is the subjective part that rules over the objective part. When we are deep in sleep, we forget the objective part of our being. The subjective reality keeps breathing in us and dreaming in the mind. It is the unknown reality in us; to discover and realise it as our true self is Knowledge. Just as we have to separate the fibres and the hard shell before reaching the Kernel of a coconut, we have to analyse our being before reaching the central truth.

We see only the physical body of flesh and bone. Inside it there is a vital body made of nerves. Inside this we have again the five organs of sensation or perception - the skin that feels, the tongue that tastes, the eye that sees, the ear that hears, and the nose that smells. There are the five organs of action - the mouth that speaks, hand that does, the legs that move, the anus and the genitals. These are the external instruments of afferent and the efferent impulses that aid the mind. There are five abstract qualities of sound, touch, form, taste and smell. In deep sleep we forget these things and live in the subtle body. We feel the inner instruments - the mind, intellect, ego and the emotive mind. These inner instruments record all our past impressions. In deep sleep there is no dream. We are unaware of mind and its restless wanderings. We rise up saying 'what a sound sleep' Who slept? Who dreamt? It is something in us deeper than the subtle body which is but its vehicle. When this tabernacle falls dead, the heart, brain, lungs and nerves are there but they do not function. They rot and turn to dust. How do they live? What made these live and act? Who breathes in the lungs and throbs in the heart? Who sets the nerves to work, the senses to feel and the mind to record the impressions? Beyond the five elements, beyond their abstract qualities, beyond the four inner instruments, beyond these 24 principles of Nature, there is one Soul, one Pure Spirit, one Atman, One Immutable Entity which is called 'I'. It is not the egoistic, self-assertive 'I'. It is an ineffable state of consciousness which permeates the heart's core and commands all other principles of our being.

To be conscious of that is to be conscious of the Divine, to know that is to know the Divine. It shines like lightning among the blue clouds. Its force is measureless, its strength is dynamic. The body is like a chariot. It is harnessed by the five senses; mind is the reins; intellect is the charioteer. The

Pure Spirit (Shuddha Atma), is the Master of the chariot who directs it. Divinity is the goal. The horses must be under control, the intellect must obey the directions of the of the Master; it must follow the path of conscience; it must run to the rhythm of the psychic love; it must keep the gnostic equilibrium steady. Then the chariot is sure to reach the goal of Divine Truth-Knowledge-Bliss which is the nature of the Pure Divine Spirit in all. It is the spirit that thinks in the mind, discriminates in the intellect, senses in the organs, beats in the heart, breathes in the lungs, and acts in the body.

59. PLANES AND PLEXUS

I spoke to you earlier about the afferent, efferent nerves and the spinal cord. I have to explain to you now that what we call Sushumna or the central psychic nerve is a very subtle dynamism (subtler than the lotus thread or spider's yarn) running inside the spinalis. Very minute and complicated psychic centres are formed along it. These are called Chakra's or Lotuses. They cannot be traced by the anatomists; they disappear with life. They are astral entities. They are the power-houses of Divinity. They are the planes of our consciousness.

1. The Ida, left afferent nerve and the Pingala, right efferent nerve starting from the testicles along with the sympathetic cords and the vagus nerves form knots first at Muladhara, the basic sacro-coccygeal plexus. The cosmic energy called the Kundalini sleeps here coiling itself three and a half times round Bindu, the male principle, after building the whole human structure. This basic plexus rests midway between anus and the genitals. It is a yellow square, earth-principled, smell-charactered with four nervous petals. It is the store-house of cosmic energy. This energy is awakened by purity, devotion, japam and meditation or by the grace of the Divine Master.

The awakened cosmic energy shoots through the other psychic centres along the sushumna or the Brahmanadi - the central psychic nerve. It opens the planes with the fire of its innate dynamism. This fire is intensified by our fervour, devotion, meditation and purity.

2. The next is the Swadhistana, the sacral plexus at the root of the genitals. It is the vital centre, water principled, taste-charactered, white, crescent-like, six petalled. The above two planes control the genito-excretory functions. Astral nerves starting from the Kandha (the astral centre, the basic plexus), supply prana or vital energy to different parts of the body. The awakened Kundalini (Cosmic energy) passes through the Chitra or the Brahma Nadi. (It is the central psychic nerve inside the Vajra Nadi, energy nerve which runs inside the spinalis). The coccygeal region and the pelvic region must be kept cleaned and cool and healthy for the working of the cosmic force. Sex-control is the secret of health and purity.

3. Crossing the second plexus the cosmic energy shoots up to the navel, solar plexus, the Manipuraka, gem-red, triangular, ten-petalled, fire-principled, sight-charactered. ten subtle astral nerves start from this. It is Swar Loka or heaven, mental plane. Concentrating upon these three lower plexus the Yogin acquires tremendous vital powers; he has perfect control over the

respective elements, over the senses and has full knowledge of the astral body.

4. The next is the Cardiac Plexus, Anahata Chakra, in the heart of our being. It is connected by 101 nerves. It is air-regional, smoke coloured, touch sensed, twelve-paralleled, hexagonal. This is the psychic-love-centre. By concentrating upon this, you will develop compassion and identify yourself with all. This is the centre of the nectar-nerve which leads meditation up to the central planes. Meditation in equilibrium works in the Vijnana-plane. When this centre is opened by the upsurging cosmic fire, AUM is heard and a delight is experienced which removes all sorrow and makes conscious life a poem of spiritual ecstasy.

5. The next is in the throat - Vishuddha Chakra, Laryngeal plexus, Ether region, blue, round, sixteen-petalled, sound-charactered, Jana loka Bliss-conscious plane. Concentration upon this plane makes one a seer poet, a sage of perfect knowledge, an artist, a scholar and a knower of the three times.

6. The sixth is the Ajna Chakra, between the eye-brows; it is the lower cerebral plexus, the sensorium, seat of the mind, white, two-petalled, moon like, luminous. Meditating upon this, one becomes a spiritual genius, a king among sages, a seer, a benefactor, an omniscient Yogi, with rare powers. He lives long, strong and dynamic.

As the cosmic energy opens these six planes, sounds are produced like Dam, Ram, Lam, Kam, Sham, Ham, Aum-Bhum, Yam, Cham, Pam, Tam etc. They generate special powers and bestow divine gifts.

60. SAHASRARA

The topmost psychic centre is the heavenly white lotus - Sahasrara. It is seated in the topmost brain, below the Brahmarandra, the seat of the Pure Spirit. The Shakthi or the Cosmic force raised from the basic plexus joins Siva, the Blissful Spirit, at the Sahasrara. This union is the delight of existence. The Sahasrara contains thousand nerve petals, all astral in nature. It is effulgent like a pure golden moon, full and round.

The seven planes of consciousness are often described as the seven worlds of the Pure Spirit, the Purusha in us.

Matter (**Bhuloka**) is the feet of the Purusha; Vital (**Bhuvarloka**) is the knee; Mental world (**Swarloka**) is the hip; the supramental world (**Maharloka**) is the back. Bliss world (**Jana**) is the heart; the pure conscious world (**Tapoloka**) is the throat, and Sahasrara the **Satyloka**, the world of Truth light is the head. All planes are connected with this; the Ida, Pingala and the Sushumna after uniting in the midbrow manifest as a triple light here. The lower plexus have 50 petals; and the Sahasrara has twenty-fold - 1000 petals - all powerful ganglionic network. This is the casual body which rules over the subtle, physical and the psychic bodies. There are many centres of spiritual energies here with dazzling golden effulgence and wonderful powers and melodious mystic sounds. Here the cosmic energy, the Pure Shakthi twines

round Siva, the Pure Blissful Spirit in man, the Man in men, the Purusha. This embrace of the Shakti and Siva, the poles of existence in the Sun-Fire-Moon-Light, this meeting of the centripetal and the centrifugal forces of our inner dynamism flows into a nectarine energy which gives supreme bliss; this is real wedlock; this is the highest heaven, the Elysium of Delight idealised by seers and prophets, as Kailas, Vaikunt, Tusita, Kingdom of heaven etc., fragrant with divine aroma, resonant with song-thrills and delightful with immortal bliss. Here we realise the Unique One, the absolute I, the transcendent Reality, ever as It is. Here we realise its grace, its conscious Force, which is like a Matrix and Creatrix of the limitless universe. Here we realise the warp and woof of creation, Purusha-Prakriti, Spirit-Matter, Soul-Nature, Male-Female. Here we realise that this duality of manifestation is the polarity of Siva-Shakti. They are like two currents of a battery - the static and the kinetic, the positive and the negative. The forces of this human microcosm can move the forces of the universal macrocosm. Here we understand how I-am. This consciousness bourgeons forth from the supreme transcendent Reality and how the Static-Dynamic (Siva-Shakti or Unmani-Samani) forces of self-expansion emanate from that supernal consciousness. From that evolves Nada the sound principle. This is the **Logos** or the creative word, which manifests the This-Consciousness. This is called **Sadkatya Tatvam** in Yoga. From that evolves **Bindu**, the dot, the **Ishwara tatvam** self-gathered active consciousness and from this emanates Maya-Shakti the manifold Power and from that emanate the **Shuddha Vidya Tatvas** (the principles of pure cognition). The Maya-Shakthi here has five forms- **Kala** (time), **Niyati** (Restraint), **Raga** (attachment), **Vidya** (limited knowledge) and **Kalai** (limited power of action). And from this emanate the principles of Purusha and Prakriti, Male and Female, Spirit and Matter. Here we see how the shackled human soul is liberated from ego, desire and ignorance by the Divine Grace which feeds it with the enjoyment of the body, mind, world and purifies by constant experience. It draws the human soul gently from the objective to the subjective reality. It transforms the lower nature into the higher Divine nature and raises the lower to the higher, the impure to the pure, the dark ignorance to the Light. It transforms life into a poem of entrancing beauty. This Pure Almighty Consciousness - Shuddha Shakti - is the artificer of man and the universe. It is the Spirit of the Man the Unknown. It is the Pure Divine Power that bestows countless and boundless blessings upon conscious receptive souls.

I have told you all these Yogic secrets simply to give you an idea of the higher realms of your being. But do not feel desperate before the tangle of these technical terms and serried planes. They cannot be understood from word-paintings; you cannot know London from a mere atlas. You cannot taste honey by hearing that it is a sweet liquid. Without a Divine Master none can dare into the realms of psychic centres. Love God then purify every part of your being, then control the mind and withdraw the senses into that and that into the heart and that into the Psychic Consciousness and establish yourself in the Gnostic Equilibrium by deep meditation - the rest will be done by the Pure Almighty Grace that shall pour into you and lead you on according to the sincerity of your fervour and the purity of your life and meditation.

61. YOGIC LIFE

Time-Spirit opens a new avenue of existence for humanity. It is a transformed life of spiritual efflorescence. It is a social life in spiritual consciousness. It is Spiritual Socialism, Sama Yoga. Politics and religions have failed to unite mankind. They have divided humanity into opposing camps of caste, creed, dogmatic sects, races, nationalities and parties. There is only one panacea for all the evils and miseries which the vital--mental man is suffering today. It is to raise his life from the lower vital nature to the higher spiritual nature, the Divine nature. This can be achieved only by Yoga which awakens the Pure Cosmic Force in us. This Cosmic Force in its upward dart, transforms the being and releases the Divine Powers pent up in the psychic centres. No caste, no religion, no barrier of country or racial differences; the Yogic Force breaks through all the sectarian walls throwing its measureless blessings to all creatures living under the Canopy of heaven. A deep plunge within and you rise up with a new consciousness. This consciousness brings you a new life of spiritual bliss - a life free from fear, pain, disease and misery.

Sama Yoga is an integral life of the Pure Spirit in matter. All the ancient systems of Yogas are synthesized in this; Hatha Yoga gives you a virile body; Raja Yoga self-conquest by mind control; Jnana Yoga gives self knowledge. Bhakti Yoga ensures Divine Bliss through devotion, prayer and emotional singing and dancing, Karma Yoga seeks the Divine Grace through consecrated service, through surrender. The Gita Yoga teaches you how to live in the active world unattached to the fruits of actions. Japa Yoga develops concentration and vibration of the psychic elements. The Tantra Yoga faces Nature boldly and conquers it by the cosmic force. The total aim of all ancient Yogas is deliverance from the shocks and sorrows of this evanescent existence. The Sama Yoga makes a synthesis of the best in all ancient paths and tries to build up a new collective life upon the earth. Self-knowing, self-being, self-freedom and self-power are the fundamental tones of the ancient systems. They are individual Yogas; they adapt individually, the body, nerves, the heart, the will, the emotions and the sex energy to develop purification, concentration, meditation and liberation. The Sama Yoga scrutinises every minute part of the human mechanism. It analyses the head, heart, will, life, body and living; it transforms the being inch by inch; it neglects no nook and corner. It rebuilds the collective life of man and woman, into a divined Existence full of beauty, harmony, health, wealth, energy, love, light, wisdom and spiritual dynamism. It is not any specified Yoga for specified persons. It is a Yoga for all and seeks to unite all in the Unique one. Most of the sadhanas in the ancient system of Yoga were directed towards kindling of the Cosmic energy and taking it with arduous effort through the six plexus to the seventh and uniting it with the Purusha and enjoying the bliss of this union. Or their aim was Samadhi, featureless trance and life escape. The Sama Yoga aims at the purity, liberty, unity and divinity of life in the consciousness of the Divine Spirit. Life is a consecration to love, work, knowledge and Truth. Every breath becomes a purified flower-offering to the Divine in the human aggregate. The raw human ripens into a perfect fruit of divinity. This Yoga averts the double tragedy of the ascetic refusal of life and pragmatic denial of the Divine Spirit.

It weds fair life to dynamic Spirit before the flaming altar of Cosmic Consciousness; it fulfills the individual in the collective and the cosmic Divine. Divine Spirit flows into its transformed life. It conquers the Self-city and rebuilds a heaven of Divinity, the Cosmic Energy. Like the jack-tree it puts forth fruits of divine felicity from top to toe. It universalises the individual and solves the riddle of existence.

62. EASY WAY

You need not leave your home life or your honest profession; you can remain at home and receive the Master's Force - the Pure Grace-Light radiated from the all-embracing Spirit. Be pure in and out; live in a pure atmosphere of sincere faith and devotion; keep inner communion with the Divine Master in every part of your being; send an aspiring call from below and the Grace will respond from above. Make it a discipline to meditate at 7 a.m. and 7 p.m. or before the rising and setting sun. Take care not to allow any undivine force to invade your faith; keep yourself tranquil, calm, clean, pure, loving and receptive. Develop psychic love and spontaneous spirit of equal vision, disinterested service and meditation. Rise up at 5 a.m. Clean your body, do rhythmic exercises and Pranayama, then pray silently or sing for a few minutes; read a holy hymn or verse a few minutes and take resolve to live by that. Remain in ingathered silence, watching the heart-beat for ten minutes and then take your bath, change your clothes and go into the calm worship room or stand before sunrise. You can do all these with your family and friends. Ingather the outgoing senses and the restless mind. Create an inner vacuum and sit in meditation for half an hour steadily. Sit in a convenient pose, head and back straight. Be one-pointed. You can feel a settled peace in the heart and the head by this meditation. Then pray to the Divine Master within that His light and energy may descend into you. After this, take a light breakfast and attend to your business. Keep the rhythm of breath and remembrance always and walk to the rhythm of the Mantra I have taught you. Whenever you feel life heavy or the mind restless close your eyes for a few minutes and observe the heart-beat and imagine that the Divine is pouring the nectar of solace into the heart's purity. Have a strong Will to follow the direction of the Divine Master that speaks in your conscience. Take some useful spontaneous exercise in the evening or do Yogasanas; or walk in the golden sun until you perspire; then bathe and meditate before the setting sun for half an hour. Come home and read holy books; do Japam for fifteen minutes and take your supper. Take care of what goes in. Be pure in every act and meditate ten minutes before going to bed. Recollect your life that day and repent for your faults and take resolve to live a better life - a life that you can offer to the Pure Divine. Purity, unity, freedom, divinity and equality of vision - remember these in every thought, word and deed. Do your duty with a spirit of consecration and surrender to the Divine. He, the Divine Master, shall lead the progress of your evolving Spirit to the Truth, Light, Knowledge, Freedom and Bliss. AUM.