
The Seven Yogas

When we say yoga, fanatics scream and say, “He is talking about something different than our religion and traditions.” But if they understand what yoga is, they will find that it is deeply religious and psychological and does not contradict any religion.

Yoga means unification, integration, concentration, alignment, becoming oneself, and at-one-ment. Yoga is a complete system for progressive achievements. Wherever there is unity, there is yoga.

The secret of yoga is that you can never understand it nor can you be a yogi until you experience or actualize the meaning of yoga. Yoga is actualization of the unity of the universe and Cosmos by reflecting that unity and synthesis through your thoughts, words, actions, and labor. A yoge is a person who lives in the consciousness of unity and synthesis.

The great Teachers of thousands of years ago knew and taught that the only solution to all problems is unification. Yoga has many deep meanings. For example, yoga means love. If a person is doing any labor with love, grace, and gratitude, he is a yogi. If a person is spreading peace, gratitude, and unity all over the world, he is a yogi. If he is doing his labor with all his heart, mind, and soul, he is a yogi. If he is not dividing people and creating conflict among them, he is a yogi. If he is organizing a group dedicated to

the human welfare, he is a yogi. Yogis work for one humanity.

If a psychiatrist is creating unity within your system, within your emotions, thoughts, and activities, he is practicing yoga. If you are shaking hands with love, sincerity, and dedication, you are doing yoga. Yoga also means synthesis, or to adapt many different things in such a way that unity is created.

The great Teachers said that yoga must be taught all over the world and that everyone must learn about yoga and express yoga throughout his life, so that he eventually becomes a yogi. Unless you experience or actualize the philosophy and meaning of yoga, you cannot understand what yoga is. You can look at a delicious food and name all the ingredients, but you don't really know the food until you eat it, digest it, sense it, and assimilate it. This is the same with yoga.

In many religions, the goals of life are given as follows:

1. to please God
2. to be perfect as He is
3. to be like Him
4. to inherit His kingdom
5. to be transfigured
6. to be immortal
7. to be resurrected

These are exactly the goals of yoga. Yoga starts from the fundamentals in order to achieve these goals. The school of yoga throughout history is divided into seven branches. The first branch of yoga taught man how to control his body, how to make the human being a total, coordinated unit. This first yoga was called Hatha Yoga.

Hatha Yoga is composed of forty-nine main exercises called asanas. This yoga was created eighteen million years ago. Through these exercises, man could align and adapt the electrical instrument within him — which is the mental body, mind, and brain — with the muscles, the nervous system, and the glands. These exercises were designed to coordinate the nervous system and the muscles with the volition.

When the Teachers saw that after two or three million years people had already achieved this coordination between the physical-etheric and mental vehicles, they ordered Hatha Yoga to be stopped. If we do Hatha Yoga now, we are retrogressing and creating problems in our nature. This is why many great Sages tell us that Hatha Yoga is now dangerous for the human body; but people still persist in it. Twenty or thirty years later, they will see the effects of it. Hatha Yoga was given for a specific purpose at a certain period of time. Now that the goal has been achieved, it should be left alone.¹

The second yoga given was called Laya Yoga. Laya Yoga was the science of the centers, the etheric chakras. People have seventy-seven chakras within their etheric bodies. These chakras correspond to the nerve centers and the glands; there are seventy-seven glands plus nerve centers and ganglia. These ganglia needed to be adapted to the centers. The centers are the dynamo behind the glands and ganglia.

Laya Yoga coordinated the human being and opened the centers very safely through an exact science of thinking about centers, visualizing certain colors, and sounding certain notes. The Teachers of Laya Yoga were great

1. See Chapter XIV

clairvoyant people. They watched their students while they did Laya Yoga to see what was happening to their etheric, emotional, and mental bodies and their centers; to see how they were coordinating, what petals² were opening and closing, what dangers might be approaching, and what things should be avoided.

Today Kundalini Yoga, which is one branch of Laya Yoga, must be done under the supervision of clairvoyant Teachers. But many people ignore this warning and try to raise their kundalini fire themselves. In doing this, they severely burn their nervous systems. Over the years I have seen maybe two to three hundred people with damaged spines, organs, and other parts of the body as a result of doing Kundalini Yoga. I advised them to stop Kundalini Yoga.

Laya Yoga must also be put on the shelf for a while, although it is still used in the Ashrams. If a disciple or initiate has a pure physical body and emotional body, he can practice Laya Yoga without creating any friction when the fire is released. Such disciples and initiates may use this yoga to put their centers in communication with higher centers of the universe.

For example, if a Third or Fourth Degree Initiate wants to coordinate his heart center and build a communication line with the Heart of the Sun, he might practice Laya Yoga to open the twelve petals of his heart to absorb the energy coming from the Heart of the Sun. This is a very advanced technique. You must be really purified to do it, so that when the center starts to radiate and receive the central energy of the solar system, you do not burn or damage your vehicles.

2. See Chapter XII.

The third yoga created was called Bhakti Yoga. In Sanskrit, “bhakti” means worship. Bhakti Yoga raises your consciousness into higher levels of the emotional plane. Through your worship of a prophet, a Great One, or a great vision, you polarize, transform, and transfigure your emotional nature, so that you become unified with the image you are worshipping.

In Bhakti Yoga, you worship something that you want to be. Something that is higher than you are pulls you up from your lower consciousness and creates a higher consciousness, a higher level of beingness within you. This is why worship is so important. When you worship God, Christ, any angel, or anything that pulls you out of your misery or your present state, you are practicing Bhakti Yoga.

Bhakti Yoga raises you to the level or the vibration of that which you are worshipping. Worship means to be magnetized by the image toward which you are sending all your emotional and mental energies.

The fourth yoga was called Karma Yoga. Karma Yoga means to labor with grace, love, and gratitude and without expectation. Karma Yoga is described by the words of Christ when He said that whatever you do, you should do it with all your heart, mind, soul, and spirit.

How can we do our duties and uphold your responsibilities in the best way possible on this earth? It can be done through Karma Yoga.

The fifth yoga created was called Jnana Yoga. In Sanskrit “jnana” means wisdom. Through Jnana Yoga, you reap the wisdom of the ages, contemplate it, and then act, live, thin, and speak in wisdom. Through Jnana Yoga, you always act in balanced intellect and balanced love, with a balanced outlook on life. When you start devel-

oping this kind of wise outlook on life, you are becoming a jnana yogi.

Jnana Yoga is a state of consciousness in which you, as a human soul, stand in the light of your Inner Presence whenever you think, talk, write, or labor in any field. This great Presence within you is sometimes called you Inner Guardian, or the Inner Source of Beauty, Goodness, and Truth.

In Jnana Yoga, you come to a stage where you can stand in the light of your Soul and say, "My Inner Master, now I am ready with my whole life to be Your disciple, to express all the beauty and virtues that You radiate to me." You are no longer the victim of your body, emotions, money, intoxication, marijuana, cigarettes... You stand now in the light of your Soul. You are a disciple who is asking, "My Inner Lord, You are the Presence within me. Please give me Your wisdom so that I live in Your wisdom."

In order to practice this yoga, people must go through severe discipline, taking a hammer and chisel and shaping their physical, emotional, and mental natures. Jnana Yoga means to chisel your nature and slowly adapt it to the vision within you. This vision must slowly take shape; you must become something different. Jnana Yoga means to become more loving and understanding. Jnana Yoga means to be more watchful and awake. Jnana Yoga means to be more sacrificial and synthesizing.

The sixth yoga given was called Raja Yoga. Raja Yoga means to become the master of yourself. "Raja" means the king. Raja Yoga is kingly yoga, or yoga that makes you king of your petty urges, drives, appetites, and cravings. You become your own master. You become the master of your emotions, your sneaky jealousies, hypoc-

risies, deceptions, fears, anger, hatred, and greed. All these things are now under the feet of the raja.

A raja yogi says, "I am the king." The person becomes the king of his own inner empire. It is actually more difficult to be the king of your inner empire than it is to be the king of a great nation. Many kings are the slaves of their emotions. They are not really kings but slaves.

If you become the king of your own inner empire, then you are really the king. The first thing a raja yogi conquers is his ego, the idea that the whole world is revolving around the axis of himself. The second thing a raja yogi conquers is his vanities. A vanity is something that you think you are or you have, when you don't. The king sees himself exactly as he is. If a person does not see himself as he is, he is not a king of his nature. A king really knows what he is.

Raja Yoga is the exercise or the discipline to be a soul.

The seventh and newest yoga was publicized starting in 1920. This yoga was called Agni Yoga, or the yoga of synthesis. Agni Yoga means unification of your physical, emotional, and mental natures and your soul with the Fire of God that is within you and in the universe.

You built a physical body, emotional body, and mental body through Hatha Yoga, Bhakti Yoga, and Jnana Yoga. Then through Raja Yoga you became a soul. You are now a being, but a separate being. But if you want to be a greater being, you must renounce what you are. You must ascent to the ocean of God - Fire. You must become a fiery energy.

The first sign of an Agni Yogi is that he radiates enthusiasm in everything he does. Enthusiasm is the fire of the Gods. In Agni Yoga, no impurity exists within you when the fire is lit. You can no longer think in terms of

separatism, hatred, selfishness, jealousy, and greed. If you try to awaken the fire while you still have these impurities, they will burn you and create suffering for you, in the form of many diseases. This is why great Teachers warn us that if we want to start Agni Yoga, we must be purified: we must purify our emotions, getting rid of our anxieties and dark emotions.

People buy Agni Yoga books and read them and think they are Agni Yogis. This is a vanity. First wash your hands, wash your brain, and wash your heart. Unless your heart is totally purified and filled with beauty, goodness, and justice, you cannot be a candidate for Agni Yoga.

In order to prepare yourself to be an Agni Yogi, you must pass through many disciplines of purity — of thinking, purity of feeling, and purity of action. This is because fire purifies. When purification is done, the soul can unite with the ocean of fire.

The quality of fire, the quality of the Sun creates all flowers, birds, life...When the Sun is withdrawn, there is no life. In the same way, when the Sun rises on your inner horizon and you become united with that Inner Sun, you purify and synthesize everything, and you become a fountain of creativity. Creativity brings out the best that is within you and makes you a fountain of love, beauty, and goodness. This is Agni Yoga.

Yoga is becomingness, the process of beingness. You become a yogi when you experience unity with your body, emotions, and mind. Higher yogis are those who achieve unity with their Inner Guardian. The highest yogis are those who become one with the fire —the Flame.

There was a prayer given for students of yoga:
Avira Virma Yeti.
O Self-revealing One, reveal Thyself in me.

In other words, “You Who are a concealed beauty within me; You Who are goodness and love within me; You Who are synthesis and creativity and light within me, reveal Yourself so that I be like You.”³

3. For further information on the seven yogas, read Chapter 27, “Seven Techniques for Unfolding the Consciousness,” in *The Science of Meditation*, by H. (Torkom) Saraydarian