

The Meaning and Purpose of SuperYoga Science.

Kenosha Jan 6-1927

I. The condition of life which man finds surrounding him.

- A. In normal individual is love of justice, brotherhood, nobility, truth, beauty, etc.
- B. 1. This is shown in the credit we give those who reflect these qualities.
- B. We find in life as reflected about us most of the time the opposite of these qualities.
 - 1. Corruption, injustice, cruelty, dishonor, hatred, etc.
- C. In his own nature everybody finds these two sets of qualities contrasted.
 - 1. Story of Dr. Jekyll and Mr. Hyde.
 - 2. We do those things we should not do and leave undone those things we should do.
- D. The consequence is misery.

II. The Law of Cause and Effect of Karma.

- A. Man produces the experiences which he experiences.
 - 1. This implies reincarnation.
- Man sets up causes thru the action of his desire
- 3. Because of the contradictory of desires he suffers.
- 4. Thru recurrent action of Desire of the same type he becomes tied to the wheel.

III. Purpose of Yoga is to free man from misery.

- A. This is a science based upon a philosophy.
- B. The philosophy is that man is in reality God, but his consciousness has become confused.
 - 1. Story of Narcissus and the story of the dog in the room of mirrors.
- C. The science is the formulation of the method to become freed from this confusion.
- D. The Plato story of the cave.

IV. Brief discussion of different types of Yoga.

V. Discussion of steps common to all Yoga.

VI. Fruits of Yoga.

- A. Minor fruits or the powers.
- B. Great fruit or Liberation.