

## YOGA NOTES

"The Yogin must learn to compress his whole sentient consciousness into a chosen spot, or upon a certain piece of information he desires. Outside that spot, or apart from that subject he must, for the moment, feel no existence." (H.P.B. Theosophist, Dec. 1882)

"The Yogi passes thru four principal stages in the course of his psychic ~~self~~-development - (a) He learns the rules of Yoga; (b) acquires perfect knowledge, i.e., complete emancipation from the delusive influences of the external senses; (c) employs this knowledge practically, and overcomes the material influence of the primary elements; (d) destroys all consciousness of personality and individuality (ahankara), and thus frees the soul from Matter." (H.P.B. Theo. Dec. 1882 p 71)