

Y O G A

Its Problems, Its Philosophy, Its Technique.

by

YOGAGNANI

In compact form this volume brings to the reader a statement of the problem of Life which Yoga solves, the principles upon which that solution is based, and a concise statement of the seven principle technical forms by which those principles are applied practically. The work is divided into ~~seven~~ ^{ten} chapters as follows:

Chapter I INTRODUCTION

Typical outer life of man is filled with more pain than joy. This is the basis of the Problem of Life. Most human effort to solve this problem has failed. In Yoga lies the only way to a completely satisfactory resolution of this problem.

Chapter II. SKETCH OF PHILOSOPHICAL BACKGROUND OF YOGA.

Primarily the western world has predicated reality of objective forms. This point of view is Materialism. No satisfactory solution of any soul problem can be reached on this ground. Yoga philosophy places primary reality in Consciousness. From this follows, in principle, control over all manifestation or objective forms. Yoga technique provides the practical means of securing this control.

Chapter III KARMA YOGA KARMA YOGA

The Yoga of action whereby the affairs of life are made a means for the attainment of Liberation or salvation.

Chapter IV BHAKTI YOGA

The Path of the Devotees. In devotion to God or to Beauty a Way to Realization may be found. This is the Path of Love.

Chapter V. MANTRA YOGA

The power of the WORD as a means to attain Yoga. Within Sound lies one of the very greatest magical powers. This is very imperfectly understood in the West.

Chapter VI. HATHA YOGA

A technique based primarily upon body discipline. Opens the door to real powers. This method is very dangerous save in the case of a very few who have necessary qualifications. Not competent by itself to lead to the Realization.

Chapter VII.
LAYA YOGA

A technical training primarily concerned with the Subtle Body and certain centers of action known as Chakras. The Supreme Power, Kundalini, is the primary agent in this form of Yoga.

Chapter VIII.
RAJA YOGA

The Royal Yoga which operates primarily with the powers of the mind. Term used in two senses. Failure to realize this fact has often confused students as to the nature of the higher Raja Yoga. This form is concerned primarily with esoteric training.

Chapter IX.
JNANA YOGA

The Yoga of Knowledge. Leads to the highest Samadhi which transcends all action or modification of Consciousness. The Realization of the Supreme Self.

Chapter X.
THE PATH OF THE WORLD SAVIOURS.

Beyond the highest Realization is the renunciation of all fruits in the individual sense so that the attained man may continue to serve his fellow man who has not yet solved his Life-problem. This is the Path of the World-Saviours, such as Buddha, Jesus, Shankara, Krishna and a number of others.

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"RE-EMBODIMENT"
or
"HUMAN INCARNATIONS"

by
YOGAGNANI

This discussion shows how Reincarnation follows from the general application of certain principles of science and philosophy. The various empirical evidences for Reincarnation are developed. In its second part, the technique or method of Reincarnation is developed. Various questions discussed, such as; "What is it that reincarnates?".

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