

# Zen-yoga in Hindi Zen-yoga is a classic book ...

1st January 2016

2- प्रस्तावना

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## प्रस्तावना

हज़ारों लोग जानते हैं की डॉ सहर ने ज़ेनोगा पर कितना गहरे काम किया है। योग पर कितनी ही किताबें लिखी जा चुकी हैं , इसलिए मेरा अंदाज़ा योग के बारे में आपने कुछ न कुछ तो सुना ही होगा।

जेनयोगा बहुत खास पुस्तक है ,इसमें जो भी जानकारी इसमें दी गई है आज से पहले कभी प्रकाशित नहीं हुई है , इसलिए इसकी प्रस्तावना लिखने में मुझे बहुत खुशी हो रही है।

डॉ सहर ने मुझे बताया की इस नै किताब का जन्म भारत में मिली एक संस्कृत की प्राचीन पुस्तक है। और उससे भी ज़रूरी बात ये है कि इसे कितनी बारीकी और गहराई से समझा और बताया गया है।

डॉ सहर की मैं बधाई देना चाहूंगा क्योंकि उन्होंने इसे न ही केवल अनुवाद किया है बल्कि बड़ी ही कुशलता से आज के आधुनिक दिमाग के लिए तैयार किया है।

आसान हमारे शरीर पे क्या प्रभाव होता है इस पर तो बहुत किताबें लिखी जा चुकी हैं पर डॉ सहर ने यहाँ ये साफ़ साफ़ दिखाया है की कैसे हमारा मस्तिष्क और मन एक दूसरे को कैसे संचालित करते हैं। और कैसे हम इनदोनों को नियंत्रित के और बेहतर किया जा सकता है।

उन्होंने दिखाया की हमारे मष्तिष्क का कौन सा हिस्सा मन के किस हिस्से चला है और कैसे इन दोनों से हम अपना जाँच पड़ताल कर सकते हैं , तथा इन दोनों के ज़रिये आत्मा ज्ञान की चरम तक पहुंच सकते हैं। इससे बहुत पहले स्वास्थ्य ,सामंजस्य और शांति पाया जा सकता है जो अपने में अमूल्य है।

जो डॉ सहर के पुराने शिष्य हैं उनके लिए यहाँ ढेरों नए आयाम खुलेंगे ताकि और गहरे जा सकें और बाकियों के लिए योग का इससे बेहतर परिचय नहीं हो सकता।

Posted 1st January 2016 by [ashish g shukla](#)

Labels: [zenyoga](#)

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31st December 2015

1-समर्पण

## समर्पण

मैं इस पुस्तक को विनय पूर्वक उन सभी महापुरुषों को तथा भविष्य में आने वाले अवतार प्रभु एम एम ( रेक्स इम्पेराटोरिस लेम्यूरिया) को समर्पित करता हूँ। जिन्होंने मानवता के उद्धार के लिये इस पुस्तक को लिखने में लेखक की मदद की।


उनका वादा है कि:-

जो भी इस किताब को मन से अपनाता है और सम्मान से रखता है, चाहे वो इसे पढ़े या न पढ़े फिर भी उन्हें हमारा आशीर्वाद अवश्य मिलता रहेगा। जो इस किताब को दूसरो को भेट स्वरुप देगा उसको कभी कोई हानि नहीं होगी।

लेम्यूरिया के भविष्य वक्ता

Posted 31st December 2015 by [ashish g shukla](#)

Labels: [zenyoga](#)

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27th November 2015

Hindi videos by Dr ashish

[Dr Ashish hindi lectures \[https://www.youtube.com/channel/UCPCrtpwQ9ORU4sG8rOu0odg\]](https://www.youtube.com/channel/UCPCrtpwQ9ORU4sG8rOu0odg)

Posted 27th November 2015 by [ashish g shukla](#)

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15th January 2011

Small Success

[Q.Sir when and how does success starts ? 24th dec 2010](#)

[\[http://mymedall.blogspot.com/2010/12/sir-when-and-how-does-success-starts.html\]](http://mymedall.blogspot.com/2010/12/sir-when-and-how-does-success-starts.html)

**A. When small become big,**

Before i tell u the answer to the question about success, i want to reveal u the secret that success is bound to come to u rather it has already started ,why? because this is the right time and we are the right people. why because in every age there are people who suffer and there are people who revolt against those suffering and win, in this age and generation we are the revolutionary.

Answer to your question,  
"how or when does the  
success start?"

Success cant be brought  
directly, it comes  
automatically if we start few  
things,

**1.Start preparing to  
handle very small  
successes to get worth  
for bigger ones:** most of us  
dont realize though at very  
little level but we all are  
successful but we dont  
know how to handle that  
little success.

Out of two friends one went  
to a zen ashram he thought  
he was less intelligent was  
given the job of sweeping  
the ashram veranda. His  
friend who was considered

very genius went to take up a job of in a company for managing the day to  
day financials.

Though sweeping was easy, still the 1st boy took every effort to do it  
carefully, daily trying to take cleaning to higher level. though he didnt know  
cleaning at the beginning but he wanted every corner to be spotlessly clean.  
daily he would come in the morning and do his small unimportant looking  
work, it was boring but his master gave it to him. He knew if the master gave  
that job this means there is deeper meaning to this. so he kept getting bored  
but kept doing it. story doesnt end here i will continue it later, see what he  
used to do in the ashram in the video,



[Life of Zen yogi \[https://www.youtube.com/watch?v=6pIIQ\\_-ZxEA\]](https://www.youtube.com/watch?v=6pIIQ_-ZxEA)

his friend in the company got bigger and more important responsibility, he  
got it because he had the degree needed, but like his friend he dint have  
much experience. he became a boss to some 10- 15 employees, who were  
working with the company since more than 10 yrs.almost all of them knew  
more about the job, but he had bigger degree so he was made their boss.  
very soon his staff realised he dint know the work and all he did was boss  
around. they couldnt tell the boss that he is incapable so they started  
leaving the company and took up jobs in newer places. he was power full  
boss but miserable and incapable to handle his big success.


So today's lesson , is when ever u study , plan to study, work or plan to work, dont do it because it is going to give you power and success, marks . but because we have to learn that very small looking thing. what ever marks , money or praise you get don't work for that, u will get the right money, marks and fame when it is right, but do it because u r learning while doing the job, u are doing. once u find u r not able to do it as well as u wanted , find the right people like friends who u think are better than u, teachers who know the subject and learn to do it better with them, again not to impress them but so that u learn to do it better and effortlessly and finally so that u can teach others to do it.

"Act without doing,  
work without effort.  
Think of small as large  
and the few as many.  
Confront the difficult  
while it is still easy;  
accomplish the great task  
by series of small acts.

Master never tries to be great;  
thus he achieves greatness.  
when he runs into difficulty,  
he stops and gives himself completely to the difficulty ;  
thus his every problem is a perfect solution for him and others."

--:Tao Te Ching-63:--

Posted 15th January 2011 by [ashish g shukla](#)

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15th January 2011

good to great chapter 2

1.good to great [<http://mymedall.blogspot.com/2011/01/good-to-great.html>]

Sir Jim Collins 6 yrs work on

"why some companies make the leap to greatness and others dont"

after researching more than 100 top companies for more than 6yrs sir jim came to following points  
which raju says is also the guiding light to medall

**good is the enemy of great**

he says we dont have great schools principally because we have good schools, we dont have great government because we have good government. only few amongst us have great lives because rest of us settles up for good enough lives.same applies to companies too if u compromise with good enough u will never make a great company.  
till today i wondered " why should krishna kill good people like bhishma, and why is arjuna trying to stop him?" but now i know because krishna knew good is the enemy of great.

**following are the ingredients of a great company** ,without these spices dont expect anything less than average which will perish soon.

## Key points

**1. level 5 leader:** if u r not a level five leader become , if u cant become search , beg or borrow but u need a level 5 leader to lead a great organization .

### who is a level 5 leader ?

1.they are complex paradoxical mix of **personal humility and professional will**. they are ambitious , to be sure, but ambitious first and foremost for the company, not themselves.

2.they set up **successors for even greater success in the next generation**, where as egocentric level 4 leader set up their successor for failure.

3.level 5 leaders display a compelling **modesty, are self effacing** (dont want to be center of attention)and **understated** (modest). in contrast average companies have leaders with gargantuan personal egos that contributes to mediocrity of the company.

4.they are fanatic driven, infected with **incurable need to produce sustained results**.they are resolved to do what ever it takes to make the company great, no matter how big or hard the decisions.

5.they have **workman's like diligence**-more of plow horse than show horse.

6.they look out the **window to attribute success to factors other than themselves**.then things go poorly , how ever, they look in the mirror and blame themselves, taking full responsibility. the average CEO did or does the opposite when they look into the mirror they take the credit and look out the window the to assign blame for disappointing results.

7.one of the most damaging trends in recent history is the tendency (especially by boards of directors) to select a dazzling, celebrity leaders and to de-select level 5 leaders.

8.i believe that potential level 5 leaders exist all around us, if we just know what to look for, and that potential to evolve into level 5.

## unexpected findings


**1. larger than life , celebrity leaders who ride in from the outside are negativity correlated with going from good to great.** ten out of eleven good to great CEO come from inside the company where as comparison companies tried outside CEO's six times more often.

**2.good to great leaders attribute much of their success to good luck**, rather than personal

greatness.

3. sir jim collins was not looking for level 5 leadership in his research, or any thing like it, but the date was over whelming and convincing. it was an empirical , not an ideological , finding.

Posted 15th January 2011 by [ashish g shukla](#)

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15th January 2011

good to great chapter 5

[5.good to great \[http://mymedall.blogspot.com/2011/01/5good-to-great.html\]](http://mymedall.blogspot.com/2011/01/5good-to-great.html)

Sir Jim Collins 6 yrs work on

"why some companies make the leap to greatness and others don't"

Researching with more than 100 top companies for more than 6yrs .

## Good is the enemy of great

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same applies to companies too if u compromise with good enough u will never make a great company.

**Ingredients of a great company** ,without these spices don't expect your organisation to be more

than average which will perish soon, according to a survey 10 companies will take over all the rest of all. There is a way to be in 1 of these top 10 develop these

## 1.CULTURE OF DISCIPLINE



[hbavYII/AAAAAAAAA8k/j0CH4LXjoO8/s1600/IMG\\_20130831\\_090815.jpg](http://hbavYII/AAAAAAAAA8k/j0CH4LXjoO8/s1600/IMG_20130831_090815.jpg)

work hard and be very nice

Freedom is only part of the story and half the truth....that is why i recommend that the statue of liberty on the east coast b supplanted by a statue of responsibility on the west coast .

VICTOR E FRANKL,  
mans search for meaning.

### Howe to develop a culture of discipline?

**1.Fanatically consistent with 3 circles:** sustained great results depend upon building a culture full of self disciplined people who take disciplined actions, fanatically consistent with three circles.





With staff of Don bosco, people who keep this place clean and tidy  
and respect every one

[[http://2.bp.blogspot.com/-KOzpk8GYqtY/Um\\_jgKhcCsI/AAAAAAAAA8s/q6tsS-rojj0/s1600/240720133526.jpg](http://2.bp.blogspot.com/-KOzpk8GYqtY/Um_jgKhcCsI/AAAAAAAAA8s/q6tsS-rojj0/s1600/240720133526.jpg)]

**2.No bureaucracy needed:** bureaucracy is needed to compensate for incompetence and lack of discipline, which arises from having wrong people on the bus in the first place. if u get the right people on the bus, and the wrong people off, you dont need stultifying bureaucracy.

**3.A culture if discipline :** this involves a duality. On the one hand, it require people who adhere to a consistent system; yet , on the other hand, it requires people freedom and responsibility within the frame work of that system.

**4.Culture is not forced its automatic:** a culture of discipline is not just about action. it is about getting

disciplined people who engage in disciplined thought and who then take disciplined action.

**5.Boring from outside:** the good to great company appears boring from out side and pedestrian looking in from outside, but upon closer inspection, they r full of people who display extreme diligence and a stunning intensity (they rinse their own cottage cheese").

**6.Culture of discipline doesn't mean disciplined boss:** do not confuse discipline with a tyrant who disciplines-- they are very different concepts,one highly functional other highly dysfunctional. Savior CEOs who personally discipline through sheer force of personality usually fail to produce sustained results.

**7.Adhere to your Hedgehog:** the single most important form of discipline for sustained results is fanatical adherence to the Hedgehog Concept and the willingness to shun opportunistic that fall outside the three circles.

## UNEXPECTED FINDINGS

**1. Consistency means 3 circles :** the more an organization has th discipline to stay its three circles, with almost religious consistency, the more it will have opportunity for growth.

**2.many once in a life time opportunities:** the fact that something is a "once in a lif time opportunity" is irrelevant, unless it fits within the three circles. a great company will have many once in a life time opportunities.

**3.Inequality = right budgeting:** the purpose of budgeting in a good to great company is not to decide how much each activity gets , but to decide with arenas

best fit with the hedgehog concept and should be fully funded and which should not be funded at all.

#### 4. "Stop doing" lists are more important than "to do" list

Posted 15th January 2011 by [ashish g shukla](#)

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15th January 2011

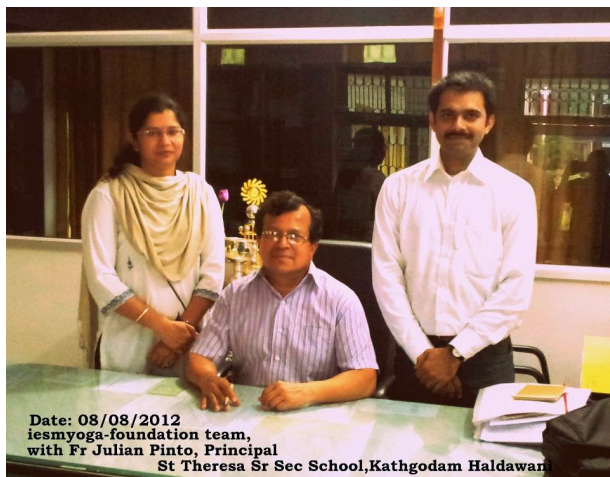
medall and good to great

6. good to great

[<http://mymedall.blogspot.com/2011/01/6good-to-great.html>]

Sir Jim Collins 6 yrs work on

"why some companies make the leap to greatness and others don't"



Date: 08/08/2012  
iesmyoga-foundation team,  
with Fr Julian Pinto, Principal  
St Theresa Sr Sec School, Kathgodam Haldwari

[[http://2.bp.blogspot.com/-](http://2.bp.blogspot.com/-J4a52BhSm5I/U0Cwaqjz8jI/AAAAAAAAAB2w/CwYJqJZYprE/s1600/St+teresa+kathgodam.jpg)

[J4a52BhSm5I/U0Cwaqjz8jI/AAAAAAAAAB2w/CwYJqJZYprE/s1600/St+teresa+kathgodam.jpg](http://2.bp.blogspot.com/-J4a52BhSm5I/U0Cwaqjz8jI/AAAAAAAAAB2w/CwYJqJZYprE/s1600/St+teresa+kathgodam.jpg)]

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## TECHNOLOGY ACCELERATORS

**1.gtg think differently** : good to great organization think differently about technology and technological change that mediocre ones.

**2.Avoid technology fads:** gtg organisations avoid technology fads and bandwagons, yet they become pioneers in the application of carefully selected technologies.

**3.Does technology directly fit our Hedghog ?** the key question about any technology is, does the technology fit directly with your hedgehog concept ? if yes, then you need to become a pioneer in the application of that technology. If no, then you can settle for a parity or ignore it entirely .

**4.Tech is an accelerator of momentum:** the gtg used technology as accelerator of the momentum , not creator of it. none of the gtg companies began their transformation with pioneering technology, yet they all became pioneers in the application of technology once they grasped how it fit with their three circles and after they hit breakthrough.

**5.failures is from first:**you could have taken the exact same leading-edge technologies pioneered at the gtg companies and handed them to their direct comparison for free, and the comparisons still would have failed to produce anywhere near the same result.

**6. Indicator of greatness:**how a company reacts to technological change is a good indicator of its inner drive for greatness verses mediocrity . great companies respond with thoughtfulness and creativity , driven by a compulsion to turn unrealized potential into results; mediocre companies react and lurch about, motivated by fear of being left behind.

## UNEXPECTED FINDINGS



[[http://1.bp.blogspot.com/-fDF-jmoqZ-o/U0Cw2EzSyTI/AAAAAAAAAB24/-odB8oTVmdU/s1600/IMG\\_20140401\\_153613.jpg](http://1.bp.blogspot.com/-fDF-jmoqZ-o/U0Cw2EzSyTI/AAAAAAAAAB24/-odB8oTVmdU/s1600/IMG_20140401_153613.jpg)]

**1.technology is never a cause of greatness or decline:** the idea that technological changes is the principal cause of once-great companies (or the perpetual mediocrity of others) is not supported by evidence. certainly, a company cant remain a laggard and hope to be great , but technology by itself is never a primary root cause of either greatness or decline.

**2.across eighty-four interviews:** good to great executives, fully 80 percent didn't even mention technology as one of the top five factors in their transformation. this is true even for the companies famous for their pioneering application of technology , such as Nucor.

**3."Crawl, walk, run":** this can be most effective approach , even during times of rapid and radical technological change.



[[http://2.bp.blogspot.com/-Wp75jlsXLzU/U0CxM2bRyxI/AAAAAAAAAB3A/q6TF2rklSQA/s1600/IMG\\_20130413\\_104641.jpg](http://2.bp.blogspot.com/-Wp75jlsXLzU/U0CxM2bRyxI/AAAAAAAAAB3A/q6TF2rklSQA/s1600/IMG_20130413_104641.jpg)]

Posted 15th January 2011 by [ashish g shukla](#)

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## 15th January 2011 "Simplicity Rules" by IIM Entrepreneur

**Simplicity** [<http://mymedall.blogspot.com/2011/01/simplicity-from-raju.html>]  
Rules by Raju Venkatraman (Medall)

### **No one teaches:**

no management school in the world teaches Simplicity. Its always fashionable to make things a bit complex.

### **Simplicity ?:**

Simplicity means focused effort towards a common and clear goal. Complexity means distracted effort. The question is why do our efforts get distracted. My experience teaches me that we sometimes don't understand the goal, sometimes we don't agree with the goal, sometimes we are not committed to the goal and yet sometimes we have more deep rooted agendas than just reaching the goal. I have also seen several key executives fog up their meetings due to unstructured ways of communication. All these clearly make us move away from simplicity.

### **We r used to complexity:**



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[HVL0HLvGO3Y/U0FjGRDTMEI/AAAAAAAAAB4k/GuVBZyxc\\_Ow/s1600/20130916\\_131146.jpg](http://1.bp.blogspot.com/-HVL0HLvGO3Y/U0FjGRDTMEI/AAAAAAAAAB4k/GuVBZyxc_Ow/s1600/20130916_131146.jpg)]

In Medall, adopting simplicity as a core Value is becoming increasingly important. If we let things evolve the way they are, I can predict that they will evolve to become even more complex - not more simple. The irony is that all of us who have got used to complexity no longer notice it and at times all of us add more elements, thus increasing the complexity.

### **Innocence:**



[[http://3.bp.blogspot.com/-IpSyngOvicw/U0Fi3XYB\\_CI/AAAAAAAAAB4c/APRMdVGcsJo/s1600/IMG\\_20130202\\_085715.jpg](http://3.bp.blogspot.com/-IpSyngOvicw/U0Fi3XYB_CI/AAAAAAAAAB4c/APRMdVGcsJo/s1600/IMG_20130202_085715.jpg)]

Innocence is something which no amount of experience can deliver.

Always remember your own innocence and that of others. The simple things in life are really what life is. Ever heard the quote, "All I need to know, I learned in kindergarten"? People tend to make things far more complicated than they need to be - often simply from manipulating reasons in their head in order to make excuses for themselves.

**Listen patiently without agendas :**

[[http://3.bp.blogspot.com/-Zzkly9J7150/U0FjY87Ksal/AAAAAAAAAB4s/i979sX98gjc/s1600/20131004\\_091526.jpg](http://3.bp.blogspot.com/-Zzkly9J7150/U0FjY87Ksal/AAAAAAAAAB4s/i979sX98gjc/s1600/20131004_091526.jpg)]  
Simplicity can only be achieved by tapping into the innocence of oneself and the people who are doing the real job. If we listen hard to them without agenda, we will find simple solutions to complex problems. Also at times we should resist from designing a perfect

system that will take care of all theoretical exceptions.

**Delivery system:**

[[http://2.bp.blogspot.com/-eATLgnV\\_eKQ/U0FkC3A67AI/AAAAAAAAAB5E/BwKmR8sM7zw/s1600/a8.jpg](http://2.bp.blogspot.com/-eATLgnV_eKQ/U0FkC3A67AI/AAAAAAAAAB5E/BwKmR8sM7zw/s1600/a8.jpg)]

Delivery systems are the link between "core intentions" and "received values". I have noticed that it is always the delivery system that need simplifying. A search for simplicity in delivery system should enable us to rethink everything - not just the problem areas.

Medall needs to simplify the delivery systems.

Let's start this journey, with clarity, with humility, without ego, without agendas, and with our Customer in mind.

Regards,

RajuV

Sent from BlackBerry® on Airtel

Posted 15th January 2011 by [ashish g shukla](#)



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15th January 2011      indian psychotherapy chapter 3

chapter 3 understanding of the law of spiritual success



"some have abandoned home some have abandoned heritage; but fruitless is all abiding place, *if thou has not thy mind under subjugation.*"

[[http://2.bp.blogspot.com/-kclelYu9m18/U0FmezifWvI/AAAAAAAAAB5Q/\\_gocrK4Sm38/s1600/IMG\\_20130703\\_185313.jpg](http://2.bp.blogspot.com/-kclelYu9m18/U0FmezifWvI/AAAAAAAAAB5Q/_gocrK4Sm38/s1600/IMG_20130703_185313.jpg)]

A rocket has to attain a certain speed in a certain direction; this is analogous to what we call in man the rate of resultant intensity of the flow of resultant intensity (the movement of the parameshwari). they say the speed required to brake away from the gravitational pull of earth is 25000 miles an hour. analogically the equivalent we have in Yoga is "**+2 Zenoga units**". if this speed is not attainable, the rocket must return to earth after some time, due to gravity and would, in that case,(if not guided through atmosphere at reduced speed) burn out in the atmosphere due to heat of friction. if the speed is great enough but not sufficient to break of and reach some target in our Universe, it will then orbit around our earth.

In the same way, if a man cannot attain that rate of intensity he remains bound to the gravitational pull of life or comes back again and again to this flow of life, or lives his life impotently like a machine. the gravitational pull is the inherent property of earth and the gravitational pull of life is also inherent property of life which human being call the life of inertia and pleasure or the line of least resistance !

we have as a race now become conscious of the gravitation pull of our earth, speed that is required to break away from such a pull, and are also aware of the results of immature attempts or insufficient speed to break away. in these days of such consciousness we ought to understand much better, and be able to work out much more easily, the internal resultant so that immature and insufficient methods to break away from the pull of life be substituted by the better once of Zenoga.

when a rocket has to reach such high speed , care is taken to see that material it is composed of stands the strain, even at critical speeds, and also of the heat created by friction when travelling through the atmosphere. one also takes care to see that right type of fuel is made use of.

**corrective methods and three step rhythmic breathing** , the care with which we select and create new 'material' for making it possible for human being to attain that intensity to break of from gravitational pull of life (for any intensity below the required intensity will fail to pull a human being away from gravitational pull of the flow of life) is our 'material'.

Even so should we go beyond that Critical Certain stage, we have indeed gathered enough intensity to pull away from gravitational pull of life, but we are as yet in that stage which we call the 'No mans land' or '**pratyahar**'. we are now neither here nor there! let us compare what should or would happen to man who reach that Critical Certain Stage. he will indeed be free from the inherent pull of life. if he were not to shoot out, but as yet not being prepared with right knowledge to reach a certain destination and without a proper chart, he would not be able to land wherever he wants and there is every chance that he will fly past his destination or burn out or harm himself or be held in bondage else where unconsciously; as yet he is unable to come back at will. however nice and good and high this new found freedom or shall we say new found bondage ! similarly the higher practices of dharana (concentration) and dhyana (meditation) will enable man to pull away safely from the gravitational pull of the flow of life !

Take this thought for serious thinking,

**"Is the Supreme Creator, the God of our Universe?"** and if you should find this thought a little difficult ,think seriously on,

**"closing the gates of the body, drawing the force of his mind into the heart and by power of meditation, concentrating his vital energy in the brain one leaves the body with mind unmoved and filled with devotion;**

**by the power of his meditation, gathering between his eyebrows his whole vital energy he attains the Supreme."**

Posted 15th January 2011 by [ashish g shukla](#)



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15th January 2011

indian psychotherapy gospel 5

**chapter 6, the five gospels**

**GOSPEL 1**

[\[http://1.bp.blogspot.com/-5PoB18crrX8/U0FnuFH-rxI/AAAAAAAAAB5g/SuF4eWdzlu8/s1600/PANO\\_20130901\\_060317537.jpg\]](http://1.bp.blogspot.com/-5PoB18crrX8/U0FnuFH-rxI/AAAAAAAAAB5g/SuF4eWdzlu8/s1600/PANO_20130901_060317537.jpg)

(the sixty secret sacred steps to salvation)

1. OM! we now begin the esoteric exposition of Yoga fit only for the initiated. the unrevealed secrets of Yoga, when taught by an absolutely competent Master (Avatara), become transmuted to the higher science of Zenoga.

2. the mystic union is achieved through the control of waves of uncoded impulse flooding section 1 of the brain of the mind-stuff called chitta.

3. when the means to zenoga have been steadily practiced and when section 1 of the mind(chitta) has been reeducated by corrective methods and other practices as out lined in this book, Erleuchtung ensues leading one on to full illumination.
4. the eight steps of orthodox Yoga are : Yama , Niyama , Asana , Pranayama , Pratyahara ,Dharana Dhayana, Samadhi. beyond the first four, which together constitute pranayama, it is not possible to go without putting into operation the corrective methods and other disciplines as explained in Part 1 of this book. Pratyahar is as have seen the "No Man's Land" stage. only after that stage are dharana i.e. concentration, dhyana i.e. meditation and samadhi i.e. identification possible. this is done by section 2, 3 and 4 of the mind respectively.
5. Yama is the ethical-moral aspect or the corrective methods and other disciplines which are to be followed as explained. devotion to the master is the highest ethics for it is the root of all virtue.
6. Yama constitutes universal duty and is irrespective of race, place , time , emergency and circumstances. one cannot even once take a holiday from the moral side of life. to help to disseminate the LIGHT is the most universal duty bringing good karma.
7. internal and external purification, contentment, fiery aspiration, spiritual reading and devotion to the feet of an Avatar, constitute niyama. it should be noted once again that it is not enough if not followed by corrective methods and other disciplines such as implicate obedience to Guru.
8. when thoughts contrary to spiritual success are present there should be the cultivation of their opposite, i.e. minus resultant-intensity thoughts should by corrective methods be changed to plus resultant intensity. the implementation of corrective methods is essential.
9. contrary thoughts are in short those which create minus resultant intensity. for this reason the opposite kind of thoughts must be cultivated i .e. thoughts creating plus resultant intensity should be consciously cultivated. minus resultant brings about pain only and is due to avidya or ignorance of the law. again we see the need of implementing corrective methods.
10. the Avatars of yore explain or rather describe the effects of plus resultant-intensity. this is from 1 to 48 Zenoga-Units, and is described at length upto verse 14
11. internal and external discipline produce repulsion to the original resultant pattern due to the vibrational tone of plus Zenoga-units ; these patterns could be our own or those of some one else whom we have unconsciously and thoughtlessly imitated.
12. when the highest cosmic stage of 4th section of the mind is reached, there results: a quite spirit, concentration, control of all organs and an ability to witness

one's subtle essence in the kundalini.

13. as a result of such perception and understanding , bliss is achieved.

14. reaching or developing section 4 of the mind results in a contact with the subtle essence.

15. through Bhakti Yoga the 1st and 2nd stages of cosmic consciousness are reached as explained.

16. then poise of the body and mind should be steady though easy.

18.this is possible by following the programme and corrective methods and other disciplines as explained in this book.

19. when this is achieved, the pair of opposite,i.e.functioning of section 1 of the mind or chitta (i.e. the interplay of the qualities of the centres) no longer obstruct.

20. when the 'no man's land' is crossed over, right control of prana and proper inspiration and expiration follows, i.e. the whole art of pranayama becomes possible as one integral whole.

21. right control of prana is impulse is external (before 'no mans land') yet internal (after "no mans land") and motionless when the 3rd section of the mind is being formed. it is subject to place, time and numbers (i.e. to plus resultant intensity) and could be protracted or brief.

22.there is still higher or 4th stage (i.e. beyond section3 of the mind as stated above i.e. the forth stage of cosmic consciousness) which transcends all other phases.

23. through this (i.e.section 2 and 3 of the mind or 1st and 2nd cosmic stage) that which obscures the LIGHT (of illumination) is gradually removed.

24. the 2.,3.,4.,sections of the mind are prepared for concentration, meditation and samadhi respectively.

25.pratyahara is the 'no mans land'. corrective methods and other discipline are followed and so comes the balance within between the centres.

26. as a result of these there follows the complete reeducation (subjugation) of sence organs and of the mind stuff (chitta).

27. concentration is the stadying of the chitta or the mind-stuff (i.e.section 1 of the mind) and the opening of section2 of the mind. this is the beginning of dharana or concentration.

28.further progress to section 3 of the mind is in the same way and is called dhyana or meditation.

29.further progress to section 4 of the mind in the same way is samadhi or identification. here the mind goes beyond form and to the actual purpose behind all forms.

30.when section 2.,3.,4., of the mind are also made use of, the fourth stage of cosmic consciousness is achieved.

31. as a result of this, illumination follows.

32. this illumination is gradual. very naturally the progress is slow.

33. the last three i.e. the stages of dharana, dhayana , samadhi are possible only after the crossing over from the critical stage (no mans land) before which the 1st four steps have to be mastered.

34.even the fourth (cosmic consciousness) stage of the fourth section of the mind is external and one must go still further beyond. the 4th stage of cosmic consciousness though is free from all human limitations as we understand it our solar system.

35.the sequence of mental states is as follows :

(a)the mind reacts to that which is seen (in section 1 of mind or chitta coded impulses create the interplay of qualities of the centers).

(b)then follows the moment of mind control (the disinfection chamber and the corrective methods are brought in).

(c)then ensues a moment when the chitta (mind stuff) responds to both the factors (i.e.both to coded impulse and the decoded thoughts).

(d)finally this ceases to be essential (when, by discipline, section2 of the mind is formed, the old method of section1 of the mind is not essential) and the perceiving consciousness has full sway and then section 2 functions fully.

36.through corrective methods and other disciplines, a proper habit is formed and there will eventuate a steadiness of spiritual perception.

37.when this is done section 2 of the mind is developed and concentration is possible and the picture forming habit of section1 of the mind is less and less indulged in.

38.when the rhythm between the centers is maintained as section 2 of the mind functions, one-pointedness results.

39. section 2 of the mind reveals the wonders of the internal and external worlds.

40.this verse gives further description of what happens then. it is then possible on looking at an object to simultaneously know aspects, symbolic nature, characteristic

and specific use-- in short what is called spiritual reading.

41.the versatile psychic nature (i.e.section3 of the mind) and the thinking principle (i.e. section 2 of the mind) when developed reveals next stage of development on the ladder of spiritual evolution.

42.section 3 of the mind reveals along with section2 and 1 of the mind the triple nature of every form.

43.section 1 of the mind is in a confused state and understanding is not possible for that is not the nature of section1 of mind or chitta. when all the portion of the mind function, the subtle essence comprehends the form, the purpose and the key-note or sounds of all objects.

44.when the resultant intensity and resultant patterns are consciously propelled and the essence separated from patterns, as is required, knowledge of previous incarnation becomes available; so also the thought images in the minds of other people become visible. this should never be indulged in unnecessarily.

45. on 1st and 2nd stages of cosmic consciousness, meditation excludes the tangible.

46.on attaining 3rd and 4th stages of cosmic consciousness occult powers are attained. it is difficult and even impossible to explain the process of the working of these powers to a layman.

47.the resultant intensity has long or short cycles depending on the central point of return. knowledge also comes from the signs as shown in the palms of one's hand.\*

48.experience (of the pairs of opposites) or the modifications of section 1 of the mind(chitta) prevents the subtle essence from distinguishing between ego and purusha (or spirit). the objective form exist for the use of the spiritual man. section4 of the mind brings about the perception of spiritual nature.

49.as a result of this (48.) the power of clairvoyance, clair-audience, psychometry, telepathy and other powers arise producing intuitional knowledge.

50.these powers are obstacles to the highest spiritual realization however fascinating they may be.

51.by liberation from bondage of the interplay of the qualities of the centres or through their weakening (introducing the corrective methods and other disciplines), the creation of plus resultant-intensity and patterns follows and a stage or moment in time comes when it is possible to unconsciously propel the resultant intensity as well as the patterns of thought in which it is encaged one can experience any life and can even understand the mind other by entering the other's body; and this knowledge

is then transmuted to section1 of one's own mind. (see SAHER in "das sonderbare leben eines fakirs", by osborn in henn verlag 1971).

52.when the 1st and 2nd cosmic consciousness is reached a stage of cosmic consciousness is reached a stage arrives called discarnate i.e.freed from the modification of the thinking modus. this is a state of illumination. discarnate should not be misunderstood as free from limitations of human body as here described.

53. by following the programme and disciplines over sufficiently long periods coems symmetry and compactness of form, balance of centres, poise of mind and peace of subtle essence. the kundalini rises through the Master's grace.

54. Mastery over the senses, and over the constant play of the qualities of the centres, further develops section2 and 3 of the mind and meditation is made possible. certain wrong qualities most natural to a human being are understood and even these harmful qualities have thus served their useful purpose.

55. when this happens (54) then comes rapidity of actions i.e. perception independent of the senses and the laborious working of the mere intellect.

56.the person reaches the 4th stage of cosmic consciousness and becomes 'omniscient' (by our human standards but that is relative term ). the distinction between soul and spirit must be understood.

57. by freedom from bondage (of the interplay of the qualities of the centres) by passionless attitude towards all powers of section 3 and 4 of the mind, one attains the condition of isolated unity.

58.there comes a natural repulsion or rejection of all allurments from all forms of being (within the radius of our planet and star canopus), even celestial being; but possibility of changing the resultant intensity still remains.

59.section 2 and 3 give intuitive knowledge and one is able to live in etenral now. the eternal knowledge possible through the development of section 2 and 3 should progress further and section 4 of the mind should also be fully developed. then a state of omniscience and omnipresence will be reached (of course relative in relation to normal human being ) and such a person is now able to live in past present and future as well as in the eternal now.

60.when the highest stage of cosmic consciousness is reached liberation from human form and its limitations take place because now both physical and mental, inner and outer integral harmony of all centres have been achieved.this then is Zenoga : the theory and the practice of finding immediately THAT which the rest of mankind will find through the slow and sluggish process of evolution through countless re embodiments.

Posted 15th January 2011 by [ashish g shukla](#)





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