

REVISED AND UPDATED

Ya-Or-Ga

SPIRIT MIND BODY

Royal Yoga

NO MANS ZONE

Ya-Or-Ga

Royal Yoga

**NMZ
BOOKS**

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ADMIRATION

To All Yoga Teachers

I admire you

APPRECIATION

To Marjorie Meredith

My Yoga guru of 25 years

TERMINOLOGY

Here are some terms you need to be familiar with that we will be using throughout this book:

YHWH: In Hebrew the Set Apart name is composed of four letters יהוה pronounced as;

Yud י, Hei ה, Vav ו, Hei ה.

This is referred to as the “Tetragram” or “Tetragrammaton” meaning roughly, “The Four Letters.”

There is no general consensus among scholars on how the Tetragram is actually pronounced. Current research indicates five probable pronunciations for the Set-Apart Name:

- 1) *Yah-way*
- 2) *Yah-hoo-way*
- 3) *Yah-oo-ay*
- 4) *Yah-oo-ah*
- 5) *Yeh-ho-vah*

For this reason, the English version of the Tetragram “YHWH” is employed throughout this book to allow the reader to follow his or her own conviction on the pronunciation of the Sacred Name.

LORD or **Lord:** These terms, as used in English Bible translations, are substitutes for the Tetragram.

Yeshua: This is the eternal name of the Son who, in Christianity, is called Jesus.

Ruach haKodesh: This is the eternal name of the Set-Apart Spirit of the Father who, in Christianity, is called the Holy Spirit.

Elohim: This is translated in our English Bibles as God.

Eloah: The singular of Elohim.

PREFACE

Shalom,

THE TRUE ORIGIN OF YOGA

Yoga comes from Heaven. Yoga is a gift from above to humanity. The Hindu deity Shiva is believed to have introduced Yoga from heaven and composed some 8,400,000 postures. I prefer to understand that an angel brought Yoga to humanity through the culture of India and that men developed the Yoga postures we love today under inspiration from the Divine.

It may surprise you to learn that Angels practice Yoga not for health or fitness reasons obviously, but for worship and devotion. Angels have bodies shaped like us that are made from the divine essence of the Supreme Being incapable of decline or cessation. In other words, they don't age or die yet they use their magnificent bodies to worship the Supreme in Yoga-related movements described in Sanskrit as "Vinyasa."

How do we know this, the Prophet Isaiah a man who saw behind the veil of eternity gave us a glimpse of the eternal realm and this is what he saw.

"2 Above Him stood the S'rafim (Angel); each one had six wings: with twain he covered his face and with twain, he covered his feet, and with twain, he did fly. 3 And one called unto another and said: Set-Apart, Set-Apart, Set-Apart, is YHWH Tzva'ot; the whole earth is full of His glory" Yeshayahu (Isaiah) 6:2.

The Angel has six wings; observe closely its movement, with two wings the Angel covered its face, with two it covered its feet, and with the other two, it flew. The Angel repeats this movement without ceasing as we would repeat postures in Yoga consistently described in Hindu texts as Hatha and Vinyasa.

This movement is a posture of worship involving the beings' body, mind, and soul. As it makes these movements it draws the accolade of the

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Twenty Four Elders who surround the eternal throne and repeat the words of the Beings saying, "Set-Apart, Set-Apart, Set-Apart is YHWH or Holy, Holy, Holy is YHWH." In the Hebrew tongue "Kadosh, Kadosh, Kadosh YHWH."

THE TRUE PURPOSE OF YOGA

Like our cousins the Angels your body is a divine instrument of perfect engineering, made with the divine consideration to exalt the Supreme Being. You are not your own, the Bible emphatically states that our body does not belong to us;

*"Do you not know that your bodies are temples of the Ruach Ha Kodesh (Holy Spirit), who is in you, whom you have received from Elohim (God)? **You are not your own; you were bought at a price. Therefore honor Elohim with your bodies**"* Qorintyah Alef (First Corinthians) 6:19-20.

We were bought back from the darkness with a price. Accordingly, we are commanded to worship the Creator with our bodies. Therefore, the ultimate expression of Yoga must be worship. The truth is Yoga is innately and intimately a spiritual practice. It was designed to be a worship system combining the spirit with the mind and body. It is through the practice of Yoga that we unite these elements in a symmetric unity fulfilling our divine duty as stated in the text 'to honor or literally to exalt our Creator with our body!'

Sadly worship as an integral aspect of the Yogic system has been set aside in the West purposely by its founding fathers to allow Yoga to be assimilated into mainstream society, but this was never the will and teaching of the Yoga sages. Kundalini and Mantra Yoga, the spiritual components of yoga are integral parts of the Yogic system that were set aside to avoid opposition from the Judaic-based religions of Judaism, Christianity, and Islam. The strategy worked and Yoga was quickly assimilated into the West but make no mistake about this, Yoga did not lose its spiritual roots.

Indeed the real Yoga practiced by the Hindu sages is wrapped up in the coat of Hindu polytheism. A believer has nothing to fear from the religious roots of Yoga. Hinduism is the vehicle that the Creator used to develop this system and introduce Yoga to the world, therefore it is natural that it will have a Hindu face. We must respect the vehicle and culture from which Yoga emerged. However, we do not have to embrace their plethora of gods as many have done. We are in the 21st century and

enlightenment has come; we must see Yoga for what it is; a royal and divine system unequal among many bodily arts for its benefits that was gifted to us from above via Hinduism.

THE TRUE MISSION OF YOGA

Yoga is a royal art because it is divinely created. Its mission has always been royalty. Yoga has always appealed to the royalty of all societies since its Hindu inception. This is because Yoga is majestic, it belongs to kings. It was the royalty who first promoted Yoga under the famed guru Tirumali Krishnamacharya who opened a Yoga school and taught the royal family.

In the early 1800s when Yoga was in its infancy, the royal family of the Mysore Palace avidly supported yoga in all its forms, including Hatha, and compiled a treatise on Yoga poses the *Sritattvanidhi*. Essentially, it could be considered the first Yoga workout text.

In England Royals including Meghan Markle, Kate Middleton, Prince William, Princess Diana, the late Queen Elizabeth, and more are all huge fans of Yoga. Almost all Royals families practice Yoga. This is not an accident when you understand its divine mission.

We are all royalty. Ya-Or-Ga is first and foremost the Yoga of the royal priesthood. Every believer is a priest and king according to the Set-Apart Scriptures.

“And You made them to Eloah a Kingdom, and cohenim (priests), and kings, and they will reign on the earth” Gilyahna (Revelation) 5:10.

We are a royal priesthood destined to reign on Earth. To reign entails a Purpose-Driven Lifestyle that assumes completeness and wellness in physical condition. It is a fact that more than a billion people today suffer from atherosclerosis, heart disease, stroke; obesity, and type 2 diabetes. These diseases are non-communicable diseases meaning they are caused by lack of physical activity, unhealthy eating, alcohol abuse, substance abuse, and smoking tobacco. Sadly many believers are disqualified to reign because they are sick or feeble and undisciplined.

An unwell and unfit believer is of no purpose to the Kingdom of Elohim if they are struggling with their health due to lifestyle choices. A sick believer cannot blame the adversary for their failure to look after their health. A Purpose-Driven Lifestyle means being healthy, fit, and alert. Ya-

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Or-Ga is the pathway to divine and royal health. To be qualified to reign every believer must pass the test of health and this is often the hardest test to pass because it involves a lifestyle change and making that change your lifestyle.

The older you get you realize that a \$3,000 watch and a \$30 watch both tell the same time, a Toyota Camry and a Porsche take you from A to B and a five million dollar mansion is no better to sleep in than 50,000 dollars home. The trappings of this life no matter how lavish and expensive are meaningless when you are sick and feeble. Health is the most valuable asset we can obtain; as the saying goes a pale cobbler is better than a sick king.

THE TRUE LIGHT OF YOGA

When you pass light through a prism, it splits into multiple colors and for the first time, you get an inside glimpse of the true composition of light. Light is a consortium of vivid colors each divinely created to illuminate or enhance a particular aspect of nature. Yoga is like a prism that contains numerous properties that are only revealed when we commit our power (energy) to it. Indeed you cannot see and know these aspects until you have practiced Ya-Or-Ga or for that matter any other style for at least twelve months.

The Health aspect

The international appeal of Yoga has always centered on its health aspect and numerous studies have revealed Yoga to be medicine and prevention at the same time. This aspect has become more relevant with the Covid 19 pandemic due to unmitigated lockdown restrictions preventing people from outdoor sporting activities. More people at this time have discovered the amazing health possibilities in Yoga that can be obtained from practicing it in confined or isolated places. In Ya-Or-Ga you will discover this.

The Fitness aspect

It is an amazing feeling and blessing to feel fit, to have a toned body, to breathe effortlessly, to move freely without pain, and to have a general sense of peace in the mind. The total health package people dream of owning is already available to us and has been for millenniums. You can't buy this kind of well-being or get it through anti-aging drugs, medical

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treatments, gene manipulation, or any other therapy. You can get this through Yoga. This is what Ya-Or-Ga offers people.

The Productivity aspect

Yoga is not just limited to improving health but our economy as well. Corporations and Organisations have discovered that Yoga goes a long way toward improving productivity. Every day professional people are dwarfed by their circumstances and commitments, overloading the mind. The daily practice of Ya-Or-Ga puts you back into the driver's seat we daily lose control to the mind.

The Control aspect

The mind is a cruel master when left to its whims and whams, we become defenseless against its dictates when the body is left to follow its inclinations and passions. Through Ya-Or-Ga your body will know for the first time its Master because whatever you don't master, it will master you. And whatever you master becomes the ultimate expression of your mind and body. It is the victorious life, many prosperity, and positive thinking gurus sell millions of desperate people that is only a temporary fix to their situation.

The Challenge aspect

A sport is a good habit to develop but certainly not good in the long run. You are not a machine designed to discover its austere limits, the body knows its natural limits and will tell you when enough is. There is no amount of money or heights of fame worth the price of damaging or permanently disabling your body which many have done to set a record of some sort. In Ya-Or-Ga and all Yoga, the only person you have to beat is yourself. The challenge does not come at the price of injury or risk of disability.

The Romance aspect

On a personal level, I find Yoga to be the most romantic thing one can do for the body and mind. Romance with your body is a concept that has never been introduced into Yoga before. And I am talking about Tantric Yoga or the sensuous sexual intonations we see expressed in dances or the emotions of love expressed in the ballet. I refer to the pure physical delight of a banquet of precision movements that push the body to its natural limits providing a heightened level of ecstasy. A concept

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understood by angelic beings who are forever romancing their Creator with their movements.

We use art to decorate space, we use music to decorate time and we use Ya-Or-Ga to decorate our bodies. The body is like a finely tuned musical instrument one can use it to play whatever melody your heart desires but its ultimate purpose and expression is to romance the Supreme. We are the only animal in creation who was born to learn and master this, all other species are naturally endowed with their unique gift of expression of romance. A bird does not go to school to learn how to sing and dance. They are born with it, we are not.

The Art aspect

The first step in Yoga is to realize you are the sculptor and Ya-Or-Ga is your tool to create the Greek statue you have always admired. You will lose weight, feel lighter, sleep better and awaken fresher and work with more energy. To Yoga beginners or returnees. While and after performing a good Ya-Or-Ga routine your body will say “give up, stop and get out.” You will respond “Never ever!” After two weeks you will thank your brain for not listening to your body and see and feel the results. You will truly become a work of art.

The Divine aspect

All styles of Yoga are equally beautiful, however, I compare Ya-Or-Ga to a Rolex watch. There are many brands of watches in the world but there are two primary reasons why Rolex watches are the most expensive watches in the world. It is made by the best with the best for the best. We designed Ya-Or-Ga to include features from all Yoga styles so we can bring the best of each style to you with the climax of exalting the Indivisible Divine – the One True Elohim of the Universe who is worshipped in all religions by various names. We are the youngest of styles yet the closest to the heart of the Divine.

A final note

Whilst every care has been taken to ensure that the idea, concepts, principles, and laws mentioned in this book are in agreement with each other. I must admit that this is a huge area of study which includes various factors that don't always agree or make perfect sense. This topic has been addressed by numerous writers and readers are encouraged to continue their search by reading other materials.

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Indeed I have observed that this area of study is continuing to grow with new information becoming available and contributing to the development of new disciplines and fields. It is my sincere hope that the information provided in this book will cause you to look beyond the explanations of this book. In any case, I am most blessed to have been given this opportunity to start you on your journey. A journey that promises many small and great rewards.

Come with me now and let me introduce you to my passion Ya-Or-Ga.

Kohen Theodore Meredith

YA-OR-GA

INTRODUCTION

“The body benefits from movement, and the mind benefits from stillness.” – Sakyong Mipham.

The ultimate expression of Yoga is the worship of Elohim. The ultimate expression of bodily worship is Ya-Or-Ga. Yoga was not created to be without Spirit and Worship. True worship combines the movements of the body, the thoughts of the mind, the breath of the lungs, and the speech of the tongue as a sanctified system of adoration of the Divine Being – The Spirit. Through the practice of Ya-Or-Ga royal postures, we bring the physical, psychological and spiritual aspects of the human being into alignment with the Shekinah (the Divine presence) and in union with the Sacred Name YHWH.

Ya-Or-Ga is not another alternative system of Yoga to deal with the ever-increasing complexity of the human condition. It is a holy lifestyle; a way of living the sages of old in many religions have practiced for thousands of years that is in the daily routine of Elohim’s nomadic people Yisra’el.

Ya-Or-Ga was purposefully developed to include the spiritual dimension of man. It is designed to deal with the whole person and not just the physical or mental aspect of our being. Without the inclusion of the spirit element, a routine is nothing more than the worship of self and the elevation of man which is precisely the picture of many Yoga routines and styles today that exalt the god within. We dare to be different.

THE DEFINITION

YA-OR-GA is an acronym:

YA is the short form of the sacred Name YHWH. The short form of the name occurs 50 times in the text of the Hebrew Scriptures, of which 24 form part of the phrase “Halleluyah.” It is also part of many names in the

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Scriptures e.g. Yeshayahu (Isaiah), Yirmeyahu (Jeremiah), Eliyahu (Elijah), etc. In Tehillim (Psalm) 68:4 this name is particularly stressed. The first instance of the name Yah occurs in Shemoth (Exodus) 15:2 where Moses and Yisra'el compose and sing a song after their deliverance from Pharaoh's horsemen. *"YAH is my strength and song, and He has become my salvation. This is my El, and I will glorify Him; my father's Elohim, and I will exalt Him."* It is this everlasting Name of which the **Ya** in which Ya-Or-Ga captures.

OR is the Hebrew word for Light. Strong's concordance defines this word as to be or become Light. Among it is other meanings are bright, dawned, enlighten, gave light, illumine, kindle, make a fire, make shine, resplendent, shed light, shine. It can also mean daylight, early morning, lightning, lights, sun, sunlight, and sunshine. The word occurs 177 times in the Hebrew Scriptures and 95 times in the Renewed Covenant Scriptures. The word OR first appears in Beresheet (Genesis) 1:3, *"And Elohim said, Let there be Light: and Light was."* This was no ordinary light but the light of the Word of Elohim that pierced through the darkness of eternity. What Scientists have called the Big Bang. It is this eternal light of which the **Or** in Ya-Or-Ga captures.

GA is the short form of Ga'ah. A Hebrew word that means to raise up on high, to exalt. Strong's concordance defines it as to raise up, to increase, or to triumph. It comes from the primitive root; to mount up; hence, in general, to rise, (figuratively) be majestic - gloriously, grow up, increase, be risen, and triumph. The first instance of the word Ga'ah occurs in Shemoth (Exodus) 15:1-2 where Yisra'el has triumphed over Pharaoh's horsemen. *"1 Then sang Moshe and the children of Yisra'el this song unto YHWH, and spoke, saying, I will sing unto YHWH, for He is highly exalted; the horse and his rider has He thrown into the sea. 2 Yah is my strength and song, and He is become my salvation. This is my El, and I will glorify Him; my father's Elohim, and I will exalt Him."* It is this infinite power that **Ga** in Ya-Or-Ga captures.

THE JUSTIFICATION

Melech Dawid (King David) a man after YAH's own heart received a revelation of truth beyond his time when knowledge of anatomy was considered witchcraft. He exclaimed,

"13 For You have made my reins; You have knit me together in my mother's womb. 14 I will give thanks unto You, for I am fearfully and wonderfully made: wonderful are Your works, and that, my soul knows

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right well. 15 *My frame was not hidden from You when I was made in secret, and curiously wrought in the lowest parts of the earth”* Tehillim (Psalms) 139:13-15.

Biological knowledge of the complexity and dynamism of the human body was not known in the age of David a humble Sheppard but in a divine moment, Melech Dawid received a divine download; a binah (knowledge) of the human anatomy millenniums before medical science understood the wonder of the human body.

To paraphrase, *“We are fearfully and wonderfully made and my soul knows it well!”* In the last of his psalmist compositions Psalms 150 he, therefore, instructs us;

“Let everything that has breath praise Yah. Praise you Yah.”

Believers have quoted this passage with vigor and determination, even committing it to long-term memory to draw every drop of its restorative and healing promise, yet most believers live their last years and final moments in pain and ailments, or sickness and disease that are indicative of Mitzrayim (Egypt) they are supposedly delivered. Lest we forget;

*“26 And He said: If you will diligently hearken to the voice of YHWH your Elohim, and will do, that which is right in His eyes and will give ear to His commandments, and keep all His statutes: **I will put none of the diseases upon you, which I have put upon the Egyptians, for I am YHWH that heals you (YHWH-Rophechah)**”* Shemoth (Exodus) 15:26.

Rophechah is an interesting Hebrew word. Generally, it means to cure or heal. Strong’s concordance says this; Raphah (raw-faw’); a primitive root; properly, to mend (by stitching), i.e. (figuratively) to cure, (cause to) heal, physician, repair, X thoroughly, make whole. In other words, YAH heals, repairs and He makes whole or complete. Ya-Or-Ga is the *raphah* of the Torah. A claim we do not make lightly.

Thousands of years have passed and we lost the *raphah* of the Torah when we turned the Divine Instructions into a solely religious and intellectual pursuit. We are a Triune Being consisting of a ruach (spirit), nephesh (soul), and basar (body). Parts or centers of which are equally addressed and taught in the Torah. The Torah is for everyone. No part of the Torah is for Yisra’el alone. The Torah itself teaches that its truth and wisdom are for all people and nations. Ya-Or-Ga is for everyone who desires to tap into the raphah of the Torah. Ya-Or-Ga was composed to

fulfill this important mitzvah (commandment) which we have so wilfully neglected to our detriment and fall.

THE PURPOSE

Billions of dollars are committed annually to research the extent of the lifespan of humans and improve the health of the aged which is frankly a waste of money when it is known what causes aging. The hope that drives this billion-dollar industry is that someday youth and vitality will come in “pill” affordable only to the Elite. In their quest, our Scientists strive meticulously to unlock the secret of our genes to stop aging and death and they have not succeeded and never will. I want to share a secret with you;

The cycle of life and death and rebirth is programmed into DNA sequences of our genes and into the atoms of the Universe itself. There is nothing science or medicine shall develop that will stop the cycle and reverse the process, because we are programmed in our genes and conditioned by our environment to die.

However, we can slow down the process of aging substantially and in many cases reverse it for a time period. This is the Holy Grail or purpose of Ya-Or-Ga. To slow down the inevitable process of aging and allow us to die with dignity by having a measure of control over our day and possibly the time of death.

The sages of Yisra'el chose the age and time of their death. They gave up their ghost when they knew it was their time to go. When Avraham (Abraham) reached the age of 170 the Torah tells us he gave up his spirit and was gathered to his people.

“7 And these are the days of the years of Avraham's life that he lived, one hundred seventy-five years. 8 Then Avraham gave up the spirit, and died in a good old age, an old man, and full of years; and was gathered to his people” Beresheeth (Genesis) 25:7-8.

It was the same for Yitzchak (Isaac) (Beresheeth (Genesis) 35:28-29) who died at 180 and Yaakov (Jacob) who died at 140 (Beresheeth (Genesis) 47:28; 49:33). Yaakov did not attain the age of his fathers because he lived in Mitzrayim for 17 years and so did Yoseph (Joseph) who died at 110 years due to their previous diet while in captivity.

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Moshe (Moses) the greatest of all prophets also came out of Mitzrayim and died at the young age of 120 due to his previous diet. Nevertheless, he was strong and well in his last days, when he ceased to live the lifestyle of Mitzrayim, which consisted of eating foods prohibited by the Torah. Moshe died well and strong, the impression we get from the Torah is that he decided the time of his death.

“7 And Moshe was one hundred twenty years old when he died: his eye was not dim, nor his natural force gone” Devarim (Deuteronomy) 34:7.

I am convinced these great men practiced a lifestyle of Yoga which included a strict diet and time to meditate. Indeed the Scriptures have a prescribed diet and meditation code called the Laws of Kashrut and Tefillah.

The goal of Ya-Or-Ga is to bring the believer to the state where aging is inevitably reversed and the believer returned to his or her youthful state. I like what this author said; “In truth, Yoga doesn’t take time – it gives time” Ganga White. You wonder if this is possible, and the answer is a resounding yes. This outcome is promised to us in the Scripture – a life absent of sickness, weakness, and aging is pictured for us.

*“28 Have you not known? Have you not heard, that the everlasting Elohim--YHWH—the Creator of the ends of the earth, faints not, neither is weary? His discernment is past searching out. 29 He gives power to the faint, and to him, that has no might, He increases strength. 30 Even the youths shall faint and be weary, and the young men shall utterly fall. 31 **But they that wait for YHWH shall renew their strength; they shall mount up with wings as eagles: they shall run and not be weary; they shall walk, and not faint”*** Yeshayahu (Isaiah) 40:28-31.

Through Ya-Or-Ga we can relive verse 31 *“they shall mount up with wings as eagles: they shall run and not be weary; they shall walk, and not faint.”*

How many aged or elderly people do you know have the strength and power to outperform young men as verses 30-31 indicate? Scarcely do we find this situation today yet many elderly fit men and women have demonstrated that this is quite possible and reachable and is no longer a rare sight, especially among lifetime Yoga practitioners. One of my expressed goals in life is to live at my best health potential and when the time arrives for me to pass into eternity, I want to leave physically and emotionally well and not on a sick bed. This can also be your experience.

THE SYSTEM

In the beginning, Yoga was introduced to humanity as a DIVINE SYSTEM (a spiritual order) and not a religion. Hinduism was the religion that wholly embraced the revelation and incorporated it into its teachings, hence its Hindu skin. All others faiths lost “the system,” albeit more so in the Western traditions than in the East. It is not hard to understand why. Like the many martial arts that came to the West at the same time as Yoga, most were introduced as a military or defense system disembodied of its religious roots for fear of it being rejected.

Trace the ancestry of these systems and one will quickly discover that all came out of a religion and its founders were priests or men of the priestly class. Judaism, Christianity, and Islam have no such systems because killing, sports, and exercise are not part of their religion. The reason is simple, the body is seen as unholy and inferior to the spirit and soul, which is the main focus of monotheistic religions that teach a hierarchy in our triune being. This does not mean we had no Yoga or martial systems. Not so, all it means is that we lost the connection somewhere along the way.

The yogic composition of body postures and the patterns of breathing and transcended meditation techniques are not unique to Hinduism. Most Eastern religions and cultures have their culturally-based expressions and equally, boast a long history, for example, Tai Chi, Qigong, Jujitsu, Karate, Kungfu, etc. practiced many Yoga forms and meditation techniques for thousands of years. These systems maintained a vibrant connection to their people because religion was the glue that held it together and created the ancestry where its knowledge and practice were handed down from one generation to the next.

Many monks, priests, and holy men in the West in the ensuing centuries of war realized the benefits of these Eastern systems and appropriated these systems into their training, purely for improving their combat skills. Yoga was the last of these systems to be incorporated into the West but not for harm but rather for peaceful purposes. It was mainly the female population that embrace the art at the start but the men that seized it early soon became our legends in the West. We shall look at this history soon. The point is Judaism, Christianity and Islam lost their connection to Yoga when they misunderstood the origin of “the system” as Hinduism and Polytheism.

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Many gurus teach that Yoga is not a religion but this is not true. Yoga may have shed its religious skin as it migrated to the West but it is fundamentally spiritual. Yoga is innately spiritual as evidenced by many Hindu sacred texts. Yoga to be complete and function correctly must have a spiritual dimension. If it were true that Yoga does not have a spiritual side, then why do many thousands of Yoga followers make a pilgrimage to Indian ashrams annually and display in their studios a semblance of the Hindu religion and pictures of their guru? Something that no pious Jew, Christian, or Muslim would think of doing because it is tantamount to paganism and idolism.

The spiritual pull or vacuum in Yoga does not need to be filled with religion. The Supreme Creator of all things is not a religion. He is the ALL, the Maker and Creator of all things, and everything that exists is in Him. We must connect the system to the ultimate revelation – The Being that created all things. It is He who gave us Yoga and it is Him that will complete the spiritual vacuum in Yoga and pull us toward a priestly holiness. We must also stop fearing Hinduism and see it as the guide YHWH provided us to understand Yoga. The majority of monotheistic believers still will not practice Yoga because of its connection to Hinduism. This need not be the case.

Hinduism is not a threat to monotheistic belief systems. We are not competing faiths; in essence, our religions are different ways the Supreme Being revealed Himself to Humanity. All religions are like petals in a magnificent rose that connects to a center held together by a stalk. Each petal brings to the flower of humanity, a unique aspect of life we do not have in our faith. The lessons of each faith will lift and improve the state of our earthly paradise when we all learn to live in peace. It is our shared purpose to discover the beauty that is in each petal through the learning of other people's faith. In the task, we will inevitably learn to love one another and appreciate our difference.

A BRIEF

The information on Yoga is enormous and its knowledge expands exponentially every year. Many aspects of Yoga are now Science and the discoveries abound in scientific journals. One could easily spend years studying Yoga and its various limbs. This knowledge is good but is not relevant to our discipline. The fact of the matter is we can't teach you Ya-Or-Ga until you grasp the fundamentals of the religion of Hinduism and the basics of Yoga which every student of Yoga should understand.

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Yoga is really about the practical as Sri Krishna Pattabhi Jois surmised, “Yoga is 99% practice and 1% theory.” We are going to give you the one percent theory you need to understand. To save a lot of time reading yourself, we have cut and combined many pieces of information from a wide variety of practicing experts on the main aspects of Hinduism and Yoga in the hope to condense the knowledge down to a useful understanding. There is no point in spending hours and days trying to assimilate information that is simply not useful or practical but rather entertains our intellectual fancy.

As far as possible we try to limit the information to “useful” rather than “intellectual.” Albeit please feel free to explore what the authors offer with the links provided or you may skip a part, however, realizing that many sections repeat information because they are linked. We quote many website sections to avoid diluting or mismanaging the information because the authors have done a fantastic job of explaining the subject much better than we could.

This is how we have divided this work.

In the first three sections:

- Ya-Or-Ga
- Yoga
- Hinduism

We explain the religion, the culture, the people, the history, and the development of the discipline. Where necessary we mention its connection to Scripture and the Torah.

In the next three sections:

- Asana
- Vinyasa
- Dinacharya

We explain the backbone of the Yoga postural system and the science of Yoga. The many postures and movements involved in Yoga. Where necessary we mention its connection to Scripture and the Torah.

In the next three sections:

- Pranayama
- Pratyahara
- Ahimsa

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We explain the backbone of Yoga, breathing, and meditation. We connect this to the supreme principle of Yoga and the task of cultivating Yoga as a lifestyle and medicine.

Finally, we end with our scholarly sources and information about our Hebrew ministry.

- Vidya
- Pramana
- Seva

Namatste!

YOGA

INTRODUCTION

“Inhale the future. Exhale the past.” – Unknown.

It is stated in a Discovery Channel documentary on the Story of Yoga that over 250 million people practice Yoga today. In America alone, more than 55 million adults practice Yoga. The number of US “yogis” increased by over 50% in 4 years. It was forecasted that over 70 million people would practice Yoga in the US by 2025. Women account for 72% of Yoga practitioners. Its popularity continues to grow in the West and the East as more Yoga studios and schools open across cities centers and towns. It is said that in every city it is easier now to find a Yoga studio than an Indian restaurant. Further, still Yoga is increasingly taught in schools, hospitals, and secular institutions across western countries.

The Prime Minister of India Narendra Modi a Yoga practitioner himself called Yoga “India’s greatest contribution to the world” and proudly states, “Yoga is India’s priceless heritage has become the world’s priceless heritage.” A heritage that undoubtedly includes the history and philosophy of Hinduism which frankly one cannot avoid when you wish to advance in Yoga. The Hindu religion has many good things other than Yoga to offer humanity.

The good news is the Torah has no competition or is a threat from Hinduism or for that matter any other religion. A Torah keeper, Messianic believer, or Christian need not fear being snared or afflicted by Yoga or Hindu teachings or practices as long as one understands and respects their place in human society. After all, there are more than 1.35 billion Hindus and their religion is third-ranked in the World. Torah and Messianic believers shall benefit to learn from Hindu wisdom and their Yogic traditions, albeit as you read on, you will discover where the Torah and Yoga unite and divide, and this is where Ya-Or-Ga comes into the picture.

THE ROOT

It is generally understood that the practice of Yoga aims to create a union between body, mind, and spirit, as well as between the individual self and universal consciousness and with man and Nature. How you put this into a definition is impossible.

There is no one universal definition of Yoga though it's meaning is clear. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite' or 'to balance.' A yoke, or wooden beam used between a pair of animals to allow them to pull a cart together, generally serves two functions: to unite the animals to said cart and to control the movements of the animals using ropes attached to the yoke. Just as a yoke is a mechanism of control and unity, yogic practice is a mechanism of controlling the body, breath, senses, and mind to enable more effective meditation for the purpose of liberation.

Interestingly the term Yoga has a similar meaning to the word religion which is derived from the Latin verb Religare, a word meaning "to fasten or bind." In other words a type of yoke. In the Renewed Covenant we find a literal application in this saying of Yeshua (Jesus) where the word yoke can be translated as Yoga.

*"29 Take **My yoke** (yoga) upon you, and learn about Me; for I am meek and lowly in lev (heart): and you shall find rest for your beings. 30 For **My yoke** (yoga) is gentle, and My burden is light" Mattityahu (Matthew) 11:29-30.*

It is recorded in many documentaries that Yeshua spent a part of His life and ministry in India where He would have come into contact with Yoga. Could this be the true or hidden interpretation of what He meant here? That in fact Yeshua taught Yoga as part of His message and spiritual journey. Many Christian mystical schools and books acknowledge the connection with Yoga. We believe He did.

The Bhagwad Gita, a very widely known classical text on Yoga, gives various definitions of Yoga.

- Yoga is the pathway of enlightenment.
- Yoga is equanimity of mind in success and failure.
- Yoga is discretion in work.
- Yoga is the remover of misery and the destroyer of pain.
- Yoga is the supreme secret of life.

- Yoga is serenity.
- Yoga is the giver of infinite happiness.
- Yoga is the stilling of the changing states of the mind.
- Patanjali, the author of the classical Yoga text, The Yoga Sutras, defines Yoga as, “complete control over patterns or modifications of the mind.”

All styles of Yoga practiced today can be traced back to three historical bases. Religious Yoga, Yoga based on Patanjali Yoga Sutras and Hatha Yoga (To be expanded later). They all ultimately stem from a religious base of sagic traditions going back thousands of years, with each style differing only in its focus.

It is beyond the scope of this book to examine the illustrious prehistory of Yoga which stretches back thousands of years. Should a Yogi be interested in this area we highly recommend you read this short article by Dr. Ishwar V. Basavaraddi the Director of Morarji Desai National Institute of Yoga titled “Yoga: Its Origin, History, and Development.” (Source:https://www.mea.gov.in/searchresult.htm?25096/Yoga:_su_or_igen,historia_y_desarrollo).

Our specific focus in this book is Yoga’s history and development in the West, the culture from which it sprang, its philosophy, its techniques, and its benefits to the human body and mind. Unless one understands these things Ya-Or-Ga will not make complete sense on many levels.

THE TRUNK

The various branches of Yoga could be, for practical purposes, classified into six basic groups:

- Jnana Yoga: the Yoga committed to inquiry.
- Karma Yoga: the Yoga committed to selfless service and Dharma.
- Bhakti Yoga: the Yoga devoted to love and devotion to God.
- Raja Yoga: the Yoga committed to introspection and contemplation.
- Hatha Yoga: the Yoga devoted to the discipline of the body and the balance of the mental, physical and subtle forces of the body through the practice of asana and pranayama.
- Kundalini Yoga: A form of Yoga that involves chanting, singing, breathing exercises, and repetitive poses. Its purpose is to

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activate the Kundalini energy or Shakti which is said to be located at the base of the spine.

The Bhagavad Gita, the Yoga Sutras of Patanjali, and the Hatha Yoga Pradipika form the basis of Yoga belief and philosophy.

THE BRANCHES

There are more than twenty different styles of Yoga each with its own sequences of exercises dealing with particular aspects of the body and mind. It is beyond the scope of this book to examine these disciplines. A casual search on the web will explain the goals and benefits of each discipline, all of which have their own websites. These are the styles and their founders and date of establishment in the West.

1. Hatha Yoga was founded by Kanphata Yogis (11th Century).
2. Mantra (Chanting) Yoga An ancient tradition. No official founder.
3. Vinyasa (Flow) Yoga was founded by Tirumalai Krishnamacharya (the 1940s) and the sage Rishi Vamana.
4. Ashtanga Yoga was founded by Sri K. Pattabhi Jois (1948).
5. Sivananda Yoga was founded by Swami Vishnu-devananda (1959).
6. Kundalini Yoga was established in the West by Kopi Krishna and Yogi Bhajan (1967).
7. Bikram (Hot) Yoga was founded by Bikram Choudhury (1970s).
8. Restorative Yoga was founded by Judith Lasater (1970s).
9. Iyengar Yoga was founded by B.K.S. Iyengar (1975).
10. Vini Yoga was founded by T.K.V. Desikachar (1976).
11. Yin Yoga was founded by Paulie Zink (1979).
12. Rocket Yoga was founded by Larry Schultz (1980).
13. Prenatal Yoga was founded by Jeannine Parvati Baker and Janet Balaskas (in the 1980s).
14. Forrest Yoga was founded by Anna Forrest (1982).
15. Jivamukti Yoga was founded by David Life and Sharon Gannon (1984).
16. Power Yoga was founded by two American yogis, Beryl Bender Birch and Bryan Kest (1990).
17. Integrative Yoga Therapy (IYT) was founded by Joseph Le Page (1993).
18. Anusara Yoga was founded by John Friend (1997).

19. Acro Yoga was founded by Jenny Sauer-Klein and Jason Nemer (2003).
20. Torah Yoga was founded by Diane Bloomfield (2004).
21. Holy (Christian) Yoga was founded by Brook Boon (2007).
22. Aerial Yoga was founded by Christopher Harrison and Richard Holroyd (2011).
23. Eckhart Yoga was founded by Esther Eckhart (2012).
24. Ya-Or-Ga was founded by NOMANSZONE (2021).

The Bhagavad Gita mentions eighteen different types of yogas associated with Hindu life, none were ever envisaged by its founders to be purely physical or mental systems void of their religious roots and rituals. The writings of Yoga go back 2,200 years ago.

THE TECHNIQUES

Yoga techniques were systematically summarized for the first time by Patanjali in the Yoga Sutras (from the Sanskrit sutra ‘thread’) between 200 BCE – 200 CE. The precise background of their emergence and their author is not known. Though references to Yoga within Hindu scripture had already long existed. It is believed they were too diverse and complex for the general public, so Patanjali created the Yoga Sutras as a way of compiling already existing teachings into a format easier to follow and understand. Today, the Yoga Sutras are the most commonly referenced text on Yoga, making Patanjali “the father of Yoga” in the eyes of many but he would not make such a claim. The truth is Elohim is the creator of Yoga.

The first two parts of Patanjali’s process are *Yama* (restraint from unethical actions) and *niyama* (observance of positive actions), which help to control the lower instincts of one’s nature and cultivate good character. The next three, *asana* (physical postures), *pranayama* (breath control), and *pratyahara* (sense withdrawal) enable control over the body, breath, and senses. Finally, *dharana* (concentration), and *dhyana* (meditation), help one to control the mind, leading the yogi to *samadhi* (absorption with the Divine). This system is known as *ashtanga* Yoga (literally “eight limbs”) — not to be confused with capital - *Ashtanga* Yoga, which is a specific method of Yoga practice taught by the late K Pattabhi Jois and other teachers following in his lineage.

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Who is Patanjali?

Patanjali, a revered scholar in the yogic tradition, is credited with authoring the Yoga Sutras, a foundational text for classical Yoga. In the Yoga Sutras, the eight limbs are referred to as *Ashtanga Marga* (from the Sanskrit *ash* meaning eight and *anga* limb of a body and *marga* path). Little is known about this man who obviously wanted to live in obscurity. Patanjali is estimated to have lived in India sometime between the 5th century B.C.E and the 4th century C.E.

According to Patanjali's treatise of Yoga sūtras, Yoga can be physical as well as mental. Meaning, Physical Yoga is called Hathyoga, and Mental Yoga is called Rajayoga.

(Source: <https://www.hinduamerican.org/blog/who-was-patanjali-and-what-are-the-yoga-sutras>).

THE PATH

Patanjali taught that inner liberty and self-determination could only be achieved by consciously dealing with the negativities and limitations of the mind and reducing their impact on one's own perceptions and actions. The Eighth Limb path is a sort of guide to overcoming mindsets, approaches, and patterns of behavior that one acquires in their life journey called *Kleshas*. The Kleshas are Avidya: ignorance, Asmita: exaggerated egotism, Raga: exaggerated attachment, Dvesha: exaggerated repulsion, Abhinivesha: fear of death.

Ashtanga Marga - The Eight Limbs of Yoga.

The Eight Limbs of Yoga are core principles that serve as a compass for living a meaningful and purposeful life. Parts of this information come from the Gaia Yoga website.

1. Yamas - first limb

The Yamas lay down five moral/ethical principles that guide and govern interactions with others.

There are five Yamas:

Nonviolence (Ahimsa).

Truthfulness (Satya).

Non-stealing (Asteya).

Chastity and fidelity (Brahmacharya).

Non-coveting (Aparigraha).

At first glance, these considerations mirror the basic morals taught in kindergarten but have depth in their continued practice. There is other yama's worthy of consideration:

Ahimsa: practice nonviolence in thought, word, and deed; practice self-love.

Satya: tell the truth; opt for silence if your words may harm others.

Asteya: do not steal, even in non-material ways, such as withholding information or time.

Brahmacharya: use your energy wisely and with intention; avoid excess or overindulgence.

Aparigraha: you are enough and you have everything you need already.

In Hinduism, there are many interpretations of the Yamas and Niyamas; one must find the definitions best suited to their personal practice.

2. Niyamas - second limb

The Niyamas are the five observances or rules of conduct, by which Yogis are expected to live their lives. The Niyamas are practices that inform self-discipline and worldview. These include:

Saucha (Purity): "Leave a place cleaner than you found it" (cleanliness).

Santosha (Contentment): "Don't worry, be happy" (contentment).

Tapas (Self-discipline): "When the going gets tough, the tough get going" (willpower and self-discipline).

Svadyaya (Self-study and self-reflection): "Learn from your mistakes" (study of self and sacred scriptures).

Ishvara Pranidhana (faith in a higher force): "Have faith" (surrender to the divine).

3. Asana - third limb

Asana in Patanjali's Yoga sutra only mentions sitting (from the Sanskrit *asana* meaning 'to sit' or 'stay.' Nowadays asana refers to the physical postures practiced in Yoga. In Yoga, practice asana is designed to prepare the body and mind for seated meditation. Patanjali's Yoga sutra mention two qualities that the asana should combine; stability and effortlessness in the technique. The term asana also refers to the ancient yogic tradition of taking a seat close to the teacher this is often seen today with

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gurus seated on an elevated platform surrounded by their students receiving their teaching.

4. Pranayama - forth limb

Pranayama denotes a conscious control of energy through breathing. Breathing is the only bodily function that one performs consciously and unconsciously; it can be voluntary or involuntary. However, breathing patterns, such as a tendency to hold your breath, are indicators of mind and body health. By practicing controlled breathing techniques, the body and mind are relaxed and obstacles are removed so that there is better energy flow. In Sanskrit, *prana* is our vital life force, so pranayama is the cultivation and mindful use of life force. Pranayama leads to improved concentration, health, focus, clarity, creativity, purpose, and compassion.

5. Pratyahara - fifth limb

Pratyahara is the practice of withdrawing from external stimuli to enhance internal awareness. It is about calming and stilling the mind to return to a quiet state through meditation and the removal of distractions. The five senses in the body are like doors that allow distractions to reach the mind. Pratyahara teaches one to close the doors to the senses so that the mind is still aware of external stimuli but no longer responds to them. As the practice grows one's heightened sense of awareness leads to an ability to see things as they are, not as they are.

Note: Samayama covers the last three limbs of the path, which exclusively deals with the mind and is designed to go right to the core of inner knowledge. The other remaining five limbs of the sutra are designed to still the mind and prepare it for the path of inner freedom.

6. Dharana - Sixth limb

Dharana denotes the ability to focus our entire concentration on an object; an action, a question, or a consideration, and keep it there. It is expected that through concentration one makes a deeper penetration and understanding of the object of concentration possible. This practice trains the mind in stillness and focus. Nowadays the practice of intense concentration is used to focus on a physical object, such as the flame of a candle or a picture of a deity.

7. Dhyana

Dhyana is the state of being keenly aware, yet without focus. In meditation, the subjective motions of knowledge, thought patterns, doctrines, expectations, and emotions are abandoned. In other words, it is awareness without judgment or attachment; it is peaceful, and meditative precedes complete bliss. It is otherwise known to artists and athletes as the flow state. In life, there are moments when one is so engrossed in the present that one loses track of time or desire (even for food). The practice of Yoga offers a return to this state.

8. Samadhi

Samadhi is the end and goal of the path. It is a state of Absolute or Oneness some call ecstasy or inner freedom. It is transcendence, connectivity with the divine, a coupling with the universe, and a mind-body integration of the concept that “all things are one.” Patanjali’s Yoga sutras describe this state as a complete feeling of oneness with the object of meditation. In this state feelings of one’s own identity are lost. The lotus blossom is a symbol of purity in Hinduism and Buddhism which Yoga also sees as the symbol of Samadhi.

(Source: <https://www.gaia.com/article/the-8-limbs-of-yoga-explained>).

THE MOTHER

Hatha Yoga is the mother of modern-day Yoga and is considered classical Yoga. Many Yoga books and Yoga studios identify by this generic name. Hatha Yoga centers on the body and the route taken is not through meditation but physical exercises or postures hence its popularity. Hatha Yoga, therefore, became the generic term for all body-based styles of Yoga and stands for the channeling of energies within the body. Hatha Yoga emerged sometime around the 9th Century C.E. and has a collection of texts and holy men who developed the system.

The *Hatha Yoga Pradipika* is one of the most influential texts of Haṭha Yoga. It was compiled by Svātmaṛama in the 15th century C.E. from earlier Haṭha Yoga texts. The *Hatha Yoga Pradipika* (from the Sanskrit: Light) has historically been studied within Yoga teacher training programs, alongside texts on classical Yoga such as Patanjali’s Yoga Sutras explained earlier. Svātmaṛama connects the teaching’s lineage to Matsyendraṇath of the Nathas who is traditionally considered the revivalist of Hatha Yoga as well as the author of some of

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its earliest texts. This concise summary from Wikipedia explains Hatha Yoga's development in India.

“In India, Haṭha Yoga is associated in popular tradition with the Yogis of Natha Sampradaya (a movement) through its traditional founder Matsyendranath, who is celebrated as a saint in both Hindu and Buddhist tantric and Haṭha Yoga schools. Almost all Hatha yogic texts belong to the Nath Siddhas, and the important ones are credited to Matsyendranath's disciple, Gorakhnath or Gorakshanath. According to the *Dattatreya Yoga Sastra*, there are two forms of Haṭha Yoga: one practiced by Yajnavalkya consisting of the eight limbs of Yoga, and another practiced by Kapila consisting of eight mudras. The oldest dated text so far found to describe Haṭha Yoga, the 11th-century *Amṛtasiddhi*, comes from a tantric Buddhist milieu. The oldest texts to use the terminology of *Hatha* are also Vajrayana Buddhist. Later Haṭha Yoga texts adopt the practices of Haṭha Yoga mudras into a Saiva system, melding it with Layayoga methods which focus on the raising of kuṇḍalini through energy channels and chakras.”
(Source: https://en.wikipedia.org/wiki/Hatha_yoga).

A note of explanation of Kundalini

Kundalini is a central concept in Yoga. One of which advanced Yogis must master to become a qualified Yoga teacher in India, therefore, requires some explanation. There is fear and concern among believers over this area because it is connected to the Hindu religion and philosophy. If we can leave the Hindu belief of polytheism aside for a moment and try to understand the philosophy behind Kundalini we can benefit from the practice. The study and practice of Kundalini will help us awaken and manage the energy systems of the body which is quite apparent when you understand your complexity. Remember we are fearfully and wonderfully made.

We cannot disregard the parallelism of Kundalini to the serpent on the pole in the Hebrew Scripture. In the Books of Kings (Melechim Bet (Second Kings) 18:4; written c. 550 BC), the Hebrew term *Nehushtan* is the derogatory name given to the bronze serpent on a pole. The serpent is described in the Book of Numbers, where YHWH instructed Moses to erect it so that the Israelites who saw it would be cured and be protected from dying from the bites of the “fiery serpents,” which YHWH had sent to punish them for speaking against Him and Moses (Bamidbar (Numbers) 21:4–9). The *Nehushtan* as an energy or force finds a match in the concept of *Kundalini shakti*.

THE ENERGY

Kundalini Shakti is primordial cosmic energy, known as the Serpent Power. In the yogic culture, the snake is a symbol for *kundalini* – the unmanifest energy within you. It is the fundamental life force and, at the same time, the supreme spiritual energy usually believed to lie dormant and coiled three-and-a-half times around the *muladhara chakra* at the base of the subtle spine. In Indian belief, Kundalini is the desire of God. “Is not desire for God” – “is the desire of God itself.”

The Chakras (Energy Centres)

The chakras are centers of energy looking after diverse aspects of our physical, intellectual, emotional, and spiritual being. In western medical science, their physical representations are the plexuses.

In Sanskrit, the meaning of chakra is “wheel.” They are represented as wheels of energy turning in a clockwise direction. Each chakra vibrates with a specific quality. When fully manifested, these qualities are expressed in our lives, giving us inner balance and beauty.

1. Muladhara Chakra (Innocence)

The first chakra is situated below the sacrum bone in which resides the Kundalini, and its main aspect is the innocence. Innocence is the quality by which we experience pure, childlike joy, without the limitations of prejudice or conditionings. Innocence gives us dignity, balance, and a tremendous sense of direction and purpose in life. It is nothing but simplicity, purity, and joy.

The Kundalini (Mothering energy)

The Kundalini is the primordial source of all energy. It is a living energy that knows how to act. Prior to Self-Realisation, the Kundalini lies dormant in the sacrum bone at the base of the spine. When rising in our central channel, the Kundalini purifies our subtle system and chakras. She generates the power of pure desire, the power to evolve and to become one with the spirit.

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2. Swadishthan Chakra (Creativity)

The second chakra is the chakra of creativity, pure attention, and pure knowledge. It is the one that connects us to the inner source of inspiration and enables us to experience the beauty around us.

3. Nabhi Chakra (Peace)

The third chakra is the one that gives us the sense of generosity, complete satisfaction, and contentment. When enlightened, the Nabhi chakra gives us our spiritual ascent, righteousness and inner sense of morality, and complete balance at all levels in our life.

3a. The Void (the Guru)

Surrounding the second and the third chakra is the Void which stands for the principle of mastery within us. In Sahaja Yoga, you become your own master, your own spiritual guide since you can feel your subtle system at your fingertips.

4. The Heart Chakra (Love & Compassion)

The fourth chakra, the chakra of the heart, is the place where resides our Spirit, our true Self, which is eternally pure and unaffected by anything. It shines like a hidden diamond within us, witnessing all our actions. It is from our heart that compassion and love manifest, and also the heart chakra is the one that gives us the sense of responsibility and pure behavior towards others. The heart chakra also gives us complete security and confidence.

5. Vishuddhi Chakra (Collectivity)

The fifth chakra is the chakra of diplomacy, of pure relationships with others, and of playful detachment. It removes our guilt feelings and gives us a kind and compassionate voice. The Vishuddhi is the chakra that gives us the connection with the whole, enabling us to feel our oneness and the fact that we are all part and parcel of the whole.

6. The Agnya Chakra (Forgiveness)

The qualities of the sixth chakra are forgiveness and compassion. Forgiveness is the power to let go of anger, hatred, and resentment and to discover, in humility, the nobility, and generosity of the Spirit. It is the one that dissolves all our ego, conditionings, habits, false ideas of racialism, and all our misidentifications. It is the narrow gate that opens

the way for our consciousness to ascend to its final destination, which is the seventh center.

7. The Sahasrara Chakra (Integration)

The seventh center integrates all the chakras with their respective qualities. It is the last milestone of the evolution of human awareness. Today, this chakra is now awakened, allowing our consciousness to enter into this new realm of perception and awareness, which is beyond our mental activities and thoughts. This chakra gives us the direct, absolute perception of Reality in our central nervous system. This is precisely what is achieved by Self Realization, through the spontaneous awakening of the Kundalini given by Sahaja Yoga.

The word *kundalini* is derived from the Sanskrit word *kundal*, meaning “coiled up.” In *Tantra Yoga*, *kundalini* is an aspect of *Shakti*, divine female energy, and the inseparable lover of *Shiva*. *Kundalini* is generally defined as an essential potentiality of our being which, upon awakening, opens us to a cosmic, non-personal dimension of energy. Spiritual realization results from the transformations that it produces.

There are many references to the power, grace, and importance of *kundalini* in the traditional texts of *Yoga*. In the *Gheranda Samhita* (6:16), *kundalini* is likened to a serpent lying coiled in *Muladhara chakra*: “In the *Muladhara* is *kundalini*, having the form of a serpent. The *jivatman* is there like the flame of a lamp. Contemplate on this flame as the Luminous *Brahman*.”

Heightened states of energy are also heightened states of perception. The whole yogic system is aimed only toward enhancing your perception. A spiritual process essentially means just that – to enhance your perception because you know only what you perceive. This is the reason for the symbolism of Shiva and a snake. It indicates that his energies have reached their peak. His energies have reached the top of his head and so his third eye has opened.

Kundalini and the Third Eye

The third eye does not mean someone’s forehead has cracked and something came out. It simply means another dimension of perception has opened up. The two eyes can see only that which is physical. If I just cover them with my hand, they cannot look beyond that. That is how limited they are. If the third eye has opened, it means another dimension

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of perception which is inward-looking, which looks at life completely differently, has opened up and everything that can be perceived is perceived.

As Kundalini Yoga became more and more integrated into Western culture it began to lose its original identity eventually it was totally reshaped through the process of cultural appropriation. The original meaning of these forms is stripped away and replaced by their fashions. Yoga has fallen prey to cultural appropriation. Experience seeking. Many modern Gurus put far too much emphasis on gaining spiritual experience and not enough emphasis on gaining spiritual wisdom. All experiences are temporary and can leave you learning nothing from that experience.

The ultimate goal of spiritual practice is not to produce short-lived experiences but rather to reveal the true divine nature of the conscientiousness within us. According to the ancient teachings our true nature is divine it is eternal limitless and untouched by worldly affliction. If so why we are subject to suffering, the problem is that inner divinity is covered by a veil of ignorance that obscures it and prevents us from recognizing its nature. The goal of spiritual practice is to remove that ignorance and discover the innate ever present divinity within. Yoga Tattva Upanishad says,

“Suffering is due to ignorance. Spiritual knowledge frees you from suffering. And that knowledge is to discover the true, divine nature of your own consciousness.”

Enlightenment is the personal discovery of your innate divinity. The discovery takes place when the veil of ignorance is removed. Removing that ignorance requires spiritual knowledge. Because knowledge alone destroys ignorance. Spiritual knowledge is the primary cause for enlightenment because it can remove the veil of ignorance and reveal the divinity within but Yoga is the secondary cause. Without Yoga enlightenment is impossible. Both spiritual knowledge and Yoga are required.

Yoga Tattva Upanishad says,

“Without Yoga practice how can spiritual practice free you from suffering? Without spiritual knowledge, how can yogic practice free you from suffering? Both are required for liberation.”

Many kinds of Yoga practice can help you gain enlightenment.

YA-OR-GA

- Karma Yoga selfless service.
- Raja Yoga meditation.
- Bakti Yoga devotion.
- Hatha Yoga postures and breathing exercises.
- Kundalini Yoga inner pilgrimage.

The goal of Yoga is the bringing together the various polarities within, in order to reach a state of balance and transcend our limited human vision. Because human beings are complex various branches or disciplines have evolved over time.

(Source: <https://www.healthline.com/health/kundalini-yoga>
<https://hridaya-yoga.com/kundalini-shakti-the-serpent-power>
<https://isha.sadhguru.org/yoga/yoga-articles-yoga/kundalini-yoga-beneficial-or-dangerous>).

We will return to Kundalini when we study the area of Pratyahara (meditation) where Kundalini finds its greatest application. We shall move now to examine Hinduism the culture from which Yoga sprang.

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SEVA

"You crown the year with Your tov (goodness); and Your paths drip with abundance." – Tehillim (Psalms) 65:11.

Note: Seva (Sanskrit) literally means devotion, service, homage, piety, and ministry.

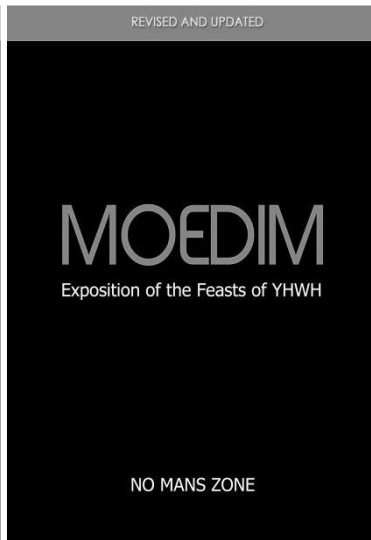
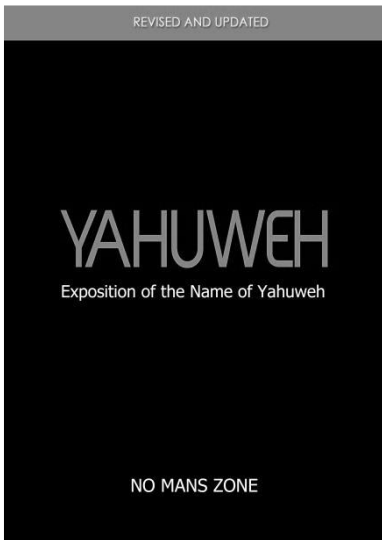
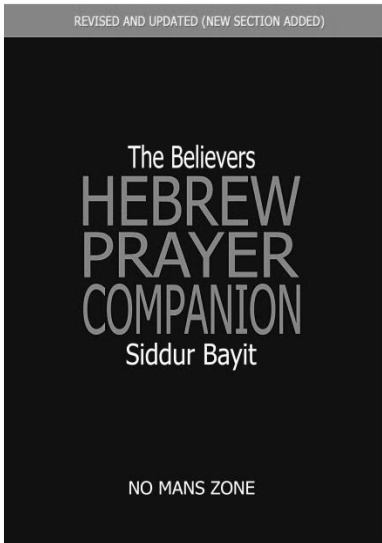
ABOUT NO MANS ZONE

NO MANS ZONE was founded on the 70th Jubilee year 2009 the Jewish year 5769.

- The Purpose of NMZ is set forth in these Scriptures;
- NMZ Vision: Yeshayahu (Isaiah) 40:1-9; Yechezkel (Ezekiel) 37.
- NMZ Mission: Yeshayahu (Isaiah) 61; Yirmeyahu (Yirmeyahu (Jeremiah) 31.

NMZ Goal: Mattityahu (Matthew) 10:5-10; Marqus (Mark) 16:15-18.

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SPIRIT MIND BODY

Royal Yoga

The ultimate expression of Yoga is worship. The ultimate expression of bodily worship is Ya-Or-Ga. Yoga was not created to be without Spirit and Worship. True worship combines the movements of body, the thoughts of the mind, the breath of the lungs and the speech of the tongue as a sanctified system of adoration of the Divine Being -The Spirit. Through the practice of Ya-Or-Ga royal postures we bring the physical, psychological and spiritual aspects of the human being into alignment with the Shekinah and in union with the Sacred Name YHWH. Ya-Or-Ga is not another alternative system of Yoga to deal with ever increasing complexity of the human condition. It is holy lifestyle; a way of living the sages of old in many religions have practiced for thousands of years that is in the daily routine of Elohim's nomadic people. We did not discover it; it discovered us. For that we are truly grateful.

NO MANS ZONE was founded on the 70th Jubilee year 2009 the Jewish year 5769. The Purpose of NMZ is set forth in these Scriptures;
NMZ Vision: Yeshayahu (Isaiah) 40:1-9; Yechezkel (Ezekiel) 37.
NMZ Mission: Yeshayahu (Isaiah) 61; Yirmeyahu (Jeremiah) 31.
NMZ Goal: Mattityahu (Matthew) 10:5-10; Marqus (Mark) 16:15-18.

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