

## The Path of Yoga

In the Hindi philosophy we find three main paths as God is known as Sat-Chid-Ananda. Sat = Being/Truth, Chid =Wisdom/Intellect and Ananada=Bliss/Love. The Path of Advaita Vedanta falls under the Sat aspect as the Self/Being is the main goal.

In the Chid path the seeker's goal is to experience the divine intelligence. This path is adopted by the Yogis in all the different ramifications such as: Hatha Yoga, Kundalini Yoga, Kriya Yoga, Tantric Yoga, Transcendental Meditation, etc. The cream of the highest knowledge about this path can be found in the philosophy of Pantanjali.

Let's now compare the Yogi and the Jnani in their evolution and objectives, but first is important to clarify the two types of Jnani to be able to compare them to the Yogi:

- The first type is the sincere Jnani that is seeking the absolute non-dual reality. After they reach Self-Realization, they still keep intensely practicing self inquiry in the form of: Who am I? Why keep asking who am I if the Jnani have already realized his reality as the Self? They do it because even though they fully identify with Pure Consciousness the mind keeps working as usual after Self Realization. The true Jnani never denies the mind and never tries outshining it by the process of only identifying with the Self. The Jnani that seeks for the highest goal and to become a true saint knows that if the mind and ego strategies are not dismantled, he will never be eternally free as the formless boundless Self. So the Jnani keeps working with the mind and ego even after Self Realization still asking Who I am?. Who am I even after Self Realization makes the mind and ego surrender to the Self, until they arrive to the point where there is no mind that can ask who am I, as the ego has been dismantled with all the ideas, beliefs and programming. Then the Jnani truly becomes a Jnani Saint that have reached complete enlightenment.

-The second type is the fake Jnani who after Self- Realization, becomes god-like and thinks from the perspective of the mind that he is God, and that the mind with all its tendencies, programming and dualities is Divine, because the only reality is the Self and the Self is ultimately the mind. They think that their acts have no consequences and that no karma is created by them, because if you are the Self and not the body/mind then their actions at that level have no effect. For the rest of their lives they keep identifying with the Self, thinking that someday by some magical happening of the Self the ego/mind will be totally transcended, in the meanwhile they enjoy the world without true purpose and live happily playing the role of guru, having disciples at their feet that only serve to feed the guru's ego. This type of Jnanis are Satan's dream who teaches that man is equal to God and no action in this world has consequences, because God is God in action. This type of Jnani promises to reach God, but without ever truly taking the seeker to God, just becoming as God. That is Satan's desire for all to negate God and become God that of course it will never happen as God is God and the soul is the soul.

Now we can compare the true Jnani with the True yogi:

True Jnani	True Yogi
The Jnani seeks Self Realization by trying to break the identification with the body/mind.	The Yogi seeks God by manipulating the bodily energies trying to reach a point of perfect concentration where through the mind the can experiences Pure Consciousness.
The Jnani seeks to transcend the mind, the only obstacle that prevents him/her to attain Self Realization.	The Yogi seeks to use the mind as a vehicle to experience the Self or God.
The Jnani denies the reality of everything that exists and believes only in the existence of the Self.	The yogi affirms that Maya or illusion exists in the mind and by purifying the mind the Yogi can reach Brahman or Absolute pure consciousness or the Self.
The Jnani denies the existence of the Soul, everything is only the Self or Absolute pure consciousness	The yogi seeks to united his soul with the infinite consciousness of God

Can the Yogi become Self Realized?

In most cases if the yogi doesn't have a guru that has himself transcended the mind, it is almost impossible to attain Self Realization. In the majority of cases the highest that can be attained by a yogi is to purify the mind to a point that all its strongest tendencies are purified and attains the experience of Cosmic Consciousness. At that level the mind is fill with peace and harmony now that is not condition by the lowest impulses that controls

the majority of humanity. If the Yogi can transcend the mind after total purification, becomes a Yogi Saint that can help others attain the same level of Realization by the grace of God and his own enlighten condition. The mind is liberated and the only experience is Pure consciousness and infinite light and then the end of reincarnation.

Is the Jnani path higher than the Yogi?

No, the objective is the same, but the Jnani is more direct and with fewer dangers, as he/she does not have to contend with powerful energies as the Kundalini that without the guide of a true Yogi Saint can damage the psyche and energy bodies of the aspirant.

What are the advantages of the Yogi Path?

Some of the advantages if the Yogi find a real Yogi Saint (something really difficult in this world of fake gurus) is that by purifying the body/mind in a safe and supervised manner, the yogi can transcend many of the limitations that exist in the brain/nervous system and awake some powers or siddhis that if used with no ego can be of service to human kind. Also the yogi can experience in the ascending path toward Pure Consciousness or Sahaja Nirvikalpa Samadhi, many levels of ecstasies and happiness related to the purification of the nervous system. But the final transcendence will be the same as the Jnani, except in some cases where the Yogi also identifies with the Universal Shakti or Universal Energy/Light.

### **Shortcomings of this Path**

Even though the Yogi believes in the existence of the soul or atman, seek to dissolve that individuality in the Over Soul or Para Atman or God, like a drop of water that falls in the ocean, becoming one forever with the absolute formless presence of God. The limitation lies that in dissolving the individuality all the possibilities to experience God are lost, and falls in a level like in deep sleep where there is no "I", only infinite consciousness.

God is a Being with infinite qualities and virtues. He can bestow upon the soul unlimited experiences of happiness, love, ecstasies, growth and evolution. If the soul or individuality is dissolved, is like renouncing to the divine purpose that God created for every being that is to Eternally evolve with out limitations at His side.

Think about this point: If God created us in His image (I mean the Soul/Being) that means that the soul was created in perfection. Then why renounce to the Divine individuality that is a gift from God to all? Remember that the soul exists prior to the mind and ego, that without a doubt both must be transcended, but the soul does not have to lose the individuality.

### Why the Yogi and Jnani seek for this kind of liberation?

Because they consider God only as an Absolute Formless presence and also believe that that experience is higher than the Divine Form of God.

### Why do they sustain the point of view?

Those yogic traditions that very ancient have never seek God in his divine form, and have never seen God in His divine form. Like I explained before, God will take you where you want to go; there is free will for all.

For the Jnanis and Yogis any form of God can only exist in one of the seven heavens of creation. For them the highest creator god is Brahma, creator of all things in the universe. Beyond him is the Formless Divine Consciousness from where everything manifested including Brahma, Vishnu and Shiva that are the Creation, Maintenance and Destruction of the Universe.

These paths can not conceive that there can be any type of form higher than the absolute formless Brahman. But there is a Divine Form of God that eternally exists before the creation of Heaven and Earth. God in his divine form spoke and said: Let there be light! And there was light and from that beginning all beings (including Brahma, Vishnu and Shiva) and things that are and ever will be manifested. This Divine Form of God has not been realized by these traditions, even though for Christians is common knowledge, although not derived by direct experience, but just by believing in the word of God in the Bible.

### What is going to happen to those souls that have become dormant in the unlimited presence of the Formless Radiation from the Divine Body of God?

God will give them a second chance to recognize their true purpose that every divine soul has in the moment of final judgment, and is not to be dissolved in His presence, as makes no sense of having created and brought forth a soul from His being just to have it dissolved once more in His body. He wants to awake the soul to the true purpose to evolve and grow without limits and barriers in His creation.

### What techniques are used by the yogis?

The yogis have diverse techniques with one main purpose: Work with energetic forces in the body to concentrate them in one single point in that way attaining a level of perfect concentration, raising all the energies to that point and entering a trance-like state named Samadhi. To this end they most purify the nervous system, the bodily energy centers that they named chakras, so they can raise through the subtle energy channels a feminine force term as the Kundalini.

### What is the end result of this practice?

After experiencing many levels of Samadhi or perfect mental equanimity, and progressing from Savikalpa Samadhi to Nirvikalpa Samadhi, the yogi through the repetition of these experiences seek to reach the moment in which their mind can constantly rest in Nirvikalpa Samadhi, and that is called Sahaja Nirvikalpa Samadhi.

The jnanis identify themselves as pure divine consciousness, and the yogis purify the mind through the Samadhi to reach a pure mental perception of pure Consciousness or Source or Being. This adds a flavor to the Yogic experience that not only perceives themselves as pure undifferentiated consciousness, the yogi also enjoys the experience of unbounded light and the universal vibration.

### Who is God for the yogi?

He is the Absolute Formless Being. They believe in the Impersonal presence of unbound light, consciousness and sound term as "Brahman" also experience in its highest form as the Void or Source Consciousness.

God Bless you now and always,

Cyndarion and Galitica

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