

9. The meeting of soul and supreme soul

Every human being has physical and aura body which are run by the astral, incorporeal, spiritual, formless, invisible soul (source of unlimited light), which is eternal, immortal, and indestructible. Like the soul, Supreme soul is also a form of light or point of light; affectionately called "Baba" meaning Supreme father; living in supreme abode; incarnates into this world for His divine tasks of establishment, destruction and sustenance through trinity. Supreme soul is accepted by all religions, supreme, highest, omniscient and the ocean of knowledge, powers and virtues.

The word yoga is derived from the Sanskrit word YUJ which means – connection or meeting. There are three types of connections. The physical connection is between two physical things like adding sugar to milk, the mental connection is between two persons or person and thing like thinking of any person or thing and the spiritual connection is between the soul and the supreme soul in which the soul think and becomes equal to Him contemplating His knowledge, powers and qualities. Raj meaning to be the king and to know secret, that is king of our senses and to know the secrets of the soul, supreme soul and the cycle of world drama.

Rajyoga is also called the king of all yoga, as it includes practices of all types of yoga. Hence the study of Rajyoga is to remember supreme soul in supreme abode through pure thoughts by considering oneself as a soul while performing daily actions as shown in the picture. Karma Yoga is a form of Rajyoga, in which one performs household or outdoor activities as well as remembering Supreme soul with mind and intellect. Hence Rajyoga is yoga to be done with open eyes, meaning there is no need to close eyes in this yoga, because actions cannot be done with closed eyes. Only a limited area can be seen by the mind with open eyes, while with closed eyes the mind can roam the whole world. One may nap in case of fatigue if closed eyes. Raja Yoga is performed with open eyes for these three reasons. Since Rajyoga is a type of Karma Yoga, the soul can remember Supreme soul while walking, moving, getting up, sitting, eating and drinking, so there is no need for any special type of asana or pranayama in it and there is no need for any special place too.

Rajyoga also includes intellect yoga, in which the meditation is through visualisation and thinking about the knowledge, power and virtues of Supreme soul. Bhakti yoga is also included in Rajyoga. Bhakti yoga means pure affection with only one Supreme soul. Even in Rajyoga, one considers the self as a soul and contemplates about the infinite knowledge, immeasurable powers and divine qualities of supreme soul, because "as you think so shall you become," which is scientifically proven. Rajyoga also includes sanyas (renunciation) Yoga. In Sanyas Yoga, one renounces his home, family, etc.,



while in Rajyoga soul renounces his negativity. Rajyoga is thought revolution, in which the soul renounces negative and waste thoughts and transforms to positive and elevated thoughts through continuous practice. Changes in words and deeds also become easier as thoughts change. Change of mind leads to self-transformation, which is the basis of world-transformation.

Gyan (knowledge) yoga is also included in Rajyoga, as it gives a detailed understanding of soul, Supreme soul and world cycle as well as the laws of creation. If Supreme soul is remembered on the basis of this knowledge and understanding, then there is a true connection with Him, through which His power and virtues are experienced directly in our lives. Rajyoga also includes Samatva Yoga, in which balance and equilibrium are very important. For example, love within the family is very important but also the observance of family laws is important too. Therefore, it is very important to have balance of love and law within the family. Rajyoga is easy yoga because even a child can remember supreme soul by understanding self as soul.

Rajyoga means this yoga makes soul his own king. The soul becomes the king of the five senses. Today, human beings eat or drink which is not good and get angry because they do not have control over their own self. With the practice of Rajyoga, one can rule over self, meaning he becomes self sovereign. Raja Yoga is a practical method of cultivating an innovative outlook and approach to life based on a thorough understanding and realization of the soul and supreme soul. It calms the human mind and body; it gives immense mental strength, perseverance and ability to face the inevitable challenging factors of today's modern life with a calm and healthy way. Rajyoga gives self the feeling of inner peace as well as infinite bliss, it makes him understand and realize himself and his immeasurable powers. Rajyoga gives strength to face any kind of challenge in life. It relieves any kind of fear, anxiety and stress. Rajyoga establishes the ultimate peace of mind, it gains control over one's thoughts and produces positive emotions in any situation. Rajyoga improves concentration and gives the power to stabilize in any change; it strengthens our memory and boosts self-confidence. It enhances the skill of living life and gives a deeper understanding of the intentions of human life.

Rajyoga can be practiced by anyone, regardless of gender, age, race, nationality, culture, religion, language, social status, wealth, occupation, or any current status. All one has to do is to make a choice, listen carefully to your inner voice. Now the practice of Rajyoga can be done on the basis of this knowledge with open eyes, by doing any action, only by positive, powerful and pure thoughts as follows.

We are souls, a point of light. We are neither this body nor the role played by the body. We are the soul, the source of unlimited light, but not the role we are playing. Our role may be of a co-worker, friend, relative or family member but varies from time to time. Even in the family, our role of spouse, child or parent is changing in a very short time and period. We observe the body by detaching from it. We observe the activity going on around us. We reject all negative thoughts about ourselves and others and accept only positive thoughts, feelings and desires. We are powerful, peaceful and pure souls, spreading vibrations of divine power around to transform other souls and elements of nature.

Rajyoga can be done in the above way by doing all activities of life, through continuous practice of mind and intellect, by contemplating the knowledge, powers, and virtues of Him, which can transform the world through self-transformation.