

YOGA FOR MODERN AGE



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PREFACE

One of the most remarkable phenomena of our times is the interest evinced in Yoga by the intellectuals of many countries throughout the world. In India, Yoga has always been looked upon as an intrinsic need for leading a complete, fruitful and integrated life. Many Seers (Rishis) of this ancient land have spent their lives in developing this Science and making their own contributions to it from time to time. Their experiences have been varied and so too their contributions. As a result, we find today that there are several systems of Yoga, each one with its own method of approach. But the aim of all these different systems is the same viz., that man should realise his real Self and live in harmony and peace with himself and the society in which he is born.

Very early in my life, I started experimenting with the various systems of Yoga. **After more than two decades of practice and research, I found that Raja Yoga is best suited for our Age and the only hope for modern man with his awakened and questioning intellect.** At the same time, I had to accept that the old method of learning the Yoga was a very difficult one and almost impossible for the common man to practise. The restrictions imposed and the conditions prescribed were so many that the ordinary individual, especially the normal family-man, could never think of practising this Yoga. As I felt that such a great Science should be brought within the reach of everyone who is eager to learn it, I decided to formulate a practical and simplified method.

The result of my endeavour through the years is the **Simplified Kundalini Yoga (SKY)** explained in this

CONTENTS

Chapter		Page
1.	Value of Yoga ...	1
2.	Simplified Kundalini Yoga: Benefits & Results ...	17
3.	Philosophy of Life ...	26
4.	Analysis of Thought ...	35
5.	Moralisation of Desire ...	47
6.	Neutralisation of Anger ...	54
7.	Eradication of Worries ...	64
8.	Realisation of Self ...	75
9.	Harmony in Life ...	92
10.	Benefits of Blessings ...	100

Perfection and Peace ...

"When man realises the Greatness of his own Self, he reaches the highest peak of humanity and he is then able to respect the needs and ambitions of others. Such Perfection alone will secure and maintain Peace within Self, between individuals and between Nations. All the problems in the life of mankind will be solved only then. Therefore, all deserving men should realise Self in time. This is the absolute need for the World in these days of Scientific advancement. The question "Who am I?" arising one's mind indicates that he is deserving of Self-Realisation. This can be attained only by proper guidance."

"Of course, it is not an easy task to find out an able real and sincere teacher to guide the aspirants of spiritual approach in the safe and right way. If any one of you is not able to get such a Guide within easy reach, do not be disheartened. I am ready to help you. With my open heart, spiritual love and sufficient experience in inner travel, I shall guide and lead you to attain Spiritual Perfection and reach the goal of Self-Realisation."

"May all of us enjoy the Eternal Bliss."