

Short No. 76, VCD - 1012

Topic - What is the meaning of Raja Yoga?

When the *reel* of noble actions rotates, the children are happy. When the reel of sinful deeds rotates, despite making a lot of *purusharth* (spiritual effort), the *purusharth* goes down. So, the Father says, 'now I have come to teach Rajyoga. There is the *raaz* (secret) of burning the sinful actions of many births to ashes hidden in this Rajyoga'.