

## THE DEFINITION OF YOGA ACCORDING TO THE SHRIMAT BHAGWAD GITA

The ancient easy Raja Yoga of Bharat is famous in the entire world; it certainly comes only from the knowledge of the Gita. God has said in the Gita: “*Anoraniyaansamanusmaret yah*” (Gita ch.8, *shloka* 9). It means, what is the form of the soul and the Supreme Father Supreme Soul? The soul has been described to be extremely subtle like an atom [and] its light is emerging through the eyes. When the soul is present in the body, there is light in the eyes; when the soul goes out [of the body], the light of the eyes vanishes. This is why the soul is in the form of light as well; it resides in the highest part of the body [i.e.] the *bhrikuti* (middle of the forehead). This is why especially in Bharat, the tradition of applying a *bindi* (a dot) in their *bhrikuti* is practiced by the maidens and mothers even today, which is the sign of stabilizing in the remembrance of the soul, and the sign of the men gaining victory when going for a war is also a *tiika*. So, before going to war, a *tiika* is applied by the mothers and maidens to the men.

It is also written in the Gita (ch.8, *shloka* 10): “*Bhruvormadhye praanamaaveshya samyak*”. It means, you should stabilize your soul in the form of life in the centre of the forehead properly. The soul in the form of light, in the form of an atom is like an extremely small battery, which becomes completely weak at the end of the Iron Age while constantly enjoying pleasures through the *indriyaan*<sup>1</sup> of the body from the very beginning of the world [i.e.] the Golden Age. In order to make that weak battery powerful once again, the Supreme Father Shiva in the form of the extremely huge living Generator comes from the world of incorporeal souls, the Supreme Abode to this human world in Bharat at the end of the Iron Age, gives the knowledge of the Gita to the *Bhaaratwasis* (residents of India) in particular and the human beings of the entire world in general and explains the secrets of the soul, the Supreme Soul and the beginning, middle and the end of the world. God says that just like the souls are points of light, incorporeal, the Supreme Father Shiva is also incorporeal, a point of light. Today also, among all the remembrances of Shankar who becomes equal to the Father Shiva that have been made in the entire Bharat, the *gyotirlingam*<sup>2</sup> are revered a lot.

Just like a living soul enters an inert corporeal body in a womb, the Supreme Father Shiva also enters the *taamasi* body in the form of the body of Arjuna, Adam, Aadam or *Adidev* Shankar, the hero actor of the human world and narrates the knowledge of the Gita through him. A picture in remembrance of this is shown on the main page of the Gita as Arjuna, the one who earns the true fortune, in the form of a rider and God in the form of the Charioteer holding the reins like mind and intellect of the horses like *indriyaan*. But that embodiment of attraction isn't God Krishna, rather, it is Shiva-Shankar *Bholenath*<sup>3</sup> Himself, because He alone is ‘*kalaatiit kalyaan kalpantakaari*<sup>4</sup>’. He Himself brings about the end of the *kalpa* through atom bombs; this is why [the words] ‘*har-har, bam-bam*’ are added before His name. When He comes, He also enables the production of atom bombs through the inspiration of Shankar along with the establishment of the new world of the Brahmin deities through Brahma. Krishna is certainly the deity complete with 16 celestial degrees; he isn't God, the Sun of Knowledge beyond the celestial degrees. God comes and says that the battery like soul of human beings becomes weak because of becoming extremely degraded (*taamasi*) at the end of the Iron Age which is devoid of celestial degrees; it can be made into a deity complete with 16 celestial degrees only through the remembrance of the Point of Light, the Supreme Father Shiva, who comes in the permanent chariot like body of Arjuna. Krishna has these 16 celestial degrees just in the Golden Age [and] God Himself makes him perfect by teaching easy Raja Yoga in the Elevated Confluence Age of the end of the Iron Age, which is devoid of celestial degrees and the beginning of the Golden Age [which is complete] with 16 celestial degrees.

It means, the human souls can transform into [deity] like Narayan from a man in the beginning of the Golden Age only after recognizing the incorporeal form of light of *Sadaa Shiva* in the Supreme Father Shiva's corporeal chariot of Arjuna and having a connection of the intellect (yoga) with God by

<sup>1</sup> Parts of the body used to perform actions and the sense organs

<sup>2</sup> *Lingam* (representation of Shiva) of radiance

<sup>3</sup> The Lord of the innocent

<sup>4</sup> The One who is beyond celestial degrees, beneficial and brings an end to the *kalpa* (cycle)

considering ourselves a soul in the form of an atom, a form of light. This itself is the instruction of *raajavidyaa* (the knowledge of kings), Raja Yoga in the Gita.

God has said in the ninth chapter of the Gita:

***Raajavidyaa raajaguhyam pavitramidamuttamam.***

***Pratyakshaavagamam dharmyam susukham kartumavyayam. (Ch.9, shloka 2)***

This {advance knowledge of the Gita} is the knowledge of kings, the secret of kingship, it is {extremely} pure and the best {knowledge compared to [that of] the *vidharmis*}. It is known {by asking questions to God in practice, only in this Elevated Confluence Age}, it gives extreme pleasure in {following} it, it is imperishable {and} it is in accordance with {the True Ancient Deity} religion {as well}.

Through this very instruction, every human being who has considered himself to be a body can make a connection of his point of light soul with the Incorporeal, hence corporeal *gyotirlingam* (the Point of Light), the Supreme Father + Supreme Soul and can become a deity complete with 16 celestial degrees, completely vice less, completely nonviolent, the highest among the souls in following the code of conduct (*maryaadaa purushottam*). For this, there is an instruction in the Gita: ‘*Abhyaasena tu kaunteya vairaagyena ca grihyate*<sup>5</sup>.’ (Ch.6, *shloka* 35) Human souls can’t make any Divine attainment (of God) without a focussed remembrance of the point of light soul and the Supreme Soul. There is no other method shown by the human gurus apart from this. These *aasanaas* (physical exercises) and *praanaayamas* (breathing exercises) are the yoga for the body; they are the yoga which increase body consciousness. The soul can’t attain true liberation through them. The mentality of human beings has been falling through them and it will continue to fall. This is why well before the great destruction, the last atomic, [i.e.] the Fourth World War standing ahead in practice in the form of great death that is going to take place soon after the immediate Mahabharata [war], God says orally through the knowledge of the Gita: *Sarvadharmaan parityajya maam ekam sharanam vraja* (Gita ch.18, *shloka* 66). It means, leave all the religions [like] the Hindu, the Muslim, the Sikh, the Christian etc. and come under My shelter. Now, at the end of the Iron Age, on the battlefield of numerous rituals that have been created based on all these religions, the same fearsome circumstance of making rivers of blood flowing in the Third World War of the massive (*mahaabhaari*) Mahabharata, [the circumstance] of ‘*Dharmakshetre karmakshetre samavetaa yuyutsavah*<sup>6</sup>’ (Gita ch.1, *shloka* 1) is standing ahead once again just like a *kalpa* (the four ages) ago and the Incorporeal, hence corporeal God who has come and is playing the part of the establishment of the new heavenly world in an incognito form, is going to be revealed soon among the Indian Kauravas, Pandavas and the foreigner Yadavas (Yavanas) [like] the Christians etc. on the battlefield.

God Shiva has come in a secret form to establish the Golden Age. O human being! Wake up, wake up at least now.

***Naaham prakaashah sarvasya yogamaayaasamaavritah.***

***Muurhoyam naabhijaanaati loko maamajamavyayam. (Ch.7, shloka 25)***

I, {Shivbaba} who is covered by Yogamaya am not revealed to all {the souls}. This {‘*shrutivipratipanna*<sup>7</sup>’ (Gita ch.2, *shloka* 53)} foolish world isn’t able to recognize Me, {Baba Vishwanath<sup>8</sup> who has become equal to} the *agarbhaa*<sup>9</sup>, imperishable {light of *Sadaa Shiva*}.

The Iron Age is about to go. The Golden Age is coming.

Someone is going to laugh and someone is going to cry.

The curtain is going to raise, the drama is going to take place.

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<sup>5</sup> [The inconstant mind] can be controlled by practicing [yoga] and having detachment [for this old world].

<sup>6</sup> They (the Kauravas and the Pandavas) are all gathered and are eager to battle in the field of religions, in the field of actions

<sup>7</sup> Confused or misled by the hearsays

<sup>8</sup> The Controller of the world

<sup>9</sup> The One who isn’t born through the womb