YOGA FOR THE AQUARIAN ERA

SPIRITUAL AWAKENING
WHAT IS SPIRITUAL AWAKENING?
"Yoga is the stilling of the modifications of consciousness."
—Patanjali, *Yoga Sutras 1:2*

"Patanjali defines Yoga as the suspension of all the functions of the mind. As such, any book on Yoga, which does not deal with these three aspects of the subject, viz., mind, its functions and the method of suspending them, can he safely laid aside as unreliable and incomplete."
—Swami Sivananda, *Practical Lessons In Yoga*
At the beginning and end of each age there is a pouring forth of hierarchical cosmic streams of energy, and as they intermittently enter the earth’s atmosphere and unite we find in this radiation that instruction best fitted for the time. Thus there is brought to birth a new period of discovery for the world.

This new force, called by Initiates, ‘The Dayspring of Youth,’ has been in activity for some time, and they who respond to it and practise this Western Yoga can enter the new era and become its instrument.

This force, now working over Western Europe and America, possesses a new vitality and energy that will bring about a severance from past and inherited conditions. Minds that respond to it are clarified, and any opposition within the atmosphere of the mental body can no longer imprison them within its rebellious aura. For practice of this Yoga attracts an atomic energy of a finer nature and transmutes the consciousness. —M., The Dayspring of Youth
USING EXPEDIENT METHODS

Many books have been written about Oriental Yoga. Yoga means “union with God.” All the books that were written about Oriental Yoga before now are antiquated for the new era of Aquarius, which began the 4th of February 1962 between the hours of two and three in the afternoon.

—Samael Aun Weor, *Kundalini Yoga*

When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.

—1 Corinthians 13:11

All Mudras and Bandhas are totally useless for the new Aquarian Era.

—Samael Aun Weor, *Kundalini Yoga*
<table>
<thead>
<tr>
<th>Yoga Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mantra Yoga</td>
<td>Sacred Sounds, Chakras, and Powers</td>
</tr>
<tr>
<td>Raja Yoga</td>
<td>Royal Path of Meditation</td>
</tr>
<tr>
<td>Jnana Yoga</td>
<td>Scriptural Study</td>
</tr>
<tr>
<td>Bhakti Yoga</td>
<td>Devotion, Prayer, and Worship</td>
</tr>
<tr>
<td>Karma Yoga</td>
<td>Selfless Service</td>
</tr>
<tr>
<td>Kundalini Yoga</td>
<td>Sacred Sexuality</td>
</tr>
<tr>
<td>Yantra Yoga</td>
<td>Sacred Rites for Rejuvenation</td>
</tr>
<tr>
<td>Runic Yoga</td>
<td>Nordic Runes</td>
</tr>
</tbody>
</table>
MANTRA YOGA

Sanskrit मन्त्र
**Man**, “to think,” manas, “mind.”
**Trai**, “to protect, to free.”
**Mantra** means “mind protection” or “to free the mind” through sacred sounds.
Protect Yourself with the Krishna Mantra

The Mantra
Klim Krishnaya
The Stages of Meditation

1. Yama (restraint)
2. Niyama (precept)
3. Asana (posture)
4. Pranayama (energy)
5. Pratyahara (withdrawal)
6. Dharana (concentration)
7. Dhyana (meditation)
8. Samadhi (ecstasy)
KARMA YOGA
YANTRA YOGA: RITE 1
YANTRA YOGA: RITE 2
YANTRA YOGA: RITE 3
YANTRA YOGA: RITE 4
REPEAT PRANAYAMA
YANTRA YOGA: RITE 5
NORDIC YOGA: THE SEVEN RUNES
FOR FURTHER STUDY

- Kundalini Yoga: Awaken the Divine Spiritual Power Within You
- Sacred Rites for Rejuvenation
- The Spiritual Power of Sound: The Awakening of Consciousness and the Laws of Nature
- The Magic of the Runes