

Topic: The Meaning of *Yog*
Class: योग की गहराई | *The Depths of Yoga*
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The union (*milan*) in the corporeal world only takes place in this auspicious confluence age. Not in the golden age. Not in the silver age. When the path of devotion (*bhakti*) begins in the copper age, not even then. Not even in the iron age.

It is only during such an auspicious confluence age, when the almighty authority, the Supreme Father, himself appears on this earth and gives His own introduction, and opens up our third eye of this knowledge. It is only then that we get to understand who is the one whom we are actually longing to meet, and what is involved in that Union (*milan*).



Till now we used to think that if we practice lot of *hathayoga*, lot of *pranayama*, only then we may be able to find God.

And when God is actually found, He says *“I can’t be reached through any such methods. It is when I give my own true introduction, then only I get to meet the children.”*

In reality, it is only after the Union (*milan*) when the *Yog* truly starts. There is no *Yog* before that.

It may be called and referred to as ‘*Yog*’ but infact it may be *hathyoga*, it may be ‘*tap*’ (asceticism), it may be a mantra, it may be all that.



The meaning of *Yog* is Union: a Soul's union with God, the Supreme Father. That is the true and the real *Yog*. If there is no union, there is no *Yog*.

All Baba's priceless gems, those who practice *Sahaj* (easy) *Rajyog* i.e. we all brahmin children, are always curious to continuously ensure that our *Yog* is of the highest order (quality). So which *Yog* is of that highest order?

If in this *Yog* we continue to follow same methods as what we do in *hathyoga* or on path of devotion (*bhakti*), then there won't be any difference (between them).



In *Sahaj Rajyog*, there are 2-3 important points which usually come into experience.

The very first one is *Manmanabhav* - “*Focus your mind onto me!*”

The actual foundation of *Yog* is mind i.e. to immerse the mind. The mind is fully engrossed in Shiv Baba.

In layman’s term we would usually say “*Having (our) heart set onto Him*”. If your heart is immersed in love for Baba, then for you, to do *Yog* will be easy.



Many people, like those in the path of devotion (*Bhakti*), remember God because of fear.

If it is because of fear, then you won't be able to do *Yog*. If it is because of stress, then you won't be able to do *Yog* either. If it is aimed at achieving something quickly, then too *Yog* cannot happen.

Because if we are doing *Yog* to remove stress, then the mind will only be focused on thinking about stress (or its causes). If we are doing *Yog* to achieve something quickly, even then the mind will only be focused on thinking on how to achieve that. If we are doing *Yog* following the *hathyoga* practices, then too the mind will only be diverted towards *hathyoga* practices.



But the true *Yog* would only happen when *Yog* is based on the true introduction (of the Supreme Father).

The true *Yogi* is the one in who's heart Shiv Baba is present. A heart should not be divided into (many) pieces, but *remembrance of only one*, and that too a *remembrance* filled with immense love (for Him), a *remembrance* which creates immense inner joy. The (true) 'peace' comes naturally with this inner joy (or bliss).



In this world *Yog* is done to become calm (or achieve peace).

And Baba says *“Your Yog takes place only when you are actually calm and then you remember me! If you practice Yog to become calm (or achieve peace), Yog won’t happen. Only when mind is calm (still), Yog with me can be practiced!”*

So it is required that the depth of *Yog* should stay right from its beginning till its end.



Simply for the sake of explaining certain concepts, most of us often say that there are multiple stages in *Yog*.

But when we think more deeply, we find that all stages become zero (vanish). Infact there is only one stage and everything becomes merged into that one alone.



And that (stage) involves sincerely asking your heart (asking yourself):

“Whenever I practice (Yog), during that time, am I able to see Shiv Baba in the mirror of my heart, or was I seeing something else? Was I actually having heart-to-heart conversation with Baba, or whether my mind was running towards other things? During that time, was my heart filled with the praises of Baba’s qualities (virtues), or was there something else going within my mind? During the time of Yog, was I experiencing Baba’s presence? Was I able to feel the colour (influence) of Baba’s company in His presence?”



***Yog* only means Baba's company (His presence). And as always, the company (you) keep shall always influence you.**

If Father is an *ocean of peace*, then was I, *the soul and as a master ocean of peace*, really able to feel (experience) it while in His company?

While in the presence of the Almighty Authority, did I actually felt that no weakness (or vice) whatsoever can ever touch (affect) my mind, and that I have conquered them all?



Was this the experience while being with the Almighty Authority? Like Baba's *Sakaash* (current of light and power) spreads all across, was my *Sakaash* (current of light and power) spreading all across as well?

Was I sitting (in the presence of Baba) as a *master Sun of knowledge*?

Ask your heart (ask yourself).



