

Omraam Mikhaël Aïvanhov

# The Yoga: be united with the Divinity



ÉDITIONS



PROSVETA

'The yogis of India have numerous practices for attempting to become one with the divine in themselves, their higher self. The most well-known are: **hatha yoga**, the control of gestures and breath; **agni yoga**, the work with fire in all its forms; **kriya yoga**, fusion with the light; **karma yoga**, selfless and disinterested action; **bhakti yoga**, sacrifice; **raja yoga**, self-mastery and **jnana yoga**, the development of the mind, knowledge.

For many years now, I have been telling you about a yoga that brings these all together: **surya yoga**, or '**yoga of the sun**'. In practising surya yoga, you reject none of the other yogas. On the contrary, and one day **you will become complete beings and live in plenitude.**'

Omraam Mikhaël Aïvanhov



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Audio clip



Video clip



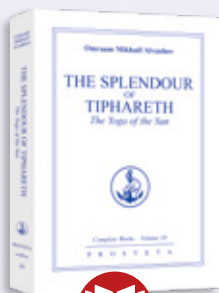
Information



Find this topic online as well as other references

# Surya-yoga : the Sun

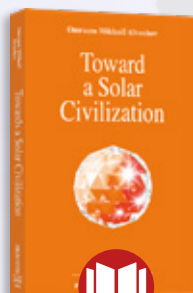
## The Splendour of Tiphareth The Yoga of the Sun



'A human being who masters the tendencies of his lower nature can benefit the whole of mankind. He becomes as radiant as the sun. His freedom is such that his consciousness embraces the whole human race as he pours out the superabundance of light and love that dwell within him.'

The world needs more and more human beings capable of dedicating themselves to this work with the sun, for only love and light are capable of transforming humanity.'

## Toward a Solar Civilization

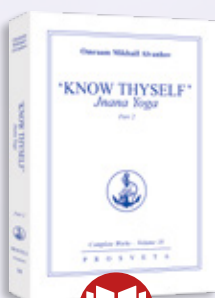
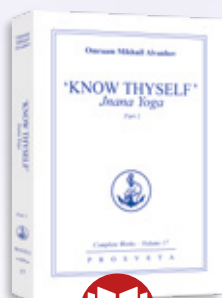


'Although we may know about heliocentricity from the point of view of astronomy, we are still far from having exhausted all its possibilities in the biological, psychological, cultural and spiritual spheres. **The sun exists within each one of us** and, if allowed to, can manifest its presence by awakening our consciousness to a global view of human problems.'

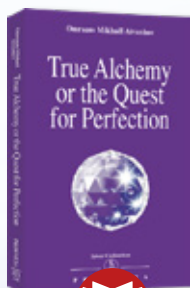
# Jnana-yoga: the Knowledge

## 'Know Thyself' Jnana yoga (2 volumes)

'To know oneself is to know the different bodies (the physical, etheric, mental, causal, buddhic and atmic bodies) of which we are formed and what each of these bodies needs.'



## True Alchemy or the Quest for Perfection



'Don't battle against your weaknesses and vices for it is they who will win: instead, learn to make them work for you. You find it perfectly normal to use natural, physical forces so why be astonished at the idea of using your own primitive forces! Once you know the rules of spiritual

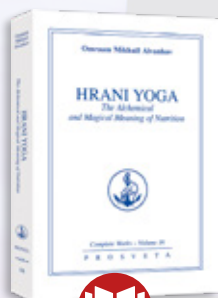
alchemy you will be able to transform and use the negative forces that exist in such abundance within you.'

# Hrani-yoga: the Nutrition

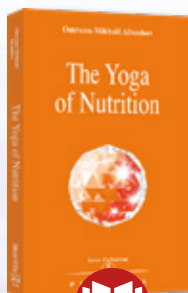
'More and more people these days feel that their physical and psychological balance is threatened by the hectic rhythm of life imposed on them, particularly in towns. So they embark on relaxation practices or on different yogas or martial arts imported from the east. This can be good for them, it's true. But **there is a yoga that is easier and more effective**, because they can practise it every day and even several times a day: **the yoga of nutrition**. When you eat just anyhow – surrounded by noise, in a nervous state or in a rush, while chatting or squabbling – it is almost pointless then to go and do yoga. **By doing your best each day to eat with awareness, quietly and meditatively, you have the opportunity to do this exercise to relax and harmonize all your cells.** Since you have to eat two or three times a day anyway, think about it: this exercise is convenient... and free! Which isn't the case with yoga classes or other disciplines. How expensive they are – and just to learn how to calm down!'

## Hrani Yoga

The alchemical and magical meaning of nutrition



## The Yoga of Nutrition



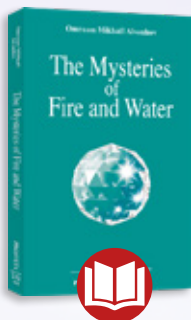
# Agni-yoga: the Fire

## The Mysteries of Fire and Water

'Our psychic life is shaped and moulded every day by the forces and influences we allow to enter and impregnate us. This is why it is essential to have a store of lovely pictures that we can conjure up in our

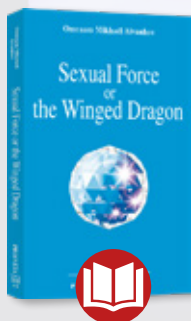
minds often, pictures that are with us day and night, so that our thoughts may be constantly in touch with all that is most elevated, pure and sacred. And what is more beautiful, more poetic or more full of meaning than water and fire, and the different forms in which they appear to us? You can fill your whole life with these

pictures, and absorb them until they impregnate every cell of your body.'



## Sexual Force or the Winged Dragon

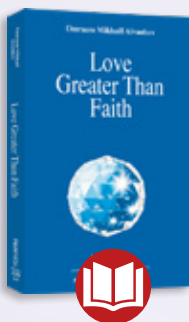
'Sexual energy is like petrol: if you are ignorant and use it carelessly you will burn yourself; your very quintessence will be destroyed by this all-consuming force. But Initiates, who know how to handle it, use it to move freely about the universe'. This is the true meaning of the winged dragon.'





# Bhakti-yoga: the Devotion

## Love Greater Than Faith

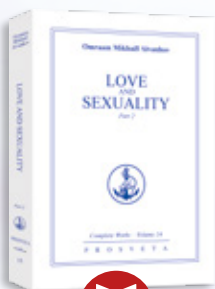
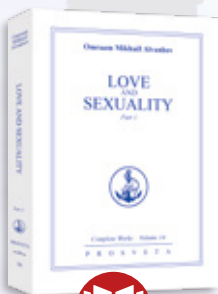


'When you decide to embrace a religion or a spiritual philosophy and to put its principles into practice in your life, not only will you encounter difficulties with yourself because of the efforts required of you, but you will also have difficulties with others who will not necessarily understand how and why you have changed... Try,

as far as possible, not to make others suffer, and of course, you must not abandon them. Remember that love is always greater than faith.'

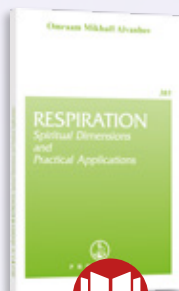
## Love and Sexuality (2 volumes)

'Sexuality tends to be self-centred. It drives man to seek only his own pleasure, even to the detriment of others. Love, on the other hand, thinks of the other's happiness above all else. It is based on self-denial and sacrifice... **As long as you are incapable of sacrifice, you will be unable to love.'**



# Hatha-yoga : the Movements and Breath

## Respiration Spiritual Dimensions and Practical Applications



'Inhalation, exhalation... inhalation, exhalation... The ebb and flow of our breathing is the key to all the rhythms of the universe. When you become conscious of this movement within you, you enter into the movement of cosmic harmony in which you are immersed; little by little you will feel that your breathing melts into the breathing of God.'

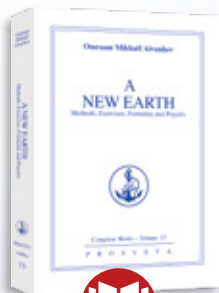
## Paneurythmy

A dance which was composed and choreographed by the Master Peter Deunov.



## A New Earth

Methods, exercises, formulas, prayers

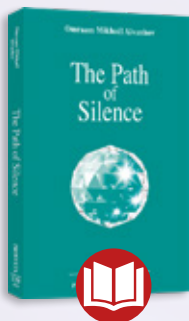


'As in the universe, in the human being also heaven and earth are inseparable, and a "new heaven" means a new philosophy which gives birth to a "new earth", that is, a new way of life. The head is in heaven and the feet are on earth. Feet, that's what works on the head, because feet always run where the head already has a few projects.'



# Radja-yoga : Self-Rule and Meditation

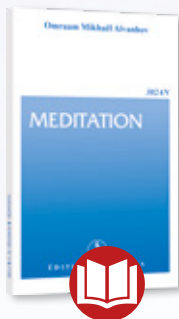
## The Path of Silence



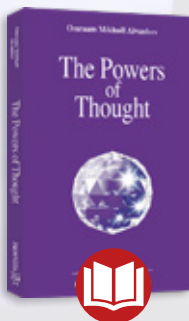
'... Nor is it emptiness or absence; on the contrary, it is fullness, a fullness comparable to that experienced by two human beings who love each other very deeply and share something that cannot be expressed in words or gestures. Silence is a quality of the inner life.'

## Meditation

'Never forget that it is by your meditations that you allow your inner Self to express itself and reach its full flowering. This is the means by which you can release this mysterious, subtle being so that it can gaze on all that exists in infinite space and then reproduce it on the physical plane.'



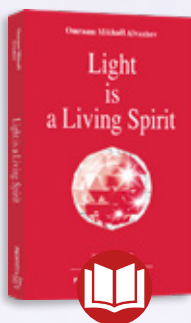
## The Powers of Thought



'Every one of our thoughts is pregnant with the power of the spirit which brought it into being, that power is constantly at work. Knowing this, each one of you has the possibility of becoming a benefactor of mankind...'

# Kriya-yoga : the Light

## Light is a Living Spirit



'Have you ever realized that fire is visible only if it is accompanied by light? This is because light is the matter by means of which fire manifests itself. And if we transpose this image onto a higher plane we find that light is the substance which emanated from God, the primordial Fire, at the beginning of the world, when He said, 'Let there be light'...'

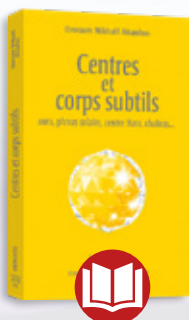
## The Importance of Light

'Why must we nourish ourselves with light ? To feed the brain. The brain also wants to eat, and its food is light... By nourishing the brain with an element as subtle as light, the result is different.'»



## Man's Subtle Bodies and Centres

The Aura, the Solar Plexus, the Chakras...



'Until human beings recognize that there are other areas that invite exploration, other dimensions to see, touch and breathe, they will never experience new, richer, more far-reaching or subtler sensations.'

# Karma-yoga : the Selfless Action

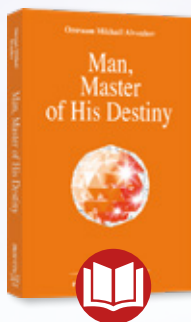
## The High Ideal



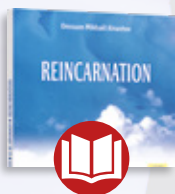
**'Every ideal, whatever it may be, has a magical quality:** it is linked to us, and it transmits something of its very quintessence. If we have chosen a very high ideal, it will constantly supply us with beneficial particles and currents...'

## Man, Master of his Destiny

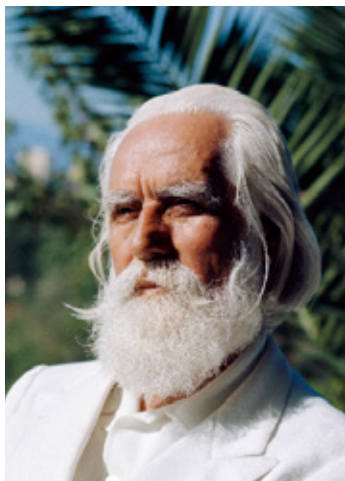
**'Why is one born in a particular country and a particular family? Why is one healthy, rich, illustrious and powerful, or on the contrary poor, handicapped and miserable? Even those who think they are entirely free must put up with their fate because of their ignorance of the laws which govern the invisible world...'**



## Reincarnation



**'Belief in reincarnation is one of the cornerstones of morality. As long as human beings are unaware that the law of cause and effect is operative from one incarnation to the next, no amount of sermonizing will persuade them to change their ways...'**



The distinguished philosopher and spiritual Master, Omraam Mikhaël Aïvanhov (1900 - 1986), was born in Bulgaria. In 1937 he moved to France, where he lived and taught for almost fifty years until his death. One of the most striking aspects of the Master's teaching is the enormous variety of ways in which he presents the one central theme of man and his growth in perfection. Whatever the question under discussion, it is invariably dealt with in terms of how man can better conduct his life.

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