



The Journey

We can teach an integral yoga.....

Other than the more worldly paths of Karma Yoga and Bhakti Yoga there are essentially two kinds of experience, although we must also recognise that everyone's journey will ultimately be unique. They are:

1) The Rise of the Witness Establishing inner silence & stillness Purusha or Pure awareness Experience of the Bliss of Being	Meditation-based Raja Yoga	}	Different yoga systems focus on one of the paths although ultimately they will merge.
2) The Rise of Ecstatic Energy through increased pranic conductivity Rise of Kundalini	Asana, Pranayama, Mudra & Bandha of Hatha Yoga		Hatha Yoga leads to Raja Yoga & Raja Yoga can lead to the rise of subtle energies i.e. Hatha Yoga

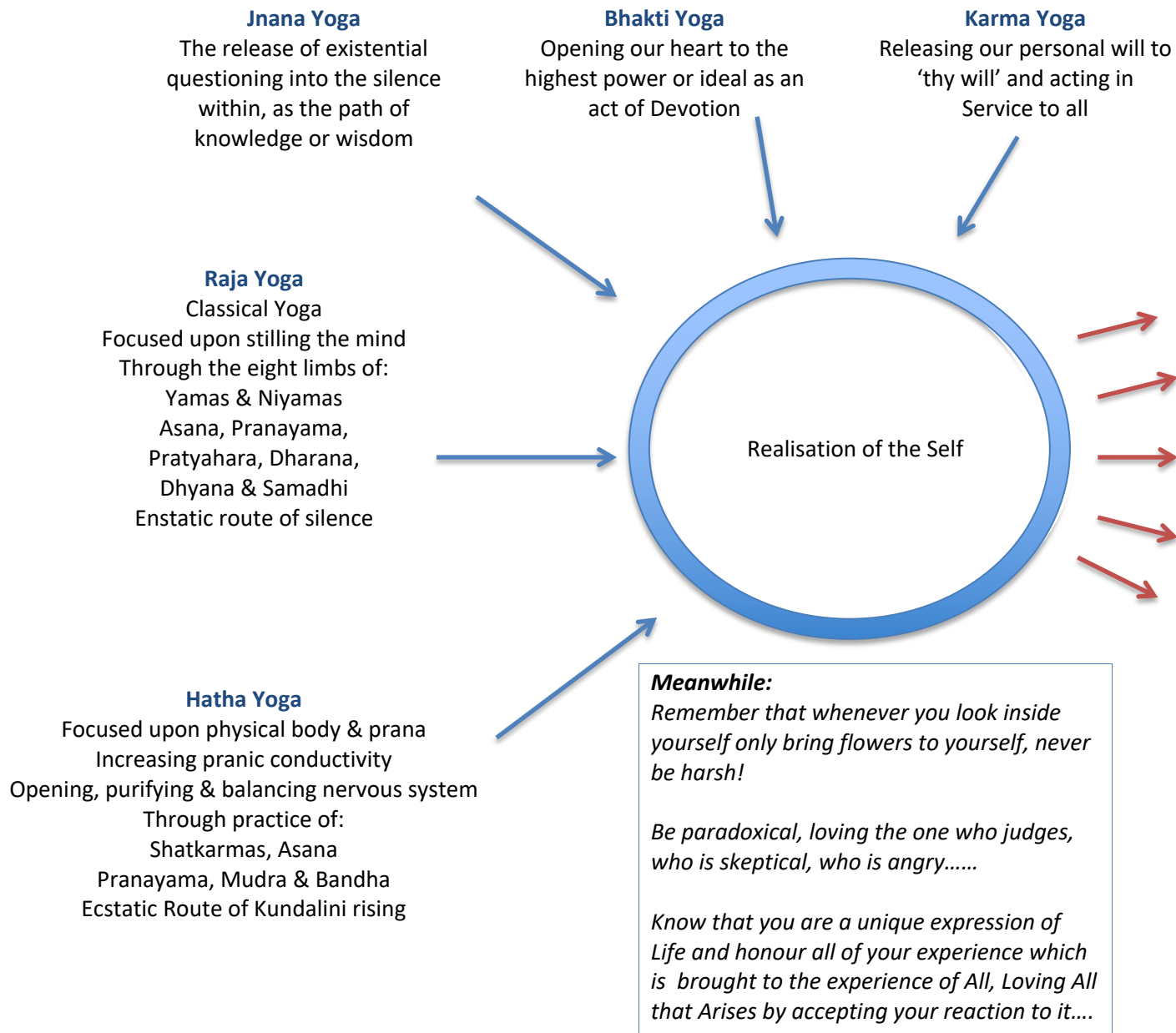
It is worth noting that we actually only need the rise of the Witness (Purusha) as this state naturally eventually leads to the movement of energy which is expressed as a kind of quiet blissfulness, i.e. movement comes out of stillness.

Indeed when working with pranic conductivity which culminates in ecstatic energy **it is usually best to first establish the witness** to avoid energetic difficulties and ease the smooth awakening of kundalini. And because we cannot wholly practice Hatha Yoga in its fullest, most intense form, we can most often create the best situation for growth & transformation through the moments of complete surrender.

This means that in our teaching we can teach a balanced integrated approach where we work towards both establishing the witness and helping to increase and balance pranic sensitivity & conductivity.

Remember for movement along this path it is also extremely helpful to establish our Ishta Devata, our highest ideal or expression of desire, in order to make our practice more selfless.

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From our experience of the Source, when we identify with the Self there comes:

- Quiet mind, thoughts arising spontaneously
- Wisdom through unconditioned perception
- The awakened heart with love for all
- The desire for service for all
- Knowledge of the life force

All paths will converge and lead to one another and when we have Self-Realized 'All Goodness comes from the Source' into the world so there are now no choices to be made, the choices are already made...

When we are aligned with inner stillness Life flows effortlessly through us, there is complete equanimity and joy.

However states of expansion can be lost and ultimately we must always remember that the journey is itself the goal so that we seek to integrate our highest ideals into our lives. It is best not to think in terms of 'graduation' rather moment to moment connection to and engagement with life.

Establish your own love affair with the stillness & silence within.....