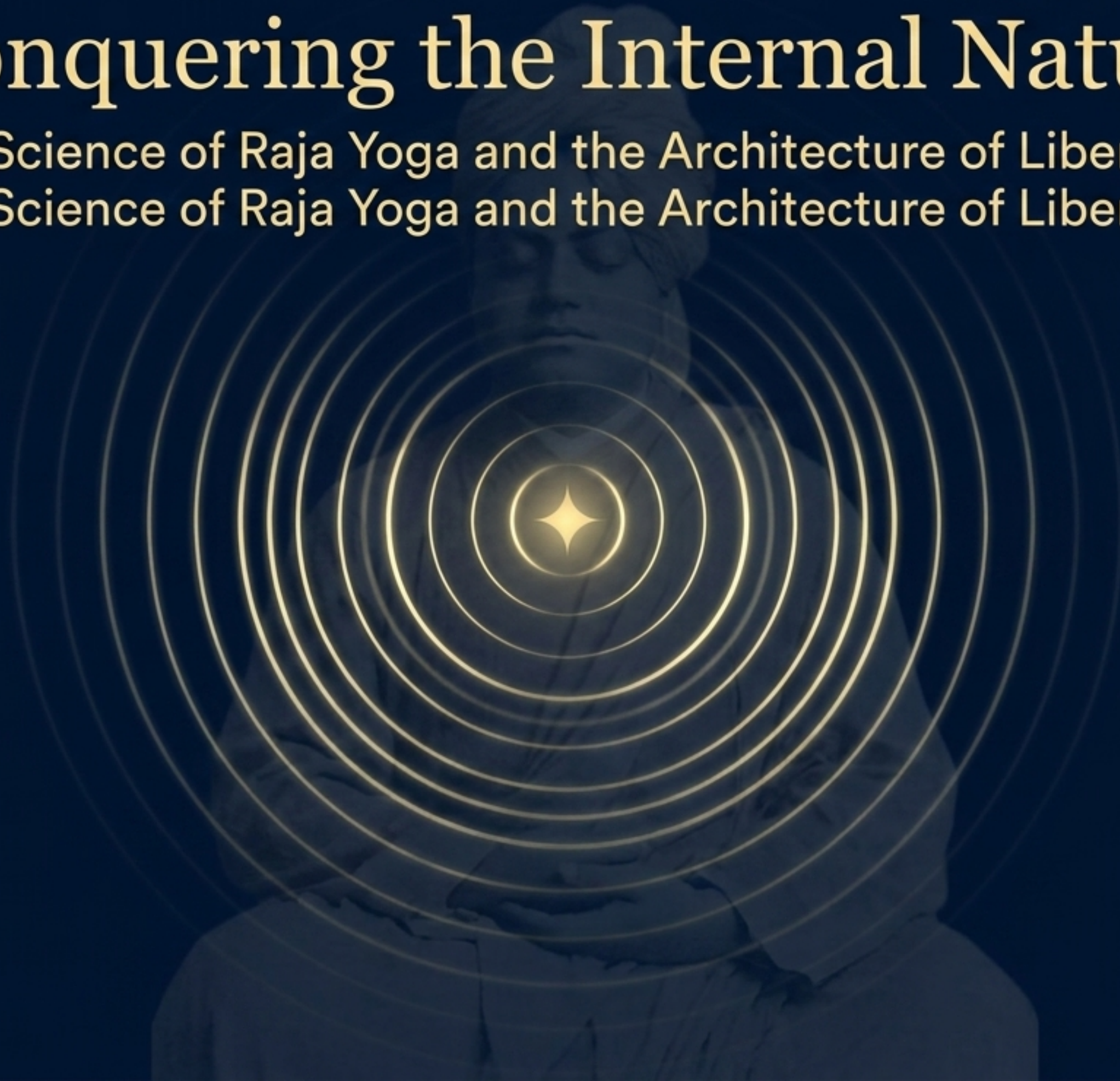


Conquering the Internal Nature

The Science of Raja Yoga and the Architecture of Liberation
The Science of Raja Yoga and the Architecture of Liberation



Two Approaches to Universal Power

All knowledge is based on direct experience. While modern science looks outward, Raja Yoga asserts that mastering the internal mechanism grants control over the entire universe.

Physical Science (External)



- Seeks to control external nature



- Manipulates gross matter



- Relies on external instruments (telescopes, laboratories)



- Belief is not required, relies on external verification

Raja Yoga (Internal)



- Seeks to control internal nature



- Manipulates subtle energy (Prana)



- The mind itself is the instrument

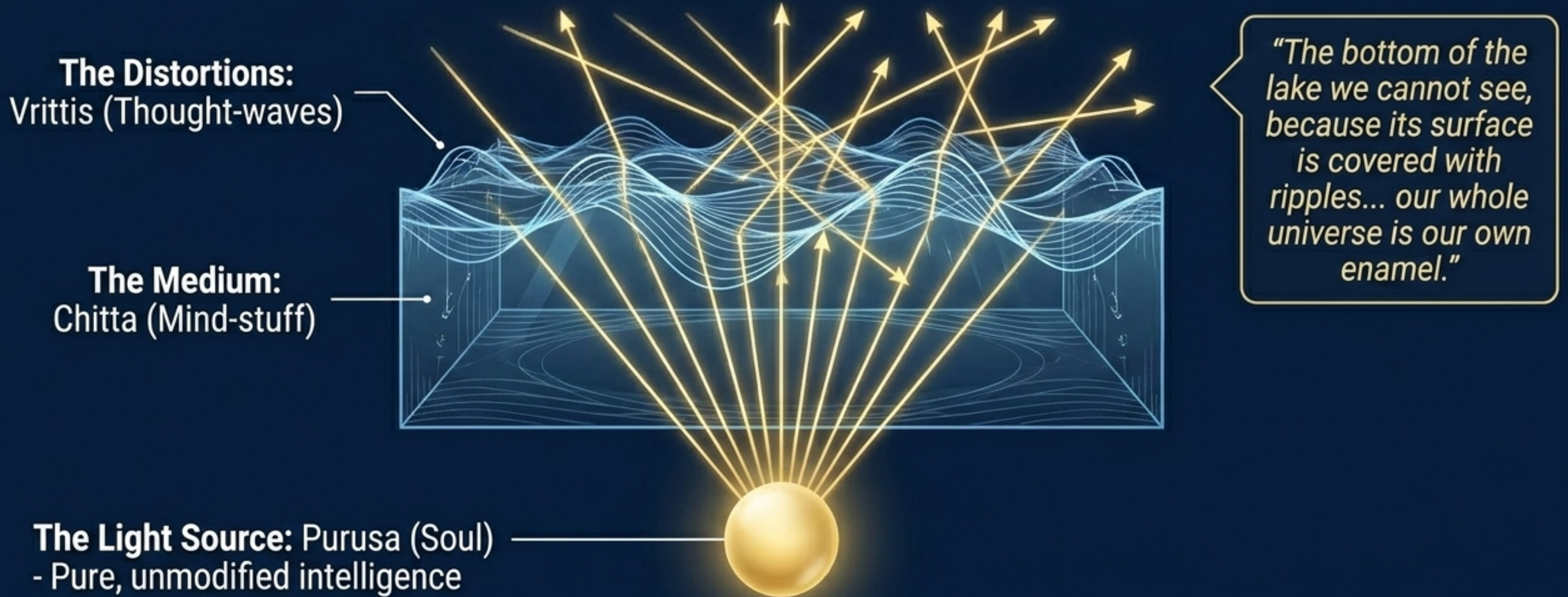


- Belief is not required, relies on internal verification

The Optics of the Mind

The true Self (Purusa) is eternally pure and perfect. We fail to see it because our perception is distorted by the restless waves of the mind-stuff (Chitta).

The Lake Diagram



Diagnosing the Mind: The Three Gunas

The Chitta is constantly influenced by three fundamental qualities of nature. Restraining the mind means guiding it from dark inertia to intense, luminous calmness.

		
Tamas (Darkness)	Rajas (Activity)	Sattva (Serenity)
<p>Inertia, ignorance, dullness, laziness.</p> <p>The mind's only tendency is to injure others.</p>	<p>Power, enjoyment, restlessness.</p> <p>The mind is active and grasping.</p>	<p>Calmness, light, restraint.</p> <p>Not inactive, but the highest manifestation of intensely controlled power.</p>

The Architecture of Liberation

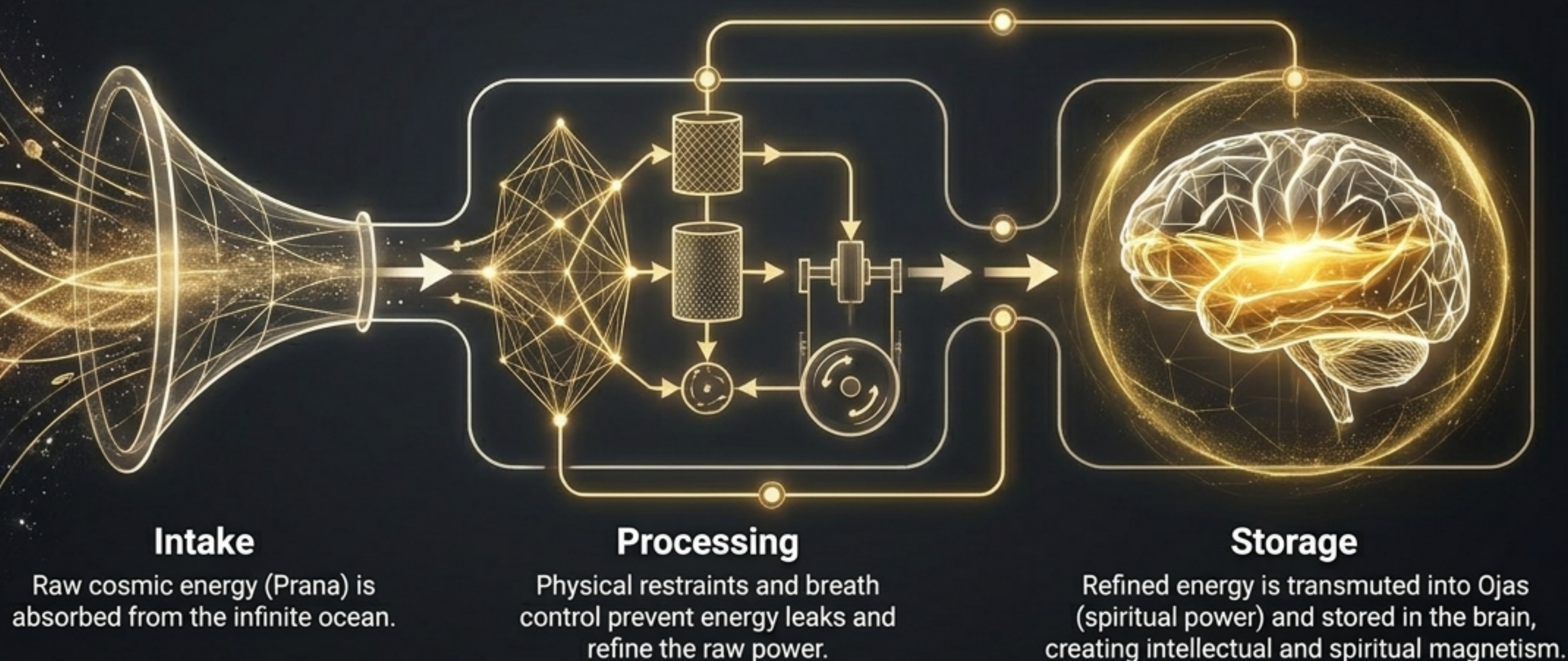
To return the Chitta to its pure state, the Yogi climbs a precise, eight-step psychological and physiological ladder.



The Energy Economy of the Universe

Everything in the universe is a combination of Akasa (omnipresent matter) and Prana (omnipresent manifesting power). The human body is an engine designed to capture, refine, and store this energy.

The Refinery Model Diagram



The Breath as the Flywheel

Pranayama is not merely breathing; it is controlling the muscular power that moves the lungs to gain control over the most subtle internal forces.

The Flywheel Schematic

1. The Massive Outer Wheel

The motion of the lungs
(gross physical motion)

2. The Connecting Belts

The breath, acting as the
pump mechanism

3. The Inner Gears

The subtle nerve currents
flowing throughout the body

4. The Core Gear

The mind and thought
force itself

1. The Massive Outer Wheel

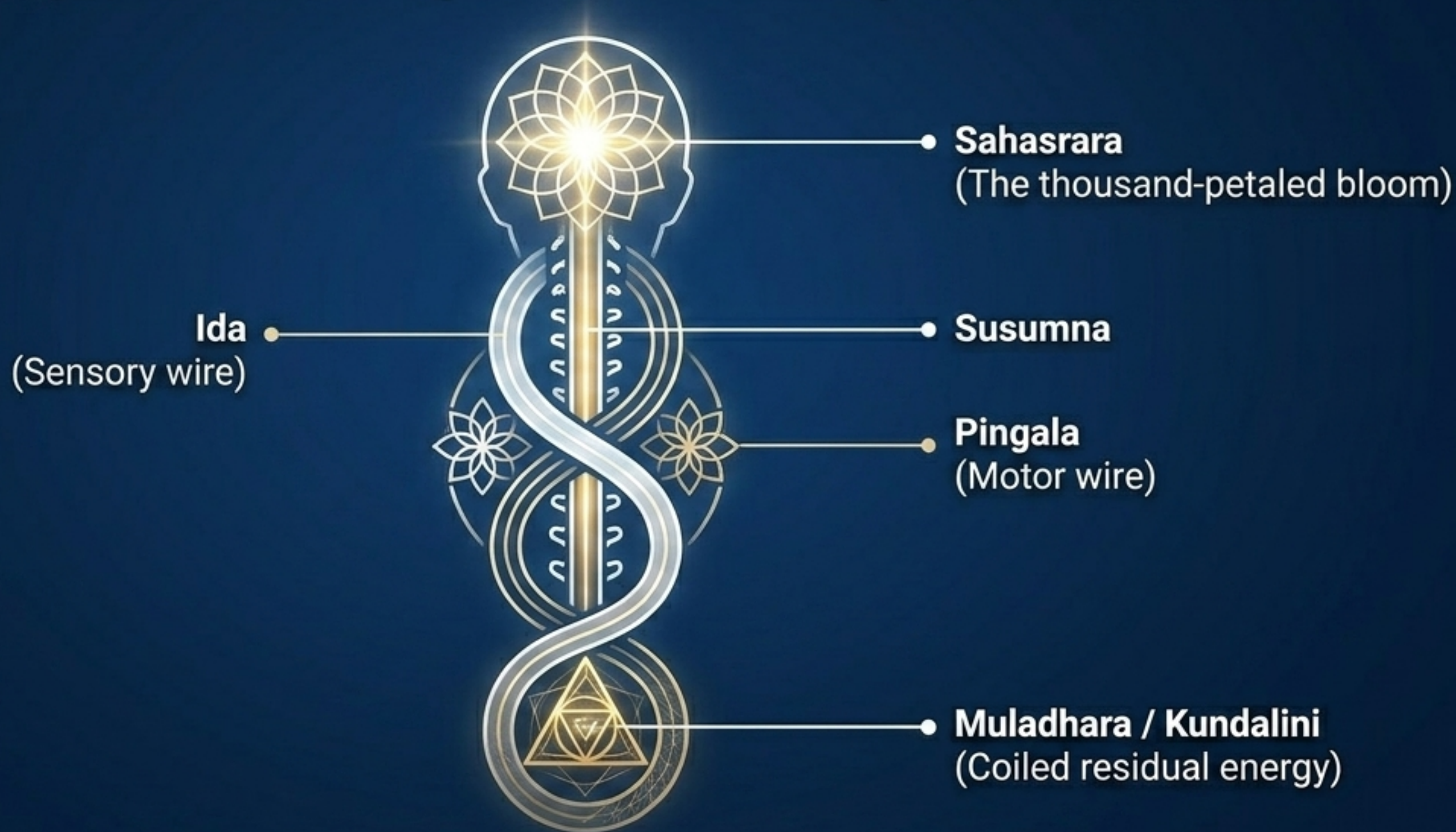
The motion of the lungs
(gross physical motion)



By intentionally turning the massive outer wheel rhythmically, momentum is transferred inward until the finest mechanisms of the mind are brought under absolute control.

The Psychic Anatomy

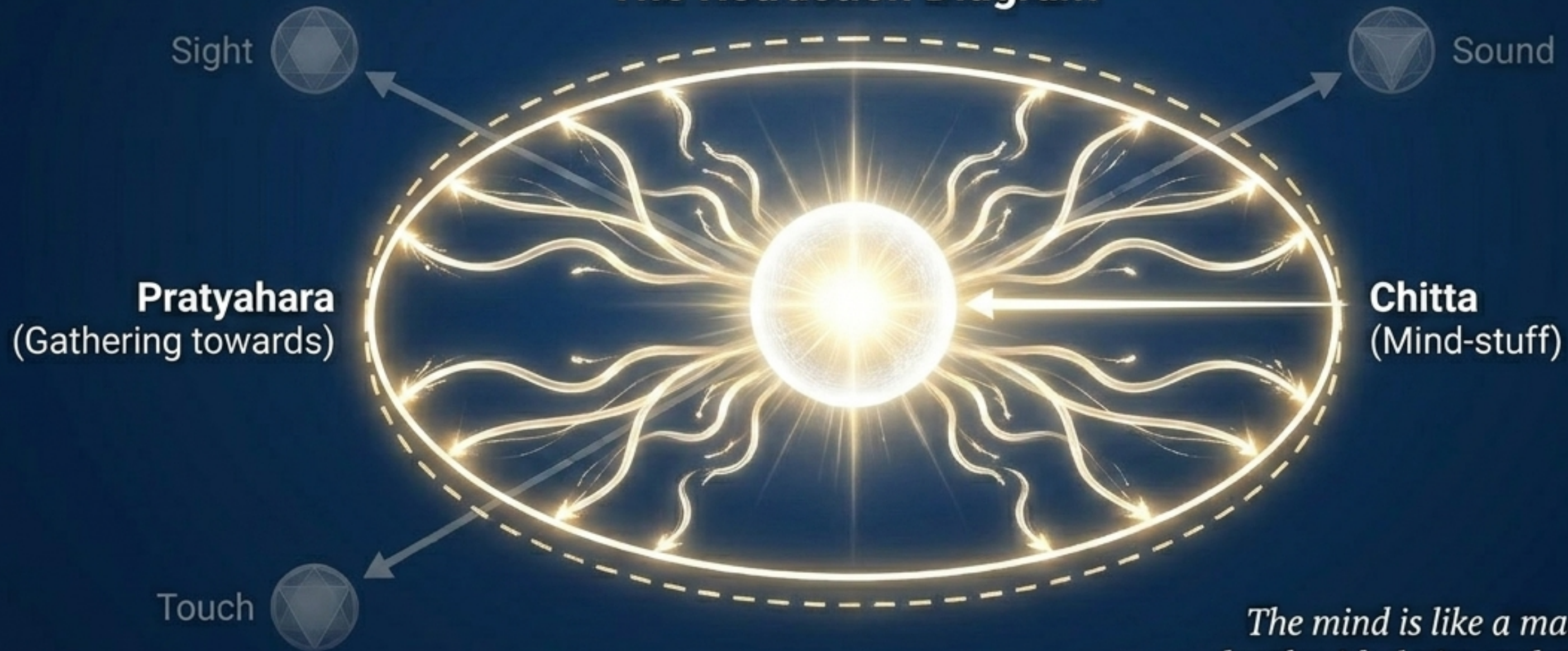
In ordinary humans, the central channel of the spine is closed. The Yogi remodels the nervous system to open this channel, freeing the mind from the bondage of physical nerve wires.



Severing the Sensory Wires

The mind is naturally enslaved to the senses, instinctively attaching to external centres of perception. True character and freedom begin only when this outward flow is forcibly halted.

The Retraction Diagram



*The mind is like a maddened monkey,
drunk with desire and stung by jealousy.
Controlling it requires checking these outgoing powers.*

The Cognitive Ascent: Narrowing the Focus

With external senses withdrawn, the mind must be trained to hold a single point, eventually merging completely with the object of thought.

The Scattered Mind

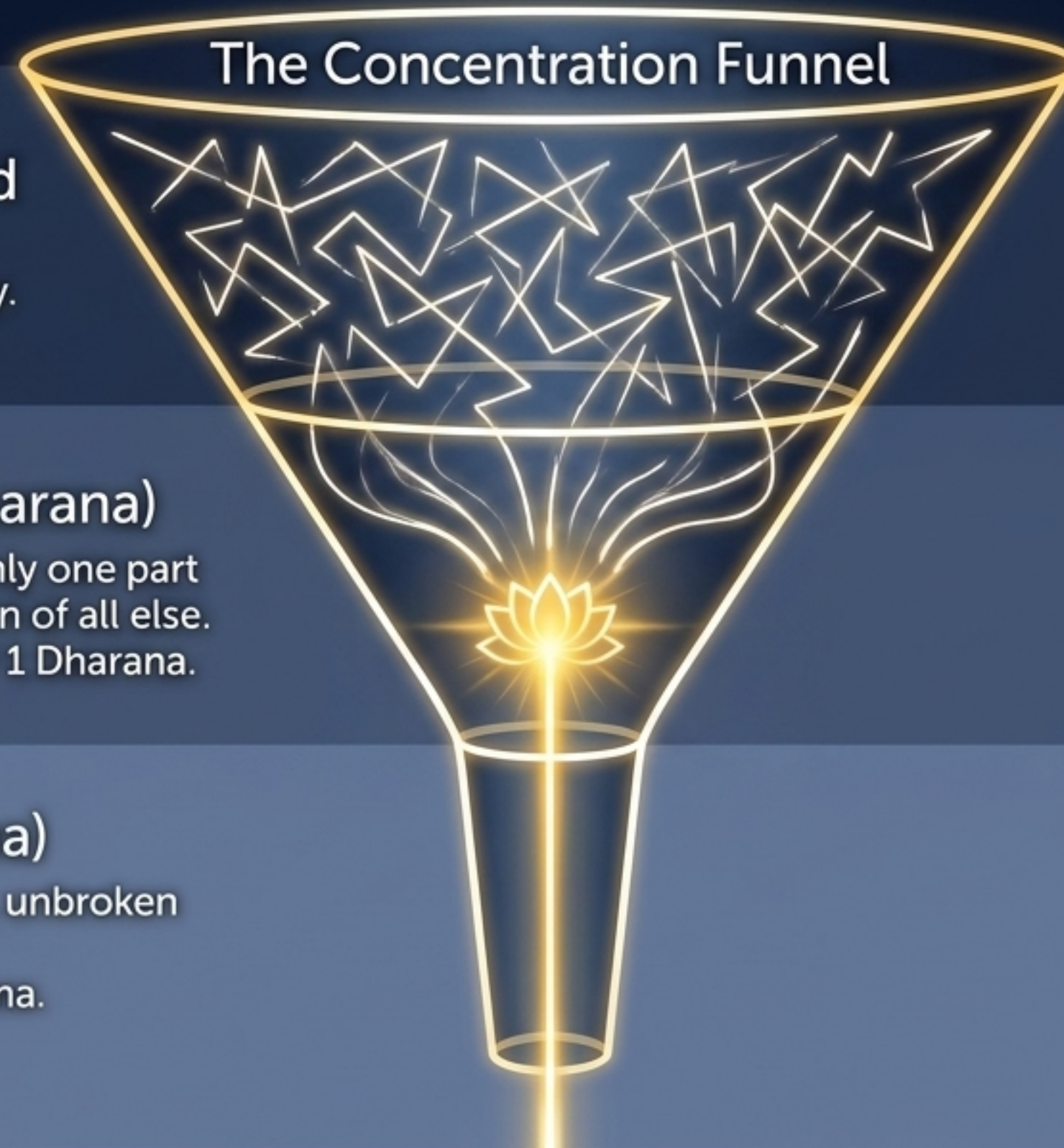
Countless thought-waves (*Vrittis*) bouncing randomly.

Concentration (Dharana)

Forcing the mind to feel only one part of the body to the exclusion of all else.
Twelve seconds of focus = 1 Dharana.

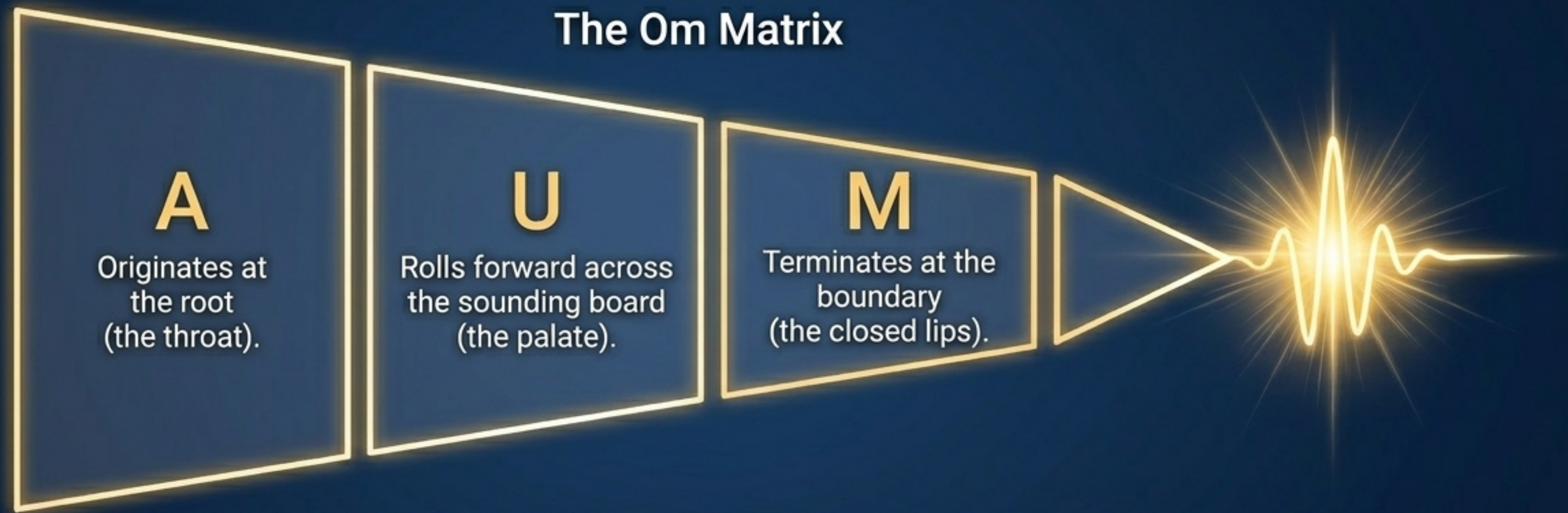
Meditation (Dhyana)

The mind flows in a single, unbroken current toward the point.
Twelve Dharanas = 1 Dhyana.



The Vibration of Reality

Every thought has a corresponding word. The Yogi uses the most fundamental root-vibration of all language to cut through mental chatter and connect with the Supreme Teacher.



Takeaway: Om represents the entire phenomenon of sound production. Repetition of this word forces spiritual impressions (*Samskaras*) to the surface, destroying mental obstacles.

The Physics of Liberation

The physical exercises are not the goal; they are the mechanical means to trigger a profound cognitive explosion.

The Unifying Synthesis Model



Action (The Flywheel)

Rhythmic breath builds massive electrical will-power.



Shift (The Channel)

Kundalini energy is forced out of sensory dual wires and driven up the wireless central canal.



Result (The Apex)

The energy strikes the brain, transcending reason and triggering objectless, super-conscious perception (Samadhi).

The Final Summit: Stages of Samadhi

Super-consciousness is not a single threshold, but a progression from refined reasoning to absolute, seedless liberation.

Samprajnata (With Seed)	Asamprajnata (Seedless)
<ul style="list-style-type: none">• The mind meditates on fine elements (time, space, nature)• Duality remains (Subject vs. Object)• Yields extraordinary occult powers• Does NOT grant ultimate freedom	<ul style="list-style-type: none">• All mental activity ceases• The mind becomes an entire vacuum• Destroys all past tendencies (Samskaras)• Yields ultimate liberation and the realization of the true Self

Burning the Seeds of Misery

Even in deep concentration, past impressions (*Samskaras*) sleep in the *Chitta*, waiting like coiled springs to generate future karma and pain.

The Root System



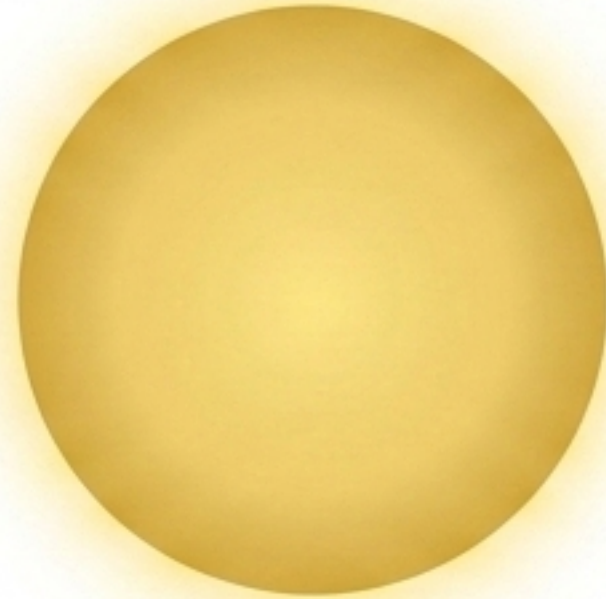
The Counter-Wave Mechanic



To destroy the seeds, the Yogi must raise opposing waves to suppress passions before they breach the surface of consciousness.

The Soul Unveiled

When the lake of the mind is finally still, the delusion of the physical world vanishes.
The Soul (Purusa) is revealed not as a combination of matter, but as the eternal simple.



By giving up all powers, it becomes omnipotent.
By giving up all life, it is beyond mortality.
It is life itself, established in its own glory.