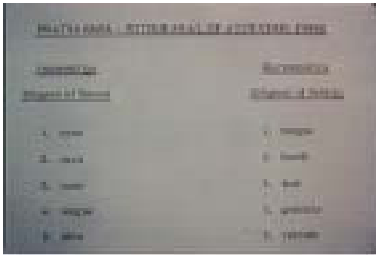


Eternal Way of Truth
Part Two
71 - 96

Cycle of Life
Exoteric and Esoteric Text



Pratyahara	Withdrawal of Senses
1. eye	1. Pratyahara
2. ear	2. Pratyahara
3. nose	3. Pratyahara
4. tongue	4. Pratyahara
5. skin	5. Pratyahara

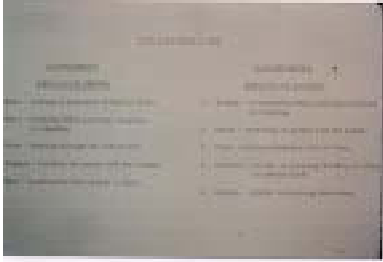
71 Pratyahara means the withdrawal of the attention from each of the five sense organs.

In the kauli, the conch of Arjuna blows and pratyahara begins. Unless the ten techniques of the jnanendriya (sense faculties) and the karmendriya (organs of actions) have already been perfected, you will fail at this stage of yoga and can not become a true Brahmin or god-person.



72 This step cannot be completed without facing up to the temple Kali, the purifier of the senses.

The senses must have been purified first. This process is difficult, frightening at times and requires a brave and disciplined sadhika or sadhaka.



73 The step of concentration involves the purification of the brain and attention. The power necessary to succeed with these techniques depends on the element of air.

The material siddhis are attained by the Energy Mastery Techniques; the spiritual siddhis by perfecting the yamas; the divine siddhis by perfecting the niyamas. What is the neter that enables one to attain these powers? Explain why dharana is enabled by that neter.



74 The monkey god, Hanuman, is the son of air and must be worshipped to achieve concentration.

The Energy Mastery Techniques are the worship of Hanuman.



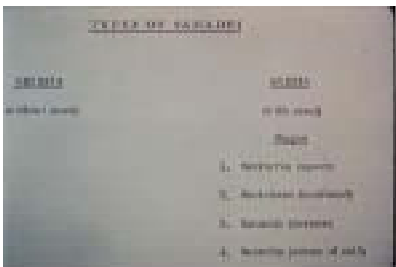
75 Meditation is the steady flow of attention on an idea or object for a long period of time. It purifies the personality or sense of self and removes the attachment to the act of viewing.

Dhyana is the steady flow of attention on one thing; however, one can approach that one thing by action, reflection or devotion.



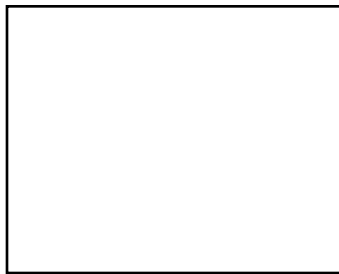
76 The most difficult step up the ladder depends on the union of the female and male principles symbolized here in the yoni and the linga.

Samadhi or entering the garbha of the mandira can not be reached wilfully. As orgasm cannot be attained wilfully, so samadhi can not.



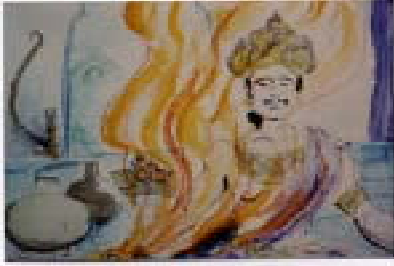
77 Samadhi results when thought is purified.

Only a nivrtti can reach samadhi. Because a pravritti cannot, he soon passes the top of the cycle of life. The impurity of the sense of self, the ego, which is dissolved by sasmita sabija samadhi, stops the wilful actor.



78 The linga is the symbol of the great god Mahadeva, the top rung of the ladder. Can one remain at this peak of achievement if it has been attained wilfully?

The permanently erect linga is the symbol of nirbija samadhi. If one cannot master the sexual energy, he will fall.

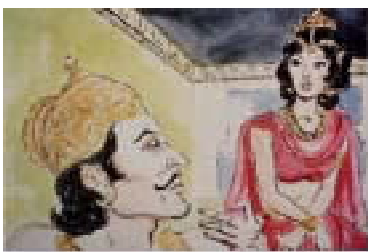


79 The story of Nahusha in the Mahabharata illustrates the point. Nahusha was the famous son of Ayu. Through sacrifices, austerities, the study of scripture, self control and process, he obtained undisputed sovereignty of the three worlds.

79-84 Why that fall occurs is explained in the story of Noah. Look up the meaning of his name. Then read the full story in the Mahabharata and then explain to your course instructor the meaning of these pictures (79) through (84) and how they illustrate the foregoing principles.



80 Because the King of the Gods, Indra, had killed a brahmin priest, the gods sent Indra to the depths of the waters and decided to anoint the human Nahusha as the new king. He was granted the boon that he would assume the power of anyone he looked at.



81 Nahusha turned libertine and coveted Indra's wife, Indrani. Indrani agreed but cleverly said, "Lord of the world, come to me on a wagon carried by the Brahmin seers; that way I shall be pleased and will submit to you."



82 The seven brahmin seers agreed and carried Nahusha on their shoulders. However, in his pride, Nahusha touched the great seer Agastya's head with his right foot, thereby using up his merit.



83 Agastya tested Nahusha's wisdom with this question, "The mantras that have been promulgated by Brahma for the Sprinkling-of-the-Cows, are they authentic or not?" Nahusha, his wits befuddled by ignorance, replied, "No."



84 Then Agastya pronounced this sentence, "For as much as you have despoiled the pure Brahman that was uttered by the ancients, and has been observed by the Brahmin seers; as you have touched me on the head with your foot; and as you have made unassailable seers the likes of Brahma your beasts of burden to carry you about, therefore you are banished from heaven, deprived of light, evil one, and fall flat down to the flat of the Earth with your merit exhausted. For ten thousand years you shall wander in the shape of a large snake, and when the years are full, you shall regain heaven." Nahusha was a king and therefore of the Baronage caste.

THE PEOPLE of DIFFERENT CASTES (Dharma)			
PRAVRITI (Dharma)	PRINCE (Rajanya)	WARRIOR (Kshatriya)	Age of Youth (16-30)
VAIKRITI (Dharma)	ARTISAN (Vaishya)	TOPIER/CUTTER (Shudra)	Age of Middle (31-45)
VIKRI (Dharma)	OUTCAST (Pitru)	HYPERVIOLENCE (Kshatriya)	Age of Old (46-60)

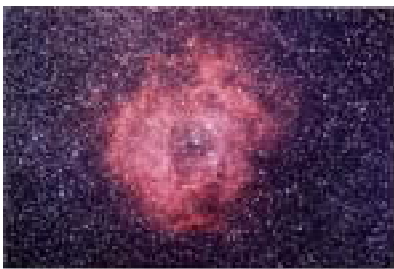
85 His technique of growth had been discipline, unattachment, wilful hatha yoga and his goal was success. He followed Pravritti Dharma, or that way of living in which one uses a part of the mind to control the rest of the mind. How can one break out of the seemingly eternal cycle of life?

Write a short (500 words) critique on how you disagree or find fault with this chart.



86 The entire universe is expanding, and has been for about 10 billion years. This is the dissolving or Shiva part of the cycle.

As below, so above and vice-versa. The principles we have been reviewing apply also on the cosmic scale.



87 Then it will contract. This will be the Vishnu part of the cycle.

Different parts of the universe are in different phases of the Cycle of Life.



88 When it explodes again in a cosmic fireball, the apparancy of creation will be presided over by Brahma. A lifetime of Brahman is made up of 120 god-years of activity and 120 god-years of inactivity. Each god-year is 8.59 billion years long.

Dharma means to live in harmony with how things are. Which of these three phases (86), (87) or (88) is the overall universe in at present. Therefore, which principle should we endeavour to live in harmony with, on a cosmic scale?

Kalpa	Mahayuga	Yuga
1 Kalpa	4 Mahayugas	1 Mahayuga
1 Mahayuga	4 Yugas	1 Yuga
1 Yuga	4 Yugas	1 Yuga
1 Yuga	4 Yugas	1 Yuga
1 Yuga	4 Yugas	1 Yuga
1 Yuga	4 Yugas	1 Yuga
1 Yuga	4 Yugas	1 Yuga
1 Yuga	4 Yugas	1 Yuga
1 Yuga	4 Yugas	1 Yuga
1 Yuga	4 Yugas	1 Yuga

89 Each god year is made up of 720 Kalpas. A Kalpa is about 12 million years long and is made up of 994 mahayugas. A mahayuga is 12,000 years long and is made up of a golden age, a silver age, a bronze age and an iron age. A mahayuga is one evolutionary cycle. In other words, it takes 12,000 years to make a major step forward in evolution. In one impulse of the universe there are over 5 million evolutionary cycles.

There are many lengths of cycles, each in a different phase of the cycle of life; so, the scope of your orientation is set depending on the phase you should be in harmony with.



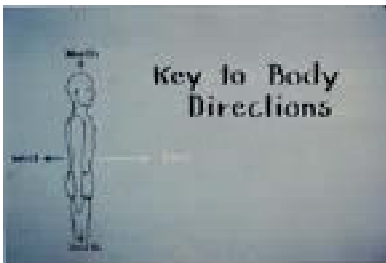
90 One human cycle is one day and night.

To be a Priest you must have at least a scale of orientation the size of Earth. You must experience the whole world as one family.



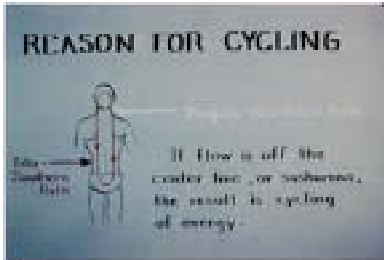
91 One divine cycle is one year. The year also has a day and a night. Due to the 23 degree tilt of the Earth's axis of rotation, as the Earth travels around the sun, the sun appears to move toward the north pole for six months and then appears to drop lower in the sky towards the south pole for six months. When the sun is moving northward, or apparently higher, from Dec. 22nd to June 22nd in the northern hemisphere, people find it easier discipline themselves and to concentrate. This is because the human body follows the same cycling pattern as the Earth and Sun. Because language is one of the most difficult things for man to learn, the sacrament for learning Sanskrit is given during the northern path of the Sun. This is the six months of Vishnu or Surya, the Sun god. After June 22nd, the summer solstice, the nights start to get longer. This is Shiva's six months, the time of dissolution, sensuality and death. Dec. 22nd is the instant of rebirth, the moment of Brahma.

Do the Five Steps of Study on this diagram. A God-person has a solar outlook and shines on everything and everyone equally.



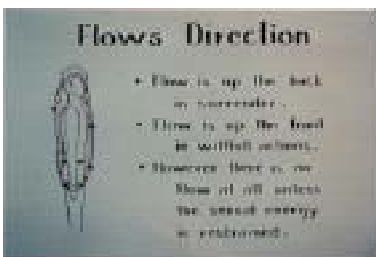
92 In yoga the front of the body is esoterically known to be the east, the back is the west, the lower part of the body is the south and the upper part the north.

When you read scripture, keep this key in mind to help you decipher the esotericisms.



93 When energy is rising, it flows through the pingala. When energy flows down or southerly, it flows through the ida. This up and down flowing makes cycling inevitable.

The flow of energy gets off centre by forcing or resisting wilfully; that is, acting from the ego.



94 If one uses one's will, the energy cycles up the front of the body and down the back. If one surrenders, the energy will flow up the back and down the front. However, unless there is at least some restraint of sexual energy, there is no flow at all.

You must restrain your sexual energy to get something to flow. This sacrifice is necessary or you are just pre-dharma.



95 The yogi best known for his restraint was Dattatreya. He was the great uncle of Lakulisha. By his austerity and celibacy, he was able to qualify himself to end the seemingly endless cycle of birth and death. He was able to slay the dragon of the creative force, sexuality.

Note the different weapons Dattatreya used to master the sexual energy. How

could the conch help in this difficult task?



96 St. George is the western equivalent of Dattatreya. Only a saint can achieve the feat of slaying the dragon, sex.

How is it possible that the lance of St. George could slay the dragon of sexual desire?