

YOGA LESSONS
FOR
DEVELOPING
SPIRITUAL
CONSCIOUSNESS

BY

SWAMIE A. P. MUKERJI
ASSOCIATE EDITOR,
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CHAPTER I.

THE YOGI CONCEPTION OF LIFE.

IF we study the action of mind upon mind, of mind over matter, of mind over the human body, we may realize how "each man is a power in himself"—to use Mr. Randall's phrase in his beautiful book on psychology.

Life is demonstrative: it speaks with a million, million tongues. Life stands for Light and Love. Contemplation of Death, which is really a change, will not lead to Happiness.

All-stagnation is death. Humanity is a moving mass, and this is true of it as regards single units as well as of the collective whole.

Stop we cannot. We must go forwards, which is "God-wards" or there is the backward line of progress—which is IGNORANCE.

Spasms of activity catch hold of us and push us onward and, similarly, fear, weakness and worry, the triple weapons of our Old Friend, the Devil, catch us in their deadly grip and "crib, cabin and confine" us. We all are preparing to live, day in and day out. Is it not so? The body ages; the soul is ever on the alert.