

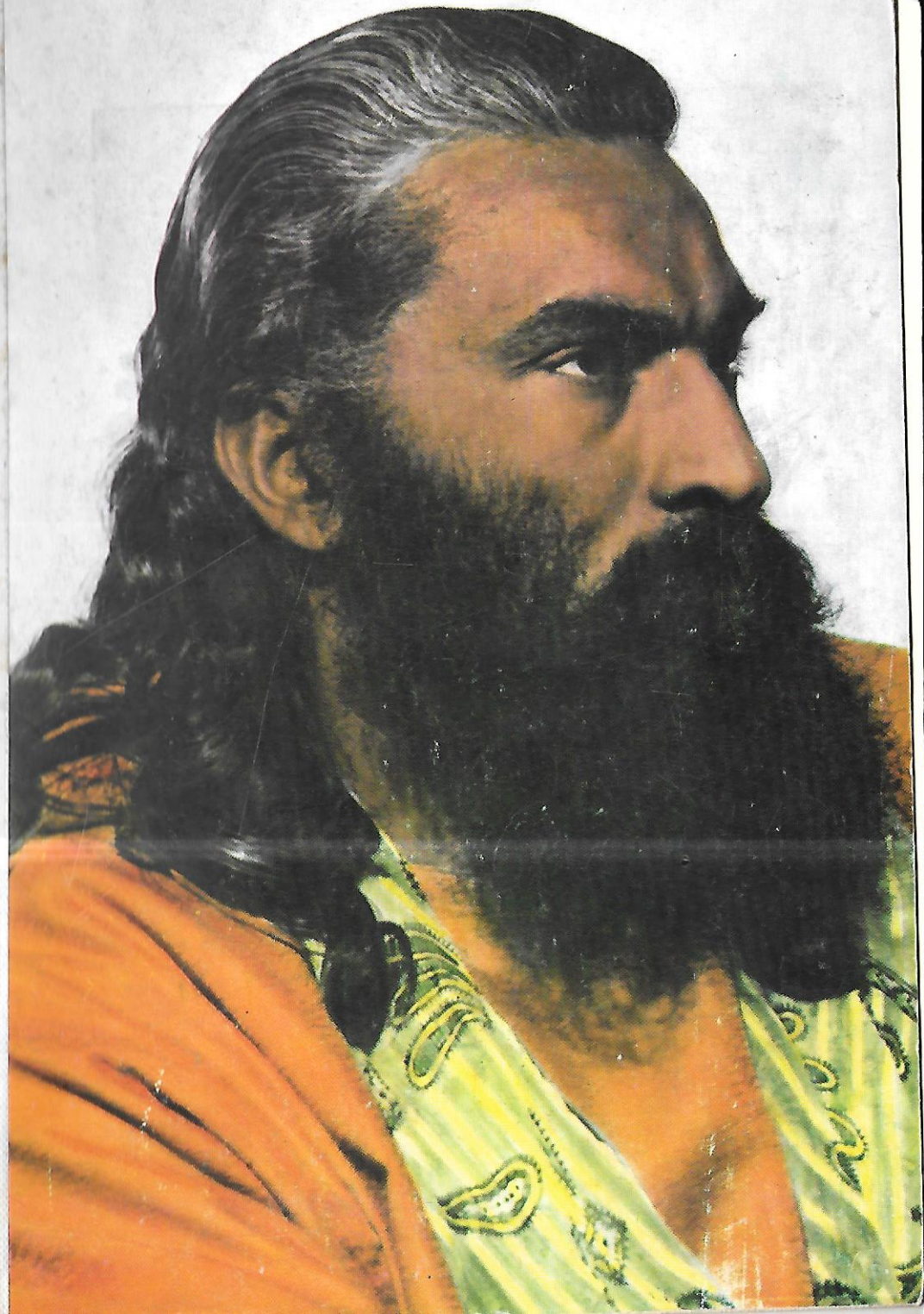


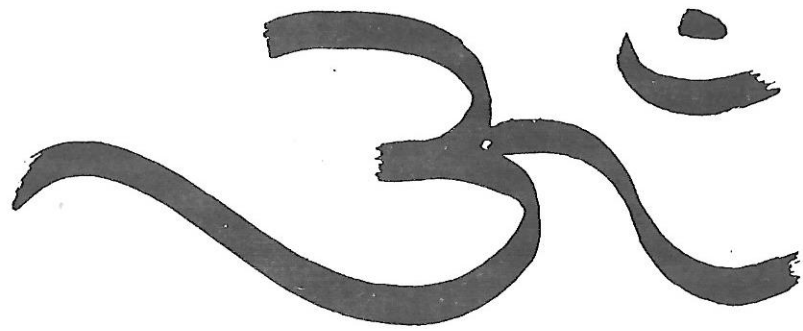
YOGA SCHULE

Schloss Aubach

7591 Lauf - Germany

Internationales Yoga-Zentrum
unter Leitung von
Yog-Maharishi SWAMI DEV MURTI





HARI OM

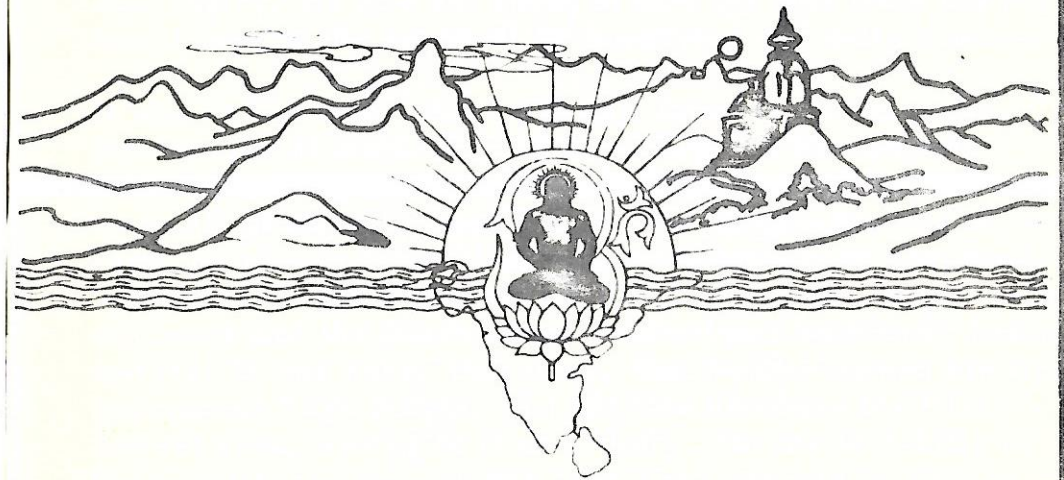
Yoga is the path of self-discipline many thousands of years old leading to Self-knowledge (perfection of body, mind and soul). It enables the human being to help his own past, present and future karma (fate), and, with the guidance of a master, to awaken the dormant spiritual powers lying within him. In fulfilling the master's instructions he is brought back into inner and outer harmony with nature, from which Yoga was originally developed.

With the melting away of the world's barriers through the development of modern civilisation, Yoga has become universally known. Previously, its secrets were destined to remain in the Himalayan caves with the high masters, but now it has become the only panacea for our sick and troubled world, and he who has the good fortune to find a genuine Yoga teacher will make his life more happy, peaceful and healthy, by following its principles.



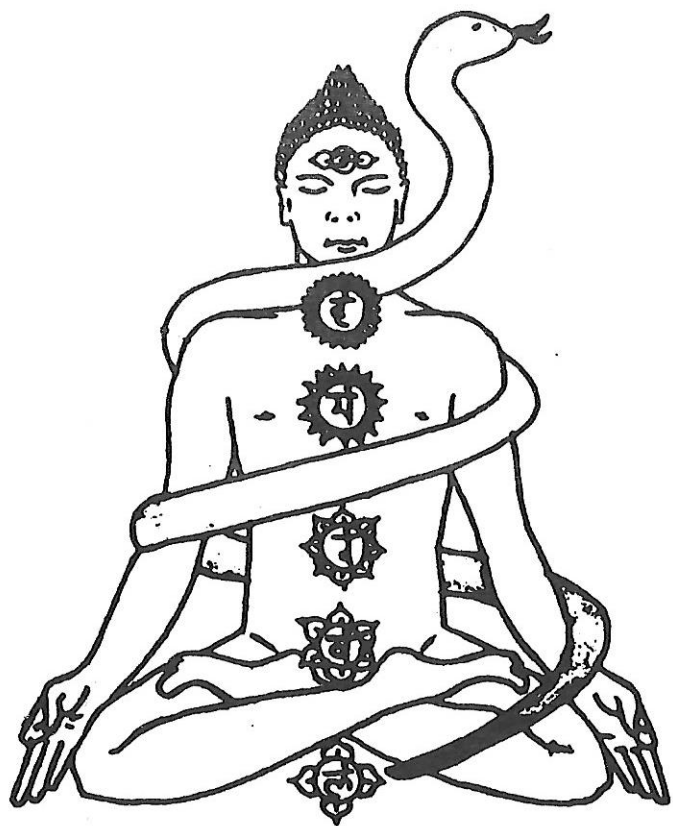
YOGA

PRAXIS



Swami Dev Murti

at the same time it transcends them; these three bodies cannot exist without the Self, whereas the Self is self-existent and in the state of samadhi it exists in its own pure transcendental form which is called turiya. Turiya and Supreme Being are synonomous. Since it maintains all states of the individual and the universal Self and it also transcends them, it is the Supreme Being which is the Self of all selves.

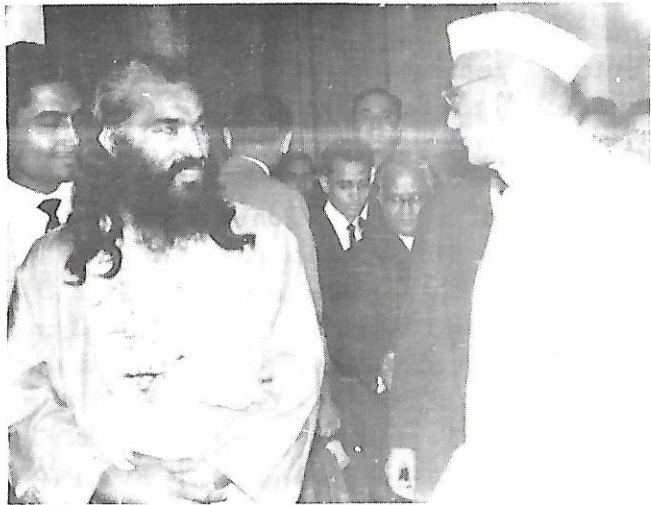


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In Teheran Swamiji appeared before a gathering of 10,000



Swami Dev Murti speaking with Shri Morarji Desai, Finance Minister of India during his visit to Germany

Swamiji's teaching activities grew ever wider until they embraced the whole of India. Nevertheless, he continually visited his Gurus, investigating and analysing their various techniques and concentrating all his findings to a simple form, whereby the world could learn the essentials of ALL Yogic teachings. It was his love of humanity and deep concern about our restless, peaceless, troubled world, that prompted him to ADAPT his learnings to the needs of various levels.

In 1958, his individual development had reached such a stage that his Guru set him the task of spreading Yoga beyond the boundaries of India, and especially in Europe. He set out from India on foot for Europe, going from village to village, from city to city, from country to country - passing through Lahore, Quetta, Iran, Turkey, Yugoslavia, halting at intervals to give his message to the people and to investigate their problems. His initial acquaintance with Europe left him profoundly shocked; he found spiritual bankruptcy. He now set about to turn the tide from the material toward the spiritual by modifying our daily routine.

It was in Germany where Swamiji found most response. Professors of medicine, Nature-cure and Homeopathic doctors, Chiropractitioners and teachers of gymnastics were all profoundly interested in his simple exercises. In turn, he was impressed with their Nature-cure societies, numerous Reform-houses (health-food stores), vegetarian societies and the Blackforest sanatoriums with their healing waters. It was here, therefore, that Swami opened his first permanent Yoga School, and for this he chose the Black - Forest area, seeing in it an affinity with the foot-hills of the Himalayas. He now has four Yoga Schools in Europe apart from those in India, together with several smaller branches.

Their purpose is to give the European a firm foundation on which to build up his spiritual life through a correct daily routine as well as a proper understanding of Yoga, which would enable him to confer with Indian masters, should he ever travel to the Himalayas. This is of utmost importance for the European, since his upbringing is unsuitable to cope with the teachings in the manner they are given in an Indian Ashram. There, time and patience and the right attitude to the master - and not money - are the requisites.

The modern, material world thinks that time is money -- but in reality we have no time and no money - no peace - no health - no happiness. Our material power is put to improper use: Satisfying our petty whims and desires, quarrels, wars - and the result is suffering. We must learn to use the material wisely for the benefit of peace, prosperity and happiness, and we have the golden opportunity now with a Master from India, who can impart to us more understanding of the NATURAL LAWS GOVERNING OUR LIVES. (i. e.) Through generations of wrong food habits and incorrect treatment of the body there is loss of elasticity in our muscles and joints. Swamiji, fully aware of this, has made it possible for persons of all ages to practise his system of Yoga. He includes amongst his pupils a 90 year old gentleman from Berlin. He states that the spinal chord holds the secret to the recovery of man's health and spiritual well-being. The horizontal spine of the animals makes them immune to all of man's illnesses; man, on the other hand, suffers from the pressure exercised on the spine by the upright position which has caused it to stiffen, deform and lose its flexibility. The exercises of Swami Dev Murti are devised to remedy this fault, and some result is obtained even after only five minutes of exercise daily. Another diagnosis that Swamiji includes among our

multiple sufferings are wrong food habits going back over generations, looseness of morals, lack of honour and respect for parents and teachers and a disregard of the sacred ties of marriage. Through wrong morals people have become nervous owing to subconsciously repressed feelings of guilt which are experienced externally as a false anxiety for security manifested in the accumulation of material possessions, desires, ambitions - all creating intolerance. For this reason they no longer have a good power of concentration or the capacity to think really deeply and be conscious of their inner powers.

Swamiji has been with us since 1958. During this time he has redirected many thousands on to the right path, restoring health of body, soul and spirit.

THE AIMS OF SWAMI DEV MURTI

- To teach the ancient Indian Philosophy of Yoga.
- To reveal the means of attaining physical and spiritual powers and to impart training to interested people.
- To treat mental and bodily ailments through Yoga exercises and Nature Cure methods.
- To open Yoga centres and Physical Culture Institutes throughout the world.
- To work for the welfare, progress and peace of mankind.