



INDEPENDENCE DECLARATION

Dated: 01-07-1910

From birth to death all are adopting certain methods chalked out by our fore fathers after careful and deep study of Sastras. There are classified codes of behavior and modes of worship of the Lord creator for the different castes. As a chaste woman supports her husband in whatever career he deems fit for his life and follows him so also we are following those codes of behaviors without any attempt to develop our wisdom.

We are doing what we should to maintain a family life and support our children and when old age sets in, we while away our time with the thought that we have done our duty in this birth and that we should have a good future and also a good next birth. By leading such a life we are not able to understand the cause of creation, why we are born, how many births are yet to be taken, what is the goal of all this and why and how our children are born through us.



There is no time in family life to investigate



and get wisdom from these questions. How can we get at a solution without pondering on them? We only feel that we are not able to know the answers to those questions and so pass our life time blindly. Proper steps should be taken and some time should be devoted for investigation and realization. With the object to make everyone understand this easily, this Society was started.

Certain methods are given to us to get wisdom, to pass on our life time without difficulty, to worship the Lord in the way our elders have prescribed and establish our mind in immortality. It is very difficult to follow these methods, and more over they lead to further births.

The Secrets and the causes of creation are taught here in a simple manner to make one a wise man, however ignorant or poor one may be ways are being paved to give all wisdom during family life itself without discarding it and to be without disease, old age and death. Not only we but also those who are closely associated with us will enjoy these fruits.



All will agree that practice of Yoga is necessary to know who we are, why we came here and where we are going. It was made out by Yogis that Yoga must be practiced with the power of Kundalini. In this process different methods were formulated and it was declared

by Patanjali Rishi that Raja Yoga is the best of all. This is also being called "Ashtanga Yoga".

By this method of yoga at the time of cessation of expiration, if the Kundalini power begins to work in the body, outside consciousness will cease, and a state of samadhi will occur. It is very difficult to attain this state. It is stated as dogma that if it (cessation of expiration happens and the Kundalini begins to work in the body) so happens, the Kundalini will enable one to attain the pure state by stages.

The object for doing so is to follow the conclusion of our elders that this mortal body is fit for nothing, that it is subject to decay, and that we must purify our astral and destroy the ideas of the past that come through mental reflections and attain the pure state. It is clear from this that we cannot realize the Lord with this body. Moreover, our elders have named the creative order as Sankyapatha. The Vedantis state the creative order in a different way and proclaim that all are taking place in a maya state. Some other say that the personified Lord limited in shape and form has created this universe as a sport for him. And when we think about all what others say, we get a doubt and confusion as to which of them should be followed.

The cause for all these should be only one. To realize that there should be only one way. When it is so



Why are different schools of thought formed by members of different religions. Is it not also a creation of the Lord? Will it be wise to try religion after religion without any practical experience?

This society is started for the above reasons with the object of making all human beings without any exception to realize the Lord within this physical body through the wisdom revealed by Kundalini in a conscious state and making them adepts by enabling them to clear their doubts through internal interpellations.

THE YOGA SCHOOL FRIENDS SOCIETY
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