

## **Christian Yoga**

***The greatest Yogi was Jesus of Nazareth, as he came to fulfil the law. Not the law of mortal beings, but the law and will of God. This condemned him to crucifixion, as he exhibited a level of free will that ran contrary to the establishment of the day. He spoke with authority, not the authority backed by man made laws, but with the authority of someone who spoke as one of the elect. Christ saw through and beyond the web of this world, with its trials and tribulations, and could with a glance or touch, relieve suffering and heal the sick. This was not an extraordinary gift for someone who was at one with the creator of all life, as he was at one with the Divine template, the truth that underlies and defines mortal existence. It is fallen man that distorts the true picture and the catalytic power of Christ's vision, and presence that makes whole, hence Christ's admonition, 'go and sin no more'.***

***The true spirit of Jesus exists in everyone, and the practising Yogi, although not in the familiar words of the church, seeks to find the same spirit in him/herself.***

***Self recognition is the goal of the Yogi and ultimately continual Self remembrance. There are two aspects to the Self, like a two way mirror, one looks outward to the world, guided by the senses five. The other way of looking is inward into the pristine stillness, from which the soul was formed.***

***The outward and worldly looking, that can so easily captivate us and influence our self-development from generation to generation, we call the exoteric and because it is so often self-limiting, it is usually spelt with a small 's'. The reflexive techniques of inward looking to the guiding spirit within, the esoteric, releases us from the self-limitation imposed by the external world and awakens the soul to a more Conscious and visionary way of life and here we refer to the Self by writing with a large 'S'.***

***The middle ground that mediates between the inner and outer worlds is the mesoteric and realm of the Observer, the watcher and Self conscious being able to break the dominion and interests of the temporal world, guided by the pure ground of the eternal, that has existed from before time.***

***The highest form of Yoga exhibited by Christ is the most difficult; as we have for generations invested so much energy in outward looking that it has become the habitual way of responding to stimulus. These energy patterns have become so habitual that they not only condition human behaviour, but also influence the energy patterns of the life fields of which we are a part.***

***Every thought in the human mind has an emotional charge, even hidden thoughts, thoughts we would like to ignore and suppress, given the opportunity, still seek to find self-expression.***

***In this context, the words of Jesus “I and my Father are One”, have a tremendous significance, as the Will of God, the Will of the eternal unchanging Self, is not the will of mortal beings with their limited perspectives, but arises from a vision that that encompasses all universes from the smallest to the greatest.***

***When you know yourself as Will, in the highest sense of the word, you can in accord with the greatest Yogi, truthfully repeat the words “I and my Father are One”.***

***All Yogis work toward achieving this highest ideal of Yoga, Union with the Absolute Good, or Will of God, made understandable and possible by the Greatest Yoga, the Son/Sun of God.***

***This highest level of Raja Yoga, the Yoga of Kings, requires continual watchfulness, as most actions, no matter how well intentioned, have hidden within them, some private purpose, that will have some karmic debt to repay.***

***To become a disciple of the Greatest Yogi, is to become like Arjuna the Charioteer and hero of the Bhavadgita, as you will meet many friendly faces along the Way, called comfort and desire, and an easy life, couched in meaningful words, which when challenged by the immediacy of the Self, will burst like bubbles on the wind. Gordon Smith***