

Liberation

The Fruition of Yoga

Yogani

From The AYP Enlightenment Series

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In the modern era,
Everyone can sample liberation for a short while.
What we do after that will make all the difference.

Introduction

This concise volume provides a survey of the methods of Yoga as they relate to the rise of the *non-dual* condition of enlightenment, or *Liberation* (*Moksha* in Sanskrit), and practices that can be utilized during the end stage of the journey. It is about the rise of the *witness* and the evolution to *ripeness* and *relational self-inquiry* for permanent realization of the observer being both beyond and in *unity* with all objects of perception, accompanied by the natural emergence of an unending flow of divine love in the world.

While this book is about *Advaita-Vedanta* and *Jnana Yoga* for end stage realization, it is also about assuring that the prerequisites of *Deep Meditation* and related yogic methods are not ignored, as so often happens in modern teachings on enlightenment.

Liberation is the cap-stone of the *AYP Enlightenment Series*, the *vedanta* of it so to speak, meaning, “the end of knowledge.” It is also an expansion on the discussion that began in the seventh book of the series: *Self-Inquiry*. As we have always said, the center of all spiritual progress is found within each human being, and that theme culminates here. Liberation is in your hands.

The AYP Enlightenment Series has been an endeavor to present the most effective methods of spiritual practice in a series of easy-to-read books that anyone can use to gain practical results immediately and over the long term. For centuries, many of these powerful practices have been shrouded in secrecy,

mainly in an effort to preserve them. Now we find ourselves in the *information age*, and able to preserve knowledge for present and future generations like never before. The question remains: “How far can we go in effectively transmitting spiritual methods in writing?”

Since the beginning in 2003, the writings of AYP have been an experiment to see just how much can be conveyed, with much more detail included on practices than in the spiritual writings of the past. Can books provide us the specific means necessary to tread the path to enlightenment, or do we have to surrender at the feet of a *guru* to find our salvation? Well, clearly we must surrender to something, even if it is to our own innate potential to live a freer and happier life. If we are able to do that, and maintain regular practice, then books like this one can come alive and instruct us in the ways of human spiritual transformation. If the reader is ready and the book is worthy, amazing things can happen.

While one person’s name is given as the author of this book, it is actually a distillation of the efforts of thousands of practitioners over thousands of years. This is one person’s attempt to simplify and make practical the spiritual methods that many have demonstrated throughout history. All who have gone before have my deepest gratitude, as do the many I am privileged to be in touch with in the present who continue to practice with dedication and good results.

I hope you will find this book to be a useful resource as you travel along your chosen path.

Practice wisely, and enjoy!

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Chapter 1 – A Path from Here to Here

We live in an amazing time, one when access to the tools of enlightenment is becoming increasingly available due to vastly improved worldwide communications. The causes and effects of human spiritual transformation are being revealed by science, and are being experienced first-hand by countless practitioners around the world. The obstacles to clear seeing are many and it is not an easy task to find our way through them all. Nevertheless, the task has been undertaken, and the relentless rise of human consciousness everywhere cannot be denied.

What many are realizing is that spiritual enlightenment, also called *liberation* (or *moksha* in Sanskrit), is here and now, in this place and in this moment. This is why, after years or decades of traveling a spiritual path, the ones who have gone the distance may well exclaim, “The path leads from here to here!”

The logic of this is very simple: The world we see reflected in our mind via the senses is a creation of our own identification with the objects of our perception, beginning with our sense of self, our sense of “*I*” as an entity that is real with rights of ownership in this world. But is it real, and does it have rights of ownership?

Think about it. What do you own? Who is there to own anything? The experience of “*I*,” the feeling of it, is a conditioned response that we have been living

with since early childhood. The only reason it remains is because we have not yet evolved to a sense of self that is beyond the realm of time and space, the realm where we believe we can own things. Yes, custodians we are. Owners? Impossible. If we did own this realm, we would not have to leave it, and we all do. At most, we are borrowing this realm for a short time, and then we are out of here. Of course there are many ways we try to get around our limited stay here, by making a big name, a big fortune, or a big impact on humanity, so that we will be remembered. But what difference will it make to us? None. Zilch. At best we are providing a service of unselfish giving so others who come after us may have an easier time of it here. At worst, we may harm millions and be vilified for the rest of human history. Those are the extremes. Most of us fall somewhere in-between. None of it makes much difference in the long run.

But something matters. We can feel it in our bones. Nature is always evolving toward a more perfect expression, never quite getting there, but never giving up either. That impulse lives in us also, the unceasing flow toward becoming more. It does not only apply to our activities on this earth, but also to revealing our inner nature in this life. Intuitively, we know there is immortality within us, something that transcends all that comes and goes here, and our tendency to get tangled up in it.

There is such a thing as *liberation*, and that is what we'd like to explore in this book, particularly as it relates to the ancient and ever-new field of *yoga*.

When we combine the ancient wisdom with modern ways of applying and disseminating the knowledge, we begin to see the journey of human spiritual transformation in ways that were not even imaginable a few decades ago. In doing so, we will be stepping across imaginary lines of demarcation, shedding centuries of sectarian confusion, including some of it that is still with us today, but fading rapidly in the light of knowledge and direct experience.

Is Instant Enlightenment Possible?

Anything is possible on the spiritual path. However, to regard instant enlightenment, a simple mental realization, as a reality for everyone is simply unrealistic. If it were so, the world would be radically different than it is today.

There is a teaching out there that we can see the truth in the here and now, and that all the other things we may have been doing, or are considering doing for our spiritual betterment have been and are a complete waste of time. We often hear this from teachers who have spent decades in meditation and other spiritual practices, who one day had the *Aha* that marked their awakening into liberation, and then said, “Why did I waste so many years in practices, when I could have woken up way back then?” They advise that we should just let go now, and it will happen, just as it did for them (after countless meditation sittings over many years).

Enlightened people seem to have short memories. Can we actually wish ourselves from New York to California without making the journey?

The truth is, an awakening is always “instant,” an *Aha* we have seen in all the awakenings experienced up until now, and in all the awakenings that are sure to come after. While such epiphanies (openings) may seem instant and can be very profound, we tend to categorize them as self-sufficient final events, which they are not. We tend to uncouple effects from their causes. It is a normal oversight, forgetting what we did yesterday that set the stage for what we are doing today. However, in spiritual matters, the forgetting is not a help to others, or even to ourselves as we make false assumptions about our spiritual condition (more on that later).

What got us to past awakenings, and will surely get us to all future ones, is spiritual practice of one kind or other. While the fruit of our labor is good, how the fruit came to be is of far greater importance to those of us who would like to harvest more fruit for ourselves, and help others do the same.

So, while enlightenment is always hiding in plain sight, coming into a permanent direct realization of it is a process.

Suppose we have a big awakening on the front end, such as, “Oh my goodness, there is no ‘me,’ only this unending unfoldment of life.”

Even with this, there will be much more work to do. Many in this modern age are having this kind of experience, a *sampling* of liberation. It is like a temporary clearing of the clouds, revealing the

radiant sunshine. But then the clouds come back in and we don't see it fully anymore. Experiences like this provide a powerful inspiration that can carry us forward on our path for a long time. While we likely can't will the clouds to part again right away, there is much we can do in a systematic way to gradually dissolve them, which bit-by-bit makes the clouds thinner and increasingly wispy. Then our seeing gradually becomes more and more, until one day we are bathed in the full sunlight 24 hours per day, 7 days per week. So our initial opening and the inspiration it provides, if followed up on wisely, can bring us into full realization. What we do between the initial inspiration and the end stage will make all the difference. Systematic practice is the surest path, assuming we approach it with prudence, and avoid the mental traps along the way. We will talk about the pitfalls and blind alleys later in this book. They are all too common.

But first, let's develop a baseline of knowledge about what it takes to move steadily forward toward liberation. In doing so, we can assure our continued progress and move beyond the unrealistic expectations and imaginings that can delay us on our path.

A Process of Purification and Opening

There are many ways to look at the process of human spiritual transformation – everything from overcoming/destroying the ego to cleaning the inner windows of perception. No matter how we look at it,

it is the same process – a journey, a path, or some sort of undertaking leading from an unrealized state to a realized state. In the end we find that we have gone from here to here, from seeing the world inaccurately as division and limitation to seeing it truly for what it is as *unity* and infinite expression, and experiencing the profound freedom that comes with that awakening. As it says in the Bible:

“You will know the truth and the truth will set you free.”

There is no place to go. It is only our perception of life here and now that will change. This can have a profound impact on our conduct in the world, but on the surface we will still seem quite the ordinary person we were before. Perhaps even more ordinary, because we will be more fulfilled in the moment.

As the Zen Buddhists say: “Before enlightenment, chop wood, carry water. After enlightenment, chop wood, carry water.”

From the point of view of yoga, the path is one of purification and opening. We mean this on every level from the gross physical to the finest strata of our neurobiology, mind, emotions, and beyond into the realm of the pure consciousness underlying all of existence. The methods of yoga are for undertaking this global process of purification and opening. We could even say it is a cosmic undertaking, because at the deepest level of our nature, we are one and the same as the entire cosmos. Every human being is like a hologram, able to reflect the infinite in this earth realm.

When we say “purification,” what do we mean? If we consider the cloud analogy again, we can see that the clouds block our view of the sun, except when they part temporarily, which may be a somewhat random event. They will no longer block the sun at all if they can be permanently dissolved by systematic means, which is not random. It is cause and effect. This dissolving of obstructions (the clouds) to clear our vision is the purification we are talking about. Likewise, obstructions embedded deep in our nervous system can block clear vision of the true nature of ourselves and of all life.

Looking at it another way, our perception is much like looking through the windshield of a car. If the windshield is dirty, we will not see much, and our driving will be erratic and hazardous. When the windshield has been cleaned, our vision will be clear and our driving will be much better informed. So it is with our nervous system and our perception of the world. The purpose of the methods of yoga is to clean the windshield of our perception, this vehicle of our conscious life, which has the ability to be opened literally to the infinite. That is what we are, the infinite expressing through this limited form in time and space. Realization, or enlightenment, is the ongoing direct experience of the unlimited nature of ourselves. So this windshield cleaning thing that we call *yoga* is a high stakes game. It is the joining of our unlimited inner nature with our limited outer nature, and its implications are profound.

As we systematically apply the methods of yoga on a daily basis over time, the resulting inner

purification and opening will be experienced in a variety of ways. We may have symptoms of purification, which can range from profound and ecstatic to dull, or downright uncomfortable. There are means provided for stabilizing the extremes of experience, so we can continue on our way with minimum disruption or delay. But, primarily, we will notice a gradual unfoldment characterized by rising abiding inner silence, ecstatic bliss and an outpouring of divine love through us leading to an experience of *unity* and freedom in this life.

The rise of *abiding inner silence* has been called *witnessing*, meaning that initially we come to view all objects of perception as being outside our shifting sense of self, which is untouched by external events in the realm of stillness. This sense of witnessing is none other than the rise of abiding inner silence within us. This separation dissolves later, as we move beyond witnessing into a non-dual condition where our sense of self becomes unified, encompassing all that is. Interestingly, this expansion of self corresponds to the loss of the binding influence of the sense of “*I, me, and mine*” as our identity, though we may act in the world much as we did before. As mentioned earlier, nothing really changes except our perception.

On the ecstatic side of it (what we sometimes refer to as the energetic side, or *Kundalini*), there is an awakening that is centered in the spinal nerve, expanding gradually outward from there.

There is a relationship between inner silence and the rise of ecstasy that leads to a *marriage* of these

two awakening spiritual components within us. This marriage is for the purpose of enabling inner silence to move in the world. We have called it “*stillness in action*.” In fact, the relationship between inner silence and ecstasy forms the perceptual structure for our life to become an ongoing divine outpouring, which is also the process of “*I, me, and mine*” merging into *unity*.

What is the end result of all this? Freedom in this life. At the same time, as we undergo this process, we are also becoming an increasing influence in visible and invisible ways for others to unfold freedom in their lives.

So this path of purification and opening is well worth undertaking. By helping ourselves become free, we are helping everyone become free. It is one of the greatest benefits of our liberation. We can do it for ourselves, but as the clouds clear, we come to realize that we are doing it for everyone. When the sun is shining brightly, it warms everyone.

It is a nice scenario, and perhaps it sounds a bit idealistic and theoretical. It surely would be only that, if we could not provide effective means for making the journey from here to here.

So let's look at the means.

Further Reading and Support

Yogani is an American spiritual scientist who, for forty years, has been integrating ancient techniques from around the world which cultivate human spiritual transformation. The approach is non-sectarian, and open to all. His books include:

Advanced Yoga Practices – Easy Lessons for Ecstatic Living (Two Volumes)

Two large user-friendly textbooks providing over 400 detailed lessons on the AYP integrated system of practices.

The Secrets of Wilder – A Novel

The story of young Americans discovering and utilizing actual secret practices leading to human spiritual transformation.

The AYP Enlightenment Series

Easy-to-read instruction books on yoga practices, including:

- ***Deep Meditation – Pathway to Personal Freedom***
- ***Spinal Breathing Pranayama – Journey to Inner Space***
- ***Tantra – Discovering the Power of Pre-Organic Sex***
- ***Asanas, Mudras and Bandhas – Awakening Ecstatic Kundalini***
- ***Samyama – Cultivating Stillness in Action, Siddhis and Miracles***
- ***Diet, Shatkarmas and Amaroli – Yogic Nutrition and Cleansing for Health and Spirit***
- ***Self-Inquiry – Dawn of the Witness and the End of Suffering***
- ***Bhakti and Karma Yoga – The Science of Devotion and Liberation Through Action***
- ***Eight Limbs of Yoga – The Structure and Pacing of Self-Directed Spiritual Practice***
- ***Retreats – Fast Track to Freedom – A Guide for Leaders and Practitioners***
- ***Liberation – The Fruition of Yoga***

For up-to-date information on the writings of Yogani, and for the free *AYP Support Forums*, please visit:

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