

Nimis, Italy, April 17th 1999

Patanjali Essence (Sutra 1, 2, 3 and last one)

1st Sutra

Now the discipline of Yoga begins.

The word “discipline” comes from the word “disciple”. A disciple learns and for learning in matters spiritual, a lot of un-learning or de-conditioning is necessary. Thus, this sutra is an invitation for the process of deconditioning.

2nd Sutra

Ending of the habits and compulsions of the mind is Yoga (Integration). Integration of mind (separative consciousness) with another dimension which is not of the mind (unitive awareness) is possible only when the machinations, myths, mischiefs, maladies and mania of the mind utterly cease. There is no other way out.

3rd Sutra

An exposure to the other dimension establishes one in one's natural state. Following the integration, emerges a re-orientation in living wherein manifests the natural state in which the body receives instructions only from glands and chakras. Mind or thought does not interfere as an interloper giving rise to psycho-somatic problems, pursuits and paradoxes.

Last Sutra

Zeroing of the personality sets up a process in which one finds himself in a virtuous circle, the climax whereof is the eternal establishment of the natural state wherein one exists in harmony with the Intelligent Energy. Fullpoint.

Personality (Ego), the noun, must end for the holy process, the verb, to begin. And it ultimately explodes in the eternal emergence of the natural state which is in link with an energy that understands. No further movement of the mind.