



hatha yoga    hath - to oppress <sup>h</sup> press


severe discipline which trains which trains  
 the lower + physical nature of man to become a  
 perfect instrument for sustaining divine power


raja yoga    <sup>h</sup> to still <sup>o</sup> calm <sup>□</sup> mind (□)

(discipline for stilling the workings of the mind to  
 unite with that which is beyond mind)


kundalini yoga    kund - burn <sup>(kindle)</sup> <sup>§</sup> flame


 (raising divine energy thru 6 centers to unite  
 with Shiva in crown of head)


purna yoga (purna - full <sup>□</sup>) transformation of  
 whole being for divine life on earth


mantra man think (mind <sup>□</sup>)

▽ focus ≡ words (?)