

Raja Yoga

Raja yoga is the yoga that creates kings. After passing through many births the human souls have become entrapped in body consciousness and engaged themselves in the physical yoga. However, no one will attain the everlasting happiness and peace through physical exercises, fasting, mortifications, rituals or blind faith. The path to the true happiness and peace that is to liberation in life leads through rediscovering the real self, meaning through regaining the awareness, 'I am a soul acting through the body, the soul that is a king of the body, not its slave.'

The Supreme Spirituals Father Shiva teaches that the way to achieve that stage is not the practice of yoga as it is understood nowadays, but the practice of remembering the Supreme in His real form. This practice is easy, natural and constant, but yoga involves some kind of effort. The Supreme Father is constantly in the incorporeal stage, even while being in a body. It means that he is always soul conscious; that is why he is beyond all the influence. When we experience that we are not these bodies consisting of 5 elements, but imperishable souls, we will become incorporeal and achieve the stage of constant peace and happiness.

The New Knowledge

The Basic Knowledge

It is the knowledge about the soul and the Supreme Soul and the cycle of the world narrated in the form of murli till 1969 by the Supreme Father Supreme Soul Shiva playing the role of the Great Mother through the body of Brahma Baba (Dada Lekhraj).

The Advanced Knowledge

A deeper level of the divine knowledge narrated since 1976 by Shiva playing the role of the Father, Teacher and Supreme Guru through the body of Prajapita, the father of humanity. The soul studying on this level can understand who are the mother and the father of the world, who play the role of Brahma, Shankar, Vishnu and know all its births in the cycle.

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The Essence of Knowledge

ShivBaba

Father • Teacher • Supreme Guru

The human being Has three fathers. The first one is the father of all the souls, the Supreme Father Shiva. The second one is the father of all humans, Prajapita Brahma, the father of the entire human creation. The third one is the father of this body.

The Supreme Father Supreme Soul Shiva in the Confluence Age lasting since 1936 till 2036 comes in a body of a simple man and communicates this knowledge to all the people:

The soul

The body is separate and the human soul is separate. The combination of both is called 'living soul' or 'human being'. The living soul is a invisible energy working through the body. Neither the soul nor the body can work when they are separated.

The soul is a very subtle point of energy, that can be compared with a living atom. It is a luminous atom consisting of the mind, intellect and sanskaras (imprints) of many births. The soul passes through the cycles of birth and death. In every cycle it can pass maximum through 84 births, minimum through one. When it comes from the Supreme Abode to the earth, it starts play its roles like an actor. Then, by exerting influence and being influenced by the others it creates karmic accounts of good and bad deeds. While passing through successive births, its power decreases and its mind and intellect become less and less flexible.

The Supreme Soul

He is the father of all the souls and similarly to them he is also an invisible point of energy, but much more subtle. His eternal name is Shiva, meaning 'Benevolent'. He is beyond all kinds of influence, always incorporeal, beyond all experience and action. He is the only one who knows the secret of the beginning, middle and end of the human creation. He comes at the end of every cycle of the world and narrates the true knowledge to the people. As the only one he doesn't pass through the cycle of birth and death; being ever pure, he purifies the souls and matter, bringing them back to their original stage of the beginning. The Supreme Father Shiva has to perform three tasks on the earth: establishment of the new world, destruction of the old world and sustenance of the new creation. Because he is the only soul that doesn't have its body, he has to take support in a human body. In the Confluence Age, the only time when he is in the earth, he uses the corporeal form of Brahma, Shankar, Vishnu successively, to accomplish these three tasks.

The Supreme Abode

The earth is in the centre of the physical universe and is the place where paradise and hell are created cyclically. In other words it is the world of the human creation, the world of 5 elements, the stage on which the human drama takes place. Beyond the physical world there is the subtle world, meaning the world beyond physical dimensions, created through thoughts. *Paramdham*, meaning the Supreme Abode or the Soul World encircles the

physical and subtle worlds. The 5 elements don't exist there. It is the place where the Supreme Soul and all the souls reside before they enter the physical world. The Supreme Soul resides there almost during the entire world cycle. He comes to the world only in the short period of the Confluence Age, the time of a violent transformation between the end of one cycle and the beginning of another.

The cycle of the world

The history of the world is a drama in which the souls-actors through their bodies-costumes play roles on the earth-scene. It is closed in the circle of time in which its end becomes the beginning, similarly to the clock face. It consists of four ages, each of the same length. They are in order: the golden age (the time of the soul's highest purity and power, peace and happiness), the silver age, the copper age, the iron age (the time when the soul becomes weakest and the most impure, the time of restlessness and sorrow). These four ages come in order like in an ever rotating circle.

The present time of transformation

It takes the last 100 years of every cycle. It is the time of the transition between two cycles, the transition from the time of the complete degradation to the time of the true liberation in life. Only in this time the human souls can meet their eternal spiritual Father and know the Truth about the self, God and world. They can know the secrets of creation, destruction and understand what the world beginning and end is.