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**ShrimadBhagavadGita
Chapters 1-6**

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1. Vishad Yoga

- 1.1 Jeev --> Indriya Bhava Asakti --> Apravritti in Yoga
- 1.2 Leads to Vishad Yoga

2. Sankhya Yoga

- 2.1 Sankhya = 21600 Breathing in a day
- 2.2 21600 Ajapa = Ida n Pingala Gati
- 2.3 Ida, Pingala Milan --> Sushumna Bhava = Tranquility
- 2.4 is Sankhya Yoga

3. Karma Yoga

- 3.1 Ida, Pingala Bahirmukhi Gati
- 3.2 Make it Antarmukhi
- 3.3 Then, Ida, Pingala Milan = Tranquility
- 3.4 Prana Karma or Kriya

4. Gyana Yoga

- 4.1 Gyana = Atma Gyana
- 4.2 Knowing Yourself
- 4.3 Then, equilibrium of Prana Chanchal Gati
- 4.4 Atma and Paramatma Milan

5. Karma Sanyas Yoga

- 5.1 Karma Rahit Avastha
- 5.2 Prana Karma -- > Tranquility
- 5.3 Karma ki Atita Avastha

6. Abhyas Yoga

- 6.1 Yoga = Atma, Parmatma Milan Avastha in Tranquility
- 6.2 Practice of Prana Kriya for Yoga Sthiti



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1. Chapter 7: Gyana Vigyana Yoga

- 1.1 Gyana = Knowledge of Self or Soul = Knowledge of Kutastha or 6th Center
- 1.2 Vigyan= Specific Knowledge, Knowledge of God = Knowledge of 7th Center after 6th
- 1.3 Yoga = Dissolution in Vigyana State or God

2. Chapter 8: Akshar Brahma Yoga

- 2.1 Akshar = Indestructible = Kutastha = Sthir Prana
- 2.2 Brahma = God or All Pervading Soul
- 2.3 Unifying Experience of Kutastha and God
- 2.4 Staying of Awareness / Soul in Unmanifest Above Kutastha or God

3. Chapter 9: Raj Vidya Raj Guhya Yoga

- 3.1 Raj = Light
- 3.2 Vidya = Knowledge
- 3.3 Raj Vidya = Knowledge of Self
- 3.4 Raj Guhya = Secret, Known by Few, Subtle to Grasp
- 3.5 Dissolution or Laya of Soul or Kutastha in God or Higher Center

4. Chapter 10: Vibhuti Yoga

- 4.1 Vibhuti = Manifestation
- 4.2 Yoga = Laya or Dissolution
- 4.3 Experience of Manifestation and Dissolution of All in God or Brahma

5. Chapter 11: VishwaRupa Darshan Yoga

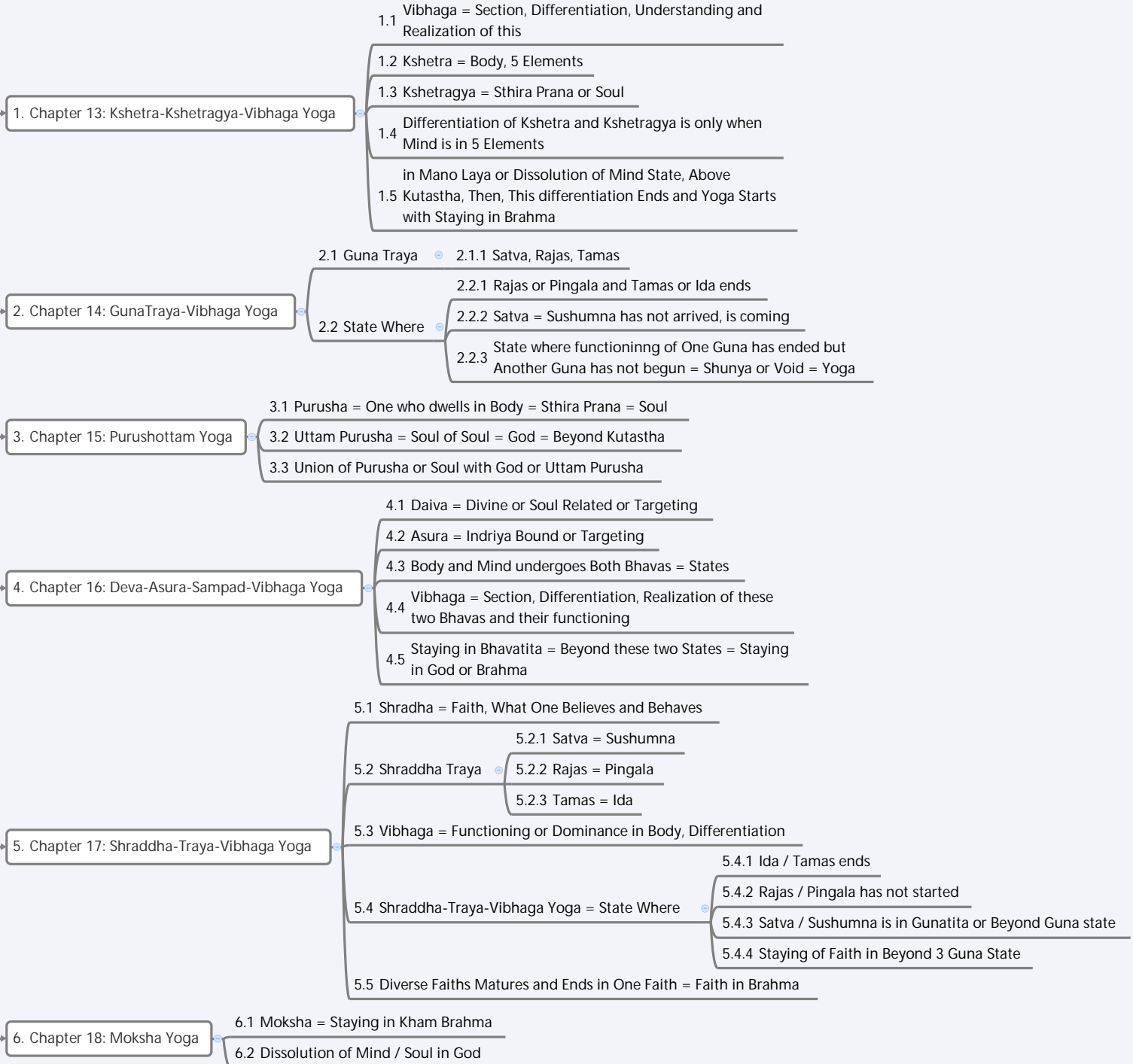
- 5.1 Vishwa Rupa = Universal Form = State Above Kutastha, Enlightening Whole Universe
- 5.2 Darshan Yoga = Devotion and Oneness with God in His Universal Form

6. Chapter 12: Bhakti Yoga

- 6.1 Devotion in Sthir Prana or Soul
- 6.2 Dissolution or Laya in Soul, Mano Laya = Dissolution of Mind



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