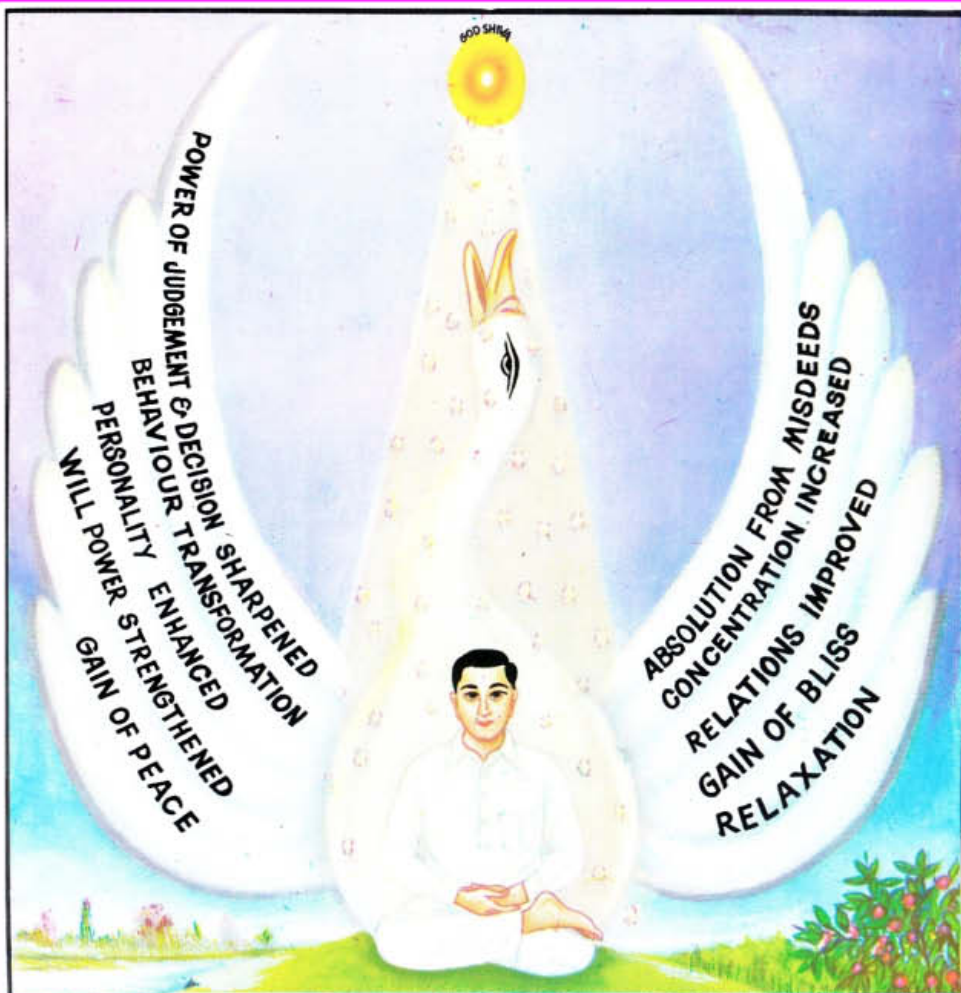




Why Yoga ?

If man aspires for deep peace and eternal bliss, independent of sense-objects, if his aim is to know the mysteries of this life and beyond and to have a link with God, and if he loves to be relaxed in mind and pure in thought, Raja Yoga is the way. Raja Yoga enables one to withdraw from one's senses and to have long life as a tortoise. It is through Raja Yoga that a world order of complete purity, peace and prosperity can be re-established.