

# Yoga updated: the world peace version

Richard Lawrence, Executive Secretary of the Aetherius Society, outlines a route to realizing your potential through yoga



Yoga isn't what it used to be. Admittedly it's far more popular nowadays with millions of people all over the world practising asanas and breathing methods to improve their health and general wellbeing. Even basic meditation is widely used in private and public health services, private organisations and even the corporate sector as a coping mechanism for a stressed-out life. But that isn't the yoga which was taught for thousands of years in the East as a path to union with the divine self. From the ancient Hindu scripts to iconic 20th century yogis like Swami Vivekananda and Swami Sivananda, yoga was not just an adjunct to an active fulfilling life, but the be-all-and-end-all of existence.

It was taught that the person who was serious about achieving what the great Paramahansa Yogananda called self-realisation should choose the branch of yoga which was best suited to their temperament. So the more intellectually inclined person might gravitate to Gnani Yoga, through the



logical pursuit of wisdom. A devotional nature would be attracted to Bhakti Yoga, expressing love to those around them but especially to their guru. The more psychic and intuitive student could be drawn to Raja Yoga through which he could practise a degree of meditation far beyond the average mindfulness programme. Kriya Yoga, if correctly taught, was for the highly disciplined, more advanced student who wished to attain elevated states of enlightenment.

And then there was Karma Yoga. This was taught at one time to the person who was committed to family or work, both of which the ancients tended to regard as limitations. The Karma yogi had no choice, as far as the early teachings were concerned, but to work their way to higher realisation by detaching from the fruits of their actions; by being a dutiful and conscientious

householder who honoured their commitments, but inwardly was focused on their divine self. They might, in their older age when they ceased to work for a living, hand over their responsibilities to the next generation and detach from worldly concerns, becoming a sannyasin (devotee) of one of the other yoga disciplines. Of course, in the male-orientated world of those days, this would only usually apply to a man; his wife would be expected to continue her duties to her family. ➤





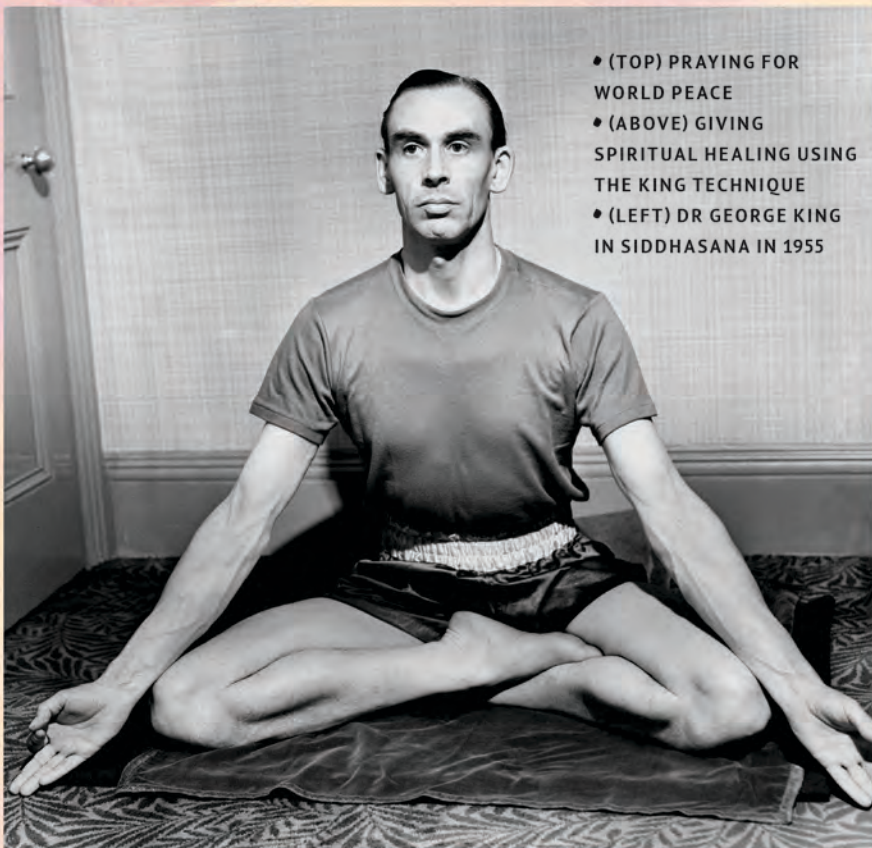
But those days have gone, and not before time. Karma Yoga has been transformed into a path of action rather than detachment. What counts now is the good you do for others rather than the obligations you fulfil for yourself. Your duty is no longer just to your family and your job, but to the whole of humanity, all life and especially to the planet itself – and this applies equally to men and women. If Karma Yoga was travelling in first gear then, it is in overdrive now.

### Service to Others

The luxury of choosing the path which best suits your temperament is a self-indulgence the world can no longer afford. In the words of the great humanitarian Dr. Albert Schweitzer:

'I don't know what your destiny will be, but one

- (TOP) PRAYING FOR WORLD PEACE
- (ABOVE) GIVING SPIRITUAL HEALING USING THE KING TECHNIQUE
- (LEFT) DR GEORGE KING IN SIDDHASANA IN 1955



thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.'

He was a brilliant theologian and musician, but he chose medicine to serve others, especially the victims of leprosy. Your destiny is written, but you are the editor. You can either choose what you think is best for you, or you can choose what you know is best for others. Paradoxically the second course of action will work better for you too because, Karma tells us, as you sow so shall you reap.

In order to practise the new Karma Yoga, you will need Gnani, Bhakti, Raja and other forms of yoga. My guru, the late Dr. George King, said:

'Of all the yogas I have studied, Karma Yoga is the greatest yoga of all! It is Karma Yoga which will save the world! The other yogas are necessary to obtain the powers and to get the inspiration, but then you must use your powers and inspiration for the benefit of all. They must be brought into living manifestation in order to be of any good to the world.'

He had mastered several branches of yoga including the most advanced and potentially dangerous of them all, Kundalini Yoga. He had experienced a connection with the divinity within and the cosmos without, through which he knew the oneness of all life. He saw no separateness, no distinction, he was just as related to a person on the other side of the globe as he was to his own relatives. So, what did he do with this knowledge? Serve, serve and then serve some more. He served as though there were no tomorrow because he knew from his profound meditations that there is only now. He left a path, known as King Yoga, which turbo-charged the old yogas and refocused them on saving the world.

I was privileged to co-author his last book, *Realize Your Inner Potential*, which has enabled thousands of people around the world to practise this path of spiritual service. It teaches ancient and modern exercises including power breathing, psychic practices, mantra yoga, positive affirmations, creative visualisations, safe Kundalini practices, and exercises in concentration, contemplation and meditation. Perhaps his signature teaching is dynamic prayer. Everyone can send out, in a very definite and tangible manner, spiritual energy to others to heal and enlighten them. There is no situation that cannot be helped by this method, including world peace. As Dr. King explained:

'If you want an impossible thing it is this: you cannot send out dynamic prayers for mankind without having certain results. It is impossible, it cannot be done. The results must come sooner or later. If all the billions of people on this planet prayed dynamically one morning, before the afternoon the world would be changed completely!'

One person sending out spiritual energy, not by rote as part of some hidebound dogma, but practising King Yoga with their heart and soul, can become a proponent of peace, a life-saver. This



must to some degree, no matter how small, change world Karma for the better. Such a person has chosen to focus on giving to others and thereby guarantees that they will receive themselves.

## Spreading the Light

If you spread the light to others it must imbue your consciousness. If you sacrifice the bliss of advanced meditation in order to serve, you will sooner or later experience such bliss that you will wonder if it will last forever. It won't and it shouldn't, because what kind of person would try in this day and age to remain in permanent bliss while others suffer? That too is King Yoga which has revealed that even nirvana doesn't last forever.

Dr. King saw that the only crisis upon Earth is the spiritual energy crisis. His solution was to devise techniques, activities and missions which would rectify this imbalance by radiating as much prana, ch'i, universal life force – call it what you will – to the world. As he put it:

'Prana is the life of the atom and the vitality of the most elevated inspiration of the enlightened saint.

If enough of this energy sent out with true love it must bring healing, peace and freedom.'

It is above mind and yet it can change the mentality of others for the better. You can easily prove this. When someone confronts you with hostile, negative energies, return only love. Send a mental blessing as you look them in the eyes and see how they respond. It is not easy to do correctly, but it can really work as you can discover for yourself. As Dr. King put it:

'By sending a blessing of love towards the eyes of one who bears you malice, you are virtually blessing the very soul of that person. You are returning good for evil. In fact, you are proving your faith in the Divine Creator by the recognition that even an antagonist is a brother to be blessed and healed.'

The same applies at a global level. The conflicts of the Middle East, for example, are driven by ideology, but love energy is more powerful than any idea. It could bring peace to any situation if enough was sent and, crucially, accepted by those in the affected region. Spiritual energy is unlimited and self-generating. In Dr. King's words:

'You send out power and more power still comes back. You send out more power still and even more power still comes back!'

This is Karma in action. What goes around comes around and, as it does so, you are risen. Every time you send love energy to others, you too must be sensitised by these self-same energies and that must bring you greater peace and wisdom.

Dr. King saw every thought and action as a karmic manipulation. He did not believe that we should be as leaves blown about in the winds of destiny, but rather the shapers of that destiny, the controllers of the currents that determine its course. He described Karma as pressure, a benign force which cannot be avoided but should be

embraced. All too often people see "getting Karma" as something almost to be feared. On the contrary, it is part of the universal law of divine providence steering us with love through experience. We can take charge of our karmic patterns. We should never try to manipulate the lives of anybody else, but we can manipulate our own for the greatest good. Sending out positive energy by thought, word and deed starts to release us from negative thinking in all its forms. Serving others is the highest motive, but there's nothing wrong with knowing that it's good for us too.

*Realize Your Inner Potential* is a selfless help book and as such it must help you. By using pranayama (breathing exercises) or chanting sacred mantras, you will magnetise yourself with positive, spiritual vibrations which are very beneficial to you. This in turn must affect others around you, whether they realise it or not, for the better. It is a karmic 'win-win' situation, a result for all and the spiritual opportunities have never been greater.

In these very encouraging words, Dr. King summed up the situation:

'Every initiate on Earth is being given a job in these days equal to what the old masters were given, even though he is only an initiate. Every possible channel for healing and teaching that can be used is being used to its fullest extent. Relatively unenlightened people are coming forward and giving inspirational messages, wonderful healing and so on. Virtual novices are achieving the self-same results that the adepts of a few hundred years ago did with healing, and that is only one branch of metaphysical science. There are people being used for inspirational messages who know nothing at all about the science behind it. They are virtual jewels of people who, because they are fairly clean, pure channels, are being used to bring forth many wonderful karma yoga results in these days. In these days, Karma Yoga, or service to others, is the main yoga. All else is second place.'

Well-worn excuses like 'I'm not capable', 'I'm not ready' or even 'I'm too busy' are redundant now. Spirituality and selfishness have filed for divorce and a decree nisi has been awarded under the Law of Karma. The way is clear for a lasting union with divinity itself and that, after all, is what yoga is really all about. **KS**

## Reader Giveaway

**We have three copies of *Realize Your Inner Potential: Through the Path of Spiritual Service - King Yoga* by George King, worth £10.01 each, to give to the three lucky readers. Simply send your name and address in an email to: [editor.kindred@gmail.com](mailto:editor.kindred@gmail.com) with King Yoga in the subject line. Competition closes on 28 February 2017.**

WIN!

Realize your inner potential  
THE PATH OF SPIRITUAL SERVICE

King Yoga

GEORGE KING WITH RICHARD LAWRENCE

Find out more

• Richard Lawrence is an international bestselling author, spiritual teacher and Executive Secretary of The Aetherius Society.

• With his guru and friend, the yoga master Dr. George King, he co-authored *Realize Your Inner Potential* which was published last year in its third edition. It is available for £9.99 or £12.99 with a DVD insert.

• Richard will be teaching aspects of King Yoga at various events in 2017.

• [www.richardlawrence.co.uk](http://www.richardlawrence.co.uk)



• DR GEORGE KING WITH RICHARD LAWRENCE IN 1986