

**HOLISTIC YOGA PROGRAM**  
created by Yogeshwar Muni for his students at  
Kayavarohana West in St. Helena, CA

The Holistic Yoga Program is a balanced approach to personal growth. Yoga in its full form is a system that brings one's whole life into balance and harmony--health and well-being, relating and communication, money, family, sex life and even dying. It combines the wisdom and proven methods from both Eastern and Western sources.

You proceed systematically by working on four aspects of your life--Body, Senses, Action, and Mind. Within each of these categories are nine subjects. (See [Holistic Yoga Mandala of Life](#) below.)

The Mandala of Life is based on universal principles discovered by ancient wise men and women. You are The Being in the middle. The thirty two aspects have to do with your relationship to Life. Holistic Yoga Program is a process of bringing each of these aspects into harmony and balance.

### **Introduction**

In ancient days, about 5,000 to 7,000 years ago, there seems to have been a central language and a central religion. This central language and religion diffused all over the world. As it diffused it took on different aspects according to the climate, economics, and genetics of the people. The people who lived in ancient days knew what life was all about and where they came from through their own contemplation.

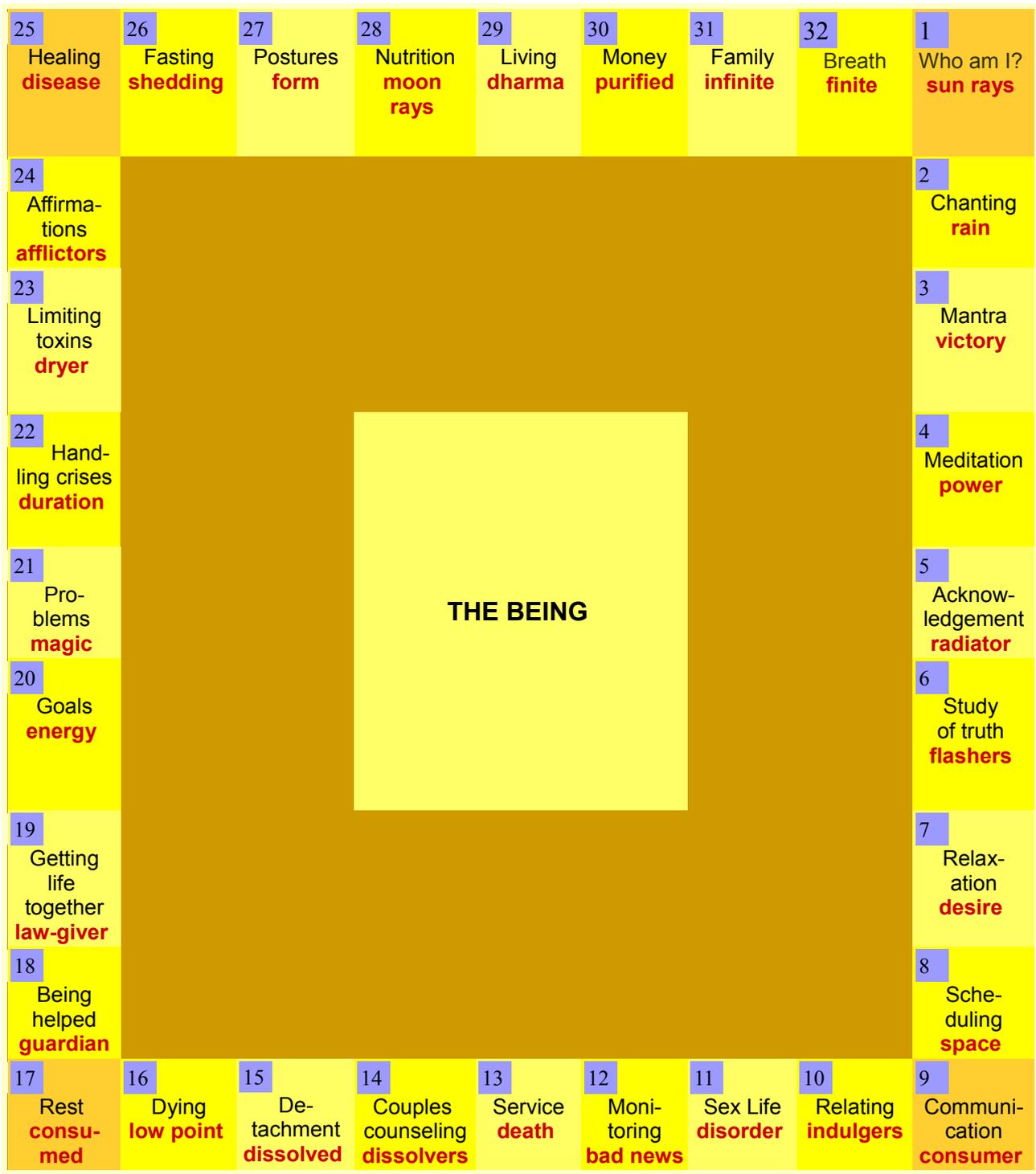
In time the ancient wise men and women came up with certain principles which still apply today. They are eternal principles: that is, they are always true, regardless of the circumstances and regardless of the time. It does not matter whether we have space ships or ox carts; whether we speak Aramaic or Chinese; or whether we are young or old. These principles are still true.

Generally people who want to live in the world want to succeed; they want to have their desires fulfilled, to get rich, and to be respected in their community. For this, they need to be integrated, balanced, and centered. The ancient wise men and women realised this. By direct revelation, they realised how balance, integration and centering could be achieved based on universal principles. The Holistic Yoga Program is based on these universal principles.

### **The Holistic Mandala of Life**

<b>Top</b>	<b>Body</b>	<b>Hatha Yoga</b>	<b>Purifying and Accomplishing</b>
<b>Right</b>	<b>Senses</b>	<b>Raja Yoga</b>	<b>Radiating and Transcending</b>
<b>Bottom</b>	<b>Action</b>	<b>Tantra Yoga</b>	<b>Completing and Involvement</b>
<b>Left</b>	<b>Mind</b>	<b>Humanistic Yoga</b>	<b>Clearing and Growing</b>

## The Holistic Mandala of Life



Around each of us is our subtle or etheric body. This subtle body has a form that is represented by the [Holistic Yoga Mandala Square](#) above. It is a square because the relationship between earth and sky forms a square. The subtle body is generated by the relationship between earth and sky; or you might say between mother earth and father sky.

The projection of the sun onto the earth makes a square. The earth is round and the sky is broad. The combination of the two makes a square.

At the top of the Mandala is *will or discipline* and at the bottom is *indulgence*, the balance of using the will. This pair of opposites makes the north-south extension of the mandala. At the top is *life* and at the bottom is *death*. At the top of the mandala one deals with the body, the body being alive, purifying and achieving. At the bottom is the action of indulgence which leads to death. The energy built up by the development of the body and the senses is used up through contact and involvement with others.

At the top, you use your will and discipline yourself and get good karma. At the bottom you indulge and this leads to bad karma. It is good karma in the sense that, "I like this! This is good." And it is bad karma in the sense that, "I don't want this! This is bad!" For example, you spend your money on the weekend; you like that. But if you have to work the entire next week to pay for it because you put it on your credit card--this you do not like.

The senses (Raja Yoga), or light, on the right hand side of the mandala as you look at it, and the mind (Humanistic Yoga), or darkness, on the left hand side of the mandala, extend the space in the east-west direction. The senses work with light and the mind operates in the dark.

On the right is *consciousness* and on the left is the *subconscious*. The subjects on the right side of the mandala influence you and your conscious life and are known to you. The left side, the dark or mental side, represents the subconscious influences in your life.

Each side of the square taken individually has nine squares. Omitting the corners, each side has seven squares. The moon has twenty-eight phases. It waxes for two weeks and it wanes for two weeks. Each night you get a different phase of the moon. The seven squares on each of the four sides correspond to the twenty-eight phases of the moon. Each square is a different aspect of the sun, moon and earth together. Each day the moon enters a different position in the sky.

The ancients discovered that in order to keep everything balanced, harmonious, and integrated, you had to take in to consideration the twenty-eight aspects of the moon. The program of balancing also had to work-out so that the entire progression took a complete year. The sun, moon, earth, and our subtle body, work on the same exact principle: as above, so below. The ancients worked out these principles in detail. For example, the senses are on the right side of the mandala. The first section of this side is called radiating. This corresponds to the first phase of the moon. The second phase is called transcending--radiating so thoroughly that one reaches a transcendent stage.

At the bottom of the square is action or Tantra Yoga. It is *involvement in life and completing*. It is called indulgence or consumption. Depleted would be another way of putting it. The last two squares at the bottom to the left are dying and rest. By the time you get to this corner,, you are consumed. This can represent the cycle of a lifetime or one of the many cycles within a person's life.

Next you need to recover. Turning the corner you come to the left side, the mind or Humanistic Yoga. This is *clearing and growing*. At the top is the body or Hatha Yoga. This is *purifying and accomplishing*, the life side. When purification is far enough along, you can actually do something, so it is called the accomplishing phase.

The squares are based on the truths that the ancients discovered in their states of samadhi or union with God. In the Holistic Mandala, they are simply put into modern terms instead of Sanskrit.

In order to keep Yourself, the being, centered in the subtle body, you have to keep a balance between the four opposing sides. If you work in only one area, whether mind, senses, will or action, it will produce results; but you will be pulled off center and the subtle body will be out of balance.

Do not try to solve everything by working on just one square. By choosing four squares, one from each side, and following the guided lessons for each, you will be doing self-analysis on your subtle body. After six weeks, you will notice some progress. That progress will naturally lead you to what you need to work on the following six weeks. By choosing squares according to your interest you will automatically begin to bring yourself into balance within six to twelve weeks. In about six months, you should be well-balanced and have a sense of progress rather than continual struggling.