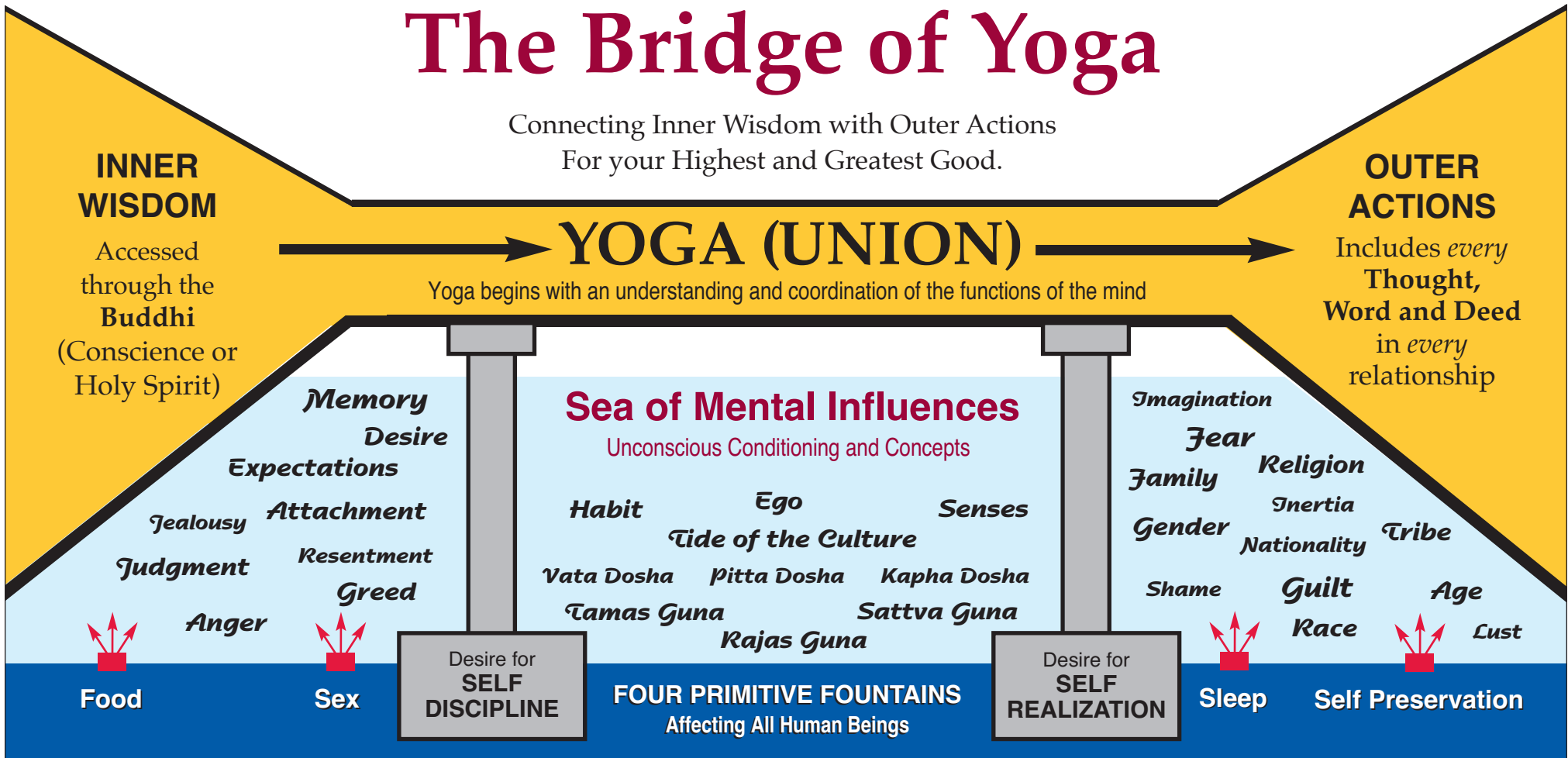


# The Bridge of Yoga

Connecting Inner Wisdom with Outer Actions  
For your Highest and Greatest Good.



## The Anatomy of the Bridge of Yoga

Yoga means union. It is a bridge connecting your inner, intuitive wisdom with your actions in the world. Supported by the desires for discipline and Self-realization, you can skillfully cross the “Sea of Mental Influences: Unconscious Conditioning and Concepts” that are constantly being churned up by the *Four Primitive Fountains* affecting all animals. By constructing and utilizing the *Bridge of Yoga* in your life, your own inner wisdom will motivate

you to think, speak and act in a discriminating manner. The more you use the *Bridge of Yoga*, the debilitating and constrictive power of fear, anger, self-willed desires and faulty concepts will be diminished and transformed into expansive reserves of energy, will power and creativity. The *Bridge of Yoga* facilitates union with the Supreme Reality and enables you to fulfill the true purpose of your life—free from pain, misery and bondage.



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