

The Anatomy of the Bridge of Yoga Science

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 employing 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 female and male principles will become balanced, and the debilitating power of fear, anger, self-willed desires and faulty concepts will naturally be diminished and transformed into expansive reserves of healing 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.



Education for Enlightenment®