



The Soul and Its Mechanism (1930)

From Intellect to Intuition (1932)

From Bethlehem to Calvary (1937)

The Consciousness of the Atom (1922)

The Unfinished Autobiography (1951)



# THE LIGHT OF THE SOUL



THE YOGA SUTRAS OF PATANJALI



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*Its Science and Effect*  
A paraphrase of  
The Yoga Sutas of Patanjali  
with commentary

BY  
ALICE A. BAILEY

Author of "A Treatise on Cosmic Fire,"  
"Letters on Occult Meditation," "Initiation, Human and Solar,"  
"The Consciousness of the Atom"

First Edition

LUCIS PUBLISHING COMPANY  
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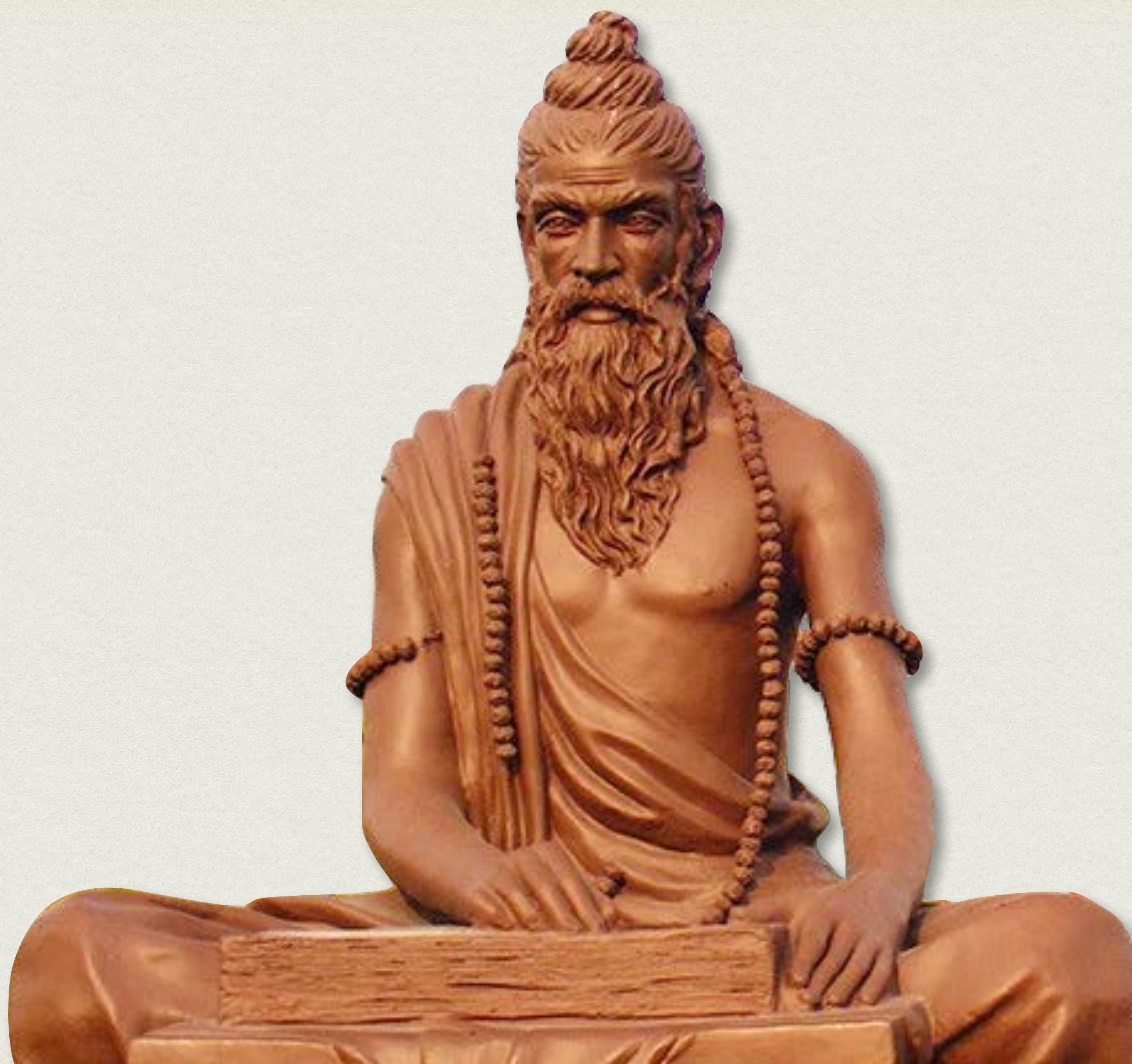
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Patanjali



## Introductory Remarks

### BOOK I. THE PROBLEM OF UNION.

a. The higher and lower natures defined.

b. The obstacles and their removal considered.

c. A summation of the Raja Yoga system.

Topic: The versatile psychic nature.

### BOOK II. THE STEPS TO UNION.

a. The five hindrances and their removal.

b. The eight means defined.

Topic: The means of attainment.

### BOOK III. UNION ACHIEVED AND ITS RESULTS.

a. Meditation, and its stages.

b. Twenty-three results of meditation.

Topic: The powers of the soul.

### BOOK IV. ILLUMINATION.

a. Consciousness and form.

b. Union or at-one-ment.

Topic: Isolated unity.

Before the soul can see, the harmony within must be attained, and fleshly eyes be rendered blind to all illusion.

Before the soul can hear, the image (Man) has to become as deaf to roarings as to whispers, to cries of bellowing elephants as to the silvery buzzing of the golden fire-fly.

Before the soul can comprehend and may remember, she must unto the silent speaker be united, just as the form to which the clay is modelled is first united with the potter's mind.

For then the soul will hear, and will remember.

And then to the inner ear will speak the voice of the silence. –The Voice of the Silence:1

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On the buddhic plane, hearing (now of the synthetic quality called telepathy) demonstrates as complete comprehension, for it has involved two things:

1. A knowledge and recognition of individual sound,
2. A similar knowledge of group sound, and their complete unification.

This causes the most perfect comprehension, and is the secret of the Master's power. –TCF:192



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INTRODUCTORY REMARKS

The Science of Raja Yoga, or the "Kingly Science of the Soul," as laid down by its main exponent, Patanjali, will eventually find its greatest demonstration in the West. This is owing to the fact that—under cyclic law—the fifth root race (in its fifth subrace) must inevitably touch its highest point. That point, in the economy of the races, is seen exemplified in the right use of the mind and its utilisation by the soul for the achievement of group objectives and the development of group consciousness upon the physical plane.

Hitherto the mind has either been prostituted to material ends or has been deified. Through the science of Raja Yoga, the mind will be known as the instrument of the soul and the means whereby the brain of the aspirant becomes illuminated and knowledge gained of those matters which concern the realm of the soul.

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Under the law of evolution likewise, the mind, being the fifth principle, the fifth root race must be intimately concerned with it, and its corresponding fifth subrace more intimately than any other. Students would do well to bear in mind the following correspondences:

- 1. The fifth root race..... Aryan.
- 2. The fifth subrace ..... Anglo-Saxon.
- 3. The fifth principle ..... manas, or mind.
- 4. The fifth plane ..... the mental.
- 5. The fifth ray ..... concrete knowledge.



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- b. The obstacles and their removal considered.
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Topic: The versatile psychic nature.

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Topic: The means of attainment.

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Under the law of evolution likewise, the mind, being the fifth principle, the fifth root race must be intimately concerned with it, and its corresponding fifth subrace more intimately than any other. Students would do well to bear in mind the following correspondences:

- 1. The fifth root race.....Aryan.
- 2. The fifth subrace .....Anglo-Saxon.
- 3. The fifth principle .....manas, or mind.
- 4. The fifth plane .....the mental.
- 5. The fifth ray .....concrete knowledge.

All the various Yogas have had their place in the unfoldment of the human being. In the first purely physical race, which is called the Lemurian, the Yoga at that time imposed upon infant humanity was Hatha Yoga, the Yoga of the physical body, that Yoga which brings into conscious use and manipulation the various organs, muscles and parts of the physical frame. The problem



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- b. The obstacles and their removal considered.
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- a. Meditation, and its stages.
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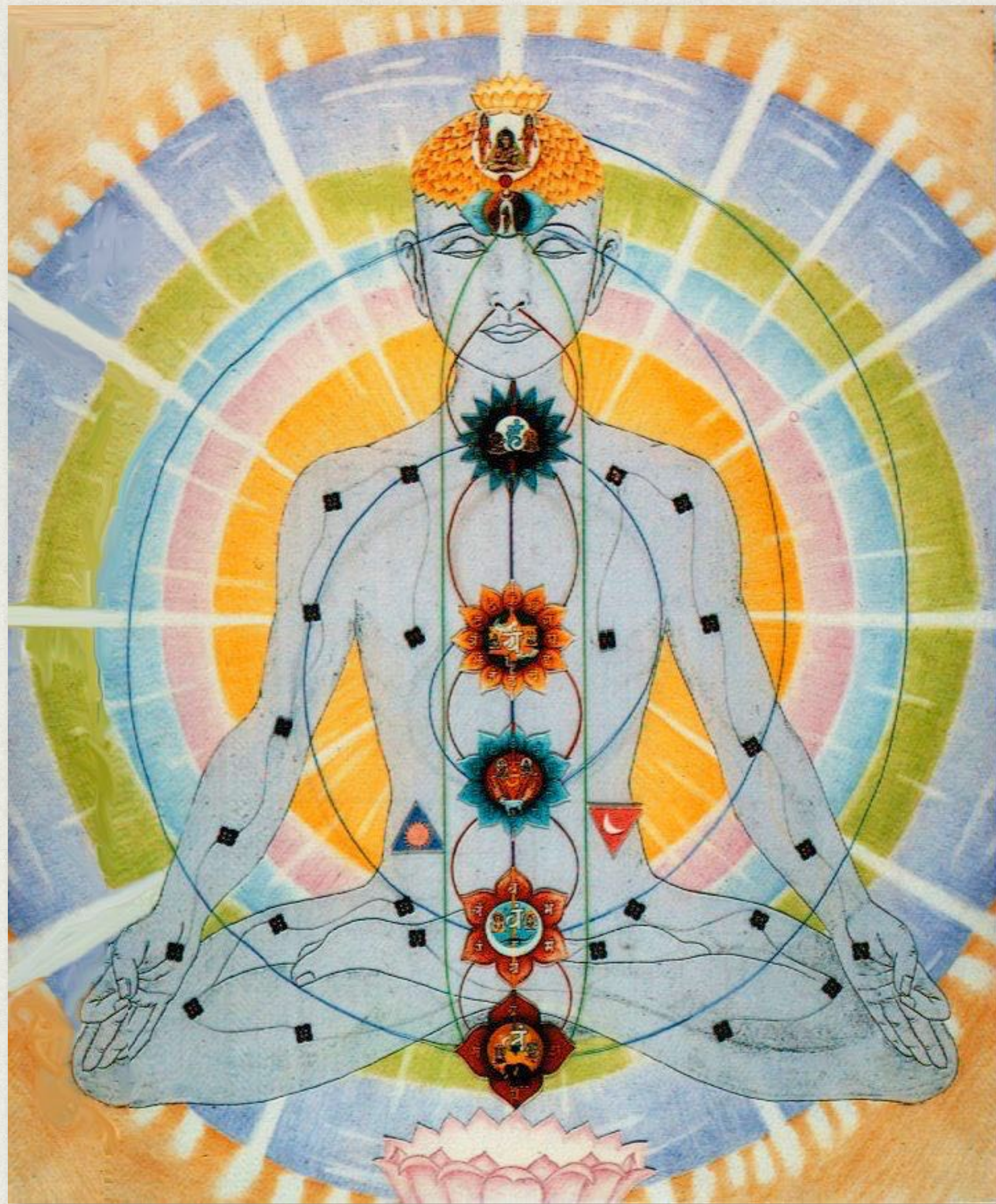
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When these are studied, it will become apparent why the day of opportunity has only just arrived. The East has preserved rules for us since time immemorial. Here and there orientals (with a few Western adepts) have availed themselves of those rules and have submitted to the discipline of this exacting science. Thus has been preserved for the race the continuity of the Secret Doctrine, of the Ageless Wisdom, and thus has been gathered together the personnel of the Hierarchy of our planet. In the time of the Buddha and



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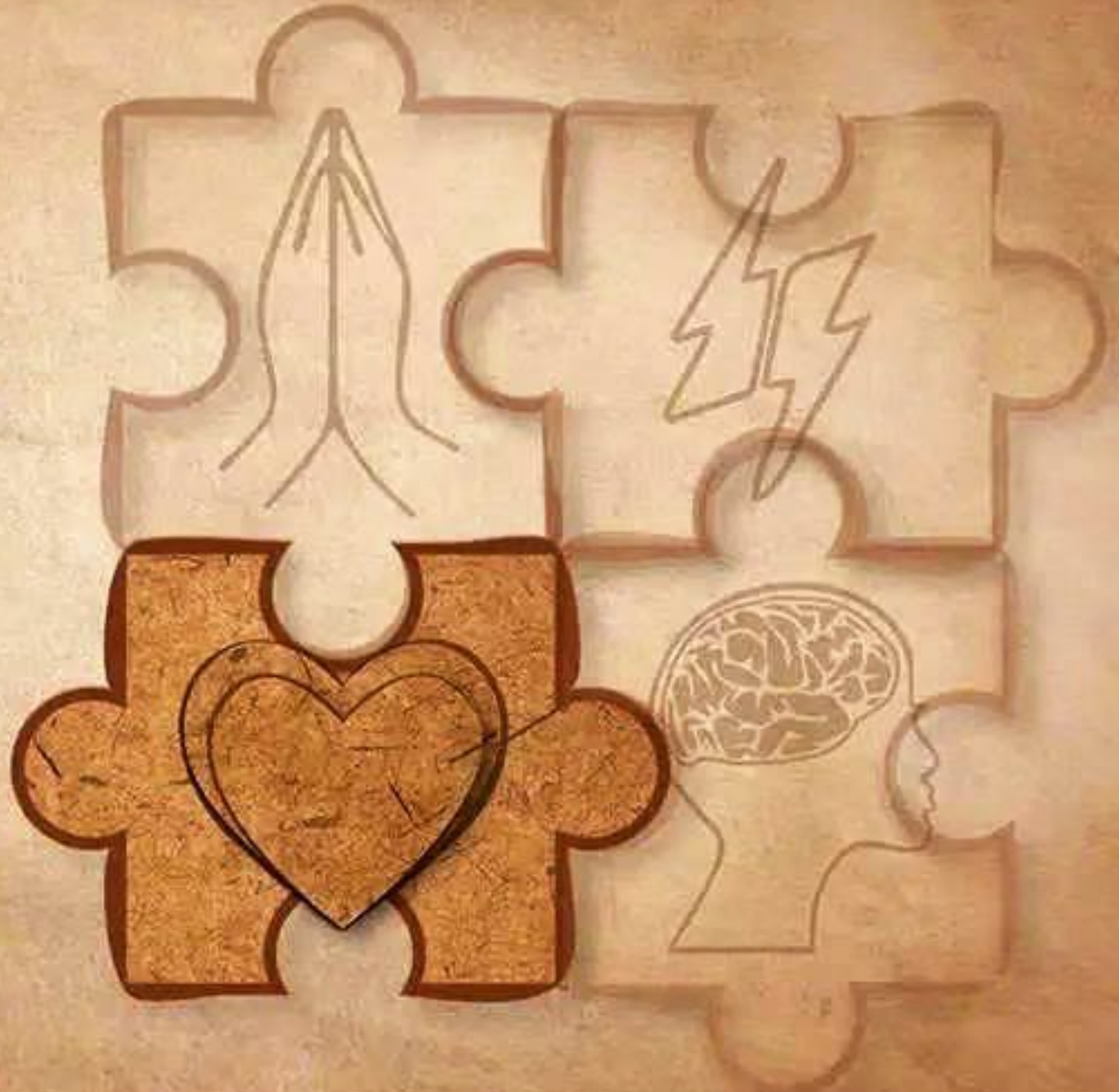
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# Bhakti

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### BOOK III. UNION ACHIEVED AND ITS RESULTS.

- a. *Meditation, and its stages.*
- b. *Twenty-three results of meditation.*

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