Yoga

_Sadhak_ = one who follows a yogic discipline.
_Sadhana_ = yogic discipline.
_Yoga_ = union with the Divine (by extension: the path which leads to this union).

*Would you please explain to me how doing Yoga brings you near to the Divine? And what is the real meaning of Yoga? Is it only contortive body-exercises or is there a yoga of the mind also?*

This has nothing to do with a spiritual life, not even with religion. X will explain to you in detail, but I can tell you that Yoga is not only an aspiration of the mind towards the Divine but also and chiefly a yearning of the heart.

6 November 1963

*The whole world is in a process of progressive transformation; if you take up the discipline of Yoga, you speed up in yourself the process.*

*Yoga is commensurate with all life.*

*True spirituality transforms life.*