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THE ORIGIN AND PURPOSE OF AHARATA

Though many people practice the arts of Aharata and Aharaj Yoga, many do not know the deeper levels of this highly refined system. The explanations below are for those that wish to go deeper into this tradition, in order to create more effective transformation. Clear perception and understanding are crucial for those that wish to master this art and master their lives; so use this information as power, and as a guidepost for greater exploration.

Mythic Origins of Aharata

It is said that Shiva, Indian god of dynamic transformation, had three appearances: Maheshvara, Nataraj and Aharaj. As Maheshvara, he created Hatha Yoga, made up of shatkarmas (physical cleansings), asanas (postures) and pranayama (breath control). As Nataraj, he created the dances of creation and destruction, which symbolize the dynamics of the universe. As Aharaj, he gave to people the art of protection and empowerment- Aharata. Aharaj means 'King of Warriors', with Aharata meaning 'Way of the Warrior'.

Aharata was maintained throughout Egypt, India, Tibet and Asia, as a fundamental system of inner principles and practices to develop psycho-emotional protection and personal power. This lineage is now reaching us through the spiritually and culturally rich center of Altay- the remote mountainous region where Mongolia, China, Khazakstan, and Siberia meet. From these living masters, Aharata has now been re-presented to our modern societies, teaching the way to move skillfully, powerfully and joyfully through our often chaotic and stressful lives.

The Difference Between Aharata and Aharaj Yoga

Aharata is an overall body of living knowledge incorporating many different aspects of personal development. They are:

1. Principles of Sansa~ the laws of personal empowerment, energetic protection, and energetic exchange (Sansa: how we either lose or gain energy in any given interaction).
2. Yoga Forms and Katas~ energetic exercises that quickly generate high levels of vital energy, clear away stress/energetic residue (sense impressions, social pressures, foreign agendas, etc.), and focus personal power for achieving goals.
3. Dynamic Meditation~ movement-oriented meditations used to enter into specific states of healing and empowerment.



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4. Psychological Aikido~ energetic study and practices of realistic theater meant to create greater awareness, freedom of behavior, and empowerment in daily situations. This practice results in protecting and not losing personal energy through the many interactions we must have every day.

Aharaj Yoga is mainly a practice of number 2: yoga forms and katas. As much is as possible given time limitations, principles of Sansa are included during a typical 90-minute studio class.

Definition of Personal Empowerment

The process of uncovering your authentic inner strength, and the using this inner strength to consciously direct the course and quality of your life.

Definition of Energetic Protection

Through a deep understanding of the energy centers (chakras) and energetic exchange, using attention to shift between these centers during interactions in order to avoid conflict and maintain personal energy.

The 4 Foundations of Personal Empowerment

In general, we can speak of four main principles of Personal Empowerment. Each of these principles is an affirmation of a specific point of view. Fully practicing these principles lifts our everyday life above the limitations of self-victimization, instead placing us at the empowered center of conscious living.

1. *I take full responsibility for the development of my energy and my attitude.* (art of quickening)
2. *I take full responsibility for accepting and seeing clearly what is.* (art of presence)
3. *I take full responsibility for my ability to create and change my life circumstance.* (art of intention)
4. *I take full responsibility for my interactions and exchanges.* (art of relationship)

Understanding ‘Vital Energy’

Vital energy is a core energy used in Aharata. In classical yoga, vital energy is called *tapas*, and is associated with the solar plexus center (Manipura Chakra). In Aharata, it is also called ‘Personal Power’. We define this energy as the ‘energy necessary for transformation’, or ‘the energy that



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allows us to achieve our purposes'. In the first case, you can imagine it as the presence of enzymes that can break down your food and turn it into useable energy. In the second case, you can imagine it as the coal that allows a train to move forward. Strong and balanced vital energy creates steady feelings of charisma, self-confidence, bravery, perseverance, and a natural will to activity. It results in social prosperity, healthy emotional boundaries, ease of business communication and activity, and a clear sense of self-worth. In Aharata, we develop our vital energy as a means to realizing our highest purposes grounded in wisdom and love.

Misuse of Vital Energy

As you can imagine, successful business people generally have very high levels of vital energy or personal power. Unfortunately, many of these people do not understand the foundational principles of energy (Sansa). This lack of understanding leads many people to use unbalanced personal power for egoic gain through the exploitation and manipulation of others. They do not realize that the use of personal power in this way destroys their minds, bodies and life-force.

Sansa teaches us that all energy exists within a closed and intelligent system, and that using personal power through anger, greed, fear or other destructive emotions generates highly toxic energy. Due to the laws of intelligent energy, this toxicity always effects most profoundly the mind, body and energy field of the owner of these actions. This results as chronic stress and anxiety, debilitating negative emotions, compulsive and addictive actions, and eventually a total collapse of life energy.

The Higher Calling of Vital Energy and Personal Empowerment

Instead, the Aharata practitioner (the spiritual warrior) clearly understands these governing laws of energy. He develops his internal core, steady and clear. This conscious core allows him to remain free from lower influences and energies. As well, she connects consciously with her highest purposes, and uses vital energy mixed with clear intelligence and a healthy body to achieve them.

This is the true purpose of Aharata. It is a high calling, and yet as I have found, all of this is within our natural abilities and inheritance as human beings. Our true potential is far far beyond what our minds tell us it is. Steady Aharata practice allows us to step fully into this wonderful potential, resulting in a life of deep meaning, fulfillment, freedom and joy.