



GMCKS Arhatic Yoga

The Yoga of synthesis

Yoga is a synthesis of techniques designed to help you develop spiritually. When you practice Arhatic Yoga regularly, as you advance, you will achieve Self-Mastery. Arhatic Yoga activates and balances the properties of the chakras and neutralizes your negative tendencies. Your life will become calm, not chaotic.

Arhatic Yoga is not a religion. You are not asked to change your religious beliefs. Your Soul will be in charge of your thoughts, your emotions and your actions. "Arhatic" derives from the word Arhat, which means "a perfected one" or "a highly evolved being."

Whereas Pranic Healing provides the techniques to cleanse and energize the energy body, Arhatic Yoga provides the technology for Soul Evolution and Development.



Master Choa Kok Sui, the Chinese-Filipino spiritual master who is also the modern founder of Pranic Healing, created Arhatic Yoga to enable people of various formal religious beliefs or philosophies, to have access to inner teachings that make it easier for them to pursue spiritual development while at the same time maintaining a 'normal' life. This means that in Arhatic Yoga, the individual who wishes to pursue the spiritual path need not retreat from the world, their career or their current relationships. In fact, these pursuits are used to help the individual to further develop, through the daily challenges and interactions, as well as difficulties that may occur within the family, in the office, or in the contemporary lifestyle.

Arhatic Yoga has been specifically designed to allow the practitioner to maintain their initial religious or philosophic practice. Practitioners may even improve or become more dedicated to their faith through this system of personal and spiritual development. Arhatic Yoga is further distinguished by its multi-level approach and its focus on purification, character-building and service. All Arhatic Yoga practitioners begin at the "Preparatory Level," where they learn the basics of spiritual development, as well as the fundamental meditations and breathing exercises, or pranayama, that get their physical and energy bodies ready for the great amount of energy that their practice will generate at the higher levels of Arhatic. But first, they must build a clean and strong energetic base at the Preparatory Level which sets the foundation upon which the Arhatic Yoga practice is built by the student.

Preparatory Level

Purification is a critical element of the Arhatic Yoga practitioner's foundation. In addition to self, the use of simple physical and breathing exercises, the implementation of simple dietary guidelines, and greater control of their emotions, practitioners develop stronger and more vibrant, "energetically clean" physical and energy bodies. These purification routines yield significant benefits, including the ability to recognize and help avoid negative or unhealthy energies, and to maintain healthier physical bodies.

Kundalini is the innate energy that resides near the base of the spine. When stimulated, this Energy can be used to accelerate spiritual development. Grand Master Choa Kok Sui's system of Arhatic yoga allows the student to safely awaken the Kundalini energy to higher levels. Meditation, along with physical and breathing exercises, increases the size of the chakras, or energy centres, but it is character-building that keeps them large and powerful



In Arhatic Yoga, there is a strong focus on Character Building, including concepts based on Good Thoughts, Good Words, and Good Actions. Other aspects of Character are emphasized including Generosity and Non-Stealing, Moderation and Non-Excessiveness, and Loving Kindness and Non-Injury.

Through actively practicing these positive aspects of character, and by consciously strengthening any character weaknesses, the addition of negative Karma is reduced. Spiritual Development does not mean that the practitioners should give up their religious inclination, but rather that they become better and even more dedicated to their personal religious, philosophic or spiritual tradition.

Character Building

The Arhatic Meditations are designed to create the balanced development of the Arhatic Practitioner. The aspects of Will (Sat), Intelligence (Chit) and Love (Ananda) are strengthened in the practitioner, through the use of regular, varied meditations -

Meditation on Twin Hearts

Regular practice of this meditation brings about inner peace, healthier personal relationships, stress relief, and greater productivity. (Bhakti Yoga)

Kundalini Inner Breath Meditation

This special meditation combines the circulation of kundalini with divine energy throughout the energy system of the practitioner. This results in the systematic cleansing, energizing and balancing of the aura and chakras. It also extracts pent-up emotions and negative thought patterns which may otherwise prevent the practitioner from advancing. (Kundalini Yoga)

Meditation on the Soul

The various levels of this meditation increase the ability of the meditator to reach a greater degree of alignment and a more deeply satisfying connection with the Higher Soul. (Raja Yoga)

Arhatic Dhyana

This advanced meditation enables the practitioner to develop through the practice of prolonged Stillness and Awareness

Personal Benefits

Balanced Personality. The teachings of Arhatic Yoga allows one to ones spiritual powers and work and enhance one's material life at the same time. One does not have to choose one over the other!

Enhanced Intuition. With the development of the Spiritual Cord and greater levels of Soul contact, one is able to tune in to higher dimensions easier.

Mental, Emotional Clarity. Intense purification techniques enable the practitioner to have a clear, sharp, practical mind and more stable emotions.

Experience A Healthier You. Special meditations make the different subtle bodies stronger and more vibrant so the participant can easily resist and repel negative and sick energies.

Increased Healing Powers. With a clean aura and powerful chakras more healing energy can be channelled.

Prevent/Heal Kundalini Syndrome. The practitioner learns practical techniques to deal with the awakening of Kundalini energies should this not be