

Title: Conversations

Subtitle: Salat & Yoga

Second Subtitle: Salat & Yoga

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URL: https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=22

'Salat' means 'connection' from Arabic, and is used for Praying...

Whilst 'Yoga' means 'connection' or 'union' with the Source from Sanskrit.

The deeper meaning of both, is when we learn advanced meditation, we connect to the Source of reality.

Yoga has slowly become about stretching, and not about connecting to the Source. It has become about the balance of Life-Force (Prana) and Air (Wind) (Chi or Qi) (Life-Force Work).

There is only one system really, and people have lost parts of ancient knowledge. We're like Neo in the Matrix... Where in a full development of "Connection" we have mastery over our spiritual well being.

Thus with Islamic prayer rituals because it is repetitive mantras, it blinds the mind to the Source, which is the whole point.

With modern Yoga, it is done on rubber mats preventing ionization of the earth.

The meditative aspects are not listed when done in a room full of unconscious people. That is done to be seen before others, has its focus in the wrong place - outwardly.