



# The Supreme Yoga

*Swami Venkatesananda*

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## **The Supreme Yoga** Swami Venkatesananda

The Yoga Vasistha has been a favourite book of spiritual seekers in India these several centuries. Its special appeal lies in its thoroughly rational approach, and in its presentation of Vedanta as a philosophy to bridge the gulf between the secular and the sacred, action and contemplation, in human life, through a comprehensive and lofty spirituality. This monumental scripture is the greatest help to the spiritual awakening and the direct experience of the Truth. This is certain. If this is what you want, you are welcome to the Yoga Vasistha. An oft-recurring expression in this scripture is kakataliya'-a crow alights on the coconut palm tree and at that very moment a ripe coconut falls. The two unrelated events thus seem to be related in time and space, though there is no causal relationship. Such is life. Such is 'creation'. But the mind caught up in its own trap of logic questions why, invents a 'why' and a 'wherefore' to satisfy itself, conveniently ignoring the inconvenient questions that still haunt an intelligent mind. Vasistha demands direct observation of the mind, its motion, its notions, its reasoning, the assumed cause and the projected result, and even the observer, the observed and the observation-and the realisation of their indivisible unity as the infinite consciousness.

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