

# Agni Yoga

From *Talks on Agni* by Torkom Saraydarian

## Chapter 1 – The Seven Yogas

Yoga means unification, integration, concentration, alignment, becoming oneself, at-one-ment. Yoga is a complete system for progressive achievements. Wherever there is unity, there is yoga.

In many religions, the goals of life are given as follows:

1. To please God.
2. To be Perfect as He is.
3. To be Like Him.
4. To inherit His Kingdom.
5. To be transfigured.
6. To be immortal.
7. To be resurrected.

These are goals of yoga.

There are seven branches of yoga:

1. Hatha Yoga – 49 main exercises called asanas.
2. Laya Yoga – Science of the centers or chakras.
3. Bhakti Yoga – Raising consciousness into higher levels of the emotional plane through worship.
4. Karma Yoga – Labor with grace, love, and gratitude without expectation.
5. Jnana Yoga – Reap the wisdom of the ages, contemplate it, and then act, live, think, and speak in wisdom.
6. Raja Yoga – To become your own master.
7. Agni Yoga – The yoga of synthesis.

An Agni Yogi radiates enthusiasm in everything he does. To prepare yourself to be an Agni Yogi, you must pass through many disciplines of purity – purity of thinking, purity of feeling, and purity of action.

## Chapter 2 – Building the Future

The future is not about time, but a process of becoming.

Two ways of building the future:

1. Through your deeds
2. Have a vision and create new consciousness

The future of a human being is not only the result of his/her actions, but also the result of his/her visions. The future will not be the result of the past and present, but instead the cause which changes thinking, feeling, and acting. This is the same idea as in Kabbalah/Gnosticism of “creating our own reality”. It’s about our will and consciousness.

According to the Teachings of the Great Ones, humanity must enter the stage called Transfiguration – where the physical, emotional, and mental nature is purified so that they can see the purpose of the planet.

The first step toward the future is asking yourself:

1. What is the cause of my action, emotional reaction, or thought?
2. What will be the effect of such an action, emotional reaction, or thought?

This is very much like silent witness in Sophian Gnosticism where we look into our true nature and why we do/feel what we do. We also can't identify with name, form, or personal history if we want to find enlightenment. We will be stuck in the past when we do this.

### Chapter 3 – The Future

The future is the state of human awakening. Most of what is done on earth is done while we are asleep. Man usually pays little attention to his thoughts, but our thoughts are what are building our future.

When we talk about happiness and joy, we think of them as feelings and emotions. Happiness is actually harmony; joy is greater harmony. Bliss means divine harmony. Harmony is created when your thoughts are pure, when your words are pure, when your emotions and actions are constructive and loving. If you are living a double life – thinking one thing and doing another – you are really creating chaos around you. All that we are is the result of what we think. We must guard our thoughts. This is why Yeshua says to “think on these things – that which is pure and beautiful.....”

### Chapter 4 – Fire and the Future

Agni means fire and Yoga means unity. So, Agni Yoga is unity through fire. The core of man (and all of creation is a spark of divine fire). So, we must unify this within us to reach our potential. Solar Fire is mental fire that brings about enlightenment. Electrical fire is from the Central Spiritual Sun and is at our essence.

In Christianity and other traditions, the Central Spiritual Sun is the “Father” – the source that we all come from and where we return. The Heart of the Sun is the “word made flesh” – the Christ – also called the Solar Angel in Agni Yoga). This is the bridge for us back to the Father. Through a fiery transformation we become our true selves. Agni Yoga is the means of transformation. It is a system where we purify ourselves through fire and then stand in the fire. Meditation and certain trials are part of the fierer transformation.

Our future is transformation and immortality.

### Chapter 5 – Co-workers

Much of Agni Yoga focuses on Co-workers. Co-workers are those that strive to improve life for all.

1. Co-workers must develop right relation with and be receptive to vision.
2. Co-workers must establish right relations with other co-workers.
3. Co-workers must develop within themselves to work with the vision and other co-workers.

The future is your unfoldment. A co-worker always believes that he/she will be beautiful in the future because they are striving toward that unfoldment. A co-worker is a magnetic person who appreciates the past, but looks toward the future. A co-worker does not complain.

## Chapter 6 – The Fire of Agni Yoga

Someone who is sensitive to the central spiritual sun becomes a vehicle of divine light. This fire can be used to:

- Heal
- Radiate Light
- Radiate Love
- Radiate Power

Yoga is:

1. Harmony with the highest principles
2. Concentration
3. Unity
4. Expression of essence
5. Fusion
6. Purification
7. Synthesis

Agni Yoga is divided into 3 stages:

1. Becoming yourself
2. Unity with other selves
3. Unity with the self of the universe

## Chapter 7 – Agni Yoga and Life

Those seeking to be Agni Yogis should take periodic retreats from all outside sources. A retreat is a time of seclusion so that an inner tension may be achieved. The purpose is to intensify the spiritual focus on the personality. The personality then becomes flooded with the Soul's purpose, plan, and intention. This creates a channel between the higher self and the personality.

Some people are awakening to a greater reality: they are discovering that their bodies are garments which can be taken off. This is the ability to create a light body in Sophian Gnosticism.

## Chapter 8 – Agni Yoga and the Regeneration of the World

The purpose of religion is for man to transcend himself and establish communication with the Source of the spiritual life. Agni yoga is a direct approach to the spiritual world. Direct relation to anything is found through the amount of energy you put into establishing and maintaining contact with it.

The Agni Yogi is identified with divinity and does not become tied to limitations of the present. He sees them as steps to perfection. He is not discouraged by challenges – limitations are not defeating, just rough spots.

This leads to devotion which is dropping things that are not part of your vision and goal and only focusing on which is.

## Chapter 9 – Glorified Life

Think about your possessions and all your expressions, and decide if they are glorified. How can you put them on a path to glory? Look at all aspects of your life (physical, emotional, mental, work, etc) and decide if they are also the best that you are capable of and are they on the path of the All? Slowly make changes to get to where you need to be. Your divinity will shine through.

## Chapter 10 – The Teacher

The aim of Agni Yoga is to teach us to have unity with the Fiery reality of the cosmos. There are twelve virtues we need to cultivate:

1. Striving
2. Courage
3. Daring
4. Discrimination
5. Solemnity
6. Harmlessness
7. Service
8. Compassion
9. Patience
10. Fearlessness
11. Gratitude
12. Responsibility

Actualizing these virtues is more important than acquiring a bunch of head knowledge.

## Chapter 11 – Expansion of Consciousness

There are four primary ways of expanding your consciousness.

1. View everything related to you from the viewpoint of the future.
2. Do an evening review (like silent witness).
3. Adopt the viewpoint of the whole picture and everything in synthesis.
4. Look at everything as service and an application of the teaching of life.

## Chapter 12 – Labor

In Agni Yoga, labor takes on a deeper meaning. It refers to the use of energy and matter to bring into materialization the Plan of the Hierarchy. This involves using:

- Your mind
- Your speech
- Following a plan

- Preparation
- Purification

To measure the labor we can look at:

- Beauty – Will it lead to increasing beauty?
- Sensitivity – Check it with your heart.
- Universality – Is it universal?

### Chapter 13 - Beauty

Beauty is about how you see things. To truly see beauty you need to detach from a situation being personal.

Here are two statements that are true to see beauty:

- Learn to overcome irritability...
- My pupils must have a sympathetic eye...

Irritability will cause you to see ugliness and ignore the beauty. If there is no sympathy, the beauty will be overlooked.

### Chapter 14 – Battle

The essence of this teaching is the battle we fight between our self and our Self. This is the fight between ego and the True Self to do what is truly right and our true will instead of the egoistic desire. These two sides fight daily until either the personality or the soul win.

### Chapter 15 – The Path of Probation

On our path we will go through tests on our way to expanding our consciousness. The more we pass, the more responsibility we will be given. It is a time of physical, mental, and emotional testing. After a period of this testing, we will then have our consciousness raised and we will be given more spiritual responsibility. We will then receive more testing. This is not always a fun time for us, but it is necessary for our advancement on our path.

### Chapter 16 – Qualities of an Agni Yogi

Agni Yoga is called “the yoga of synthesis”, “the yoga of life”, the yoga of the innermost self”, and “the yoga of utmost sacrifice”. This is a process of progressive unification.

The first step of progressive unification is to become one in your personality. There must be unity within your physical, emotional, and mental bodies so they are an integrated whole.

Qualities to be developed:

1. Physical Purification
2. Mental Purification
3. Striving
4. Fearlessness

5. Beauty
6. Sense of universality
7. Love
8. Transfiguration
9. Enthusiasm
10. Sense of Infinity
11. Self-Sacrifice
12. Observation

## Chapter 17 – Maitreya and the Age of Woman

This chapter is about the reappearance of the Christ and the Age of Woman. Worship is the technique to polarize you to a spiritual image. It is to help you resonate with the image and eventually become like the image. The Christ is a very important image:

1. Christ stands as the purest symbol of perfection.
2. Christ stands as the real symbol of striving.
3. Christ's love for humanity is not surpassed.
4. Christ lived in the consciousness of oneness with all of humanity.
5. The Christ is pure from materialism, hypocrisy, flattery, and corruption, and stood for beauty, dignity, solemnity, purity and synthesis.

The coming era is one of Christ and the era of women. It will be an age of woman and women will inspire Beauty, Culture, and Nobility in the human race and help great achievements to be realized.

## Chapter 18 – Thought

There are many kinds of thoughts discussed in the Agni literature:

1. Base Thoughts – Thoughts that are harmful, prevent progress, divide people, and obscure minds.
2. Mean Thoughts – These are like poison.
3. Selfish Thoughts – These are thoughts that feed the ego for personal and selfish reasons.
4. Selfless Thoughts – Thoughts that involve helping others.
5. Creative Thoughts – These help the plan and purpose of God to manifest on Earth.
6. Healing Thoughts – These create a prototype of beauty, goodness, and truth to improve health and healing.

## Chapter 19 – The Teaching of Living Ethics

Living ethics continuously brings into action Light, Love, Power, Beauty, and Goodness from inner resources. Here are five important points about this teaching:

1. Self-Protection – To protect the divinity within.
  - a. Do not fall into self-deception
  - b. Do not fall into inertia
  - c. Avoid hatred

- d. Do not fall into depression
- e. Do not try to escape responsibility
2. Self-Discovery – Discover who you truly are.
3. Self-Regeneration – Take care of yourself and your energy.
4. Self-Liberation – Liberate from attachment and non-spiritual things.
5. Self-Examination – Understand what you do and why by examining yourself.

## Chapter 20 – The Teaching of Living Ethics and Discipleship

This chapter is about how to transform yourself as a disciple by Living Ethics. Here are requisites for this:

1. Obey Principles
  - a. Righteousness – Live your inner divinity
  - b. Gratitude – Be grateful for your opportunities
  - c. Solemnity – Respect yourself and others
  - d. Responsibility – Be care of consequences of words, deeds, & thoughts
2. Meditation
3. Study
4. Be Self-supporting
5. Strive to higher states of consciousness
6. Control your mouth
7. Attract positive Karma to yourself
8. Devote yourself to the teaching and teacher

## Chapter 21 – The Path of Perfection and the Heart

You must integrate teachings into yourself for them to take root and make a difference. Here are ten steps to train your heart:

1. Feeling for others
2. Compassion
3. Humility
4. Patience
5. Tolerance
6. Wisdom
7. Sacrifice
8. Gratitude
9. Inclusiveness
10. Courage

## Chapter 22 – Messengers in Space

The teachings speak that our planet is one place in the Cosmos where sometimes others visit. All habitable planets in the universe and in the universes are like States in the US. We are not stuck in one place for all our lives. We can also visit these other places within our etheric bodies, astral bodies, mental bodies, or higher bodies.

An Angel is a “Messenger in Space”. They are messengers from one star to another star. You are a messenger and your responsibility is great. When you go from one world to another, you weave threads of unity between worlds.

#### Chapter 23 – Signs of the Teaching

The teachings are so great that the mind cannot totally grasp them. We must raise our consciousness to understand. It’s a good idea to take small pieces of teaching with you and study them as you have time during the day to assimilate them into yourself.

The teaching warns against forcing someone. The right conditions must be brought about and not forced on someone or they will not grow. It is also said that the teaching must not be sold in the streets. This is not a method of making money... it is a spiritual path.

True teachings are not based on superstition, ignorance, or fear. These must be expelled from a true path. Exaggeration is also not something that can be used in spiritual teaching or in our path. We must avoid exaggerating or stretching the truth.

#### Chapter 24 – How to Communicate the Teaching

- You must be familiar with a teaching before you try to communicate it or you will not be effective.
- You must use co-measurement to measure you and your audience before you start to speak so what you say is relevant.
- The Teaching must be given in such a way that people see a direction and strive for it.
- Awakening the “striving” in others is the most important thing.
- You cannot waste anything because you are exploiting and hurting nature.
- Teach within the culture.

#### Chapter 25 – Parables from Agni Yoga

This chapter has a number of parables in it. They are similar to the parables of the New Testament. We will read a couple of these in class.

#### Chapter 26 – Hierarchy

The Hierarchy is formed by people throughout the ages in every religion, race, and nationality that have perfected themselves and have dedicated themselves for the upliftment of humanity. The Hierarchy is called by different names throughout history:

1. The Kingdom of God
2. Christ and His Disciples, or servants of God
3. The Community of Arhats
4. Enlightened Ones
5. The Link between Infinity and humanity
6. The Masters of Wisdom, or men made perfect
7. The Invisible Church
8. The Center of Love Wisdom

9. The Inner School
10. The Brothers of humanity
11. Victors
12. Warriors
13. Silent Watchers
14. The Custodians of the Path

## Chapter 27 – Virtues

There are three main virtues which are often emphasized in the Agni literature.

1. Striving
2. Daring
3. Gratitude

## Chapter 28 – Irritation

Irritability is caused by negative, selfish thinking and negative emotions. Negative emotions distorts our tranquility. This causes a movement in our auras. It also causes a distortion in our nervous system. A joyful person is not selfish and does not hurt others. Irritability steals our joy.

## Chapter 29 – Danger and Discipleship

A true disciple must deal with danger. If you are not prepared to deal with dangers then you cannot be an apostle or a disciple. One characteristic of a true disciple is that you can beat and kick him, but he always stands up again. For the sake of the Teaching, the body must be put into danger. The teaching is not really for the masses as it is a difficult process.

## Chapter 30 – Insight and World Events

World events are the result of the response of mankind to incoming energies. These energies are coming from various places in the universe. They come to the earth and stimulate the human brain, mind, and nervous system, causing them to react. As human responses differ or change, events change, too.

## Chapter 31 – Our Planet

There are three ways of looking at the world – optimism, pessimism, and carelessness.

Optimism – Seeing the darkness in the world, but to still know the light can come.

Pessimism – Seeing the darkness and not seeing the light.

Carelessness – Apathy and non-concern.

The teaching challenges us to see the conditions of the World, but not be trapped by pessimism or carelessness.

## Chapter 32 – Enthusiam – The Raj-Agni

Enthusiasm is a flow of energy which comes from higher realms and makes people energized and divinely kindled. There are five sources of enthusiasm:

1. Inner Guide
2. Your Teacher
3. Higher Worlds
4. Your Inner Core (True Self)
5. Central Spiritual Sun

Enemies of Enthusiasm:

1. Drugs, alcohol, marijuana, excessive sex
2. Sexually transmissible diseases
3. Hatred, fear, anger, jealousy, revenge, and greed
4. Vanity, ego, pride, and separatism
5. Exhaustion
6. Irritation
7. Gossip, slander, malice, and treason

How to increase enthusiasm:

1. Develop a conscious communication line between you and your Inner Guide
2. Develop a conscious communication line between you and your Teacher
3. Develop a conscious communication line between you and the Higher Worlds
4. Learn to sacrifice yourself for the common good.

### Chapter 33 – The Cosmic Magnet and Shiftings

The shifting is done by the Hierarchy by presenting humanity new energies and new teachings. The shifting does the following:

1. It makes the human mind reevaluate its standards and measures
2. Makes the human mind break limitations and remove obstacles
3. Makes the mind reorient itself toward more inclusive and more universal
4. It makes the human mind synchronize physical, emotional, and mental actions toward spiritual goals.
5. It creates harmonious cooperation in and between the seven fields of human endeavor
6. It makes the human mechanism sensitive to the currents of the Cosmic Magnet
7. It creates a new culture and a new civilization

The disciples of the world help by the following:

1. Help humanity reevaluate its standards and measures
2. Help humanity break limitations and remove obstacles
3. Try to reorient humanity toward universal and more inclusive values
4. Help humanity to synchronize physical, emotional, and mental actions toward spiritual goals
5. Help humanity create harmonious cooperation in and among all fields of human endeavor

6. Make the human mechanism sensitive to the currents of the Cosmic Magent
7. Create a new culture and new civilization

## Chapter 34 – Infinity

The greatest incentive for a human being is the vision of Infinity. Infinity refers to:

- Limitlessness
- Continuity
- Duration
- Endlessness on the path of expansion
- Cosmic powers
- Cycles of creation, destruction, and recreation
- Possibility of ever-processing unfoldment
- Omnipresence
- Omniscience
- Ever-renewing opportunity
- The Great Spirit
- The Almighty Source of manifestation
- Space

It also means continuity. Life is continual. It changes form, but continues forever.