

# **RAJAYOGA**

**(NEW YOGA)**

**RULES, REGULATIONS  
AND  
INSTRUCTIONS**

**BY  
MAHATMAS**

**PUBLISHED BY  
SRI MASTER C. V. V. YOGA CENTRE  
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**I**

**VOLUME**



Paula Beckman



CVV  
Alicia

Aug 21<sup>st</sup> 19. Th.

C.V.V

C.V.

7. die Belg windings each  
second and studies  
the claim.
8. Studies 60 by Belg  
in one minute.

. acts 60 springs each  
followed by claim

Note - Duration by next call. C.V will not have  
the pressure so let me wake up.

Note  
9.20 P.M.

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## FORE WORD

My friend Sri Sreenivasacharyulu has asked me to write a foreword to this book "Notes of Master C.V.V." my only qualification being that I am a direct medium of the Master. Though I feel diffident to undertake the task set for me, I write the following few lines in deference to my friends wish. Since the present publication is the first volume of the Notes it may be expected that some more volumes will follow in due course. These publications are intended for private circulation among the votaries of the "NEW YOGA".

The Notes are Master's own. They are original. They are authoritative, authentic and autobiographic or self-revealing. The basic principles of "Bhruktaradhitha Taraka Rajayoga", their aim, the mode of their working and guidelines for their practice are enunciated therein by the Master.

I remember these Notes were given and explained by means of diagrams by the Master to his mediums personally during the general calls of 1917, 1918 and 1919, at Kumbakonam and also taken down by some of the mediums.

"Practice makes a man perfect" is an old axiom which is too true. We practice this Yoga, to become "Perfect" in the true sense of the term. Perfection as such is only an ideal now. It will become a reality only by the "practice" of the New Yoga presented by the Master.

This practice is a discipline by itself. It requires regular consistent and devoted observance of set rules issued by the Master.

Introspection and stock taking of individual subjective experiences during practice and comparing them with those of fellow practitioners and mediums periodically is necessary to see how far we have advanced towards realisation of our aim promised by the Master.

We feel we are entering into a significant period of our Yogic life. The publication of these notes which has been lying dormant in the private records of the Master as some of his mediums synchronises with the beginning of the eventful period. Master indicated to us, his mediums on several occasions that an opportune time would come to understand and appreciate the meaning and significance of his notes in the light of experiences during practice. The time

envisaged by him seems to have arrived. He has fitted us with the requisite equipment and given us insight by the various practices he had prescribed for us. It is for us now to avail of ourselves the opportunity understanding him for our own benefit and the benefit of the world at large. May He bless our efforts and help us to attain the cherished goal ere long.

*V. Chandrasekhara Sastri*

V. CHANDRASEKHARA SASTRI

*Medium*

*28.5.84*

## A FEW WORDS

The Hallis Comet appeared in 1910. Sri Master C.V.V. had peculiar experiences. He had underwent change from 27<sup>th</sup> May 1910. At last on 30.05.1910 at 8.30 p.m. the power in the comet entered into his body. Hence he used to conduct May Calls from 27<sup>th</sup> to 31<sup>st</sup> May every year till he left the Physical. Likewise, he conducted December Calls from 31<sup>st</sup> December to 1<sup>st</sup> January every year. There were always big gatherings. He used to say that he alone had authority to conduct calls. These were link days. The Master had link with Origin at 8.30 p.m. The Notes were written by the Master himself after he had link with the Origin and what he had received from the Origin.

Sri AV.Srinivasacharyulu garu Brought to me a copy of the printed book on 28.05.1983, one of the link days and requested me to write a few words. On seeing the Notes of my Master, I was very much thrilled. I did not have words to write.

The Master gave us, the Mediums, some of the material duly printed, some duly typed. I have given away the notes of the Master to Sri N.R.B.V.Ramamoorthy son of

