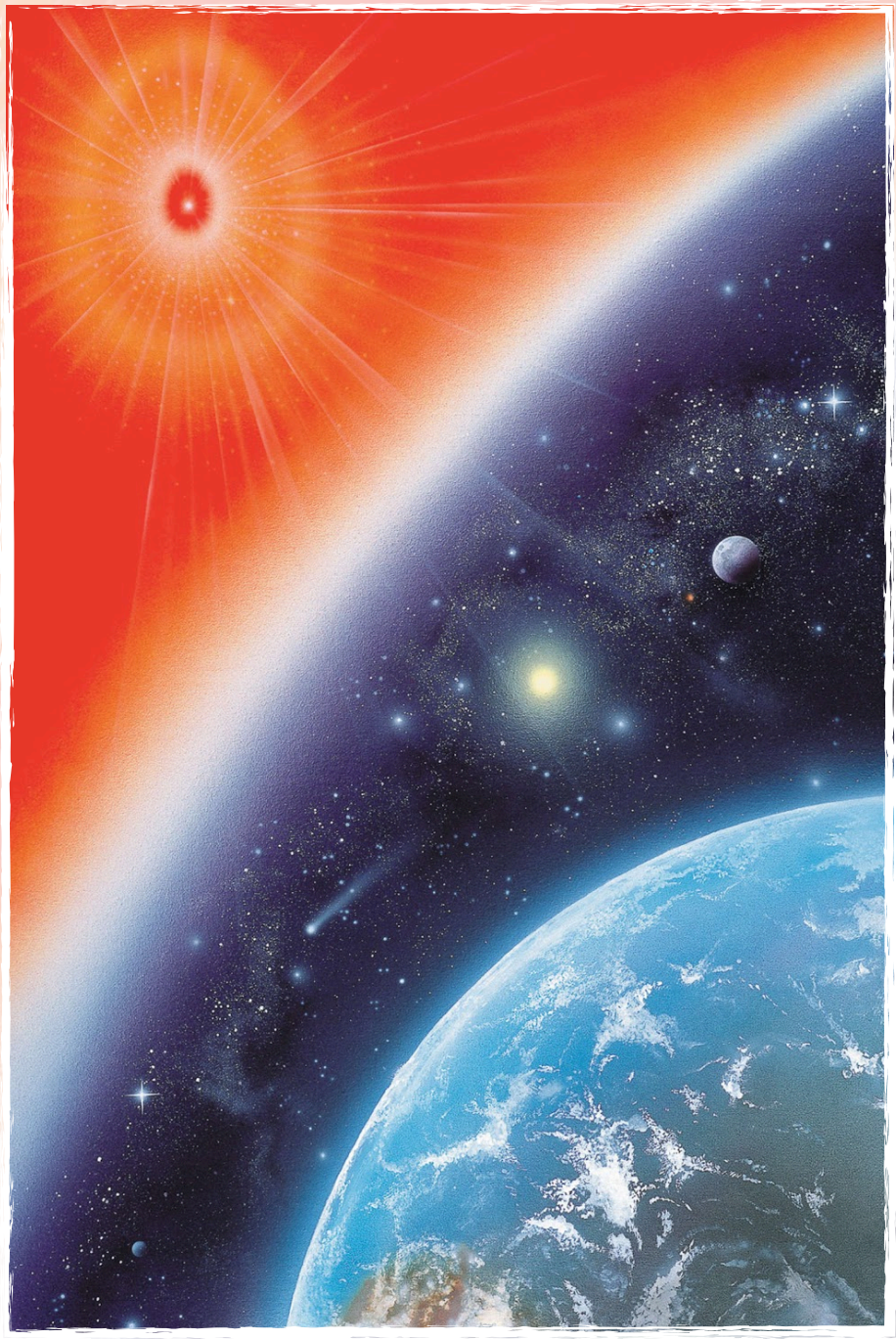
The background is a split-color cosmic scene. The left side features a bright red sun with radiating lines and a lens flare effect. The right side shows a dark blue galaxy with numerous stars and a small planet. The text is centered in white serif font.

You are a  
Master of  
The Two  
Worlds





# Om Shanti

and a warm welcome to the  
“Master Of The Two Worlds”  
guide to freedom.

By embarking on this journey, this  
pilgrimage of remembrance, you will  
attain true freedom in life, and be liberated  
from a life of bondage, traps and sorrow.





FREEDOM IN LIFE  
IS YOUR  
ETERNAL  
BIRTHRIGHT.

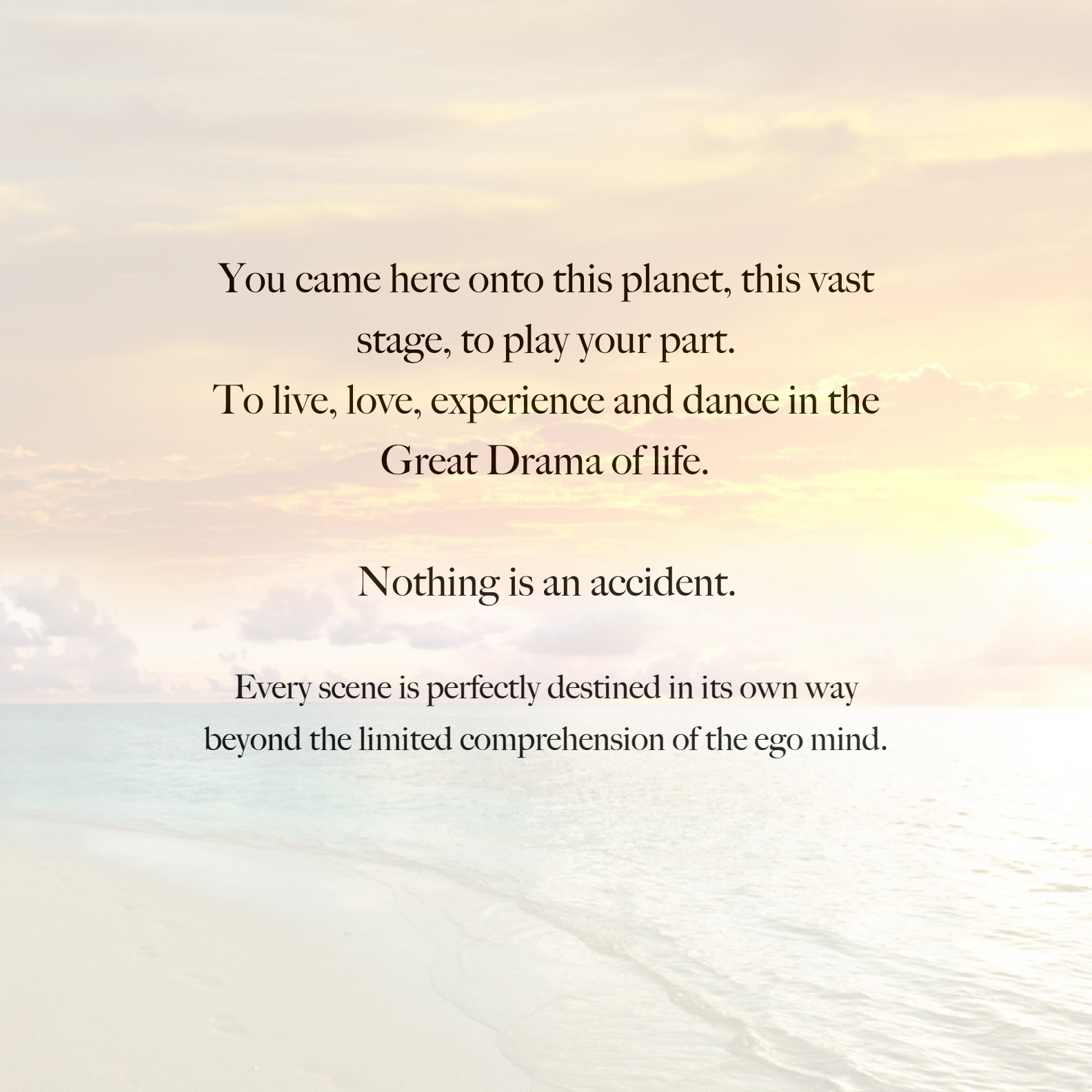
You are a soul.

You are light.

You are a tiny point of  
self-luminous conscious energy.

An immortal being.



A serene sunset over a beach. The sky is filled with soft, golden light from the setting sun, with wispy clouds catching the light. The ocean is a mix of light blue and white, with gentle waves washing onto a sandy beach in the foreground. The overall mood is peaceful and contemplative.

You came here onto this planet, this vast  
stage, to play your part.  
To live, love, experience and dance in the  
Great Drama of life.

Nothing is an accident.

Every scene is perfectly destined in its own way  
beyond the limited comprehension of the ego mind.

# Freedom in life

emerges by letting go of endless questions  
about 'why' and 'what' and replacing them  
with 'wonderful!'

## 'It's wonderful!'

The secrets of this Drama become  
revealed as you embark upon this  
pilgrimage of remembrance.



# The Pilgrimage of Remembrance

For the next 21 days your mission is simple:

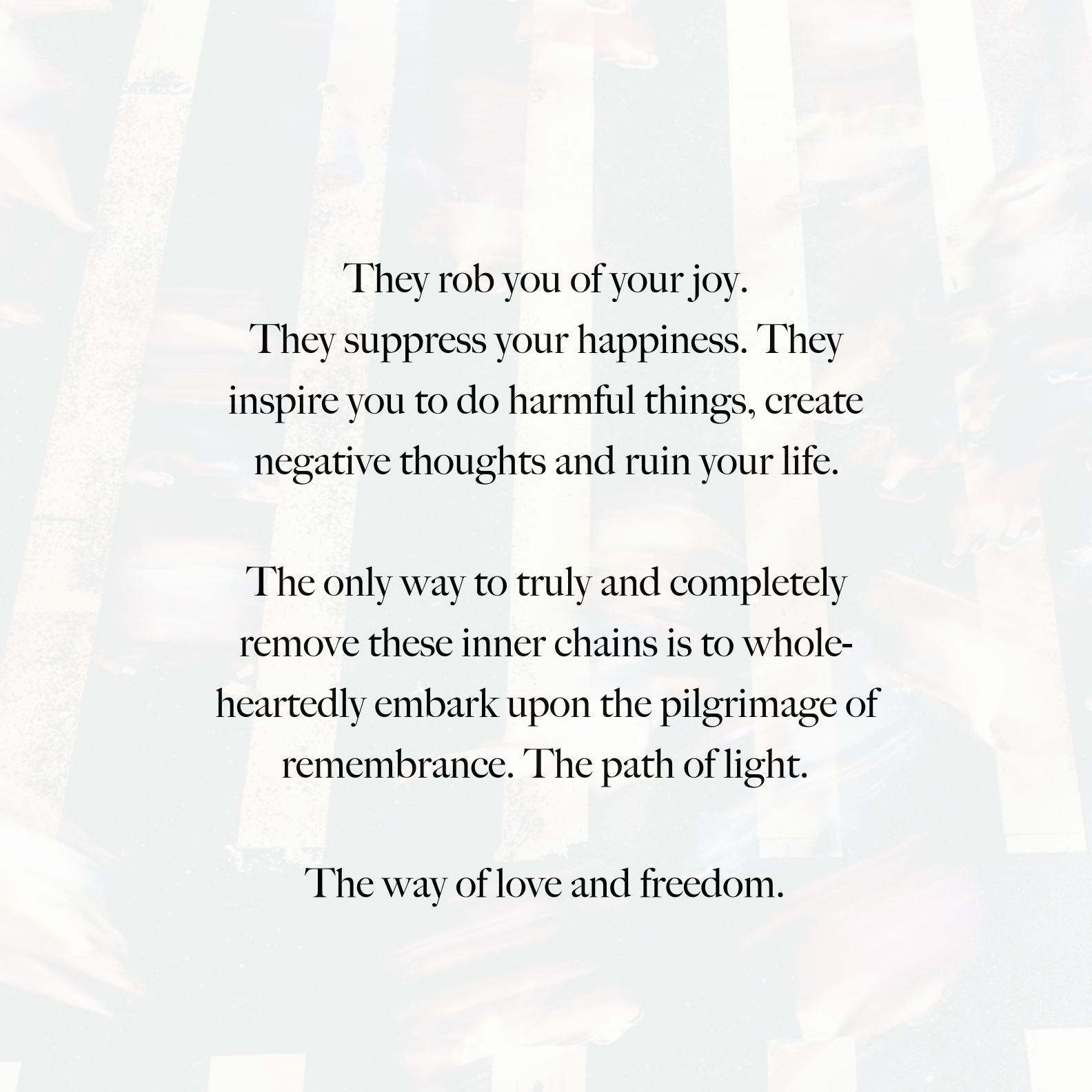
1. Experience yourself as a bodiless, eternal, powerful soul.
2. Connect your attention, your heart and mind with the Supreme Soul: The Divine, God, The Beloved, The Ocean of Peace, Ocean of Love
3. Become merged in love, light and joy.

# WHY?

All your bondages, suffering, traps, negative feelings and irritations arise due to being trapped in the chains of negativity.

The ghosts of anger, lust, ego, attachment, greed, fear and all the rest have attached themselves to you.



A group of people, seen from above, holding hands in a circle. The image is faded and serves as a background for the text. The people are of various ages and are dressed in casual clothing. The overall mood is one of community and shared experience.

They rob you of your joy.  
They suppress your happiness. They  
inspire you to do harmful things, create  
negative thoughts and ruin your life.

The only way to truly and completely  
remove these inner chains is to whole-  
heartedly embark upon the pilgrimage of  
remembrance. The path of light.

The way of love and freedom.

# How?

THE METHOD IS SIMPLE.

But Maya, the illusory lure of the 5 vices – lust, anger, ego, greed and attachment – make it appear difficult. Maya tries to attack your mind and pull you away into endless distraction and confusion.

But, in fact, the practice itself is as easy as  
A B C.



# A B C

Ⓐ Remember you are a soul.

This means to see yourself now, as a tiny being  
of light in the center of your forehead.  
A shining, smiling, radiant, beautiful light.

Shining away forever. You can do this now.  
It's easy and it's fun! See the light and remind yourself.  
“I am this light. I am shining.

I am peace. I am free”.

## ② Remember your home.

Before you were here in that body, you were just a pure divine light, flying in your home of eternal peace.

On the other side of the universe, beyond the physical world is a world of peace. A world of silence. A vast sky beyond the sky.

You can imagine a golden red sunset. See and feel yourself flying in that golden divine sky.



You are free.  
You are safe.  
You are secure.

You are pure beautiful light and you  
shine and shine forever.

You can completely relax since you are at  
home. It's YOUR home. This world  
belongs to you forever. It's where you live,  
and to where you will return after playing  
your part on the stage.

# © God, The One

In this home of light, you will find God,  
The Blissful One, the Eternal Radiant  
Supreme Soul who shines and shines  
the infinite power, joy, bliss, peace and  
love forever.

You can enjoy bringing your love, your  
attention to this One. It's like plugging in  
the battery of the soul to the power station  
and receiving the charge.



# Plug in with your focus

and notice how you begin to draw the current of joy, smiles, peace, radiance, power, shine, love and grace into your being. You are charging the battery of your soul. You are being renewed. Refreshed. Rejuvenated. Recharged.

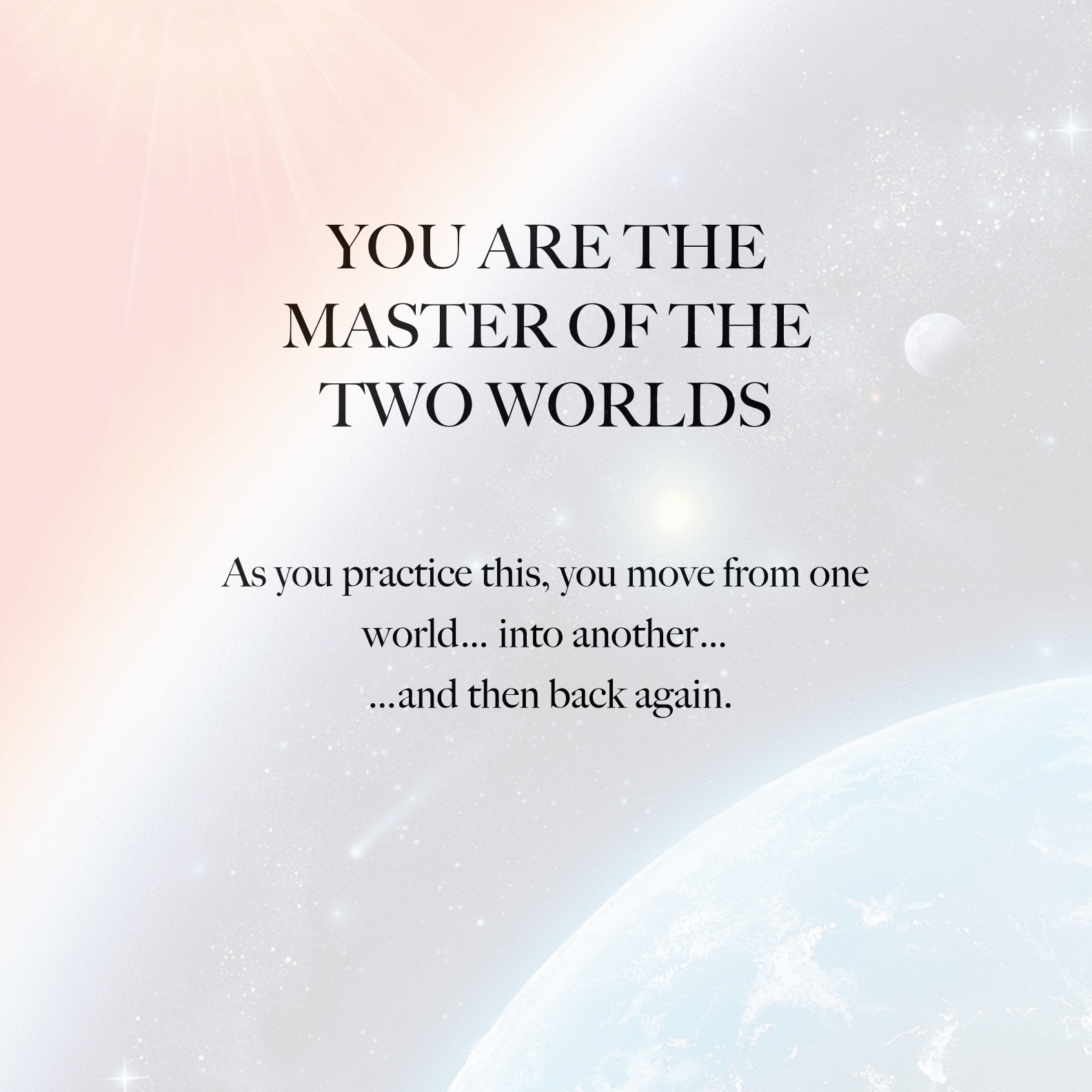
Give thanks and enjoy!

ISN'T  
THAT  
WONDERFUL!



# IT'S EASY

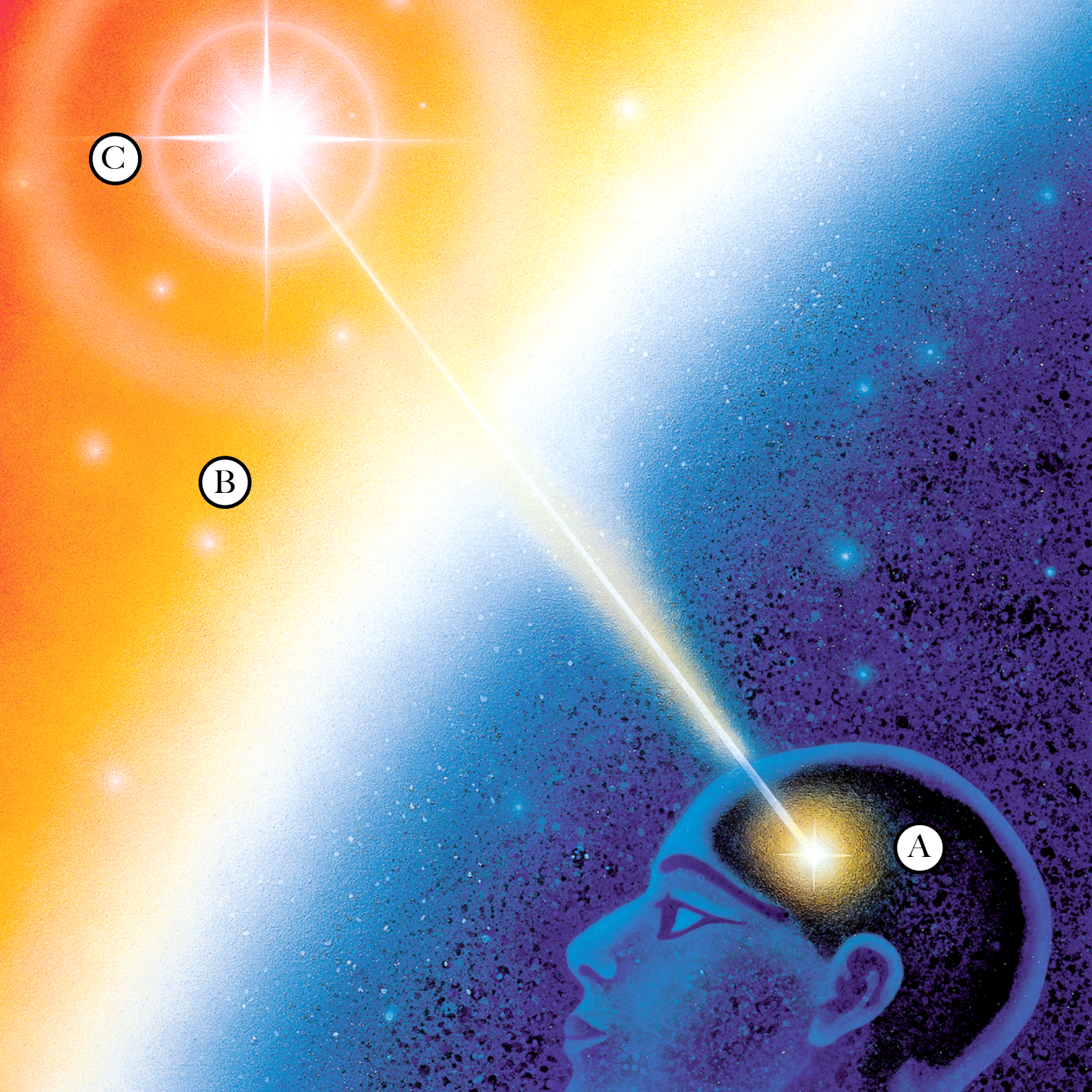
- A. Let go and become aware you are divine light. You are free.
- B. Remember the other world, the home, the higher realm.
- C. Connect to Divine Source and feel the love, joy and peace. Become merged in love.



# YOU ARE THE MASTER OF THE TWO WORLDS

As you practice this, you move from one  
world... into another...  
...and then back again.



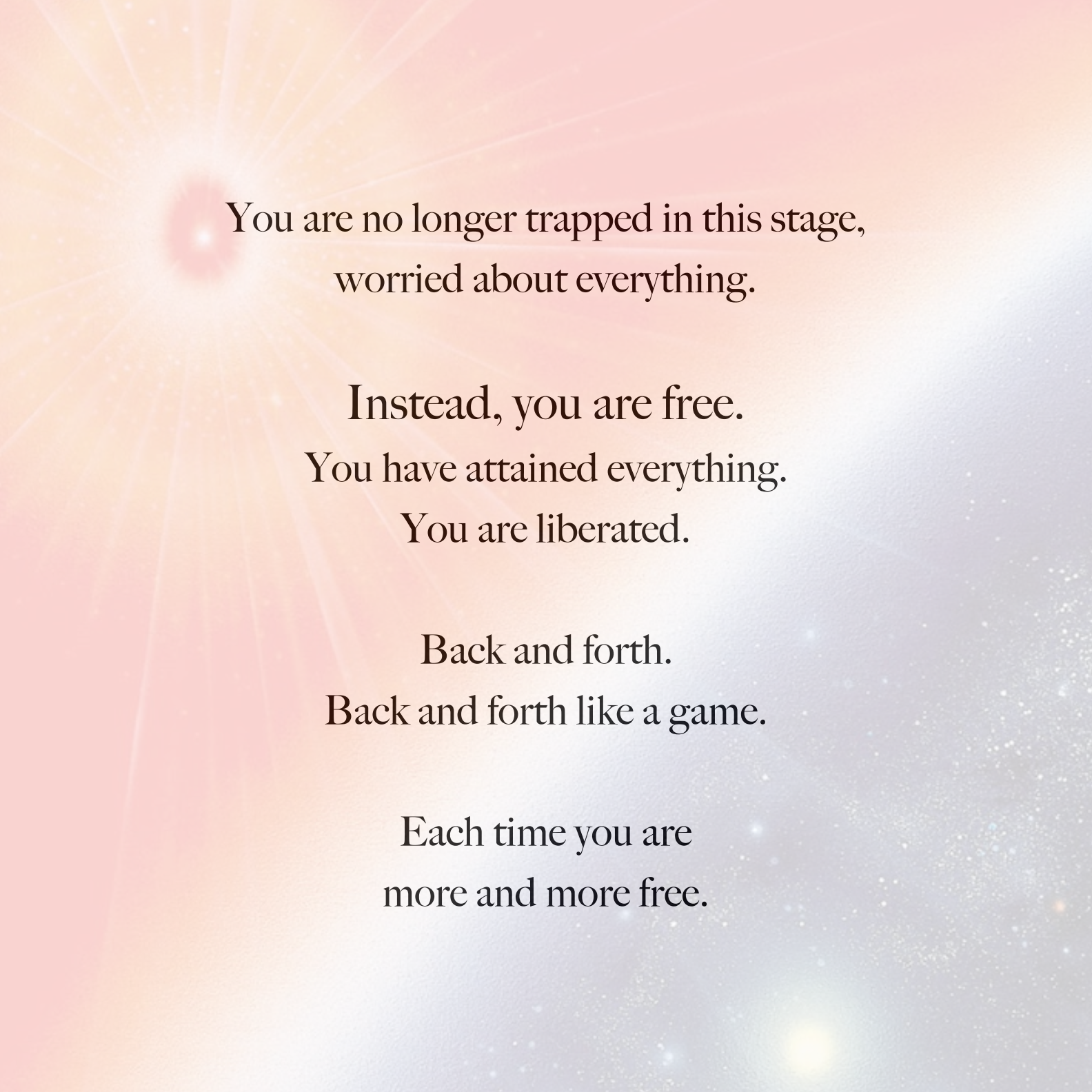


C

B

A





You are no longer trapped in this stage,  
worried about everything.

Instead, you are free.  
You have attained everything.  
You are liberated.

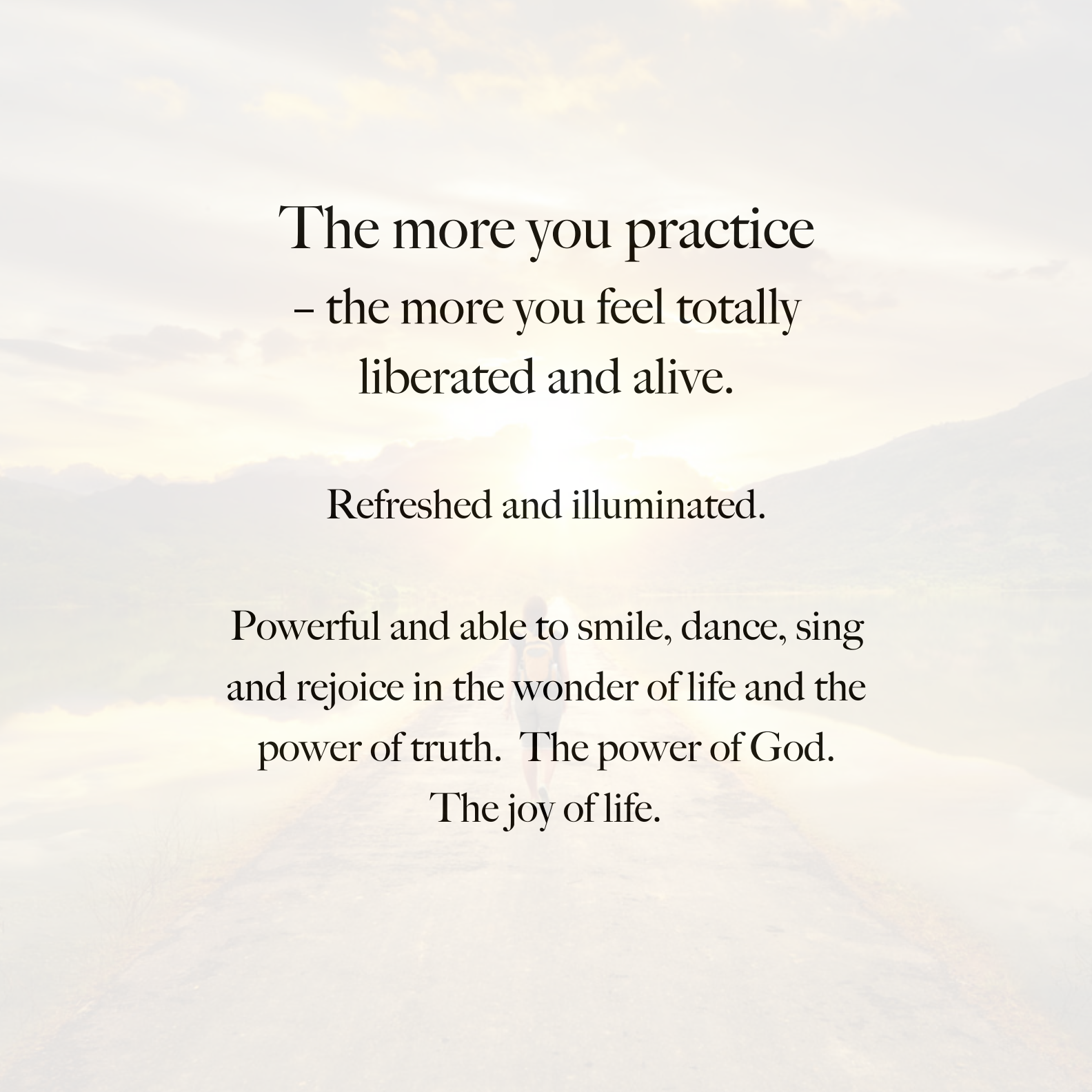
Back and forth.  
Back and forth like a game.

Each time you are  
more and more free.



# HOW TO PLAY?

Now you know the basics – it's time to  
enjoy this mystical and profound  
experience a thousand times per day – and  
feel the magic in your life.

A person is walking away from the camera on a dirt path that leads towards a sunset. The sun is low on the horizon, casting a warm, golden glow over the scene. In the background, there are rolling hills or mountains. The overall atmosphere is peaceful and serene.

The more you practice  
– the more you feel totally  
liberated and alive.

Refreshed and illuminated.

Powerful and able to smile, dance, sing  
and rejoice in the wonder of life and the  
power of truth. The power of God.

The joy of life.

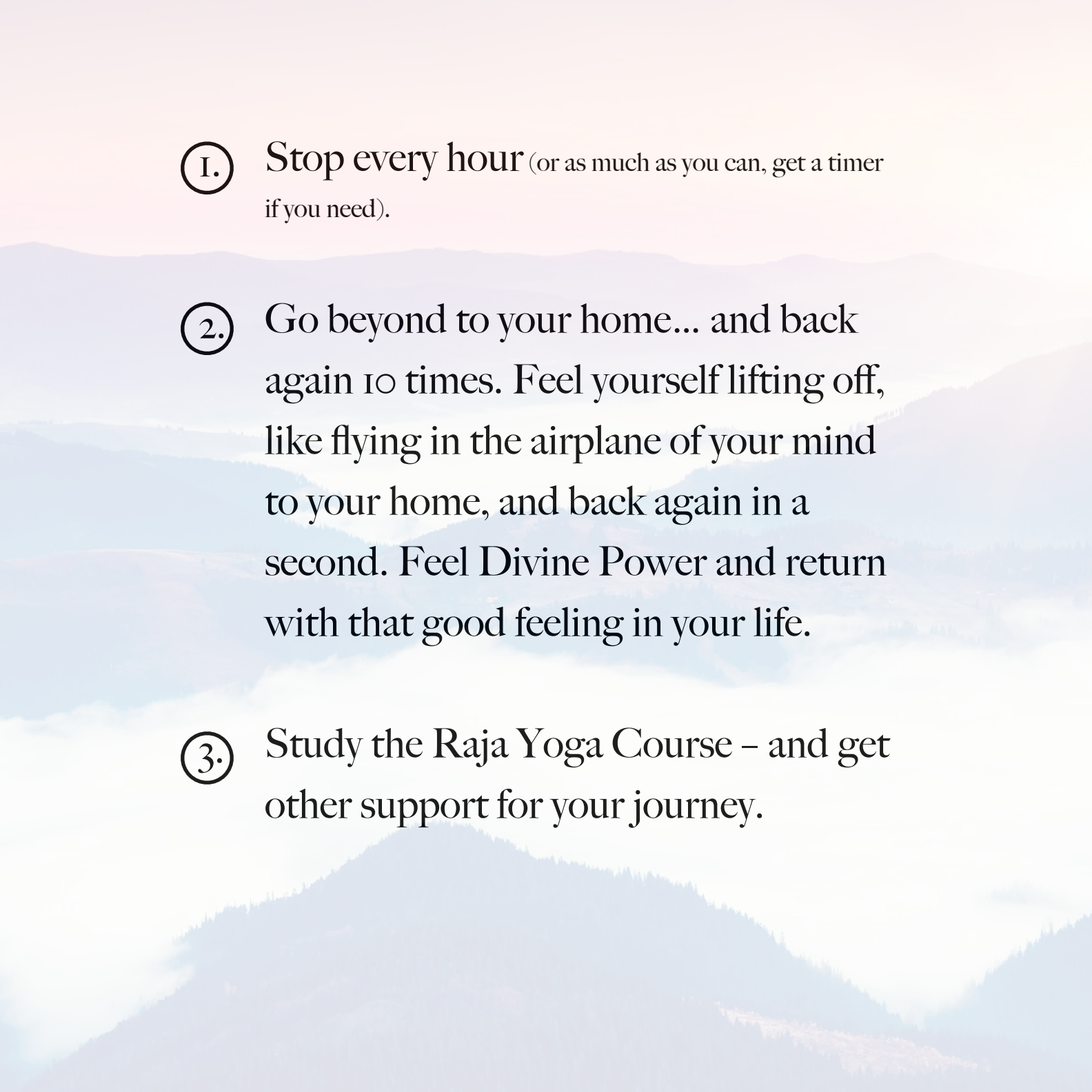


# What to do now?

Now you know the essence – you can take  
it deeper and become the master of the  
two worlds, a free soul.

Here is what to do.





①. Stop every hour (or as much as you can, get a timer if you need).

②. Go beyond to your home... and back again 10 times. Feel yourself lifting off, like flying in the airplane of your mind to your home, and back again in a second. Feel Divine Power and return with that good feeling in your life.

③. Study the Raja Yoga Course – and get other support for your journey.

# How to get the RAJA YOGA COURSE?

The lessons can be  
found at:

[rajayogaonline.com/start](http://rajayogaonline.com/start)

Just follow the instructions and enjoy.  
Freedom is your birthright. You are a  
great soul. You are born to be free.



THANK YOU  
FOR BEING HERE.

May you experience divine blessings  
and love always.

May you be free.



Get Your  
Free  
Sessions  
& Meditations

[rajayogaonline.com/start](http://rajayogaonline.com/start)