

## **YOGA (meaning to “Yoke back to the Most High God Head ANNU)**

**exoterically** the Asian India derived spirituality practices including *Hatha Yoga*, *Prana Yoga*, *Kundalini Yoga*, *Karmic Yoga*, *Tantric Yoga* and the [SURAT SHABD OR LIGHT AND SOUND YOGA](#); and

**esoterically** the fragmented spirituality system of **Patanjali** the [MASTER/THET](#) of the **Ancient Asian Indian Mystery School** of circa **9,000 BC** identical to and in communication with the [ATEN PATH](#) of the **Ancient Egypt/Kemit Mystery SCHOOL OF ON (ANNU)**; where today the **Patanjali’s Holistic Yoga** has been separated into distinct **YOGAS** (“to yoke or go back to the God Head”) from a once **single holistic spirituality system**; characteristically **requiring** the [VEGETARIAN/VEGAN](#) lifestyle of which the [LIGHT AND SOUND YOGA](#) is the easiest and most superior taking one ultimately to communion with the via the [ANNU KHET \(ANKH\)](#) or [INNER CELESTIAL LIGHT AND SOUND STREAM](#) or [THE HOLY WORD](#) to the **Most High God ANNU** **requiring** [INITIATION](#) by a **MASTER/THET**.

See [Appendix I-A](#); [Appendix I-B](#); [Appendix I-D \(p. 235\)](#); [Appendix I-E \(pg. 239\)](#), [Appendix I-E \(pg. 245\)](#); [Appendix V \(pg. 267\)](#); [Appendix V \(pg. 269\)](#); [Appendix VI-1](#); [Appendix VI-2](#); [Appendix VII –1](#); [Appendix VII 2](#); [Appendix VII 3](#); [Appendix VII 4](#); [Appendix VII 5](#); [Appendix VII 6](#);

[Exhibit III F-1 2](#); [Exhibit III D-5](#); [Exhibit III G-2](#); [Exhibit IV I](#); [Exhibit IV J-2](#) and Pages ii to xxi, 31, 49, 52, 54, 57, 59, 60, 62, 66, 68-69, 71-75, 81 & 83.

Refer to **Sant Kirpal Singh Ji’s Crown of Life** for a Superlative Comparative Yoga Treatise; [ATEN PATH](#), [INITIATION](#), [MASTER/THET](#), [MEDITATION](#), [SCHOOL OF ON \(ANNU\)](#) and [SPIRITUALITY](#).