

THE GOAL OF INTEGRAL YOGA

The goal of Integral Yoga, and the birthright of every individual, is to realize the spiritual unity behind all the diversity in the entire creation and to live harmoniously as members of one universal family.

This goal is achieved by maintaining our natural condition of:

- a body of optimum health and strength;
- senses under total control;
- a mind well disciplined, clear, and calm;
- an intellect as sharp as a razor;
- a will as strong and pliable as steel;
- a heart full of unconditional love and compassion;
- an ego as pure as crystal;
- a life filled with Supreme Peace and Joy.

The goal of the Integral Yogi is to have an *easeful* body, a *peaceful* mind, and a *useful* life.