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# THE MOST IMPORTANT HERITAGE OF HUMAN HISTORY “ORIGINAL YOGA SYSTEM SINCE TIMES IMMEMORIAL”



**Y**oga is the most ancient art and science belonging to the whole planet. The roots of Yoga date back to the Aryan Civilization which once existed throughout the whole planet. However, the Original Yoga System is even older than the Aryan Civilization and is not the outcome of it. Yoga knowledge is like a living breathing organism of integrity and has been transferred by Master to apprentice for an indefinite number of generations therefore mankind has been doing Yoga for hundreds of thousands of years.

Yoga as word means 'to control'. In other words Yoga is the perfect control of the body, the feelings and the mind. Yoga, at the same time, means for human beings to 'become one' with everything living and lifeless in the universe. Modern living conditions of the present day move human beings away from natural life whereas Yoga ensures that the human is always in contact with the nature and universe.

In the olden times when people had especially good memory, a statement of the Master was remembered for a lifetime. But, with the approaching Kali Yuga (Iron Age) period that we are now in, the memory of mankind got weaker and the need to write down information

increased, resulting in the first Yoga text being written approximately 10 thousand years ago. These texts were first written in Sanskrit, the oldest language of the World, meaning "intellectual" and "noble".

Only the known Yoga texts were written 10.000 years ago. Whereas Yoga information had been verbally transferred from Master to disciple long before that. Yoga is old as the universe. The first written texts in the World are Yoga texts. To say that Yoga has been practiced for 5.000 years is incorrect. Yoga is not a "method" developed by mankind for many thousands of years. This information had been given to mankind at the commencement of the universe and has come to the present day by being passed on from generation to generation first verbally and then in written form. The original Yoga System is a universal system of self-improvement and has been introduced for mankind to improve in all aspects and the techniques are based on deep philosophical science, logic and practical experiences.

Yoga information should be learned from the Original Yoga System. Only in this case can the individual achieve all the benefits of Yoga. Original Yoga System is the most





ancient health system because it concentrates on the body, the mind and the soul. With the help of Original Yoga System techniques, the individual associates with her/his body and mind and discovers the soul. The individual is reunited with the wholeness, and is rescued from the disturbing effects of physicality and is closely acquainted with his/her spiritual individualism.

Original Yoga System is a pure science like physics, mathematics or chemistry. Original Yoga System is a science consisting of only pure universal laws, it is experimental and existential. Original Yoga System is far beyond the imagination of mankind and anything to be put together by all belief and is an eternal sacredness covering everything. Although it improves mankind in consciousness and soul and provides detailed information and techniques about these subjects, it is not a religion based on theology and rituals. There is a basic difference between Original Yoga System and religion. Religion says "Put your trust in God and continue". On the other hand, Original Yoga System says "Trust yourself and evolve. Try, experience and know" and there is no religious factor in it. Original Yoga System is a spiritual science and the individual knowing this science catches the gist of all religions. Original Yoga

System is a universal development system. This system had been given to the intelligent creatures at the commencement of the universe and then outspreaded through all planet systems.

Original Yoga System which is the correct living science and has been given to mankind to be applied in daily life has existed since the commencement of the universe and is applied in all the planets. Nowadays, it is possible to see different "Yoga" types and styles estranged from its origin and presented to mankind under many different names. Even though these concerned applications are quotations from Original Yoga System, they do not have the positive effects and the benefits of the original system since they have lost their integrity.

The Yoga Academy I established in 2001 presents Original Yoga System to mankind purely. The purpose of Yoga Academy is to realize Yoga education in a scientific way purified from the speculations and prejudicial beliefs, to give Yoga techniques as they are, to develop the physical, mental and spiritual health of the people and help their spiritual evolution. The education given under the roof of Yoga Academy is based on Original Yoga System, expressly profound philosophy, scientific



explanations and correct techniques obtained from experiences.

Original Yoga System is the common heritage of mankind. Yoga is not a system belonging to India but a system applied once all over the world. Yoga, was preserved by the real Yoga Masters sited Himalaya mountains and when the World got into the tumultuous and dark age these knowledge brought back to the community. Yoga, firstly spread over the whole World and now is being transferred via Original Yoga System to mankind.

Yoga is a system aiming to develop personal characteristics and to find out the real individualism. This system also covers a very old psychotherapy method existed before all these methods. It is a perfect tool for personal development and spiritual evolution and studies physical, mental, emotional and psychological benefits and obstacles for spiritual development. Original Yoga System is a spiritual discipline which requires living within certain moral rules.

Original Yoga System which is eternal has techniques assisting / helping to get rid of materialist life illusion and also conceiving the real inherent truth which is

the light of the transcendental consciousness. With the help of Yoga the individual reaches the core of his / her individual being by getting into the deep of his / her mind and experiences physical, mental and spiritual integration.

Original Yoga System is a real method which is attainable and applicable by everyone in order to experience the real conversion at conscious level. By this system the people learn to discover their internal assets consisting of peace, joy, light and love. Original Yoga System helps people to find out their internal potentials and to reach to enlightenment by increasing their consciousness.

Original Yoga System is not only theoretical but also a practical science. Only the practical application based on deep theoretical knowledge ensures the real experience and correct understanding. Original Yoga System is the system undertaking an assisting role in completing the evolution period of personality in all aspects. By Yoga techniques the individual discovers that he/she is not only a body and mind but is also a soul. The individual develops his / her personality at all levels and therefore does not experience happiness not

only via body and mind.

Original Yoga System is an art of relating with all parts of the individualism. The real individualism is far beyond the body, mind, emotion and perception. Original Yoga System ensures to conceive the soul which beyond all these, to know and to live. The soul becomes not a concept based on belief but a reality that can be experienced.

Original Yoga System is the most advanced science in person's spiritual conversion. Original Yoga System which is old as the universe is to be applied by considering the characteristics of the modern human. But, this does not mean Original Yoga System should change. This means to adjust the Yoga techniques according to the capacity of the modern human and this can only be done by the real Yoga Master transferring the Original Yoga System with its purest form.

The information given in Original Yoga System is related with what the mankind is in reality. In the light of this information the human passes beyond the philosophical, cultural and psychological constraints.

Original Yoga System is not only a science it is an application, a discipline, technique of internal conversion. Nobody can start this conversion for the individual, the individual should start this. Yoga teaches the human to trust and to be sure of himself/herself. On

this road the individual is not alone. Yoga Master guides and enlightens the individual.

Application of Original Yoga System simplifies the perception of internal and external World, and carries the characteristics of the experiences to an upper level and presents a composite and integral Yoga study. By this study, body, mind and feelings related with the lower level of personality and also spiritual mind and emotions related with the upper level of personality develops. With Original Yoga System the individual is renewed and becomes a completely new person. With the help of Original Yoga System, the curtain of misconception preventing the vision disappears and the individual becomes open for reality.

Nowadays where the World perceived as to be lost and cannot substitute new values while rejecting the old ones, Yoga acts as a mean for human to find out their own road and to associate with their Real Core and with the help of this association with the Real Core human can reach the real harmony, peace and kindness that can hardly be found in our age. ✨

**From the Book of Great Master Akif Manaf "What is Yoga, and What is Not?", Yoga Academy**

