

## ΚΕΦΑΛΗ ΜΖ

### WINDMILL-WORDS

Asana gets rid of Anatomy-consciousness.  
Pranayama gets rid of Physiology-consciousness. } Involuntary  
'Breaks'

Yama and Niyama get rid of Ethical consciousness. } Voluntary  
'Breaks'

Pratyhara gets rid of the Objective.  
Dharana gets rid of the Subjective.  
Dhyana gets rid of the Ego.  
Samadhi gets rid of the Soul Impersonal.

Asana destroys the static body (Nama).  
Pranayama destroys the dynamic body (Rupa).  
Yama destroys the emotions.  
Niyama destroys the passions. } (Vedana).  
Dharana destroys the perceptions (Sanna).  
Dhyana destroys the tendencies (Sankhara).  
Samadhi destroys the consciousness (Vinnanam).  
Homard à la Thermidor destroys the digestion.  
The last of these facts is the one of which I am most certain.