

Yoga

..that which helps us unite with the higher

Multiple complementary paths for transforming the **mind**,
making it **clear and calm**

- For people with varied spiritual understanding, level of interest in the Divine, and physical and intellectual capabilities
- By becoming aware of Divinity everywhere
 - as an all pervasive consciousness, *Brahman*, or
 - as a presence that dwells within one's heart, or
 - as the Personality of Godhead

Main paths in Yoga

Karma Yoga: the Yoga of engaging in purposeful selfless actions by
- doing regular duties, surrendering fruit to God, acting as an instrument of God, acknowledging that all power to act comes from God

Raja Yoga: the Yoga of meditation; a systematic practice of precise techniques with eight steps for
- Yamas, Niyamas, Asanas, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Jnana Yoga: Path of knowledge (Vedanta); deep intellectual enquiry by
- studying scriptures, sustained reflection to resolve doubts arising from logic or personal experience, and deep meditation to internalize Truth

Main paths in Yoga (..contd)

Bhakti Yoga: the Yoga of devotion to develop intense love of God, rest the heart and mind in God and do all actions as service to God by

- guarding against bad habits, being in company of devotees, serving with humility, developing a personal relationship with God, chanting, worship etc.

Tantra: Esoteric all encompassing path with Divinity seen as a mother

- Views each human being as a microcosm of the entire universe

Practices are for mastering the mind, senses and body to know the universe; mobilize the infinite energy that dwells dormant within oneself