

Yoga

*A systemic method for
tranquility, health and spiritual insight.*

Hatha, Jñāna, Karma, Bhakti,
Rāja

Yoga

Yoga is a Vedic discipline which trains the consciousness for tranquility, health and spiritual insight.

Anyone who takes the necessary training to purify and refine the mind and senses can begin to feel the inherent nature of self and enjoy that extreme joy.

This training is known as Yoga.

It brings within its purview all the three sides of human personality, that is the body, the mind, and the soul.

Yoga - Different paths

Human beings have diverse temperaments, diverse nature, and also diverse inclinations.

Our nature has a balance of all these three ingredients- **mind** and **will**, **intellect** and **rationality**, **emotion** and **love**. By one's inclination one may have a tendency towards one particular path.

Depending upon which one of the faculty we make use of as a principal medium for bringing about Godward movement, Yoga assumes a particular pattern and derives a particular name.

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By Acharya Suryanarayan Nanda
for Arya Samaj Greater Houston

Yoga - Different paths

In every system of Yoga cross-currents of other systems are intermingle, but there is a dominant feature of each system.

It can be either **intellect, emotion or action**.

Those who are of philosophical bent, prefer the "**knowledge path**" Jñāna yoga.

Those who are inclined to productive application of arts, skills and knowledge, prefer the "**action path**" Karma yoga.

Those who prefer emotional connection, prefer the "devotional path" **Bhakti yoga**.

It never means that intellect, emotion, and action are exclusive of one another.

Hatha Yoga

It is what we are actually practicing when we get on the mat.
Hatha yoga developed the yoga of the body.

Ṣaṭ karma (six acts of body cleansing):

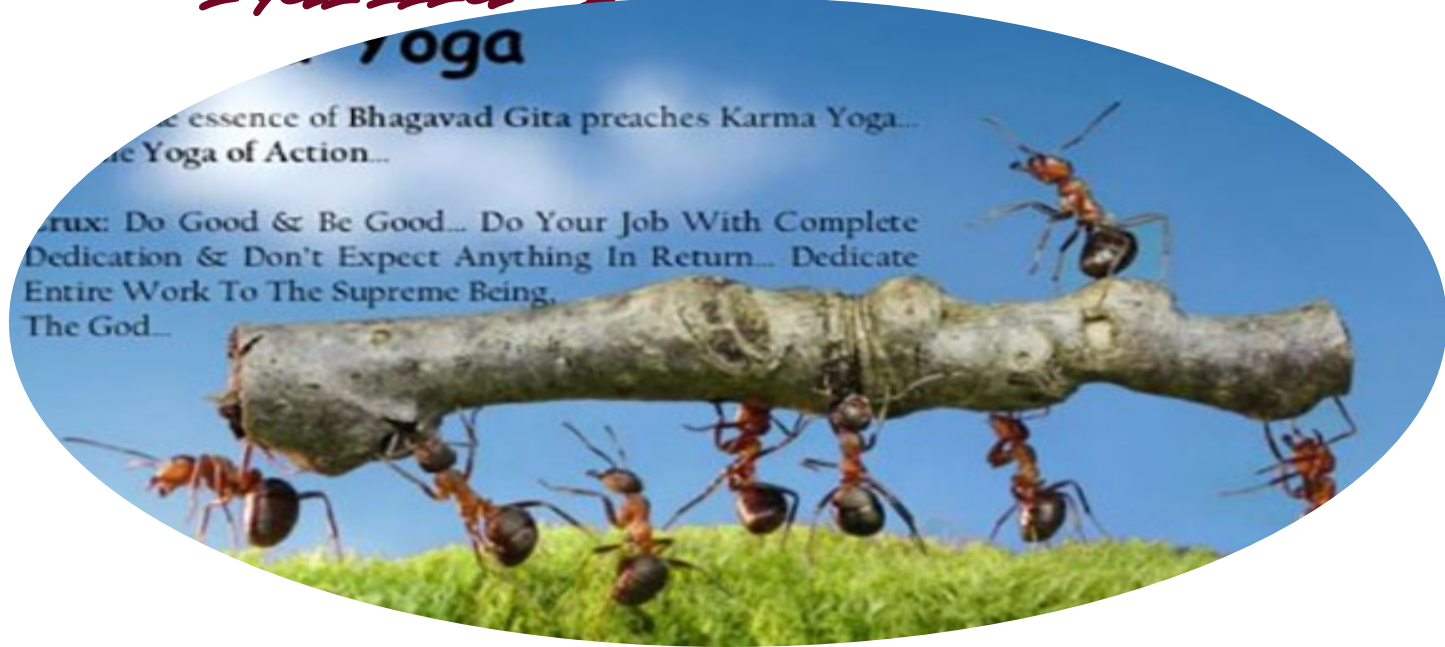
Āsana (body posture exercises), **Prāṇāyāma** (breath control),

Mudrā (posture exercises with the hands and fingers)

Bandha, Re-direction of energy into the channels with the breath paused in kumbhaka for long periods.

Chakra(centers of energy), **Kundalini**, **Nādānusandhāna** (concentration on inner sound), **Dhyāna** (meditation).

Karma Yoga

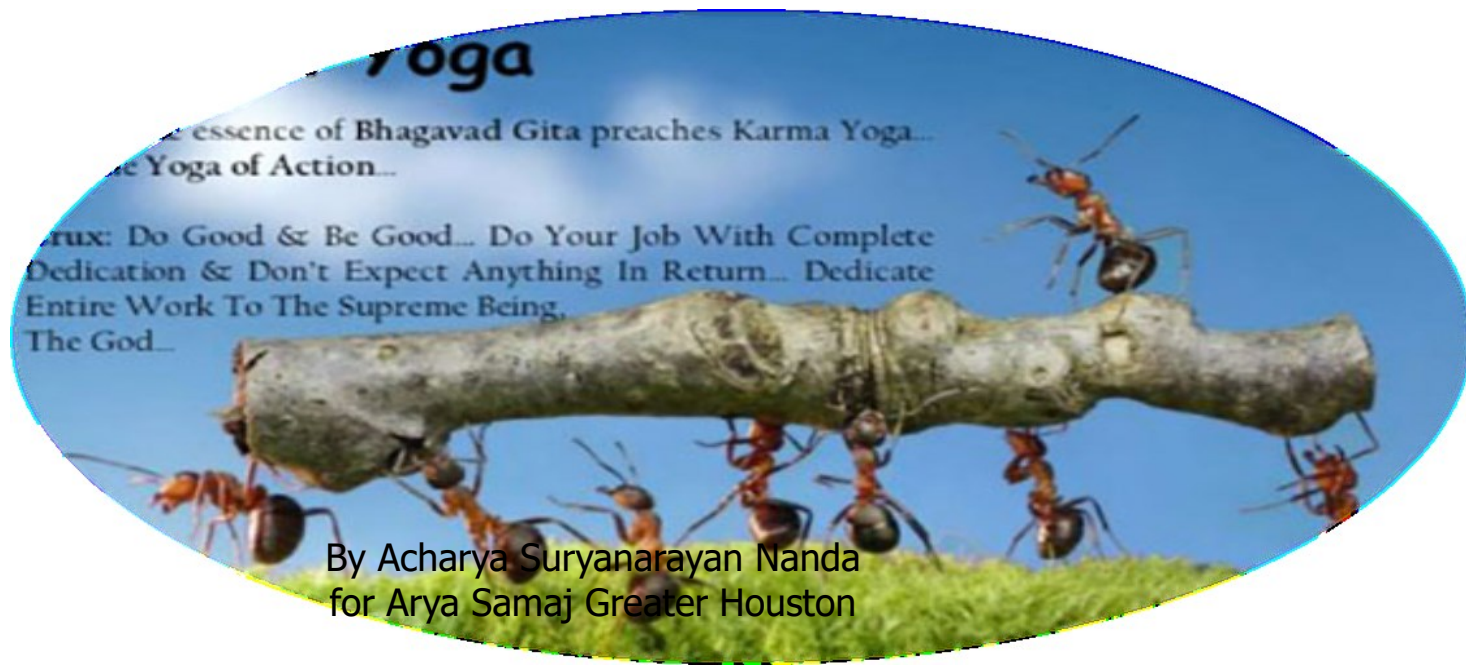


Practice of discharging of duties and social obligations in a detached fashion, and striving to eliminate selfishness and attachments is called as Karma Yoga.

It is the Yoga of spiritualizing all your actions.

Karma Yoga

Every activity becomes directed towards the Divine and every activity, instead of standing in your way as distraction or obstacle or barrier towards God, actually becomes a means of linking you with God, becomes a process of adoration and worship.



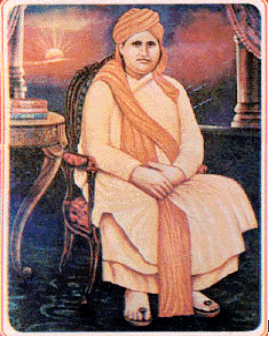
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योगस्थः कुरु कर्माणि संगं त्यक्त्वा धनञ्जय ।
सिद्धयसिद्धयोः समो भूत्वा समत्वं योग उच्यते ॥
दुःखेष्वनुद्विग्नमनाः सुखेषु विगतस्पृहः ।
वीतरागभयक्रोधः स्थितधीर्मुनिरुच्यते ॥

Arjuna, perform your duties established on yoga, renouncing attachment, and even-tempered in success and failure. **Evenness of mind is called Yoga.**
He, whose mind remains unperturbed in misery and free from desires amidst thirst for pleasures, who is devoid of all attachment, fear and anger, that sage is said to be of steady wisdom.

Gita. 2.48, 56

By Acharya Suryanarayan Nanda
for Arya Samaj Greater Houston



Karma Yoga

Right attitude of work can make it worship.



It is not the action that is the problem; it is the attitude in the work which is the problem.

Work is external. You cannot change work much because it is in the hands of the world out side.

Attitude is internal. Attitude belongs to you.

A certain attitude makes your work miserable and certain other attitude makes it pleasant.

Change the attitude, and you will become spiritual.

Kārmā Yogā

In the initial stages of **Karma Yoga**, individual possesses strong sense of ego and consciously or unconsciously he is attached to the fruits of his efforts or at least praise or recognition,

but by continuous involvement in the work and change in mental attitude, one can surely disassociate himself from the ego and his own personality.

Kārmā Yogā

In this state the work becomes worship to the God, it becomes spiritual, also the individual becomes expert, skilled .

He achieves stability of mind in all conditions, he is not disturbed or excited or happy in any of the situations.

Karmā Yoga

Actions can be of two kinds:

one in which there is **a doer**,

the other in which there is **an actor**.

If the actor replaces the doer, the action will continue on the surface, but there will be total transformation within.

The surrendering of such a person is total, who attributes everything to God.

Such a man will do all that is necessary in life - living, breathing, walking, standing, sitting, doing his duties, eating his food and sleeping at night.

All these activities will be there, but there will be no doer within.

Bhakti Yoga

Loving devotion to god (*Īśvara praṇidhāna*) is known as Bhakti Yoga.

It is about surrendering yourself wholeheartedly to God with pure love.

If you make use of your feeling, your love potential, your ability to love, to exercise affection, devotion, sentimental and emotional aspect—this potential as your medium, then it becomes what is known as the **path of devotion** or the path of love or **Bhakti Yoga**.

Bhakti Yoga

In Bhakti Yoga, all your emotions are lifted up to a Divine plane, whereas ordinarily they are active, and they operate upon the human plane in all human beings and they are only directed to mundane things and beings.

God becomes the object towards which your emotion, your affection, your love and your sentiments are now directed.