

## 4 paths of Yoga

Yoga leads us towards our True Self which is beyond body, mind, emotions and intellect.

Yoga is the path from Ignorance (Avidya) to Enlightenment (Samadhi), Self Realisation, Pure Consciousness.

*Yoga offers four pathways:*

### 1. Bhakti Yoga:

Bhakti Yoga is the Yoga of devotion: Devotion to a life of purity: Sattva

Because it is not always easy to find and understand purity, we look for the purity in another person.

It is not devotion to the other person or deity, it is devotion to the purity itself.

It is about love and surrender to the Divine in everything.

### 2. Karma Yoga:

Karma Yoga is the Yoga of action and Selfless service, this resonates for people who live in communities, burn away selfish actions.

Every moment-to-moment action is done with awareness, becoming one with each action, putting your totality in each action.

All actions are focused on Oneness, being one with the whole existence.

### 3. Jnana (Gjána)Yoga:

Jnana or Gjána Yoga is the Yoga of will and Intellect, using logic, reading scriptures to remove the veils of avidya, inquire the Self and our True Nature. Contemplation of the very fact of Oneness.

### 4. Raja Yoga:

Raja Yoga is the Yoga of Meditation (8 fold path of Yoga): also called Asthtanga Yoga:

Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

This pathway actually included the other 3 pathways of Yoga:

Jnana yoga: Niyama: Svadyaya: study of the scriptures

Bhakti yoga: Ishvara Pranidhanam: devotion to the Supreme

Karma Yoga: Yamas: Bramacharya: to avoid me me me and self absorption, focusing on divinity in all.

Aparigraha: learn to share your toys, space, time and silence with others

Although these paths are mentioned individually, they are actually intertwined and co-exist together.