

# Yogic Philosophy

## Class #2



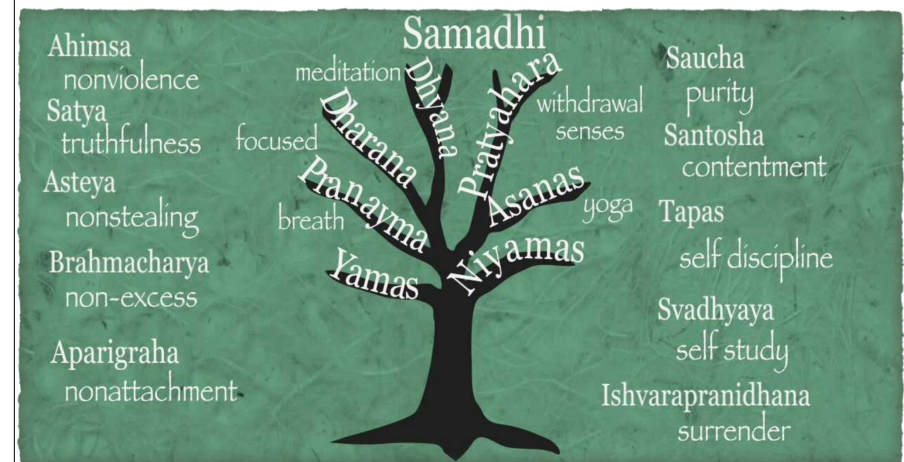
*Yoga & Mindfulness Teacher Training*  
a 200-hour program at SCHOOLCRAFT COLLEGE

## Major Yogic Paths

- Bhakti Yoga - The Yoga of Divine Love
- Karma Yoga - The Yoga of right action and service
- Jnana Yoga - The Yoga of wisdom, knowledge, study and self inquiry

## Major Yogic Paths

- Hatha Yoga - Integrated system of mind body practices
- Raja Yoga - The “Royal Path” relating to the integration of Hatha Yoga with Kriya, Kundalini working towards Samadhi
- Raja Yoga or the Royal road of the spinal column
- Raja Yoga as in the 8 limbs (Ashtanga Yoga)



# Bhakti Yoga Practices

## ➤ Practices Include

- Mantra
- Kirtan
- Prayer
- Meditation
- Scriptural Study
- Surrender
- Bhagavad Gita Chapter 12

# Bhakti Paths

## ➤ Bhakti Yoga Groups

- Amma
- Hare Krishnas
- Hanuman Foundation
- Sikh Dharma
- Ramakrishna Mission
- Local Hindu Temples and various small communities.



“We all have to begin as dualists in the religion of love. God is to us a separate Being, and we feel ourselves to be separate beings also. Love then comes between, and man begins to approach God; and God also comes nearer and nearer to man. Man takes up all the various relationships of life such as father, mother, son, friend, master, lover and projects them on his ideal of love, on his God. To him God exists as all these. And the last point of his progress is reached when he feels that he has become absolutely merged in the object of his worship.”

Swami Vivekananda

# Jnana Yoga Practices

## ➤ Self Inquiry

- What is the nature of mind in relationship to manifest creation. What/who is God? Who am I? What is the nature of the soul?

## ➤ Study of Upanishads

- 10 Primary Upanishads with commentary particularly that of Adi Shankacharya
- Bhagavad Gita chapter 3

# Jnana Yoga Practices

- Jnana Yoga in Yoga Sutra Pada 2, Sutra 28
- **Yoga Sutra 2.26.** Uninterrupted discriminative discernment is the method for its removal. (removal of the veil of ignorance of the ego).
- Viveka - Discernment
  - “The practice of *viveka* includes recollecting the Truth behind appearances, searching for that which is changeless in that which changes. It is also learning to confront pain in a new way. When disturbed by negative emotions or physical pain, we can ask ourselves who or what it is that feels the pain. “Is it me or my lower back?” “Am I sad, or is it just my mind?” This kind of analysis refines *viveka*.” Reverend Jaganath Carrera

# Jnana Yoga Paths

- Shivanandas various linages
- Ramakrishna Mission
- Bhagavan Sri Ramana Maharshi
- Sri Aurobindo

“When, by analyzing his own mind, a man comes face to face, as it were, with something which is never destroyed, something which is, by its own nature, eternally pure and perfect [the Self], he will no more be miserable, no more be unhappy. All misery comes from fear, from unsatisfied desire. When a man finds that he never dies, he will then have no more fear of death. When he knows he is perfect, he will have no more vain desires. And both these causes being absent, there will be no more misery; there will be perfect bliss, even in this body.”

Swami Vivekananda

# Karma Yoga Practices

- Charity
- Service to the teacher and community
- Non attachment to the fruits of our work (jnana)
- Work done with a prayerful attitude (bhakti)
- Bhagavad Gita Chapter 3

# Karma Yoga Yoga Path

- The attitude of service with devotion and non attachment is in all authentic yoga teachings.
- Karma Yoga is paramount for “householder” yogis.
- Jnana and Bhakti are actions (karma). Doing the actions of any yogic practice is to be done with the attitude of devotion, surrender and non attachment to the fruits of our works.

“One way is for those who do not believe in God or in any outside help. They are left to their own devices; they have simply to work with their own will, with the powers of their mind and discrimination, thinking, “I must be non-attached.” For those who believe in God there is another way, which is much less difficult. They give up the fruits of work unto the Lord; they work but never feel attached to the results. Whatever they see, feel, hear, or do is for Him. Whatever good work we may do, let us not claim any praise or benefit for it. It is the Lord’s; give up the fruits unto Him.”

Swami Vivekananda

# Swami Vivekananda on the Synthesis of Yogas

“[The] various yogas do not conflict with each other; each of them leads us to the same goal and makes us perfect; only each has to be strenuously practiced. The whole secret is in practicing. First you have to hear; then think, and then practice. This is true of every yoga. You have first to hear about it and understand what it is; and many things which you do not understand will be made clear to you by constantly hearing and thinking. It is hard to understand everything at once. The explanation of everything is after all in your self. No one is ever really taught by another; each of us has to teach himself. The external teacher offers only the suggestion, which arouses the internal teacher, who helps us to understand things. Then things will be made clearer to us by our own power of perception and thought, and we shall realize them in our own souls; and that realization will grow into intense power of will.”



“Be not afraid of anything. You will do marvelous work. The moment you fear, you are nobody. It is fear that is the great cause of misery in the world. It is fear that is the greatest of all superstitions. It is fear that is the cause of our woes, and it is fearlessness that brings heaven even in a moment.  
Therefore”

“Arise, awake, and stop not till the goal is reached.”

## Swami Vivekananda

- Integrated teachings on Bhakti, Karma and Jnana
- Jnana is primary
- Raja Yoga



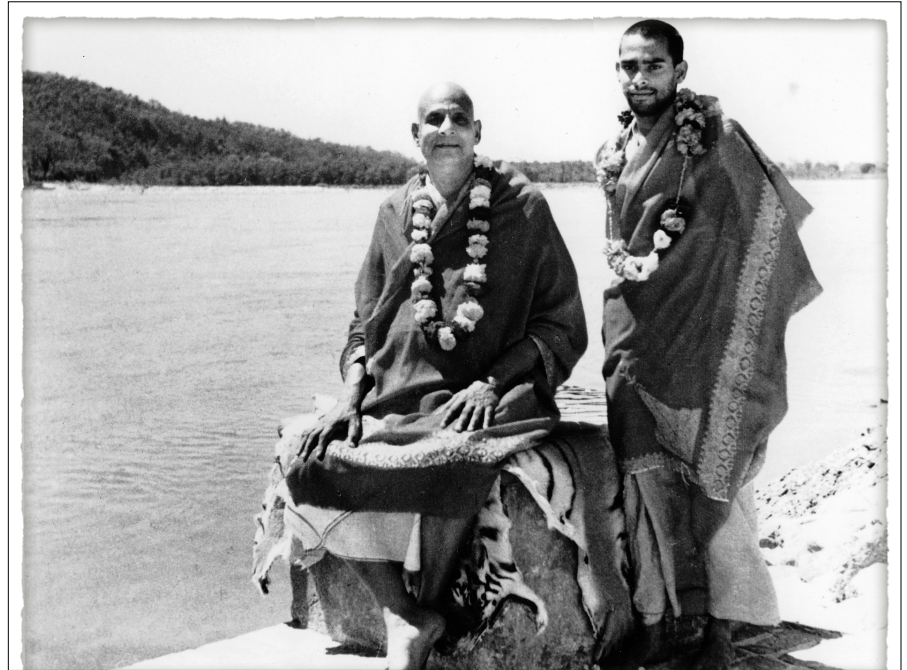
## Paramhansa Yogananda Giri

- Major Focus on Bhakti Karma Yoga and Jnana also taught.
- Integrated full system Yoga including Hatha Yoga, Kriya/Kundalini, chanting, Pranayama, Mudra and Mediation.
- Ashtanga Raja Yoga



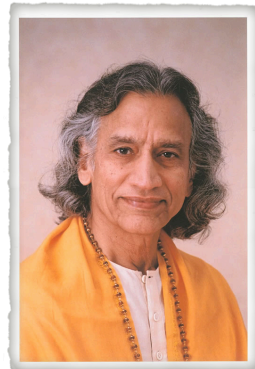
# Swami Vishnudevananda

- Taught integrated Yoga and Vedanta
- Bhakti, Karma and Jnana yoga with Hatha Yoga.



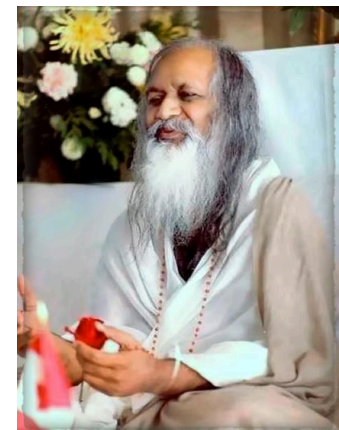
# Yogi Amrit Desai

- Hahta Yoga with Karma Yoga and Bhakti in from of “Guru Bhakti”



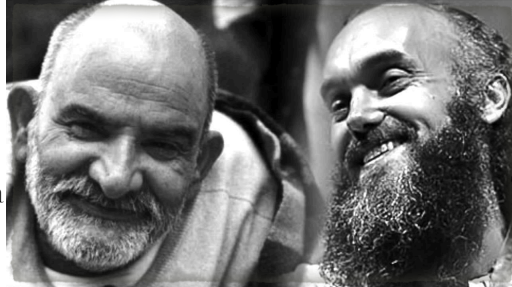
# Maharishi Mahesh Yogi

- Transdental Meditation aka Vedantic Meditation
- Ayurveda



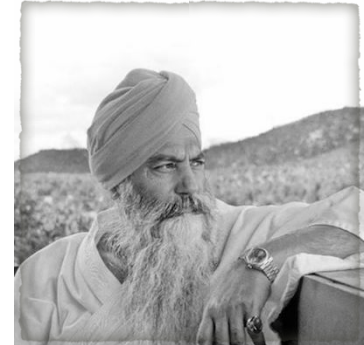
## Ram Das - Richard Alpert

- Primarily Bhakti Yoga and Karma Yoga
- Some Hatha Yoga



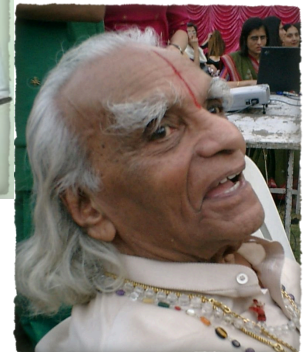
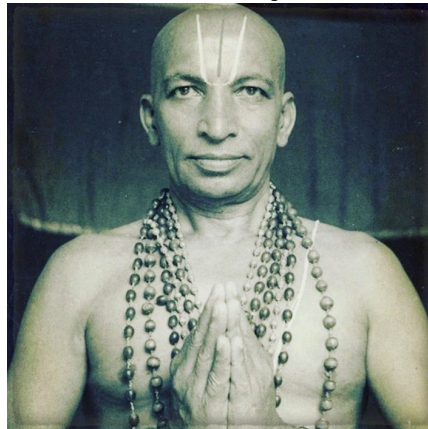
## Yogi Bhajan

- Sikh Bhakti
- Karma Yoga
- Unique form of active Physical Yoga with elements of traditional Hatha Yoga and Kundalini Yoga.



## T. Krishnamacharya

- Full System Yoga with heavy emphasis on Hatha Yoga.





# Western Pop Yoga

- Blending New Age and modern Psychological theories with Yoga Asana
- Often containing traces of Yogic Philosophy and may or may not contain teachings from Bhakti, Karma and Jnana Yoga.

# Ayurveda

- Full System per individual needs.
- Rooted in Veda and Upaveda as well as Ayurvedic text.



# Philosophy Week 1Homework

- Read Yoga a Guide To Teachings and Practice Part 2