

# The Avanti PRE Curriculum

## Exercise Sheet 7.5.2c (3)

### “Quotes and Words Linked to the Four Yogas”

The following Gita quotes may be useful, especially as students complete their evaluation of the four yogas based on scriptural texts; the teacher can also refer to primary text, if enough suitable ones are available. The table at the beginning may also explain some terms used in the verses from the Gita. It will also enhance students’ philosophical vocabulary and literacy.

#### A. Terms

Name	Connected terms
<b>1. Action</b>	<i>Karma; karmi; dharma (duty);</i> selfless action; charity; giving up the ‘fruits’ of work; ritual; <i>havan</i> (the sacred fire-sacrifice); world-affirming
<b>2. Knowledge</b>	Jnana-yoga; jnani; empirical knowledge; the empiricist; rationale knowledge; <i>maya</i> (illusion). renunciation; world-negating;
<b>3. Meditation</b>	Astanga-yoga; raja-yoga; dhyana-yoga; hatha-yoga; physical postures; contemplation; meditation, detachment; asceticism; world-negating.
<b>4. Devotion</b>	Bhakti-yoga; bhakta; love; bhava (emotion); devotional service; <i>yukta-vairagya</i> (renouncing for oneself but using for God and others); ahimsa (non-violence); <i>sadhu-sanga</i> (keeping company with saints).

#### B. Quotes

Having obtained, real knowledge from a self-realised soul, you will never again fall into such illusion, for by this knowledge you will see that all living beings are... part of the supreme (4.35).

As a lamp and a windless place does not waver, so the yogi whose mind is controlled is steady in his meditation on the self (6.19)

The yogi surpasses those who practice penance, or learning or ritual. Therefore, Arjuna, be a yogi. (6.46)

Of all yogis, one whose innermost thoughts dwell in me, who faithfully serves me with devotion, I consider to be the greatest (6.47)

### **C. More Quotes (if needed)**

Dear Arjuna, you can know and see me as I am, here before you, only by undivided devotional service, and so went to the mysteries of my existence (11.54)

Fix your mind on me, absorb your intelligence in me. Thus you will live in me always, without a doubt. (12.8)

If you cannot fix your mind upon me, without deviation, and try to reach me by regular practice of yoga. (12.9)

If you cannot do this. Regular practice, then do yourself to working for me, for just by working for my sake, you will achieve perfection. (12.10)

If you are unable to work under my shelter, then control your mind and work without attachment to the fruits of your actions. (12.11)

Knowledge is better than practice meditation is better than knowledge and giving up the fruits of action (to Me) is better than meditation, for from detachment comes peace (12.12)

Those who faithfully follow this eternal path of devotion, making me the supreme goal, our dearly beloved it to me. (12.30)

Think of me always, become my devotee, worship me bow down to me. You surely will come to me. I promise you this because you are my dear friend. (18.65)

### **D. Websites for Research**

<http://www.swamij.com/four-paths-of-yoga.htm>

<http://hinduism.iskcon.org/practice/>

<http://www.sivananda.org/teachings/fourpaths.html#karma>

<https://in.answers.yahoo.com/question/index?qid=20110910053549AAmy8pS>