

# The Avanti PRE Curriculum

## Exercise Sheet 7.6.6b

### Quotes: “The Best Yoga”

**Notes to the teacher:** You may wish to be selective in which verses you give to students. One option is to give different verses to different students or groups. You may also be aware that Krishna’s saying one yogas is higher than another does not necessarily mean that the others are unimportant or of no value!

#### Notes to the Student:

Read the following quotes (all of them or those chosen by your teacher). Decide which yoga (you think) Krishna says is the best. Give reasons. If you already know other verses, you can also use them also (if you want).

“A yogi is better than those who practice penance, or learning or ritual. (6.46).

“Therefore, O Arjuna, be a yogi. And of all yogis, one who thinks of me, who faithfully serves me with devotion, I consider to be the greatest.” (6.46-47).

Note: this last verse is the final one of the 6<sup>th</sup> chapter and final verse of the first section of the Gita (i.e. the first 6 chapters). The first 6 chapter discuss different types of yoga.

“Dear Arjuna, you can know and see me, as I am - here before you – only by undivided devotional service, and so enter the mysteries of my existence.” (11.54)

“Through devotion, you will know all about me, and who I am. Once, you know me truly, you can enter the eternal world, by my grace.” (18.55)

“Abandon all types of dharma and surrender unto me. I will protect you from the results of all bad karma. Do not fear.” (18.66)