

Title of Unit: The Four Yoga Paths

LO1: To know the meaning of the word 'yoga' and list the four yoga paths within Hinduism

Starter: Find the 'odd word'. Write the other four in your exercise book

Jnana

Karma

Bhakti

Marga

Astanga

What are your preferred methods?
Prioritise the following four activities according to your preference and explain (a) what you do for each and (b) your

1. Action
2. Learning
3. Concentration
4. Love



Prioritise the following four activities according to your preference and explain (a) what you do for each and (b) your

1. **Acting:** You like to be busy, always active; work and achievement are important to you; you like 'to get things done'.
2. **Learning:** You like to read, think, study, learn new things and conduct research. You tend to ask many questions, such as 'why?'
3. **Concentrating:** You like to be still, relax and do yoga (or similar exercises); you often look inside yourself or like to be mindful (or to 'be in the present').
4. **Loving:** You like to show love for others or care about them; you might like stories about love, affection and relationships between people.

Extension:

How might each of these four activities be used as yoga?

Remember that the ultimate goal of yoga is to please God; or - for those who don't believe in God – to serve a higher cause, e.g. helping humanity

For example: If you like 'action' and your favourite action is to play football, you might write, 'My activity can become 'yoga' if I organise a football match to raise money for charity'



LO2: To know the meaning of the terms 'karma yoga' and 'dharma'

- Which of the four yoga paths might correspond to each picture?



The Four Yoga Paths

1. Karma Yoga: Action
2. Jnana Yoga: Learning
3. Astanga Yoga: Concentration
4. Bhakti yoga: Love



❖ Yoga means 'to connect' The purpose of yoga is to act for a higher purpose, above one's self. The ultimate goal of yoga is to connect with God.

Name some activities that can be called 'karma yoga'

- Dharma, doing your duty, even if sometimes it is difficult. For example, be a student, a teacher, a householder etc.
- Rituals, especially the havan
- Rites of passage
- Any selfless activity e.g. giving in charity



Are the following examples of 'karma yoga'?

- (b) Play games online and raise money for charity

<https://www.youtube.com/watch?v=s2dxo5k1xL4>

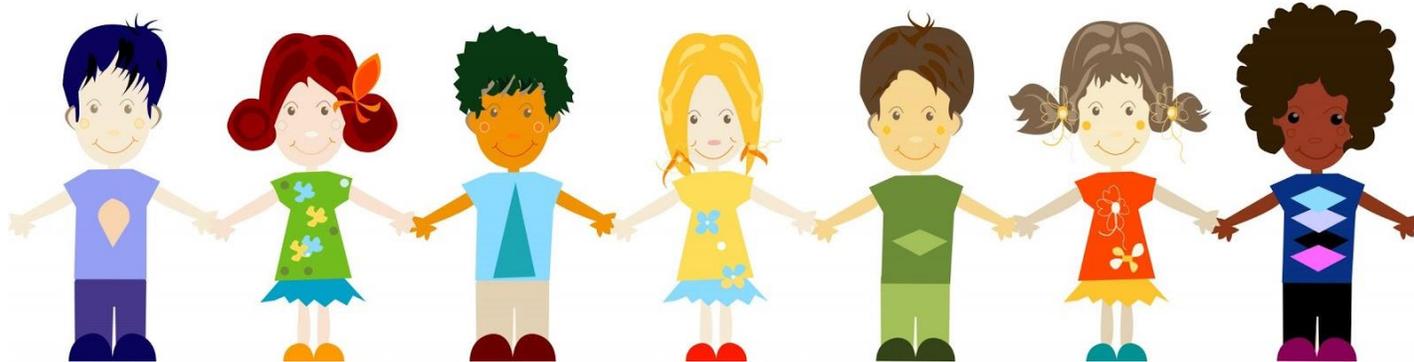
- (a) Helping wildlife e.g. a lion

<https://www.youtube.com/watch?v=8BRwxQ7tq5c>

- Going shopping to Ikea

Pair work

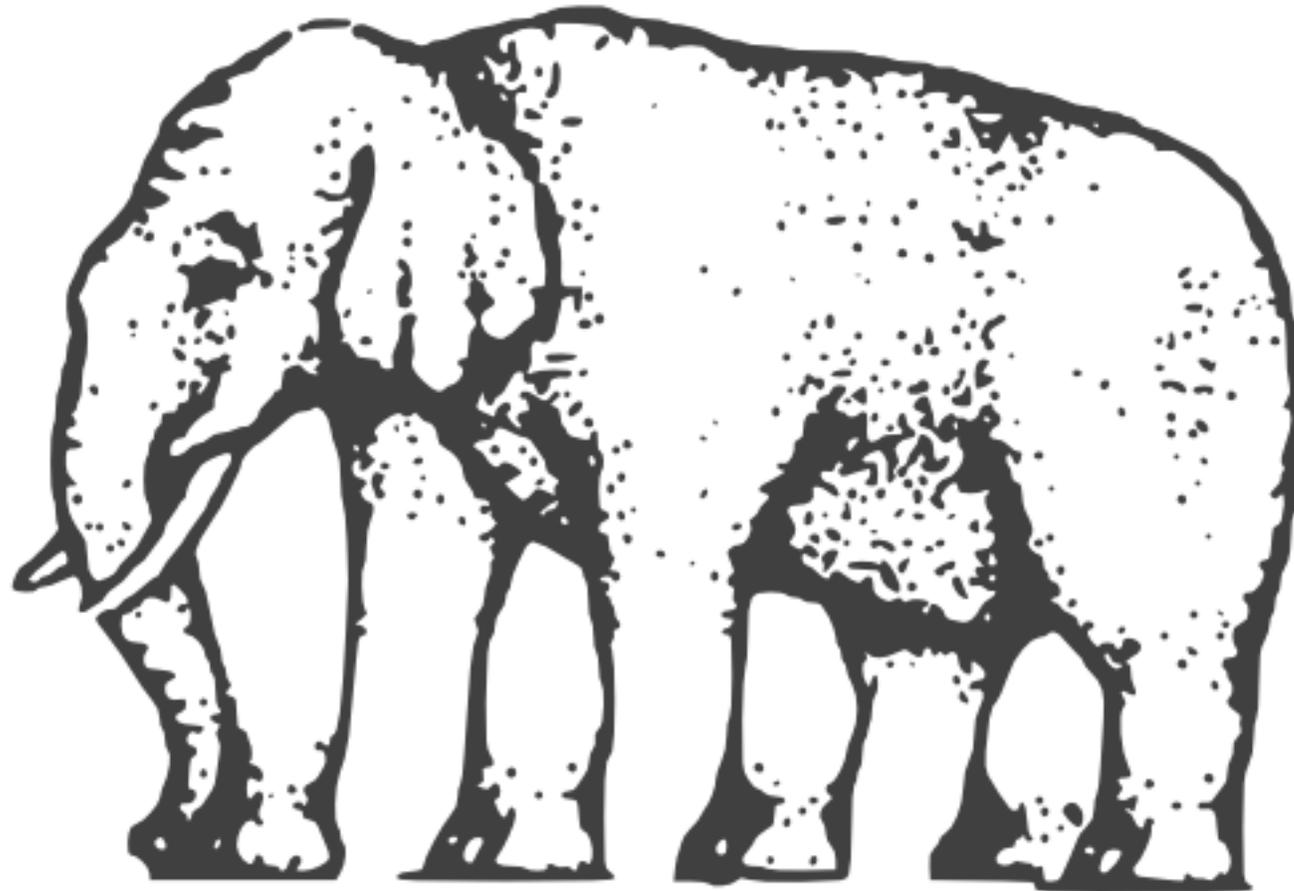
- Help each other to complete the first row of worksheet 7.5.1b
- If you both get stuck on something, please write a question to ask at the end of the lesson



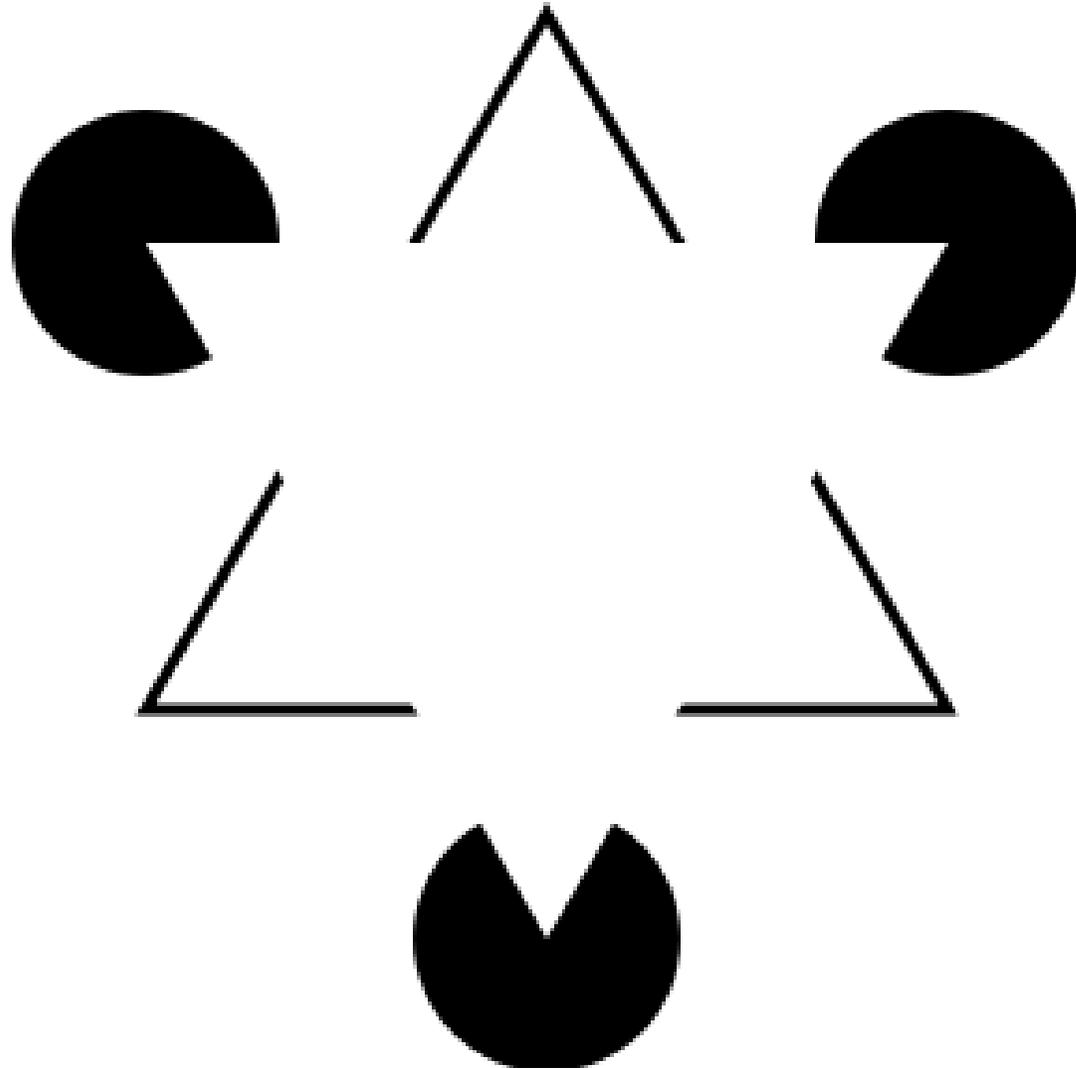
- *Extension question (individual written activity):*
- Read the story of Kind Rantideva and answer the relevant questions

LO3: To know the meaning of the terms 'Jnana', 'Jnana-yoga' and 'Maya'

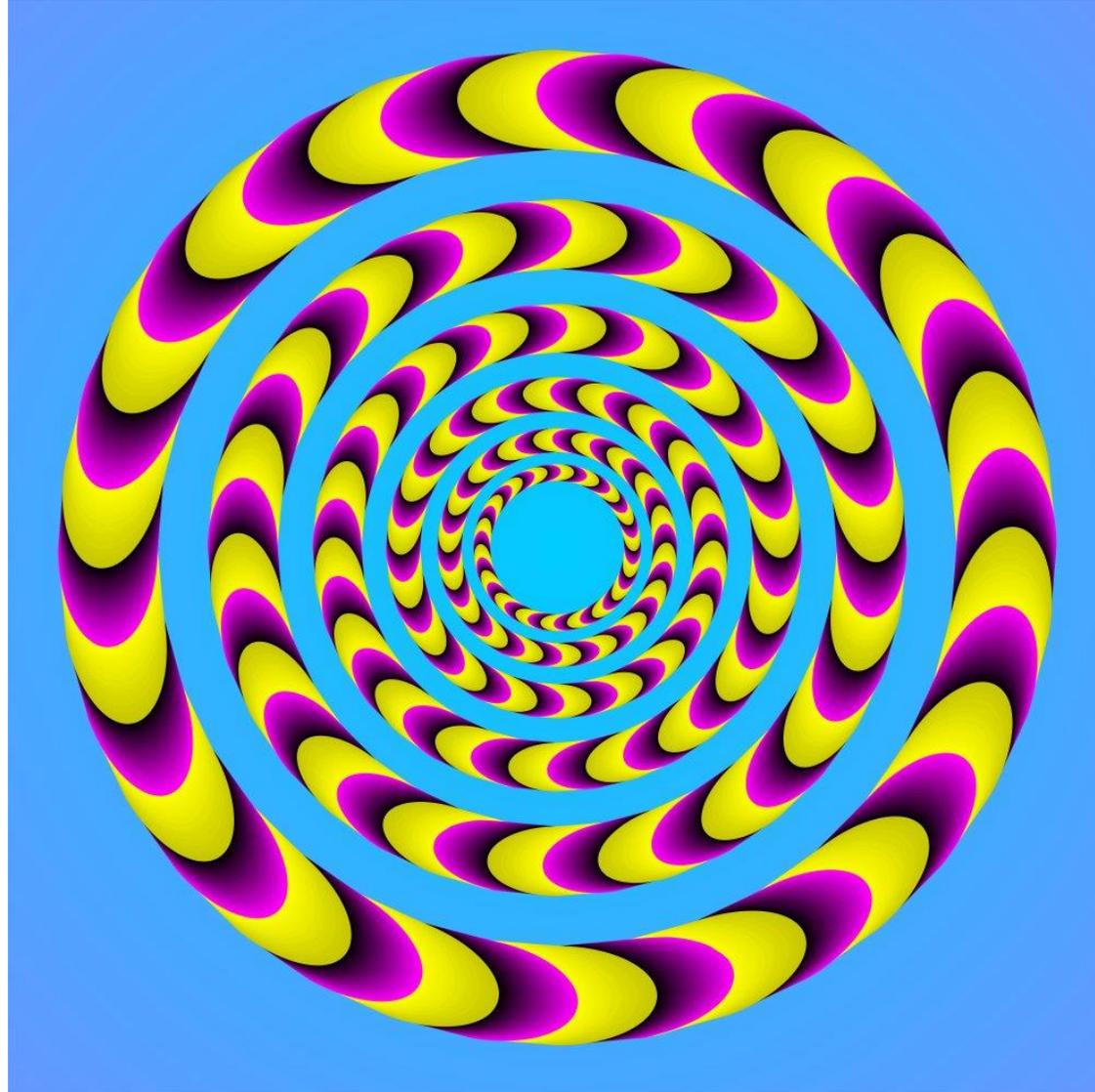
How many legs does this elephant have?



How many triangles do you see? How many are there?



What do you see?



Maya means illusion.

Illusion is something that appears to be real but it is not. For those who practice yoga, especially Jnana-yoga, illusion is something that distracts them from their path (of knowing things as they are)

One example of an illusion is a mirage in a desert



Exercise

1. What is your main purpose or goal in life?
2. What will you need to do to achieve this?
3. Make a list of three things that might distract you from your goal (by promising to give you pleasure and happiness)

If you have no personal distractions, think of other people and what they might distract them from their goals in life.

Extension:

- a. Explain what kind of understanding will help you overcome the distractions you are facing.
- b. *The purpose of Jnana yoga is moksha (liberation); in your opinion, what will a jnani yogi consider as a distraction?*



Homework for next week

- Find out about the astha siddhis, (the 8 types of supernatural powers) that some Astanga yogis want to develop.

Write a paragraph in your exercise book, explaining what they are and your opinion about them (are you convinced they exist?)



Who is ready to sit on the hot Guru seat?

