

Title of unit: The four yoga paths

LO4: to know the meaning of the terms 'raja-yoga' and 'astanga-yoga' and 'detachment'

- If you were marooned on a desert island what is the one thing you would take with you?
- If you would take one person whom would you take?

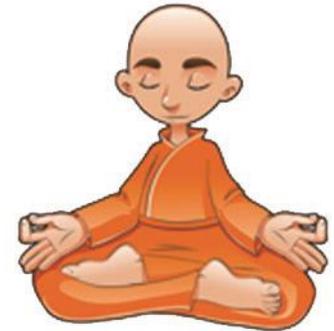


The Yogi's cloth (pair work)

1. What is the first thing that happened in the story?
2. Why did the yogi want more?
3. In your opinion, what is the moral of the story?

- *Extension:*

- a. What do you like or dislike about the story?
- b. Do you agree or disagree with what it is trying to say?
- c. Is attachment always a bad thing? Are there some things we should be attached to?



Presentation & Discussion

1. What are the *astha siddhis*?
2. Are you convinced they exist? (Homework)
3. Life of an astanga yogi
4. <https://www.youtube.com/watch?v=OLSgo8OaKbQ>



The Yogi answers questions



LO5: To know the terms 'bhakti yoga' and 'prema'

- How will you respond to the elephant? Write a short answer in your exercise book
- In your opinion, is the only purpose of a knife to kill? Explain briefly in your exercise book



Bhakti yogis believe that using things in the service of God is better than (a) using them for selfish purposes and (b) renouncing them. They call this concept, **Yukta-vairagya**



- ☐ Love (bhakti or prema) for God also includes love for:
1. Things (*Yukta-Vairagya* or using things in the service of God)
 2. Animals (*ahimsa* or non-violence)
 3. Humans (*sadhu-sanga* or loving relationships with good people)

What is real love and how is it different from false love?

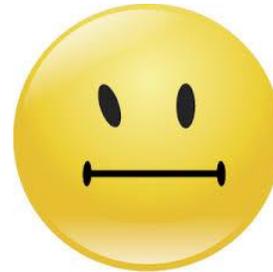
- (a) Work in your groups and discuss the above question.
- (b) In your exercise book, write down a a sutra (quote) based on your discussion. Your sutra should be no longer than 15 words and it should answer the above question.

- *Extension:*

1. In what way do religious people express their love for God? Give examples and include your personal experience, if it is relevant
2. Find a verse from the Bhagavad-Gita about love or the practice of devotional service (check Chapter 12 first); copy the verse in your exercise book and explain its meaning in your own words



How do you feel about today's lesson?



LO6: To consolidate our understanding of the four yoga paths

1. Complete worksheet 7.5.1b

Study of the Bhagavad-Gita

1. Which is the highest yoga, according to Lord Krishna in the Bhagavad-Gita?
 2. Based on the verses of the Bhagavad-Gita, draw a ladder with each yoga as part of the ladder, with the highest yoga at the top.
 3. Do you agree with what this order? Give reasons for your answer.
- *Extension:*
 - a. If one yoga is the highest, does it mean that the others are not important? Please explain your answer.
 - b. Does 'higher' means 'better'?

Homework for next week (yippee!)

Find out about as many types of worship or spiritual practice in Hinduism as you can (try to find about ten, if you can.)

List them and next to each write down a description

e.g. *havan* – the sacred fire ritual still used in the marriage ceremony.

Extension Question:

Which yoga is each connected to?

e.g. *havan* – karma-yoga

