

Title: Bhakti Yoga

LO: To know about the 'mantra' and 'japa'



Starter: Complete the 'Personality Test Quiz'

Personality Test

Are you introverted or extraverted?

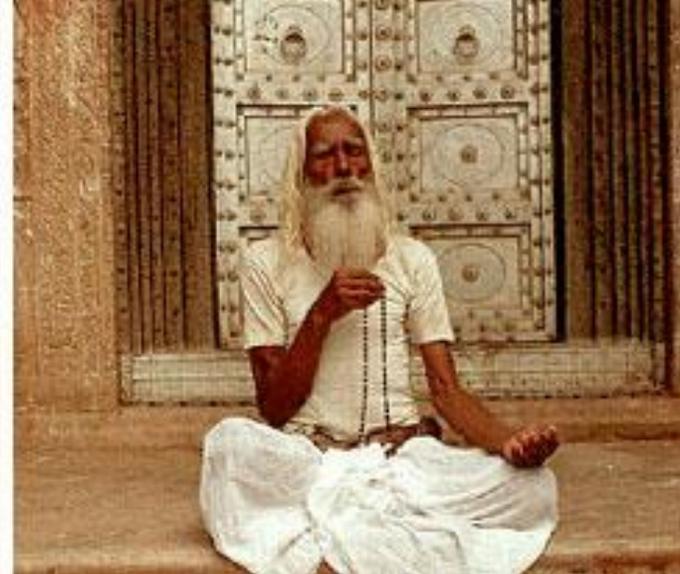


- **Introverted:** You like caring for your family and close friends. You prefer a quiet talk with a close friend to a busy party. You think before you speak and enjoy focusing deeply on a subject or activity that really interests you. You are reflective and you enjoy solitude. You are at your best when you concentrate on your inner life.
- **Extraverted:** You enjoy being with friends but you also like meeting new people. You always say what you think and you welcome new and exciting opportunities. You are at your best when you meet new people and situations.

The Sanskrit word '**mantra**' consists of two words: '**man**' means "mind" and '**tra**' means "tool".

Mantra means 'a tool that controls the mind'.

Mantras are words or sounds used during meditation



The four Yoga Paths and different mantras

- Karma yoga & mantras

<https://www.youtube.com/watch?v=vJEkTr5as>

- Jnana yoga & mantras

<https://www.youtube.com/watch?v=XY9kQMdehdg>

- Astanga yoga & mantras

<https://www.youtube.com/watch?v=AFx3JQvUk8>

- Bhakti yoga & mantras

<https://www.youtube.com/watch?v=PKu8P3KQi9I>

The mantra OM

- Om consists of three letters:
A-U-M.



Some Hindus say that it represents the name of God and the vibration of the Supreme

Others say that it represents the divine energy of Brahma, Vishnu and Shiva

The 'Hare Krishna' mantra

**Hare Krishna
Hare Krishna
Krishna Krishna
Hare Hare**

**Hare Rama
Hare Rama
Rama Rama
Hare Hare**



'Hare' refers to Radha

Krishna means 'the most attractive'

Rama means the 'abode of infinite love', or 'the source of all pleasure'.

The 'Hare Krishna' mantra

'Oh, Radha and Krishna

You are the divine couple, the
source of eternal love.

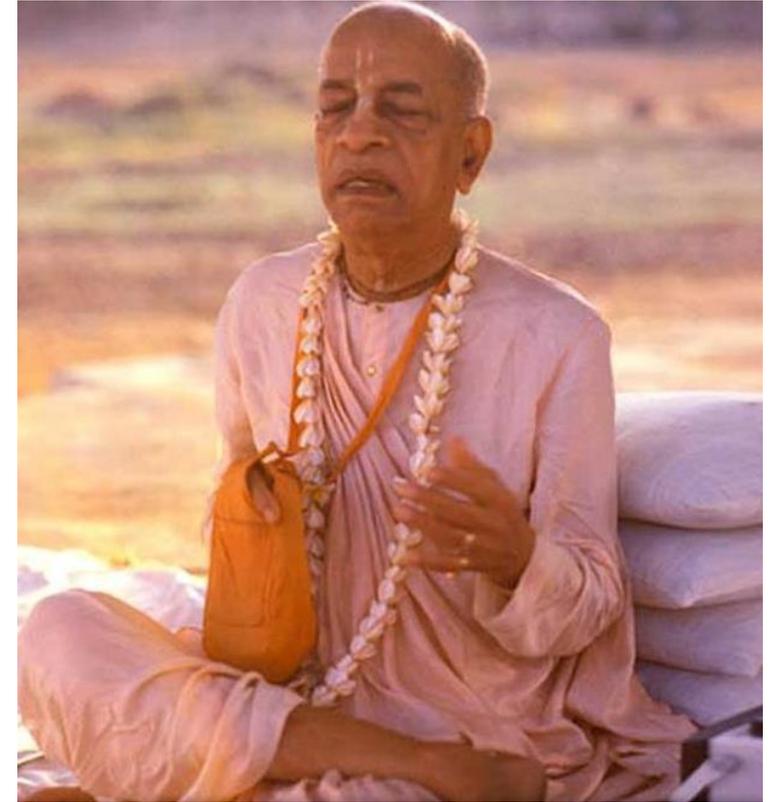
Please let me serve You'.



- *The Hare Krishna mantra is often called the Maha Mantra (great mantra)*

Devotees chant the mantra in two ways:

1. ***Japa***: when the devotee chants individually on beads; this is quiet chanting and the devotee often sits in the lotus position



2. ***Bhajan or kirtan*** :

when the devotee chants the
mantra with others;

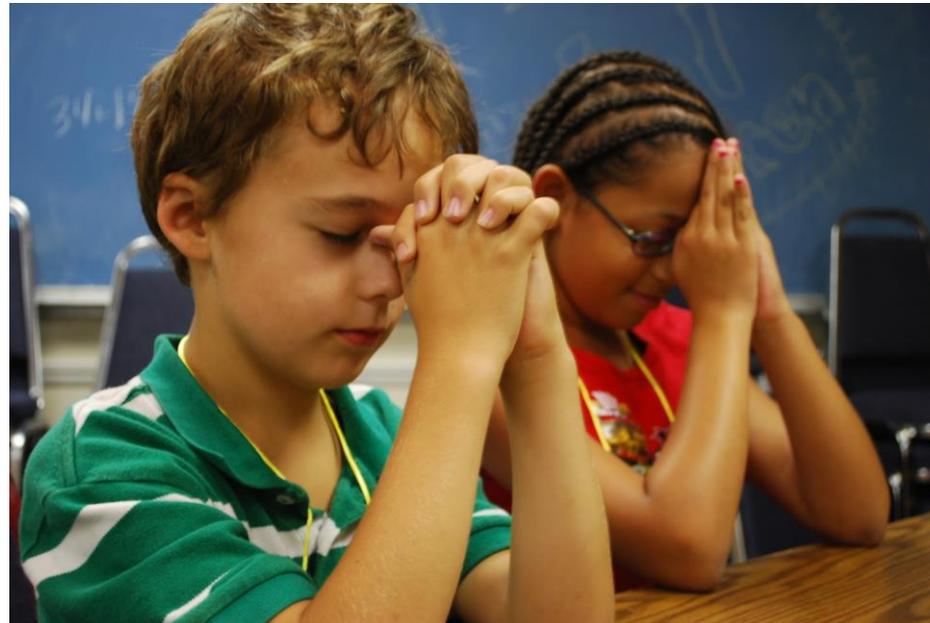
This is loud chanting and it is
accompanied with musical instruments



Individual Meditation

Choose one of the activities below and practice in silence

- Chant the Hare Krishna mantra on beads (chant whispering or silently)
- Recite a prayer silently
- Meditate silently paying attention to your posture and breathing



LO: To understand 'bhajan', 'kirtan' and 'sankirtana'

- Listen to the following music and describe your experience in one word using a colour, an image or an emotion.
- <https://www.youtube.com/watch?v=djhUfSLhpfc>
- <https://www.youtube.com/watch?v=-BbT0E990IQ>
- <https://www.youtube.com/watch?v=O5igSEg7yvA>

- <https://www.youtube.com/watch?v=DulenHPK4k>
- <https://www.youtube.com/watch?v=0kNGnIKUdMI>

- ***Bhajan*** means 'worship'. Bhajan is also a religious song
- ***Kirtan*** means 'to glorify'. Kirtan includes singing and dancing.
- ***Sankirtana*** means 'to glorify together' (singing as a congregation).

LO: To understand the meaning of the term 'sadhu-sanga'

- Choose one of the following quotes and explain how you understand it

1. "A wise enemy is better than a foolish friend."

2. "Judge a person by his/her company."

3. "It is better to be alone than in bad company."



Good and Bad Company – A story called “The Twin Parrots”





**‘Sadhu sanga’ means
‘the company of saintly people**

In groups, please discuss:

A. “Who are the best people to make friends with? What characteristics do they have?”

B. “Which people should be careful about mixing with? What characteristics might they have?”

Make a list of characteristics for each category and write it down in your exercise books.

Homework

- Research how bhakti (love, devotion) is expressed in Christianity, Islam or another faith of your choice. Write a paragraph, in your own words

