

Bhakti Yoga:

- Can be practiced communally forging community or family
- Can be done individually
- We are free to choose our method of devotional practice
- We are free to choose our focus of devotion
- Creates feelings of warmth and connection
- Can be part of everyday life in all its activities e.g. prayer before eating
- Can take the form of Gratitude
- Can bring more Beauty into life
- Creates a feeling of being uplifted & open hearted
- Creates a feeling of meaningfulness
- Gives a feeling of a quiet, peaceful mind where My Will is Thy Will & there is a deep sense of surrender.....

Karma Yoga:

- Can be practiced through everyday activities
- Can act together to create great things for all
- Is simple to practice when we have found the right orientation
- Will benefit all when looking for ways to serve one another
- Feeds or nurtures us when we act selflessly
- Brightens our energy and heals the heart
- Creates a feeling of connection to other
- Reduces the cacophony of negative thought and emotion
- Gives a quiet mind when we act as well as we can but are unconcerned with the results of our actions.....

Jnana Yoga:

- Can be practiced within our whole experience of everyday life
- We become more mindful in everyday life so that our lives take on a new and more expansive dimension, making life more immediate or intimate
- Become less body-focused, as we realise we are more than the body so for example there is less suffering in sickness and we can more gracefully age
- Become less emotion-led or reactive as we create more space around our emotions, seeing them more as 'objects or events' occurring within our consciousness rather than who we are
- Also becoming less reactive as we create more space around our thoughts so that they too are perceived more as 'objects or events' occurring within our consciousness
- Become less judgemental as we release our complete investment in our beliefs, increasingly seeing them as constructs rather than who we really are
- As we change our relationship to our body, mind and senses creating more inner freedom, our relationship to the outer world is also changed where it experiences more freedom through us

Benefits of The Four Paths of Yoga within the Bhagavad Gita....

- You will however need to want to experience the Truth and this must be as or more important to you than anything else
- You will need to learn to discriminate so that you can see clearly and this requires some detachment
- Requires stillness within and an inquiring disposition
- Creates an experience of the Truth beyond words.....

Raja Yoga (as pure meditation):

- Increases our ability to concentrate so all activities are done in a more focused way, improving their quality
- Helps to lift energy levels, calm the mind and emotions
- Helps to increase our ability to control the senses so are not led into disarray
- Excellent antidote to stress as more spaciousness is created
- Creates an atmosphere of calmness which pervades outer world
- Gives experience of joy
- Encourages more intuition and better decision making, helping the world
- Can directly experience the inner from a deeper perspective
- Requires great discipline as well as an ability to surrender effort
- There needs to be a willingness to spend time apart from everyday activity so the practitioner needs faith that a greater truth will unfold from within
- Creates stillness within from which Life can flow.....