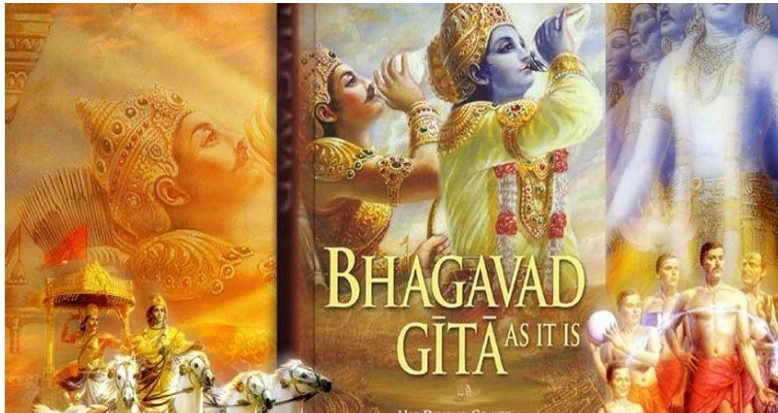




YOGA IN BHAGAVAD GITA



Why reading Bhagavad Gita is Important in Yoga



INTRODUCTION

The Bhagvad Gita, a very widely known classical texts on yoga, gives various definitions of yoga as follows:

- Yoga is equanimity of mind in success and failures.**
- Yoga is the remover of misery and destroyer of pain. Yoga is the supreme secret of life.**
- Yoga is serenity.**

WHAT IS YOGA?

- **Yoga – Sanskrit word ‘Yuj’ means to connect or balance.**
- **The purpose of yoga is to connect the individual energy with the universal energy or to connect the individual being with the supreme being.**
- **This oneness is spiritual not physical.**
- **In Bhagavad Gita, Krishna represents the supreme being and Arjuna represents an ordinary living being.**

- **Within the Gita, there are three paths that laid out to understand the Divine**

- 1. Karma yoga (yoga of action)**
- 2. Jnana yoga (yoga of intellect)**
- 3. Bhakti yoga (yoga of devotion)**

KARMA YOGA

- Karma yoga refers to all good, correct human acts implemented with concentration, expertise and skill for paving the path to salvation (Moksha)
- It requires your services, activities or deals to be without any attachment to the temporal world.
- Karma yoga makes the living being strong enough so that materialistic happiness doesn't affect him.
- Karma yoga helps society and humankind to come out of the Janam-Mrityu Chakra.

- **Karma Yoga is not bounded by actions only, but it strengthens the senses, which is also important in the practice of yoga.**
- **Karma Yoga or the path of action in Bhagavad Gita teaches people how to cope with the pains and pleasures of life without choosing and without escaping.**

KARMA YOGA OF BHAGAVADA GITA

Nishkama karma :-

- Gita says that do your duty without ego and without calculations of gain and loss.
- One should believe in Nishkama Karma i.e. Fruits of work should not be thought of while performing the duty.
- It protects one from the greatest fears.
- It frees one from bondage of karma.
- It also leads to ek-buddhi (clarity).

- **The Samkaras of virtuous actions are embedded in the Chitta.**
- **Chitta are valuable assets which will prevent you from doing wrong actions.**
- **They will goad you to do selfless actions.**
- **Work unselfishly with disinterested spirit.**
- **If you care for the fruits of actions, you will be caught up in the wheel of birth and death.**

BHAKTI YOGA

- **Bhakti-** sanskrit word ‘Bhaj’ means love, attachment, faith, devotion and prayer.
- **Bhakti Yoga** is the process of inner purification.
- **Bhakti** is the purest, unselfish, and most beautiful form of love where the devotee feels connected with God in his/her every breath.
- In its purest form, love is cosmocentric and divinely inspired.
- **Bhakti Yoga** asks us to purify and transform our egoistic self love by putting holy thoughts into the mind and transferring it to God.

- **The follower of Bhakti yoga establishes a relationship with God and eventually realizes that God is everything and everywhere.**
- **Bhakti yoga is a spiritual path to liberation by uniting one's Atman (true self) with the Brahman (true reality) through intense love for God.**
- **In Bhakti yoga, no form of god is superior to another.**
- **The Bhakti Sutra explains that Bhakti yoga is both the means and the ends.**

JNANA YOGA

- **Yoga of Wisdom; or Cultivation of Discrimination.**
- **It is the path of knowledge, wisdom, introspection and contemplation.**
- **In Gita, jnana yoga is referred as buddhi yoga.**
- **The mind is used to inquire into its own nature and to transcend the mind's identification with its thoughts and ego.**

- **Jnana yoga has two aspects: fire and light.**
- **The fire of knowledge burns all the impurities of our mind and simultaneously, knowledge enlightens our inner consciousness but self knowledge does not come by itself.**
- **The method of Jnana yoga is to persuade the seeker that his/her sole identity is the self.**

CRITICISM

- The disadvantages of Karma yoga is that everything is excess is taken away from us, we cannot overcome our worldly ambitions, riches and pride will be gone and people surrounding us will be more successful than us by putting lesser efforts. Such things makes it difficult to practice Karma yoga.

- In **Jnana yoga**, the devotees are expected to be well versed in the knowledge of scriptures and the implementation of the principles enunciated therein. To read all the scriptures and get acquainted with all the do's and don'ts as enunciated in various scriptural texts is not only difficult but it entails lot of investment of time, energy, and effort.

- The disadvantage of Bhakti yoga is that it can become an escape from the rigors of the deep self-examination required for spiritual growth.
- Devotion can all too easily deteriorate to a dreamy sentimentalism if it is not balanced with honest introspection.

CONCLUSION

Bhagavad Gita explains that we do become one with the supreme being, but in quality and not in quantity. Each seeker is called upon to decide which Yoga best corresponds to his/her natural disposition. Karma yoga is advised for the actions, Bhakti yoga is for the devotional and Jnana yoga for the rational.

*Thank
you*

**Name - Km Sapna Singh
Rollno - (BAP/19/113)
Sem/ Year – IV / II
Subject – Yoga Philosophy**