

## Study Paper

# International Youth Convention

The Theosophical Society, Adyar, Chennai - 600 020, India

27, 28 & 29 December, 2018

The subject chosen for discussion during this Youth Convention is “Yoga”.

What is Yoga? What are its various aspects? What qualities does it encourage? Perceptions about Yoga, etc. are few of the many questions that will arise during the course of our discussions.

In preparation for that, a short information page, which is only indicative, is provided below. Delegates are requested to go through these materials as much as possible, which will help making this gathering a vibrant and meaningful one.

### **Karma (Action) Yoga:**

The word karma is derived from the Sanskrit word 'Kri', “to do”. All action is karma. Philosophically, this word also means the effects of action. Karma Yoga is the attaining through unselfish work of that freedom which is the goal of all. Every thought, word or deed that is unselfish takes us towards that goal.

### **Books of reference.**

1. Karma – Annie Besant
2. Karma Yoga – Swami Vivekananda
3. Bhagavad Gita – Chapter 3

### **Bhakti (Devotion) Yoga:**

It is a search for the Lord through devotion. A search beginning, continuing and ending in Love. It is a constant theme of our sages. “This love cannot be reduced to any earthly benefit”. It is the easiest and most natural way to reach the Divine.

Forms and Rituals though necessary for the progressive soul, have no other value than taking us to the state of intense love to God. Bhakti is a mental effort at realization, beginning with ordinary worship and ending in supreme love for the Divine.

### **Books of reference :**

1. The Bhagavad Gita – Chapter 12.
2. Self Culture – I.K. Taimni – Chapter 20 & 21.
3. Bhakti Yoga – Swami Vivekananda

### **Jnana (Knowledge) Yoga:**

It is the path of knowledge. It can also be said as the path of self-realization of an individual who in this journey will not fall prey to his emotions, who is able to discriminate analytical and logical aspects of life, who is able to contemplate the permanent and impermanent aspects of life. An enlightened state is the experience of all pervading unity. The fundamental goal of Jnana yoga is to become liberated from illusionary world (maya) of thoughts and perceptions and to achieve union of the practical / inner knowledge with theoretical / external knowledge.

#### **Books of reference:**

1. Bhagavad Gita – Chapter 4, 13
2. Practical Theosophy – Jinarajadasa
3. In Search of freedom – Rohit Mehta
4. Jnana yoga – Swami Vivekananda
5. The dancing Wu Li Masters – Gary Zukav, First and Last Chapter

### **Raja Yoga:**

Called the yoga of the Mind, emphasises on awareness. It is through practice of meditation that one learns to calm the mind and bring it to a point of focus. It is in this state that we direct our attention inwardly, toward our true nature, which is Divine.

#### **Books of reference:**

1. The Science of Yoga – I.K.Taimini – Chapter 2 & 3.
2. Yogic Practice: Yama & Niyama – S. S. Varma

**<http://ts-adyar.org/event/international-youth-convention>**