



### **Practical Application of Karma Yoga in Life**

- Karma Yoga – how can balance of mind be developed incorporating the material worldly needs and the inner spiritual needs creating equanimity in action to harmonise the inner self and outer self.  
By following the path of Karma Yoga, individuals can lead a life of purpose, integrity, and service, contributing to their own spiritual growth and the betterment of the world.

#### **Daily Subject of Awareness**

Observing our presence of willingness and hesitation in participation when performing the action

### **Purpose of Bhakti Yoga in Life**

- Bhakti Yoga – Sadhana – the aim is to positively transform the emotions and sublimate those emotions to experience the true self, the true nature by understanding ones self in the world of emotions and diversity.

Kirtan – mantra chanting together for upliftment and cultivating a quieter mind

Havan – preparing the fire ceremony, offering the mantra chanting to all beings as well as yoga ecology for all lands.

Seva – action with awareness, kindness and respect.

Daily 3 morning mantras as lifestyle sankalpas: Mahamrityujaya for personal individual wellbeing, humanity: offering to others for comfort and relief of suffering, Gayatri Mantra illuminating the consciousness with clarity, wisdom, discernment and Durga Path being able to overcome the difficulties harmoniously and constructively.

#### **Daily Subject of Awareness**

Utilising the daily sankalpas embedded in the mantras as lifestyle awareness and focus.

## **Purpose of Jnana Yoga in Life**

- Jnana Yoga - The purpose of Jnana Yoga is to attain self understanding through the effort of self observation, transformation and self-knowledge. By understanding the nature of the quieter self and the worldly nature one can experience inner peace, joy and cultivate a positive approach to life. Jnana Yoga teaches that true freedom and peace come from recognizing our inner place of self, beyond the limitations of the mind, body, attachments and aversions that arise in life. We experience the Supreme Yoga of Equanimity – a balance approach without being affected or defeated by the natural facts and dualities in life.

### **Daily Subject of Awareness**

Cultivating the aspect of inner and outer self observation of responses, reactions, likes and dislikes for gaining knowledge and self understanding for reshaping patterns of mind and behaviours.