The Yoga System: Spiritual Solution to Material Problems

Vedic Vision
Material problems

OUR EXISTENTIAL CRISIS
Are we a machine?
soul
Subtle body
Gross body
Material world
Krishna is full of divine qualities

sat → eternity
cit → knowledge
ananda → bliss
soul has individuality
soul has individuality

... can get into conditioned state
soul has individuality

... can get into conditioned state

Independent-mindedness

Misidentification
soul has individuality

... can get into conditioned state

Under the grip of the modes of material nature

Misidentification

Problems of material world haunt us
Spiritual solution

YOGA
Yoga definitions

Yoga citta vritti nirodhah → protecting our consciousness from alteration
(constitutional to conditional state)

Yoga means making connection

with Krishna (God)
Yoga flavors

1. Karma Yoga
2. Jnana Yoga
3. Bhakti Yoga
Karma Yoga

Independent-mindedness

Misidentification
Karma Yoga

Independent-mindedness

Misidentification
Jnana Yoga

Independent-mindedness

Misidentification
Jnana Yoga

Independent-mindedness

Misidentification
Bhakti Yoga

Independent-mindedness

Misidentification
Bhakti Yoga

Independent-mindedness

Misidentification
Clarity of goal

Purity of motivation

- Bhakti yoga
- Jnana yoga
- Karma yoga
Bhakti Yoga
process

Hare Krishna
Hare Krishna
Krishna Krishna
Hare Hare
Hare Rama
Hare Rama
Rama Rama
Hare Hare

Chant
and
Be Happy!
How should we chant?
How should we chant?
How should we chant?
1. Doing one’s duty is karma yoga  
   [T  F  F]
2. Yoga means physical exercise  
   [T  T  F]
3. What is the fundamental problem?  
4. What is the difference between material and spiritual?  
5. What is the difference between karma yoga and bhakti yoga?  
6. What is the relationship between bhakti yoga and chanting Hare Krishna?
Thank you very much!

Hare Krishna
Hare Krishna
Krishna Krishna
Hare Hare
Hare Rama
Hare Rama
Rama Rama
Hare Hare

Chant and Be Happy!