

# Hinduism

The Basics II

# To do list:

- Recap
- A little history: Hindu Literature
- Liberation through Yoga
- 4 Types of People
- 4 Types of Yoga

# Hinduism I Recap

- Indus River Valley
  - 4000-1500BC
  - No known founder
- What is Atman?
  - The individual, indestructible soul
  - What possesses Atman?
- What is Brahman?
  - God, the Ultimate Reality
  - One God, multiple forms or multiple gods?
- “Atman is Brahman?” Discuss...

# Hinduism I Recap

- We all want 4 Goods in life
  - What are 2 goods of PD?
  - What are 2 goods of PR?
- Why does PR only come after PD?
- Who are the world's great pessimists, according to Smith?

# Hinduism I Recap

- We are limited in joy, knowledge and being in the finite world. What is the cure for:
  - Limited joy – No Ego
  - Limited being – We mature
  - Limited knowledge – We connect to the ultimate truth...Oneness of Atman and Brahman

# Hinduism I Recap

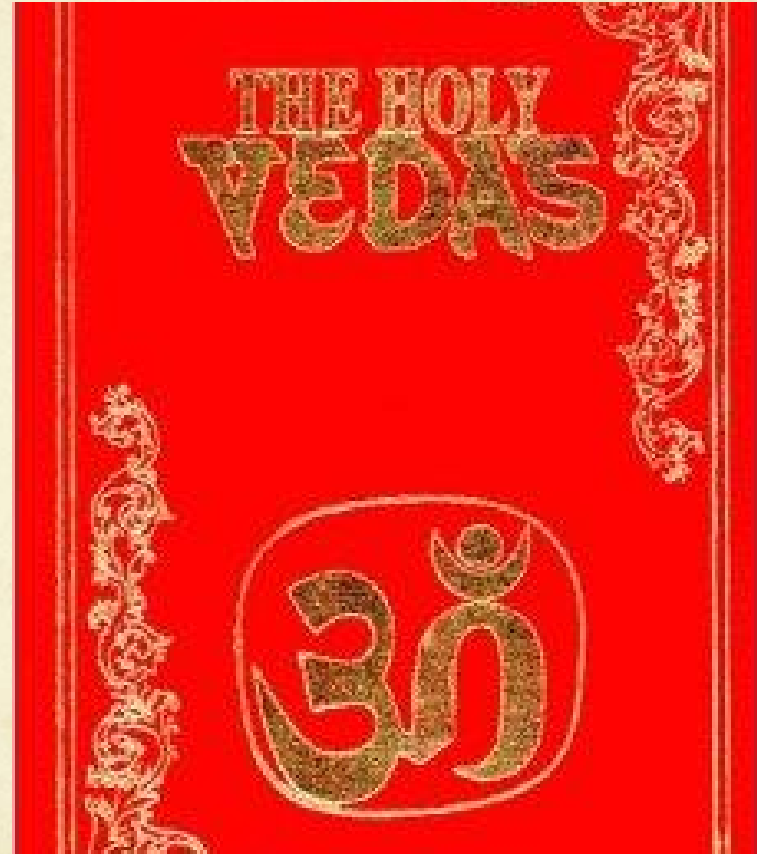
- Let's translate the following terms:
  - Samsara
  - Karma
  - Dharma
  - Moksha

# Hinduism I Recap

- Let's translate the following terms:
  - Samsara (Wheel of Reincarnation)
  - Karma (Action)
  - Dharma (Duty)
  - Moksha (Release/Liberation)

# Hindu Literature

- Vedas: (Rig, Yajur, Sama, Arthura)
  - Orally 1400BC
  - Writing 1000BC
- Also Include:
  - Brahmanas (Commentary)
  - Upanishads\*
    - Formed approx. 700-300BC
    - Teachings of the Hindu sages





# Vedas

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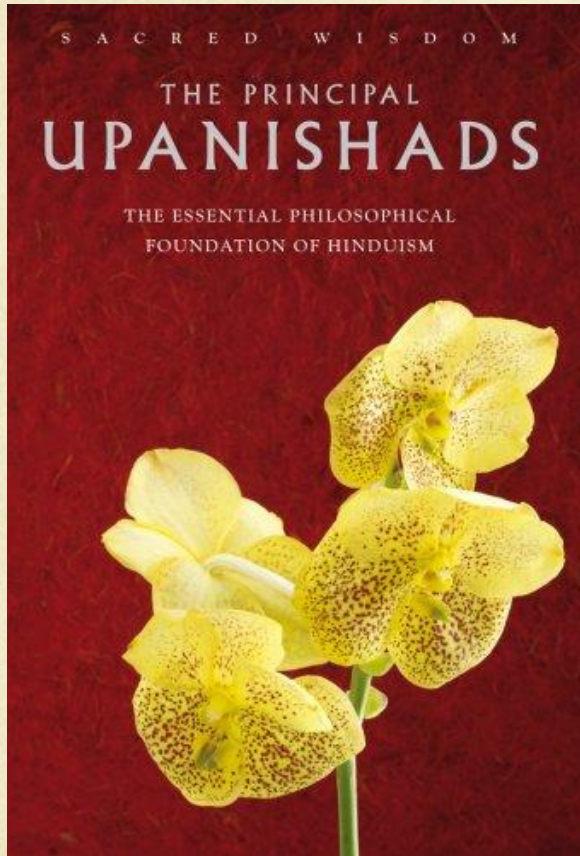
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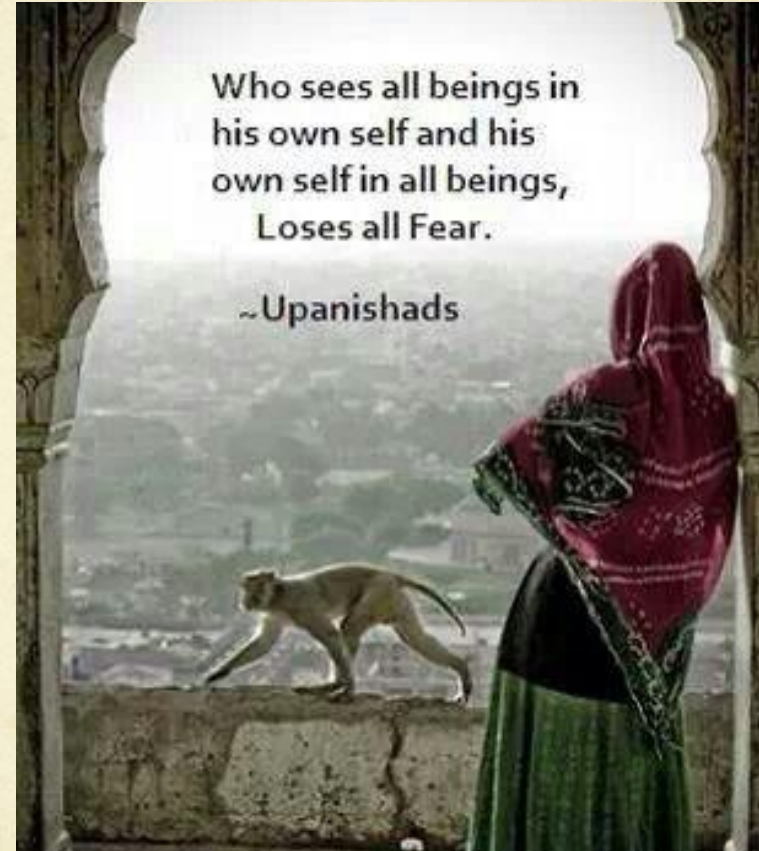
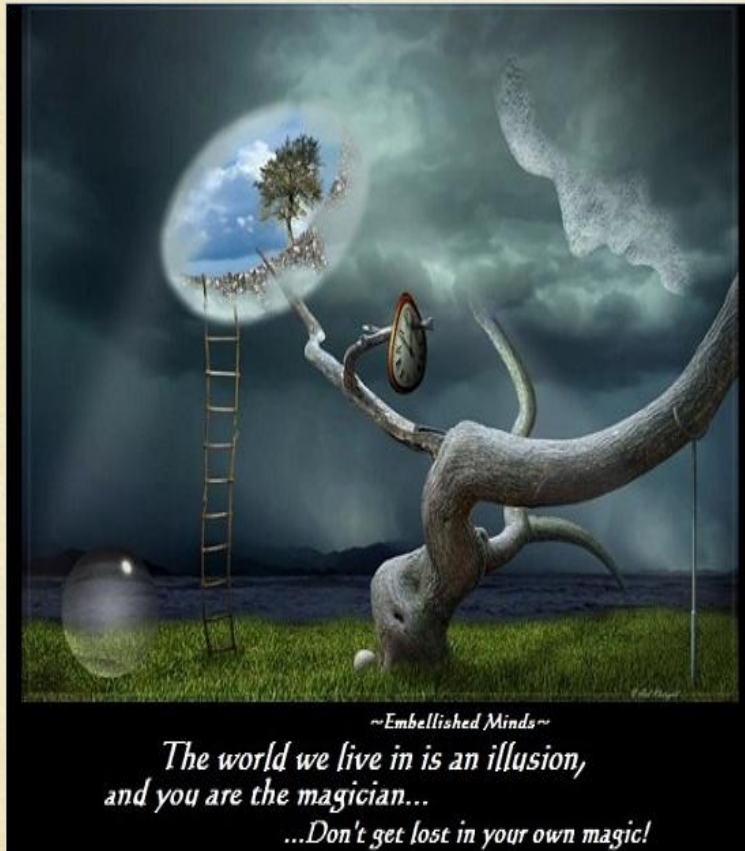


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# Upanishads – “Learn you will, Jedi”



# Upanishads – Teachings of the Sages



# Upanishads – Teachings of the Sages

## 2 Upanishads quotes:

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; for it becomes your destiny.

You are what your deep, driving desire is.

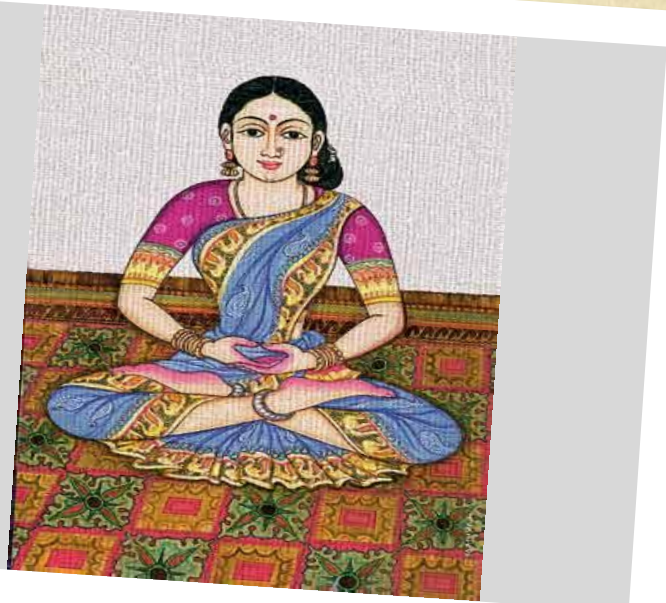
As your desire is, so is your will.

As your will is, so is your deed.

As your deed is, so is your destiny.

So...how to get liberation?  
How do we remove the finite distractions in our way?





# Yoga

A method of training that leads to union



A way of removing distractions and connecting our bodies to Brahman



# Yoga

- Not just poses
- Yoga is training of the body, mind and soul

# 4 Types of People...4 Types of Yoga

We are different so our paths to moksha are different.

- Reflective
- Emotional
- Active
- Experimentally Inclined



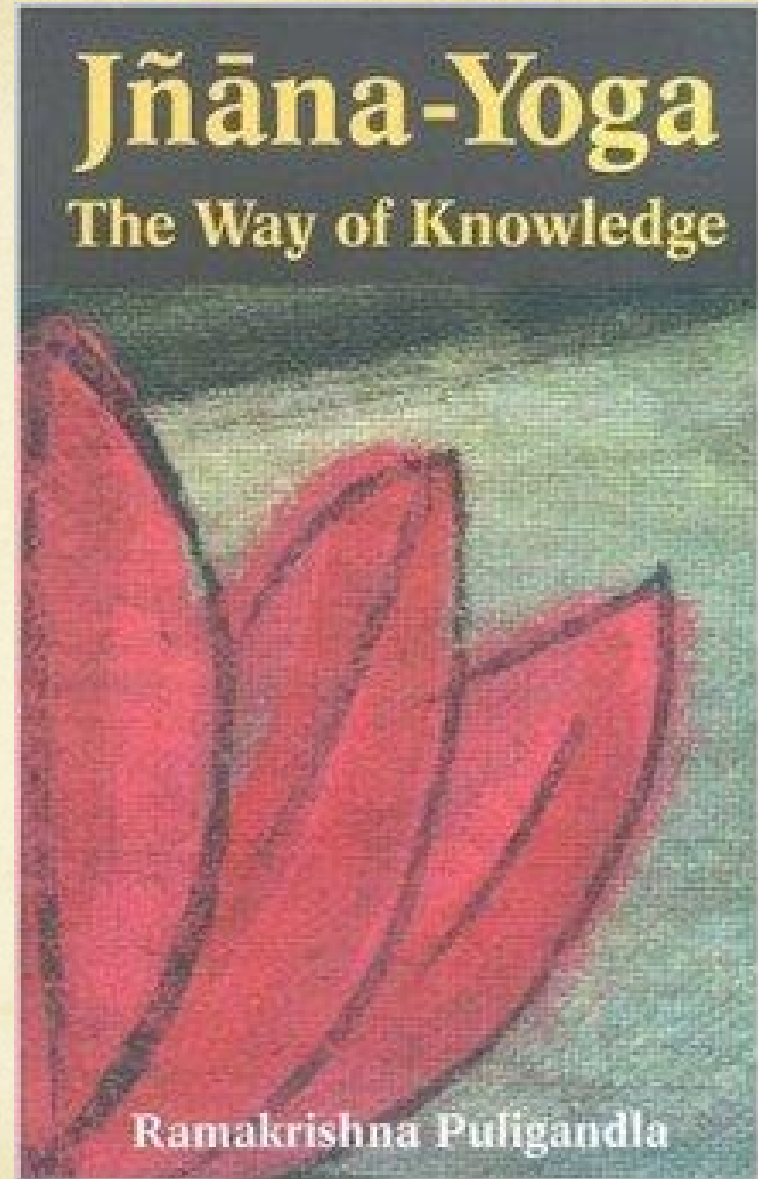


# Reflective People

- The thinkers among us.
- Ideas are just as real as physical objects.
- The world's philosophers
  - Reasons guide action and view of life.

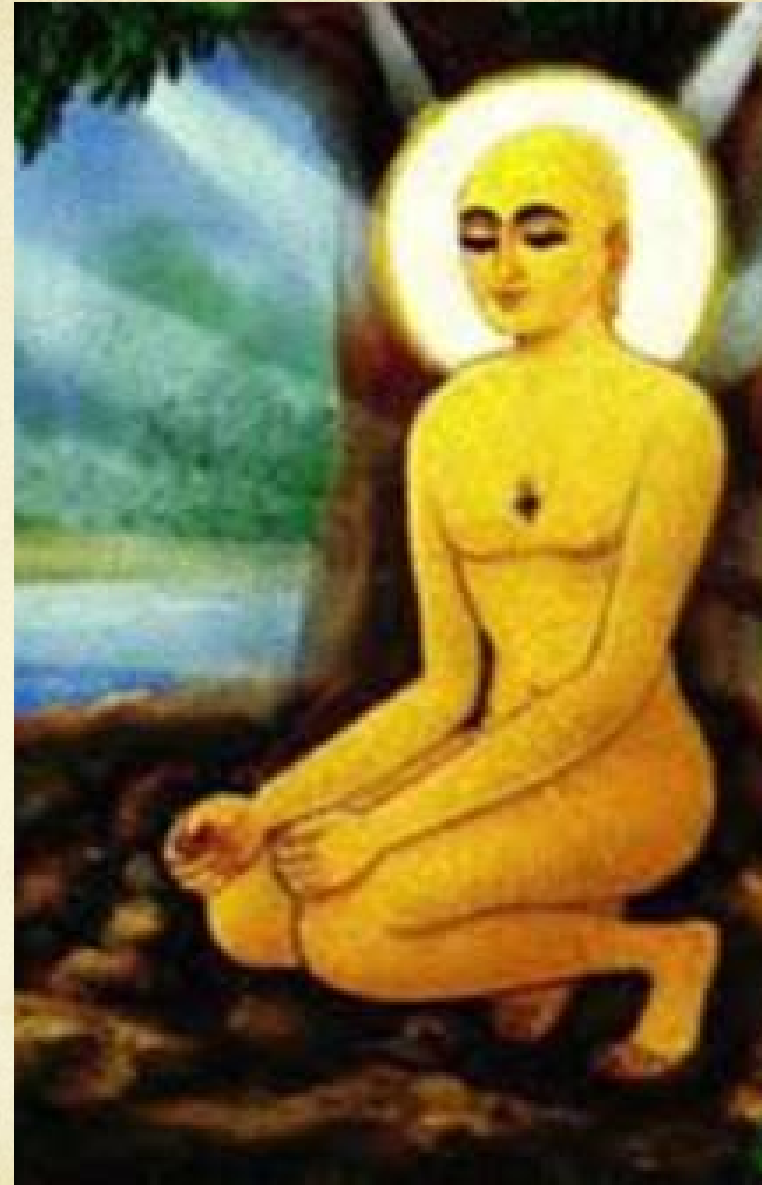
# Jnana Yoga

- For reflective people
- Designed to show that we possess more than a finite body – Connection to infinite self.
- The shortest, but steepest path to the Ultimate Reality
- God in Jnana Yoga – Infinite, personality-less



# Stages of Demonstration

- Learning
- Thinking
- Shifting from meditation to every day activities





# Emotional People

- Most people follow their hearts over their heads
- Emotional people need to connect their inner love to the Ultimate Love

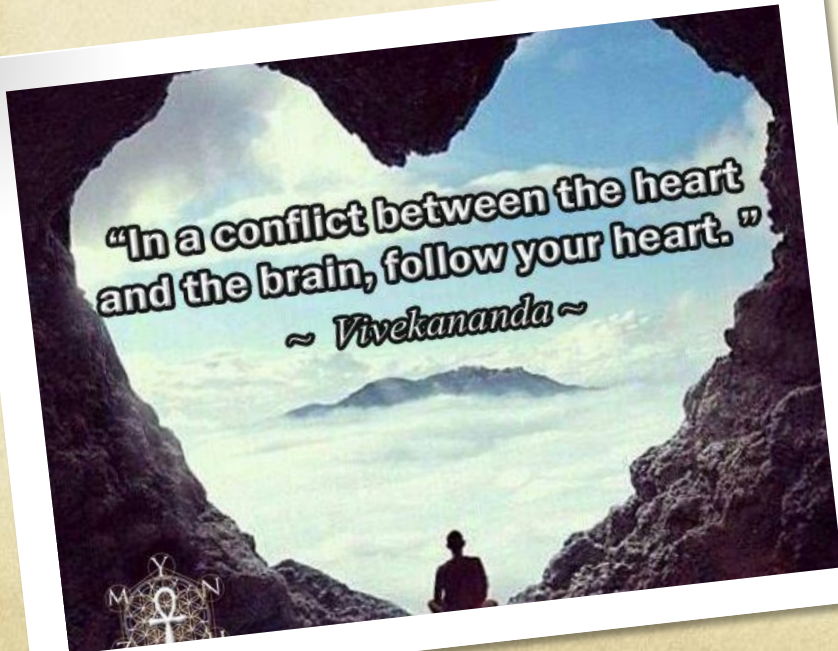
FOLLOW YOUR HEART AND  
YOUR INNER COMPASS IN LIFE.



# Bhakti Yoga

- For emotional people
- God in Bhakti Yoga – Not the infinite self
- God has traits that are loveable
- Purpose: To love God, not just identify God.

**"In a conflict between the heart  
and the brain, follow your heart."**  
~ Vivekananda ~



"In bhakti yoga,  
we lead with our hearts.  
We sing, we dance, we play  
music, write poetry, cook,  
paint, make love—all as part  
of our dialogue with the  
Divine."

- *Jai Uttal*  
in *Yoga Journal*



# How to love God?

Japam

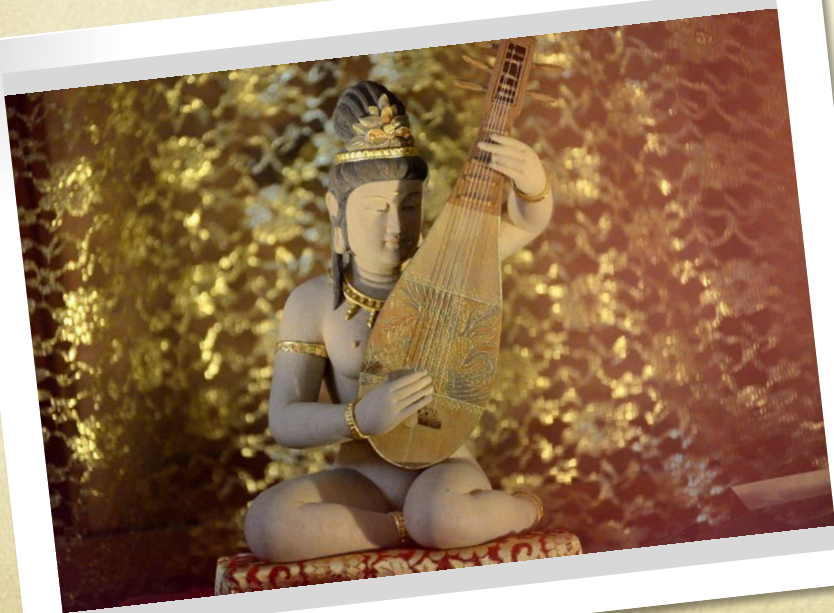
Learning different modes of  
love

Showing love through a  
chosen ideal



# Multiple Ideals

- Many symbols represent God, but nothing can capture the totality of God
- We appreciate all symbols but choose one to deepen our relationship with
- This view is what opens the door for other religions to be incorporated into Bhakti Yoga





# Active People

- The body is meant to be in motion
- Without motion, we get upset and decline physically and emotionally



# 7 Habits Of Highly Active People

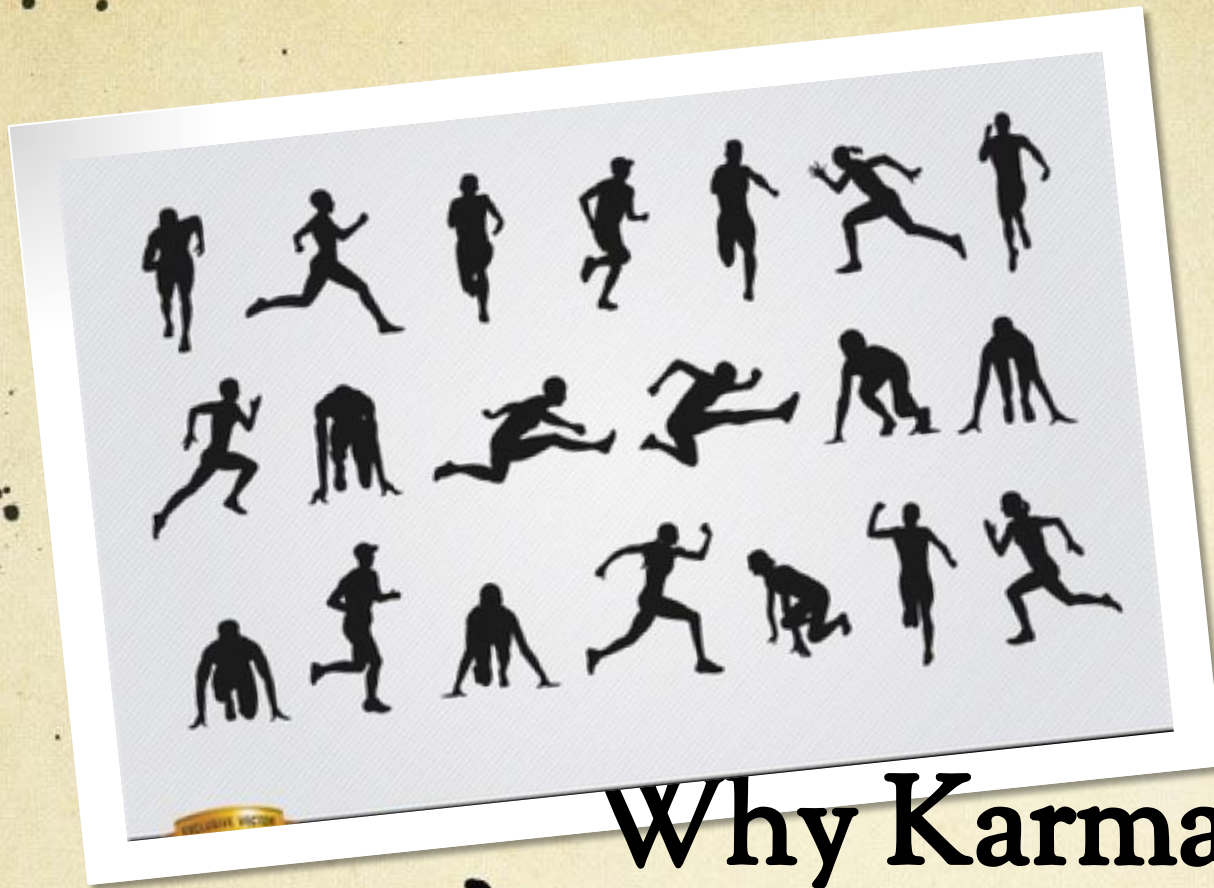
It will grow the habits of putting ideas into actions!!!



## Karma Yoga

- For active people
- Give everything you've got in everything you do
- Do it to get closer to liberation, not just for work's sake
- This yoga can be reflective or emotional





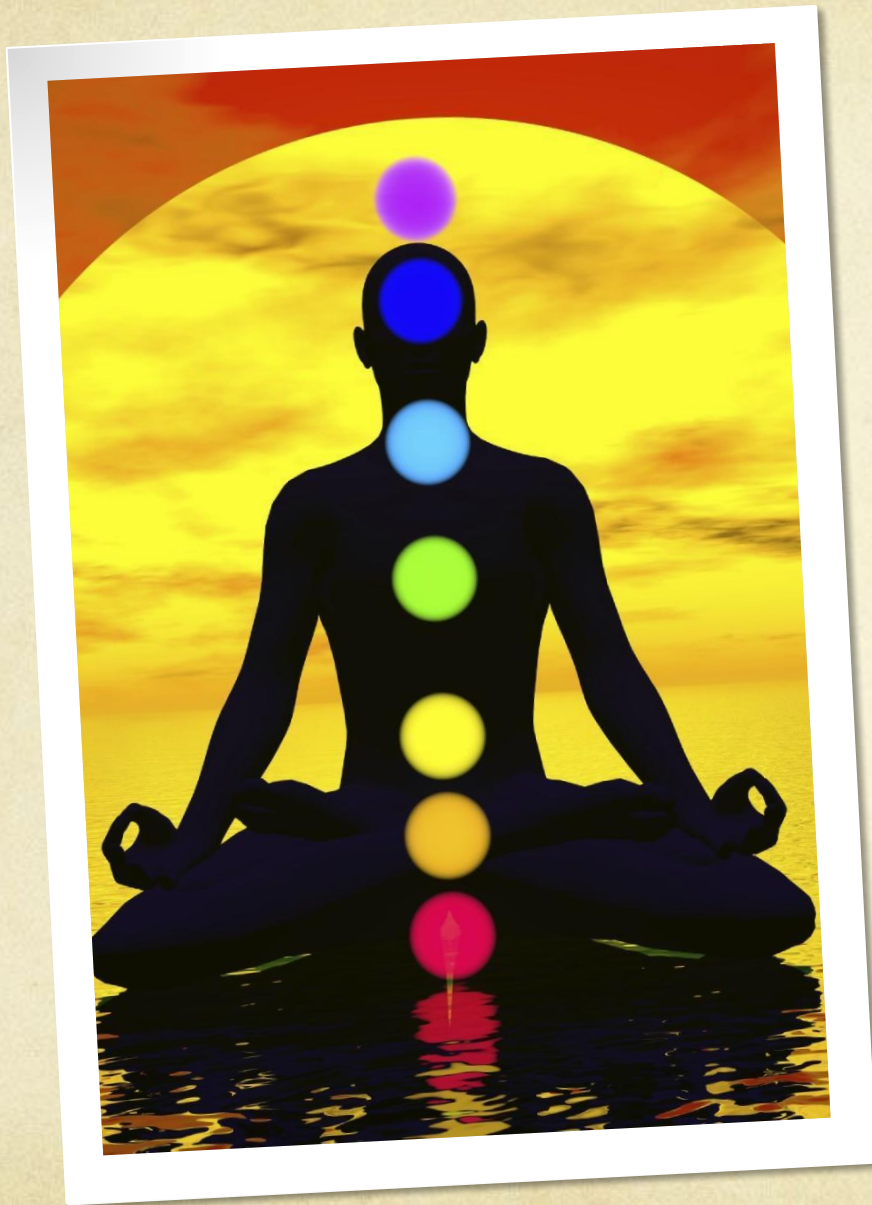
# Why Karma Yoga?

- Work to detach from the worldly, finite self
  - More than just working for money, power, recognition
  - We work for self-development
- Examples?



## Experimentally Inclined People

- Some need proof that they are more than their finite bodies.
- They verify their hypotheses through ordered experiments



# Raj Yoga

- For the experimenters among us.
- A series of steps to follow like one follows an experiment.
- The experiment is on the mind, not the body.
- Mental exercises + subjective (personal) observation

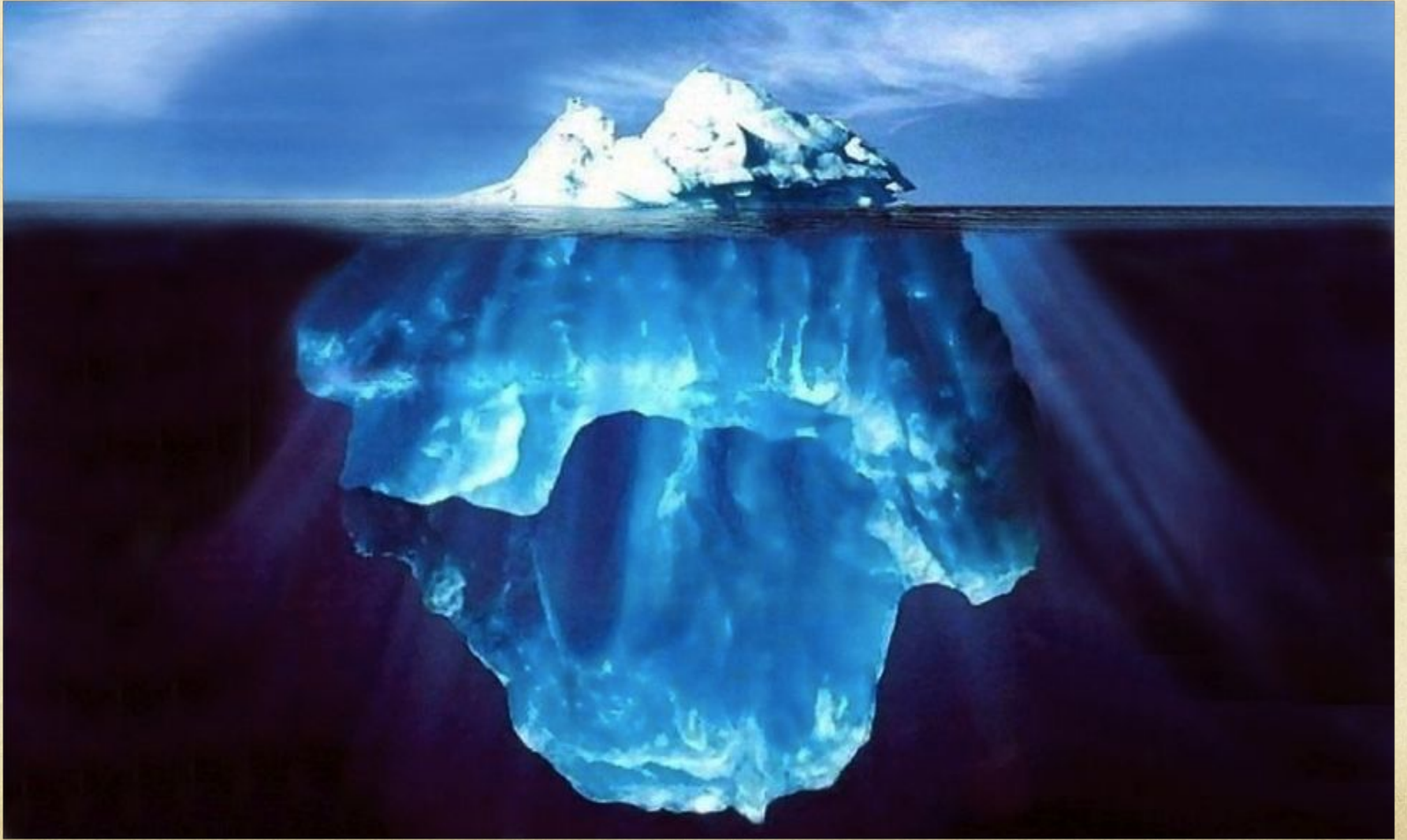


# Hypothesis -Layers of Self

- Bodies
- Minds
- Individual Subconscious
- Absolute Being\*
  - If we can prove this, then we are closer to moksha



Assumption: There is Atman  
“Atman is Brahman” - True?





## Careful...

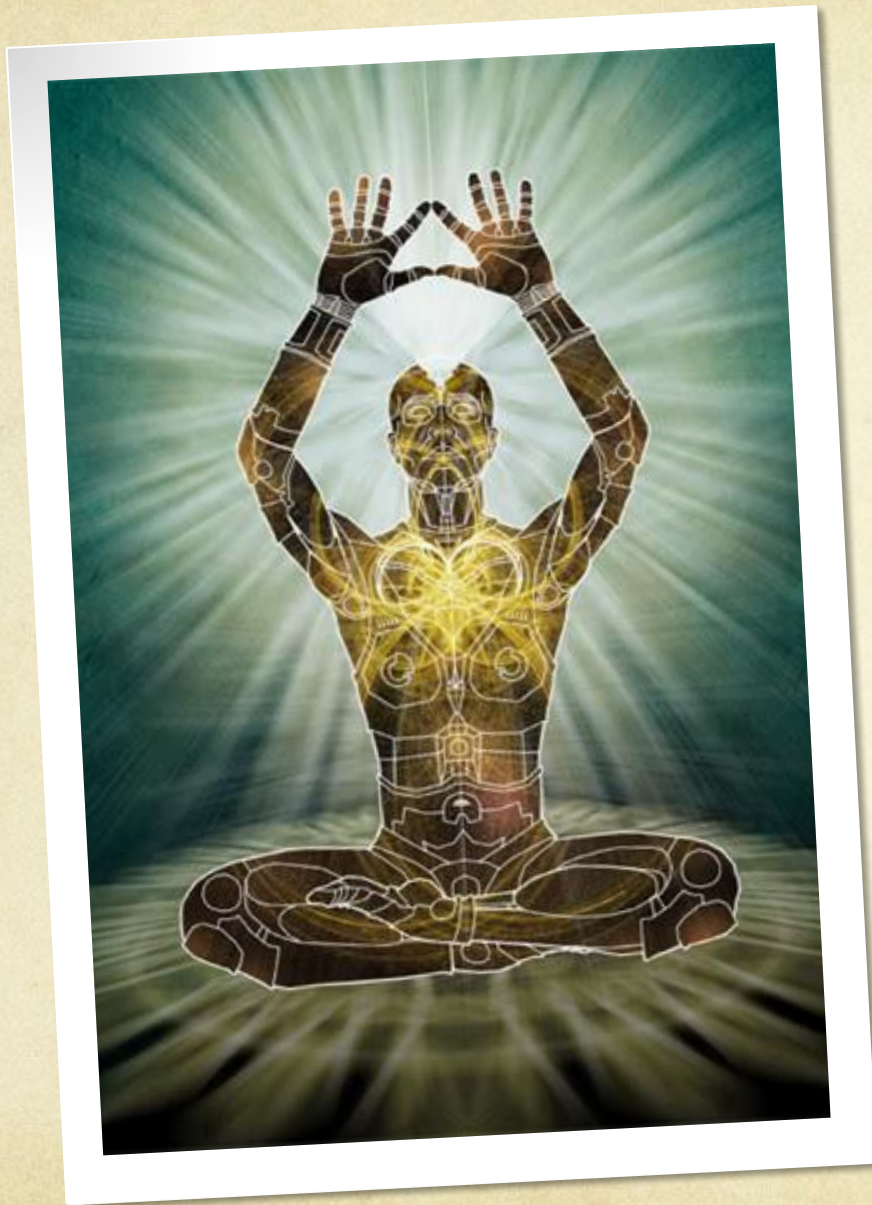
- We reject the outside world and inspect our deepest self.
- We do this through 8 steps of Raj Yoga.



# Done poorly

...we fall into psychosis



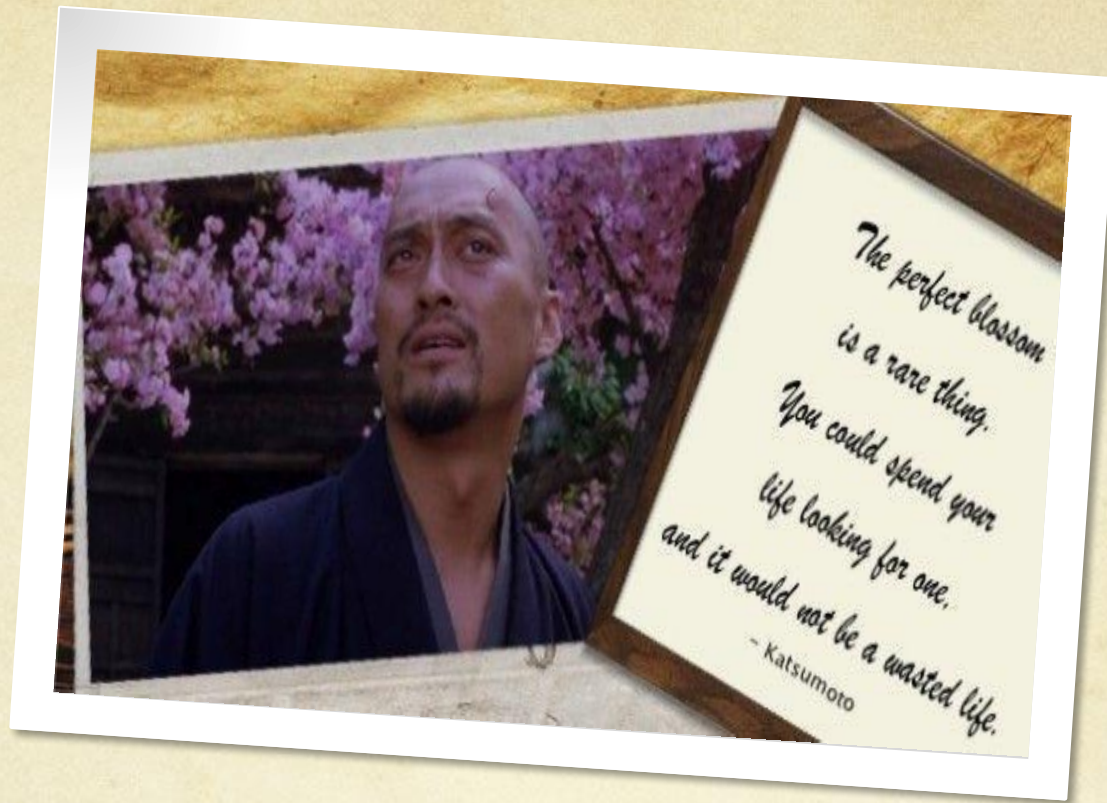


# Done well

...we emerge with greater self-knowledge and control.

# 8 Steps of Raj Yoga Experiment

- (1) Abstinence of Desires
- (2) Practicing:
  - Cleanliness
  - Contentment
  - Self-Control
  - Studiousness
  - Contemplation of the divine
- (3) Body Control (Postures)
  - Not too comfortable, not too uncomfortable
- (4) Trained Breathing
  - Not too deep, not too shallow



## (5) Concentrating on a finite object

Shutting out the world and practicing focus

*Ex. Focus on a cherry blossom*



## (6) Concentrating on an object to remove our finite being

- Left alone with your greatest nemesis...yourself
- Focus on the object until our finite being dissolves
- *Ex. I am one with myself*

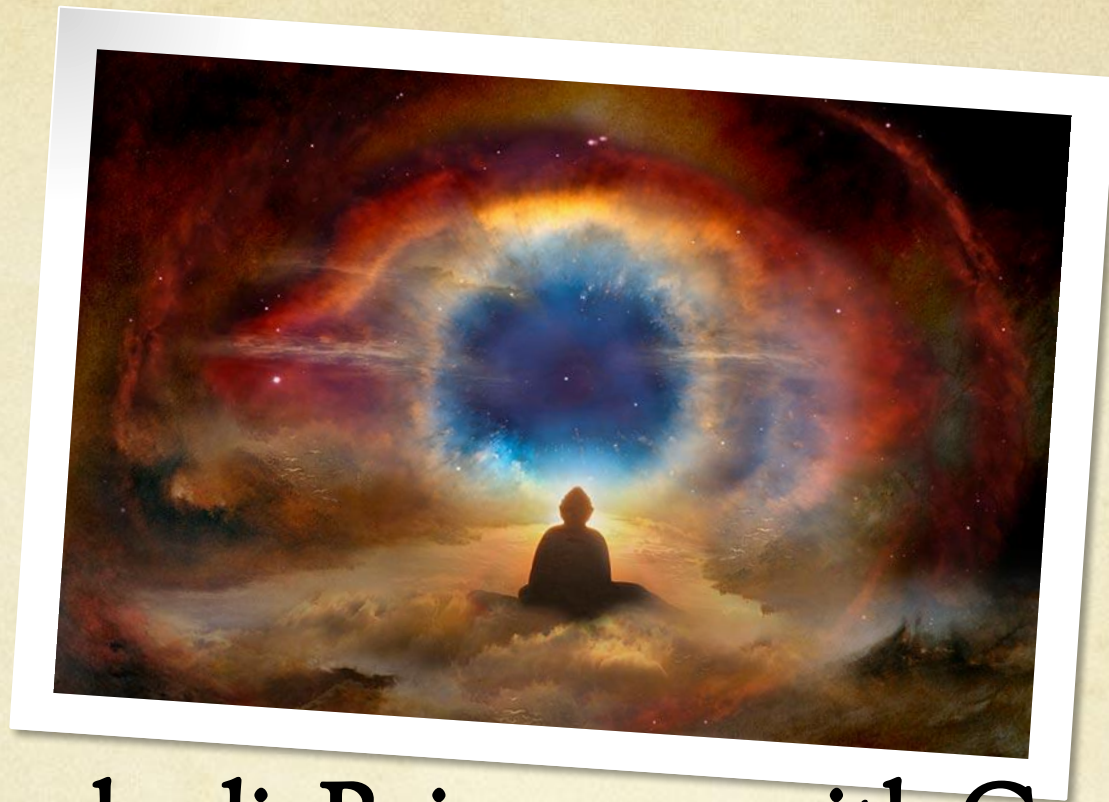


## (7) Bringing together the object and the self

Step 6: Shows us we are distinct from the object

Step 7: We merge the object with ourselves until there is no distinction

*Ex. I am one with the cherry blossom*



## 8) Samhadi: Being one with God

*I am one with this cherry blossom*

*I do not end where this blossom begins*

*I am one with all living things*

*I do not end where anything begins*

*There is no end*

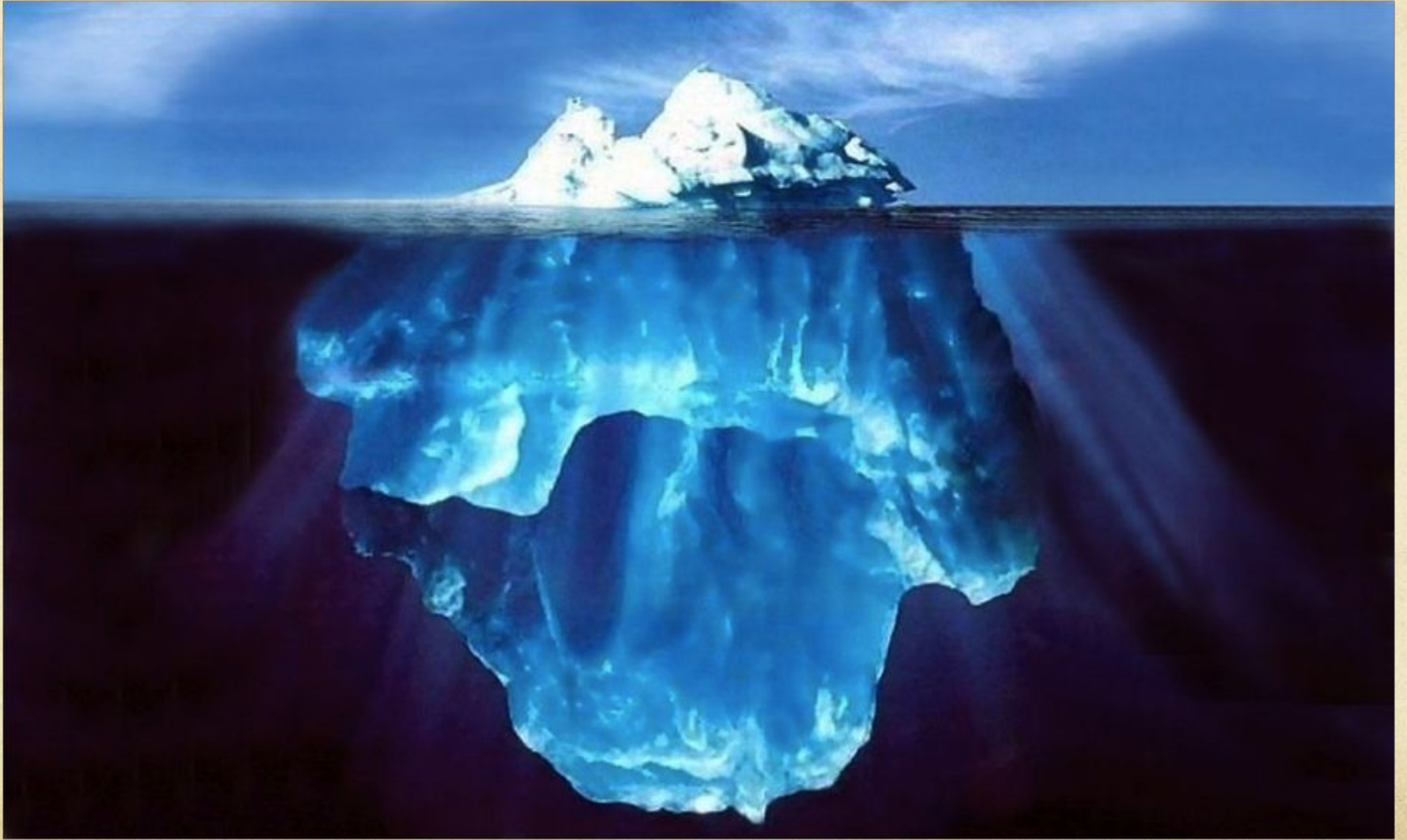
*I am one with the universe*

*I am one with God*

# Recap of Raj Yoga

- We had a hypothesis: I am more than a finite body
- Through experiments, I am aware that there is no limit to my being.
- This proves the existence of God and our unity with Ultimate Reality
- Result: “Atman is Brahman” is true

There is Atman. I am Atman. Atman is  
Brahman.





So...how to get liberation?  
How do we remove the finite distractions in our way?



# 4 Types of People...4 Types of Yoga

We are different so our paths to moksha are different.

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