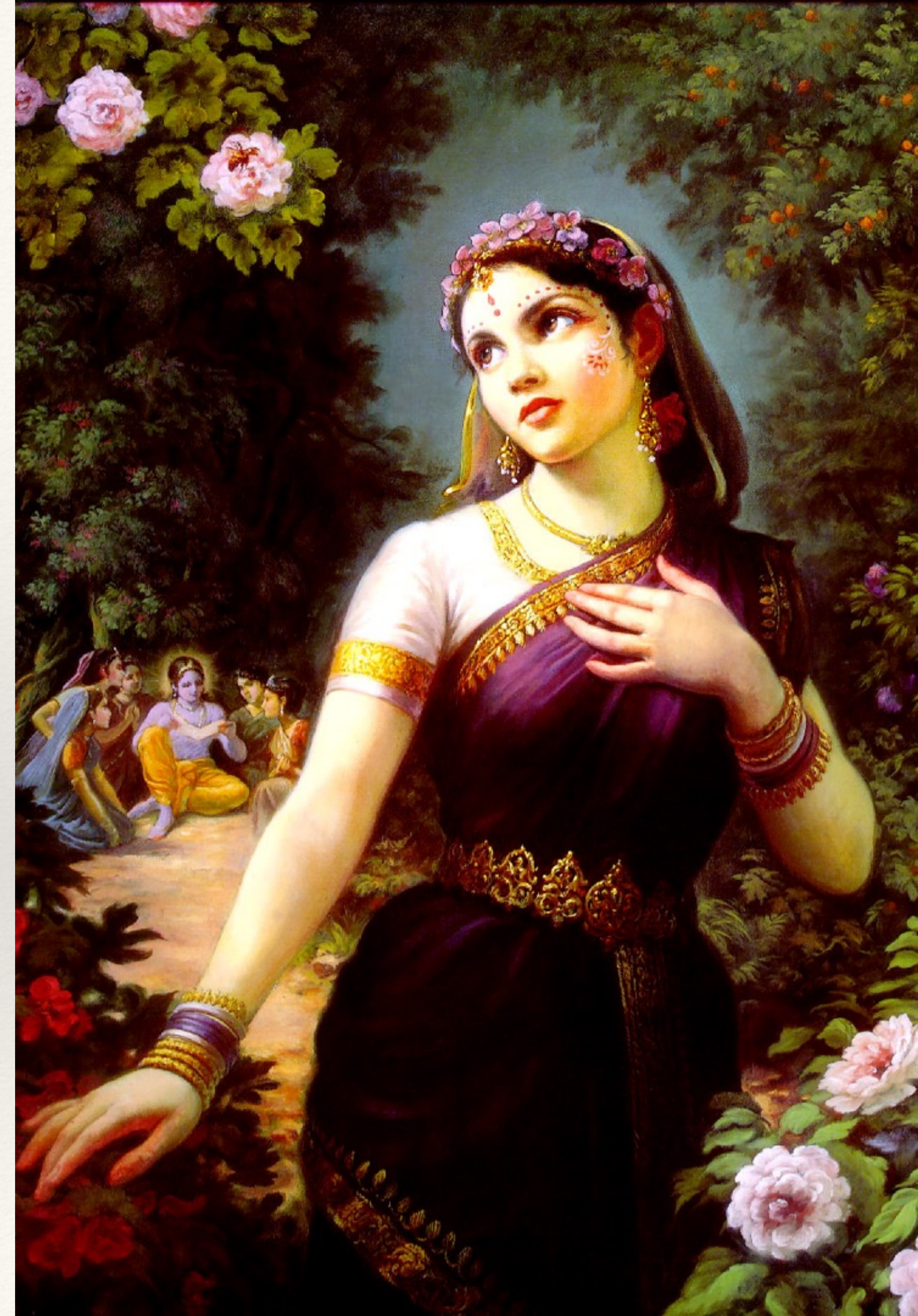


*Practical Spirituality: The Yoga of Awakening*  
Lecture Four

# The Yoga of Devotion







# Yoga

(Sanskrit) Union.

Equivalent to Latin religare, “to reunite,”  
root of “religion.”



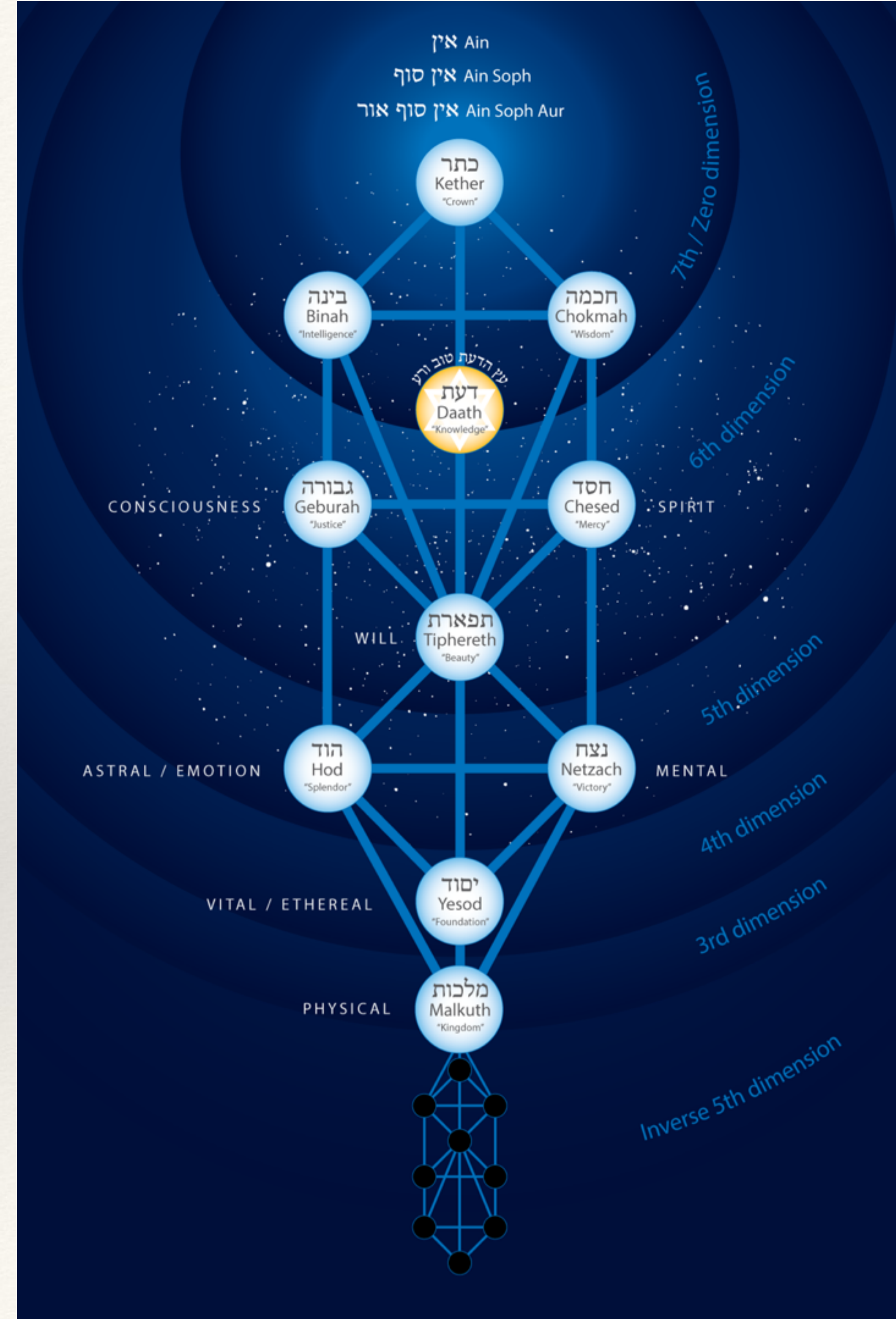


# Ishvara

(Sanskrit) Literally, “Capable. Able. Supreme Being. Supreme soul. Creative source. Pure consciousness. God of love. God. Ruler. Master. Lord. Husband. Number 11.”

“Lord Krishna is the Prema aspect of Ishvara or the Lord. Lord Siva is the wisdom aspect of Ishvara. Devi is the Sakti aspect of Ishvara. Virat is the manifested aspect of Ishvara. Hiranyagarbha is the immanent aspect of Ishvara. Hanuman is the Rudra aspect of Lord Siva. Dattatreya is the combined aspect of (Trinity) of Ishvara. Brahma is the creative aspect of Ishvara. Vishnu is the preservative aspect of Ishvara. Siva is the destructive aspect of Ishvara. Meditate on any aspect you like, attain union with the Lord and cross this ocean of Samsara.”

“Under whatever name and form, it is Isvara who is adored. Worship goes to the Indweller, the Lord in the form. It is ignorance to think that one form is superior to another. All forms are one and the same. All are adoring the same Lord. The differences are only differences of names due to differences in the worshippers, but not in the object of adoration. The real Jesus or Krishna is in your own heart. He lives there for ever. He is your Indweller. He is your partner always. There is no friend like the Indweller. Resort to Him. Take refuge in Him. Realise Him and be free.” - Swami Sivananda

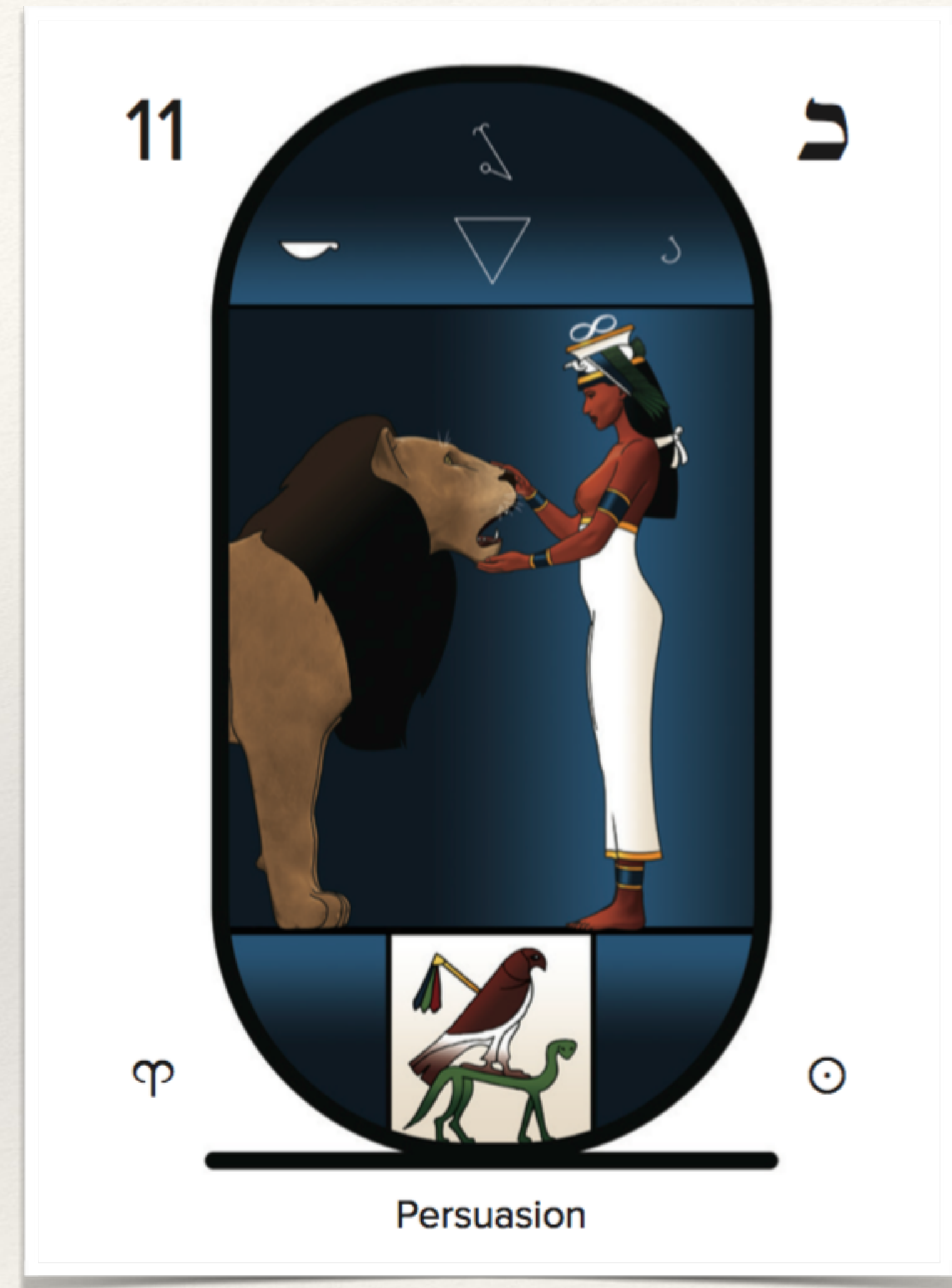




# Yoga Sutras 1

1.24. Isvara is a **purusha-vishesha**  
[particular consciousness] unaffected  
by **kleshas** [afflictions], **karmas**  
[actions], **vipaka** [fruition of actions],  
and bodies.

— *Patanjali, Yoga Sutras 1*

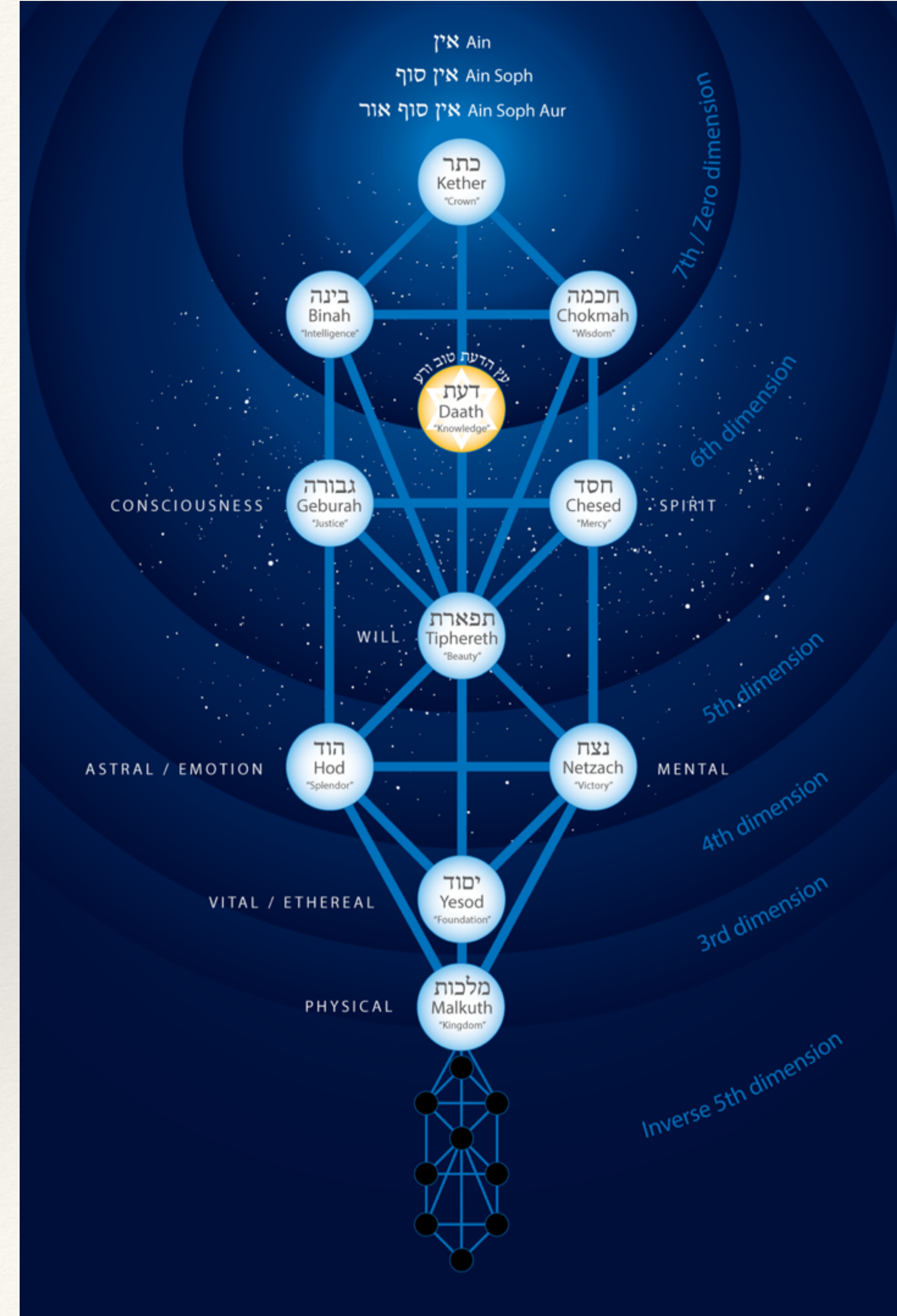




# Yoga Sutras 1

1.25. In that pure consciousness, the **seed of sarvajna** [buddha; arhat; omniscience] has its highest development.

— *Patanjali, Yoga Sutras 1*





# Yoga Sutras 1

1.26. That pure consciousness [Ishvara]  
— being unconditioned by time — is  
the teacher of even the ancients.

— *Patanjali, Yoga Sutras 1*





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# Steps of Yoga

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1. **Yama:** self-restraint
2. **Niyama:** precepts
3. **Asana:** posture; relaxation
4. **Pranayama:** harnessing of life force
5. **Pratyahara:** suspension of senses
6. **Dharana:** concentration
7. **Dhyana:** meditation
8. **Samadhi:** super-conscious state, blissfulness, ecstasy

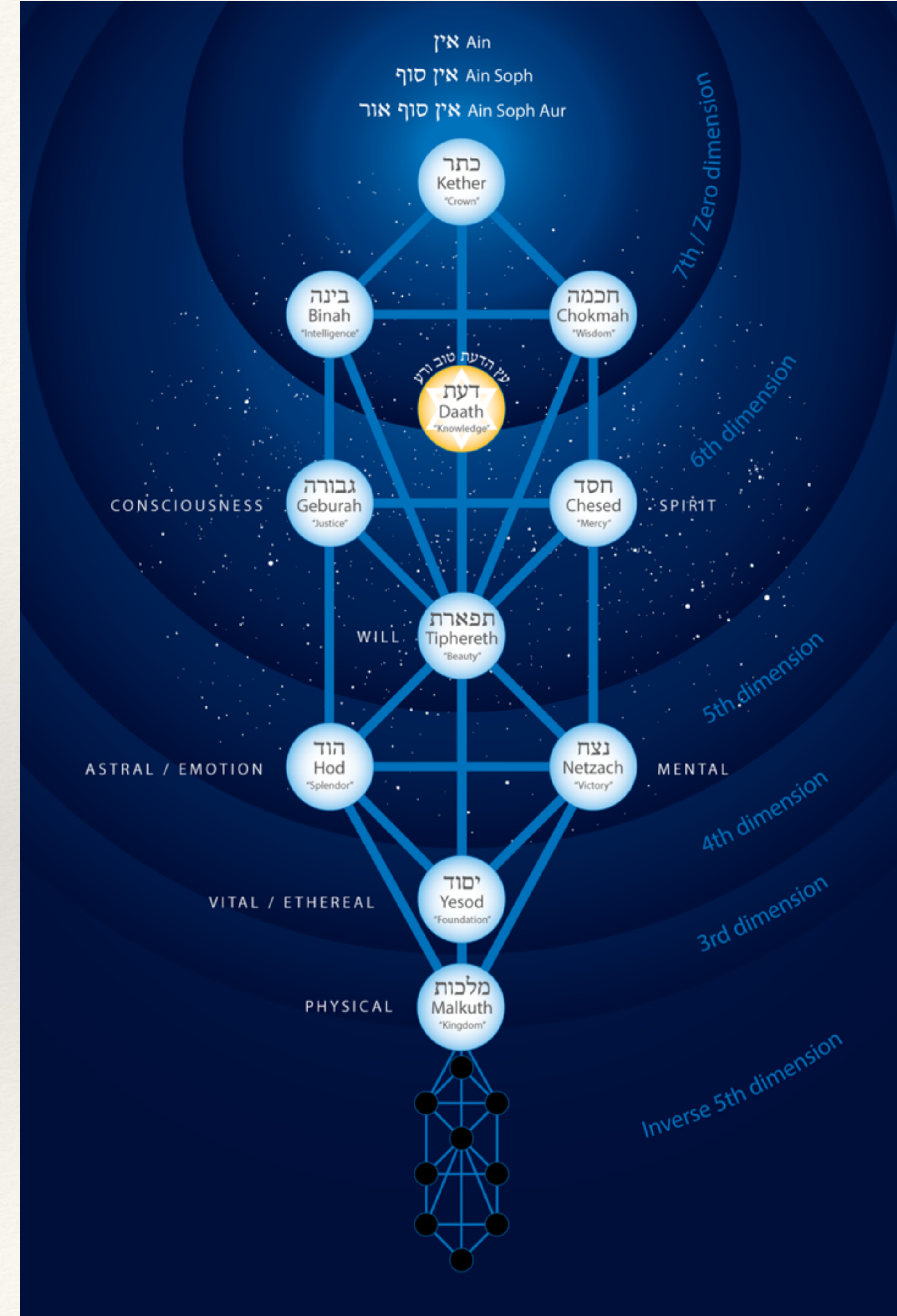


# Yoga Sutras 1

1.21. Success [reaching samadhi] is quick  
[for those] whose **Vairagya** is intense.

1.24 Or, by **devotion** and self-surrender  
to Ishvara.

— *Patanjali, Yoga Sutras 1*







# Bhakti

(Sanskrit) Devotion, zeal, faithfulness, trust, faith, love, loyalty.

*"No development of bhakti is possible without sadachara (right conduct)."*

- Swami Sivananda



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# Yama: Self-restraint

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- ❖ **Ahimsa:** to not harm; kindness, compassion; love for all
- ❖ **Satyam:** truthfulness
- ❖ **Asteya:** to not steal
- ❖ **Brahmacharya:** chastity; sexual purity
- ❖ **Aparigraha:** renunciation, non-avariciousness, freedom from desires

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# Niyama: Precepts

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- ❖ **Saucha:** internal and external purity; cleanliness; integrity
- ❖ **Santosha:** contentment; satisfaction; joy
- ❖ **Tapas:** austerity; penance
- ❖ **Svadhyaya:** study of religious books and repetition of mantras
- ❖ **Ishvara-Pranidhana:** Self-remembering; worship of Divinity and self-surrender



# Yoga Sutras 1

1.27. The sacred word that designates [your Ishvara] is OM.

— Patanjali, Yoga Sutras 1





# Yoga Sutras 1

*Tat japah tat artha bhavanam*

1.28. Its repetition and its  
meditation with meaning  
(should be practiced).

1.29. Thence comes the cognition  
of the individual consciousness  
and also removal of obstacles.

— *Patanjali, Yoga Sutras 1*





# Japa

(Sanskrit) “Muttering.” Repeated remembrance. Repetition of prayer or sacred words.

1. Vaikhari Japa: verbal, loud
2. Upamshu Japa: whispered or hummed
3. Manasika Japa: mental, silent, without moving



“The fruits of whispered japa are a thousand times more powerful than the verbal japa, and the fruits of the silent, mental japa are hundreds of thousands of times more powerful than the verbal japa. Mental japa can even be kept up while at work.” - Swami Sivananda



# Step four: Enflame your heart.

Daily exercise: Repeatedly remember your Being by using the mantra **OM**. Dedicate time each day to meditate on **OM**, the sacred word of your Being.

*“The Gnostic places all of his longings in the hands of his Innermost.”*

- Samuel Aun Weor, The Revolution of Beelzebub

## Helpful resources:

### Books:

*The Great Rebellion*

*Karma is Negotiable*

*Treatise of Revolutionary Psychology*

### Courses:

*Beginning Here and Now*

*Bhavachakra, the Wheel of Becoming*

*Self-knowledge*