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A Beginner's Guide To Yoga

for Raja yoga. This type – or branch – of yoga has 8 limbs:

- I. moral discipline**
- II. Self-restraint**
- III. Posture**
- IV. breath control**
- V. sensory inhibition**
- VI. concentration**
- VII. Meditation**
- VIII. ecstasy**

III. Karma Yoga

Karma yoga involves selfless action. The word karma itself means action – all actions that come from the individual beginning from his birth until his death. Most importantly, karma is the path to *doing the right thing*. Hence the practice of karma yoga means giving up the ego to serve God and humanity.

Karma yoga comes from the teachings of the *Bhagavad Gita*, which is sometimes respectfully referred to as “the New Testament of Hinduism”. Service to God through serving others is the foundation of Karma Yoga.

IV. Bhakti yoga

Sri Swami Sivananda says:

“Mark how love develops. First arises faith. Then follows attraction and after that adoration. Adoration leads to suppression of mundane desires. The result is single-mindedness and satisfaction. Then grow attachment and supreme love towards God.

In this type of highest Bhakti all attraction and attachment which one has for objects of enjoyment are transferred to the only dearest object,

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