



BHAKTI YOGA

Dr.G.Vellaiammal

Assistant Professor, Department of History, Kandaswami Kandar's college, velur, Namakkal Dt.

Abstract

Bhakti Yoga is the yoga of compassion, selfless love, humility, purity, and the desire and firm intention to merge with God. It is nothing else than to comprehend the 'first commandment' to love god with all your core, mind and soul'. Bhakti yoga is the spiritual practices that sender loving devotion is one of the three spiritual parts that lead to Maksha (aka salvation) in Hinduism. Are you made to practice Bhakti is an open loving heart. Unlike other types of yoga but yoga, Bhakti yoga doesn't use "poses" during practice. Instead Bhakti invoice cultivates a spirit of unconditional love. The practice of Bhakti yoga completely revolves around love. You can practice Bhakti through devotional chanting, the repetition of mantras, or the direction of unconditional love to all of creation. Bhakti yoga is one of the four logic methods for attaining God. Apart from these, there are yoga methods like Karma Yoga, Raja yoga, Jnana yoga. Lord Sri Krishna explains this Bhakti yoga to Arjuna in bahawalgita in chapter 12. The physical postures are just a thiny fraction of the practice. In fact many styles of yoga don't involve doing poses at all. It could be argued that no style of yoga is more devoted to the search than bhakti yoga, the yoga of devotion.

Key Words:*Bhakti Yoga, Physical, Mantras, Devotion, God.*

Introduction

Whoever offers Me with devotion a leaf, a flower, a fruit or a little water- that, so offered devoutly by the pure - minded, I accept.

- Bhagavad Gita 9.26

The term bugatti originates from the Sanskrit word "Bhaj" which means love, attachment, faith, devotion, and prayer.

Bhakti yoga is one of the four main logic paths to enlightenment. Bhakti means devotion or love and this path contains various practices to unite the bhakta with the divine. Bhakti has nothing to do with getting a hot bod or flexible limbs. Instead, it's about cultivating a loving heart. Here's some of the perks its practice can bring you. Bhakti yoga is considered the easiest logic path to master and the most direct method to experience the unity of mind, body, and spirit. Bhakti yoga is one of the four logic methods for attaining God. Apart from these, there are yoga methods like Karma Yoga, Raja yoga, Jnana yoga. Lord Sri Krishna explains this Bhakti yoga to Arjuna in bahawalgita in chapter 12. While Hatha yoga requires a strong and flexible body. Raja yoga requires a disciplined and concentrated mind, and Jnana yoga requires a knee intellect, the only recruitment for Bhakti Yoga is an open, loving heart. Bhakti yoga complements are there paths of yoga well, and it is said that Jnana will dawn by itself when you engage in the devotional practices of Bhakti yoga. Especially for those with a deeply religious background. But the use of the Hindu deities is not required for this practice - in fact, finding your own object of devotion will be all the more effective in achieving yoga with the divine.

Many of the prayers and mantras that Bhakti yoga practitioners recite originated in the first texts of yogic teaching, the Vedas (1500 B.C), which are the oldest scriptures of Hinduism. Another yearly



mention of Bhakti yoga appears in the Shvetashvatara Upanishad. the Upanishads are a series of commentaries on the Vedas, composed over many years from about the first century B.C. to around 1400 C.E. in the Shvetashvatara Upanishad, Bhakti is said to mean 'devotion and a love for any endeavor'. But some teachers feel that it was in the Bhagavad Gita, a poem found within India's great epic, the Mahabharata that Bhakti yoga was first taught as its own path of yoga. The Bhagavad Gita, thoughts about four paths of yoga, called the four margas. There are: Karma yoga, Jnana yoga, Raja yoga, Bhakti yoga.

Karma yoga is a combination of Karma + yoga. Actions of body mind and voice are called. Yoga means achievement. The mind likes and dislikes and finds in sorrow and burdens the mind. Thinking of the same action as Karma yogic achievements removes the likes and dislikes from the mind and creates peace in the mind. there are the three principles of Karma Yoga an enquiry into the actions that emanate from us, what kind of attitude the doer should have while doing action, how one should be an enjoy your while enjoying the fruit of action.

Raja yoga among the various yogas, Raja Yoga has a special place. Raja Yoga composed by Sage Patanjali and translated and expounded by Swami Vivekananda is considered to be the best book of Raja yoga. This book beautifully explains the body, breath, mind and the state beyond the mind. The aim of Raj Yoga is self-management, the process of Yama, Niyama, asana, pranayama, pratyahara, dharana, Dhyana and samadhi.

Gnana yoga is the fusion of wisdom and yoga. The word Jana means the achievements of self-knowledge, to achieve self-enlightenment. Jana yoga is the best way to attend this Jeevatma Atma Jnana. The benefits of Jana yoga assignment of self-realizations are one and the same. Shiva Mukti is the assignment of wisdom and yoga while still alive. Atma Gnana is the only goal for the moksha of Shiva Mukti. They believe that attaining wisdom is easy and attaining a logic siddhi is difficult. Knowledge as jnana shows a thing as it is like a mirror. Throw this Jnana yoga we will get Mahavakya gnana called Tattamasi and Aham.

The Nine limbs of devotion

There are nine main practices of Bhakti yoga that can be practiced independently or together. Each of these limbs creates a specific Bhava (feeling) that appeals to different constitutions of practitioners.

1. Svarana

Svarana involves listening to ancient scriptures, poems, or stories, especially those told by a Saint. This principle doesn't happen solo. You will have to join together with other devotees.

2. Kirtana

Kirtana refers to the singing or chanting of the Divine's praises. This is where all those Mantra come in handy.

3. Smarana

Smarana means remembering the divine at all times. Wherever you are, practicing Bhakti means keeping divinity at the forefront of your mind.



4. Padasevana

Padasevana involves expressing love toward the divine through service. This might involve volunteering, helping someone in need or even simply cultivating a sense of loving - kindness on the service towards in your life.

5. Archana

Archana involves worshipping the divine through external images, gods or icons in order to purify the heart through love. In Hinduism, commonly worshipped deities include Ganesha, Krishna, Shiva, Parvati, Durga and Surya.

6. Vandana

Vandana refers to prayer and prostration. By praying, Bhakti aims to limit self - absorption and self - centeredness in order to connect with the whole.

7. Dasya

Dasya involves serving the will over the divine instead of your own ego. When you listen to the divine without doubt, fear, or questioning, it leads you to the next step.

8. Sakhya

Sakhya involves cultivating friendship toward the divine. Whether you see the divine in deities or in all things, it means being BFFs with all that exists.

9. Atmanivedana

Atmanivedana means total surrender of the self to the divine nature of all things.

Forms of Bhakti Yoga

Prayer:

Apart from praying to the deity, sending prayers to others can be considered a form of devotion. True prayer that comes from within includes practices of gratitude.

Mantra: The word mantra comes from the Sanskrit word mantras which can be single syllable individual words or devotionals. Mantras are given directly to the students by Guru or teachers. The word Om used as a mantra was first introduced in the Upanishads when the mantra is repeated and it is called prayer.

Mudra: A mudra is a symbolic gesture expressed by the hands and fingers although some mudras cover the entire body.

Poem: Joy comes from teaching and sharing the works of Mirabai and Aga Mahadevi.

Kirtan: He word Kirtan means reciting, praising or describing. Mantras are chanted in the form of names of deities.

Altar: Sacrificial altars are structures where religious rituals are performed and are referred to as God's table

Benefits of Bhakti Yoga: Bhakti yoga automatically develops concern within us and with such nature we can experience the benefits of bhakti yoga.



Bhakti removes fears: Bhakti removes all fears of the devotee A true devotee desires only God's love even in fear of death.

Cultivating compassion and love: A devotee has equal love for all beings and sees God in all beings. Maintains emotional love.

Does not depend on the outside world: A devotee does not depend on the outside world for relationships, circumstances, money, fame, love and happiness. Through selfless devotion to God he finds the ocean of love.

Provides mental stability: A devotee is in the middle of the rough and tumble of life. Sees processes and situations in spiritual growth. A true devotee has no signs of anger. He respects the opinions of others as different perspectives.

Ego disappears: A true devotee has no right over people, over possessions, over the body, over the senses. Lives in complete surrender to God.

Divine Ability Grows: A devotee learns the discrimination between illusion and divine love. He knows that the knowledge of Brahman, the Supreme Reality, is salvation.

The heart is pure: A devotee does not envy anyone who is more blessed than himself as he sees God in every living being.

Gains confidence: A devotee who is truly self-confident does not try to please anyone. All situations are equal. Adapts to all situations effortlessly. These are the benefits of bhakti yoga. Bhakti yoga has a number of unique benefits due to the myriad practices that fall under the umbrella of this style of yoga.

Conclusion

Bhakti Yoga The path of yoga is the easiest of the four paths of yoga because it has only faith in the divine as its theme and everything else falls into place automatically. It dissolves impurities. Reflects divine love. Bhakti is a very unique and important path to God. Bhakti is also called divine love. A devotee can practice any method of Bhakti which suits him best. Through that he will attain Divine illumination. Bhakti softens the heart and removes jealousy, heated lust, anger, egoism, pride and arrogance. It infuses Joy, divine ecstasy, bliss, peace and knowledge.

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