

Hinduism: Four Paths & Eight Steps

Information derived from Huston Smith's "The Illustrated World's Religions." The quadrants with gray backgrounds represent the four spirituality types from Corinne Ware's *Discover Your Spiritual Type*. Adjacent to the gray quadrants are the four paths of Hinduism, roughly correlated to the four spirituality types (not by Huston Smith but by this author).

Karma Yoga (Active path)		Jnani Yoga (Reflective path)	
<p>The way through work</p> <ul style="list-style-type: none"> • Practiced thoughtfully, seeking enlightenment not relationships (Jnani) • Practiced through loving service (Bhakti) 	<p>Kingdom Spirituality</p>	<p>Head/Mind Spirituality</p>	<p>Path to oneness through knowledge (intuitive discernment)</p> <ul style="list-style-type: none"> • Hearing • Thinking • Shifting self-identification
Raja Yoga (Experimental path)		Bhakti Yoga (Emotional path)	
<p>Royal road, experiments in 4 layers of self (psycho-physical), willed introversion</p> <ul style="list-style-type: none"> • Body • Conscious mind • Individual subconscious • Being Itself 	<p>Mystic/Mystery Spirituality</p>	<p>Heart Spirituality</p>	<p>Yoga of love & devotion</p> <ul style="list-style-type: none"> • Love God, love one of his incarnations • Japam (vocables—repeating the name of God) • Ringing the changes of love (different types of love) • Worship one's ideal (ishta)
<p>Eight Steps practiced by Raja Yoga:</p> <ol style="list-style-type: none"> 1. Five abstentions: injury, stealing, lying, sensuality, and greed. 2. Five observances: cleanliness, contentment, self-control, studiousness, and contemplation of the Divine. 3. Body positioning (Lotus position) 4. Breathing 5. Unplug one's sense receptors, concentration becomes controlled skill. 6. Stillness of Mind. 7. The Knower drops from view. 8. The Object drops from view (Samadhi). 			