

Four Yogas

For your particular orientation, match it with the appropriate yoga:

1. **the Intellectuals:** intellect-philosophizing – searching inwardly, though a mental state

Jnana Yoga

2. **the Lovers:** devotional-loving – searching inwardly, though a state of the heart

Bhakti Yoga

3. **the Doers:** action-doing – searching outwardly, though behavior

Karma Yoga

4. **the Mystics:** mystical-meditating – searching inwardly, though a physiological state

Raja Yoga

Meet with your fellow journeys of like yoga-orientation, and prepare to deliver a short presentation of some 15-18 minutes on the core essence and meaning of your yoga. In writing, also summarize your yoga orientation. Relying primarily but not exclusively on your particular yoga, with supplemental materials for one other yoga permissible, provide a framework and perspective of your presentation, and respond to the following questions in your presentation:

1. Describe the prominent features of your spiritual landscape, including the nature of the self, the universe, and divinity.
2. How is *moksha* understood?
3. What are the fundamental ways – the means and route – through which you seek to attain *moksha*? Include in your presentation reference to the greatest challenges that might be encountered along the journey.
4. Reference your presentation with illustrative passages from the *Bhagavad Gita* and/or the *Upanishads*.
5. Structure your presentation in a manner and format that you feel is appropriate to the message you seek to present – lecture, readings, visuals, sounds, actions, a short skit, etc.

The presentation must address all five questions and criteria, and should be no more than 18 minutes in length. The written summary should be no more than 3 pages in length and should include the names of all participating members.