

TWO GREAT PRACTITIONERS

Two great examples of practitioners of Karma–Bhakti yoga are Mother Teresa and Ma Jaya Sati Bhagavati.

Mother Teresa attended to the needs of India's untouchable caste, people who had leprosy and were dying with no one to care for them. Her love and devotion inspired the world so much that she won the Nobel Peace Prize in 1979.

Ma Jaya Sati Bhagavati, who is known simply as "Ma," carries out her labor of love for people who are dying of cancer and AIDS, helping them make the transition into death. Children of AIDS victims find a loving and spiritual home at her center in Florida. To learn more about Ma's work, see her web site: www.kashi.org.



MA JAYA SATI BHAGAVATI



INTERNET

www.yrec.org

Check this site for an in-depth understanding of the who, the what, and the where of yoga. Its founder, Georg Feuerstein, is one of the top yoga scholars and he has written numerous books on yoga, including *Living Yoga*, authored with Stephan Bodian, and *The Shambhala Encyclopedia of Yoga*.

- 4 **Bhakti yoga.** Bhakti means devotion and *selfless* love. Have you ever heard someone say, "My heart just went out to her, and I offered to help"? That's Bhakti yoga, and it is Karma yoga, too. Bhakti yoga and Karma yoga often are thought of as two sides of the same coin. When you feel love, you want to serve, and when you serve in a selfless way, you also feel the love and devotion of that action.
- 5 **Jnana yoga.** This is the path of *wisdom* and of discerning that which is real from that which is unreal. Through this path of wisdom comes the inspiration to view life from the perspective of humans as spiritual beings. The writings of the great sage Jiddu Krishnamurti are a good example of Jnana yoga.
- 6 **Tantra yoga.** Tantra means the place *where opposites meet* and become one. For this reason, it is often associated with sexual union. But the big picture of Tantra teaches that there is no difference between the *big* opposites – the finite and the infinite, or the Divine with a capital D and the divinity that is ordinary life. Because of the powerful nature of Tantra, it should always be taught by a master teacher.