

Yoga in the Bhagavad-gītā
(lit., "Song of the Blessed Lord", 100 CE)

KEY TERMS: **dharma** (duty, right action, virtue, sacred law, etc.), **karma** (action and its result-**phala**), **jñāna** (spiritual knowledge), **bhakti** (devotion, loyalty), **buddhi** (discerning faculty), **ahaṅkāra** (identity-creator, ego), **brahman** (the ground of being, world-spirit), **ātman** (divine Self), **mokṣa** (liberation), **puruṣa** (human consciousness), **prakṛti** (matter/energy, material universe), **sāṅkhya** (dualist philosophy), **guṇa** (quality of reality: **sattva** [lucidity, light], **rajas** [energy, passion], **tamas** [darkness, inertia]), **yajña** (sacrifice, offering)

- Definitions of Yoga: "Yoga is skill in action", "Yoga is the severance of union with pain," "Yoga is equanimity." (2.47)
- Karma-yoga: the Yoga of Action. "Be intent on action, not on the fruits of action. ...Perform actions, firm in discipline, relinquishing attachment." (2.47-48) "Surrender all actions to the Divine, and fix your reason on your inner Self." (2.30)
- Jñāna-yoga: the Yoga of Knowledge. "When a man is unattached and free, his reason immersed in knowledge, acting only in sacrifice, his karma is wholly dissolved." (4.23) "Knowledge will let you see all beings within your Self, and so in Me." (4.35)
- Dhyāna-yoga: the Yoga of Meditation. "Disciplining himself, his mind controlled, a yogi finds peace, the pure calm that exists in Me. ...When his controlled thought rests within the Self alone, without craving objects of desire, he is said to be disciplined." (6.15 & 18)
- Bhakti-yoga: the Yoga of Devotion. "Keep your mind on Me, be My devotee, sacrificing, bow to Me -- you will come to Me, I promise, for you are dear to Me." (18.65)