

What is Jnana Yoga? Jnana Yoga is spiritual enlightenment from pure knowledge. This path of wisdom or Advaita Vedanta leads to the reality of the One True Self. This Jnana Yoga spiritual book inspired by Yogi Ramacharaka teaches that learning yoga is about more than poses and exercise but meant to lead the genuine truth-seeker to Spiritual Awakening! For complete health and fitness, Jnana Yoga encompasses the eight limbs of yoga which includes asanas, concentration, meditation and Samadhi! Your sadhana practiced religiously leads one to become a master over ego and ignorance. Thus, the true practice of yoga is the union of soul and spirit and this should be the first question on the spiritual path: "How May I Come To Know God"? God may go by many names in many religions. But God is not a "man" up in the sky! Essentially, all religions state that God is Omnipresent, Omniscient and Omnipotent. So it doesn't take a stretch of the imagination to conclude that if God is truly everywhere and everyplace then He must accordingly be within you! Intellectually, we may accept this fact but many of us have no idea how to reach the God that may be within us. This is a question that was first positioned ages ago and there are those that have answered the question for themselves and then provided a roadmap for others to find the same. Hence, came the Birth of Yoga. Yoga is the union of soul and Spirit. It is the means to this union and the state of Union. Over the ages have evolved many types and branches of yoga that may be more suited for the individual and yet they are all branches of the same Tree! Jnana Yoga is known as the wisdom path to Self-Realization. Jnana or Gnana is a Sanskrit word and means "knowledge." This is a knowledge of the body, the mind and the Spirit. The ultimate knowledge of course is the knowledge of Self! But this true knowledge is not just an intellect of the mind, it derives from a study of scripture and teachings but more profoundly as a result of an inner intuitive knowledge derived through meditational practice experienced in yoga. Through continued practice it will lead one to liberation from attachment to the physical body. It is a proven system for realizing ones spiritual destiny. Sincere and regular effort is required of any yoga path but they all lead to true happiness, inner peace and the dynamic joy of the soul. Many rivers... One Ocean; many branches... One Tree; many paths... One Destination; many stories... One Truth! 1 S.O.U.L. Publishing www.selfawakened.com

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