



Irrespective of the way we represent our spiritual goal, this can be attained through one of the forms of *Yoga*. Enlightenment (*mokṣā*), is defined in Hinduism as the communion with the Divine in all forms, the attainment of the divine plane of consciousness, the anchoring of consciousness in the Ultimate Truth, the attainment of a bigger freedom in life.

Mokṣā

can be obtained through all forms of

Yoga

, but it is more easily and readily reached through

Karma Yoga

. Regarding this here follows quotes from well-known sages.

Swami Sivananda

: "Many people believe that

Karma Yoga

is an inferior type of

Yoga

, but this is a great error."

Rabindranath Tagore: "Many of us wrongly think that action is opposing freedom." "We will never obtain a significant result by trying to reach the Infinite outside of the domain of action." "If we declare that we would like to realise *Brahman* (The Supreme Divine) during introspection only and that we leave Him out during our exterior actions, considering that we want to benefit from his presence only through the love that we feel in our hearts during prayer, without any other adoration for Him through other exterior modalities, or if we consider that only the contrary is true, then we are obstructing our work on the long way towards the

Truth and we set ourselves for a pitiful failure" (
Sadhana
).

Sri Ramakrishna: "When performed without attachment the action becomes an easy way to obtain the real goal in life, which is communion with God."

Swami Vivekananda: "Through detached activity the human being can easily get where *Buddha* got only through meditation and

Jesus

through love and prayers" (
Practical Yoga

).

Even if this formulation may be shocking for some fundamentalist Christians, it shows clearly that for

Swami Vivekananda

,
Karma Yoga

is as efficient as

Raja Yoga

or

Bhakti Yoga

practised at their highest level.

Ma Ananda Moyi: "He who practices *Karma Yoga* will quickly realise *Brahman* (The Supreme) as Absolute Consciousness and will receive the grace of the Divine Mother" (
Teachings of

Ma Ananda Moyi
).

For the careful student of the Hindu spirituality it is obvious that these are objective goals to be reached both in *Jñana* and *Bhakti Yoga*.



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