

Sri Swami Rama*Choosing a Path*

Pennsylvania : The Himalayan International Institute of Yoga Science and Philosophy of the U.S.A. 1982, vii+200 pp. \$ 6.95.

This book offers a path for all those who seek God, peace, happiness and bliss through meditation or *Yoga*. Sri Swami Rama makes a clear distinction between religion and spirituality. He emphatically asserts that a spiritual being can be religious, but a religious human being is not necessarily spiritual. A student is persuaded to choose a path for himself by examining his potentialities and abilities. It provided a glimpse and creates an atmosphere of curiosity for the intelligent and the learned to concentrate on his own self. He exhorts the aspirants to start with a positive assertion of himself – his unique equality. This book answers the perennial questions, “Who am I? From where have I come? What is the purpose of my existence and where will I go?” The answer is found in the ultimate truth centre of cosmic consciousness.

Some of his paths are explained in order to inspire the seekers to choose for themselves. All the people are engaged in the search, search for truth, but very few have succeeded in the quest. The paths which the author suggests are the path of *Karma Yoga*, the path of action, *Bakti Yoga*, the path of love and *Jñāna Yoga*, the path of knowledge. The path of *Raja Yoga*, *Laya Yoga* and *Kundalini Yoga* deals with the awakening of the dormant power within.

Positive thinking mechanism is applied here. *Jñāna Yoga* is exclusively for the intellectuals. It is a means to discern his *authakarna*—his inner functionings. In this path of knowledge blind faith is completely ruled out; know, analyse and then realize. In *Jñāna Yoga manas* plays the dominant role because the functions of the senses depend on the mind. When an individual expands his consciousness he realizes cosmic consciousness and this leads to perfection or *moksha*.

Bhakti Yoga—studying the scriptures, constant *Japa* (prayer) and complete dedication and self-surrender are the guiding factors of this path. One should not concentrate on his negative qualities or defects. The power of love is essential for leading a joyous, meaningful and creative life. To be loved means to love. Love means giving, giving,