

giving where there is no thought of any return or reward. To give unconditionally is love. Jesus trod the path of *Bhakti*, and practical Christianity is the path of *Bhakti*. A real *Bhakti* is one who has given everything to humanity and once someone acquires in such he cannot live without it. No matter how many times the world persecutes him, that persecution is a joy, and he lives happily. When Christ was crucified he was the happiest person in the world because he was crucified for the sake of truth.

*Karma Yoga* cures on those pages of the manuscript of life that one is holding in his hands, and that is the present. Every human being consciously or unconsciously is working towards perfection. *Karma* is of two types: *Karma* performed mentally, and *Karma* performed in the external world. Here the virtue of self-discipline is the prelude to this path: one's duties are important, one cannot live without them. If those duties are not properly performed one becomes lazy and makes others unhappy. Action plus duty makes *Karma*. These duties are towards one-self and towards others. Performing all of one's actions for others - that is the way to liberation. In *Rāja Yoga*, the student has the freedom to examine his own progress. Here philosophy and practice are inseparably mingled. This path teaches one how to conduct ourselves. Direct experience is the very lode star on this path. The application of this science traces its path of revelation and controls from the gross (the physical body) to them more subtle (the senses), to the subtlest manifestations of the mind, and then to the centre of consciousness of the individual soul. There are eight steps for this *Yogic* discipline. They are, *Yama*, *niyama*, *āsana*, *prāṇayama*, *pratyahāra*, *dhāraṇa*, *dhyāna* and *samādhi*.

The path of *Laya Yoga* is practised by the aspirants who have profound knowledge of *Rāja Yoga* and *Samkhya Yoga* as well as *Tantra* philosophy. In *Laya Yoga*, the unfolding of the different levels of reality of life is done in a systematic way through self-unveiling, self-preservation and self-realization. It leads the *Yogi* through the first six levels of consciousness.

*Kundalini Yoga* is the most advanced and technical path in which a definite methodology is followed strictly. The word "Kundalini" come from the word, *Kundala*, which means 'coiled'. There is another word, "Kunda" a bowl, which is used for sacrificial fire. In the *Kunda*, the primal fire called *Kundalini* resides. The images of a