

ONENES WITH THE ABSOLUTE

SPIRITUAL ILLUMINATION

HINDUISM



THE SPIRITUAL PATH

<p>These are the texts that constitute the final part of sruti (the Vedic revelation) and lay the foundations of Vedanta, the philosophical conclusion derived from the Veda. They are centered in the atman (human spirit) and the Brahman (the Absolute), in the recognition of the identity between both, and in the meaning of the sacred syllable Om.</p>	<p>Didactic-philosophical poem that shows the way of unity with the divinity through the four great paths of classical yoga: karma-yoga, bhakti-yoga, raja-yoga, and jnana-yoga. The work aptly compresses the doctrines of the philosophical systems of samkhya, yoga and vedanta.</p>	<p>Tantric texts are intended to elevate the totality of the human being to a state of divine perfection, teaching him to awaken through rites and meditation practices the cosmic energy (kundalini-sakti) that he carries within himself.</p>	<p>Philosophical system, according to which, the universe arises by the union of primordial matter (prakriti) and spirit or consciousness (purusa).</p>	Karma	Bhakti	Raja	Hatha	Kundalini	Jnana	<p>3 Advaita-vedanta: non-dual</p>	
				<p>Consists of the unattached acting: "Therefore, freed of all attachment, he always performs the action he has to perform, because by acting without any attachment man reaches the Supreme". (Bhagavad-gita)</p>	<p>This is the path of love and surrender through which, the devotee finally gets to merge with the divine. Intensifying his feelings towards God, he progressively merges with the Absolute.</p>	<p>8 Samadhi: fixation</p> <p>7 Dhyana: meditation or contemplation</p> <p>6 Dharana: concentration</p> <p>5 Pratyahara: retraction of the senses</p> <p>4 Pranayama: breathing control</p> <p>3 Asana: corporal position</p> <p>2 Niyama: abstinence</p> <p>1 Yama: dominium of oneself</p>	<p>Originally a raja-yoga technique, that gives greater importance to the asanas and the pranayama. Its main objective is to achieve the fusion of the "ha" (prana) with the "tha" (apana), in order to make kundalini ascend from the base of the trunk to the crown.</p>	<p>Its objective is to awaken the kundalini at the base of the trunk and its ascent through the chakras until it reaches the crown, hence provoking spiritual illumination or oneness with the Absolute.</p>	<p>Path that uses the power of discrimination to discard progressively the unreal (maya: deceit, illusion, appearance) until only the only real remains (Brahman: the eternal and immutable Absolute).</p>		
Awakening	Awakening	Body of Light and Awakening	Awakening	Awakening	Body of Light	Body of Light and Awakening		Awakening	Awakening	1 Dvaita-vedanta: dual	Awakening

MYSTICOSOFIA

