

Chapter 1 : Bhakti yoga - Wikipedia

*The Path to Love Is the Practice of Love: An Introduction to Spiritually, With Self-Help Exercises for Small Groups (Guidebooks for Growth Together) [Carol Riddell] on blog.quintoapp.com *FREE* shipping on qualifying offers.*

Bhakti yoga is the path of devotion, the method of attaining God through love and the loving recollection of God. Most religions emphasize this spiritual path because it is the most natural. As with other yogas, the goal of the bhakta, the devotee of God, is to attain God-realization—oneness with the Divine. The bhakta attains this through the force of love, that most powerful and irresistible of emotions. Love is accessible to everyone: Love makes us forget ourselves, our whole attention being devoted to the object of our adoration. Love gives us concentration: In an easy and totally painless way, love creates the preconditions necessary for a fruitful spiritual life. Use this powerful force for God-realization. We must remember that when we love another we are really responding—though unconsciously—to the divinity within him or her. It is not for the sake of the wife that the wife is dear, but for the sake of the Self. Unfortunately, we usually misplace our love. It is God alone, however, who is True, Perfect, and Beautiful. Put the emphasis back where it belongs—on the divine Self within each person that we encounter. That is the real object of our love. Rather than obsessing on a limited human being, we should think of God with a longing heart. Many spiritual teachers have recommended adopting a particular devotional attitude towards God: The determining factor here is, Which attitude feels the most natural to me and which attitude brings me closest to God? Jesus looked upon God as his Father in Heaven. Ramakrishna worshipped God as Mother. Many great saints have attained perfection through worshipping God as the baby Jesus or the baby Krishna. Many have attained perfection through worshipping Christ as the bridegroom or Krishna as the beloved. Others have attained perfection through worshipping God as their master or friend. The point to remember is that God is our own, the nearest of the nearest and dearest of the dearest. The more our minds are absorbed in thoughts of Him—or Her as the case may be—the closer we shall be to attaining the goal of human life, God-realization. Many people are drawn to worshipping God through love and devotion. Yet other spiritual aspirants are more motivated by reason than by love; for them, bhakti yoga is barking up the wrong spiritual tree. Those who are endowed with a powerful and discriminating intellect may be better suited for the path of jnana yoga, striving for perfection through the power of reason. Other paths of Yoga:

Chapter 2 : Love and Knowledge: Two Paths to the One

"The Path to Love." Philosophical, inspiring, and ultimately very practical, The Path to Love is a book that can change lives as it invites the spirit to work its wonders on the most complex and richly rewarding terrain of all: the human heart.

Outrageous love is awakened through the practice of writing outrageous love letters. Evolution becomes conscious to itself through your awakening to the realization that your life itself is an outrageous love letter. You are messenger that forgot your message. Your message is You! You awaken by remembering that you are the personal face of the evolutionary impulse. Through your own evolution of consciousness you participate in the evolution of love. To awaken as an outrageous lover is to become intimate with reality itself. You recognize that you are living in an intimate universe in which you are seen, witnessed, addressed and called. You are called to realize that existence needs you as an intimate partner. Reality needs your service. Your life is your Outrageous Love Story. Living your life as an Outrageous Love letter comes from the realization that all of existence needs your intimate witnessing and partnership. By awakening as the evolutionary impulse and activating your capacity for outrageous acts of love, you come into intimate union with the universe, and the universe comes into intimate union with you. Wake up to the realization that you are an Outrageous Love Letter. This is the core transformation of Identity, which changes everything. Awakening as an Outrageous Lover through the Practice of Writing Outrageous Love Letters You can access Outrageous Love even when you are not spontaneously feeling it, because the practice of writing Outrageous Love letters itself kindles Outrageous Love. The practice emerges from the mystical Song of Songs traditions, which itself is, in our understanding, a specific form of outrageous love letter. An outrageous love letter, which accesses Eros, is fully personal and yet radically transpersonal at the same moment. We have written thousands of outrageous love letters, to ourselves, to each other, to those in our circle, to God, to the universe itself. Perhaps you think that to love outrageously is beyond your capacity. Only saints or enlightened beings love outrageously. It is time for the democratization of enlightenment. To love our way to enlightenment however we need to also democratize of outrageous love. There is no prophet to wait for. Rumi is not going to write your letter for you. The future is you. The old top-down world of religion and government is over. There is no messiah coming. He has already come. These are not words of love parading in pretty costumes. This is the deepest truth of the cosmos that emerges from a profound reality consideration of where we are today, as individuals and as a collective. The practice is simple. All you need is your imagination. The practice that awakens your deeper identity as an outrageous love letter is no less and no more than writing outrageous love letters yourself. We usually rely on the great poets or sages for words of love. We read the Sufi poet Rumi or others like him to find the love that lives in us. It is the time however to move beyond quoting the words and heart of others. It is time to democratize outrageous love. In the outrageous love letter practice you awaken the Unique Self outrageous lover that lives in you and as you. You learn the practice of writing outrageous love letters, to those close to you. To those you may not know well but are part of your life. And when you are ready, even to people you feel are your adversaries or competitors. This practice liberates the unique outrageous love that is you, and awakens your capacity to commit outrageous acts of love. Now you are ready to play the most outrageous game possible. Outrageous love becomes conscious through you. Outrageous Love is always evolving, because the outrageous Lover is always expanding her heart. Following the laws of love and writing outrageous love letters brings us to the final stage of awakening. The last stage of your awakening is when you realize that your life is an outrageous love letter. Your sacred autobiography is a love letter from God to God bearing your name. Your story is an outrageous love letter from the infinite to the finite sealed with your signature. But it goes still one level deeper. All of reality is really an outrageous love letter from God to you. Read God, the Tao, the reality principle, the evolutionary impulse. It is a personal love letter to you. It took the evolutionary impulse This is the outrageous love letter from infinity to you written in the script of your Unique Self. When you awaken and live your Unique Self expression, committing outrageous acts of love as an awakened outrageous lover then you are writing an outrageous love letter back to God. Imagine God, the evolutionary impulse sending an outrageous love letter to you in the form of your atomic, cellular

and spiritual signature. Feel her yearning over the millennia. First she waits for the letter to be delivered over billions of years. Then you are born. The clock starts ticking and SHE waits with bated breath and virtually desperate yearning to receive your return letter. Imagine her going to the mailbox every day, opening the box to see if a letter has arrived. The letter that you write back to God is Your Unique Self. When you awaken to your Unique Self you are awakening as an irreducibly unique expression of the Zero Point field. The God field, the field of outrageous love intelligence. You are awakening into your divinity. We end as we began. Your life story is an outrageous love letter from God to God signed with your name. This is the realization that changes everything. You begin to be lived as love, Outrageous Love. You begin to live the outrageous life that that you imagined in the dreams that you long ago forgot. You begin to commit outrageous acts of love. Outrageous Love gives you direct and sustained access to a level of aliveness, wisdom, Eros and joy that you had not only forgotten. You forgot that you had forgotten. Outrageous love is the memory of your possible future. Or by mystical Christianity as living Christ energy. Or by the kabbalists as liberated God consciousness. First, it is always worth remembering that the God you do not believe in does not exist. We are not talking about the Santa Claus god or the older man with the long white beard sitting on a throne. Here we must return to our conversation on intimacy. The great traditions experience God as infinity. They emphasize particularly the infinity of power and knowledge, Omnipotence and Omniscience. Which simply means infinitely powerful and infinitely knowing. But the outrageous love mystic senses a different infinity in the divine, the infinity of intimacy. Spoken in personal terms, God is the infinity of intimacy. The deepest realization you can have as a person is to know that you live in an intimate universe. Intimacy means to be seen, recognized, and witnessed. We are all systematically misrecognized. This is the pain of alienation. It is the suffering, which comes from being invisible. Intimacy is the opposite of being invisible. Invisible man is not intimate. To be intimate is to be known. Intimate relations in the sense of sexual relations are described in the sacred texts as knowing. Hence, the phrase, carnal knowledge. To live in an intimate universe is to be known. It is to know that you are seen and to know that you are known. But witnessing does not exhaust intimacy.

Chapter 3 : The Path to Love: Spiritual Strategies for Healing by Deepak Chopra

According to the prolific Deepak Chopra, we are created to be completely loved and completely lovable for our whole lives. In this paperback he argues that the source of this bounty is our spiritual nature which enables us to rejoice in love as healing, renewing, inspiring, and able to bring us.

I saw it as something related to my body and about speaking kindly and gently to it, instead of always criticising, downplaying it and being mean. And so, I found myself in a group of 33 brave, beautiful women. Some did one module, and others of us walked the year together with our amazing teacher and mentors. Now here we are, completed and certified to use these simple, yet powerful tools that have been used with women around the world for over a decade. Certificates for the three modules completed during the year: There are tools you can use to cultivate a deeper self-love, a deeper self worth, that radiates out into every tiny corner of your life. To experience it is joyful. I want to sing it from the rooftops, and tell the world what a difference simple, daily, self loving practices can make. Self-love is about how you choose to speak to yourself in every waking moment. It is about growing self awareness and then being honest with yourself. And so many of your decisions are based off them. To grow your self awareness you have to check in with your heart, your body and feel what emotions and physical sensations are there. Self love is also about self acceptance. Every moment in fact. Self-love is waking up every morning and choosing you. Choosing to back yourself and ask yourself what you need in that day, and then giving it to yourself. What do you need emotionally, physically, spiritually and relationally? Something like a few words of encouragement or five minutes of quiet space might be what you need. This is self care. Self-love is choosing self pleasure – the things that bring you deep joy and laughter – because when you do those things you fill your cup to bursting and radiate love to more people than you know. It is in every decision you make to stay in tune with yourself – in mind, body and spirit. Self-love is a feeling, that as it grows your life becomes richer, gentler and more nourishing. And every day you are privileged to wake up with your best friend, even though physically you may be sleeping alone. You can source love from something greater than you, Mother Earth, people you can trust and who see you for what you are, the ocean, animals, children, nature and so much more. Self-love is releasing self judgement, with a healthy dose of self honesty. This is self-empowerment, taking the reins of your life. Self love is also about respecting yourself enough to only have loving, respectful relationships in your life, including the one with yourself. Love directed at self is not selfish. And that is always a good thing! Self-love is not for a select few. Self-love is not always easy. But knowing your true worth, what makes you uniquely you, is the greatest gift you can give yourself, your relationships, your community and the world. You, brave, courageous soul, are over-flowing with love. If today you can start by saying a kind, loving phrase to yourself, you are practicing self love. See where it takes you! So much love xxx PS: If you want to talk to me more about some simple, yet powerful tools that you can use in your own life to cultivate a deeper sense of self love and worth, please get in touch anytime.

Chapter 4 : Editions of The Path to Love: Spiritual Strategies for Healing by Deepak Chopra

An unedited first draft text from the forthcoming book The Path and Practice of Outrageous Love by Marc Gafni and Kristina Kincaid. The way to awaken as an Outrageous Lover is the practice of writing Outrageous Love Letters.

Through the ages, mystics, sages, singers and poets have all expressed the ballad and call to love. As humans, we have searched endlessly for the experience of love through the outer senses. Great nations have come and gone under the guise of love for their people. Religions have flourished and perished while claiming the true path to love. We, the people of this planet, may have missed the simplicity of unconditional love. We are without any limit to our thoughts and feelings in life and can create any reality we choose to focus our attention upon. There are infinite imaginative possibilities when we allow the freedom to go beyond our perceived limits. If we can dream it, we can build it. Life, through unconditional love, is a wondrous adventure that excites the very core of our being and lights our path with delight. Becker, developed a rather unique, and perhaps unconventional, contemporary definition for unconditional love and shared it in his first book, Internal Power - Seven Doorways to Self Discovery. Ever seeking a practical and universal definition, he chose to understand and evolve each of the two words "unconditional" and "love" to their core essence of meaning. Then combining them into one idea he realized a useful insight for applying this profound perspective found in this unique combination of two words. Instead it reveals something more important - the individual potential that resides within each of us every moment. It merely asks that we approach each moment with clarity and right perspective and recognize the vast unlimited possibilities to choose a new way of thinking and feeling. Such a sense of profound love comes when we first forgive and accept ourselves for all our limiting beliefs, mistakes, judgments and misunderstandings and apply the "unconditional" to us personally. We recognize our self worth, value our talents, and allow ourselves to be who we are rather than what we think others wish us to be. In turn, we naturally understand those around us and extend our helping hand without condition, judgment or expectation. We see ourselves in the reflection of another and know that everyone deserves to love and be loved without condition. By embracing the present moment with openness we realize and know we have the solutions and answers already within us. We begin building a reality that is based on love, wisdom and power in perfect balance. For each step we take personally, we impact the world with this amazing energy of love. Unconditional love turns hope into knowing in a collective reality that is often seen as hopeless or seemingly impossible to overcome. When you know something is possible you empower this to manifest with your very being. So know from now on that you are loved and loving and see how the world responds to your light and knowing. Watch how your peace and strength is sought out by others and how the limitless love you have to share is the love you receive in return. When we allow ourselves to understand the impact our actions have not only on ourselves but the planet we live on, we realize the necessity to take loving action. We each have the power to correct conditions within as well as to affect the world we live in. There are so many ways to apply love in our everyday lives. Yet, if we do not take care of ourselves, it is virtually impossible to feel and share love with the world around us. As an act of self-love, we can begin to educate ourselves and learn to take care of our physical bodies as well as keep our thoughts and feelings positive and loving. Nurturing ourselves also teaches us how to nurture life around us. Practice constant acts of kindness and you bring kindness upon this planet. Forgiveness is the easiest and most powerful act of kindness you can make. Both for yourself and for others, this activity promotes unity, harmony and oneness that transmutes the old into the new. This magnificent planet is filled with opportunities to experience love, respect, peace and joy. When we, as individuals, realize our potential to love unconditionally, we transform ourselves and the planet at the same time. Such is the power we wield every moment of every day. The choice is ours to create a world of joy and happiness, love and goodwill. Living With Love The power of love is held within each of us every moment. This wondrous energy is available merely by our use and conscious recognition. When we choose to love one another we transcend the lower personality perceptions and rise to a higher truth. We recognize our oneness, wholeness and interconnectedness. This is not a conditional love or the type of love one may try to use to earn favors or expect validation, rather this is a

universal and unconditional love that recognizes the beauty in life every moment. It is of a higher nature. It is a natural expression that does not expect an outcome. It is giving just for the sake of giving. It is in the sharing and giving of love to others that we receive the same that we give. Give love and surely you will experience love itself. Express love to the world around you and the world will reflect back to you the power of love. Each of us desires to understand and realize this experience of love. Just listen to the lyrics of most music, for example, and you will quickly see how much the notion of love plays a part in our personal journey of life. We seek it in our families, relationships, careers, religions, hobbies, and even at times we look to nature itself. All the while, it is right within us ready to be given out and experienced. Love is such a powerful force especially when shared. How do you want to experience life? Will you be more kind, gentle, forgiving, tolerant and loving? Or will you continue to give your power away to the fear and doubt that is so prevalent right now in our society? The choice is ultimately yours. Might we suggest a resolution to love unconditionally? Within you is an unlimited supply of love and you hold the key to its release. Fear and doubt, anger and hate, have no more control over our lives than we allow. Can it be that simple? Loving is a choice we can make every moment. Realize that you are a powerful, spiritual and angelic being and can create with love. Take care of your thoughts and feelings and make sure they reflect the positive you. Also observe your actions and insure that they have a loving intent too. Even when our emotions get the best of us and the stress and concerns of life become a bit overwhelming, just remember we have tools of forgiveness, gratitude, meditation, visualization, and letting go, to assist us in overcoming the negative experiences we encounter each day. Most things we concern ourselves over are not worth worrying about or holding on to. When you are clear and receptive to your own higher, loving nature, you can then direct this love to people and places around you. Your peace becomes the peace for others. Your love becomes the love other people feel. Be the angel you are and choose to live freely and joyfully. In doing so, you make this a better world to live and love in.

Chapter 5 : Self-love is a Path, Practice and Choice - Recovering Wholeness

The Path to Love Is the Practice of Love: An Introduction to Spiritually, With Self-Help Exercises for Small Groups (Guidebooks for Growth Together) by Carol Riddell. Findhorn Pr, 1St Edition.

A mother loves her newborn child without reservation, and romantic love, in its first stages of infatuation, can make the beloved seem perfect. But most of us doubt that love without reservation, completely forgiving and accepting, exists in our everyday lives. Looking in the mirror, all of us see too many flaws and remember too many past wounds and failings to love ourselves without also putting a limit on it. In order to expand the love you experience now into unconditional love, a spiritual element is involved. Through meditation, self-reflection, or contemplation, and the experience of quiet at least a few minutes every day, you make contact with your inner world. You learn to appreciate and enjoy it. But you are only human, and you will find that your sense of insecurity and anxiety represents feelings from the past that can be healed. In fact, they want to be released if you will give them a chance. The first step in healing is to look inside and let the process of releasing begin. Healing can proceed along many avenues—from therapy and support groups, to energy work, massage, mind-body programs, and various Eastern medical approaches. Deal with Old Wounds One could also call this advanced healing. As old residues of negative emotions are released, you find that you are stuck with resentments, hurts, and scars that must be dealt with. Beneath the scar such wounds feel very fresh. It takes help from someone else who understands the situation to go into these dark places—it could be a close friend, mentor, confidante, priest, or therapist. Just find someone who has walked the path successfully and sympathizes with you fully. The absence of pain, achieved through healing, gives you the right foundation for deep, lasting forgiveness. Self-acceptance is required first, and the realization that you—and everyone around you—has been doing the best they can from their own level of awareness. They must be attended to before you can look around, breathe easily, and love the moment you are in right now. A good beginning is to catch yourself when you have a bad memory and say, "I am not that person anymore. You should walk it with people who reflect the love you see in yourself. You are likely to look around at some point and realize that not everyone among your family and friends are in sync with your aspirations. They are more likely to appreciate you for who you are now and who you want to become. But the only way to realistically find "the one" is to be "the one" yourself. Like attracts like, and the more you live your own ideal of love, the more your light will draw another light to you. This single point, I am told, has helped most people find their love. If you spend time every day with one or two of these steps, you will find a practical road that takes you to more love than you have in your life today. The steps unfold naturally once you begin to devote attention to them. You were born to be perfectly loved and completely lovable. The path has been walked successfully for centuries, so I hope you take heart and join the fortunate ones who aspire this high. There is no better time to begin than now. Want to go even deeper? Experience support as you are guided through our 5-step healing process and leave feeling more connected to a complete state of mindfulness.

Chapter 6 : 7 Steps to Loving Yourself Unconditionally | The Chopra Center

The Basic Practice. Love of self, love of neighbors, and love of God are the foundational stones of the world's religions. Spiraling out from the core of our being, our other loves are also cobblestones on the spiritual path: love of family, of partner, of friends, of community, of animals, of nature, of country, of things, of hobbies, of work.

In a synthetic Yoga all powers will be combined and included in the transmuting instrumentation. Superficially, it might seem that these paths have little to do with each other. It might even seem that they are incompatible. For example, while the bhakta cultivates a burning fire of love in the heart, the jnani cultivates a calm clarity of discrimination in the intellect. The bhakta overflows with passionate poetry and ecstatic dance, while the jnani expounds profound subtleties of mystical philosophy. In short, the bhakta loves God, while the jnani knows God. These are the superficial stereotypes many of us have inherited. But what is the truth behind these stereotypes? Are the paths of jnana yoga and bhakti yoga actually so different? In this paper, I would like to explore the possibility that jnana and bhakti yogas are not really so different. What I hope will become clear is that Love and Knowledge are not only compatible with each other, but are in essence inseparable. The Path of Love and Devotion Be drunk on love, because love is all that exists. This is the greatest and the first commandment. Their unanimous testimony is that God is love, and that the path to God is the path to and in love. What could more fully and deeply be the essence of the mystical path of self-surrender than love? If we are to pass through the gateway of mystical death, if we are to die in order to be reborn, what power could possibly allow us to surrender our lives, if not the power of love? The greatest commandment, Jesus tells us, is to love God with all of ourselves, to love God to death, to our death, to the point where we have died so completely to ourselves that God lives in and through us. Clearly, this is no sentimental love, all comfortable and cozy. This radical love is a raging fire in the heart that burns us up from the inside out, ultimately consuming our very self. Love seizes you tenderly and drags you towards the trap. No one can escape his chains by trickery or madness; no sage can wriggle out of his nets by wisdom. We must be willing to love, even through the most extreme pain, suffering, and affliction. Even when it seems impossible for us to endure, even when it is impossible. What is the secret to this capacity for such profound love? It seems that in order to love so deeply and completely, in order to endure this radical purification of the heart, we must already have a saintly capacity for loving God. The wonderful truth is that we do—there is in everyone a seed of sanctity in the depths of the heart, and we need only take refuge in it, and have faith in its power. If we do not, we will falsely imagine that we are powerless in the face of affliction, and allow it to overrun our soul. We will be like a man who has forgotten that he is actually the king, and stands by watching as injustice and suffering spread throughout the kingdom. In other words, the key that unlocks the door to the depths of love is the realization or faith that the capacity for divine love is already in us. Simone Weil, a modern mystic, explains it this way: But through all the horror he can continue to want to love. It is only necessary to know that love is a direction and not a state of the soul. If one is unaware of this, one falls into despair at the first onslaught of affliction—Simone Weil *Waiting for God*, p. If we imagine that it always feels good to love, then we will not realize that it is love that rips our hearts open, and makes us vulnerable to the horrors of the world. Love is not a feeling. Love is a willingness to open our hearts to pain and suffering and to bear it. So when we willingly open our hearts to the experience pain and suffering, when we face affliction rather than turn away from it, we are manifesting the purity of love, which is to be highly vulnerable. As Simone Weil says, Purity is Pure love is not only vulnerable to contact with evil. It is also vulnerable to separation from goodness. Just as pure love does not push away evil, but turns it into suffering, pure love also does not cling to goodness, but turns the separation into longing. In both cases, the intensity of the suffering is in direct proportion to the depth and purity of the love. To the ego, this is insanity. The last thing the ego wants is more suffering. Why on earth would someone want more love, if it only makes one vulnerable to deeper suffering? So when the mystic prays to God for suffering and welcomes affliction with open arms, this is not some sick masochism or martyr complex, but is rather an acknowledgement of a deep mystical truth. The mystic knows that affliction is the fuel of the fire of love, and that suffering is this fuel burning in the heart, feeding the sacred fire to grow even

stronger. This is why Simone Weil writes, Love of God is pure when joy and suffering inspire an equal degree of gratitude. But the mystic thanks God just as much for suffering, because suffering is an opportunity to purify the heart and deepen the capacity for love. And when suffering becomes so unimaginably extreme, when it becomes so incomprehensibly intense that it completely overwhelms our own capacities, then we have been given the greatest blessing. The irreducible character of suffering which makes it impossible for us not to have a horror of it at the moment when we are undergoing it is destined to bring the will to a standstill, just as absurdity brings the intelligence to a standstill, and absence [brings] love [to a standstill], so that man, having come to the end of his human faculties, may stretch out his arms, stop, look up and wait –”Simone Weil Gravity and Grace, p. Because this kind of irreducible and horrific suffering finally brings the will to the point of perfect surrender, this moment of grace is described by Hadewijch of Antwerp as follows: He who knows Love and her comings and goings has experienced and can understand why it is truly appropriate that Hell should be the highest name of Love. For she ruins the soul and mind to such a degree that they never recover. Thereafter, it is God who lives in and through the purified soul, bringing peace and love more fully into the world. The Union of the Paths of Love and Wisdom Now that we have explored a few of the deeper truths of the path of love, it is time to consider what this path might have in common with the path of knowledge. First of all, we can recall that Jesus, who was perhaps the greatest exemplar of the path of love, said that he was the Truth John Moreover, he is also reported to have said, Unless you receive the Kingdom through direct knowledge, you will never be able to discover it. In addition, consider what Shankara, perhaps the purest exemplar of a jnani ever to have lived, says about the path of knowledge: Among all means of liberation, devotion is supreme. It is beyond the grasp of the senses. The intellect cannot understand it. It is out of the reach of thought. Such is Brahman, and That art Thou. Meditate upon this truth. Consider also the following unequivocal statements of the great American philosopher-mystic Franklin Merrell-Wolff: In the transformative process, everything else is incidental to the attaining of the self-giving attitude. Compassion and the Love of Truth are the only valid and effective motivations, and the Compassion must be utterly self-disregarding, and the seeking of Truth must be so pure that every preconception is offered up on the altar of sacrifice. The thinker arrives by surrendering himself to Truth, claiming for himself no rights save those that Truth herself bestows upon him. In the final state of perfection, he possesses no longer opinions of his own nor any private preference. Then Truth possesses him, not he, Truth. He who would become one with the Eternal must first learn to be humble. He must offer, upon the sacrificial altar, the pride of the knower. He must become one who lays no possessive claim to knowledge or wisdom. This is the state of the mystic ignorance—of the emptied heart. But just what is the connection between the paths of love and knowledge, and why are they so essential to each other? Shankara gives us the first clue why love and devotion are required in the path of knowledge: Both have the effect of purification of the soul. Simone Weil, whose knew as much of the path of knowledge as the path of love, explains how philosophy can serve as a way of purification: The mind is not forced to believe in the existence of anything subjectivism, absolute idealism, solipsism, skepticism: That is why the only organ of contact with existence is acceptance, love. That is why beauty and reality are identical. That is why joy and the sense of reality are identical. Devotion to Atman is to the mind what devotion to God is to the heart. In both cases we begin with faith in something beyond our merely human capacities for love and understanding, and through their exhaustion, these become transmuted and purified into divine capacities. These are not merely analogous processes, however. They actually are the same process. To see this, consider the following question Simone Weil asks: How can we distinguish the imaginary from the real in the spiritual realm? We must prefer real hell to an imaginary paradise. If we are to inquire into the truth about reality with utter purity, we must be absolutely unbiased to the point that we are willing to accept whatever answer we may find, even if it should be the worst of hells. If we are completely dedicated to Truth, we must prefer a real hell to an imaginary paradise, and this implies a profound love and acceptance. It even implies our willingness to accept death: To love truth means to endure the void and, as a result, to accept death. Truth is on the side of death. The cross of Christ is the only gateway to knowledge. The surrender of our will to God is identical to the surrender of our ignorance to the Truth. Love and Knowledge are the same. This is why Sri Aurobindo says, Divine Love should normally lead to the perfect knowledge of

the Beloved by perfect intimacy, thus becoming a path of Knowledge.

Chapter 7 : Bhakti - Wikipedia

This, then, is the path to love described in much greater detail in my new book, although it isn't the only path. Some people do not fall in love and enter into relationships with a beloved. But this does not mean that there is no path for them, only that the path has been internalized.

Bhakti Bhakti yoga by a Hindu in Himachal Pradesh. The Sanskrit word bhakti is derived from the root bhaj, which means "divide, share, partake, participate, to belong to". Bhagavad Gita Bhakti yoga is one of three yoga taught in Bhagavad Gita. Bhagavata Purana The Bhagavata Purana is a popular and influential text in the Vaishnavism traditions, and it discusses Ishvara pranidhana devotion to a personal god. According to Edwin Bryant, and other scholars, [23] the Bhakti yoga taught in this text is inspired by Yoga Sutras of Patanjali and Bhagavad Gita , and they focus on "the ultimate truths of the individual self and its loving relationship with a personal god". Bhakti movement Hinduism, in its scriptures such as chapter 7 of the Bhagavad Gita , recognizes four kinds of devotees who practice Bhakti yoga. The second type practice Bhakti yoga to learn about god out of curiosity and intellectual intrigue. The third type seek rewards in this or in afterlife through their Bhakti yoga. The fourth are those who love god driven by pure love, knowing and seeking nothing beyond that experience of love union. These are all considered as manifestations or aspects of the same metaphysical reality called Brahman in Hinduism. Panchayatana puja Panchayatana puja is a form of bhakti found in the Smarta tradition of Hinduism. The five or six icons are seen by Smartas as multiple representations of the one Saguna Brahman i. The ultimate goal in this practice is to transition past the use of icons, then follow a philosophical and meditative path to understanding the oneness of Atman soul, self and Brahman "as "That art Thou". The specific Bhakti yoga practices amongst Shakta are similar to those in other traditions of Hinduism. The personal god here is Vishnu or one of his avatars. In many regions, the loving devotion is either to Vishnu-Lakshmi god-goddess together, or through Lakshmi who is considered as the shakti of Vishnu. David Haberman translates them as follows: These nine principles of devotional service were incorporated by Rupa Goswami linked to Chaitanya Mahaprabhu as integral to spiritual practice focussed on Krishna. Almost the whole of humanity is concerned with Bhakti Yoga, which, in simple words, means the art of worship. But it must be understood in all its true aspects, and not merely in a narrow and shallow sense, in which the term is commonly used and interpreted. The profound worship based on the high ideals of philosophy and spirituality, prompted by divine love, doubtless constitutes true Bhakti Yoga".

Chapter 8 : Definition of Unconditional Love - The Love Foundation

The path of cultivating love for all beings, of realizing true love, isn't the only path, but true love is an important aspect of all paths, and it's the one path and principle which unites us all. How to LIVE the way of love.

Chapter 9 : Meditation is not a life-hack. It is a path to love. - Susan Piver

The Path of Love 7-day retreat is one of the most intensive and life-changing meditation and personal development processes in the world today, and has gained an extraordinary reputation amongst people who really want to come to know the truth about themselves.