

The Science of Upanishads – Part 35: Bhakti Marga (or Bhakti Yoga) to Attain Moksha

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Bhakti Marga (Path of Devotion), also called Bhakti Yoga (Devotional Union with God), is based on the doctrine of "Love is God and God is Love." God is the Beloved and the Devotee is the Lover. In Bhakti Yoga, everything is but a manifestation of the divine and all else is meaningless. The devotee experiences separation and longs to meet or even to have just a glimpse of his beloved. Nothing else attracts him, nothing else holds his attention, nothing else matters. A realization that everything is the Supreme Consciousness, nothing else exists, losing the sense of separation from that all-pervading Spirit, losing the identity that is defined by the world, and merging, diving into the vast, endless ocean of an all-encompassing, Infinite Love. **Bhakti Yoga is the most direct method, the shortest and the easiest way to experience the Divine.** Knower and the known, subject and the object, deity and the devotee – all become One. This is the essence of Bhakti Yoga. **In Bhagavadgita (Chapter 12, Verse 2), Lord Krishna succinctly described Bhakti Yoga as follows:**

मय्यावेश्य मनो ये मां नित्ययुक्ता उपासते ।
श्रद्धया परयोपेताः ते मे युक्ततमा मताः ॥ १२-२ ॥

(Those who fix their mind on Me and only I dwell in their thoughts; and who sing My glories with love and devotion; and who have complete faith in Me are considered by Me the most perfect).

There are four types of individuals who practice Bhakti Yoga. Some practice it because they are stressed by their life's experiences and circumstances and see Bhakti Yoga as a form of relief. The second type practice Bhakti Yoga to learn about God out of intellectual curiosity. The third type seek rewards in this or afterlife through their Bhakti Yoga. **The fourth are those who love God driven solely by pure love, knowing and seeking nothing beyond that experience of love union. According to Hindu scriptures, the highest spiritual level is the fourth: those who are devoted because of their sole love for God.** The *Bhagavad Gita* states that all four types of Bhakti yogies are noble because their pursuit of Bhakti yoga sooner or later starts the journey on the path of spirituality, it keeps one away from negativity and evil deeds, and it causes spiritual transformation to know God as the essence within their true self.

[Read Here for More on Bhakti Marga \(Bhakti Yoga\)](#)