

# The Four Paths of Yoga and Swedenborg's "Rules of Life"



*"Those who, fixing their minds on Me, adore Me, ever united to Me with supreme devotion, are in My eyes the perfect knowers of yoga." -Bhagavad Gita 12:2*

1. **Karma Yoga** – the yoga of action and selfless service
2. **Bhakti Yoga** – the yoga of devotion
3. **Rāja Yoga** – the yoga of meditation
4. **Jñāna Yoga** – the yoga of will and intellect



*"True worship consists in usefulness, and thus in the practice of loving."  
-Emanuel Swedenborg, Secrets of Heaven §7038*

1. To often **read** and **meditate** on the Word of God
2. To **submit** everything to the will of **divine providence**
3. To **behave well** and to keep my **conscience clear**
4. To do my work faithfully, and to make myself **useful to others**  
in everything I do