

Notes for discussion of Jnana Yoga.

Kundalini Yoga leads to Realization through the body or Shakti powers. It stands in contrast to Jnana Yoga in that the later makes no use of Kundalini or body powers. It is a purely spiritual Yoga and does not have the experiencing of an ecstatic Bliss as its object. Kundalini Yoga does give such a Bliss as well as the various objective powers. This Bliss we might call a sort of super-sensuous sensuousness. In other words, gross sense life is renounced to realize a keener subtle-sense enjoyment .