

## **1. Karma Marga (Path of Action)**

**Sanskrit:** कर्ममार्ग | Also called *Karma Yoga*

**Essence:** "Work is Worship."

### **Core Idea:**

Karma Marga teaches liberation through **selfless action** — performing one's duties and responsibilities without attachment to the results. It purifies the heart by removing ego and selfish desires.

### **Key Teachings:**

- Perform your dharma (duty) sincerely but surrender the fruits of your actions to God.
- "**Karmanyे vadhikaraste, ma phaleshu kadachana**" — You have the right to action, not to its fruits. (*Bhagavad Gita 2.47*)
- Actions done with the spirit of *seva* (service) and *yajna* (sacrifice) lead to inner purification.

### **Suitable For:**

People who are active, duty-bound, and socially responsible — those who prefer to serve through work and dedication rather than contemplation.

### **Practices Include:**

- Serving others selflessly (Seva)
- Doing one's job with integrity and devotion
- Charity and humanitarian work
- Performing rituals with sincerity, not for reward

### **Goal:**

Purification of mind and ego → Realization of the Divine through detachment and service.

## 2. Bhakti Marga (Path of Devotion)

Sanskrit: भक्तिमार्ग | Also called *Bhakti Yoga*

**Essence:** "Love is God, God is Love."

### Core Idea:

Bhakti Marga emphasizes **complete surrender and loving devotion to God**. It is based on emotional connection and heartfelt love for the Divine in any form — Krishna, Shiva, Devi, Rama, etc.

### Key Teachings:

- Devotion (Bhakti) transforms the heart and destroys the ego.
- The devotee surrenders to God's will, trusting divine grace over personal effort.
- Emotions like love, surrender, and gratitude become spiritual tools.

### Forms of Bhakti:

As taught by Sage Narada and the Bhagavata Purana — nine forms of devotion (*Navavidha Bhakti*):

1. **Śravaṇam** – Listening to divine stories
2. **Kīrtanam** – Singing or chanting the name of God
3. **Smaranam** – Remembering the Lord
4. **Pāda-sevanam** – Serving the Lord's feet (symbolically service to all beings)
5. **Arcanam** – Worship
6. **Vandanam** – Prayers
7. **Dāsyam** – Seeing oneself as servant of God
8. **Sākhyam** – Friendship with God
9. **Ātma-nivedanam** – Complete self-surrender

### Suitable For:

Emotionally inclined, loving, and compassionate people who find joy in prayer, music, and worship.

### Goal:

Union with God through **love and surrender**, leading to Moksha by Divine Grace.

### 3. Jnana Marga (Path of Knowledge)

Sanskrit: ज्ञानमार्ग | Also called *Jnana Yoga*

**Essence:** “Know Thyself to know God.”

#### **Core Idea:**

Jnana Marga is the **path of wisdom and introspection** — realizing the Self (*Ātman*) as one with Brahman (the Absolute Reality). It focuses on discrimination between the real (*Satya*) and the unreal (*Mithya*).

#### **Key Teachings:**

- Liberation comes from knowledge of the *Self*: “Aham Brahmasmi” — I am Brahman.
- Ignorance (*Avidyā*) causes bondage; Knowledge (*Vidya*) brings liberation.
- Involves deep inquiry into “Who am I?” and reflection on the nature of existence.

#### **Main Practices:**

As per *Vedanta*:

1. **Śravaṇa** – Listening to the teachings of the scriptures
2. **Manana** – Reflecting deeply upon them
3. **Nididhyāsana** – Meditating on the truth until realization dawns

#### **Suitable For:**

Intellectuals, philosophers, seekers of truth who love analysis, reasoning, and contemplation.

#### **Goal:**

Self-realization — understanding that the individual soul (*Ātman*) and the Supreme (*Brahman*) are one.

## 4. Raja Marga (Path of Meditation and Discipline)

Sanskrit: राजमार्ग | Also called *Raja Yoga* or *Dhyana Yoga*

**Essence:** “Mastery of Mind leads to Mastery of Self.”

### **Core Idea:**

Raja Marga is the **royal path** of meditation, discipline, and control of mind and body to experience the Divine within. It is the path of **self-mastery** through Yoga, as systematized by *Patanjali* in the *Yoga Sutras*.

### **Eight Limbs (Ashtanga Yoga):**

1. **Yama** – Moral restraints (non-violence, truth, non-stealing, etc.)
2. **Niyama** – Observances (purity, contentment, discipline, etc.)
3. **Asana** – Physical postures
4. **Pranayama** – Regulation of breath
5. **Pratyahara** – Withdrawal of senses
6. **Dharana** – Concentration
7. **Dhyana** – Meditation
8. **Samadhi** – Union with the Divine

### **Suitable For:**

People inclined toward meditation, discipline, and self-control — seekers who pursue spiritual realization through silence and inner stillness.

### **Goal:**

Through mental purification and meditation, attain **Samadhi** — the state of oneness with the Supreme Consciousness.

### **Unified View:**

All four margas lead to the **same goal — liberation (Moksha)**, but through different temperaments:

Marga	Focus	Means	Ideal Seeker
<b>Karma Yoga</b>	Action	Selfless service	Worker, doer
<b>Bhakti Yoga</b>	Devotion	Love and surrender	Emotional, devotional
<b>Jnana Yoga</b>	Knowledge	Wisdom and inquiry	Intellectual
<b>Raja Yoga</b>	Meditation	Discipline and control	Contemplative

In the *Bhagavad Gita*, Lord Krishna beautifully integrates all four, suggesting that a **balanced combination** — action with detachment, devotion with love, knowledge with humility, and meditation with focus — leads to the highest realization.

## TEACHING & TRAINING PROGRAMMES IN THE FOUR MARGAS

### 1 KARMA MARGA (Path of Selfless Action)

#### Teaching Philosophy:

“Work done with detachment purifies the heart and leads to liberation.” — *Bhagavad Gita, Ch.3*

Karma Yoga is taught as a **discipline of selfless service**, emphasizing *Nishkama Karma* — action without attachment to results. Training focuses on cultivating humility, discipline, duty, and service.

#### Traditional Training Methods:

- **Gurukula system:** Students serve the teacher (Guru-seva) as part of spiritual education.
- **Temple and ashram service:** Cleaning, cooking, and organizing rituals as acts of devotion.
- **Seva projects:** Community service, charity, environmental work, feeding the needy (*Anna Dānam*).

#### Modern Institutional Programmes:

- **Ramakrishna Mission & Chinmaya Mission:** Offer structured *Karma Yoga seva* opportunities through rural development, hospital and school services.
- **ISKCON and Art of Living Foundation:** Conduct *Seva-based training* — involving youth camps, rural outreach, and volunteerism with a spiritual focus.
- **University courses:** Some Indian universities include “Ethics and Karma Yoga” as part of religious or leadership programs.

#### Core Training Modules:

1. Understanding Karma and Dharma
2. The Spirit of Seva (Service to Humanity = Service to God)
3. Detachment and Non-egoistic Work
4. Balancing Action, Duty, and Spiritual Growth

## **2 BHAKTI MARGA (Path of Devotion and Love)**

### **Teaching Philosophy:**

“By love alone can God be realized.” — *Narada Bhakti Sutra*

Bhakti Marga is taught as the cultivation of **pure, unconditional devotion** (*Prema Bhakti*) toward the Divine, through singing, worship, storytelling, and community worship.

### **Traditional Training Methods:**

- **Bhajana and Kirtana:** Regular devotional singing and chanting under a Guru.
- **Scriptural study:** Bhagavad Gita, Bhagavata Purana, Ramayana, and Narada Bhakti Sutras.
- **Temple training:** Learning *Puja vidhi* (rituals), *archana*, and *parayana* (recitation).
- **Pilgrimages:** Participation in yatras (e.g., Vaishnava, Shaiva, Shakti traditions).

### **Modern Institutional Programmes:**

- **Bhakti Marga Organization (founded by Paramahansa Vishwananda):** Offers global training on chanting, kirtan, meditation, and seva.
- **ISKCON (International Society for Krishna Consciousness):** Structured courses like *Bhakti-shastri* and *Bhakti-vaibhava* (scriptural certification).
- **Chinmaya Mission & Satsang groups:** Conduct devotional camps, study circles, and *Jnana Yajnas* focused on Bhakti.
- **Music-based programmes:** Classical training in *bhajans* and *kirtans* in music academies.

### **Core Training Modules:**

1. Foundations of Bhakti — Love, Surrender, and Faith
2. Daily Devotional Practices — Japa, Kirtan, Archana
3. Study of Bhakti Scriptures
4. Devotional Music and Chanting Techniques
5. Pilgrimage and Group Satsangs

### **3 JNANA MARGA (Path of Knowledge and Wisdom)**

#### **Teaching Philosophy:**

"Liberation comes through the knowledge of the Self as Brahman." — *Upanishads*

Jnana Marga emphasizes **self-inquiry (Ātma-vichāra)** and scriptural study under a realized teacher. It is more intellectual and contemplative, designed for those who seek truth through reasoning and knowledge.

#### **Traditional Training Methods:**

- **Guru-disciple transmission:** Guru imparts Vedantic teachings orally (śravaṇa-manana-nididhyāsana).
- **Scriptural learning:** Deep study of the Upanishads, Brahma Sutras, and Advaita texts.
- **Meditative reflection:** Silent contemplation and discussion in *Satsanga* (company of the wise).
- **Question–Answer sessions:** Encouraging rational inquiry and inner investigation.

#### **Modern Institutional Programmes:**

- **Arsha Vidya Gurukulam (Swami Dayananda Saraswati):** Offers advanced Vedanta and Sanskrit training.
- **Chinmaya Mission & Ramakrishna Math:** Vedanta courses, study groups, and online certification programmes.
- **Sri Aurobindo Ashram, Pondicherry:** Integral Yoga studies blending Jnana with Karma and Bhakti.
- **University departments:** Departments of Philosophy and Indian Studies offer Jnana Yoga-based courses.

#### **Core Training Modules:**

1. Vedantic Foundation — Atman & Brahman
2. The Four Means of Attainment (*Sādhana Chatushtaya*)
3. Study of Prasthana Trayi (Upanishads, Gita, Brahma Sutras)
4. Self-Inquiry: "Who am I?"
5. Contemplative Meditation and Non-duality Practice

## RAJA MARGA (Path of Meditation and Self-Discipline)

### Teaching Philosophy:

"Yoga is the cessation of the fluctuations of the mind." — *Patanjali Yoga Sutra 1.2*

Raja Yoga, also known as the *Royal Path*, focuses on **mental control, meditation, and discipline** through the eightfold (Ashtanga) Yoga system. It unites body, mind, and spirit through inner mastery.

### Traditional Training Methods:

- **Guru-led meditation training:** Silent sitting, breath regulation, and mantra japa.
- **Ashram life:** Strict discipline, early rising, meditation hours, and moral observances.
- **Hatha Yoga practices:** Physical postures and breath control as preparatory stages.
- **Silence retreats:** For deepening concentration and detachment.

### Modern Institutional Programmes:

- **The Yoga Institute (Mumbai):** Oldest yoga center teaching classical Raja Yoga.
- **Bihar School of Yoga (Munger):** Integral yoga training with scriptural study.
- **Isha Foundation, Sivananda Yoga Vedanta, Art of Living:** Offer guided Raja Yoga and Dhyana (meditation) courses.
- **University-level Yoga departments:** Offer diploma and degree programs in Yoga and Consciousness.

### Core Training Modules:

1. Theory of Mind and Consciousness
2. Ashtanga Yoga: Yama to Samadhi
3. Pranayama and Breath Regulation
4. Concentration and Meditation Techniques
5. Psychological Balance and Mindfulness

Marga	Training Focus	Mode of Practice
<b>Karma Yoga</b>	Duty & Selfless Service	Seva, community work
<b>Bhakti Yoga</b>	Devotion & Love	Chanting, worship, satsangs
<b>Jnana Yoga</b>	Wisdom & Inquiry	Vedanta study, meditation
<b>Raja Yoga</b>	Mind Control & Meditation	Ashtanga Yoga, breath, silence

## 1. KARMA MARGA – Path of Selfless Service

### Core Objective:

Purify the mind and ego through disciplined, selfless service (*Seva*) and performance of duty with detachment.

### 10-Day Programme: “Service as Worship”

Day	Focus	Activities & Training
Day 1– 2	Introduction to Karma Yoga	Teach Gita concepts (Ch. 3, 5, 18), role of duty, discipline
Day 3– 4	Selfless Service	Morning meditation, seva in kitchen, garden, or local outreach
Day 5– 6	Balancing Work & Detachment	Practice of <i>Nishkama Karma</i> , reflective journaling
Day 7– 8	Group Projects	Team seva (cleaning temple, environmental service)
Day 9	Integration & Reflection	Evening satsang on ego, humility, teamwork
Day 10	Gratitude Ceremony	Offering prayers and collective reflection session

### 30-Day Programme: “Yajna of Work”

#### Modules:

1. **Spiritual Foundations** – Understanding Karma, Dharma & Detachment
2. **Daily Seva Projects** – Community cleaning, food distribution, helping elderly
3. **Ethics in Action** – Talks on discipline, truthfulness, and integrity
4. **Mindful Work Practice** – Meditation before and after work
5. **Reflection Circles** – Daily group sharing and gratitude practice

### **Daily Schedule Example:**

<b>Time</b>	<b>Activity</b>
5:00 AM	Prayers & Meditation
6:00–8:00 AM	Seva (gardening, cleaning, cooking)
9:00 AM	Breakfast & rest
10:30 AM	Lecture / Study of Gita
1:00 PM	Lunch & rest
3:00–5:00 PM	Community Service
6:00 PM	Evening Satsang
8:00 PM	Silent Reflection

### **6-Month Programme: “Living the Gita”**

#### **Curriculum:**

- Study of *Bhagavad Gita* (Ch. 3, 5, 12, 18)
- 2 hours daily Seva (temple or social work)
- Weekly lectures on Karma philosophy
- Weekly *Seva Yatras* (service visits to villages, schools)
- Monthly reflection essays or group discussions

#### **Outcome:**

Students develop humility, discipline, and balanced action without ego.

### **Gurukulam Programme (1–3 Years)**

#### **Structure:**

- **Morning Seva:** Ashram duties (cleaning, maintenance)
- **Midday Study:** Scriptures on Karma Yoga

- **Evening Reflection:** Group discussions, meditation
- **Special Focus:** Practical leadership, dharmic action in modern life

**Graduation:**

Seva project in community welfare or temple service as final offering.

## 2. BHAKTI MARGA – Path of Devotion

### Core Objective:

Awakening divine love through prayer, chanting, worship, and surrender.

#### 10-Day Programme: “Journey into Devotion”

Day Focus	Practices
1–2 Understanding Bhakti Teach <i>Navavidha Bhakti</i> (9 forms), chanting basics	
3–4 Mantra Sadhana	Daily Japa & meditation
5–6 Music & Devotion	Kirtan, bhajan training, temple rituals
7–8 Service in Love	Flower offering, deity service
9 Pilgrimage visit	Short temple yatra
10 Bhakti Utsav	Group singing, prayer & offering ceremony

#### 30-Day Programme: “Heart of Love”

#### Modules:

1. Study of *Bhagavata Purana* and *Gita* (Ch. 12)
2. Daily *Japa* & *Kirtan* practice (2 hrs/day)
3. Bhajan and devotional music training
4. Learning Puja, Archana, Arati
5. Weekly Satsangs and storytelling sessions

### **Daily Schedule:**

<b>Time</b>	<b>Activity</b>
5:00 AM	Meditation, Japa
7:00 AM	Temple Puja & Chanting
9:00 AM	Class: Foundations of Bhakti
12:00 PM	Seva / Lunch
4:00 PM	Bhajan & Music Session
6:00 PM	Evening Arati
8:00 PM	Storytelling or Discourse

### **31 6-Month Programme: “Devotion in Action”**

#### **Curriculum Highlights:**

- Study of *Bhagavata Purana, Narada Bhakti Sutra*
- Training in chanting (Nama Japa, Kirtan)
- Devotional arts — singing, painting, temple décor
- Temple management and community worship
- Bhakti leadership and emotional transformation

#### **Outcome:**

Cultivation of deep love, surrender, and divine awareness in everyday life.

### **Gurukulam Programme (1–3 Years)**

#### **Training Areas:**

- Temple rituals and Agamic traditions
- Sanskrit hymns and chanting
- Devotional art, dance, and storytelling (Harikatha)
- Scriptural study (Gita, Ramayana, Puranas)

**Daily Life:**

Ritual discipline, kirtan, seva, and scriptural recitation in a traditional temple/ashram setting.

### 3. JNANA MARGA – Path of Knowledge

#### Core Objective:

Realization of Self through knowledge, reflection, and meditation.

#### 31 10-Day Programme: “Know Thyself”

Day	Focus	Practice
1–2	Basics of Vedanta	Overview of Atman, Brahman
3–4	Inquiry: Who am I?	Guided reflection, silence periods
5–6	Discrimination	Teaching: <i>Neti Neti</i> (Not this, Not that)
7–8	Meditation & Study	Upanishad readings
9–10	Integration	Satsang, summary, vow of awareness

#### 31 30-Day Programme: “Path of Self-Enquiry”

##### Modules:

1. Fundamentals of Advaita Vedanta
2. Meditation and contemplation practices
3. Scriptural study: *Gita, Mandukya Upanishad*
4. Group discussions and debates
5. Daily silence and reflection

### **Daily Schedule:**

<b>Time</b>	<b>Activity</b>
5:00 AM	Silent Meditation
7:00 AM	Study – Upanishad concepts
9:00 AM	Breakfast
10:00 AM	Lecture – Non-duality
2:00 PM	Contemplation / Writing
5:00 PM	Guided Meditation
7:00 PM	Q&A / Satsang

### **6-Month Programme: “Jnana Deepa – Light of Knowledge”**

#### **Curriculum:**

- Detailed study of *Prasthanam Trayi* (Upanishads, Gita, Brahma Sutras)
- Sanskrit basics
- Meditation and *Atma Vichara* practice
- Teaching skills for future instructors
- Spiritual diary and self-assessment

#### **Outcome:**

Clarity of Self-awareness and intellectual-spiritual integration.

### **Gurukulam Programme (1–3 Years)**

#### **Methodology:**

- Full-time residential study with Acharya
- Texts: Upanishads, Shankara Bhashya, Vivekachudamani
- Satsanga, debate, teaching practice
- Daily meditation and silence periods

**Daily Life:**

Half-day study, half-day meditation and reflection — traditional Advaitic training.

 **4. RAJA MARGA – Path of Meditation & Discipline** **Core Objective:**

Control of mind and senses to attain Samadhi — union with Divine Consciousness.

 **31 10-Day Programme: “Silence Within”**

Day Focus	Practice
1–2 Foundations of Yoga Yama, Niyama, posture training	
3–4 Breath Awareness	Pranayama, Nadi Shuddhi
5–6 Concentration	Trataka, Dharana techniques
7–8 Meditation	Guided Dhyana, mindfulness
9 Silence Day	Mauna (silence) practice
10 Samarpan	Closing meditation and reflection

 **31 30-Day Programme: “Path of Stillness”****Modules:**

1. Ashtanga Yoga Overview
2. Posture & Pranayama mastery
3. Meditation techniques (Mantra, Breath, Visualization)
4. Yogic diet and lifestyle
5. Psychological training & focus development

### **Daily Schedule:**

<b>Time</b>	<b>Activity</b>
4:30 AM	Pranayama & Meditation
6:30 AM	Yoga Asanas
8:00 AM	Breakfast
10:00 AM	Lecture – Yoga Sutras
2:00 PM	Self-Practice
5:00 PM	Evening Meditation
8:00 PM	Reflection / Silence

### **31 6-Month Programme: “Mastery of Mind”**

#### **Curriculum:**

- Study of *Patanjali Yoga Sutras*
- Intensive asana, pranayama, and meditation training
- Silent retreats
- Psychology of Yoga & ethics
- Teaching methodology

#### **Outcome:**

Trained meditator with strong inner balance and self-control.

### **Gurukulam Programme (1–3 Years)**

#### **Training Includes:**

- Complete Ashtanga system with scripture study
- Sanskrit chanting of Yoga Sutras
- Daily 4–5 hours of practice

- Diet discipline, silence, and mindfulness training
- Advanced meditation (Samyama practice)

**Lifestyle:**

Monastic routine: early meditation, simplicity, silence, and devotion.



### Summary Overview

Duration	Karma Marga	Bhakti Marga	Jnana Marga	Raja Marga
<b>10 Days</b>	Seva & Detachment	Chanting & Puja	Self-inquiry basics	Breath & Meditation
<b>30 Days</b>	Action & Ethics	Bhajan & Kirtan	Vedanta study	Ashtanga routine
<b>6 Months</b>	Gita-based life	Devotional mastery	Advanced Vedanta	Yoga Sutra depth
<b>Gurukulam</b>	Service Leadership	Temple & Ritual mastery	Traditional Vedanta study	Monastic Yogic training



## 12-YEAR GURUKULAM PROGRAMME IN THE FOUR MARGAS

(*Integrative Traditional Curriculum – Karma, Bhakti, Jnana, Raja*)

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### ◆ VISION:

To shape a *complete spiritual being* — wise in knowledge (*Jnana*), pure in service (*Karma*), loving in devotion (*Bhakti*), and disciplined in meditation (*Raja*).

### ❖ STRUCTURE OVERVIEW

Stage	Duration	Focus	Outcome
<b>Stage 1: Brahmacharya Shiksha</b>	3 years	Foundation & Discipline	Formation of spiritual character and discipline
<b>Stage 2: Sadhana Vidya</b>	3 years	Deep Sādhanā & Yogic Training	Mastery of practice, devotion, and meditation
<b>Stage 3: Jnana Vidya</b>	3 years	Scriptural Study & Self-Realization	Deep study of Vedanta, Gita, and realization path
<b>Stage 4: Acharya Seva</b>	3 years	Teaching, Seva & Integration	Becoming a living example and guide

### ◆ STAGE 1: BRAHMACHARYA SHIKSHA (Years 1–3)

#### ❖ Foundation and Discipline

##### Objective:

Lay the foundation of physical, mental, and moral discipline through daily routines, seva, and basic scriptural learning.

##### Key Areas:

1. **Karma Marga:** Daily seva (cleaning, gardening, cooking, temple duties)
2. **Bhakti Marga:** Basic chanting, puja rituals, temple participation
3. **Jnana Marga:** Introduction to Sanskrit, Upanishad stories, moral philosophy
4. **Raja Marga:** Yogasanas, pranayama, meditation, discipline

### **Daily Schedule:**

<b>Time</b>	<b>Activity</b>
4:30 AM	Wake up, prayers (Sandhya Vandana)
5:00–6:00 AM	Yoga, Pranayama
6:15–7:00 AM	Meditation & Chanting
7:00–8:00 AM	Temple Seva
9:00 AM–12:00 PM	Scriptural Classes
12:30 PM	Lunch & Rest
2:00–4:00 PM	Practical Seva / Study
5:00–6:00 PM	Bhajans / Group chanting
7:00–8:00 PM	Discourse / Reflection
9:00 PM	Silence and Rest

### **Curriculum Highlights:**

- Moral conduct (Yama, Niyama)
- Epics: Ramayana, Mahabharata lessons
- Chanting: Vishnu Sahasranama, Gita chanting
- Basic Sanskrit
- Seva and daily discipline

### **◆ STAGE 2: SADHANA VIDYA (Years 4–6)**

#### ***ॐ Spiritual Practice and Devotional Expansion***

### **Objective:**

To deepen inner transformation through active spiritual practices, devotion, and meditation.

### **Key Areas:**

1. **Karma Marga:** Advanced seva – community projects, leadership roles
2. **Bhakti Marga:** Devotional arts – music, chanting, puja mastery
3. **Jnana Marga:** Intermediate Vedanta, logic, ethics
4. **Raja Marga:** Advanced yoga – concentration, pranayama, silence retreats

### **Curriculum Highlights:**

- Daily Japa and Kirtan practice (minimum 2 hours/day)
- Study of *Bhagavad Gita, Upanishads, Patanjali Yoga Sutras*
- Introduction to meditation traditions – mantra, breath, visualization
- Participation in festivals, yajnas, and pilgrimages
- Seva in temple and local community

### **Practical Training:**

- Temple management
- Music and bhajan leading
- Teaching assistance for juniors
- Group meditation sessions

## **STAGE 3: JNANA VIDYA (Years 7–9)**

### **Wisdom and Self-Realization**

#### **Objective:**

Cultivate higher wisdom and internal realization through scriptural mastery, reasoning, and contemplative practice.

### **Key Areas:**

1. **Karma Marga:** Service with detachment in leadership roles
2. **Bhakti Marga:** Bhakti philosophy (Narada Bhakti Sutra, Bhagavata Purana)
3. **Jnana Marga:** Intensive Vedantic study – *Prasthana Trayi*
4. **Raja Marga:** Advanced meditation and long retreats

### **Curriculum Highlights:**

- In-depth study of:
  - Upanishads (Isa, Kena, Katha, Chandogya, Brihadaranyaka)
  - Brahma Sutras
  - Shankara Bhashya (commentaries)
  - Vivekachudamani, Tattva Bodha
- Advanced meditation practice (Nididhyasana, Atma Vichara)
- Silent retreats and self-study periods
- Debates (Vakyartha Sabha) and public discourse training

### **Outcome:**

Development of *Jnana Shakti* — the power of understanding and realization that Atman = Brahman.

## **◆ STAGE 4: ACHARYA SEVA (Years 10–12)**

### ***Living, Teaching, and Serving the Path***

#### **Objective:**

Transform knowledge and practice into living wisdom — teaching, serving, and guiding others.

#### **Key Areas:**

1. **Karma Marga:** Community leadership and mentorship
2. **Bhakti Marga:** Organizing satsangs, temple guidance
3. **Jnana Marga:** Teaching Vedanta, guiding students
4. **Raja Marga:** Conducting meditation retreats and training

### **Curriculum Highlights:**

- Training as Acharya (spiritual instructor)
- Teaching methodology and public discourse
- Writing and commentary work on scriptures

- Spiritual counselling and mentoring
- Leading ashram or branch activities

**Practical Experience:**

- Yearly spiritual camps for others
- Initiating students into discipline and sadhana
- Advanced meditation (Samyama practice)
- Study of comparative philosophy and interfaith understanding

**Final Offering:**

After 12 years, the student may choose:

- *Vanaprastha* (spiritual life of service)
- *Acharya* role (teaching and leading)
- *Sannyasa* (renunciation for total liberation)

 **INTEGRATED CURRICULUM SUMMARY**

Marga	Focus	Long-Term Development
<b>Karma Marga</b>	Seva, discipline, humility	Selfless action → Leadership in service
<b>Bhakti Marga</b>	Love, devotion, surrender	Emotional purity → Unconditional love for all
<b>Jnana Marga</b>	Knowledge, reflection	Self-inquiry → Realization of Brahman
<b>Raja Marga</b>	Mind control, meditation	Inner silence → Samadhi and union with the Divine

## Daily Routine (All Years – Gurukulam Lifestyle)

Time	Practice
4:00 AM	Brahma Muhurta – Wake up, ablutions
4:30–5:30 AM	Meditation & Pranayama
5:30–6:30 AM	Chanting, Japa, Morning Arati
7:00–8:00 AM	Seva (ashram duties, gardening, cleaning)
9:00 AM–12:00 PM	Scriptural Study & Lecture
12:00 PM	Midday Arati & Lunch
2:00–4:00 PM	Practical training / Self-study
5:00–6:00 PM	Yoga / Bhajan / Discourse
6:30 PM	Evening Arati & Meditation
8:00 PM	Satsang / Reflection
9:00 PM	Silence & Rest

## FINAL OUTCOME OF 12-YEAR GURUKULAM

- Profound **spiritual maturity**
- Mastery over **scriptures, service, devotion, and meditation**
- Balanced personality — intellectual, emotional, and spiritual harmony
- Capability to **lead, teach, and inspire** others in Dharma
- Realization of *Ātman as Brahman* — the ultimate goal of life