

One who experiences within himself his oneness with that total Infinite Consciousness, such a person is never born again. He goes beyond the Ego; His Ego never arises again.

The Four Paths to Spiritual Evolution (in ascending order . . . least to best):

1. Karma Yoga – Path of Action & Service. Continue to do what you were doing and dedicate it to the Lord.
2. Dhyana Yoga – Meditation & Contemplation.
3. Sankhya Yoga – Path of Knowledge. The goal is to seek the knowledge hidden in all of us through Questioning, Meditation and Contemplation.
4. Bhakti Yoga – The Path of Devotion. Bhakti means to serve the Divine. It involves opening the heart to the Divine and surrendering oneself to the divine through Prayer, Worship and Ritual. Chanting the praises of whatever Divine Presence is meaningful to you forms a substantial part of Bhakti Yoga

[All of these paths](#) may not be for you. You will have to choose which path(s) may help you develop or progress along your inner journey. Do you want to:

- Increase your flexibility?
- Become a more giving person?
- Seek union with the Divine?
- Search for Knowledge and Wisdom?

You choose.