International Yoga Festival Japan



Patanjali Japan Foundation had organized Yoga Festival in the month of June on the Digital platform globally. They honoured Dr. Ashu Goyal Ji by asking him to deliver lectures on Srimadbhagavadgita as an esteemed representative of Geeta Pariwar. He delivered 4 lectures on Karmayoga, Bhaktiyoga, Gyanyoga and Yoga Holistic.

He began by talking about Yoga. Yoga is certainly not a name for some workout or exercise postures.

He gave great insight on Yoga and their four definitions:

To get attached to the SUPREME
To get connected with the SUPREME
To get involved with the SUPREME
Feel oneness with the SUPREME



So, basically Yoga indicates connection with the ultimate consciousness. Therefore, that connection can be achieved through multiple ways. In Indian scriptures there is a mention of different Yogas, such as Ashtang yoga, Dhyana Yoga, Japa Yoga, Tratak yoga, GyanYoga, Bhaktiyoga, Karmayoga, Sanyasayoga, Upasana Yoga, Aatma Yoga etc. Then he spoke of three elements of Karma.

1. Antahkaranam (Inner instruments)
2. Bahir Karanam (external instruments)
3. Upakaranam (Additional instruments)

Further, he covered the three types of Karmaphala -

1. Immediate
2. Short Term
3. Long Term

He very interestingly took the talk ahead by dwelling upon Karma Yoga Circle -

One starts the actions according to these circles. These are the different stages of one's life while moving forward in attaining the ultimate consciousness. All actions initially begin:



1. For the self
2. For the family
3. For the society
4. For the nature & creature
5. For the welfare of all
6. Renunciation of the fruits of all Karma
7. Renunciation of one's ego
8. Oneness with the ultimate Consciousness

On 11th June 2022 he once again spoke on the Essence of Bhaktiyoga.

He mentioned 9 different types of bhakti:

1) Shravana (Listening the 'glories of Lord')
2) Kirtana (Singing the 'glories of Lord')
3) Smaranam (Remembering Lord)
4) PadaSevanam (Serving His Lotus Feet)
5) Archana (Offerings to the lord)
6) Vandana (Prostrating before HIM)
7) Dasya (Serving)
8) Sakhya (Befriending HIM)

9) Atma-Nivedana (Offering oneself to HIM)

On 18th June he spoke about the Essence of Gyan Yoga. The main idea of Gyan Yoga is to focus on Eternal (Sat) by removing our focus from transient (asat)
Who can attain Gyan? He put forth the criteria of eligibility for Gyan. To elaborate it further he mentioned Sadhan Chatushtay -

1. **Viveka (Descrition)**
2. **Vairagya (Non attachment)**
3. **Shat sampatti (6 Virtues)**
4. **Mumukshutva (Longing)**

Then he shed some light on the meaning of knowledge -

- Pratyaksh (PERCEPTION)



- Anumaan (INFERENCE)
- Upmaan (COMPARISON)
- Aaptvachan (VERBAL TESTIMONY)

Seven stairs of Gyan -

1. Shubhechha (Desire of divine)
2. Vichaarna (thinking of divine)
3. Tanumansa (shuddh man)
4. Satvaapatti
5. Asansakti (vairagya from world)
6. Padarth Abhaavani (see unmanifest in manifest thing)
7. Turyaga (तुर्यगा) (beyond Jagrat, Swapna, Shushupti)

Finally he also mentioned the effects of Gyan in spiritual Life-

Equal in pairs of opposite

Fearless about Death

No rebirth after realisation



Attaining the Supreme

No Existence of Asat

Realisation of Brahman

Lives in Sat-Chit-Ananda

On 21st June he concluded these series of lectures with Holistic Yoga. Every session's concluding part involved the Question/Answer Session. First day Ms. Yoka Prachee ji also a sadhak in learngeeta Program shared her thoughts on the lectures. It's with pride to say that, she passed the Geeta jigyasu exam too. She was very much impressed with our program director of Learngeeta Program Dr. Ashu Goyal Ji. This shows how Geeta is spreading to every nook and corner of the earth.

Essence of KARMAYOGA
https://youtu.be/G9chPYAGWdE
Essence of Bhakti Yoga
https://youtu.be/WWtf45s7xZo
Essence of GYANYOGA
https://youtu.be/LWDYoinnrA4
Holistic Yoga
https://youtu.be/VoV-AhgJgh8