

DHARANA (CONCENTRATION) WITHIN THE 5 YOGIC PATHS

	ACTION	DOSHA	BODY	MOTIVATION	TECHNIQUE	BODY CENTER	OBJECT
BHAKTI YOGA	feeling	kappa	rounded	“god”	love	heart	divine form
KARMA YOGA	acting	pitta	muscular	universe	sacrifice	navel	universal form
JNANA YOGA	thinking	vata	thin	truth	awareness	3 ^{de} eye	pure being
ASHTANGA YOGA	inaction			union	withdrawal		any
TANTRA YOGA	transforming			energy	tuning		mantra yantra kundalini laya ..

This chart can somewhat help you to find out how you can be maximally motivated to concentrate, what technique to use, which body center to focus on and what object of concentration suits you best. The choice between Bhakti, Karma & Jnana yoga may be related to your dominant body type (dosha), yet this is best seen in the age of puberty, if conditions have not yet disturbed it. Sometimes the tendency to mostly think, feel or act is a better indication of the dominant dosha. The choice between Bhakti, Karma & Jnana Yoga is also a matter of personal philosophy and the attraction you feel to different paths and opinions. However, this choice should not be too dependent on your opinions, which are largely Ego-centered. All that really matters is that your concentration works, allowing you to be durably one-pointed without thinking for some length of time. The 8 steps of Ashtanga yoga are anyhow more or less to be used by anybody and the transforming, empowering techniques of Tantra yoga can help anybody to achieve deeper meditation more easily.