

The character traits on the left assist in the progress of the paths on the right

Although each Yoga emphasises particular character traits, when it is practiced fully, each one cultivates and benefits from a balance of traits. Thus it is often said that we practice all the Yogas simultaneously to some extent. If the student undertakes an unbalanced approach, concentrating unduly on only some aspects of a particular Yoga, then progress will be hindered.

Karma Yoga
(selfless service)

Liberation via the disappearance of the separate self as doer and enjoyer of actions, combined with knowledge

Practicing this path cultivates these qualities:

- sense of selflessness
- generosity, morality
- motivation to do duty
- energy

Progress on this path facilitated by:

- desire for liberation
- rajasic nature

Bhakti Yoga
(devotion)

Liberation via merging of the separate self into the boundlessness of the Lord or chosen deity/guru, combined with knowledge

Practicing this path cultivates these qualities:

- sense of love, devotion
- morality, generosity
- gratitude, serenity
- joy

Progress on this path facilitated by:

- the qualities from practicing karma yoga

Raja Yoga
(control of the gunas)

Liberation via absorption of the gunas or constituents of Prakriti into the Purusha, combined with knowledge

Practicing this path cultivates these qualities:

- moderation, constraint
- morality, discipline
- meditation, confidence
- concentration

Progress on this path facilitated by:

- the qualities from practicing karma yoga and bhakti yoga

Jnana Yoga
(knowledge, discernment)

Liberation via deep, experiential knowledge of one's true nature and the World as nothing but the Self or Brahman

Practicing this path cultivates these qualities:

- discernment, peace
- contemplation
- ability to see all as the Self

Progress on this path facilitated by:

- the qualities from practicing karma yoga, bhakti yoga, and raja yoga

Personality qualities and worldly fruits cultivated by the practice of the yogas

<ul style="list-style-type: none"> • Sense of selflessness • Generosity, morality • Motivation to do duty • Energy 	Fruits of Karma Yoga	<ul style="list-style-type: none"> • Selfishness • Spiritual materialism • Passivity • Attachment to "Highs" 	<ul style="list-style-type: none"> • Self-indulgence • Irresponsibility • Spiritual materialism 	<ul style="list-style-type: none"> • Arrogance • Narrowness • Evasion • Inauthenticity
<ul style="list-style-type: none"> • Sense of love, devotion • Morality, generosity • Gratitude, serenity • Joy 	Fruits of Bhakti Yoga	<ul style="list-style-type: none"> • Resentment • Grim determination 	<ul style="list-style-type: none"> • Egocentrism • Grandiosity • Arrogance 	<ul style="list-style-type: none"> • Conceit • Judgmentalism • Arrogance • Intellectualism
<ul style="list-style-type: none"> • Moderation, constraint • Morality, discipline • Meditation, confidence • Concentration 	Fruits of Raja Yoga	<ul style="list-style-type: none"> • Dissipation • Lack of focus 	<ul style="list-style-type: none"> • Unsteadiness 	<ul style="list-style-type: none"> • Self-indulgence • Immorality
<ul style="list-style-type: none"> • Discernment, peace • Contemplation • Ability to see all as the Self 	Fruits of Jnana Yoga	<ul style="list-style-type: none"> • Egotistical motives 	<ul style="list-style-type: none"> • Misunderstanding your devotional object • Lack of self-esteem 	<ul style="list-style-type: none"> • Attachment to siddhis • Suppression • Inauthenticity • Mistaking the controller as the true Self