**Hindu concepts of yoga**

Order 1621448

Description

Journal Response 1 (please label A, B, C, D for each section in your paper) For this Journal Response assignment, you should: (A) Discuss the Hindu concept of yoga (generally), and how yoga relates to Atman, Brahman, and Moksha that was already discussed in the Reflection.  (B) Then, choose a specific form of yoga (e.g. jnana, bhakti, etc.) from the ones discussed in class and explain how that specific yoga could be used to help better understand or resolve the issue from the news article that the student chose in part (c) of the Reflection.  Your discussion should be from the perspective of Hinduism and Hindu goals, and how that specific yoga might help in the situation outlined in the news.  Be sure to both (i) explain the specific yoga generally, and (ii) apply the yoga to the student's news story.  You should do this for each of the two examples from the news in part (c) of the Reflection, being sure to select a different yoga for each news example (so two different yogas total, one for each news example). Next, (C) explain in some detail each of the Three Marks of Reality (or Existence) in Buddhism, being sure to relate each one to Buddhist enlightenment (or Nirvana), which you should also briefly explain. Lastly, (D) return to the two examples from the news given in part (c) of the student's Reflection that you have chosen.  If one accepted the Buddhist notions of impermanence and no-self, how would that devout Buddhist approach the situation described in the news?  What viewpoint might they take regarding the issues involved?  What advice might they have in the specific situation if they accepted the Buddhist understanding of reality (as described in our textbook)?  Be sure to apply the two Buddhist concepts (impermanence and no-self) to the specific case. NOTE: See the "Writing Expectations" and "Citations" sections immediately below for more details on how to write this paper/post and what some of the grading criteria will be.