

# भेद

"We must respect the practice involving the body.

- [Deśa Bheda](#) -

Latitude, longitude, or place at which a person is practicing or thinking.

[Deśa](#) means climate, [food](#).

- [Liṅga Bheda](#) -

The body of a man or a woman. Masculine or feminine.

- [Kāla Bheda](#) -

Seasons. Cold, humid, rain, heat.

To adapt the [Sādhana](#) according to the time of the year.

Certain texts say rituals, [Mantra](#) according to season.

[Āyurveda](#) talks about season and food, season and medication, season and relaxation.

- [Vaya Bheda](#) -

Age influencing, young and impatient, old and patient.

- [Śakti Bheda](#) -

Concerning strength of the individual.

Some are strong.

In other words genetics of body and mind.

[Memory](#), ability to grasp, sit and study.

Some can sit and [chant](#) for hours or 15'.

- [Mārga Bheda](#) -

Direction one takes.

For example - material benefits or,

[Anāstika](#) - don't believe in God, nothing beyond what we can perceive or,

[Āstika](#) - not even blinking comes without the will of God.

[Mārga Bheda](#) influences [Sādhana](#) very much.

This must be respected.

Otherwise something else other than your [Mārga](#) will be introduced as Yoga.

For example Hindu chanting at the beginning of Yoga seminars.

Or [OM](#) on visiting cards, brochures, etc.

- [Vṛtti Bheda](#) -

Our job, profession, work.

[Vṛtti](#) affects [Sādhana](#) because different [Vṛtti](#) affect different [Sādhana](#) - Architect, Priest, Gynaecologist.

Innumerable but grouped into simple categories.

They also have mental effects and must be respected.

[Vṛtti](#) also works with conscience.

So job and time must be respected.

- [Saṅga Bheda](#) -

Different individuals have different situations or social situation.

For example large family and small area for practice.

Depending on the [Saṅga](#) they are coming from we must respect the [Sādhana](#)."

So how do you find out these important facts?"

- [TKV Desikachar France 1983](#)