

# Vidya & Jnana

Current society tends to value objective information – proof, grades, evidence – over subjective understanding. However, the yogis realized that change happens through subjective understanding (jnana) as opposed to the transmission of information (vidya). In this video, I'll explain these two Sanskrit words for knowledge, and share how differentiating the two can help us grow and accomplish our goals. Too much of “self-help” literature is devoted to the transmission of information, without catalyzing the understanding that is needed to create sustainable change in your life.

## Glossary

Vidya

Jnana

Linguistic Cortex