



**Yoga as Patanjali Puts It –
Its Implications on Yoga Practice especially on
Meditation & its View of the World**

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Overview Topics

A. Yoga Sutras of Patanjali

- Layout of Sutra in chapters, Key Concept of God and Existence,
- Birth, Reincarnation & Release, The Concept of Duty
- Barriers to Yoga, Comparative Flow of Chapters

B. Implications on practice, especially meditation

- Summary Lesson, Patanjali versus Maharishi,
- Overview of Meditation

C. Practice Tips to Bring Home the Benefits of Yoga

- Customizing your Yoga, Empowering your Practice,
- The Ultimate Goal of Yoga

D. Questions to Ponder

E. Closing Reiteration of Benefits of Yoga

A. Yoga Sutras of Patanjali



1. Layout of Sutra in chapters
2. Key Concept of God and Existence,
3. Birth, Reincarnation & Release
4. The Concept of Duty
5. Barriers to Yoga
6. Comparative Flow of Chapters

A1. Layout of Sutras

- 196 Sutras in 4 Chapters
 - Chapter 1 – 51 Sutras – Samaadhi Paada
 - Chapter 2 – 55 Sutras – Saadhanaa Paada
 - Chapter 3 – 56 Sutras – Vibhooti Paada
 - Chapter 4 – 34 Sturas – Kaivalya Paada
- Flow
 - Chapter 1 – Introductory Overview: problem, solution
 - Chapter 2+3 – Detailed Explanation: analysis, method, experiences, solution – focused on individual
 - Chapter 4 – Summary Overview: nature of creation and God

A2. Key Concept of God & Existence

Flow of Prakriti
 = Cosmic law
 = Rita
 Derivative for
 each entity in
 Prakriti=Dharma

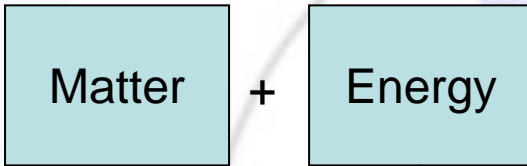
Master Program

4.4 Owner

**Purusha,
 Eeshvara,
 Prabhu**

Idea of God: can control everything by wireless connectivity, but typically delegates operation to Prakriti.
 -Is pure, blemishless (1.24)
 -Source (of all) (1.25)

4.2-3 **Prakriti**



1:23 -28

1:29
 2:32
 2:45

**Chitta: Software Impression
 On Matter that governs
 Energy flow through Matter**

Brings
Chetana=Life
 or ability to
 change (1.29)

Transmitter-Receiver
 connects all to all –

- Without that Prakriti has no life and no creation takes place
- Without that Chetana is incomplete

Multiplies as needed (4.5)

(4.6) Dhyaana resists
 Chitta's expression



Remains inanimate like
 rock, sand, minerals

Animate beings

Robots

Beings without body
 are spiritual beings Self-propagating SW
 with AI algorithm

A3. Birth, Reincarnation & Release

2:3 – 2:25

Action also called Karma



Conclusion – Path to **Kaivalyam**:

Only correct perspective can break the chain of karma production.

Even then action (or TAPAS) may be necessary to burn off remaining karmas.

A4. The Concept of Duty

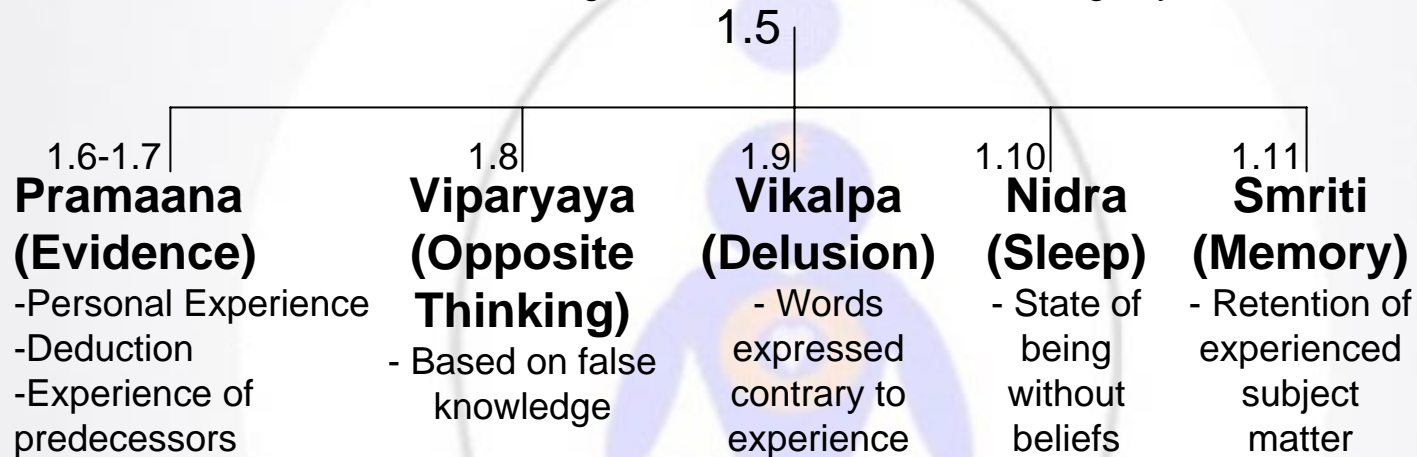
- Prakriti coming out of the Purusha has its duty to perform as programmed by the Purusha. These master programs form the rules that govern everything that is created and how they flow through time. This is called Rita in Sanskrit.
- Prakriti's unfolding of its programs creates the Chitta that multiplies as needed to fulfill the program needs.
- Each Chitta entity by fulfilling its programmed role fulfills its duty and such acts called Karma are said to be in accordance with Dharma.
- But because human beings in addition to Chitta also have Chetana, they have the ability to reprogram their Chitta.
- When they reprogram their Chitta they may go against the master program's flow, which is against the Rita. That makes such actions Adharmic.
- When one is a pure observer of everything and lets the Chitta's program flow in automatic mode, one is not only Dharmic, but also one does not accumulate any reaction programs – i.e. no new karmas created.
- Karmas have dual meaning – the imprint or program created and also the task that one is impelled into.

A5. Barriers to Yoga

Yoga is control of the expression (Vrittis) of Chitta (1.2)

Vrittis

- The unchecked workings of the software & data storage system within us



- All these vrittis cause our system to be active in an uncontrolled way.
- By practice and detachment these are controlled.
 - By learning to be a non-judgmental observer one becomes detached.
 - One pointed focus on anything develops the practice necessary to stay detached all the time
- Different levels of absorption by focus on anything are noted:
 - Sabeeja Samaapatti, Nirbeeja Samaapatti, Sabeeja Samaadhi, Nirbeeja Samaadhi

A6. Comparative Flow of Chapters

<u>Focus Area</u>	<u>Chapter 1</u>	<u>Chapters 2-3</u>	<u>Chapter 4</u>
Problem Perspective & Early Steps	Expression of the Chitta & Factors	Nature of Impurities Yama, Niyama Aasana Praanaayaama Pratyahaara	Nature of Creation
<i>Object</i>	Samaapatti - Sabeerja - Nirbeeja	Dhaaranaa Dhyaana	Chitta being motionless
<i>Subtle matter</i>	Samaadhi - Sabeerja - Prajnayaa - Nirbeeja	Sanyama Prajnya Dharma	No new karmas Dharma-megha Samaadhi
		Pratipatti - Knowing all	Getting to Know what is to be Known
Ultimate	Kaivalyam	Kaivalyam	Kaivalyam

B. Implications on Practice, especially Meditation



1. Summary Lesson – The Practice Requirement
2. Patanjali versus Maharishi – Complementary Meditation Perspectives
3. Overview of Meditation & Methods

B1. Summary Lesson – The Practice Requirement

- Regularity in Practice
- Attitude of Dispassion (of an observer)
- Surrender to God (to fulfill God's plan)

Implications

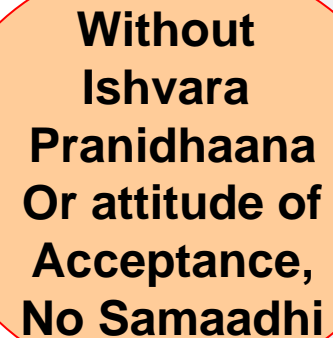
- **Do what you think is your duty**
- **Put in your best effort & then let go**
- **Don't be attached to the duty or the results, but don't abandon them**
- **Keep the balance all the time and let intuition guide you when duty is not clear**
- **For that unflinching and regular practice is needed**
- **If possible keep the attitude that you are a mere robot trying to do what God meant for you to do.**

B2. Meditation Perspectives - Patanjali versus Maharishi

- Cleansing of Program flow in the Circuitry (Chitta) is first step.
 - Then One-pointed focus through the process of Dhaaranaa, Dhyaana and Samaadhi induces Connectivity with God.
 - Lion's share of the practice discussions is with Dhaaranaa, Dhyaana & Samaadhi.
 - Focus on Mantra alone to break through the clutter of the circuitry – it is the middle spot that cleanses on all sides.
 - Connectivity & Cleansing go together.
 - Meditation is the sole focus.
- ↓
- Danger of lop-sided development***

B3. Overview of Meditation

- Meditation Methods – all pure observation based
 - Laya Yoga – Pure focused observation
 - Vipassana – Thought Focus based
 - Aanaa Paana – Breath focus based
 - Visualization and Biogenic Feedback
 - Recitation/Chanting
 - Mantra based
- What is Meditation?
 - Is it Dhaaranaa, Dhyaana or Samaadhi?
 - Dhaaranaa and Dhyaana are cleansing too besides preparing the ground for Samaadhi.
- Only Samaadhi brings full connectivity
- Place of OM or AUM



**Without
Ishvara
Pranidhaana
Or attitude of
Acceptance,
No Samaadhi**



C. Practice Tips to Bring Home the Benefits of Yoga

1. Customizing your Yoga
2. Empowering your Practice
3. The Ultimate Goal of Practice

C1. Practice Requirement

Your Customized Yoga

**Begin with
Walking with
Slow Bastrika**

- Daily Discipline
 - Meditation with Mantra
 - Mantra to be chosen is a vibration compensatory to your biorhythm
 - Done at about the same time twice everyday
 - Pattern Cleansing by Mental Affirmation
 - Breathing & Physical Exercises
 - Watch for other rituals in your normal life that can be made Yoga
 - The morning cup of coffee or your bowl of porridge
 - The morning or evening walk
- Weekly Group sessions

**Don't miss weekly sessions --
At least once a week**

C2. Empowering your Practice

- Attitude of Acceptance
 - To have attitude of observer → **Does NOT mean being passive**
- Dealing with Unwanted Stuff
 - Walk away peacefully from unwanted stuff, but when duty to God requires it have the attitude of acceptance
 - Vibrations of others may not be agreeable, but learn (a) to build a shield around oneself and (b) develop the ability to smile at everything and every situation.
- Find Energizing Crutches
 - Places of good vibration and visiting them regularly
 - Group sessions in same category
 - Invoke the vibrations of good places and thoughts

C3. The Ultimate Goal of Practice

Yoga at every moment

- Making daily life a **series of rituals**
- Learning to **observe the ritual** and not letting the mind go elsewhere
- Don't Judge Anything
 - Including your own ugly moments
- Understand your own Dharma
 - Distinguish the fine line between passivity and reactivity

This is only the beginning

- *Practice*
- *Attitude: Dispassion*
- *Surrender to God*

**Connectivity comes here
Voice of the Conscience
Dharma-Megha Samaadhi**

D. Questions to Ponder

1. How does Placebo effect work?
2. Should you take your medication if yoga is helping you? How should you view your doctor's advice?
3. Is there value to religious observances? If you are devout should you be observant at all costs? How about your daily yoga practices?
4. While you must try to make every activity of life into Yoga, what should you not compromise daily?
5. When a spouse is "cheating" on their partner what should the spouse do?

E. Closing Reiteration of Benefits of Yoga

- **BALANCE in PHYSICAL, MENTAL & EMOTIONAL WELLNESS**
- **Translated Benefits for Individuals**
 - Keep physically more energetic
 - Eliminate or better manage health problems
 - Feel good with a sense of fulfillment in life
 - Take things as they come – even troubles
 - Get more accomplished in work and at home
 - Better Interaction with family and colleagues
 - **EVEN PERHAPS find the meaning of life!**