

Yoga Philosophy

Lesson 1:

Compiled By Lucy St. John

Saha Navavatu

Om

Sa-ha-naa va-va-tu

Sa-ha-nau bhu-nak-tu

Sa-ha vir-yam kar-a-va-va-hai

Te-jas wi-na-vba-dhi ta-mas-tu

Ma vidt- vi-sha-va-ha-i

Om shantih shantih shantih

Translation:

- May both of us together be protected
- May both of us together be nurtured
- May we work together with great energy
- May our study together be brilliant and effective
- May we not hate or dispute with each other
- Om Peace, Peace, Peace.

Translation

May we be together

May we eat together

May we be vital together

May we radiate in Truth, in the light of Life

Never do we denounce anyone

Never entertain negativity

Three Schools of Yoga~Darshanas

Orthodox ~ Astika

ex.The Vedas

Translation: “there is, there exists” (the Atman/Soul)

There are 6 schools

Non-Orthodox ~ Nastika

ex.Buddhism

Translation: “unbeliever”

Dualist

~Devaitya Vedanta

~I am from God, but I am
not God

Non-dualist

~Avaitya Vedanta

~I am God

Theist

~There is a Creator

Atheist

~There is no Creator

The Six Astikas:

Sāṃkhya (San-k-ya)

Yoga

Nyāya (Knee-ya-ya)

Vaiśeṣika (Vi-a-she-a-she-ka)

Mīmāṃsā (me-mam-sa)

Vedānta (Ve-dan-ta)

The Breakdown:

- 1, Yoga (Patanjali re-organised knowledge) YUJ- means union
2. Samkhya (Atheist and dualist) (one of the main philosophies for Ayurveda) (also original Samkhya does not need God to explain existence.it has changed over time) pronounced sam-kee-ya Does not attribute human traits, characteristics or emotions to God. (God is consciousness or Purusha)
3. Nayaya (Logic and realism)
4. Vaisheshika (Rationalism and nationalism)
(Their logic belongs to atheist not having God as apart of creation)
5. Mimasa (the oldest of all, deals with rituals) me-mam-sa (still apart of hinduism)
6. Vedanta (the last part of the Vedas or Upanishads) oral tradition
In mainstream knowledge, tantra and agamas is fairly recent 400-900 BCE. There were tantra practices that are dated before that. (just like yoga and patanjali)

Hatha traditionally comes from the Naths.

The Nath sect existed earlier than hatha too.

What is Tantra? Has been inaccurate even in published books. We will talk about it later.

Nastikas:

1. Jainism
2. Tantra
3. Buddhism
4. Kashmir Shaivism

The Breakdown:

Many Tantric traditions are non-Astika

Such as -Shaivism (shave-ism)

-Shaktism

-some buddhist schools

-Naths

Tantra itself is the teachings of the A-gam-as. It is said The word tantra was created by westerners. The naths did not call themselves tantrics.

Kashmir shaivism

Dualist

- Divaitya
- Samhkya *

versus

Non-dualist:

- Advaitya vedic
- Tantra**

*Only one true school in india

**There is argument here. Tantra started as dualist, it is one of the oldest darshana and has evolved

Theist

Yoga

Vedanta

Kashmir Shaivism

versus

Atheist

Samkhya*

Nayaya

Buddhism

Vaisheshika

Mimamsa

*this could be moved depending on who is teaching it.

Yoga is:

- The root “Yuj” - union
- An oral tradition

What is Yoga? Where does it come from?

- A science of personal development (not for the Ego)
- Many paths, same goal
- A tool of self-realization
- A philosophy (not a religion)

History of Yoga

“Adiyogi” - is Shiva - he is the first yogi.

(Ishavara is a God in the Vedas & Brahman)

THE VEDAS

In mainstream scripture, it is more than 5000 years old, there is archeological evidence

Events have been calculated by the star events show more than 20,000 years old.





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Bronze Age plate



The History of Yoga:

Vedic Yoga

Preclassical Yoga

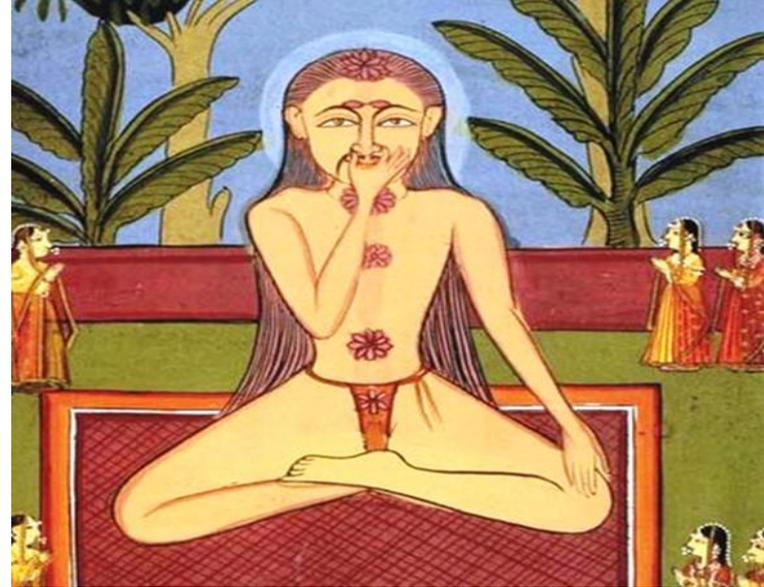
Classical Yoga

Postclassical Yoga

Modern yoga

A brief History:

- Yoga is an oral tradition. These texts were only meant as notes
- Shiva - 1st yogi, composer of Vedas
- Sama Veda (date unknown 2000BCE) Ayr & Indus civilization
- The Yoga Chudamani Upanishad (1500BCE)
 - ~to sit near the foot of the master
- Yoga Yajnavalkya 2BCE-4CE
 - ~explains the principles and practice of yoga as the path to freedom,
 - ~comprehensive discussion of pranayam
- Patanjali Yoga Sutras (200CE)
- Hatha Pradipika (1500 CE)
 - ~Krishnamacharya, Father of modern yoga, considers this treatise to be of great importance in his book Yoga Makaranda (1934)



VedicYoga:

1. Rg (praise or higher power knowledge/cosmic reality and absolute bliss consciousness)
1. Saama (Chants knowledge/ Ragas, filled with spiritual knowledge)
2. Yajur (sacrifice knowledge, inspires us to walk the path of good deeds)
4. Artharva (Artharvan-magical rituals knowledge, truth sustains us)

Preclassical Yoga:



2000 BCE - 2 CE

Upanishads- Kata Discourse by Lord Yama, the God of Death on the practices of Yoga.

-Gita 500 BCE

-Mahabharata

Ramayana

-tools to meditate and dissolve the ego.



Classical yoga

8 folded/limbed path of yoga

Patanjali yoga sutras 2 CE

-prakriti and purusha

-Raja yoga - emphasising concentration and meditation to enter samadhi

Postclassical Yoga:



Hatha yoga and tantra yoga - inclusion of the body in the pursuit of advanced techniques and practices.

7 CE shaivism tantra and kundalini

10 CE Goraksha Nath - creator of hatha yoga philosophy, cosmology & yoga (samhita) 84 Asanas.

Ha-Tha~ sun in belly, moon in head. Shatkarma -cleansings

10 CE first mention of asanas.

1000 CE -physical exercise for spiritual development- Samkhya now found in Hatha yoga Pradipika 15-17th CE

Next Samhita's continue to add to the Pradipika- the addition of nutrition added 17 CE

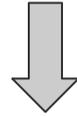
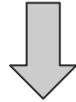
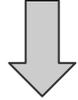
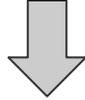
Modern Yoga:



Swami Vivekananda 1893

Yogananda 1920

Krishnamacharya- 1888-1989 (his five most famous students)



Indra Devi, BKS Iyengar, Desikachar, Pattabi Jois, Ramaswami

Sivananda Schools in Rishikesh

Yogi Bhajan - popularized Kundalini

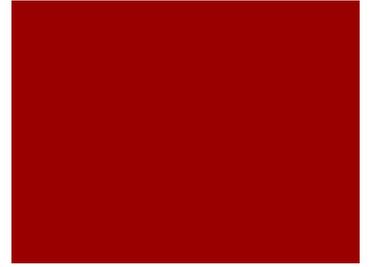
Osho - Shree Bagwan Rajneesh

Maharishi Mahesh Yogi - Transcendental Meditation

Modern Yoga:

Improvised form of Hatha:

- More nervous system control
- Scientific emphasis
- Healthy living
- Less emphasis on samadhi





Not directly yoga but add to its popularity & understanding:

Ram Krishna

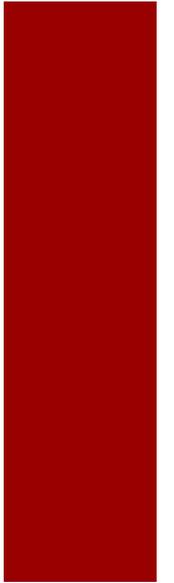
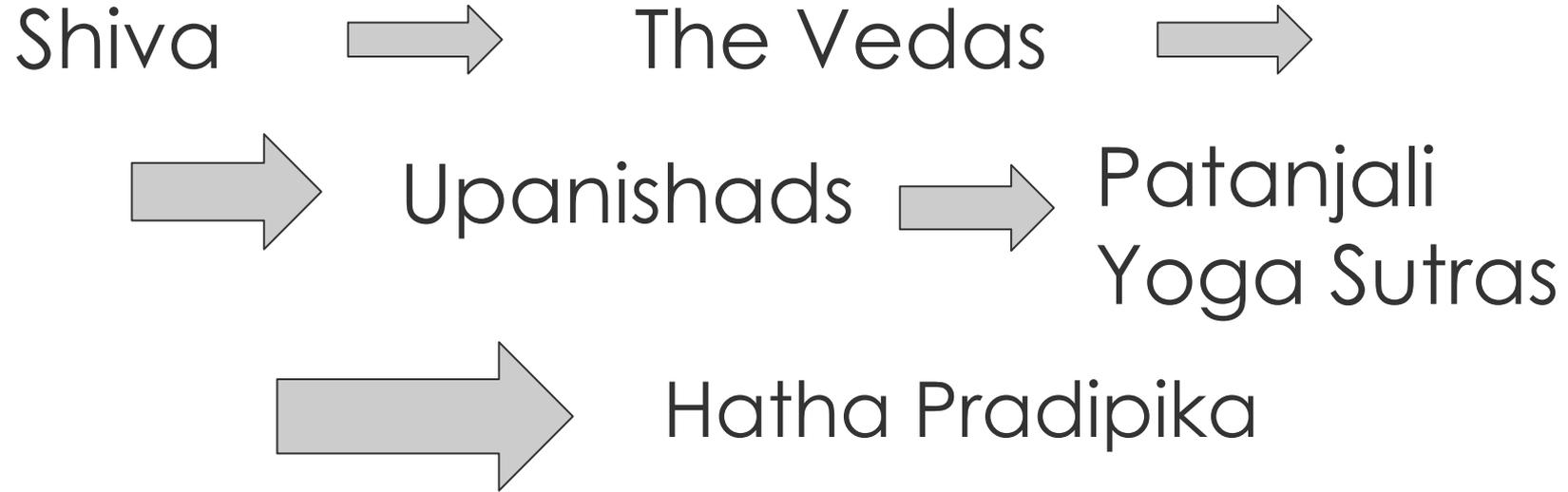
Swami Vivekananda

Swami Rama Tirtha (mount shasta)

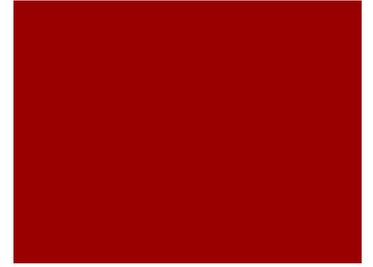
Ramana Maharshi

Jiddu Krishnamurti

Overview:



Thank you!



Questions from Today:

-Nath or Natha is from Shaivism. In Shaivism, Shiva is revered and those who follow are considered “Shivaites”. Shiva represents: The removal of ignorance, such as fear, doubt or anything that creates a lack of Oneness or distance between you and another. Refer to the History of Yoga video.

Another synonym for Shiva is Adi-Nath

Baba Hari Dass:

~Darshana is the experience of awakening or spiritual growth that can come from being in the presence of a highly revered person.

~Baba Hari Dass trained Ram Dass in Raja Yoga (Both Ram Dass and Baba Hari Dass were students of Neem Karoli Baba)

