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
~Devaiya 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
Nyāyá (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. Mismasa (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  
- Shaivaism (shave-ism)
- Shaktism
- some buddhist schools
- Natha

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

Kashmir Shaivism
Dualist  versus  Non-dualist:

-Divaitya

-Samkhya *

-Advaita 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
<table>
<thead>
<tr>
<th>Theist</th>
<th>versus</th>
<th>Atheist</th>
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<tbody>
<tr>
<td>Yoga</td>
<td></td>
<td>Samkhya*</td>
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<td>Vedanta</td>
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<td>Nayaya</td>
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<td>Kashmir Shaivism</td>
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<td>Mimamsa</td>
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*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.
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) Ayra & 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)
**Vedic Yoga:**

1. **Rg** (praise or higher power knowledge/cosmic reality and absolute bliss consciousness)
2. **Saama** (Chants knowledge/ Ragas, filled with spiritual knowledge)
3. **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:

Shiva → The Vedas → Upanishads → Patanjali Yoga Sutras → Hatha Pradipika
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 on 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)