

# Yoga Philosophy

Lesson 2

Compiled by Lucy St. John

## Objectives:

- Review last week
- Introduce the Rta and Dharma
- Discover their origins
- Uncover their historical background
- Realize their relevance in everyday life

# Samadhi & Purusha

Samadhi means 'to unify' or 'to bring together'. This implies an effort.

Purusha means our pure nature. It requires no effort to maintain this consciousness. It is consciousness itself.

# Rta & Dharma:

## What is Rta?

Rta is the prequel to Dharma.

Rta was already there first. Rta are the natural laws of existence. The universal laws.

When we see Rta, we can apply it and that is dharma.

Rta is the force which maintains the universal harmony.

Rta exists, you need to learn to work with it.

“Rta is derived from the Sanskrit words means,” to go, move, rise, tend upwards”, and the derivation noun rtam is defined as “fixed or settled order, rule, divine law or truth.” ~

# Rtam Bhara Paragya

~from the Yoga Sutras

“The level that knows only truth”

~A foundational precept of vedic science, and a useful way of coming to terms with profound spontaneous intuitive insights

~What Veda calls an attribute of Pure Consciousness.

# To connect with Rta:

1. See the world as an extension of yourself.
2. Keep in mind that nurturing relationships is the most important activity in life.
3. Keep your intention lively in your consciousness but detach from the outcome.
4. Remain independent from the good or bad opinion of others.
5. Stay emotionally healthy, free from resentments and grievances.
6. Harmonize the masculine and the feminine in your own being.
7. Keep a diary of all coincidences and ask yourself what are the karmic significances and what do they mean

~from Deepak Chopra

# What is Dharma?

The force which maintains the universe.

Where there is dharma there is harmony.

It maintains the balance or the harmony of the universe.

Dharma is created where as Rta was already there.

Dharma is the application of Rta

We often think of dharma as what we are “meant to do” but that is just one small part of dharma.

You must ask Am i simply following the wishes of my ego, family etc... such as a doctor? or to live a happy life?

We need to understand the wholeness of nature. Ayurveda helps with this understanding. It uses the 5 element theory and you begin to see everything has an elemental nature.

Adharma

- is against dharma, “A” in front is the opposite of the word

# Ramayana

- The teachings of dharma
- The characters act in difficult situations
- They had to do things they did not want to, but they knew it was the right action
- Actions can be misunderstood by others
- What your perception is will depend on what you see as right action/Dharma
- You cannot do what others think is right either

# Types of Dharma

1. Santana Dharma (Hinduism used to be called) Absolute, the eternal path.  
Remind the practitioner to stay with Rta.
2. Svadharma (relative)
3. Varnashrama Dharma -regarding class (varna) and stage of life (ashrama)

## **The Purusharthas (means the soul's purpose)**

### **This is the way to maintain these things:**

1. Dharma: righteousness, moral values
2. Artha: prosperity, economic values
3. Kama: pleasure, love, physical values
4. Moksha: liberation, spiritual values

Some people may renounce/reject certain Purushartas. Celibate monks for instance renounce Kama & Artha

The 4 stages of Individual life while embracing the 4 purposes - Asharamas:

1. student, learning
- 2, householder,
3. retired and
4. renunciate stage

The problem is you think you have time

A diamond at the price of spinach

Be committed

# Dharma asks:

What kind of Being will i be?

*Yogasthah Kuru Karmani*

Established in Being, Perform Action

There are four levels of karma:

– physical action, mental action, emotional action, and energy action.

# Connection Between Dharma & Karma

When you are established in Dharma, your Karma follows

# Namaste

Thank you so much! I'm grateful for you:)