

# Lesson 4

Raja Yoga & Introduction to Patanjali's Yoga Sutras

# 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



# Homework Review

- Beautiful stories and answers, thank you for sharing. So inspiring!
- Yes Pheobe, using the practices out of love rather than discipline is a good reminder for us.
- Yes standing up to gossip can be a lonely path
- Yes I offered the Gita, to demonstrate the 4 paths to Yoga
- Yes, Maria much of the societal constructs are out of alignment with Rta
- To clarify, it is not Vedic yoga. It is Vedic Knowledge that is the basis of all Yoga
- Laurie, great answer to why is dharma important? To live a good life
- Rta is not a bad situation at work, that is Dharma. Rta are the natural easy laws of nature, like gravity.
- Rta is not emotions or desires. Rta simply exists, it's like gravity, it will always have the same result regardless of the object being dropped. **Rta is the ordered structure of reality.**
- These lessons were typically taught one to one, so sometimes having these teachings can be confusing. For ex, someone mentioned needing boundaries more than compassion/forgiveness

# The Four Paths to Yoga - Continued

Raja Yoga- Ashtanga Yoga of Patanjali

# Raja Yoga

- Translates as the “King” or Royal path of Yoga
- A path of meditation, seated, no kriyas (action)
- Dualist philosophy
- Helps those in Advaitic philosophy
- Yajnavalkya Smriti was original teacher of Yoga (Dharma 3rd CE)
- Hiranyagarbha is who put yoga forth -”Cosmic intelligence; the supreme lord of the universe; cosmic mind.”
- Patanjali was a compiler. He organised the knowledge into The 8 limbs
- Sutras- means “thread” or a verse that requires further contemplation/interpretation

# Sankhya Philosophy: Prakriti & Purusha

Purusha - the unmanifest

Prakriti - the first sprouting of creation







“Yoga concerns itself with the method of freeing the Purusha from this bondage through right effort”

**By Sri Swami Sivananda**

Prakriti is made up  
of the three Gunas



# The Gunas

Sattvic (peace, purity)

Tamas (lethargic, inertia)

and

Rajas (energetic, dynamism)



**brahma**  
(Creator)



**विष्णु**  
(Preserver)



**सत्त्वा**  
(Sattva-guna)

Harmony

Light

Being-ness

Balance

Purity

Ripe

Change

Movement

**राजाइ**  
(Rajo-guna)

Action

Creativity

Energy

Raw

Laziness

Materiality

**तामाइ**  
(Tamo-guna)

Inertia

Stale

Darkness

Heaviness

# Patanjali

- Patanjali, the sage who gave us the yoga sutras
- He organised the existing work
- 400 BCE- 200 BCE
- Eight limbs of Ashtanga yoga
- The reincarnation of Vishnu - the great maintainer
- many conflicting beliefs of Patanjali's origins etc..father of yoga? misleading?



# Patanjali Yoga Sutras

# Ashtanga ~8 Limbs of Yoga:

- YAMA - Self-Restraints, moral disciplines or moral vows. Yourself and the world
- NIYAMA - Positive duties or Observances. Yourself and You.
- ASANA - Postures, the seat of your perspective.
- PRANAYAMA - Life force energy - commonly only considered Breathing techniques.
- PRATYAHARA - Sense withdrawal, mastery of the senses.
- DHARANA - Focused concentration. (one-pointed)
- DHYANA - Meditative absorption. Translation is “Attention,” a state of being.
- SAMADHI - State of Being with different levels. Bliss or enlightenment.

Questions?

**Let's stretch!**

## 4 books of Patanjali Sutras:

1. Samadhi Pada: Union with the divine Self
2. Sadhana Pada: Cultivation of Spiritual Practice (8 limbs/Kleshas/)
3. Vibhuti Pada: The Divine Manifestation of Power (last 3 limbs)
4. Kaivalya Pada: Supreme Liberation

# BOOK 1: SAMADHI PADA~Union with the Divine

5 kinds of Samadhi

-contains 51 Sutras

-Obstacles in meditation

-five kinds of Vritti and their control

-three kinds of Vairagya

-nature of Ishvara (Supreme Soul)

-various methods to enter into Samadhi and the way to acquire peace of mind by developing virtues

# BOOK 2- SADHANA PADA: Cultivation of Spiritual Practice

55 Sutras

KRIYA YOGA (pranayama, mantra, and mudra )

YAMA & NIYAMA

ASANA

PRATYAHARA

# BOOK 3: VIBHUTI PADA: The Divine Manifestation of Power

- 56 Sutras

- Dharana

- Dhyana

- kinds of Samyama (balance in samadhi with concentration)  
on external objects, mind

- Chakras

- To acquire various Siddhis

# BOOK 4: KAIVALYA PADA: Supreme Liberation

- Means “Independence”
- 34 Sutras
- Treats for the independent Yogi who has perfect discrimination between Prakriti and Purusha, and who has separated himself from the three Gunas.
- deals with mind and its nature.
- “Dharmamegha” Samadhi also is described

## Raja Yoga States of Mind:

*Kshipta*

*Mudah*

*Vikshipta*

*Ekagra*

*Niruddha*

# Breakdown:

Kshipta state -the mind is running in various directions; its rays are scattered

Mudha - the mind is self-forgetful, it is full of foolishness

Vikshipta - When you try to practice concentration, the mind seems to get concentrated but gets distracted often

Ekagra state- with prolonged and repeated practice of concentration again and again, and repeating Lord's Name, it becomes one-pointed

Niruddha - the mind is fully controlled

Asamprajnata - It is ready to be dissolved in the Supreme Purusha

# BOOK 1: Sutra 1: Atha Yogah Anushasanam

And now, with previous practice, we begin the practice of yoga.

With humility , with an open heart and mind, we begin the sacred study of yoga.

## Sutra 2: Yogah Chitta Vritti Nirodahah

Yoga is the cessation of the mind

Consciousness is steadied and then we abide in our true nature- joy.

Yoga is the uniting of consciousness in the heart

If Vrittis are to be eradicated, desire is to be rooted out

# Interconnected definitions:

Vrittis - the fluctuations of the mind/ more than just thoughts, a deeper vibration

Vasanas- tendencies that affect our personality

Karma - our actions and reaction

Samskaras - the influence of the past or subtle impressions

# Cyclical Nature of the Samsara\*

We have a cycle here:

Vrittis create karma and the vasana. Your samskaras are stimulating your vrittis and your create new karma. Vritti takes you into action so that's the one most teachers say is good to work with.

\*note the difference between samsara (cyclical nature) & samskara (subtle impressions)

# How do we stop the activity of the Mind?

Use the Yamas & Niyamas

We need individual guidance (like Ayurveda)

We are naturally built to find the easiest path, both physically and emotionally.

Energy efficiency (fascia)

Why did I do that? Habit? Vasana?



# What can we do?

-notice it

-where does it come from?

-acknowledge it

-now we know the process, we can explore individualized approaches to healing to break the wheel of rebirth (samsara )- self-study & inquiry, which teachings are best.

-sadhana will help you to reduce the karmic wheel

# The Four great virtues:

To cultivate peace of Mind:

*Maitri*

*Karuna*

*Mudita*

*Upeksha*

# Virtues Explained:

Maitri have friendliness towards equals. Increase your friendliness.

Karuna (compassion) for those who are in distress.

Mudita (complacency) towards those who are superior to you. Complacency will destroy jealousy. All are your brothers. If a man is placed in a better position, feel happy over it.

Upeksha (indifference) be indifferent to wicked people.

By these methods, you will have peace of mind.

Raja Yoga leads to the cessation of all miseries and attainment of eternal bliss.

# Types of Aspirant & their prescriptions:

## *Uttama:*

- Abhyasa (practices/discipline) and Vairagya(harmony with the Self)

## *Madhyama:*

- Kriya Yoga - Tapas, Svadhyaya and Ishvarapranidhana

## *Adhama Adhikaris:*

- Ashtanga Yoga or the eightfold Sadhana

# Thank you !

\*Newsletter check