

# Lesson 5

Book 1 of 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

1. What is the 2nd sutra?
2. This week's homework will be given at the end of this lesson.
3. Grab a pen and paper today.

# Continuation from last week's lesson

Sutra 1.2

# Ashtaanga

Asta="eight"

angha="intertwining facets"

# Some common obstacles to meditation:

Laya - merging/dissolution/sleep. Guna?

Vikshepa - oscillating mind/restless wandering. Guna?

Kashaya - hidden desires/reluctance to try/ samskaras

Rasasvada - tasting the bliss of lower samadhi

\*this list is not inclusive

# Obstacles:

Patanjali says: "Disease, dullness, doubt, carelessness, laziness, worldly-mindedness, illusion, missing the point, instability - these are obstacles in Yoga."



1. **Yama** or Eternal Vows: (MahaVatram)
  - Ahimsa (non-violence)
  - Satya (truth)
  - Asteya (non-stealing)
  - Brahmacharya (continence) and
  - Aparigraha (non-avariciousness);
2. **Niyama** or Observances:
  - Saucha (purity)
  - Santosha (contentment)
  - Tapas (austerities)
  - Svadhyaya (study) and
  - Ishvarapranidhana (surrender to God);
3. **Asana** (firm, comfortable meditation posture);
4. **Pranayama** (the regulation of the Vital Force);
5. **Pratyahara** (abstraction of the senses and mind from objects);
6. **Dharana** (concentration);
7. **Dhyana** (meditation); and
8. **Samadhi** (superconscious state or trance)

# BOOK 2-SADHANA PADA:Cultivation of Spiritual Practice/ Encourages Union of Consciousness

55 Sutras

KRIYA YOGA (pranayama, mantra, and mudra for Yogananda)

~(tapas, svadhyaya, Isvara for Patanjali)

YAMA & NIYAMA

ASANA

PRATYAHARA

# YAMAS:

- Ahimsa (non-violence/compassion)
- Satya (truth)
- Asteya (non-stealing)
- Brahmacharya (continence/moderation)
- Aparigraha (non-avariciousness)

\*there are more in other traditions\*

# Ahimsa

-compassion, reverence, love

-be kind in our thoughts, speech, physical actions and feelings toward ourselves and others

Reflect on how you treat yourself and others: where are you causing harm in the following areas?

-physical body

-hobbies

-travel

-technology

-nature

-exercise

-food

-relationships

physical body

-hobbies

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-relationships



# Ahimsa

The power of thought

Meditation of the Heart, give love to oneself

As we reflect upon ourselves, we can be looking at a dirty mirror. We must clean the mirror to look inside and love yourself. Therefore, we may need another yama to help us.



# Satya

-authentic and truthful in our communication with ourselves and others

-integrity

Reflection:

-Is your truth the same as someone else's?

-what don't you express?

-is your communication with others true, necessary and kind?

- Are your Thoughts, words and action aligned?

# 13 forms of Truth - Sivananda

Truthfulness, equal vision, self-control, absence of envious emulation, forgiveness, modesty, endurance, absence of jealousy, charity, thoughtfulness, disinterested philanthropy, self-possession and unceasing and compassionate harmlessness

*“To think of one thing, say another and do a third is horrible - it is nothing but crookedness. By telling lies you pollute your conscience and infect your sub-conscious mind. The habit of telling lies will be carried on to your next birth and you will suffer in birth after birth.”*

# Vak Siddhi

Speaking and Observing Truth at all times ~look at how we care for the Earth

Constantly observing Rta & Dharma around you

Rta are laws that are unchanging. The space and time can change and Rta will change with it.

In Ramayana, when Sita sees Hanuman being held down by the Rakshasas, the demons. She says Hanuman is free and immediately it comes true because she only speaks Truth.

# Vak Siddhi ~ Psychic Speech

What you think comes true.

Can be mastered by observing truth always and at all times.

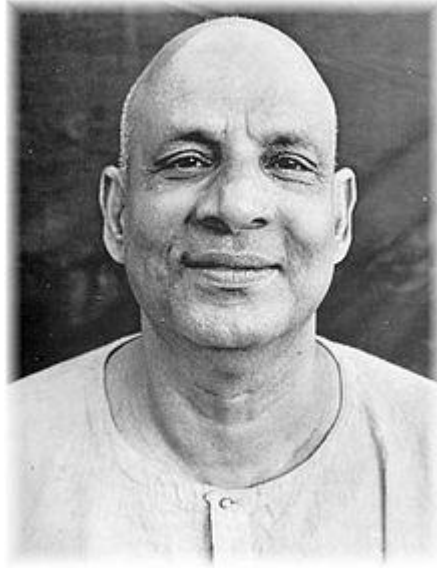


# Is there a right time to tell a lie?

-Do white lies to create good for someone else?

Sivananda says it's ok but we must be careful of how we interpret the masters.

Some yogis have gained the siddhi powers and used it wrongly.



# Satya

“Satya is not merely abstinence from telling lies, but also the ability to see the truth, to be aware of the truth behind everything. “

*~Swami Om Saraswati*

Let's stretch!

Breathe

# Ritam Para Baragya

Interpretation:

The level that knows only truth

~Patanjali Yoga Sutras

Synchronicity

Pranama's infer that there are different ways to prove something of Truth

To be aware of the Truth behind everything

# Six Pramana's: how to gain accurate knowledge

1. Perception(Sanskrit *pratyakṣa*) - *perception both internal and external. interpretation in sensory reasoning* (intellect is a pranama)
2. Inference (*anumāna*) - *steps in reasoning ex. You see smoke, you know there is...*
3. Comparison and Analogy (*upamāna*) -*Observing similarities and differences between two ideas*
4. Postulation, Derivation from circumstances (*arthāpatti*)- *Implication. We can postulate a truth. Reasoning that creates a tension which arises from a new fact being cognized.*
5. Non-perception, Negative/cognitive proof (*anupalabdhi*)-*a way to apprehend an absence/ non-existence*
6. Testimony of past or present reliable experts (*Śabda*)- *relying on words testimony of an expert.*



# Asteya

Not stealing more than physical objects.(Time, energy, attention)

Generosity & honesty

Reflection:

- Do you steal other's time?
- Do you steal your own time?
- Do you talk all the time?
- Do you owe money?
- Do you eat more than your share?
- Do you take more than you need on our planet?

# Asteya

-be satisfied with what we have

-we steal things because we desire them

-practice of this can create strength in the mind

-unexpressed desire for something is a mental manipulation, could be non-physical like time

-look at advertising today, subtle manipulation, using emotions to convince you

(google psychologist)

# Contentment

- Contentment helps you remain true
- Hoarding money is stealing
- Overeating, taking more than you need
- Constantly desiring that thing is a theft

Wealth comes when you discipline your minds of desires -the Indriyas

# To help your Asteya practice:

Try to keep your desires moderate

If you cannot fully clear your mind of them, do not just try to forget them, suppress them

You can observe these vrittis

# Brahmacharya

- traditionally celibacy
- Moderation of the life force
- one who is established in Brahman-divine consciousness

Reflection:

Where do you mismanage your energy in these areas?

Thoughts

Exercise

Travel

Sleep

Food

Profession

Relationships

# Human Mind driven by 4 Basic Instinctive drives

Food - Ahara

Sleep - Nidra

Fear - Vaya

Sexuality - Mayatuna (most powerful drive)



# How do you overcome these drives?

We do not the suppress our desire

We establish in the higher mind

We practice sadhana, the spiritual practice

We practice moderation to balance ourselves

# Brahmacharya cont...

-What excites you?

-When do you become critical of others?

-When and where are you your best Self?

End of Lesson 5

Thank you Beloved Yogis and Yogini's!!!

# Homework:

Choose to work with one Yama everyday for the next week. OR choose to work with a different Yama each day this week, for example, Thursday Ahimsa, Friday Satya and so on.

You will submit a journal entry about working with your Yama. The homework will not be marked however, you need to submit it. This homework is for you.

Love Lucy