

# Lesson 10

Samadhi & Review (Ramayana)

# Samadhi

-we cannot practice samadhi, we cannot comprehend it. Like love before you've experienced it

-it is the result of meditation

“I am that, you are that and all of this is that”

There is no I and no object of meditation. There's just ISNESS

Roasting the seeds of karma,- the ideas cannot germinate again

Chop wood draw water analogy- its how its done

# Samadhi

-you will be useful and active, not just sitting like a stone

-keep increasing the light



# Samadhi

-very hard to explain or help another to reach this stage

-we can show a path through tools such as mantra, concentration, focus, breathing

-it is beyond words

- when individual self merges with the divine consciousness, the illusion of separateness dissolves, this is samadhi

# Samyama -siddhis

From dharana, dhyana and samadhi come the siddhis- perfect abilities

The truth behind something is revealed to us

-these 3 are internal practices - on the mental level, you do not need the world outside you to practice

But also, in samadhi, dharana and dhyana seem at the gross level compared to samadhi's subtlety

By samyama the knowledge of the solar system is obtained

# Intellect vs Purusha

Intellect exists for the sake of purusha

Purusha exists for its own sake

“Not distinguishing this is the cause of all experiences” and by samyana on the distinction, knowledge of purusha is gained

-super perception- hearing, touch ,seeing etc..

# Mastery of vayus

-Udhana- the nerve current - the upward vital air

One accomplishes levitation

Samana vayu mastery- the nerve current, comes the radiance to surround the body

-friendliness, strength, meditative posture is achieved, super hearing, excellent bodily function, ability to perceive purusha,

# Mastery of Prakriti

The ability to function without the sense organs, allows mastery over prakriti

# Ultimately, detach

Must be non-attached to the siddhis because they will bind us as they are ultimately the outcome of the mind, - a part of ego

Next book is Kaivalya Pada~ absoluteness, kevala- the root word means without qualities or conditions. That which is cosmic. Unlimitedness.

# Sutra 3: Tada Drastuh Svarupe Vasthanam

Tada = Then

Drastuh = The Seer

Svarupe = in his own nature

Avasthanam = abides

*Then the Seer abides in his own nature*

You are the true seer/ knower. (we clear the mind to see this truth)

# Sutra 1.3

“United in the Heart, Consciousness is steadied, then we abide in our true nature-joy.”

-like falling in love

-having patience, “Om Shanti” in difficult situations

# Ritambhara Prajna

When consciousness dwells in absolute true knowledge, this is ritambhara prajna.

Direct spiritual perception dawns.

It is absolute true knowledge

All samskaras are left behind and new ones are prevented from sprouting'

# Consciousness like a clear crystal

When we embrace the glory of knowing our true self, we may appear to take on other characteristics, like a red cloth under a clear crystal (it will look red)

However, we have complete recognition of our unchanging reality that we are divine

The yogis heart remains unaffected by the changing reality instead- we rest in the divine, our equanimity

# Samadhi states

Savitaraka (name and quality and form blend)& Nirvitarka(name and form blend)

knowledge is gained through merging awareness with subtle forms and objects

# Tat Tvam Asi

I am that, you are that and all of this is that

~Chandogya Upanishad

# Review:

Yoga is:

- an oral tradition dating back more than 20,000 years from the Vedas
- a tool of self-realization, science of personal development
- after the Vedic period, we have the pre-classical yoga period which includes the Upanishads, The Mahabharata, the Ramayana
- after that, Classical period includes Patanjali's Sutras & Raja yoga
- post-classical is Hatha yoga
- modern yoga is primarily concerned with...

# Rta & Dharma

-Rta are the laws of Nature

-Dharma is Rta applied

-Ramayana

# 4 paths of yoga

Jnana - intellect / scriptures

Bhakti -Bhagavad Gita

Karma -Bhagavad Gita

Raja - 8 limbs & meditation

# Patanjali's Yoga Sutras

What do you remember about Patanjali?

What are the 8 limbs?

# Ramayana - Dharma Journey

Who is Valmiki?

The main characters of the Ramayana are:

Rama (Vishnu)

Sita (Lakshmi)

Hanuman

Ravana



# Hanuman

- rambunctious beginnings
- son of Vayu
- devoted
- mango incident
- two conditions (forgets & right parenting)



# Ravana

- devotee of shiva
- learned in Vedic knowledge
- antagonist
- had nectar in his belly
- 10 heads



# Summary

- It is a great poem
- It contains other great truths (stories within stories) Bear
- It contains a great battle, a prince, a princess
- A battle between good and evil
- Guha
- Asuras are old Gods, now demons
- Pushpaka chariot
- Siva's songs by Ravana
- Whoever speaks the name Rama will be free. Hearing or reading the Ramayana you will get what you wish for – so be aware!
- World's first poem

Thank you



# My Contact info:

Instagram: [lucystjohnnyoga](#)

Website: [www.lucystjohnnyoga](http://www.lucystjohnnyoga)

Facebook: Holistic Integrated Health Course

My email: [tropicalucy@gmail.com](mailto:tropicalucy@gmail.com)



*I love you! You matter to me:)*