



Modern Applications of Classical Teachings

Level 1

Taught by Andy B Allen



Recognizing the Struggles of Suffering & Desires

Pleasure vs Joy & The 3 Goals of Life

(Karma, Bakthi, Jnana) to serve, to worship and to learn)

Introduction

Intention of this Course

The intention with this course if any is to provide you with tools to reach the natural state of contentment and inner peace that is attained by those who are able to connect with life on all its levels. The information and tools provided in this course are a blend of the ancient and present science, from classical yoga to the most recent neuroscience discoveries and everything in between that has have a measurable influence in my personal practice.

This course is designed to help the participants to train their minds and bodies to move from being controlled to be in control, I know some people have negative and positive connotations to the word control, but you must know what I mean when I say control. It is not control in its stubborn, selfish, mindless and disconnected form, it is rather, synchronized, natural, organic, mindful and connected.

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COURSE DESCRIPTION

This is a theoretical and practical course. Every class we will explore new subjects. You will learn ways to take each subject and apply them in your daily life. The main subjects we will look into are;

- Recognize the pulls of Suffering & Desires, pleasure vs joy and 3 goals of life
- Duality (passive vs active approach to life) 3 Goals and 3 obstacles in life, The 4 drives, The 4 paths and moderation
- Mindful living (ahimsa) dispassion (vairagya) and contentment (santocha). Introspection, self awareness, self study and contemplation
- Inner and Outer guidelines; code of conduct, principals, believes and ethics (Yamas and Niyamas).
Responding vs Reacting
- Proper exercise and proper rest (Asana and Nidra)
- Term Review, final project “Ayurvedic cleanse), the importance of it. cleanse of senses, of body and mind, balance of dosha and Final Q&A

RECOGNIZING THE STRUGGLES OF SUFFERING & DESIRES

Pleasure vs Joy & The 3 Goals of Life
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Universal Desires OR Purposes of Life

Purushartas

Artha: Prosperity in the material world

Kama: Desire and pleasure for intimacy, connection, love

Dharma: Fulfillment of duties (individual, communal, universal)

Moksha: Spiritual fulfilment



Pleasure vs Joy

- **Pleasure** is related to immediate or almost immediate reward and is also often related to pleasing of our senses. Sometimes it is created by the mind and others by the outside world.
- Desire is not bad. The lack of moderation and self control is what makes desire seem like a bad thing.
- Some desires spring from innate or built in mechanisms related to our survival, while other come from our surroundings.
- Either way, in order to get the best out of them, it is important to take a moment or two to think about not only where they come from but how do they serve us.



Joy!!!

- **Joy** on the other hand is often defined in similar ways as pleasure. Both are related to things that bring happiness. But in Yoga, as well as in most ancient traditions, a difference is made between the two, not for the sake of argument but rather to let the practitioner know that there is indeed a space beyond personal gain and immediate reward that can provide a permanent and fulfilling sense of connection, belonging and purpose.



So...

What is the biggest difference between the two?

- **Pleasure** is selfish while **Joy** is Selfless
- **Pleasure** is temporary while **Joy** is permanent. Even though you can come in and out of joy and that might make it look like temporary, it is not joy what stops or ceases to exist, it is us whom unplugs from it.
- **Pleasure** is only found in things that exist in the realms of likes and dislikes, while **Joy** can be found in everything we do.



Unregulated pleasure of the senses leads to a path that is similar to the mind altering substances of an addict, where the individual devotes their life to the pursue of the next big kick of chemical pleasure in the body and the brain

Reality is based on perception and perception is based on awareness of what is or consciousness level, so...

by changing our attitude towards life we will naturally gain or expand our awareness or what's around and therefor increase our perception. As a result, reality will look different, or as some say, your reality will change!

Of course to understand this we must take a moment to understand that what we understand as reality is a construction of the dual and temporary world we live in.

The Three Goal

To Serve, To Worship & To Learn

To serve (Karma) every action has a purpose, every action gets you closer to or further from...

To worship (Bhakti) Bliss is everywhere, if you can see it

To learn (Jnana) study and observe from all and all



To Serve

Karma Yoga

It is easy to mistake the purpose of this practice as the mind is not pure or balanced (that is the case for most practitioners nowadays). The purpose of this practice is selfless, mindful service that is inline with the natural order of things. When you serve, you are not serving orders or yourself, you are serving Rta and Dharma or the universal order. It is also important the recognize the different levels of service and purpose, That is the key to leave a life were almost everything we do is or was the right thing to do. The challenge is not to act, the challenge is to be present and connected.



To Worship

Bhakti

This practice is often linked almost to religion, but there is much more about it. It has to do with realizing and recognizing the power of creation in everything around us, to experience a sense of awe in the “simple or mundane things”

By persistently acknowledging the power of creation the way we perceive the world around us changes, and by doing so, our experience changes too.



To Learn

Jnana

Often related to the study of ancient scriptures, again, this is a practice that has much more in it. It is about setting aside false identities and realizing one's true nature. As said by Swami Sivananda, the highest form of knowledge is actual experience, while learning from books is the lowest, meaning experience of some form is required.

Introspection and contemplation will lead you to a deep exploration of the nature of your being.



Practice

From time to time, and in a mindful way, choose to:

1. Practice letting go of personal material possessions, personal attachment to sensual pleasures, also practice letting go of emotions, desires, likes, or dislikes, beliefs and ideals
2. Practice gratitude. As you wake up and go to bed, take a minute to review your day and be thankful for all of it, whether good or bad.

