

Patanjali Yog Sutras

Weekly Session 1

JKYOG Center For Indian Culture & Education

Prayer

गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः
गुरु साक्षात् परब्रह्मा तस्मै श्रीगुरवे नमः

GururBrahma GururVishnu GururDevo Maheshwaraha
Guru Saakshaat ParaBrahma Tasmai Sri Gurave Namaha

Meaning: Guru is the Creator (Brahma), Guru is the Preserver (Vishnu), Guru is the Destroyer (Maheshwara). Guru is the absolute (singular) Lord himself! Salutations to that Sri Guru

वसुदेव सुतं देवं कंस चाणूर मर्दनम् ।
देवकी परमानन्दं कृष्णं वन्दे जगद्गुरुम्

vasudeva sutam devam kamsa canuramardanam |
devaki paramanandam krishnam vande jagadgurum

Meaning: I offer my obeisance's to Lord Krishna, the beloved son of Vasudeva, who killed the great demons Kamsa and Canura, who is the source of great joy to Mother Devaki; and who is indeed a world teacher and spiritual master of the universe

Patanjali Series – What to Expect!



**Special
Videos**



**Practical
tools**



**Introspective
activities**



**Spiritual
Stories**



**Topic related
Meditations**



**Fun Quizzes
& Polls**



**Quote of the
day**



**Session
summary**



Email Digest

Today's Agenda

- Special Video
 - **Verse 1.1 & 1.2**
 - Topic: **Science of Yog**
- **Visual Summary & Recap** of concepts
- **Practical** Application / Meditation
- Experience Sharing – **Case Study**

Quick Survey

Go to ***Menti.com*** on any browser and enter the code on screen!

Or click this direct link (to be shared in Chat window on zoom)

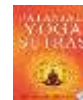
<https://www.menti.com/egz4bry7p9>

Video Time

**Let us watch a video by
Swami Mukundananda
explaining verse 1.1 and 1.2**

Yoga Sutras: Many Minds, Many Versions!

- Patanjali Yoga Sutras like many other scriptures of that period were written in form of **short verses** which could be **memorized** easily.
- As they say, brevity is the soul of wit!
- In recent past, thousands of commentators have written their interpretations / commentaries on PYS



1000+ Books on Amazon.com on PYS

1.3 Million Results on Google.com
for PYS Books!

Why so many interpretations?

Homonyms



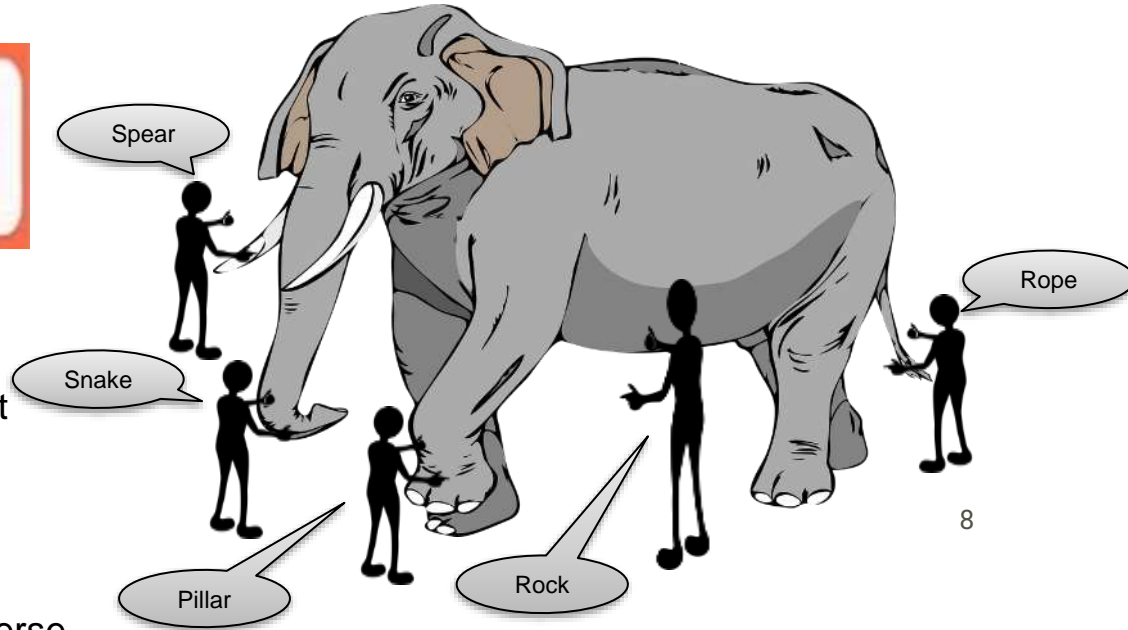
Homonyms

- Saindhava could mean horse or table salt
- Ekadashi verse example

Context is key

- To truly understand the import of each verse, context is important – for instance, the previous and next verse

Five Blind Men & An Elephant



Noteworthy!

Maharishi Patanjali is **not on that path of “Advaita”**

He has **clearly referred to God as separate** from the soul

He has repeatedly guided with Ishawara Pranidhanat (surrender to God)



Verse 1.1

अथ योगानुशासनम् || 1.1 ||

atha yogānuśāsanam



Atha: Invoking the blessings of the supreme Lord



Yog anushashnam

Shashan – *Discipline*, austerity to undertake. Discipline: when something is unpleasant and still you do it; voluntary undertake austerity & opposite of indulgence.

Anushashanam: Anu means imposed from the **inside**. We wish to control and subdue / train the mind. Mind says, I want to lie down, I want to speak to my friends etc. If we wish to control the mind, we need to enforce discipline.

Discipline works from the
inside out, and punishment
tries to work from the
outside in

Danny Silk

PICTUREQUOTES.COM

Verse 1.2

- Mind is super important on the spiritual path. But the mind is like a little child – it is **undisciplined**
- Mind with all its components is referred to as “Antahakaran” in the scriptures. In coming sessions, we will cover the components of the mind in depth.
- External things, acts don’t matter as such. They are just helpers – chanting beads, certain types of clothes etc.
- There are many rules in the scriptures, but behind them all there is a clear **two-fold purpose**

- a) always remember God
- b) never forget God

योगश्चित्तवृत्तिनिरोधः || 1.2 ||

yogaścittavṛttinirodhaḥ

*The science of Yog consists of the **control of the workings of the mind***

Shri Maharajji in [Bhakti Shatak](#) said:

- [Bandhan aur moksha ka karan man hi bakhan’, ya te kauniu bhakti karu, karu man te hari dhyan](#)
- [Bondage and liberation is due to the mind; spiritual aspirant must endeavor to control the mind]

Interactive Activity



- 1. Share your key learnings from today's lesson**
- 2. Why do we need to control the mind?**
- 3. What can happen if we DO NOT control the mind?**

Meaningful Progress of the Mind?



Truly meaningful and lasting improvements to the mind's activity **CANNOT** be accomplished **WITHOUT** a profound comprehension of the mind in the context of all creation.



- Who am I?
- What is my purpose?
- Why has the universe been created?
- Who created all this?
- Why am I constantly searching for knowledge, life and bliss?

THANK YOU FOR YOUR
PARTICIPATION!