

Patanjali Yog Sutras

Weekly Session 10

JKYOG Center For Indian Culture & Education

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 canūramardanam |
devakī paramānandam kṛṣṇam vande jagadgurum

Meaning: I offer my obeisance's to Lord Krishna, the beloved son of Vasudeva, who killed the great demons Kamsa and Cāṇūra, who is the source of great joy to Mother Devakī; 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

- **Recap** of concepts
- Verse Introduction
 - **Verse 1.13 (and portion of 1.14)**
 - Topic: **Practice**
- **Visual** Topic Discussion
- Special **Video(s)**
- **Practical** Application & Experience Sharing

Recap



- Science of Yog

- Goal of Yog

Not to kill the mind but purify it

- Mind, Intellect & Ego



- Path to Purify the Mind



- Five Mental States (Vrittis)

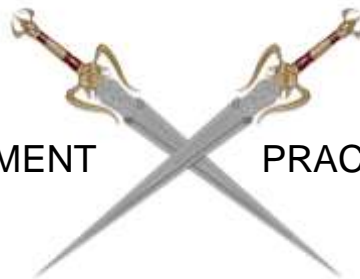


Recap: Verse 1.12: Concept

*The two swords which applied **repeatedly** cut material bonds and attach the mind to God!*

DETACHMENT

PRACTICE



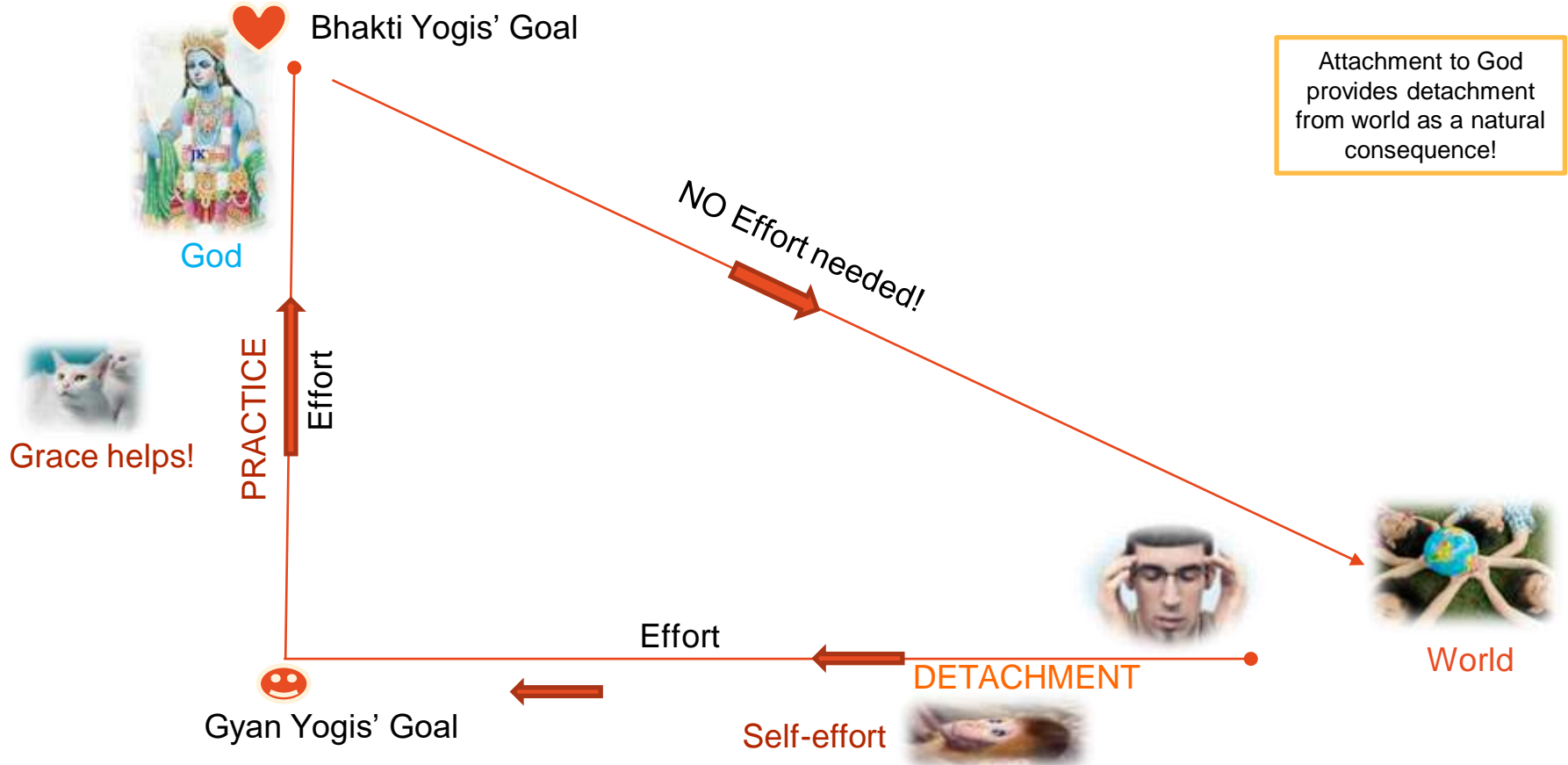
Detachment / Vairagya: removing the “mind” from where it is currently attached (material world – “char” and “achar”)

Practice / Abhyas: Putting mind to Lord’s names, forms, pastimes, abodes and saints.

Mnemonic: Vai Ragya = remember ‘**WHY** Raag’

Mnemonic: NRLGD –New & RealLy GoodD)

Recap: Verse 1.12: Application



Verse 1.13

तत्र स्थितौ यत्नोऽभ्यासः || 1.13 ||

tatra sthithau yatno abhyāsaḥ

Translation: Abhyas or Practice is the steadfast effort to control the mind!

Car Driving

First time driving!



With practice!



Credits: <https://youtu.be/DLSWVsUCoTU>

Car Driving (Mr. Bean)

Spiritual Practice - outcomes

Most of us at present!



Sthith-Pragya like an ocean!



Why Practice?

- **Knowledge “Evaporates”:** Hear good knowledge -> resolve good -> material situations come -> we forget!
- **Maya tests** us: Sadhu example on anger
- **Our mind is deeply attached to the world**
- **There is NO other viable alternative:** Endless rotation in Maya vs. Practice



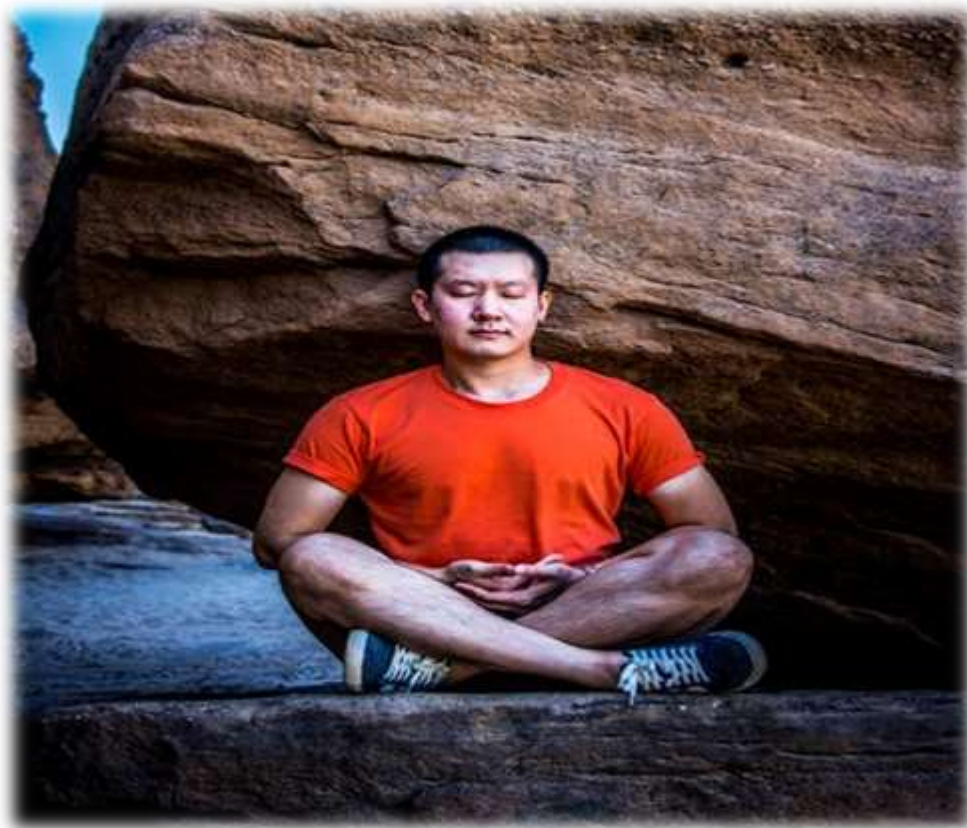
What & How to Practice

What

- Detach the mind from the world, attach it to the divine realm (*names, forms, abodes, qualities, pastimes & saints*)
- Meditation – *Roopdhyan*
- *Repeatedly, uninterrupted (verse 1.14)*

How

- Will fall 1000 times but need to get up 1001 times
- Wrong practice has been going on since endless lifetimes – so reverse it now!
- Important to keep aspiration high and never be disillusioned with the defects inside.



Self Programming Human Brain!

The science of neurology explains that whenever we do any mental or physical work, our brain fires up neurons in the sensory motor region, neocortex, and prefrontal cortex.

But, interestingly, the **human brain is such a self-programming mechanism**, that when it realizes a task is being done repeatedly, it creates **neural programs** to ease its work.

Proficiency in typing: your brain noted the task being repeated. Then, to make its task easier, it **stored programs in the basal ganglia**, thereby making it easier with time

Someone not familiar with computers/typing could conclude it as a miraculous yogic siddhi. But you know it is usual due to habit-forming nature of the brain!



Practical Tips to Improve Spiritual Practice

Spiritual Practice

Enhancement Tools



Reference Video by Swami ji

Watch video by Swami Mukundananda explaining the verse

<https://youtu.be/Y9YIyCL4wHs>

Verse 1.13

Patanjali Interactive Discussion

1. Share your experiences of how practice helped your spiritual journey!
2. Share lessons from lives of Saints or worldly examples of people who “practiced to perfection”

2:00

TEMPERANCE	Eat not to dullness; drink not to elevation.
SILENCE	Speak not but what may benefit others or yourself. Avoid trifling conversation.
ORDER	Let all your things have their places. Let each part of your business have its time.
RESOLUTION	Resolve to perform what you ought. Perform without fail what you resolve.
FRUGALITY	Make no expense but to do good to others or yourself; that is, waste nothing.
INDUSTRY	Lose no time. Be always employed in something useful. Cut off all unnecessary actions.
SINCERITY	Use no hurtful deceit. Think innocently and justly; if you speak, speak accordingly.
JUSTICE	Wrong none, by doing injuries or omitting the benefits that are your duty.
MODERATION	Avoid extremes. Forebear resenting injuries so much as you think they deserve.
CLEANLINESS	Tolerate no uncleanness in body, clothes, or habitation.
CHASTITY	Rarely use venery but for health or offspring. Never to dullness, weakness, or the injury of your own or another's peace or reputation.
TRANQUILITY	Be not disturbed at trifles, or at accidents common or avoidable.
HUMILITY	Imitate Jesus and Socrates.

The 13 Virtues of
BENJAMIN FRANKLIN



WhatsApp for CICE Interactive

Participants are encouraged to join the CICE Interactive group. This is a Forum to **enable cross CICE sessions synergy and discussions**. Join the group via this link:

<https://chat.whatsapp.com/EgF8Ur33w504pUdaq0S1V2>

You will have access to knowledge sharing threads from other CICE sessions as well to make it an enriching experience. We will make this group rest in peace in a week or so once all of us have migrated since this group will be redundant 🙏

Here is **your chance to help!** Seva opportunities!

If you are feeling inspired to help us on this journey, please raise your hand, reach out to us (via phone, WhatsApp) or mention your interest in the attendance/feedback tracker! List of opportunities we need help with:

- **Social Media posting**
- **Research content** on different spiritual topics etc.
- **Video** editing
- **Content** for audience engagement (quizzes, polls)
- **Website**/portal content
- **Emails** / Comments Follow up and Response
- Sky is the limit!



THANK YOU FOR YOUR
PARTICIPATION!