

Patanjali Yog Sutras

Weekly Session 11

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 canura mardanam |
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

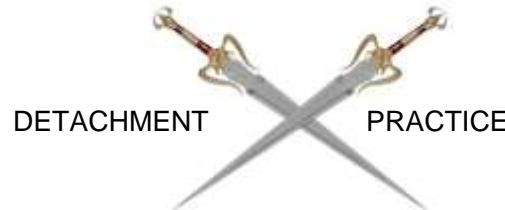
- **Recap** of concepts
- Verse Introduction
 - **Verse 1.14**
 - Topic: **Practice (Part 2)**
- **Visual** Topic Discussion
- Special **Video(s)**
- **Practical** Application & Experience Sharing

Recap

- Science of Yog
- Goal of Yog
- Mind, Intellect & Ego
- Path to Purify the Mind
- Five Mental States (Vrittis)
- Detachment & Practice



Not to kill the mind but purify it



Verse 1.14

स तु दीर्घकाल-नैरन्तर्य-सत्कारासेवितो-दृढभूमिः || 1.14 ||

sa tu dīrgha-kāla nairantarya-satkārāsevito

dr̥ḍhabhūmiḥ

Translation: When practice is continued for **long duration** with **honor, dedication** and **without interruption**, it becomes firmly grounded!

Pillars of Practice!



DURATION

- Long duration important



HONOR

- Respecting the practice



REGULARITY

- Implies lack of interruption

Pillars of Practice



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!



Importance of Journaling

Key Points

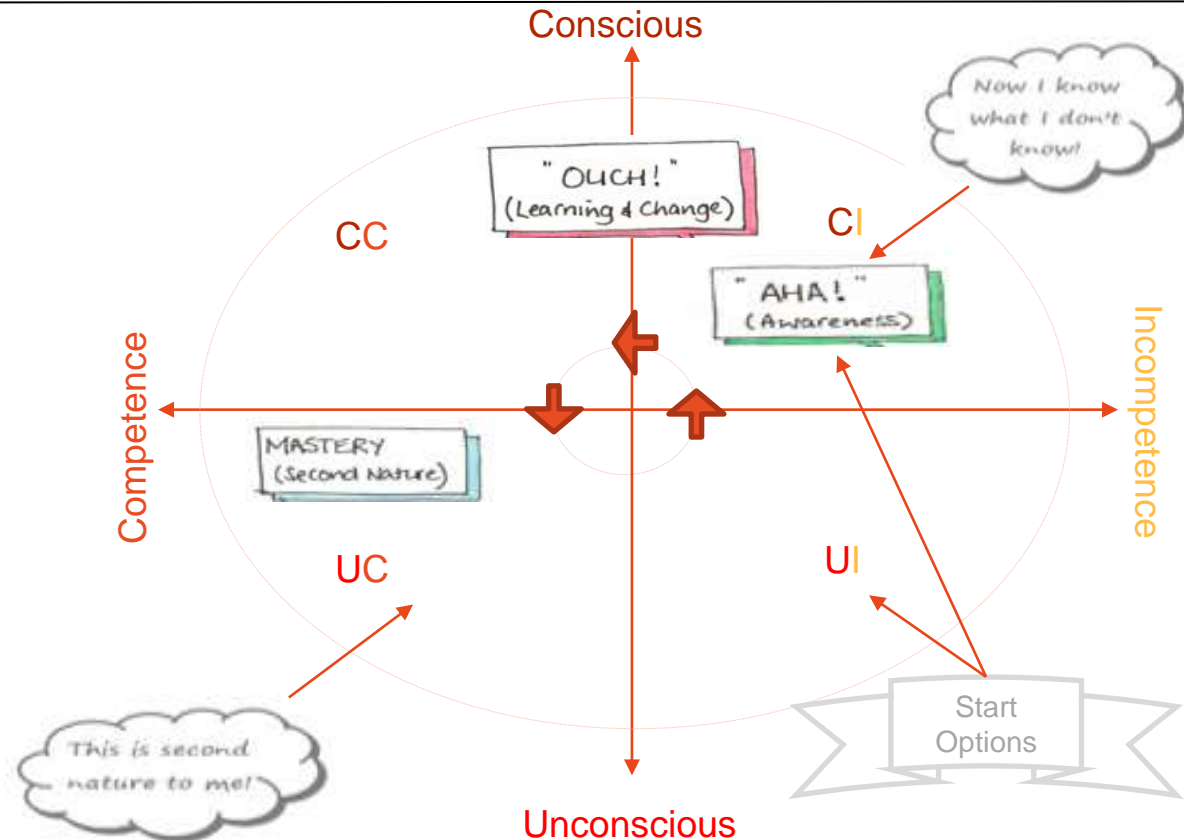
- Maintain a personal diary
- Many “mobile” apps that remind in creative ways
- Revisit it every morning ***and*** evening.
- Document what practice you want today and revisit to check progress at the end of day

Journal
writing is a
voyage to
the interior.

The competence framework!

In this manner, behavioural change goes through the stages:

1. **Conscious Incompetence.** In this stage, we struggle to learn a new skill, acquire a beneficial mindset, or develop a good habit. Or alternatively, we grapple to break a harmful habit long solidified within us. But despite consciously focusing and applying our intellect to the task, we are incompetent at it.
2. **Conscious Competence.** In the second stage, we have developed a moderate level of proficiency. We can now fulfil the task competently, but only by focusing our complete attention on it.
3. **Unconscious Competence.** In this final stage, we discover we can perform the task adeptly, even without paying full attention. The behavioural impetus is now with us.



Reference Video by Swami ji

Watch video by Swami Mukundananda explaining the verse

<https://youtu.be/9qRWroEhc1U>

Verse 1.14

PYS: Interactive Activity



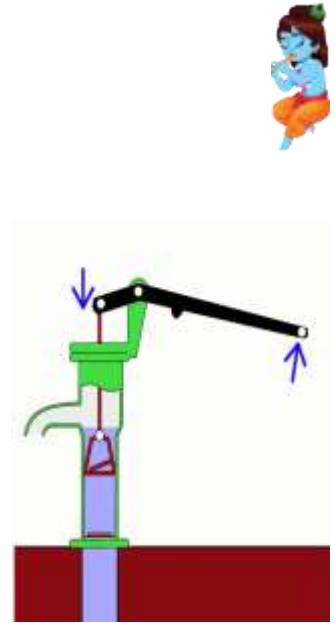
Limit: 2 min per participant



*When practice is continued for **long duration** with **honor, dedication** and **without interruption**, it becomes firmly grounded in the mind as a **habit***

Discuss:

- 1. How to apply this in our life?*
- 2. What obstacles to expect?*
- 3. Does journaling help you? How?*



THANK YOU FOR YOUR
PARTICIPATION!

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!



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 🙏