

Patanjali Yog Sutras

Weekly Session 12

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 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

- **Recap** of concepts
- Verse Introduction
 - **Recap and Revise**
- **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



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!



<https://youtu.be/f2O6mQkFiiw>

Pillars of Practice!



DURATION

- Long duration important



HONOR

- Respecting the practice



REGULARITY

- Implies lack of interruption

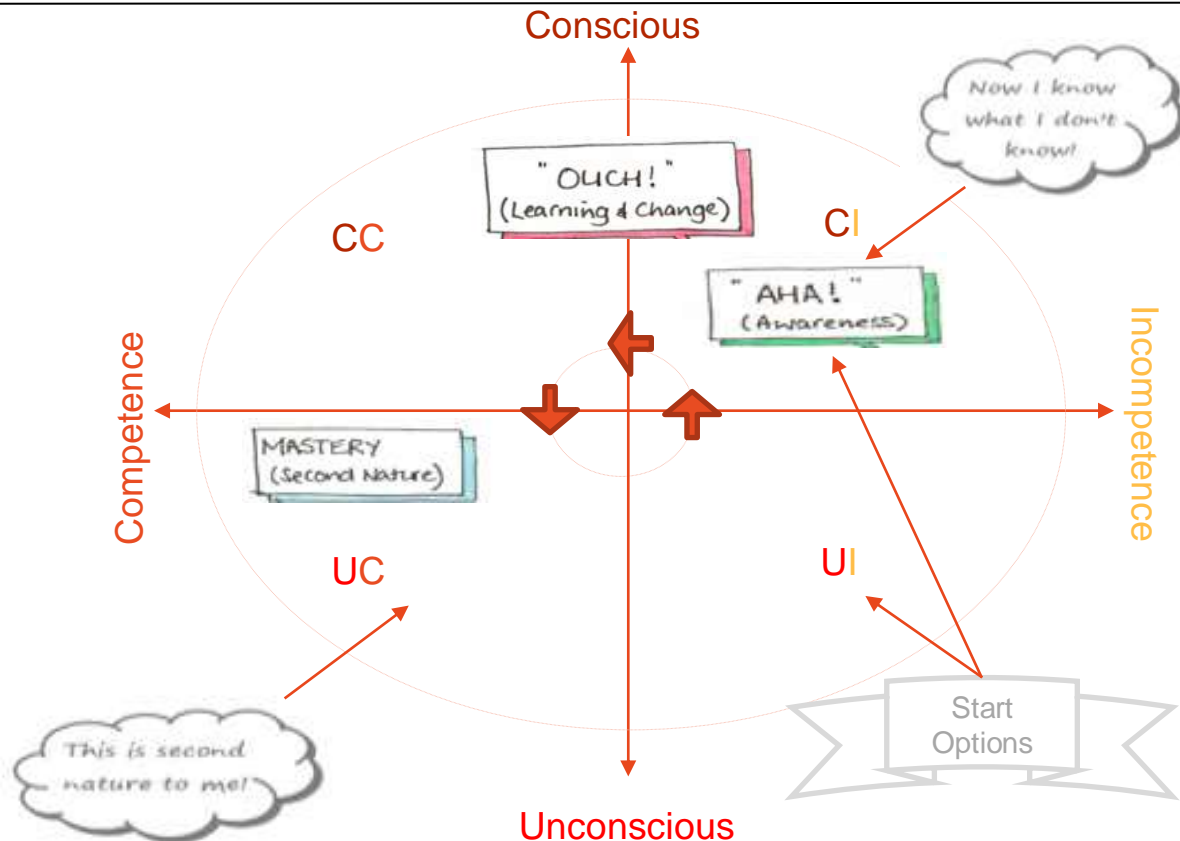
Pillars of Practice



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.

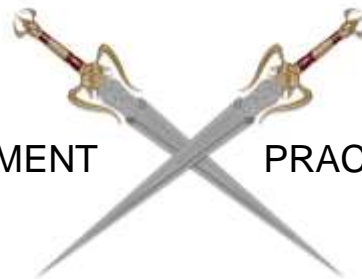


Recap: Verse 1.12: Conce

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

DETACHMENT

PRACTICE



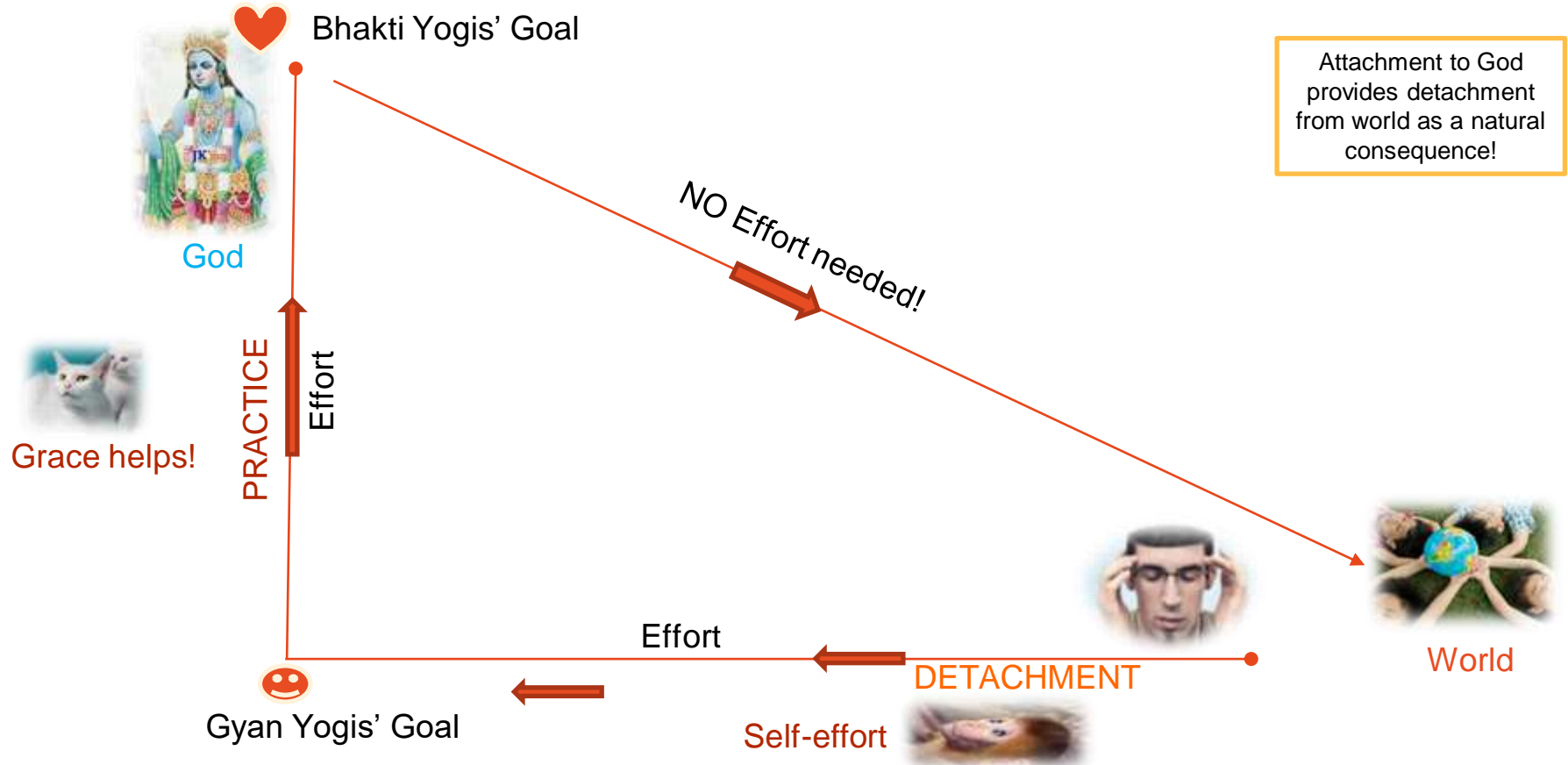
Detachment / Vairagya: removing the “mind” from where it is currently attached (material world – “char” and “achar”)

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

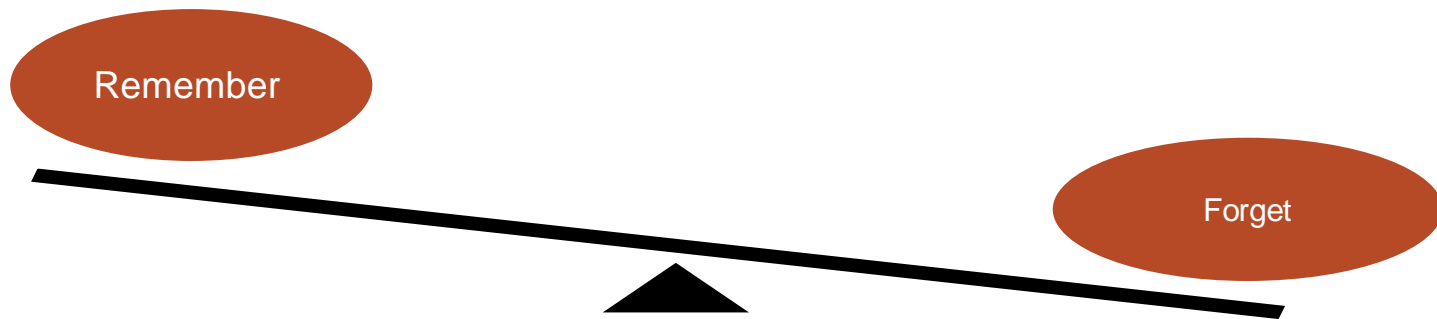
Mnemonic: Vai Ragya = remember ‘**WHY** Raag’

Mnemonic: NRLGD –New & RealLy GoodD)

Recap: Verse 1.12: Application



Necessary skills!

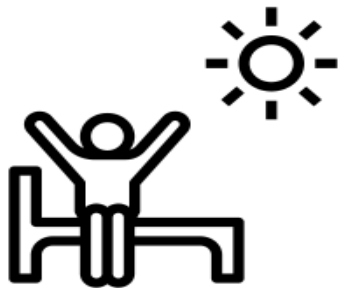


Two things are necessary: to be able to **remember**, to be able to **forget**!

- The ability to remember is necessary difficult to imagine life without it!
- Without memory, we will not be able to remember good knowledge and apply it!

- Ability to forget: if someone near and dear has passed away – people relive and take time to forget. Time is the biggest healer. With time, the memory will forget. If you can't forget the unpleasant episodes, you will keep feeling miserable!

The three states!



• Waking state (Jagrat Awastha)

- Regular activity of mind, body and senses
- **Consciousness** routed through gross body to the world



Mind keeps **working**



• Dreaming state (Swapn Awastha)

- Rapid Eye Movement (REM) sleep
- **Consciousness** routed to *subtle* material realm



Mind keeps **working still!**



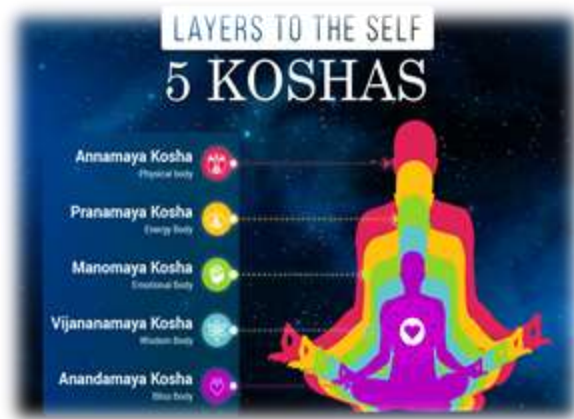
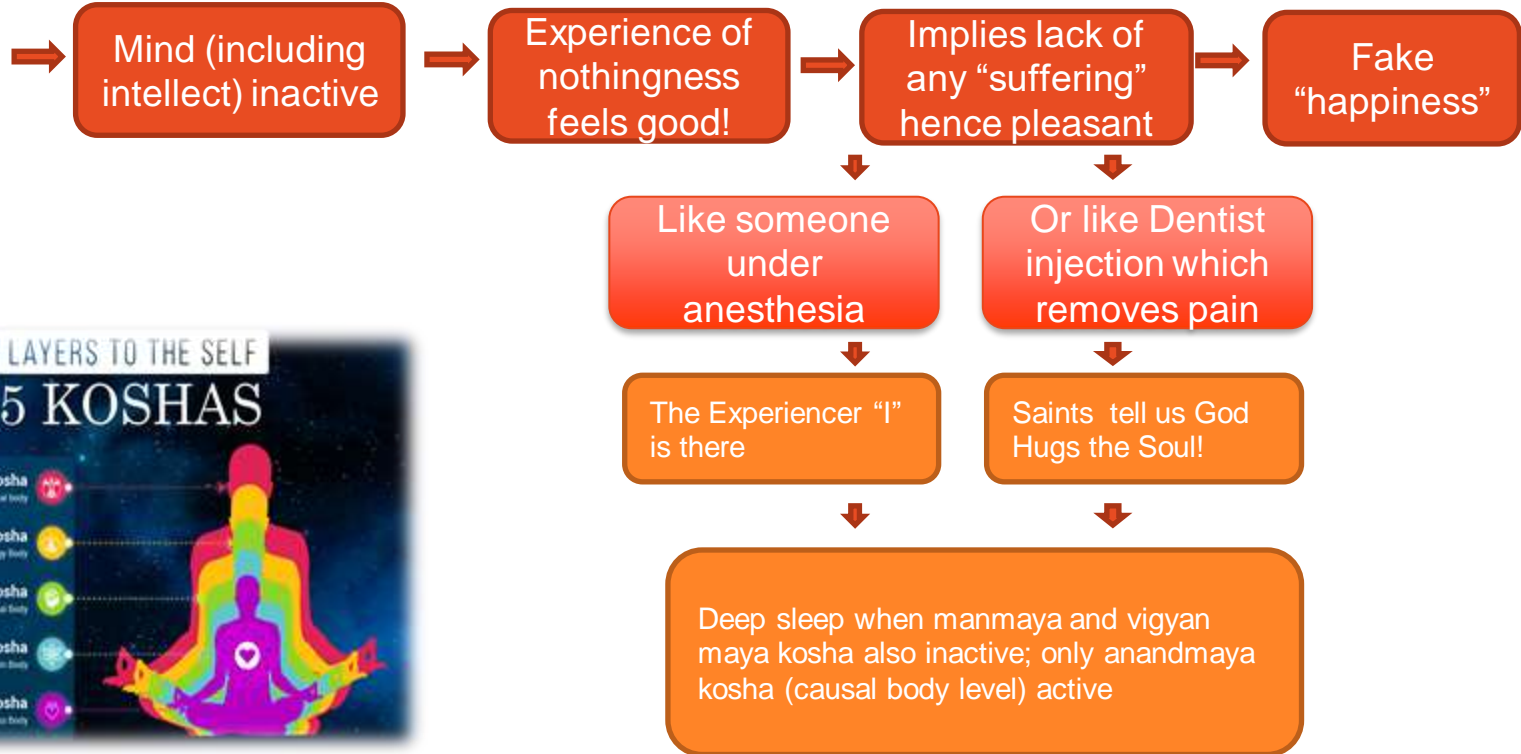
• Deep sleep state (Sushupti Awastha)

- Dreamless deep sleep
- Delta Brain Waves
- **Consciousness** NOT routed anywhere



Mind (intellect) **rests!**

Deep sleep



Duḥkheṣu – Third Misconception



We laugh at a baby with pacifier but our situation is no different!

Five senses hanker for objects of their gratification and we keep trying to find happiness in sources of misery

TASTE: A fish attracts its own demise by getting caught in fisherman's trap with food as lure

SEE: Moth gets attracted to light, and dies



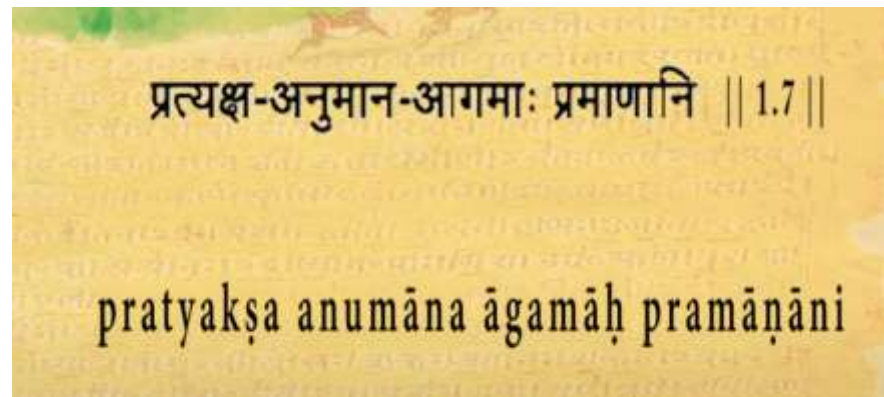
SMELL: A bee gets stuck in a lotus flower and gets eaten by an Elephant

TOUCH: Elephant loves skin touch – and falls in trap laid out by hunter with female elephant as a lure

SOUND: Deer loves particular sounds and gets trapped by hunters

Verse 1.7– Decoding “Pramana”

- The first “Vritti” (from the five listed by Maharishi Patanjali) is **Pramana** or **Proof / Right Knowledge**
- **Pramaan** (as per some sources): prama + karan: Prama means gyaan which is true knowledge (scriptures), and karan means sadhan
- True knowledge has these three basis: Pratyaksa (Direct perception), Anuman (Inference) , Agam (Scriptural or verbal authority)
- Sometimes in life we feel happy and sometimes sad: this experience from inside – how do you get it? This knowledge comes from three ways: either your senses, or inference or else scriptures
- A philosophical system has five aspects: metaphysics, epistemology (basis of knowledge), ethics, logic and aesthetics: This is epistemology: Epistem = knowledge; logos = study or account of. Branch of philosophy that studies the nature and scope of knowledge and the means of producing that knowledge



Translation: Direct perception, inference, verbal or scriptural testimony are three means of valid knowledge.

Main takeaway: If you want to change your mind in positive direction you need valid knowledge

THANK YOU FOR YOUR
PARTICIPATION!