

# Patanjali Yog Sutras

Weekly Session 13

**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 sutaṁ devaṁ kaṁsa cāṇūramardanam |  
devakī paramānandaṁ kṛṣṇaṁ vande jagadgurum

Meaning: I offer my obeisance's to Lord Krishna, the beloved son of Vasudeva, who killed the great demons Kaṁsa 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 – Welcome!

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**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

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- **Recap** of concepts
- Verse Introduction
  - **Verse 1.15**
  - Topic: Detachment
- **Visual** Topic Discussion
- Special **Video(s)**
- **Practical** Application & Experience Sharing

# Verse 1.15

द्रुष्टानुश्राविका-विषय-वितृष्णस्य वशीकारसंज्ञा वैराग्यम् || 1.15 ||

dr̥ṣṭānuśrāvika viṣaya vitṛṣṇasya vaśīkāra  
samjñā vairāgyam

**Translation:** Vairagya (non-attachment) is the practice of detachment from desire for sense objects that are seen or heard

Viṣaya vitṛṣṇasya = viṣaya + vi + ṛṣṇasya : viṣaya object, vi devoid of.  
ṛṣṇasya possessive case of ṛṣṇa, pertaining to thirst, craving, clinging

# 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



# Reference Video by Swami ji

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**Watch video by Swami Mukundananda explaining the verse**

<https://youtu.be/-rUwVI9rAuQ?t=169>

# Detachment Decoded

## What

- Practice denying senses and mind craving for sense objects

## Why

- it is a mirage or illusion!  
Happiness in sense objects is temporary pleasure

## How

- Using intellect with scriptural knowledge, understand the illusion and then decide firmly; attach mind to God

*Pillars of  
Detachment*





# Role of Mind vs. Intellect in this!

## Why Detach

- *The intellect will ask: give it logic: I am the soul, the happiness soul seeks is divine. World is for the body only.*
- *The disease of worldly attachment will only increase if we do not detach. Ram naam satya hai.*
- *We only get attached where our selfish interest is met. Relations, friends, family. We believe there is happiness in attaining those things.*

## Remedy

- **Repeatedly contemplate – that world is NOT mine. Then mind will loosen its attachment to the world.**
- *Can't keep the mind in pending! So, remove mind from world, then attach to the divine realm.*
- *Persistence is needed. As there is **NO OTHER WAY!** First practice and then naturality will come later*



# Timeless Pearls from Sh. Maharajji!

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- Hari anurag virag jag, apuhin apu na hoye.  
Man te bhajan kiye bina, bhakti na pave koya
- Jag virag ho titnoi, jitnoi Hari anurag. Tab  
ho hari anurag jab, Guru charanan man lag.

# PYS: Interactive Activity



*Using your **intellect**, make a **decision** that running after **material** things is making a fool of self. It is like running after a **mirage***

*Discuss:*

- 1. How to apply this in our life?*
- 2. What obstacles to expect?*

Limit: 2 min per participant



THANK YOU FOR YOUR  
PARTICIPATION!

# Here is your chance to help!

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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

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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 🙏