

Patanjali Yog Sutras

Weekly Session 13

JKYOG Center For Indian Culture & Education

Prayer



गुरुर्ब्रह्मा गुरुर्विष्णु र्गुरुर्देवो महेश्वरः गुरु साक्षात 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 cāṇūramardanam | 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 – Welcome!





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 1.15
 - Topic: Detachment
- Visual Topic Discussion
- Special Video(s)
- Practical Application & Experience Sharing

Verse 1.15



द्रुष्टानुश्राविका-विषय-वितृष्णस्य वशीकारसंज्ञा वैराग्यम् ॥ 1.15 ॥

dṛṣṭānuśrāvika viṣaya vitṛṣṇasya vaśīkāra samjñā vairāgyam

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

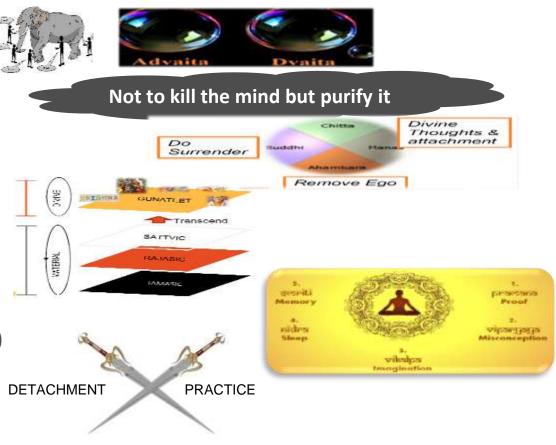
Viṣaya vitṛṣṇasya = viṣaya + vi + tṛṣṇasya : viṣaya object, vi devoid of. tṛṣṇasya possessive case of tṛṣṇa, pertaining to thirst, craving, clinging

Recap



- Science of Yog
- Goal of Yog •
- Mind, Intellect & Ego
- Path to Purify the Mind

- Five Mental States (Vrittis)
- Detachment & Practice







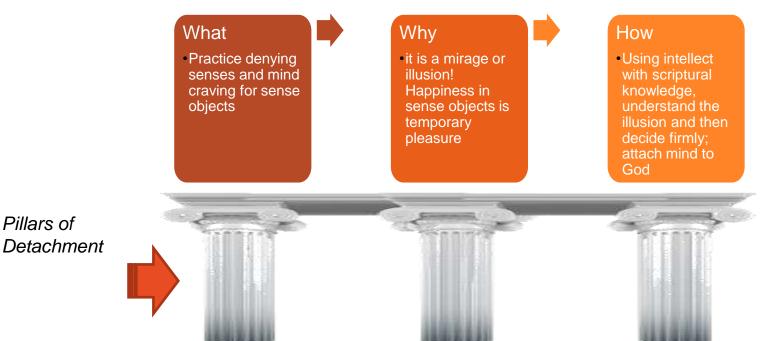
Watch video by Swami Mukundananda explaining the verse

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

Detachment Decoded

Pillars of





Role of Mind vs. Intellect in this!

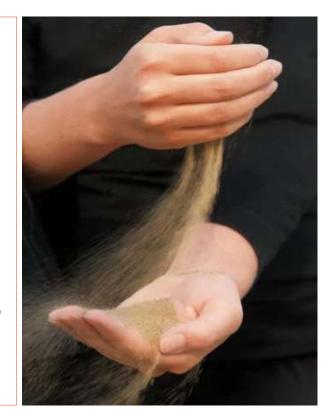


Why Detach

- 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







Hari anurag virag jag, apuhin apu na hoya.

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!





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!







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 \triangle