

Patanjali Yog Sutras

Weekly Session 2

JKYOG Center For Indian Culture & Education

Prayer

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

- Special Video
 - **Verse 1.2 (remaining) & 1.3**
 - Topic: **Goal of Yog + Mind, Intellect & Ego**
- **Recap** of concepts
- **Visual** Summary
- **Practical** Application & Experience Sharing

Video Time

Let us watch a video by Swami Mukundananda explaining the verses

<https://youtu.be/Uw-IS69GmKU>

Recap: Verse 1.2

- Mind is super important on the spiritual path. But the mind is like a little child – it is **undisciplined**
- Mind with all its components is referred to as “Antahakaran” in the scriptures. In coming sessions, we will cover the components of the mind in depth.
- External things, acts don’t matter as such. They are just helpers – chanting beads, certain types of clothes etc.
- There are many rules in the scriptures, but behind them all there is a clear **two-fold purpose** - a) always remember God & b) never forget God !

योगश्चित्तवृत्तिनिरोधः || 1.2 ||

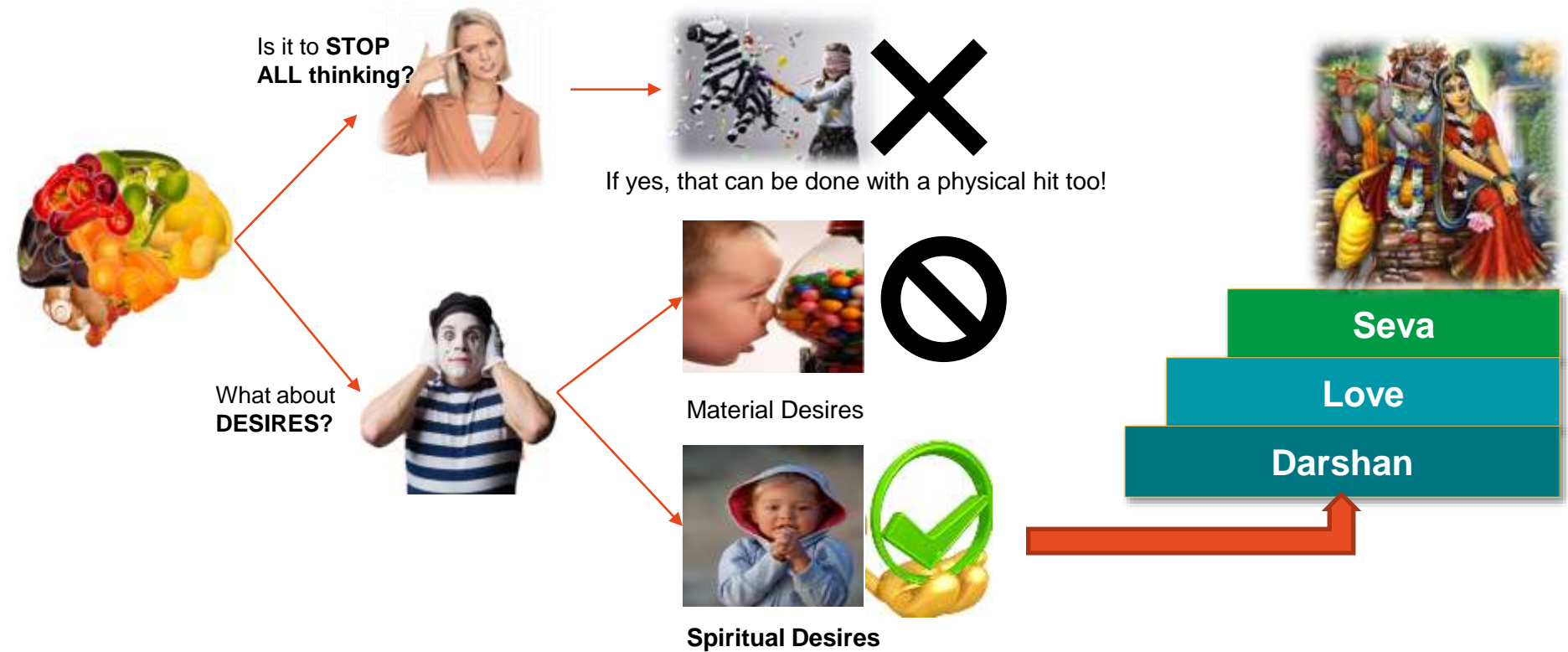
yogaścittavṛttinirodhaḥ

*The science of Yog consists of the **control of the workings of the mind***

Shri Maharajji in [Bhakti Shatak](#) said:

- [Bandhan aur moksha ka karan man hi bakhan’, ya te kauniu bhakti karu, karu man te hari dhyam](#)
- [Bondage and liberation is due to the mind; spiritual aspirant must endeavor to control the mind]

What does “Nirodhaha” mean?



The Aim of Yog

*The aim of Yog is to bathe our mind with divine thoughts, sublime ideas, noble sentiments and all the sadhana processes we undertake are to **illumine this individual consciousness with the light of divine consciousness!***



Yog means not to kill the mind, but to purify the mind!

Mind's state of functioning

What comprises the mind?

- **Many functions and many parts!**
 - The Panchadashi (Advaita Vedanta manual) says one mind
 - The Gita says mind and intellect
 - The Yoga Darshan says mind, intellect and ego
 - The Shanakaracharya bhashyas say four: mind(mana), chit, buddhi, ahankara
- These are **NOT four separate entities but FOUR STATES of FUNCTIONING of the mind!**
 - **Mind** - creates thoughts (mana or manas), hankering, aversion
 - **Intellect** - analyzes and decides (buddhi), values to things
 - **Chitta** - when it gets attached to a person/object
 - **Ego** - when it identifies with body and becomes proud (ahankara) - Ego is the soul's point of contact with the material world
 - *Remember the mad Dog on street - example mentioned by Swami ji*
- Watch later video: https://www.youtube.com/watch?v=R_opS2cBrmM



Do
Surrender

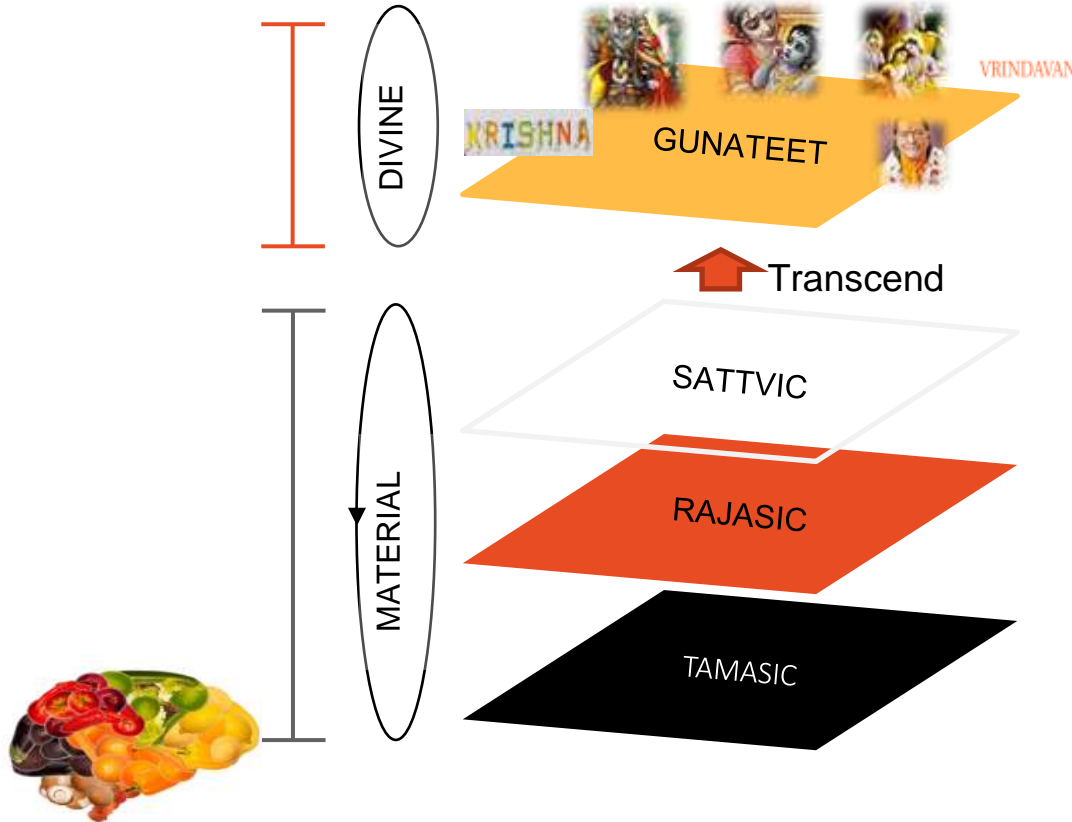
Divine
Thoughts &
attachment

Remove Ego



He whose intellect overcomes
his lust is higher than the angels;
he whose lust overcomes his
intelligence is less than an
animal.

How to purify!



- ***Absorb the mind in divine platform!***
- ***Remember Names, forms, pastimes, qualities, abodes and saints!***
- ***“NRLGD”***
- ***Nirantar, Ananya and Nishkam!***

Interactive Activity



- 1. Share your key learnings from today's lesson**
- 2. Share tools and techniques to purify the mind?**
- 3. What obstacles to expect & how to overcome them?**

THANK YOU FOR YOUR
PARTICIPATION!