



# Patanjali Yog Sutras

**Weekly Session 3**

**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!

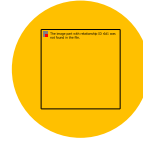
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**Special  
Videos**



**Practical  
tools**



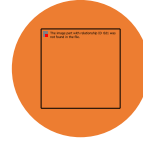
**Introspective  
activities**



**Spiritual  
Stories**



**Topic related  
Meditations**



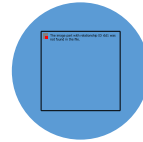
**Fun Quizzes  
& Polls**



**Quote of the  
day**



**Session  
summary**



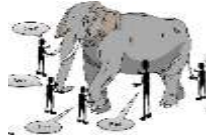
**Email Digest**

# Agenda

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- Topic: **Mental states & the link to valid / invalid knowledge**
  - Recap of 1.4,1.5 (covered in Yoga Festival)
  - Verse 1.6
- **Discussion on** concepts with visual summary
- **Practical** Application & Experience Sharing

# Recap



- Science of Yog

- Goal of Yog

- Mind, Intellect & Ego

- Path to Purify the Mind

Not to kill the mind but purify it



# Verses

## Recap of 1.4, 1.5 (Yoga Festival) + 1.6

**1.4:** In other instances, the soul forgets its divine nature and identifies itself with mental states

वृत्तिसारूप्यमितरत्र || 1.4 ||

vṛttisārūpyamitaratra

**1.5:** mental states are five in number, painful and not painful

वृत्तयः पञ्चतय्यः क्लिष्टाक्लिष्टाः || 1.5 ||

vṛttayaḥ pañcatayyaḥ kliṣṭākliṣṭāḥ

**1.6:** The five-fold fluctuations of the mind are caused by valid knowledge, erroneous knowledge, fanciful ideas, sleep and memory

प्रमाण-विपर्यय-विकल्प-निद्रा-स्मृतयः || 1.6 ||

pramāṇa viparyaya vikalpa nidrā  
smṛtayaḥ



**Let us watch a video by Swami Mukundananda explaining the verses**

Last 2 minutes of this: <https://youtu.be/ppku5Y4Q6EI>  
+ Full <https://youtu.be/XDEqIv28TmU>

# What type of lake you want to be in?



Like a **muddy lake**, Mind is not clear of impurities

**Finally**, when the mind is purified, we can see the body, mind, intellect and soul (**mountain lake**)

# The Vrittis

- **Vrittis:** “Material” **Perturbations** of the mind. **Waves!**
- **Painful** and **not painful** = *long term **consequences**, not immediate pain*
- These are tangible, active states of mind (vs. sanskars). There are many mental states e.g., attachment, desire, ego
- **Phrase to Remember:** **Purify Mind & Intellect So Much!**



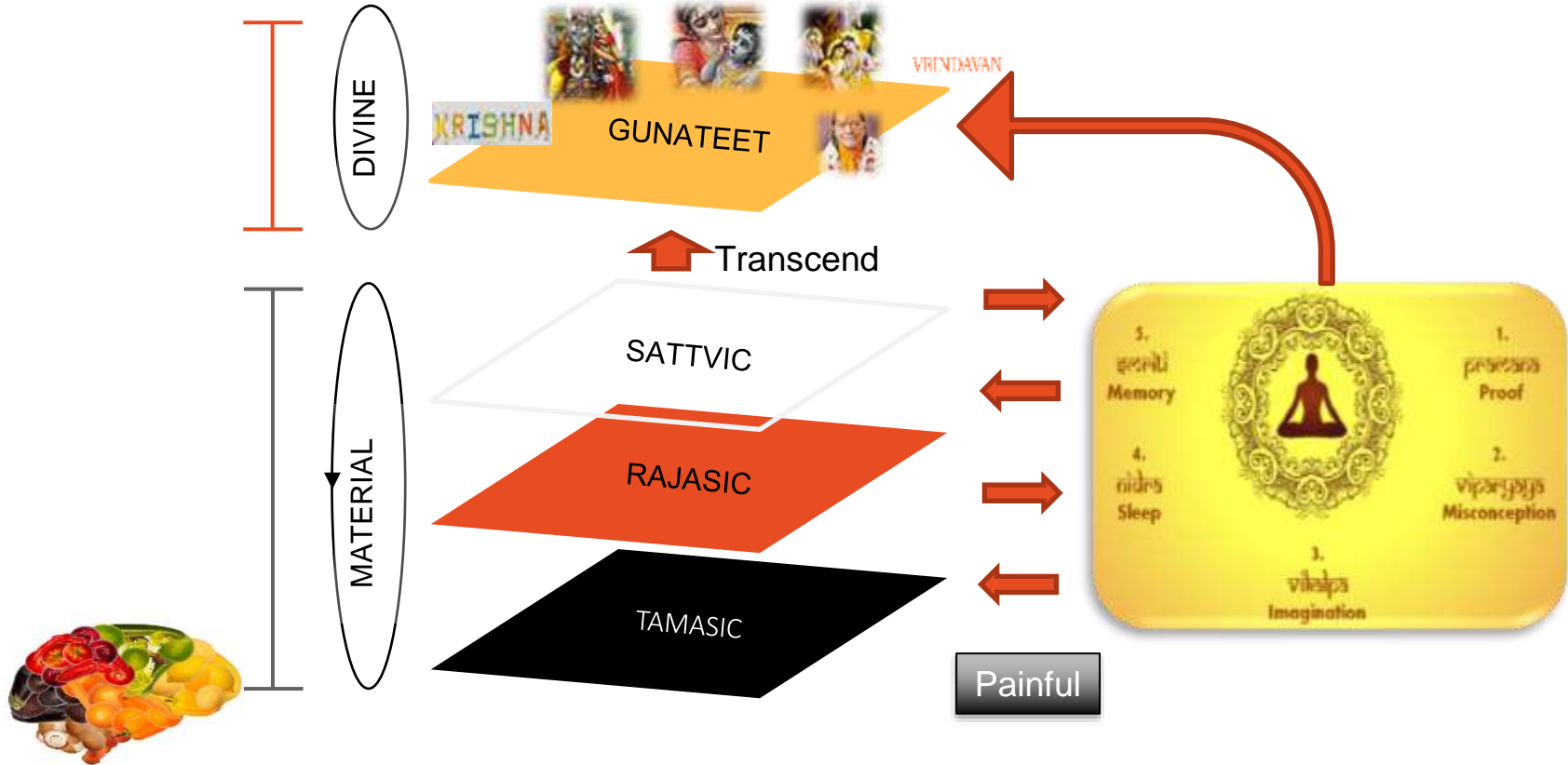
# Pop-Quiz

While dreaming during sleep,  
which “vritti” is influencing us:

- A. Viparyaya (Misconception)
- B. Vikalpa (Imagination)
- C. Nidra (Sleep)
- D. Smriti (Memory)



# How to purify!



# Interactive Activity

1. Share any lesson from our discussion so far!
2. How do the mental states affect us?
3. Can we use these states to improve our mind ? (e.g., imagination, memory, proof)



THANK YOU FOR YOUR  
PARTICIPATION!

# Viparaya: Invalid knowledge or misconceptions

Akrur ji, the messenger of Shree Krishna to the gopis, described imperfections of the intellect (or “viparyaya” / fallacies) in the Bhagavatam (10.40.25): *anityānātmā duḥkheṣhu viparyaya matirhyaham.*

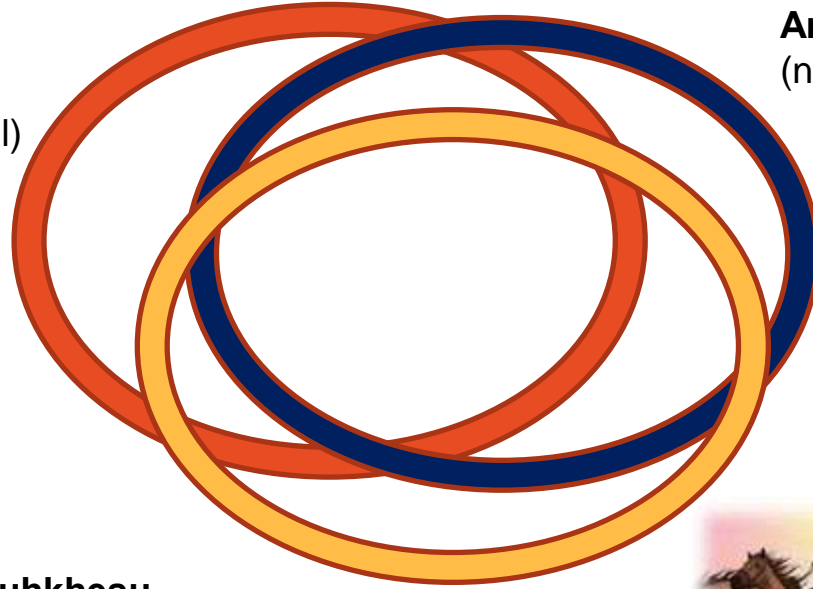
**Anitya**  
(not eternal)

Although all the **objects** of the world are **perishable**, we think they will always remain with us, and hence, we busily **accumulate** them day and night.

**Duḥkheṣu**  
(finding happiness in sources of misery)

**Anātmā**  
(not the real self)

Though we are **eternal souls**, we think of ourselves to be the **perishable body**.



# 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(man), 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](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.