

Patanjali Yog Sutras

Weekly Session 4

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 canura mardanam |
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 1.7**
 - Topic: **Types of Pramaan / Proof**
- **Recap** of concepts
- **Visual** Summary
- **Practical** Application & Experience Sharing
- **Meditation**

Recap



- Science of Yog

- Goal of Yog

Not to kill the mind but purify it

- Mind, Intellect & Ego



- Path to Purify the Mind



- Five Mental States (Vrittis)



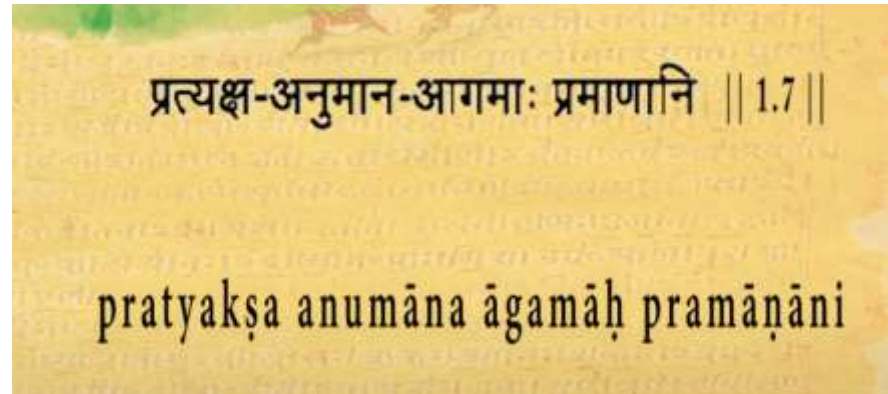
Recap: The Vrittis

- **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!**



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

Video Time

Let us watch a video by Swami Mukundananda explaining the verses

<https://youtu.be/XDEqIv28TmU>

<https://youtu.be/FQZY7GmxoPk>

Method #1: Pratyaksa: Direct Perception

Pratyaksha: Knowledge gathered through direct perception e.g., through the sense or gyanendriya **externally**. May also be through **internal** perception of direct pain, pleasure, love, hate, anger etc.

- For e.g., you *taste* a sweet mango; you *touch* a glass, find it hot!
- You smelled a rose – and say wonderful flower!
- Pratyaksh praman vritti: like other vrittis, this has two kinds also: **klishta** (bad in long run) **and** **aklistha** (good in long run)
- E.g., you went to see someone's house – and say wow 5-bedroom house with so many things, the paintings were nice, then you start perceiving happiness / pleasure in those things.
- **Direct perception** is a very **limited way** of getting knowledge in the spiritual field. There are so many things we can't perceive;
- Karl Marx said If I can dissect God in lab, I am willing to believe; pratakshya-vadi mentality!
- Do you believe there is a Bulgaria? follow the process & see!
- Similarly, there is a process for seeing God! Bible says – blessed are those who are pure at heart, for they shall see God
- **Practical perspective:** If your view on material things is that **everything is temporary** – then your sadhana will continue without break. You will be peaceful and content inside. On other hand, if you saw someone's leather sofa, or a 5-bed house – and think there is pleasure in such living and create a desire for that! Then you deviate from sadhana, and one desire leads to another, and such is the path of Klishtha vritti!

प्रत्यक्ष-अनुमान-आगमाः प्रमाणानि || 1.7 ||

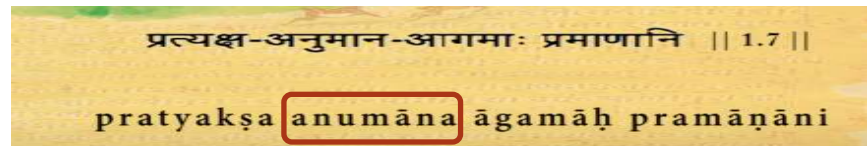
pratyakṣa anumāna āgamāḥ pramāṇāni



Method #2: Anumana: Inference

Anumana: Inference: We see smoke & infer fire! We see clouds and cool wind, we infer it must be raining nearby.

- Watching pratyaksh we make an informed guess on apratyaksh (not direct perceptible thing)
- Many philosophers have used “anuman pramana” to prove existence of God
- Shankaracharya ji did – He inferred that this world is so amazing and complex: without a creator with a supreme intellect this world could not come into existence!
- Newton story: a model of solar system
- Nyaya darshan uses this quite frequently: Koop Manduk Nyaya
- Story of the frog in well meeting the Ocean frog!
- Not everything we infer is correct: For e.g., the mirage effect. Diseased person – sometimes does not even get taste from good food! Jaundice reverse taste!
- Remember that if anuman pramaan takes you towards God then it is good (aklishta). For e.g., **Pavanmukhta asan massages pancreas** – which improves the quality and quantity of insulin production. Now I told you, you can infer. Neither you or I have seen the pancreas. This anumana will take you on the right path to take care of your body to be able to serve the Lord. Then Anuman praman is Aklishta vritti



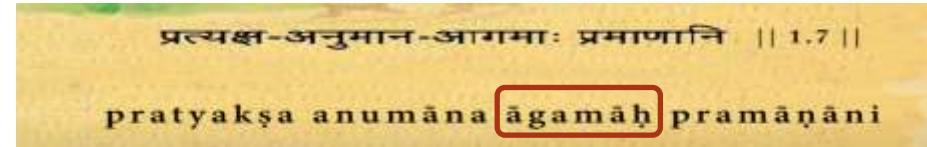
Method #3 (Agam) & Others

Agam praman: where senses and an anumana (inference) can't reach. This refers to what the scriptures – Gita, Ved, Upanishads and the words of Saints are telling us! a.k.a **Shabdh pramaan**

- **Even in Court of Law in India: person is required to take an oath on Bhagavat Gita: biggest example of Agam Praman Vritti: that what the Lord Krishna has said in Gita is 100% true.**
- You ask the knower – what is the truth!
- E.g., how do you find out who is your father? Mother told
- Vedas are such an authority; words of the Guru are another
- Either you can go on digging yourself or **we can immediately get that knowledge**. This is one to tap into for spiritual progress in a hurry! Else carry on in the cycle of innumerable lives

Other methods:

- **Upman praman** - Knowledge through comparison
- **Arthapatti** – presume; e.g., big bang, theory of evolution



Pop-Quiz

If you in a group of friends, and one friend starts insulting you – naturally, you fight back. What type of Praman did you rely on

- A. Pratyaksha**
- B. Anumaan**
- C. Shabda**



Pop-Quiz

You watch a Youtube documentary about Aliens and start believing in them. Which Pramaan is at play?

- A. Pratyaksha**
- B. Anumaan**
- C. Shabda**



Pop-Quiz

Can Shabda pramaan be “klishta”

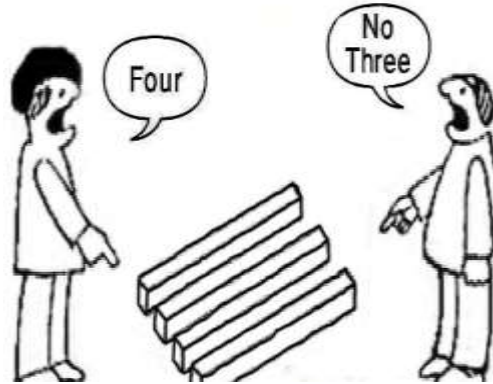
- A. Yes**
- B. No**



Interactive Activity

1. **Share your learning from today's discussion on "Pramana"**
2. **How do we decide what to believe in today's world?**
3. **How do people understand same knowledge differently?**

Reality can be so complex that equally valid observations from differing perspectives can appear to be contradictory.



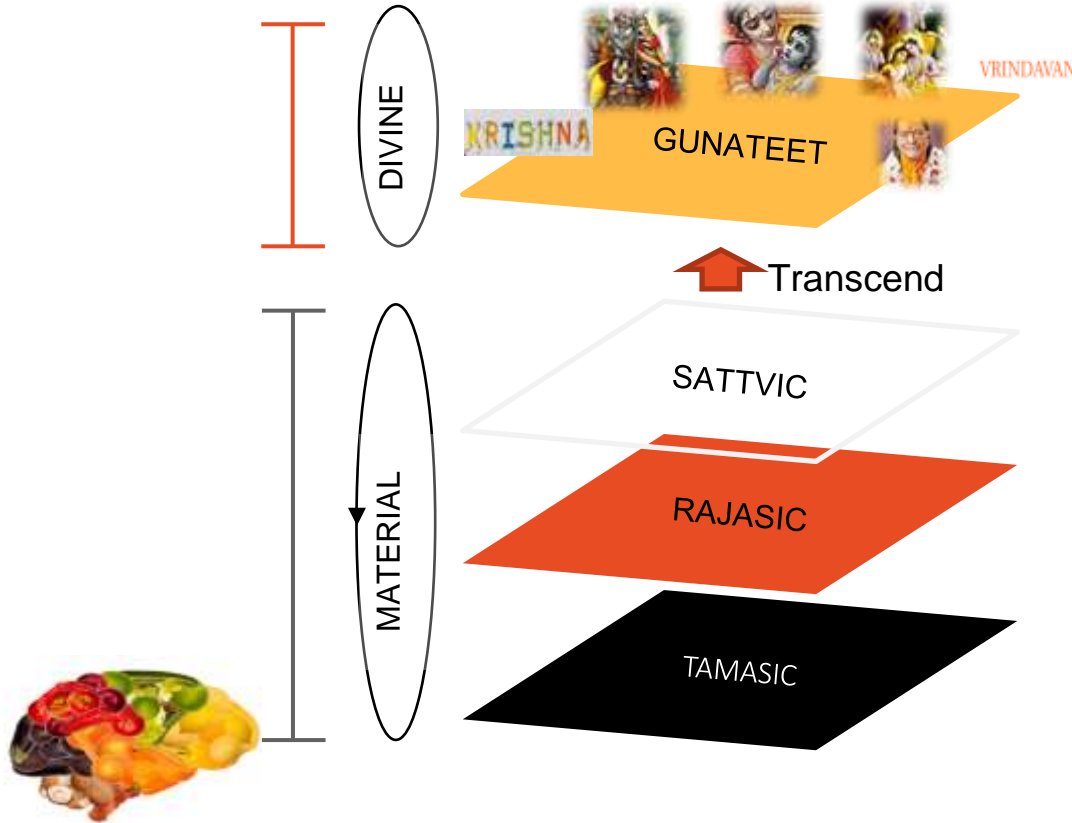
Meditation Time!

- 1. Sit with your back straight**
- 2. Close your eyes**
- 3. Listen along!**



THANK YOU FOR YOUR
PARTICIPATION!

How to purify!



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