

Patanjali Yog Sutras

Weekly Session 5

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 1.8**
 - Topic: **Viparyaya / Misconceptions**
- **Recap** of concepts
- **Visual** Summary
- **Practical** Application & Experience Sharing

Verse 1.8- Decoding “Viparyaya”

- The second “Vritti” (from the five listed by Maharishi Patanjali) is Viparyaya or Misconception

विपर्ययो मिथ्याज्ञानमतद्रूपप्रतिष्ठम् || 1.8 ||

viparyayo mithyājñānam atadrūpa pratiṣṭham

Translation: Viparyaya (misconception) is erroneous knowledge, and it occurs while perceiving a thing as being other than it really is.

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!



Video Time

Let us watch a video by Swami Mukundananda explaining the verse

https://youtu.be/nxe_rVfnzfU (From 8.30 to end)
(verse 1.8)

The three fallacies (Viparyaya)

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***
Akrur ji said: “Our intellect is **strapped** with **wrong knowledge**.”



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.

The gravity of our problem is further aggravated because our intellect is **habituated** to this kind of defective thinking from innumerable previous **lifetimes**



Anātmā
(not the real self)



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

Duḥkheṣu
(finding happiness in sources of misery)



And though the pursuit of sensual pleasures only **results in misery** in the long run, we still **chase** them in the hope that we will **find happiness**.

How do these fallacies limit us?

These fallacies limit us in two ways.

Firstly, they dupe us into the fixed mindset.



But **more importantly**, they confuse us about the true meaning of success itself.



Therefore, **we short-change ourselves and chase meaningless goals from morning till night, like a dog chasing cars.**

Thus, even if we do have the growth mindset, intellectual **fallacies warp** our definition of success



The dog had a futile goal—chasing cars without any purpose. **We too must ponder whether the goals that we run after in life are in fact worthwhile or are they equally futile?**

Anitya - First Misconception

We BELIEVE that material possessions will always remain with us.

The famous monk Dattatreya visited Raja Jeetmukketu and said "Can I spend night in your 'Dharamshala'?"

As we grow – TOYS CHANGE!



Man ek din aisa aayega... Jo mutti badhe aaya so, hath pasare jayega!!!

<https://youtu.be/p23iyRXE9DA>

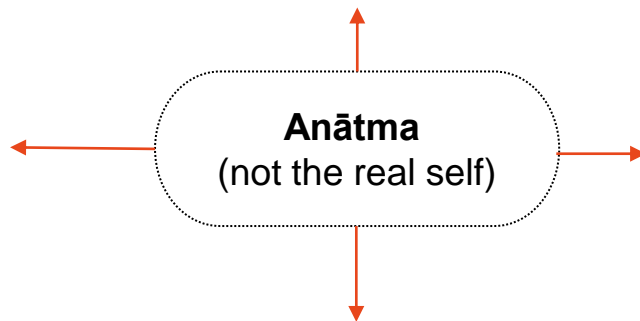
Anatma – Second Misconception

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



Driver or car?

The “**Mud-Body**” cycle
BG: chapter 2.16,17,18



Who are you? Designations? I am Indian, American, European, or Punjabi/Gujrati/Bengali... or Professor, Doctor, CEO, Or Wife, Husband, daughter We have deeply confused body's designations as the self!



Modern science further confused us!

- No mention of soul
- Even though scientists individually believe in soul
- We are left with assuming that collection of atoms, molecules and their interaction constitutes “self”

Duḥkheṣu - *Third Misconception*



We laugh at a baby with pacifier but our situation is no different!

Five senses hanker for objects of their gratification and we keep trying to find happiness in sources of misery

TASTE: A fish attracts its own demise by getting caught in fisherman's trap with food as lure

SEE: Moth gets attracted to light, and dies



SMELL: A bee gets stuck in a lotus flower and gets eaten by an Elephant

TOUCH: Elephant loves skin touch – and falls in trap laid out by hunter with female elephant as a lure

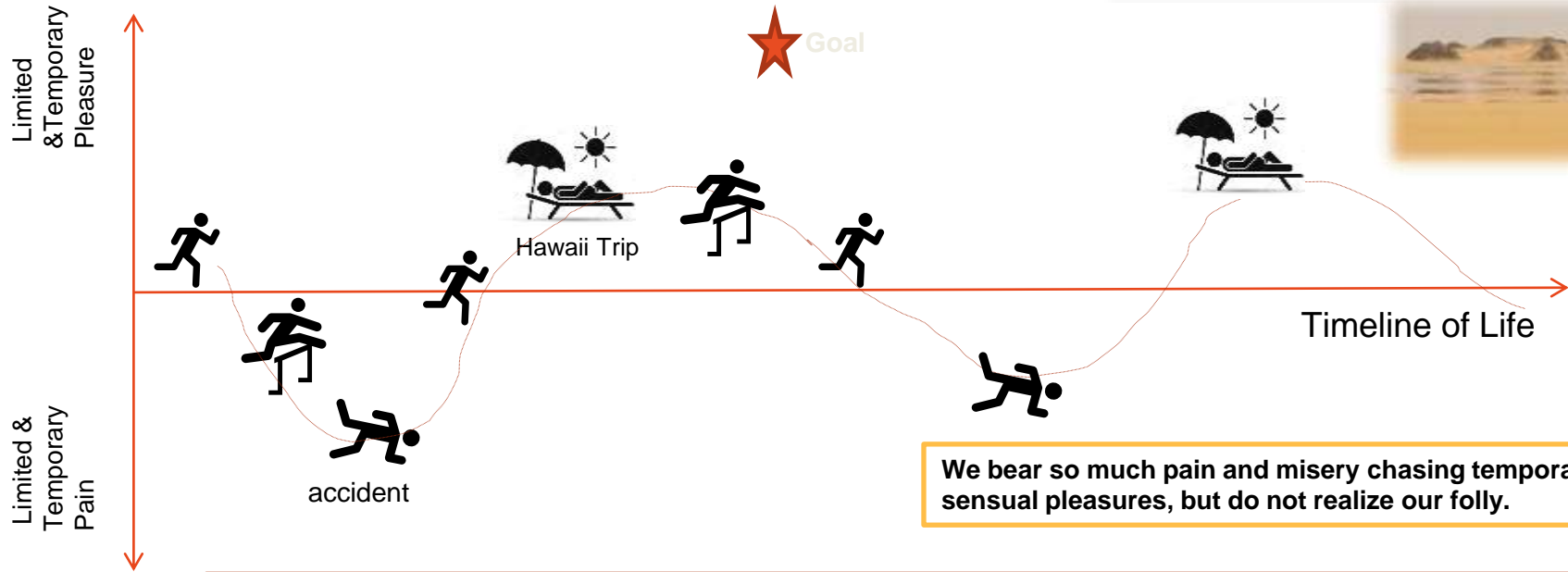
SOUND: Deer loves particular sounds and gets trapped by hunters

Dukheshu

What is the goal or purpose of any activity in life? (Prayojan)

Dukh Nivritti (End of suffering) or Anand Prapti (Lasting bliss)

Real Goal: Anand Prapti.
(infinite, ever increasing, ever fresh bliss)



We bear so much pain and misery chasing temporary sensual pleasures, but do not realize our folly.

Jag mahan sukh dukh dou nahin, as ur dhari le gyan. Sukh mane dukh milat hai, sukh na jagat mahan man. Firmly understand that there is no joy or sorrow in this world. If you believe worldly objects are a source of happiness, in their absence you will feel sorrow. Accept the fact that there is no true happiness in the world. - Shri Maharaj ji

Power Reminder



If we wish to go within ourselves to reach our divine nature, we will have to **wean away fallacies that warp our perspective, values, and beliefs.**

Interactive Discussion



Ramesh is a responsible and hard-working employee.

His single goal in life is to earn lot of money. He hopes to **accumulate** all comforts money can buy.



Dinesh already has inherited immense wealth.

90% of his expenditure is on things related to his **body**: gym, clothes, massages, grooming and treatments etc.



Suresh is a very friendly and well-liked person.

He is a big foodie. Loves cooking and making dinner and lunches for his friends. Every weekend his house is the place to be with friends coming over and cooking exotic dishes.

1. Share your takeaways from today's discussion!
2. Which of the intellectual fallacies (anitya, anatma and dukheshu) do you relate to the most?
3. Equipped with the knowledge of **intellectual fallacies**, identify the fallacy above persons are inflicted with!

Getting closer to reality / experience...

➤ Near Death Experiences

Thousands of stories which have been fact-checked by Doctors /Scientists

There is a non-profit focusing on NDE research:
IANDS: International Association for Near-Death studies : <https://iands.org/>

➤ Vivid accounts of Past Life Remembrance

Thousands of verified accounts, books and videos that provide a factual basis to understanding that this is not our only life. We have had many past births and this body hence is temporary like previous lives.

Past life regression is another field of treatment in which a patient is taken to past lives through help of hypnosis.

You might ask: why do we not remember past lives?



THANK YOU FOR YOUR
PARTICIPATION!

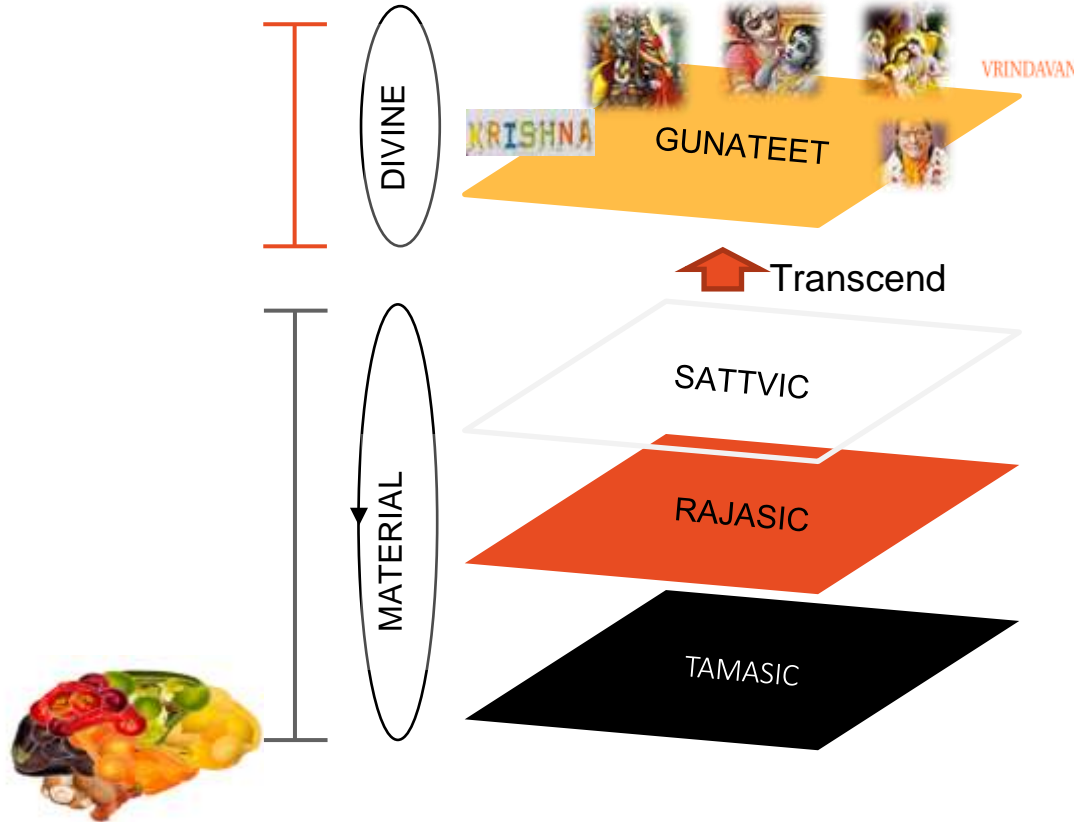
WhatsApp for Book Club, Patanjali updates

Please join and encourage your friends and family to join this journey with us too !

Join the group via this link:

<https://chat.whatsapp.com/F1IzNp8Ex9pBIFidQAiPEA>

How to purify!



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