

# Patanjali Yog Sutras

Weekly Session 6

**JKYOG Center For Indian Culture & Education**

# Prayer

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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**

# Today's Agenda

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- Special Video
  - **Verse 1.9**
  - Topic: **Vikalpa**
- **Recap** of concepts
- **Visual** Summary
- **Practical** Application & Experience Sharing

## Verse 1.9

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शब्दज्ञानानुपाति वस्तुशून्यो विकल्पः ॥ 1.9 ॥

śabdajñānānupāti vastu śūnyo vikalpaḥ

**Translation:** Vikalpa is false knowledge born of words that do not correspond to reality

# 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

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

[https://youtu.be/nxe\\_rVfnzfU&t=778](https://youtu.be/nxe_rVfnzfU&t=778)

<https://youtu.be/j3qeacPVDPQ>

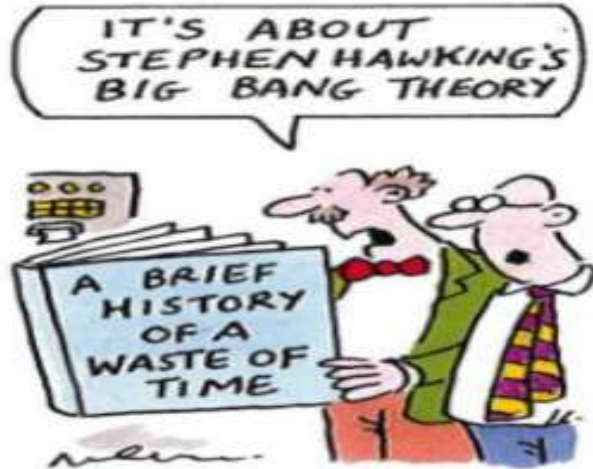


# Science has many “imagined” theories!

Darwin's theory of evolution!

**Prison is the only place, where Darwin's Theory of Evolution may seem to work. Survival of the fittest does only work, where the fittest is defined as the most loving.**

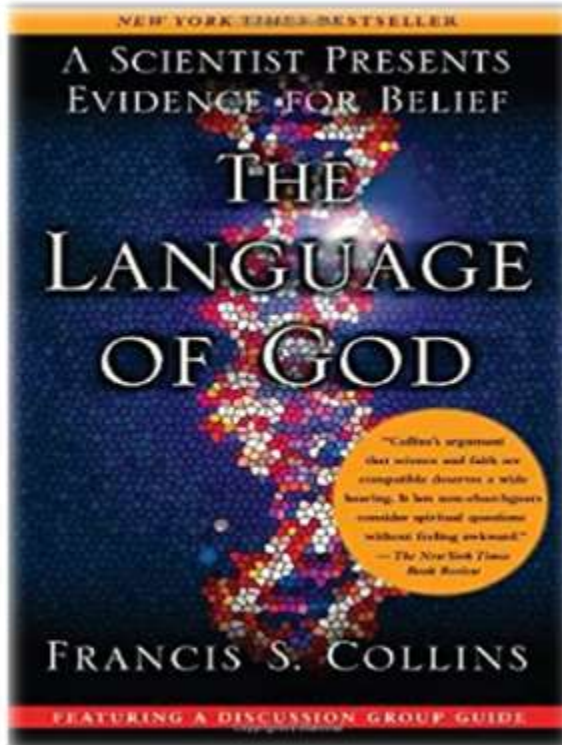
Raphael Zernoff



Big bang theory

# Leading scientists believe in a creator!

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Scientist **Francis Collins** wrote the Language of God. He led the Human Genome Project for decoding the DNA!

[https://youtu.be/N\\_VN4Risnb4](https://youtu.be/N_VN4Risnb4)

# What if imagination is UNCHECKED!

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- Imagination does not require limiting to what is **right, possible** or **real**.
- A person could spend life imagining a fantasy world, in a state of disconnect!



# Pop-Poll

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What is the **worst** use of Imagination?

- Imagining other's faults
- Anxiety
- Daydreaming (unicorns, space travel dreams)
- Escapism
- Wasting time
- Others?

# Maladaptive Daydreaming

- Known as **daydreaming disorder**, maladaptive daydreaming describes a condition where a person regularly experiences daydreams that are **intense and highly distracting**
- These 'dreams' are so **distracting**, in fact, that the person may stop engaging with the task or people in front of them.
- These daydreams may be **triggered by real-life events** or stimuli, such as a noise, smell, conversation topic, or movie.



Credits: <https://youtu.be/ckYSydGYKRU>

# Pop-Poll

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What is the **best** use of Imagination?

- Scientific progress
- Solving world's problems
- Creativity (art, music...)
- Meditation (Roopdhyan)
- Others?

# What if imagination is focused!

## Material success & imagination

Imagination is a huge power. If this power is used **knowingly** and **positively** could unlock *creative thinking* and provide *basis for new inventions* and insightful solutions

***Think about how these words are related***

- Kalpana, Kalapna
- Kalp, Kalpana



## Bhakti also requires imagination

- Lord Krishna guides us and says, “Make up my form! Think of any form that appeases you and I will accept it.” The Lord leaves this to our imagination. We can visualize Shree Krishna as a child stealing butter or as a young adult or as the King of Dwarka. **Whatever form we make up will be limited because our mind is material.**
- God is divine and without his grace we will be unable to meditate upon his true form. So, until then, we must use our vivid **imagination** and do Roopdhyan of his form

# Interactive Discussion

1. Share your takeaways from today's discussion on Vikalpa / Imagination!
2. Share tools to channel or focus the power of imagination!
3. Equipped with the knowledge of **power of imagination**, what would you tell the disciple below!





# Here is **your chance to help!** Seva opportunities!

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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 tracker! List of opportunities we need help with:

- **Social Media posting**
- **Research** on different spiritual topics etc.
- **Video** editing
- Incentive and fun engagement systems for audience
- **Website**/portal content
- **Emails** / Comments Follow up and Response
- Many others!



THANK YOU FOR YOUR  
PARTICIPATION!

# WhatsApp for Book Club, Patanjali updates

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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>