

Patanjali Yog Sutras

Weekly Session 7

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**

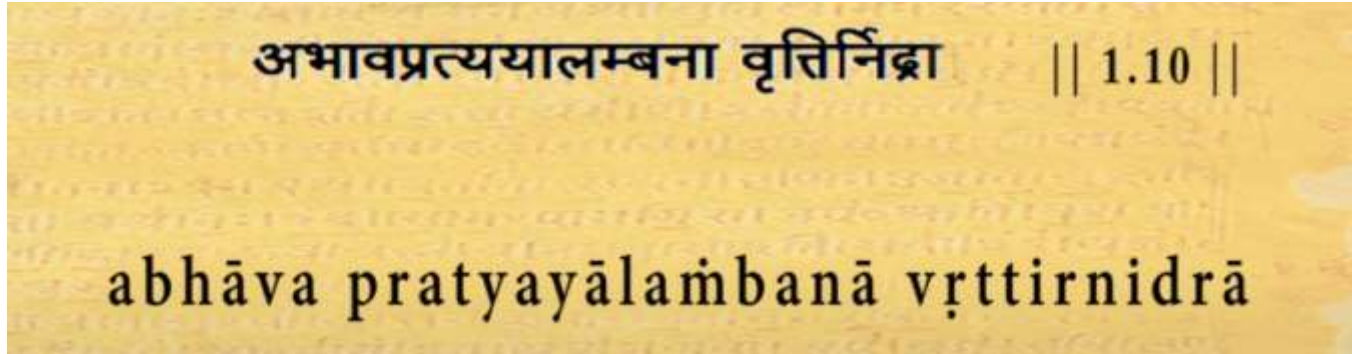


Email Digest

Today's Agenda

- Special Video
 - **Verse 1.10**
 - Topic: **Nidra**
- **Recap** of concepts
- **Visual** Summary
- **Practical** Application & Experience Sharing

Verse 1.9



Translation: Nidra (deep sleep) is the non-deliberate absence of thought waves and knowledge

Abhava implies lack of; pratyaya implies mental impressions; alambana: without support of

Recap



- Science of Yog

- Goal of Yog

- Mind, Intellect & Ego

- Path to Purify the Mind

- Five Mental States (Vrittis)

Not to kill the mind but purify it



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/j3qeacPVDPQ?list=PLnw6AeJEp1PZhKSgCb3J8GYGH5243TQz4&t=276>

The three states!



• Waking state (Jagrat Awastha)

- Regular activity of mind, body and senses
- **Consciousness** routed through gross body to the world



Mind keeps **working**



• Dreaming state (Swapn Awastha)

- Rapid Eye Movement (REM) sleep
- **Consciousness** routed to *subtle* material realm



Mind keeps **working** still!



• Deep sleep state (Sushupti Awastha)

- Dreamless deep sleep
- Delta Brain Waves
- **Consciousness** NOT routed anywhere



Mind (intellect) **rests!**

Deep sleep



Mind (including intellect) inactive

Experience of nothingness feels good!

Implies lack of any "suffering" hence pleasant

Fake "happiness"

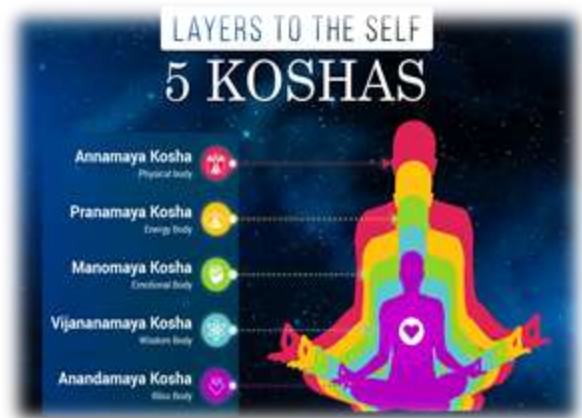
Like someone under anesthesia

Or like Dentist injection which removes pain

The Experiencer "I" is there

Saints tell us God Hugs the Soul!

Deep sleep when manmaya and vighan maya kosha also inactive; only anandmaya kosha (causal body level) active



Four *pralayas* or dissolution in the Vedas

Nitya Pralaya: Every night, when we fall into a deep sleep, our consciousness goes through dissolution daily.

Naimittik Pralaya: At the **end of Brahma's day**, all the abodes up to the *Mahar Lok* dissolve, and all the souls residing there become unmanifest. They remain in a state of suspended animation in the body of Vishnu, waiting for the next cycle of creation. When Brahma creates these *lokas* again, these souls are reborn based on their past karmas.

Mahā Pralaya: At the **end of Brahma's life**, this entire universe goes into dissolution. Again, all the souls of the universe unmanifest and stay in the body of Maha Vishnu. Their gross (*sthūl*) and subtle (*sūkṣhma*) body dissolve, but their causal body (*kāraṇ sharīr*) stays. In the next cycle of creation, these souls are reborn based on their past karmas and past *sanskārs*, which the soul's causal body stores and carries with it.

Ātyantik Pralaya: This is the dissolution from the clutches of maya that has been binding the soul since eternity. It takes place when the **soul finally attains God** and is liberated forever from the cycle of birth and death.



What about the “Sleepy eyes”

- Sh. Maharajji has a wonderful “[Pad Vyakhya](#)” on How baby Krishna would be woken up by Mother Yashoda where he has explained about sleep, waking up and role of eyes in detail
- Sleep is indicated from eyes!
- Eyes have three things: Amrit, Vish, Sharab (Madira); Amrit – whiteness, Vish (blackness). Eyes have a special quality: [Lalali](#) (slight redness) referred to as Madira



Scriptures tell us!



- BG 2.9 Arjun is called Guḍākeśh, or “conqueror of sleep.” The power of sleep is such that sooner or later, all living beings succumb to it. But with his determination, Arjun had disciplined himself in such a way that sleep would come to him only when he permitted it, and only for the amount of time he chose. Tamo guṇa is the antithesis of sattva guṇa. Persons influenced by it get pleasure through sleep
- BG 6.16: O Arjun, those who eat too much or eat too little, sleep too much or too little, cannot attain success in Yog.
- BG 2.69: What all beings consider as day is the night of ignorance for the wise, and what all creatures see as night is the day for the introspective sage. Shree Krishna has used day and night figuratively here. People often confuse the meaning of this verse by taking the words literally.

Pop-Poll

How many hours do you sleep daily?

1. Less than 5 hours
2. 5 to 7 hours
3. 7 to 8 hours
4. More than 8 hours

Pop-Poll

When do we get the highest degree of material pleasure?

1. When awake
2. When entering from awake to dream state
3. When in deep sleep state
4. When about to get up from deep sleep

Science: When You Don't Sleep Enough!

Sleep expert & Professor **Matthew Walker** breaks down the many effects of sleep deprivation on your brain and body.

https://youtu.be/N_VN4Risnb4



Follow the link to JKYog Blog to read a great article on Importance of sleep:

<https://www.jkyog.org/blog/importance-sleep>

Importance of Sleep

Wednesday, 14 June 2023



How many hours of sleep is enough for one night? It depends who you ask. Newborn babies need 16 hours of sleep and adolescents might say the same of themselves as well! Most studies show that adults need an average of eight hours of sleep. Yet surveys conducted by the National Sleep Foundation (NSF) show that at least 40 million Americans suffer from more than 19 different types of sleep disorders and 60% of adult Americans report having sleep problems multiple nights during the week.

In the 21st century where we all are so interconnected all the time, and where the boundaries between work and personal life are blurring with each passing day, sleep is becoming more and more undervalued. According to the National Institute of Health (NIH), "ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others." And American Psychological Association (APA) attributes lack of proper sleep as impairing the following:

- **Brain and nervous system:** Study after study has shown that a good night's sleep improves learning and helps in memory retention via a process called memory consolidation. When you are learning a new skill (such as playing the violin or knitting), sleep boosts your learning and problem-solving skills. A good night's sleep also helps you pay more attention and be more creative.
- **Cardiovascular system:** Sleep is involved in the repair of your heart and blood vessels. Serious and chronic sleep disorders have been linked to hypertension, increased stress hormone levels, heart disease, high blood pressure, and irregular heartbeats.
- **Metabolic function:** Chronic sleep deprivation may cause weight gain or obesity by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite. Sleep also affects the way our bodies react to insulin (insulin controls the blood sugar level). A lack of sleep results in an increase in the sugar level which could further result in diabetes.
- **Immune system:** Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections. Each infection then makes your body more vulnerable to the next one because the body's immune system does not get enough time to heal itself and regenerate its cells that fight the infection.

So how can you change your sleep habit (pattern)?

Getting to Sleep Right: Follow a Sleep Routine!

1. **Regularity** – specific times to sleep and wake up
 1. There is a clock within us
 2. Consider a “Go To Bed” Alarm
2. **Temperature**
 1. Keep it cool
 2. Some researchers suggest 65 to 70 F or 18 C
3. **Darkness**
 1. Triggers release of melatonin regulating timing of sleep
 2. Dim down half the lights in your house
 3. Wear an eye mask
 4. Reduce or eliminate phone/screen use
4. **Environment & Activity:**
 1. **Walk:** If not able to sleep for 25 min; go walk
 2. Association between bed and sleep needs to deepen
5. **Food & Drinks**
 1. Dinner should be several hours before sleep and light
 2. **Caffeine / Alcohol** – stay away

Remember to form a Sleep Routine! Think combinations of factors like 1-5

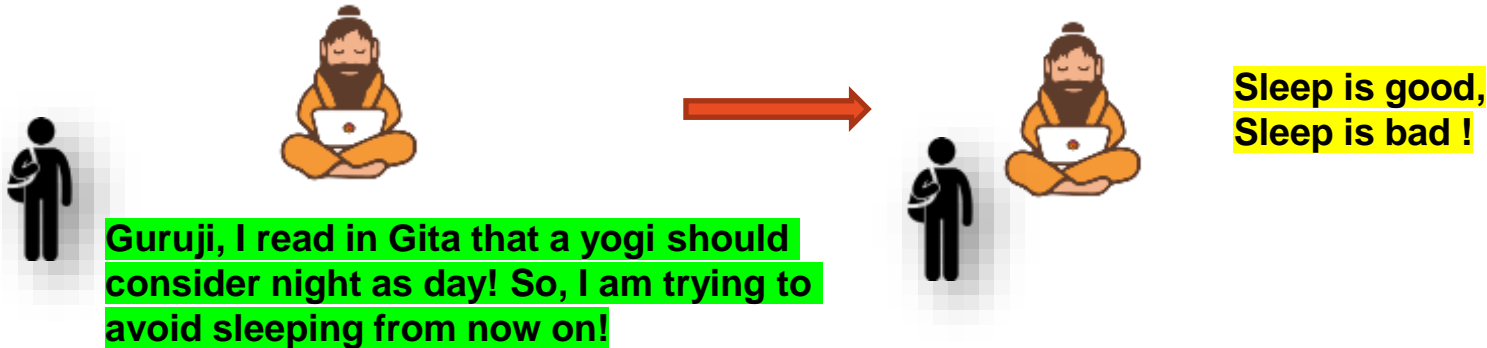


Note: Above may not work in a sleep disorder: consult a Doctor for medical advice.

Interactive Discussion

Join CICE Patanjali Session: Every Wed 8 pm CST
(6.30 pm Thu IST): Zoom meeting: 84590458431

1. Share your takeaways on sleep & its spiritual significance!
2. Share your “sleep formula”/ sleep routine to get a good sleep!
3. Equipped with the knowledge of **different aspects of sleep, what would you tell the disciple below!**



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>

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

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!

So how can you change your sleep habits?

First, gain an understanding of how much sleep is necessary for your body – for you to feel alert and creative the next day. To get an accurate number for yourself, you need to try different hours of sleep each week and notice changes in memory & retention, mood and irritability, weight gain or loss, etc. Some adults do well with four, others with six, others with eight, and yet others with ten. Find the magic number that works for you and then find a way to stick to it.

Second, develop a night-time ritual so that you go to bed at the same time every day. For instance, your night-time ritual could consist of taking a hot shower, writing a gratitude journal for the day, and reading three to five pages before falling asleep.

Third, manage your eating habits so that you are not eating big and/or heavy meals in the evening. Eat a light dinner generally three to four hours before you intend to fall asleep. If you feel hungry by the time you are in bed, drink a cup of warm milk.

Try the above three action items to improve your sleep pattern and let us know how well they worked for you. In the meantime, sweet dreams.