

Patanjali Yog Sutras

Weekly Session 8

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

- **Recap** of concepts
- Verse Introduction
 - **Verse 1.11**
 - Topic: **Memory**
- **Visual** Topic Discussion
- Special **Video(s)**
- **Practical** Application & Experience Sharing

Recap



- Science of Yog

- Goal of Yog

Not to kill the mind but purify it

- Mind, Intellect & Ego



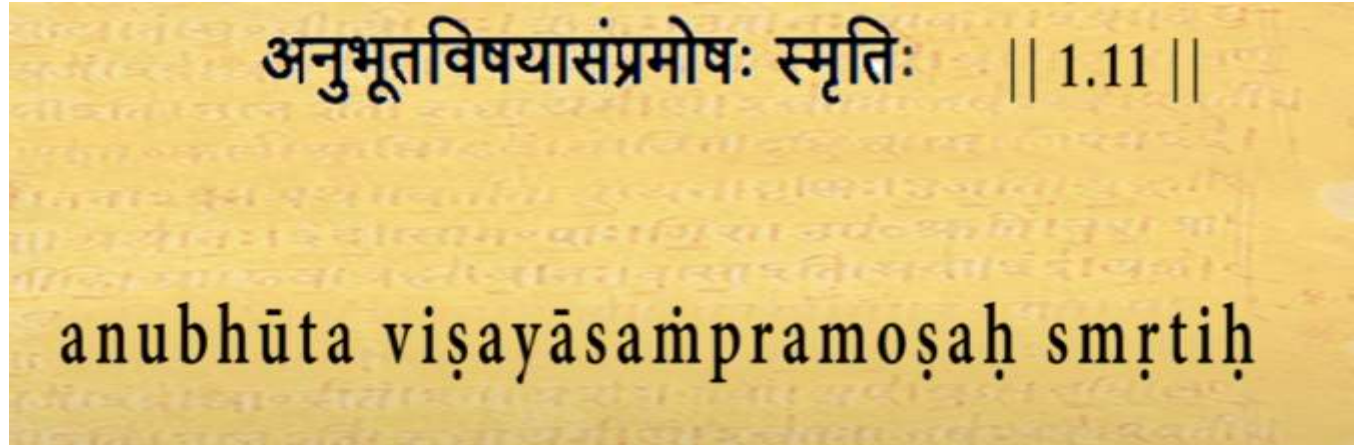
- Path to Purify the Mind



- Five Mental States (Vrittis)



Verse 1.11



Translation: Smriti (Memory) is when perceived objects are not forgotten and remain in consciousness

Ted-Ed Video on Memory



<https://youtu.be/yOgAbKJGrTA>

Types of Memory!

Memory has two parts – short term and long term

- **Short term memory**

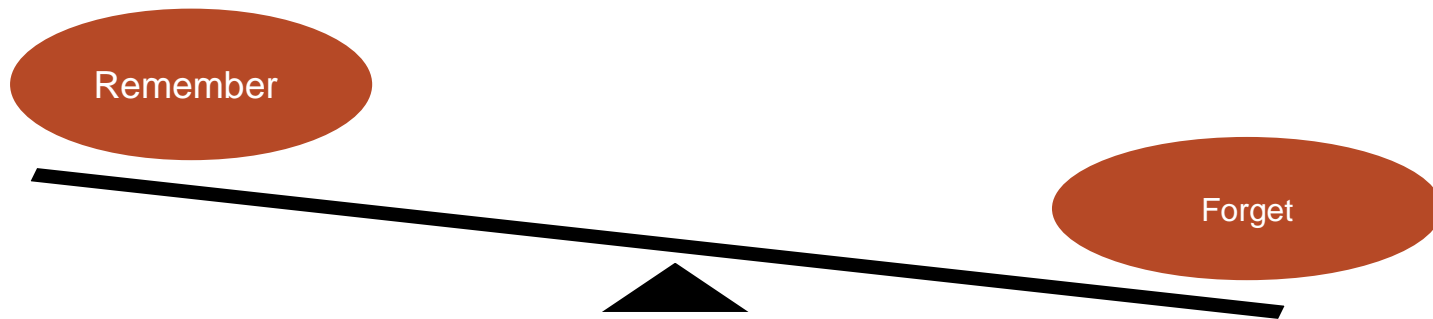
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- Short term memory usually can keep 7 +/- 2 things
- Duration: less than 20 seconds
- Calling card: temporary memory like RAM; long term like Hard drive
- Short term memory must be forgotten else you get into a problem;

- **Long term memory**

- **How to convert from Short to Long term:** knowledge has to create permanent neural connections; the deeper those connections, the deeper the memory!
- **Subconscious** mind stores a lot more impressions! Remember the water study in Japan!

Necessary skills!



Two things are necessary: to be able to **remember**, to be able to **forget**!

- The ability to remember is necessary difficult to imagine life without it!
- Without memory, we will not be able to remember good knowledge and apply it!

- Ability to forget: if someone near and dear has passed away – people relive and take time to forget. Time is the biggest healer. With time, the memory will forget. If you can't forget the unpleasant episodes, you will keep feeling miserable!

Pop-Poll

Did you recently experience a “Deja-Vu” feeling?

A. Yes

B. No

C. What is déjà vu?

déjà vu: the feeling when a particular place, experience seems like it has occurred to us before / we have been here before.

- Mind takes in from five knowledge senses information at super speed and everything is stored in mind somewhere (mostly subconscious)
- More than 90% of the déjà vu experiences are imaginations or psychological concoctions of the mind

Can you trust your memory?

- **Memories are not always reliable!**
- **The Mall study:** psychologists told participants they were lost in the mall as a kid and asked to recall and describe the experience. Many faked it and even recalled the person who saved them.
- **Our “current” feelings and opinions can bias our recollections of the past memories!**



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The Bhagavad Gita tells us!



- **BG 15.15**: I am seated in the hearts of all living beings, and **from Me come memory**, knowledge, **as well as forgetfulness**. I alone am to be known by all the Vedas, am the author of the Vedānt, and the knower of the meaning of the Vedas.
- **BG 10.34**: I am the all-devouring Death, and I am the origin of those things that are yet to be. Amongst feminine qualities I am fame, prosperity, fine speech, **memory**, intelligence, courage, and forgiveness.
- **BG 18.73**: Arjun Said: O infallible one, by your grace my illusion has been dispelled, and I am **situated in knowledge (*smṛitiḥ*—memory; *labdhā*—regained)** I am now free from doubts, and I shall act according to your instructions.

Ultimate goal!

- **Realize that memory is a gift of God**
- The change of state that we want in our mind is to improve it! Purify it!
- If we are going to remember material things – it does not help. Remember God instead like a Cow remembers calf - all the while (nirantar); Technique of Naam smaran



- **At present our memory is disjointed** (good and useless - all is being remembered) – if you can yoke it to remembrance of God; your mind will always remember God and that will change the mind in the right way (purify)

Video Time

Let us watch a video by Swami Mukundananda explaining the verse

<https://youtu.be/j3qeacPVDPQ?t=376>

Video Time - How to improve Memory

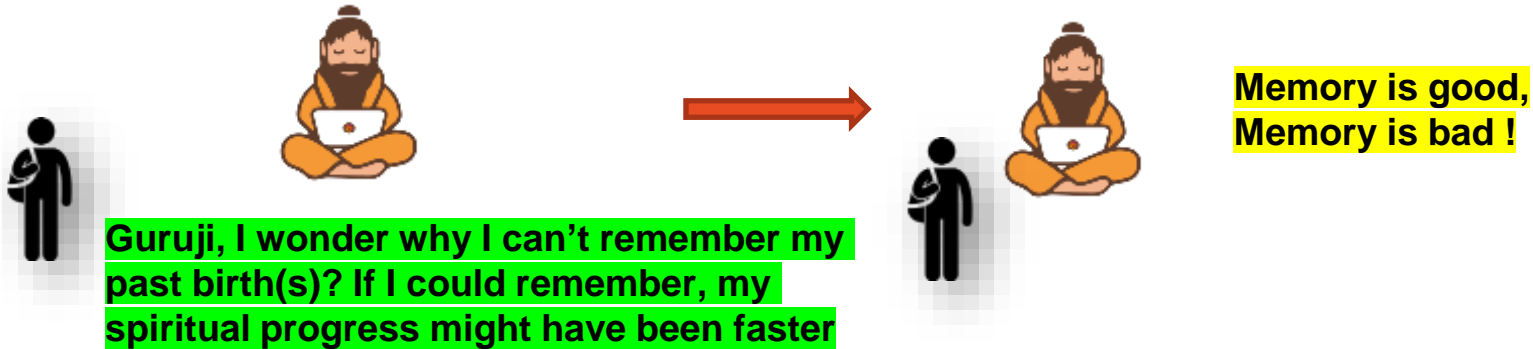
Let us watch a video by Swami Mukundananda on how to improve Memory

<https://www.youtube.com/watch?v=7sbinLv7qac>

Interactive Discussion

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

1. Share your takeaways on memory & its spiritual significance!
2. Share your “memory tricks” to improve retention!
3. **What would you tell the disciple below?**



WhatsApp for CICE Interactive

Dear Family

All participants are encouraged to join the CICE Interactive group. This is a Forum to **enable cross CICE sessions synergy and discussions**

Join the group via this link:

<https://chat.whatsapp.com/EgF8Ur33w504pUdaq0S1V2>

Please join the group above for Bookclub discussions going forward. You will have access to knowledge sharing threads from other CICE sessions as well to make it an enriching experience. We will make this group rest in peace in a week or so once all of us have migrated since this group will be redundant 🙏

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/feedback tracker! List of opportunities we need help with:

- **Social Media posting**
- **Research content** on different spiritual topics etc.
- **Video** editing
- **Content** for audience engagement (quizzes, polls)
- **Website**/portal content
- **Emails** / Comments Follow up and Response
- Sky is the limit!



THANK YOU FOR YOUR
PARTICIPATION!