

Desired state of yogic mind → ekagra

* Four Chapters on Freedom

4 req of a text:

- (i) Should have topic (vishaya)
- (ii) Should have purpose (prayojana)
- (iii) Who is worthy reader? (adhikari)
[Describes target audience]
- (iv) Rel. b/w all of the above (sambandha)

~~Chapter~~

Yogasutra → has 195 sutras (formulae)
(4 parts - padas)

part-1

samadhipada [enlightenment] (51 sutras)

→ On gaining enlightenment we can be in sync with the universe.

→ Mindstuff needs to be quietened, to listen to vibrations of universe.

vritti → circular patterns that keep blocking our being

~~rest~~ [same thoughts
~~shakti~~ over and over again]

• We become slave to the story our mind creates
Thoughts can be classified into 5 types. Two further classes:

- i) klista: complex thought pattern
- ii) aklista: simple thought pattern

* 5 types of thought can either be klista, or aklista.

((2005))

aklista → stop external input which can suck us
into a complex thought pattern, klista
↓
makes mind restless

part-2
sadhanapada [process to achieve samadhi]

part-3 →
vibhootipada [if we attain samadhi,
what experiences we will have]
Sunday 20

part-4 →
kaivalyapada [attain psychic powers]

Ideal self → one who is satisfied in themselves
and by themselves
↳ ability to look at things for
what they are

samadhi pada

- Try to silence mind [to block patterns of consciousness]
- We get established in ourselves.
- If can't silence → stuck in vrtti loop.
- 5 kinds of vrittis (each can be klista/aklista)

- (i) Pramana - right knowledge
- (ii) Vipraya - wrong knowledge
- (iii) Vikalpa - fancy, imagination
- (iv) nidra - sleep
- (v) smrtayah - memory

} 5 kinds of
mind patterns

(1) Pramana → Sources of right knowledge are:-

- (i) Pratyaksha: direct cognition/sense from evidence
- (ii) anumana - inference (cause-effect observe.)
- (iii) agama - testimony [someone reliable told]
- ~~(iv) pramanani~~

(2) Viparyayah → misconception, false knowledge based on assumptions.

(3) Vikalpa → following upon knowledge without object → fancy (non-existent)

(4) Nidra → state of sleep.
↳ absence of mental contents
(also covers daydreaming)

(5) Smriti → Already experienced it, stays in memory.

How to ^(nirodha) stop these 5 mind movements?

- (i) Abhyasa → practise
- (ii) Vairagya → sense of detachment

Abhyasa

↳ Practise gets firmly grounded only if continued for a long time with reverence and no interruption.

Vairagya

↳ When individual becomes free of craving of our senses, and also expectations [get detached]

Chapter 2 Sadhanapada (55 sutras) → How to get samadhi

~~Six~~ 5 kinds of complex thought patterns
↳ ~~these~~ klesah

- (i) Avidya: ignorance
- (ii) Asmita: the I-feeling [fail to see who I really am] → ego
- (iii) Raga: liking
- (iv) Dvesa: repulsion
- (v) Abhinivesa: fear of death

To overcome:

Ashtanga yoga → Eightfold path to rid thought patterns.

① The 5 yamahs (self-restraints):

- (i) Ahimsa: non-violence
- (ii) Satya: truthfulness
- (iii) Asteya: Honesty
- (iv) brahmacharya: sensual ~~abstinence~~ abstinence
- (v) aparigraha: non-acquisitiveness

~~These yamahs are self-restraints~~

② The 5 niyamas:

- (i) Saucha → cleanliness (physical, speech)
- (ii) Santosa → contentment
- (iii) tapah → tapas, austerity (apply yourself rigorously)
- (iv) svadhyaya → self-study
- (v) Īsvara pranidhanini → surrender to higher truth (God)

③ Asanas

↳ That position where you are comfortable

④ Pranayama → focus attention on breathing

⑤ pratyahara → movement ~~of~~ of ~~energy~~^{focus} from outside to inside
Now we can focus on inner stuff.

⑥ dharana → concentration

⑦ dhyana → concentration becomes flow

⑧ ~~ess~~ samadhi → continuous flow with 1 thing

astangayoga 8 parts:-

(i) yamah

(ii) niyama

(iii) asana

(iv) pranayama

(v) pratyahara

(vi) dharana

(vii) dhyana

(viii) samadhi

} → bahiranga

} → antaranga