

Notes on Yog Shastra

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Introduction

Introduction to Yog Shastra

Yog (योग) == Asana (आसन)?

When people hear the word "Yoga"

- You imagine someone doing contorted, nearly impossible postures.
- Or some skeleton sitting aloof with long hair, beard
- Or anyone wearing full saffron robe

Yog (योग) == Asana (आसन)?

- Well, these could be some, but rather less important aspects of Yog
- Yog (योग, not Yoga i.e. योगा) is more about mind than getting your leg behind the neck and still keeping the face straight!!
- "Patanjali Yog Sutra (पतञ्जलि योग सूत्र)" is the most concise, complete and authoritative work on Yog.
- Out of 195 sutras, only 3 discuss Yog postures or asanas (आसन)
- And he says, "Sthira Sukham Asanam (स्थिर सुखम् आसनम्)", Postures should be steady and pleasant (2:46), a balance of efforts and ease.

My own understanding

- योग, comes from Sanskrit धातू (verb) युज meaning Union
- Union of Body and Mind (for some, its आत्मा and परमात्मा, but I am not at that level, yet!!)
- The process of Union goes through 8 stages (ashtang), as gradation, from Physical to Mental (spiritual)
- First 3, यम नियम आसन (to me, are more physical)
- Next 2, प्राणायाम, प्रत्याहार are more of bridge (connection via control of breath and attention)
- Last 3, धारणा, ध्यान, समाधी are more mental/spiritual.

My own understanding

- Brain and Body is the hardware
- Mind and Memory is the software
- Software is spread all parts of Hardware (Body has memory and autonomous mind too!!)
- Body and Mind are connected to each other via Breath (as per Patanjali)
- Controlling breath one can achieve the Union.
- Bhagavad Gita definition of Yog is योगः कर्मसु कौशलम् When body and mind are focused on the work then only Excellence can be achieved.

As per Dr Ashish Shukla

- Close both eyes. Then open one eye. Can you see? Yes.
- Open the other eye. Can you see objects twice/duplicate? No.
- Vision from both has been Union-ed (not duplicated). From 2D view to 3D with, with a depth.
- Yog is union of that sort. Body and Mind, not making them separate/duplicate but enhanced.

Popularity

Popularity of Yog is due to:

- Maintains wellness
- As a complementary approach to recover from illness
- To manage stress and trauma

But, clearly understand that Yog is not a replacement medical procedures, especially the emergencies.

International Yoga Day (IYD)

21st June, every year. Why this day/date?



"By proclaiming 21 June as the International Day of Yoga, the General Assembly has recognized the holistic benefits of this timeless practice and its inherent compatibility with the principles and values of the United Nations." - Ban Ki-moon (United Nations Secretary-General)

IYD Celebrations 2015

The first IYD ...



PUBMED Search June 21-2015

Number of articles found and the search terms:

- 3052 : Yoga Therapy
- 144 : Yoga back pain
- 102 : Yoga Low back Pain
- 32 : Yoga neck pain
- 565 : Yoga Stress
- 263 : Yoga Cancer
- 257 : Yoga cardiovascular
- 137 : Yoga Hypertension

(Ref: YOGA for Wellness: Gentle Yoga Practice - Maruti Ram Gudavalli)

PubMed Health. A service of the National Library of Medicine, National Institutes of Health.

Database of Abstracts of Reviews of Effects (DARE): Quality-assessed Reviews [Internet]. York (UK): Centre for Reviews and Dissemination (UK); 1995-.

A systematic review and meta-analysis of yoga for low back pain

H Cramer, R Lauche, H Haller, and G Dobos.

Review published: 2013.

CRD summary

This review found strong evidence for short-term effectiveness and moderate evidence for long-term effectiveness of yoga for pain and disability associated with chronic low back pain. The authors' conclusions reflect the results but the evidence was more compelling when compared to educational interventions and more uncertain when compared to exercise and to treatments offered under usual care.

Authors' objectives

To assess the effectiveness of yoga in patients with low back pain

(Ref: YOGA for Wellness: Gentle Yoga Practice - Maruti Ram Gudavalli)

What is Yog ?

Yog (योग) is derived from verb-root yuj (युज्) means to unite
Yog is a path that leads to union of:

- Physical body
- Mental body
- Psychological body
- Spiritual body

Ashtang Yog (अष्टांग योग)

8 facets (ang, अङ्ग) of Yog :

- Yama यम : What not to do
- Niyama नियम : What to do on a regularly
- Asana आसन : Postures and exercises
- Pranayama प्राणायाम : Breathing Exercises
- Pratyahara प्रत्याहार : Controlling senses
- Dharana धारणा : Focus
- Dhyana ध्यान : Meditation
- Samadhi समाधि : Realization

Definitions of Yog ?

- Patanjali: yogas-chitta-vrutti-norodhah (योगस्चित्तवृत्तिनिरोधः) (YogSutra 1:2): Yoga is the cessation of modifications of the mind
- Yoga-Vasishta: manah prashamanah upayah yog itibhidyate (मनः प्र-शमनः उपायः योग इत्याभियते) (Yog Vashishth 3:9:32): Yoga is a skillful way to calm down the mind
- Bhagavad Gita: yogah karmasu kaushalam (योगः कर्मसु कौशलम्:) (Bhagavad Gita 2:50): Yoga is dexterity in action
- Bhagavad Gita: samatvam yog uchyate (समत्वं योग उच्यते) (Bhagvad Gita 2:2): Equanimity towards everything is Yog.

Contradictions in Definitions of Yog

- There were two systems of Yog. One had gotten lost. Krishna is trying to revive the lost one, in Gita श्रीमद्भगवद्गीता. This goes for DOING ACTION
- The more known one is the Patanjali Yog. This goes for STOPPING ACTION.
- Patanjali type of Yog is mentioned in Upanishads also. Go to se-cluded place, in the forest, in the cave, by the stream, etc. (Ref: Mokshadhrama मोक्षधर्म)
- Even Arjun अर्जुन had this understanding. He gets confused. Why do the action/battle ?
- Krishna does not reject renunciation type of yoga, but keeps it aside (Raj राजयोग / dhyan ध्यानयोग in gita itself) and says its not for you (Arjun), you need Action Yoga. (karma कर्मयोग)
- Karma becomes yoga when only you have no attachment to it. Doing the ACTION as an offering to the Lord (Krishna कृष्ण)
- Even Patanjali Yog is a practice. Its Asana आसन aspect is fully action oriented. But thats just to prepare you for the final goal of Samadhi (समाधि)

(Ref: Edwin Bryant sutras - Kristen Vrabell)

Why Yog ?

- State of cessation of misery is called as moksh (मोक्ष), kaivalya (कैवल्य), nishreyas (निश्रेयस), parampad (परमपद).
- One can attain this state only when we have clear understanding (sukshma gyan सुक्ष्म ज्ञान) of world around.
- For this understanding, one needs specific state of mind (chitta vi-shuddhi चित्त विशुद्धि)
- To attain this state of mind, sages have advised many ways, and one of the ways is Yog (Yog dasrhan योगदर्शन)
- Yogsharta by Patanjali has given ways of yog darshan to attain moksh.

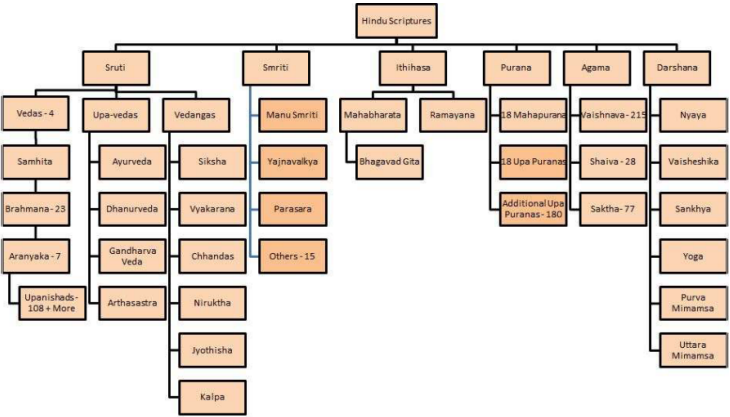
(Ref: पतंजल योग सूत्र | Yog Darshan - Yoga And Ayurveda Science Youtube channel)

योग दर्शन Yog Darshan

- Removal of human sufferings through practice of yoga
- Explains purpose of life, reincarnation
- Experience of ultimate reality - self realization (kaivayla कैवल्य)

(Ref: Patanjali Yoga Sutra Dr Mrudula Chaudhari)

Canvas of Hindu Scriptures



(Ref: Patanjali Yoga Darshan- For AYUSH YOGA EXAM- Deepak D.Khaire)

दर्शन Darshan

6 आस्तिक दर्शन (वेद प्रमाण)

- Nyaya न्यायः Rishi Gautama ऋषि गौतमः Logical quest for god, phases of creation.
- Vaisheshika वैशेषिकः Rishi Kanada ऋषि कणादः Science of Logic, futility of Maya माया.
- Sankhya सांख्यः Rishi Kapil ऋषि कपिलः Eliminate Physical and mental pains and receive liberation.
- Yog योगः Rishi Patanjali ऋषि पतंजलि : Practice of meditation and postures for renunciation.
- Mimamsa मिमान्साः Rishi Jaimini ऋषि जैमिनी : Explains vedas are eternal and divine.
- Vedanta वेदान्तः Rishi Ved Vyas ऋषि वेद व्यासः Explains the divine nature of soul, Maya and creation.

३ नास्तिक दर्शन (वेद अप्रमाण)

- Charvak न्याय
- Bauddha बौद्ध
- Jain जैन

(Ref: Patanjali Yoga Darshan- For AYUSH YOGA EXAM- Deepak D.Khaire)

धर्म Dharma

- Duties to be performed by everyone for a larger good
- Social order divinely sustained.
- Every person has a part to play, and each part is held to be necessary in some way to the ultimate end

(Ref: Philosophy III - The Yoga SPace - Chandrika Gibson)

मोक्ष Moksh

- One's eternal destiny, a release from all limitations & restrictions

(Ref: Philosophy III - The Yoga SPace - Chandrika Gibson)

Guna गुण, प्रकृति

- Sattva सत्त्व : उत्तम प्रकृति: Balance, Positive, Peace
- Rajas राजसः मध्यम प्रकृति: Activity, Energy, Excitement
- Tamas तामसः अधम प्रकृति: Inactivity, Negative, Apathy

(Ref: Patanjali Yoga Darshan- For AYUSH YOGA EXAM- Deepak D.Khaire)

Mind मन

- चित्तः stores input got from senses इंद्रिय into memory स्मृती
- अहङ्कारः decide what one likes, dislikes
- बुद्धिः decides true state of objects or events नीर क्षीर विवेक
- मनः estimates good/bad-ness of the future events

(Ref: mana sajjana मना सज्जना- Bhishmaraj Bam)

Types, Paths

Types and Paths of Yogic Traditions

Current Traditions of Yoga

Just as there are many definitions of yoga, there are many types of yoga as well.

(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma ashmayuyoga.com)

Hath Yog(हठ योग)

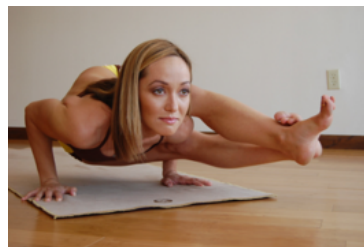
- One of the oldest and traditional forms of Yoga
- Refers to a practice that combines poses, or asanas, with breathing techniques
- Asks to first purify our physical body before higher practices like meditations
- Emphasizes on holding the Asana for a longer time with a complete awareness of the body and breath. The pace of the class is slow
- Is for a beginner Student



(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma ashmayuyoga.com)

Ashtang Yog (अष्टांग योग)

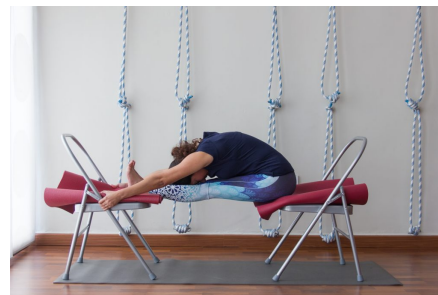
- Created by one of the greatest sages Patanjali
- Ashtang Vinyasa is popularized by Sri K. Pattabhi Jois. Consists of six series and all the series have asana which is practiced in vinyasa keeping breath, alignment, bandha, drishti in mind.
- Quite challenging.
- Two approaches :
 - Teacher gives instructions about every pose
 - Students practise on their own and the teacher only comes and corrects if required (Mysore style)



(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma ashmayuyoga.com)

Vinyasa Yog(विन्यास योग)

- Faster paced, requires you to move continuously throughout the class
- To learn how to quickly move from one posture to another with ease, just like dance
- To connect each movement with breath



(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma ashmayuyoga.com)

Iyengar Yog(अयंगर योग)

- Named after BKS Iyengar
- Emphasizes on the detailed instructions, precision and alignment of the asana with an in-depth awareness of breath
- Is practised with props like ropes, straps, blocks, bolsters, chairs, tables etc



(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma ashmayuyoga.com)

Shivanand Yog(शिवानन्द योग)

- Has 12 basic asanas, for anyone to perform
- Focuses on preserving health and wellness of the students.
- Emphasizes mainly on breathing, relaxation, diet, exercise and positive thinking.



(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma ashmayuyoga.com)



(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma ashmayuyoga.com)

Yin Yog(यनि योग)

- Is a slow-paced style of yoga practice, need to hold the asanas for longer periods of time
- The props are used to reduce your body strain and you perform without actually putting pressure on the muscles.



(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma ashmayuyoga.com)

Satyanand Yog(सत्यानन्द योग)

- Developed by Swami Satyananda Saraswati
- Involves the practice of Asana, Pranayama, Shatkarmas, Yoga Nidra, Kriya Yoga, Kundalini Yoga, Mudras, Bandhas, Meditation, Chanting, Karma yoga etc.



(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma ashmayuyoga.com)

Restorative Yog

- Focuses more on relaxation, calming the mind, and healing the body
- Emphasizes of this form is on helping people to recover from their injuries



(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma ashmayuyoga.com)

Bikram Yog(बिक्रम योग)

- Developed by Bikram Choudhury
- Consists of 26 postures in set cycles over a 90-minute class
- Classes happen in a heated room with temperature in between 35–42 C (95–108 F) with a humidity of 40%



(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - ashmayuyoga.com)

Kundalini Yog(कुण्डलिनि योग)

- Quite different from the regular Yoga
- You practice postures, pranayama, and meditation and along with it you also perform chanting and singing.
- Average session: 50% exercise, 20% breath work, 20% meditation, and 10% relaxation
- It is all about releasing the coiled (kundalini) energy stored within you.



(Ref: Workshops & Events - The Healing Lily)

Power Yog

- Is a very vigorous and fitness-based approach to vinyasa yoga
- Designed to model Ashtanga Vinyasa Yoga practice keeping it more flexible wherein the teachers can choose what poses they want to add to the flow

AntiGravity Yog

- Is created by Cristopher Harrison
- Uses a silk hammocks to practice all the poses
- Supports the students in all the poses, help them deepen the stretches with very less or no strain
- Is to remove compression from the spine and improve spinal health.



(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma ashmayuyoga.com)

Acro Yog

- Brings together the principle of Hatha Yoga, Vinyasa Yoga, Acrobatics, Healing and Massage Techniques
- You would need a partner
- Build a great amount of strength and improve flexibility.



(Ref: An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma ashmayuyoga.com)

Kripalu Yog (कृपालु योग)

- Balanced focus on the mind, body, and spirit.
- Very gentle and soothing
- Helps you learn your own abilities and allows you to look inward



(Ref: Moderate Kripalu Yoga Vinyasa Flow Class with Coby Kozlowski)

Ashtanga Yog

Ashtang अष्टांग

Patanjali

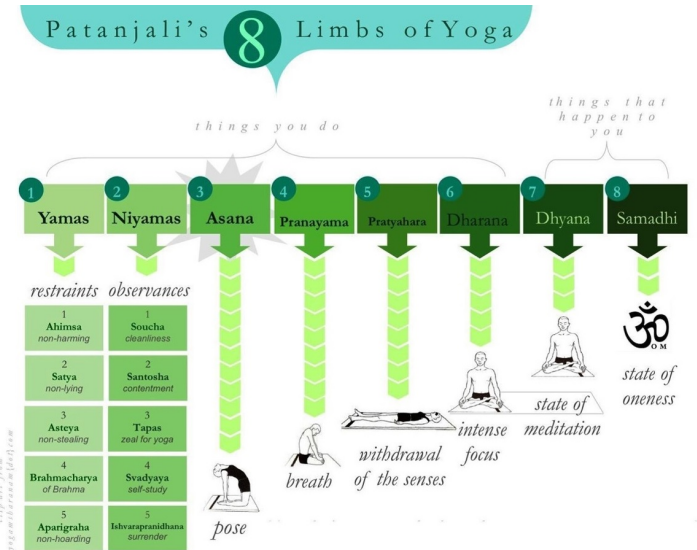
- Patanjali was shastri of 3 shastras : Yog, Vyakaran, Ayurved
- He did tika/analysis of Panaini's vyakaran ("mahabhashya")

Introduction

"Yama Niyamasana Pranayama Pratyahara Dharanadhyana Samadhyoshta angani I"

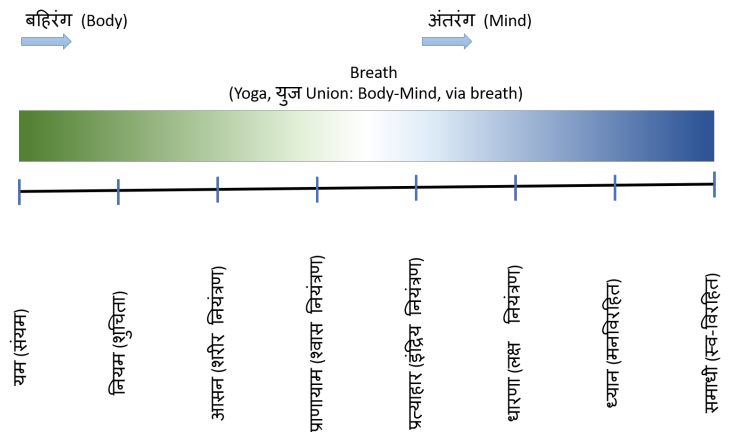
यम-नियमासन-प्राणायाम-प्रत्याहार-धारणा-ध्यान-समाधयोऽष्टवङ्गानि ॥

8 Facets of Yog



(Ref: Philosophy III - The Yoga SPace - Chandrika Gibson)

Yog : Transition from Body to Mind



Yama यम

Introduction

Ahimsa Satyasteya Bhtahmacharya-parigraha Yamah

अहिंसा-सात्यास्तेय-ब्रह्मचर्यापरिग्रहा यमः॥

- Yama is the first discipline in attaining perfection.
- Non-violence, truthfulness, abstaining from appropriating things belonging to other, purity in thoughts, words & deed. And non-acquisition of things are the essential, components of Yama.

Ethical Foundations

- Ahimsa (अहिंसा): non-violence
- Satya (सत्य): benevolent truth, absence of falsehood
- Asteya (अस्तेय): non-stealing
- Brahmacharya (ब्रह्मचर्य): spiritual advancement by education and training. Some traditions associate Brahmacharya with celibacy.
- Aparigraha (अपरिग्रह): non-appropriation, absence of avarice.

Ahimsa (अहिंसा) Non-violence

- Not killing
- Not having violent thoughts
- Not having violent intentions
- Having a considerate attitude; not harming others
- Kindness; friendliness
- Thoughtful consideration of other people and things
- Love
- Effects of Ahimsa: eliminating violence around you



(Ref: Yoga: The art of happiness - Yoga Integral Esoterique)

Satya (सत्य) The truth

- Not speaking the truth can misguide others and ourselves in the end
- If speaking the truth has negative consequences for another, then it is better to say nothing (not breaking ahimsa - non-violence)
- The truth can be relative in our world of opposite poles or duality (there is always a bigger or another truth that takes the place of the previous one).
- Essentially the truth is one with our inner Consciousness – called Atman or Superior Self.
- वाक्सिद्धि Vaksiddhi: the power to materialize what we are saying.



(Ref: Yoga: The art of happiness - Yoga Integral Esoterique)

Asteya (अस्तेय) Non-stealing

- Taking nothing that does not belong to us
- Not taking what belongs to another without permission, and not using something for a different purpose to that intended, or beyond the time permitted by its owner
- If we ask for others' time when it is not freely given, it is, in effect, stealing.
- Also renouncing desires
- Effects: development of clairvoyance or intuition, discovering precious treasures around yourself



(Ref: Yoga: The art of happiness - Yoga Integral Esoterique)

Brahmacharya (ब्रह्मचर्य) Control of sexual function

- Brahmacharya: retention, stopping, abstinence
- Literally means wise use of sexual energy (brah-muh-char-yuh)
- Controlling or preserving sexual energy (not ejaculating or preserving feminine sexual fluids) allows control of all other types of energies because sexual energy is the most powerful of all energies (it can create life)
- Wise use: transforming our sexual energy into love, mental or spiritual energy (by transmutation and sublimation)
- Abstinence - not having sexual relations (except involuntary ejaculation)



(Ref: Yoga: The art of happiness - Yoga Integral Esoterique)

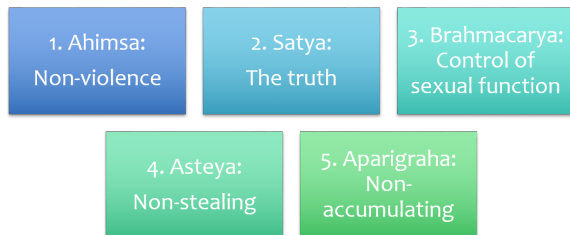
Aparigraha (अपरिग्रह) Non-accumulation

- Taking only what is necessary, and not taking advantage of a situation or acting greedily
- Taking only what we have earned
- Many possessions lead to many worries, and energy spent to maintain the accumulated objects
- If we need more, the Universe will provide for us.
- Effects: acquiring the ability to see previous lives. When everything is lost, what stays is the immortal Spirit, or Atman, which passes from one life to another, to another



(Ref: Yoga: The art of happiness - Yoga Integral Esoterique)

Summary



(Ref: Yoga: The art of happiness - Yoga Integral Esoterique)

Niyama नियम

Introduction

Shaucha santosha tapah swadhyayeshwara pranidhanani niyamah

शौच-संतोष-तप :-स्वाध्यायेश्वरप्रणिधानानि नियमाः॥

- The collective disciplines of Niyama are Physical & mental purity, contentment, austerity, self study of holy books and scriptures and devotion to god.
- One must dedicate the fruits and one's action to god.

Ethical Foundations

- Shaucha शौच : cleanliness or purity
- Santosha संतोष : contentment
- Tapas तप : fervour, discipline in sadhana
- Svadhyaya स्वाध्याय : study of scriptures/self
- Ishvara pranidhana ईश्वरप्रणिधान surrender to the cosmos/creator

Shaucha शौच Purity

- Cleanliness
- Cleansing of inner and an outer aspects
- Cleansing the exterior: physical exercises or techniques of purification
- Cleansing the interior: clearing the mind of disturbing emotions like hatred, passion, anger, lust, greed, delusion and pride.



(Ref: Yoga: The art of happiness - Yoga Integral Esoterique)

Santosha संतोष Contentment

- Modesty; being content with what we have
- Acceptance of events we face, but preparing to transform what we can transform
- Experiencing life's difficulties - we have the opportunity to grow
- Understanding that there is a purpose for everything, even if the whole picture is not revealed to us
- Being happy with what we have, rather than unhappy about what we don't have
- Contentment is a inner quality not dependent on exterior circumstances



(Ref: Yoga: The art of happiness - Yoga Integral Esoterique)

Tapas तप DisCIPLined Efforts

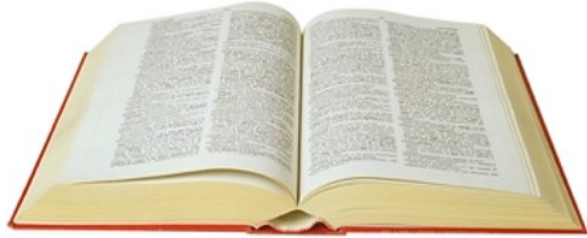
- Disciplined use of our energy
- Literally to heat, put on a flame, being burned
- The conscious effort to accomplish a spiritual goal (ultimate goal is fusion with the Superior Consciousness) and burn up all the inferior desires that stand in our way
- This effort implies our transformation through the practice of the stages of yoga: following yama and niyama, postures, pranayama, meditation, etc.
- Such efforts must be done whether the exterior conditions are good or not



(Ref: Yoga: The art of happiness - Yoga Integral Esoterique)

Svadyaya स्वाध्याय Self-study

- Sva = Self; adhyaya = examination/study
- "Education for self-revelation"
- The study of sacred texts that give us reflections about the Self : Yoga-Sutra, Bhagavat-Gita, Siva Samhita, Hatha Yoga Pradipika, the Bible, the Koran, etc.
- Any activity that cultivates self-reflective consciousness and self-awareness
- "Know yourself and you will know the entire universe"



(Ref: Yoga: The art of happiness - Yoga Integral Esoterique)

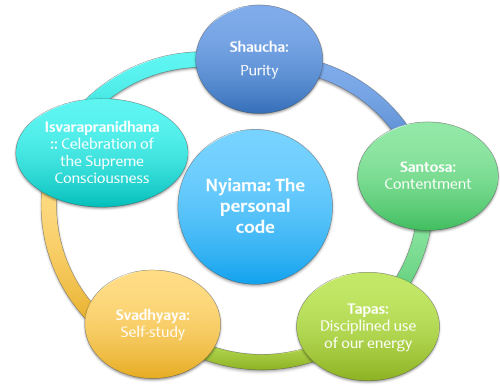
Ishvara pranidhana ईश्वरप्रणिधान Celebration of the Supreme Consciousness

- Ishvara = last degree in a hierarchy, God, Superior Self Atman, Supreme Consciousness
- Pranidhana = continuous devotion
- To make a continuous effort to reach the state of Supreme Consciousness
- The contemplation of Ishvara/ Supreme Consciousness in order to become attuned to it.



(Ref: Yoga: The art of happiness - Yoga Integral Esoterique)

Summary



(Ref: Yoga: The art of happiness - Yoga Integral Esoterique)

Asana आसन

Introduction

Sthira Sukham Asanam

स्थिरसुखमासनम्॥

- Posture or asana is that which is firm and pleasant
- An easy and steady posture enables the sadhaka to practice meditation without feeling strain physical discomfort.

Pranayam प्राणायाम

Introduction

Tasmin sati shwasa pravasa-yorgati vicchedaha Pranayamah

तस्मिन् सति श्वासप्रश्वाससयोरगतिविच्छेदः॥

- Pranayama helps in retraining and regulating breath. Rhythmic breathing calms down the mind.
- Swami Vivekananda explained this through a story in which a minister made his escape and descended from the tower by means of a rope and silken thread, tied to a beetle with honey to its feelers

Why Talk about Breath ?

- Emotions control breathing → breathing can control our emotions
- Only physiological process both voluntary and involuntary
- Physical body and mind need "energy" for functioning
- Energy and matter are inter convertible
- Prana is the link between mind and body
- Voluntary changes in breathing can bring about change in energy patterns in energy patterns
- Cosmic inhalation and exhalation creation and dissolution
- Involuntary breath controlled by primitive parts of the brain

(Ref: Eight Limbs of Yoga - Subhash Mittal)

What is Pranayama?

- Fourth of the eight limbs of yoga ग्यग
- Compound word – “prana” + “ayama”
- Prana = pra (prefix) + an (to breathe, to live)
- “prana” is life force, the cosmic vital energy
- “ayama” means to stretch, expand, control
- Pranayama is to expand and control prana
- Breath is a gross manifestation of prana, usually equated with prana equated with prana
- Breathing techniques help control prana in different ways

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Five Sheaths (Koshas)

- Annamaya Kosha: physical sheath sustained by food (anna)
- Pranamaya kosha: Vital sheath sustained by breath (prana)
- Manomaya kosha: Mental sheath cognition, willing, desires etc
- Vijnanamaya kosha: intellectual and intuitive sheath
- Anandamaya kosha: Bliss sheath

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Five Pranas

- Prana: head to navel; all intakes - food, water, air, sensory impressions
- Apana: navel to root chakra; Elimination (stool, urine, all fluids CO₂) reproduction; also negative feelings all fluids, CO₂), reproduction; also negative feelings and emotions; basis for all immune functions
- Udana: navel to head; growth of body, speech, enthusiasm and will enthusiasm and will
- Samana: periphery to navel; digestion, absorbing O₂, homogenize mental impressions
- Vyana: navel to periphery; all circulations - nutrients; helps all other pranas

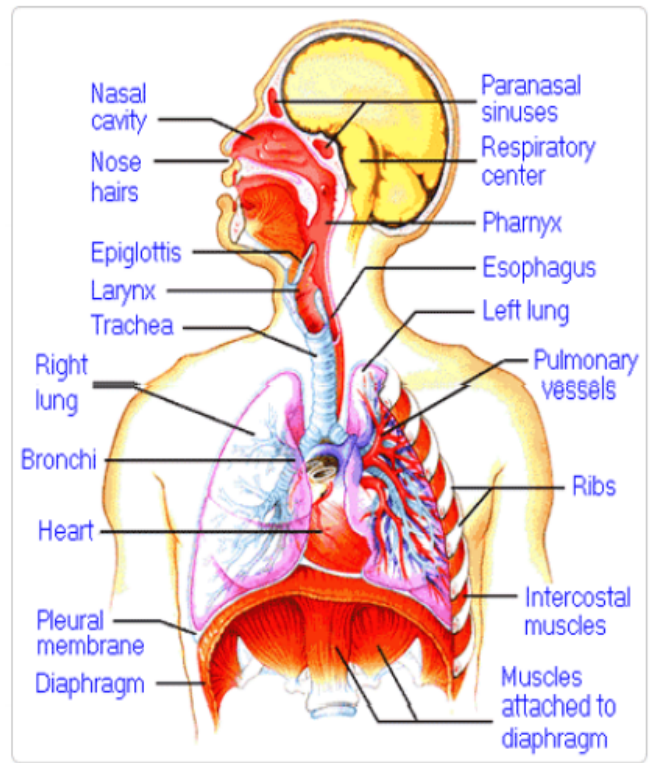
(Ref: Eight Limbs of Yoga - Subhash Mittal)

Five Up Pranas

- Naga: burping, throwing, stretching, salivation, hiccups
- Kurma: movement of the eyelids and size of iris to control intensity of light
- Krikara: sneezing, coughing, reactions to pain, hunger, thirst
- Devdatta: yawning, sleep
- Dhananjaya: produce phlegm, provides nourishment, inflates the body after death nourishment, inflates the body after death

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Physiology of Breathing



- Nose, windpipe, lungs, circulatory system and associated muscles transport
- Blood density higher at lower part of the lungs
- Shallow breathing inefficient in carrying O₂ in blood cells to carrying O₂ in blood to cells
- Hemoglobin carries O₂ to cells and CO₂ back from the cell to the heart
- Gas exchange (O₂ - CO₂) - respiration - happens at the cell level

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Components of Breathing

- Inhalation purak पूरक
- Exhalation rechak रेचक
- Breath Retention kumbhak कुम्भक
 - External retention bahirkumbhak बहिकुम्भक
 - Internal retention antarkumbhak अन्तिकुम्भक

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Breathing Habits

- Shallow breathing is most common ग
- A sob of grief, anger, anxiety etc. can dramatically effect breathing
- Anxiety associated with shallow chest breathing • Anxiety associated with shallow chest breathing
- Unfortunately, tummy tucked in is fashionable
- Autonomic nervous system - sympathetic and parasympathetic
- Under "fight or flight" - sympathetic takes over - chest breathing breathing
- Holding breath beyond capacity prevented by ANS regulation

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Pranayama in Practice

- Ujjayi breathing
- Sectional deep breathing
 - Clavicle (upper part of lungs)
 - Thoracic (middle part of lungs)
 - Diaphragmatic (lower part of lungs)
 - Full 3-part (yogic) breathing
- Kapalabhati (breath of fire)
- Bhramari (bumble bee breath)
- Anulom Vilom, Nadi shuddhi (alternate nostril breathing)

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Pratyahar प्रत्याहार

Introduction

Swavishasamprayoge Chittvaswarupanukar eevendrayanang Pratyaharah
स्वविषयासम्प्रयोगे चित्तस्वरूपानुकार इवेन्द्रियाणां प्रत्याहारः॥

- Pratyahara is withdrawing the senses or organs from their contact with the objects in the external world.
- Sri Ramakrishna has explained it thus : the moment an elephant stretches out its trunk to eat neighbor's garden, it gets a blow from the iron goad of driver

What is Pratyahara ?

- Pratyahara is fifth of the eight limbs – yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi
- One of the most important and yet, the least discussed, taught or practiced limbs of yoga!
- Most often referred to as an “external limb” along with yamas, niyamas, asana and pranayama
- Yamas and Niyamas (truth, non-violence, purity etc.) help purify the mind

(Ref: Eight Limbs of Yoga - Subhash Mittal)

What is Pratyahara ?

- Pratyahara is fifth of the eight limbs – yama, niyama, asAnas strengthen the body and make it free of disease
- Pranayama energizes the vital body, calms the mind and aids in controlling the senses
- To achieve stability, mind needs to be cut off from the five senses
- Mind is then ready for meditation and samadhi

(Ref: Eight Limbs of Yoga - Subhash Mittal)

What is Pratyahara ?

- When separated from their corresponding objects, the organs follow, as it were, the nature of the mind -Sutra 2.54
- That brings supreme control of the sense organs - Sutra 2.55
- Pratyahara = "prati" (against/away) + "ahara" (food/inputs) = withdrawing away from the sense inputs.

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Pratyahara: outside-in Approach

- Senses are withdrawn away from their respective objects
- They remain in their own natural state
- Once the senses are not in contact with their objects, the mind also has no contact with them. It then stays in its own natural state
- The senses then seem to resemble the state of the mind.
- Such a control of the senses and of the mind is called Pratyahara.

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Pratyahara: inside-out Approach

- When stilled through vairagya (detachment) and other practices, mind is no longer interested in the five senses
- Senses continue to receive input thru the sense organs (eyes, ears etc)
- Mind is unwilling to retrieve these inputs
- The senses, unable to distract the mind, appear as if they are following the mind

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Sensory Overload

- Senses constantly bombarded with attractions thru the media – TV, newspaper, internet etc
- It becomes hard to control mind and senses
- Senses begin to control the mind, our thoughts and behavior patterns
- Mind can benefit from a “sensory fast” similar to the body benefitting from a “food fast”

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Pratyahara Techniques

- Pranayama – senses follow prana (vital life force) so we energize prana thru pranayama
 - Deep, slow breathing techniques calm the nerves, mind
 - During Kumbhaka, the yogi withdraws his awareness from the five senses
- Karma Pratyahara (control of actions) – selfless service, offering all actions and fruits thereof to Lord
- Focus on one sense impression – blue sky, ocean, tree etc (like mono-diet can heal the body)
- Creating positive impressions – meditate on nature, visiting temples, offering incense, flowers etc
- Visualization techniques
- In the practice of Yoga Nidra, we are able to turn the senses inward

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Pratyahara Techniques

- Practice Yoni Mudra – symbolically shutting off the senses and breathing out with humming sound – after pranayama
- Trataka (gazing) – normally practiced with a lighted candle
- Pratyahara meditation – connecting with and withdrawing from senses one at a time

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Pratyahara in Bhagavad Gita

- The five senses are compared to the five horses of a chariot:
 - The mind is the reins
 - the soul (the atman) is the passenger
 - In order to keep the chariot (the human being) on course, it is important to keep the horses in control.
- Just like a turtle which withdraws its limbs away, the yogi, by turning senses away from their objects, attains steady wisdom

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Pratyahara in Bhagavad Gita

- When one thinks of objects, attachment is born which leads to the following “ladder of destruction”:
- attachment → desires → anger → delusion → loss of memory → loss of intellect and discriminatory power → total annihilation.
- One who is self-controlled, even though moving among the objects, attains peace since the senses remain under control and free from attraction

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Summary

- Pratyahara is a critically important limb on the path to meditation and samadhi
- Techniques like pranayama, yoga nidra and 'pratyahara meditation' help attain the state of pratyahara (sense withdrawal)
- It is easier to control the mind when it is not distracted by the senses and their objects

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Dharana धारणा

Introduction

Deshbandhashchittvasay Dharana

देशबन्धश्चित्तस्य धारणा॥

- Fixing the mind on an object is called Dharana.
- When the chittva or mind-stuff is confined and limited to a certain place its Dharana or concentration

Dhyan ध्यान

Introduction

Tatra Pratyayaikataanaataa Dhyanam

तत्र प्रत्ययैकतानता ध्यानम्॥

- An unbroken flow of knowledge in that object is Dhyanam.
- The mind tries to think of one object to hold itself to one point and if the mind succeeds in receiving the sensations only through that part or point and if the mind can keep itself in that state for some time, it is called Dhyana

Samadhi समाधि

Introduction

Tadevartho-matra-nibhasing-swarupashunyamibo Samadhi

तदेवार्थमात्रनिर्भासं स्वरूपशून्यमिव समाधि॥

- When that giving up all forms, reflects only the meaning it is Samadhai.
- That comes when in meditation the form or the external part is given up.

Stages of Meditation/ Samadhi समाधी

- Savitarka (सवितर्क): concentrate on gross objects
- Nirvitarka (निर्वितर्क): go beyond gross objects
- Savichara (सविचार): concentrate on subtle objects
- Nirvichara (निर्विचार): go beyond subtle objects
- Ananda (आनन्द): concentrate on bliss
- Asmita (अस्मिता): concentrate on the pure I-sense

Levels of Mental States

Mental activity is measured by EEG in cycles per second.

- $x > 14$: β state: Normal activities
- $14 > x > 7$: α state: Meditation
- $7 > x > 4$: θ state: Sleep
- $x < 4$: δ state: Deep Sleep

Being in α state while awake, is the goal of the meditation.

(Ref: Niramay Yashasathi Dhyan निरामय यशासाठी ध्यान - Shubhada Gogte)

Practical Guidelines for Meditation

- Practice on an empty stomach, in the early hours of the morning. Time permitting, practice in the evening as well.
- Find a clean, quiet area, away from door bells, telephones or other distractions, for meditation. Use the same location everyday.
- In the Hatha Yoga tradition, meditation is usually practiced after performing asana (physical postures), relaxation and pranayama (breathing techniques). As a result of these practices, the body and mind are better prepared for meditation.
- Avoid meditation when the mind is agitated or emotionally disturbed
- Use any comfortable sitting posture for meditation. If sitting on the floor is uncomfortable, sit in a chair or rest the back against a wall.
- During meditation, maintain a perfectly still body with the spine upright, shoulders relaxed and the hands resting comfortably on the knees or thighs.
- The recommended duration for meditation is 20 to 30 minutes. The duration can be adjusted up or down depending upon the availability of time.

(Ref: Eight Limbs of Yoga - Subhash Mittal)

Patanjali YogSutra

Introduction to Patanjali Yog-Sutra

Patanjali पतञ्जलि



योगेन चित्तस्य पदेन वाचां । मलं शरीरस्य च वैद्यकेन । योऽपाकरोक्तं प्रवरं मुनीनां । पतञ्जलिं प्राञ्जलिरनतोस्मि ॥ - राजा भर्तृहरि

- Patanjali has been mentioned to have 3 contributions (two of them are lost in time)
- चित्तशुद्धि Purification of mind using Yog
- Purification of speech using Grammar
- Purification of body using medicine (Ayurveda)
- Better amongst sages, we salute Rishi Patanjali

Maharshi Patanjali महर्षि पतञ्जलि

- Considered as 'the father of Yoga'.
- Many believe he's thought to have lived between 200 and 500 B.C.
- At the time when the Ayurveda was the greatest wisdom, people had to cure their illness.
- Since, being sick it is not just sickness in the body, but also the sickness in the mind and emotions.
- The Yoga Sutras of Patanjali projects the knowledge that doesn't just cure the body but also purify the mind, emotions and the complete existence itself, all through Yoga.

(Ref: Basic Introduction of Patanjali Yoga Sutras – The Best Knowledge for Yogis - Yoga Moha)

योग सूत्र Yog Sutra

- Sutra सूत्र Aphorisms, thread string धागा
- Sutras (in Sanskrit) literally means a thread or string that holds things together and more metaphorically refers to an aphorism
- Guided by a single thread, a kite can glide and soar to amazing heights.
- The Yoga Sutras of Patanjali are life's threads, each one rich with knowledge, tools, and techniques. These sutras guide not only the mind but also one's very being to its full potential.
- Basically, Patanjali's Yoga Sutras offer a systematic form of wisdom for attaining self-realization/enlightenment.

(Ref: Patanjali Yoga Sutra Dr Mrudula Chaudhari)

योग सूत्र Yog Sutra

- Minimum words, Unquestioned, Precise, essence, coherent eg. SthirSukhamAsan (स्थिरसुखमासनम्)
- Hard to understand by themselves so commentaries are needed.
- भाष्य commentaries starting with Vyas, are still going on (a living tradition)
- Vyasa's commentaries are highly regarded and have to be read along with Sutras.

(Ref: Patanjali Yoga Sutra Dr Mrudula Chaudhari)

Background

- Patanjali Yog sutra emerged in the late Upanishad (उपनिषद्) period
- Upanishads are earlier spiritual texts, but they are not systematic. They are mainly poetic expressions, metaphors some times confusing
- Examples : sometimes ब्रह्म साकार, sometimes ब्रह्म निराकार ; जगन मिथ्या, जगन माया, जगन सत्य ; आत्मन merges into ब्रह्मन्, etc).
- Need to systematize.

(Ref: The Yoga Sutras of Patanjali | Prof. Edwin Bryant)

Systematization

- Badarayana बादरायण codified unstructured Upanishad उपनिषद् texts.
- You get a few references to Yog in the Upanishads.
- Mentioned as techniques to attain ataman/brahman (आत्मन/ब्रह्मन्)
- Patanjali comes, systematizes and writes Yog Sutra (अथ अनुशासन, continuing teachings of yog)

(Ref: The Yoga Sutras of Patanjali | Prof. Edwin Bryant)

Structure

- Yogsutra has been divided into 4 chapters
- Total 195 verses/aphorisms
- Division :
 - Samadhipad समाधिपाद 51
 - Sadhanpad साधनपाद 55
 - Vibhutipad विभूतिपाद 55
 - Kaivalyapad कैवल्यपाद 34

(Ref: पातंजल योग सूत्र | Yog Darshan - Yoga And Ayurveda Science Youtube channel)

Contents

Different Yogic methods for different types of people.

Types of people (prakruti प्रकृति) in the world:

- High (uttam उत्तम) : Already in almost pure mental state. Get success with very less efforts (sadhana !!!)
- Medium (madhyam मध्यम)
- Low (adham अधम): Least pure mental state. Need vigorous discipline

(Ref: पातंजल योग सूत्र | Yog Darshan - Yoga And Ayurveda Science Youtube channel)

Contents

Methods to attain yogic state based on type:

- Samadhipad समाधिपाद : , for uttam prakrti people, along with study (abhyas अभ्यास) and renunciation (vairagya वैराग्य)
- Sadhanpad साधनपाद : for adham prakrti people. Ashtang yog to get rid off miseries in life.
- Vibhutipad विभूतिपाद : After doing sadhana (dharana धारणा, dhyaan ध्यान, samadhi समाधि), one can get certain powers (siddhi सिद्धि, vibhuti विभूति). Recommends not get enamored by these powers.
- Kaivalyapad कैवल्यपाद : State of self detachment (moksh मोक्ष, mukti मुक्ति)

(Ref: पातंजल योग सूत्र | Yog Darshan - Yoga And Ayurveda Science Youtube channel)

Contents

- Yog Sutra is a practice text, and not a knowledge text.
- The Knowledge part is covered in Sankhya darshan (सांख्य दर्शन)
- It is assumed that you have gone through the knowledge texts before.
- Gita's yoga definition is ACTION oriented, whereas Patanjali definition is IN-ACTION oriented.

(Ref: The Yoga Sutras of Patanjali | Prof. Edwin Bryant)

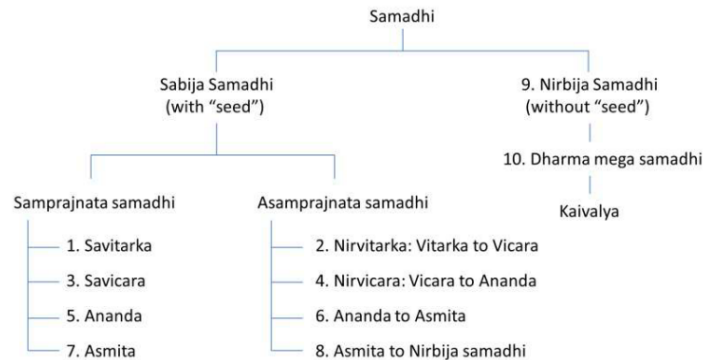
Samadhi Paad समाधिपाद

Introduction

- Samadhi refers to a blissful state of existence that is believed to be even beyond mind and meditation.
- In this chapter, the author describes yoga and then our true nature and then he instructs the means to attain Samadhi.
- Patanjali begins this chapter with a definition of yoga.
- He lists the obstacles we may encounter to attaining mental silence.
- But, having overcome such obstacles, he explains what it is like when we have achieved mental silence as well.

(Ref: Basic Introduction of Patanjali Yoga Sutras – The Best Knowledge for Yogis - Yoga Moha)

Types of Samadhi समाधी



(Ref: Patanjali Yoga Darshan- For AYUSH YOGA EXAM- Deepak D.Khaire)

The Beginning

अथ योग अनुशासनम् 1.01

- अथ primarily means 'now' has many levels of meanings.
 - You have done lots of reading, getting knowledge, NOW, lets practice Yog
 - You have been coming from different evolutionary paths, NOW you are eligible to do Yog
 - अनुशासनम् means discipline. अनु means following. Now follow the Yog tradition. Meaning Yog was known before (like in Gita), NOW its time to continue/follow it.

Definition of Yog

योगः चित्तवृत्ति निरोधः १.०२

- Yog is complete cessation/stilling of perturbations of mind
- चित (chit): to enlighten to know, to make aware (जाणणे/जानना)
- चित्त (chitta): the enlightened, all inclusive term, different faculties of mind.

चित्त

- अन्तःकरण : मन, बुद्धि, अहंकार, चित
- Chitta is like a river, flowing in two opposite directions: worldliness to/from Kaivalya केवल्य (व्यास भाष्य)
- Levels of Chitta :
 - मूढ चित्त Dull, inertial, Tamas तमस
 - क्षिप्त चित्त Restless, distracted, Rajas रजस
 - विक्षिप्त चित्त Sometimes steady Sattva सत्त्व
 - एकाग्र चित्त Focused
 - निरुद्ध चित्त Restricted

Essence of Yog

योगः चित्तवृत्ति निरोधः १.०२

तदा द्रष्टुः स्वरूपे अवस्थानम् १.०३

वृत्ति सारूप्यं इतरत्र १.०४

- Yog is complete cessation/stilling of perturbations of mind
- Once the stilling happens, Then the seer (Purush, पुरुष) gets to see his own true nature.
- Till that time, there is a continual identification with vrittis वृत्ति like reflection of the moon in the lake.
- Essence of Yog: still the mind-lake, to see the true bottom.

वृत्ति

- वृत्तयः पञ्चतयः क्लिष्टा अक्लिष्टा १.०५
- 5 types of vrittis : painful/complicated and not complicated
- प्रमाणं विपर्यय विकल्प निद्रा स्मृतयः १.०६
 - प्रमाणं : यथार्थ ज्ञान : correct knowledge with right perception
 - विपर्यय : भ्रामक ज्ञान : False knowledge
 - विकल्प : काल्पनिक ज्ञान : Imaginary knowledge
 - निद्रा : अभाव ज्ञान : Lack of knowledge
 - स्मृति : Memory

चित्त वृत्ति

प्रत्यक्ष अनुमान आगमः प्रमाणानि १.०७

विपर्ययः मिथ्या ज्ञानम् अतद् रूप प्रतिष्ठम् १.०८

शब्द ज्ञान अनुपाति वस्तु शून्यो विकल्पः १.०९

- Correct knowledge is obtained through direct perception
- Incorrect knowledge is based on false perception, eg rope looks like a snake in the dark
- Verbal knowledge which does not have actual object is imaginary knowledge eg horn of rabbit

sadhanpaad साधनपाद

Introduction

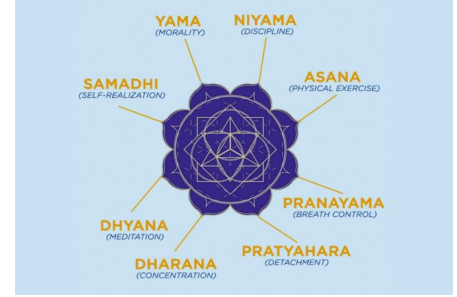
- Sadhana in Sanskrit means 'practice' and Sadhana Pada simply means, 'the path of practice'.
- Here, in the second chapter of the Yoga Sutras, Patanjali explains the two paths or the two forms of Yoga: Kriya Yoga (क्रिया योग) and Ashtanga Yoga (Eightfold or Eight-limbed Yoga)

Kriya Yoga

- The yoga of action, which consists of deliberate effort, a study of the self and traditional texts, and devotion.
- The purpose of Kriya Yoga is to alleviate the causes of suffering and to attain Samadhi.
- Kriya Yoga has three parts :
 - Tapas – Endurance and Acceptance.
 - Swadhyaya – Self-awareness, and self-study.
 - Ishvara Pranidhana – Devotion to and love for the divine.

Ashtanga Yoga

A systematic and practical set of yogic knowledge divided into eight basic parts.



- Steps progression isn't meant to be rigid.
- For example, someone might begin the practice of an asana before they have mastered Niyama, still, they must follow the overall elements of the 8 limbs to have a wholesome growth.

Vibhuti Pada विभूतिपाद

Introduction

- The third chapter of the Patanjali Yoga Sutras is about the results, power, and manifestation once the union is achieved.
- It is said, yogis achieve mystical powers (siddhi) due to the regular practice of yoga. However, this chapter notifies yogis that these very same powers can become a hindrance in their path to liberation.
- Furthermore, it warns against the temptations of the eight siddhis or supernatural powers that a yogi can achieve in the higher levels of spiritual development.
- Dives deeper into the last three limbs of yoga, which are collectively known as Samyama (संयम).
- Patanjali explains how Samyama is used as the finer tool to remove the subtler veils of ignorance, in this chapter.

(Ref: Basic Introduction of Patanjali Yoga Sutras – The Best Knowledge for Yogis - Yoga Moha)

Kaivalya Pada कैवल्यपाद

Introduction

- The fourth and final chapter of the Patanjali Yoga Sutras is on moksha मोक्ष, liberation or enlightenment
- How the mind is constructed and envelops the inner light of the self.
- It describes how the yogi deals with the overall process and after-effects of enlightenment.
- Patanjali outlines his theory of consciousness, how it is constructed and what happens to it when the mind is liberated and the fundamental confusion between the isolated self and a Universal Self.

(Ref: Basic Introduction of Patanjali Yoga Sutras – The Best Knowledge for Yogis - Yoga Moha)

Kaivalya कैवल्य

- Kaivalya means "aloneness" but it does not refer to isolation from people but it rather refers to the deepest realization, where there is no division between self and other.
- We live in an illusion that we are all separate or divided and the very fall of that illusion upon the experiential realization of the oneness is Kaivalya.

(Ref: Basic Introduction of Patanjali Yoga Sutras – The Best Knowledge for Yogis - Yoga Moha)

Yogoda YogSutra

Notes from Yogoda Teachings

- Shri Shri Paramahansa Yoganada

Stillness

- Stillness frees energy to be used for concentrating into centers where awareness can be realized.
- Ability to be Still (no motion) is necessary condition for achieving realization.

Gradations of Relaxations

- Imperfect-Muscular: Only muscular relaxation but not of senses.
- Perfect-Muscular: Exhale fully and hold. Inactive body.
- Unconscious Sensory Motor Relaxation: Sleep
- Conscious Sensory-Body Relaxation: Voluntary withdrawal of mind and energy from senses and body.
- Unconscious Perfect Relaxation: Death. Forced switch-off of consciousness (life: body + mind)
- Conscious Perfect Relaxation: Awareness shut-off.

Thoughts from Naval

Notes from Naval Ravikant

Stress

- Stress happens when something wants to be in two places at one time. Like iron rod getting pulled from two ends.
- Stress is an inability to decide what's important
- You want to find peace from mind.

Peace

- Peace is happiness at rest.
- Happiness is Peace in motion.
- The ultimate goal is not happiness, even though we use that term a lot. The goal is peace.

How do you get to peace?

- Fundamentally, peace is inactivity; it's a sense that everything is fine.
- If everything is fine, you're not doing any physical or mental activity to change it.
- You're also not wishing you were doing something to change it, because that creates stress.

How do you get to peace?

- You cannot work toward peace, only understanding
- "The name of God is truth."
- If/once you understand true nature of everything, then you are at Peace.

Meditation

- Free mind associates with things it sees, then imagines
- Contemplating on a subject, various aspects related to them
- Concentration is focusing on a topic
- Most meditation techniques are of concentration with a hope that at one stage you will be free from the concentration subject.
- Meditation is actually beyond concentration.
- You cannot do meditation. It happens when you are not doing anything.
- Be still 1 hr a day. On one day you will reach a state where no thoughts bubble up.

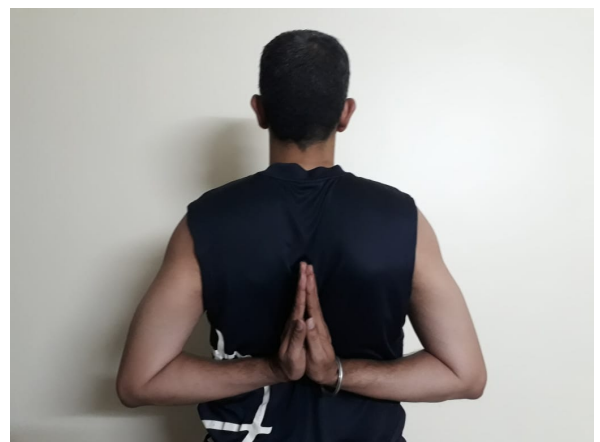
Towards End

References

Sources Referred

Many publicly available sources have been used in the preparation of this content. Some of the salient ones are listed below:

- An Ultimate Guide to 15 Most Popular Types of Yoga - Naveen Sharma
- The Yoga Sutras of Patanjali - Prof. Edwin Bryant
- योग सूत्र का परिचय | Yoga Sutras of Patanjali | Yoga Sutras For QCI, UGC NET, Yoga All Exams - YouTube
- योग का अर्थ एवं परिभाषा | योग का संपूर्ण परिचय | Meaning Of Yoga For QCI, UGC NET, Yoga All Exams - YouTube
- Patanjali Yoga Sutra Dr Mrudula Chaudhari
- Patanjali Yoga Sutras | Explanation by Anandmurti Gurumaa Gurumaa Ashram Verified
- Yoga Sutra, Bhagavad Gita; a conversation with Edwin Bryant Part 1 - YouTube



Thanks धन्यवाद