

# Yogic Philosophy Class #11



*Yoga & Mindfulness Teacher Training*  
a 200-hour program at SCHOOLCRAFT COLLEGE

# Yoga Sutra of Patanjali

*Introduction to the Unexplainable*

Philosophy Class 11

## Sacred Dip



## Guru Means Heavy

- Study Yoga Sutra from a Heavy Duty Guru!
- Baba Hari Das
- Paramahansa Prajnanananda
- Realized Master is best

## Shada Darshan

- Shada = 6
- Darshan = Perception, visualization or realization

## Shada Darshan Six Philosophies

- Naya - Maharishi Gautama
- Vaisheshka - Maharishi Kanada
- Mimamsa - Maharishi Jaimini
- Samkhya - Maharishi Kapila
- Yoga - Maharishi Patanjali
- Vedanta - - Maharishi Vayasa

## How old Is Yoga?

- Yoga is most ancient of six philosophies
- Pre dates puranic time period (Bhagavad Gita)
- Pre dates Upanishad (Vedanta)
- Yoga pre dates Patanjali
- Scholars Debate This. I am sharing my Guru's view

## What is a Sutra?

- Sutra means short concise statement, note, sacred thread, or code.
- Sutras are packed with meaning. A heavy Guru is needed to understand them fully.
- Deeply profound yet simple, anyone can benefit based upon where they're at in spiritual journey

## Major Sutras

- Yoga Sutra of Patanjali
- Brahma Sutra of Vyasa
- Bhakti Sutra of Narada

## Sage Patanjali

- Date of birth and death unknown
- Patanjali's name means "handful of oblations offered to God"
- Praised for Sanskrit Grammar and Ayurveda commentary
- Sage Vyasa wrote commentary on Yoga Sutra Vyasa Bhyasa

## Over View of Yoga Sutra

- Four Chapters
  - Samadhi Pada - Book on Samadhi or Self-realization
  - Sadhana Pada - Book on sadhana or practice
  - Vibhuti Pada - Book on vibhuti or yogic power/ attainments
  - Kaivalya Pada - boon on kaivalya or liberation/ realization

Pada in Sanskrit means "a foot, a quarter, a ray of light" these padas (parts) contain 51, 55, 56, and 34 sutras respectively, for a total of 196 sutras

In the first pada, the meaning and aims of yoga are explained.

The second pada highlights practical aspects of yoga.

The third pada explains concentration, meditation, and realization along with yogic power.

The fourth pada and concluding pada explains liberation, independence and realization.

"An ounce of practice is worth tons of theories". Through practice of the teachings one will understand their true meaning more easily.

The Yoga Sutra of Patanjali with  
commentary by Shri Lahiri Mahasaya and  
Metaphorical Explanations

by Paramahansa Prajnanananda

First Sutra  
Atha yogānushāsanam  
Now Begins Teaching Of the  
Discipline of Yoga

Atha = Now  
To remember God to invoke  
auspiciousness

## Three Great Sutras Begin With Atha

- Atha atah bhakti vyakhyasyamah - Now we will explain and examine devotion.  
*Narada Bhakti Sutra, Sutra 1*
- Atha Atah brahma jijñāsa - Then therefore the question of Brahman, the Absolute.  
*Brahma Sutra, Sutra 1*

## Six Meanings of Atha

- Auspiciousness (Mangala) remembering divine
- Question (prashna) Do you want realization or not?
- Effort or Initiation (karyarambha) the journey
- Thereafter (anantara) what is after this crossing over?
- Qualification (adhikara) is one is ready for more depth
- Promise (pratijna) of peace bliss joy calmness

## Meaning of Yoga

- To yoke
- Union of body and soul
- Yoga means Samadhi (super-consciousness)
- Over 35 meanings for the word yoga

"There are two kinds of samadhi:  
sampranjnata samadhi (super-  
consciousness with with  
knowledge)

And asampranjata samadhi  
(super-consciousness beyond  
knowledge)”  
Paramahansa Prajnanananda

“In asamaprajnata samadhi all vrittis (thought waves)  
have ceased. It is the kind of mental control where only  
samskaras (prints) remain as residue in the mind.  
Asamprannata samadhi is only the self dwelling on the  
self.”  
Baba Hari Das A Study Guide for Book 1 Samadhi Pada

## Anushasanam

- "The directive, discipline or teachings"
- Following the teaching will rid us of
  - Samsara (cycle of suffering)
  - Avidya (Ignorance of our True Nature)
  - Bringing us
    - Vidya (knowledge)
    - Viveka khyati (discriminative wisdom)
    - Kaivalya (liberation)

Second Sutra  
Yogah-chitta-vritti-nirodhah  
Yoga is bringing the thought  
waves under control

## Translation

- Yogah = Yoga is
- Chitta = thought in the mind
- Vritti = modifications, activities, fluctuations
- Nirodhah = cessation, suppression, elimination

"When the breath is restless, the mind is restless. When the breath is calm and quiet, the mind is no longer restless. So, by controlling the breath the yogis attain the state of inner tranquility".

Hatha Yoga Pradipika (2:2)

Translation Paramahansa Prajnanananda

"Yoga is complete cessation of  
restlessness."  
Prajnanananda

## Sutra 3

- tada drastuh svarupe vasthanam
- "Then the seer is establish in the real Self"
- Then you will remain within yourself and receive the state of consciousness. In the state of samadhi, the drashta purusha (indwelling Self) is well-established in pure consciousness.  
Shri Lahiri Mahasaya



## Sutras 4 - 11 Non Yogic States

- First 3 verse yoga is introduced
- 4 -11 Non Yogic states are introduced to help the seeker identify what can be done to get to the state of yoga.

## Sutras 4

- Sutra 4  
“At other times (when one is not in the state of yoga, as described earlier) one remains identified with the thought waves”

## Sutra 5 & 6

- The thought waves(vrittis) may be of five categories, some painful and some not painful.  
Sutra 5
- Right knowledge, wrong knowledge, verbal delusion, sleep and memory (are the five sets of waves).  
Sutra 6

## Sutra 7, 8, 9, 10 & 11

- 7. Direct perception, inference and scriptural injunctions are collectively called the path of knowledge
- 8. Wrong knowledge is false knowledge, which is not based upon the true knowledge of the object.
- 9. When words do not correspond to reality, verbal delusion arises (is created).
- 10. Sleep is the wave of thought corresponding to nothingness.
- 11. When experienced objects or thoughts are not forgotten and come back to life or mind, it is called memory.

## Sutra 12 -14

- abhyasa vairagya bhyam tat nirodhah
- Through practice and detachment, they (vrittis or thought waves) are controlled. Sutra 12
- Practice is the sincere effort to be established there. Sutra 13
- Practice becomes firmly grounded when it has been cultivated for a long period of time, continuously and with sincere devotion. 14

## Philosophy Class 11 Homework

- Read Yoga Sutra comparison Sutra 1 - 14  
<https://warriorflowyoga.net/2018/11/29/the-yoga-sutras-of-patanjali-a-translation-comparison/>
- Pick out commentaries to explore.