

Yogic Philosophy

Class #12



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

Review

Major Topics

- Sutra 1 - 3 Yoga is introduced as a state of mental cessation.
- Sutra 4 - 11 The five types of mind waves are discussed to help us understand what quality of mind waves we experience.
 - Right knowledge
 - Indiscrimination
 - Verbal Delusion
 - Sleep
 - Memory
- Sutra 12 - 14 Explore the importance of practice.

If you choose not to
find joy in the snow,
you will have less joy
in your life but still the
same amount of
snow.

@mindfulnessfitness

- Right knowledge
- Snow is impermanent, dressing for the weather helps me stay warm
- Indiscrimination/Wrong knowledge
- Acting as if the snow impacts your ultimate state of wellness.
- Verbal Delusion
- Binding negative beliefs deeper by use of communication, words and unconscious group dynamics
- Sleep
- Over indulging, escaping from life and snow
- Memory
- Past negative mental imprints increase habit of suffering mindset

Five Kinds of Thought

- Right Knowledge - Seeing how an action cause pain and making change.
- Indiscrimination/Wrong Knowledge - Doing the same negative action, over and over and not making change
- Verbal Delusion - Words that creates and maintain either right or wrong knowledge.
- Memory - Mental imprints that cause repeated wrong knowledge
 - MEDITATION AND ETHICS IS THE MEANS TO REMOVE WORN KNOWLEDGE AND TROUBLING MEMORY

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

"There are two kinds of samadhi:
sampranjata 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

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

Sutra 12

- abhyasa vairagya bhyam tat nirodhah
- Through practice and detachment, they (vrittis or thought waves) are controlled. Sutra 12
- abhyasa (abhyam) = practice
- vairagya = detachment or non attachment
- tat = that or God
- nirodhah = cessation

Sutra 12

- What is practice?
- The eight limbs
- Sutra 3 “Then the seer is established in the real Self”
- So practice is to “Let the mind always be absorbed in the Self” P.P.G

Sutra 13 and 14

- 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

Kinds of Practice Referred to in Sutra 14

- Longer periods of time (prahara) - 2.5 hours or more
- Uninterrupted (nairantarya) - Intense retreat or continual remembrance
- Devoted (satkara) - 4:40 “The doubtful person is destroyed” or to perform with strength and love.
- Performed nicely (asevita) - To practice with enthusiasm, with our tiredness, positive mental outlook.
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Practice with zeal, devotion,
surrender and with regularity to
reach the goal of yoga.
Cessation of mental suffering

Sutra 15 Non Attachment Vairagya

Sutra 15

- Non-Attachment is defined as self mastery or complete freedom from desire
- “Renounce all desire for what is seen and heard and constantly remain in samadhi. In other words, non attached is the state of being completely immersed in nothingness.” Lahiri Mahasaya

Kinds of Detachment

- aparā vairāgya - ordinary detachment
- parā vairāgya - extraordinary or absolute detachment

What Causes Attachment?

- Craving for various objects outside of our self
- Cravings from sense organs
 - Seen, heard, smelled, tasted or touched.
- Any activity that is taking place in the 5 lower chakras is reacting to craving or attachment.

Sutra 16 What is Non Attachment?

- “When through the knowledge of the indwelling Self, one is free from desire for any manifestation of nature, then that is the highest kind of non attachment”
Sutra 16

Philosophy Class 12 Homework

- Read Yoga Sutra comparison Sutra 14 - 23
<https://warriorflowyoga.net/2018/11/29/the-yoga-sutras-of-patanjali-a-translation-comparison/>
- Explore and read commentaries per your liking