



Philosophy Homework 5

Patanjali – please answer these questions

1. Briefly comment on each of the 8 limbs of Yoga saying something on what each means to you at this point of your practice experience.
2. List four ethical and professional guidelines to which we should adhere with regard to our students and to our fellow teachers.
3. Our level of awareness completely determines how much of the truth we see of any given situation. The clearer our minds the more correctly we evaluate our experience and therefore we have greater choice over how we live. What do you think of this statement?
4. Specifically what do you think about the idea of ‘the Witness’ as an aspect of consciousness that is able to observe your experience without identifying with it? Does it make sense within your own experience of meditation and/or life?

For the forthcoming philosophy session: read the handout on meditation and books on this subject from the reading list.