

पातञ्जलयोगदर्शनम्

YOGASŪTRAS OF PATAÑJALI



The left ear is hidden and the right is for listening

अथ-योगानुशासनम्

First four limbs (Ashtanga)

Yama	us in relation to the world, respecting our environment (outer)
Niyama	Looking after ourselves (inner)
Asana	movement, body work, mastery over our body through disciplines like Yoga, Tai Chi and SME classes
Pranayama	breath One of the aims of pranayama is mastery over the breath so that one can then meditate. Bonnie mentioned when teaching embryonic breathing in Berlin (2016) that we are quietening down to the point where the in-breath and out-breath become one.

Second four limbs (Ashtanga)

Pratyahara	mastery of the senses
Dharana	concentration
Dhyana	meditation
Samadhi	union, fusion returning to our natural state of being

SENSES are the gateway towards mind
heart, spirit and consciousness

“The body, senses and the mind
need to be perfectly suited in order
for self realisation to take place”

SVASVAMISAKTYOH-SVARUPOPALABDHIHETUH-SAMYOGAH
(Sutra 11-23)

“the ability to become aware of the senses within the body both internally and externally, without attaching thoughts. Still mind, quiet senses ”

SVAVISAYA-ASAMPRAYOGE-CITTASYA-SVARUPANUKARA-IVA-
INDRIYANAM-PRATYAHARAH
sutra 11-54

“Deep integration and mastery of the senses is done by focusing on each one individually”

Grahana-svarupa-asmita-anvaya-arthavattvasamyamat-indriyajayah
(Sutra 111-47)

“The senses are allowed to be where they are
respond, be spontaneous, available.
Willing to follow the mind when in its meditative
state rather than focus on their objects”

TATAH-PARAMA-VASYATA-INDRIYANAM

Sutra 11-55

“One never sees everything.
We perceive each object differently
each new glimpse of an object is different”

VIVESA-VIVESA-LINGAMATRALINGANA-GUNAPARVANI

Sutra 11-19

“Whether the object is known or not depends on its power of attraction and the mind’s interest in it”

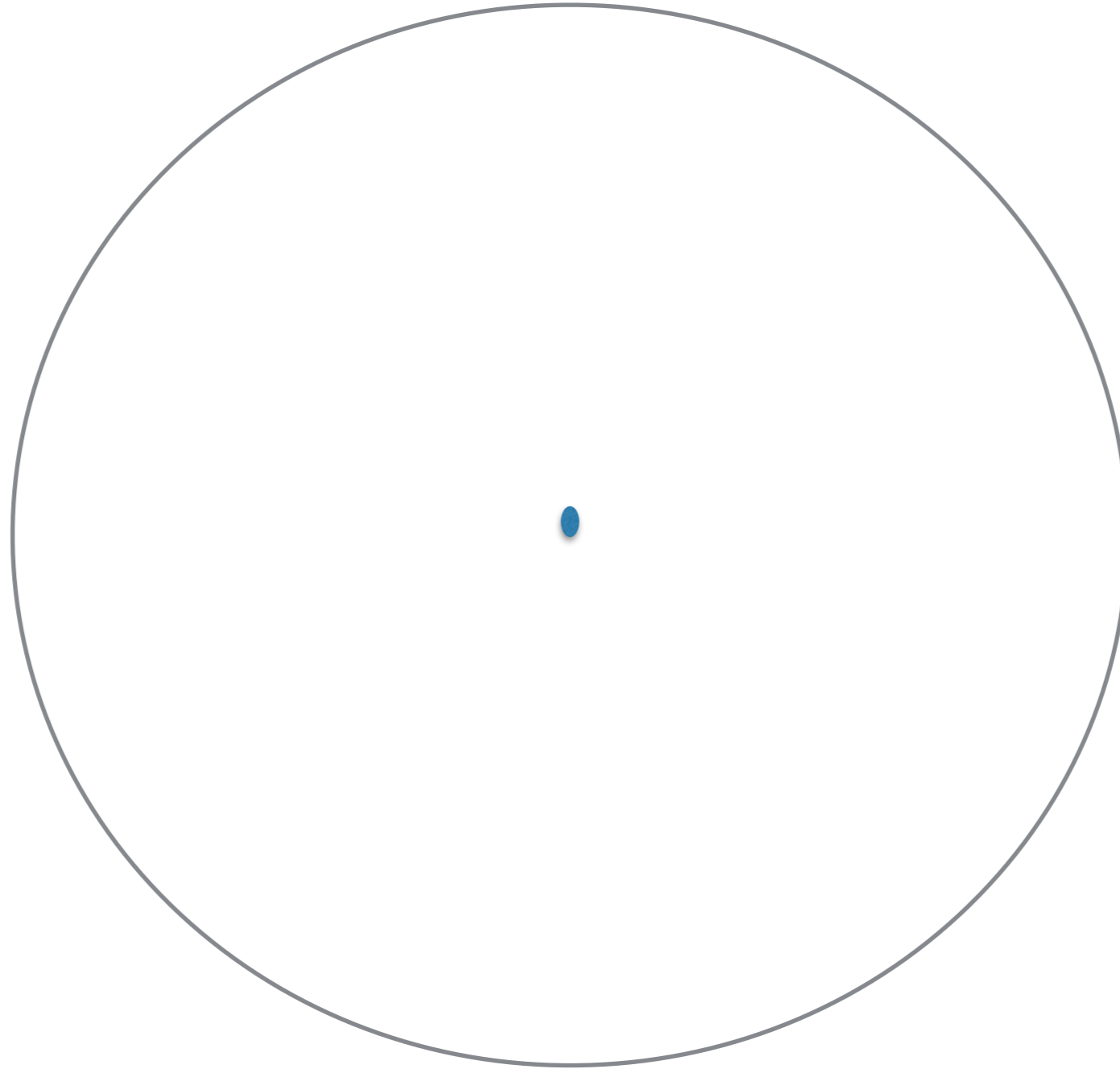
taduparagapeksitvat-cittasya-vastu jnatajnatam
Sutra 1V-17

Our samskaras (habits)

- Our habits are based on first hand experience - both good and bad
- Habits absorbed from others - conditioning from family, school, climate, culture or an adopted pattern. Tends to repeat itself.
- Habits becomes static, stable in shape and form.
- Sub consciousness habits - aspirations, longings from earlier life times. These aspirations help towards keeping away from addictions i.e drugs, too many books.
- Do I still want those habits, beliefs and their attachments ?
- How can I bring about change?

Klesas - states of mind

- Processing of triggers from events that affect our mental state
- Our clarity of mind is affected making it hard to observe the effects it has on oneself until afterwards - i.e in meditation
- How to observe mental state so that one is not affected by them (chap 2 Kriya Yoga)
- Global patterns



111-47 Grahana-svarupa-asmita-anvaya-arthavattvasamyamat-indriyajayah

- Deep integration of mastery of each of these senses is done by focusing on each of these (as above). Tuning in to understand on a deeper level
- Senses of perception:
 - **Order that they appear:**
 - hearing, touch, sight, taste, smell (ether, air, fire, water and earth) - subtle to most gross
 - Hearing is subtle in regards to taste
 - Strong connection between taste and smell (earth and water).
- Counterpart/senses of action:
 - Speech, grasping, walking, sex/reproduction, elimination
 - speech equivalent to hearing, (ether) resonating in perfect harmony. perception, understanding, highest level for me to respond with speech. Need to tune it and respond at that level i.e my level.
 - Touch and grasping correspond to air. Senses feed the emotions as well as mind - grasping PARIGRAHA (take in more than one can actually hold). All that I touch can be a thought or emotion. Touching and grasping at the right level again, being in tune, commitment and engagement. Way we engage with the world. Meditate with air can help, dancing/movement meditation
 - Sight and walking (fire) Sight you need to vision and one needs to manifest it. Once you know that goal use dance in an exploratory way with touch. Explore the potential with touch. Use legs i.e structured. Use vision, clarity to realise the direction of (walking) going. More than just taking a step forward need vision, reality so that it can be translated into action.
 - Taste and sex/procreation (water) likes and dislikes. How does it work? Smell and taste interrelated. How does one live on this planet? Dense. fluid, limitless and shapeless. Consciousness. Potential of emotional world. Try meditating on a sour taste and putting it into an experience i.e a sour one or a sweet taste to a sweet experience. Action relating to water is sex, fun, pleasure, satisfaction. Remind us that we are a human and for that we need to procreate. Explore tastes of experiences i.e engage with what I feel and what would make me feel good. Start from wherever I am. Can stand, go to the window, inhale, wait until I sense where the flow is. Once the fluid sensation is there, where will it take me? Body will move in a response. Good to do now during this period transition.
- Smell and elimination (earth)
 - Have to use a memory of say a rose or lavender for instance and observe sensations. Unfamiliar environment might be better. Take a smell ie fresh air
 - How does it relate to elimination (releasing, allowing, surrendering). After shock people often use their sense of smell due to the emotional shock. Does come back to the surface.
 - Smell can be overwhelming and block something in one and it can trigger something in the reptilian brain. i.e when one goes away, one gets constipated. Opposite before something frightening - get a bowel movement. Root chakra. Unconscious fear, elimination being disturbed. Digestion also. Going from neo cortex (musicians have a high use of this area - highly stimulated) which develops from the cerebellum which were tools for survival. Smell is as subtle as sound but more transient. Explore 3 smells and use them specifically for a few days and feel the pleasure of smell and observe how it allows us to move down, surrender and let go (of mental control).

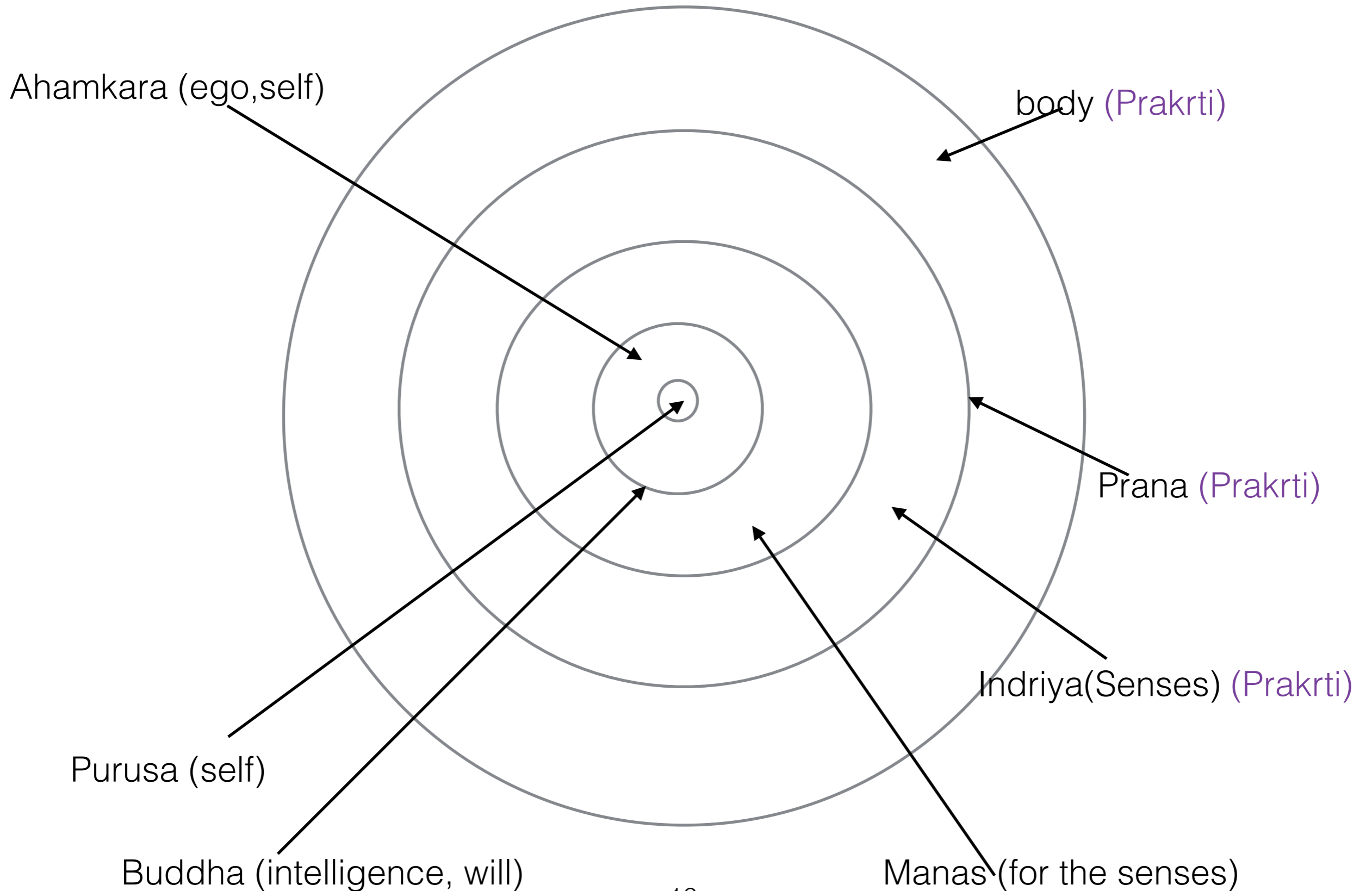
“What is perceived has clarity, movement & inertia
All are made up of the elements and the eleven
senses.

It can lead to sensory experience and to
deliverance”

PRAKASAKRIYASTHITISILAM-BHUTENDRIYATMAKAM-
BHOGAPAVARGARTHAM-DRSYAM

Sutra 11-18

Citta (mind) part of (Prakrti)



“Consciousness v matter”
“To identify consciousness with that which
merely reflects consciousness-
this is egoism” (Alistair Shearer)

ANITYA – ASUCI-DUHKHA-ANATMASU-NITYA-SUCI-SUKHA-
ATMAKHYATI-H-AVIDYA (sutra 11-5)

“DRKDARSANASAKTYOH-EKATMATA-IVA-ASMITA” (sutra 11-6)