

Pātañjalayogadarśanam

Sādhana Pāda

Kriyā Yoga Sūtrāṇi

With Eddie Stern & Harshvardhan Jhaveri

PYS 2.1 on Kriyā yoga



What is your intention?

One or maximum two sentences



PATAÑJALI

- Incarnation of Śeṣa Nāg
- Sage
- 2500 years ago
- Systematiser
- Authored 3 important works
 - On Purification of
 - Mind through Yoga
 - Yōgasūtra
 - Speech through Grammar
 - Mahābhāṣya on Aṣṭādhyāyī
 - Body through Ayurveda
 - Caraka Saṁhita



Prayer to Patañjali

yogena cittasya padena vācām
(yo-gay-nuh chih-tah-syuh pah-day-nuh vah-chahm)

malaṁ śarīrasya ca vaidyakena
(mah-lahm shah-ree-rah-syuh chuh vy-dyuh-kay-nuh)

yo'pākarottaṁ pravaraṁ munīnām
(yo-pāh kar-oh-tahm prah-vah-rahm moo-nee-nahm)

patañjalim prāñjalirāṇato'smi
(pah-tahn-jah-lim prahn-jah-leer ah-nah-to-smee)

ābāhu puruṣākāraṁ
(ah-bah-hoo-poo-roo-shah-kar-ahm)

śaṅkha cakrāsi dhāriṇaṁ
(shahn-kah chah-krah-see dar-ee-nahm)

sahasra śīrasaṁ śvetam
(sah-hah-srah sheer-ah-sahm shvay-tahm)

praṇamāmi patañjalim
(prah-nuh-mah-mee pah-tahn-jah-lim)



YOGA SŪTRA

- 196 sūtras divided into 4 chapters
 - Samādhi – The Goal
 - Sādhana – The Means / Practice
 - Vibhūti – The Powers / Fruits of Practice
 - Kaivalaya – Final Emancipation / Liberation
- Sūtra - Previous sūtra
- Bhaṣya / Commentary



SĀDHANA

- Means
- Instrumental case
- Practice
- Tool
- The action of purifying
- Vehicle
- Worship
- Leading straight to the goal



KRIYĀ YOGĀ 2.1

- What is kriyā yoga?

Kriyā = Action ; Yoga = Samādhi

- tapaḥ svādhyāyēśvarapraṇidhānāni kriyāyōgaḥ || 2.1 ||
- Tapas or austerities
 - Root word “tap “ meaning to heat up
 - Aśuddhi / Mala - Impurities
 - Result 2.43
 - Āsana Prāṇāyāma, Mouna or Silence, Upavāsa or fasting



- Svādhyāyaḥ or Self Study
 - Sva is Self and Adhyāya is Study
 - Amarakośa - Japa
 - Reading scriptures related to Mokṣa or freedom from bondage, chanting Om, Veda mantra
 - Who am I?
 - The 3 stages



- Īśvara Praṇidhāna
 - Devotion / Complete surrender to God
 - Accepting reality as it is without hankering after the fruits of action



Kriyāyoga Abhyāsa

10 Rounds of

Nādi Śuddhi / Anuloma Viloma

Oṃkār

Gāyatri Mantra

Silence



Nādi Śuddhi

Inhale Left - Exhale Right

Inhale Right - Exhale Left

Slowly, comfortably ,upto your capacity

Effortlessly



Oṃkāṛ (Śrīmad Bhāgavatam)

How to chant?

Hṛdy avicchinam oṃkāraṃ
ghaṇṭā-nādaṃ bisoraṇa-vat



Gāyatri Mantra

Oṃ Bhūr Bhuvaḥ Svah

Oṃ tat saviturvareṇyaṃ

Bhargo devasya dhīmahi

Dhiyo yo naḥ prachodayāt

Oṃ āpo jyoti raso'mṛtaṃ | Brahma bhūrbhuvaḥ svarō'm



Om̐ (the Infinite/Īśvara) which pervades the outer, inner and innermost world.

Om̐ We meditate upon the bright lustre of the Supreme Sun. May thy light guide our intellect in the right direction.

