

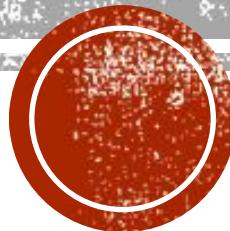
# **Pātañjalayogadarśanam**

## **Sādhana Pāda**

### **Kriyā Yoga Sūtrāṇi**

With Eddie Stern & Harshvardhan Jhaveri

PYS 2.1 on Kriyā yoga



# Prayer to Patañjali

**yogena cittasya padena vācām**

(yo-gay-nuh chih-tah-syuh pah-day-nuh vah-chahm)

**malam śarīrasya ca vaidyakena**

(mah-lahm shah-ree-rah-syuh chuh vy-dyuh-kay-nuh)

**yo'pākarottam pravaram munīnām**

(yo-pah kar-oh-tahm prah-vah-rahm moo-nee-nahm)

**patañjalim prāñjalirāṇato'smi**

(pah-tahn-jah-lim prahn-jah-leer ah-nah-to-smee)

**ābāhu puruṣākāram**

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

**śaṅkha cakrāsi dhāriṇām**

(shahn-kah chah-krah-see dar-ee-nahm)

**sahasra śīrasam śvetam**

(sah-hah-srah sheer-ah-sahm shvay-tahm)

**praṇamāmi patañjalim**

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



# KRIYĀ YOGA 2.1

- What is kriyā yoga?

**Kriyā = Action ; Yoga = Samādhi**

▪ tapah svādhyāyēśvarapraṇidhānāni kriyāyōgah | | 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



- Svādhyāyah 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



# PURPOSE & EFFECT OF KRIYĀ YOGA

- samādhibhāvanārthaḥ  
klēśatanūkaraṇārthaśca ||2.2||
- Two fold effect
  - Samādhi Bhāvana Artha
    - Cultivating the ground for Samādhi
  - Klēśa Tanu Karaṇa Artha
    - Reducing the klēśas or afflictions



## 1. Samādhi Bhāvanā Artha

Samādhi - Samyak adhīyate

Sam = together ; gha = to have/hold

To hold together well. What?

Dhāraṇa and Dhyāna

Bhāvana - Feeling, facilitatory inner attitude/intention (with faith, devotion, assurance, conviction)

Artha - for

Purpose is explained.



## 2. Kleśa Tanu Karanya Artha

Kleśa - kliśa = duḥkham Pain, affliction (body and mental)

3 kinds of duḥkham - ādhyātmika, ādhibhautika, ādhidaivika  
(intrinsic, extrinsic and daivika)

5 kleśas - 2.3 avidyā asmitā rāga dveśa abhiniveśa (not complete knowledge, ego, attachment, aversion and clinging to life/fear of death)

Tanu - weaken, minimize, thin or attenuate

Karanya - instrumenting, effecting, accomplishing

Artha - for



# Kriyā yoga is facilitatory, not final

It only ‘thins’ the kleśas, does not completely restrict or cease them

The cessation (nirodha citta) is brought about by prasamkhyāna agni (the fire of discrimination or viveka)

Kriyā yoga is a repeated refinement of the citta vṛttis (from kliṣṭa to akliṣṭa)

Swamiji's example of “I am the body”

If the final state is through viveka then why KY?



# Citta śuddhi, prasādanam

## Purification of the citta

Bhāvana is the cultivation of the citta - moulding the mind

YS 1.28 Chant Om (praṇava) with Bhāvana

1.33 Maitri kauṇā mudita upeksā

2.2 KY

2.33 vitarka bādhana pratipakṣa bhāvanam

4.25 viśeṣa darśin ātma bhāva bhāvanā vinivṛtti



# Kriyāyoga Abhyāsa

10 Rounds of

Nādi Śuddhi / Anuloma Viloma

Om̄kār

Gāyatri Mantra

Silence



# Gāyatri Mantra

Om̄ Bhūr Bhuvaḥ Svaḥ (x 1)

Om̄ tat saviturvareṇyam̄

Bhargo devasya dhīmahi

Dhiyo yo naḥ prachodayāt (x 10)

Om̄ āpo jyoti raso'mṛtam̄ | Brahma bhūrbhuvaḥ svaro'm̄ (x 1)

