

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)

malaṁ śarīrasya ca vaidyakena

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

yo'pākarottamṁ pravaraṁ 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 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)



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



PURPOSE & EFFECT OF KRIYĀ YOGA

- samādhībhāvanārthaḥ
klēśatanūkaraṇārthaśca || 2.2 ||
- Two fold effect
 - Samādhī Bhāvana Artha
 - Cultivating the ground for Samādhī
 - 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 Karaṇa Artha

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

3 kinds of duḥkhaṃ - 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

Karaṇa - 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 kaṇṇā mudita upekṣā

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

Om̐kār

Gāyatri Mantra

Silence



Gāyatri Mantra

Oṃ Bhūr Bhuvaḥ Svah (x 1)

Oṃ tat saviturvareṇyaṃ

Bhargo devasya dhīmahi

Dhiyo yo naḥ prachodayāt (x 10)

Oṃ āpo jyoti raso'mṛtaṃ | Brahma bhūrbhuvah svarom (x 1)

