

# **Pātañjalayogadarśanam Sādhana Pāda Kriyā Yoga Sūtrāṇi**

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PYS 2.6 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 pravaramṁ munīnām**

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

**patañjalim prañjalirāṇato'smi**

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

**ābāhu puruṣākāram**

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

**śaṅkha cakrāsi dhāriṇam**

(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
  - tapaḥ svādhyāyēśvarapraṇidhānāni kriyāyōgaḥ||2.1||

Tapas - Austerities

Svādhyāya - Self Study

Īśvara Praṇidhāna - Devotion/Surrender to Īśvara



# PURPOSE & EFFECT OF KRIYĀ YOGA 2.2

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



# 5 KLEŚAS 2.3

- avidyāsmītārāgadvēṣābhinivēśāḥ (pañca) klēśāḥ||2.3||
  1. Avidyā or Incomplete knowledge of the real nature of things
  2. Asmitā or Egoism
  3. Rāga or Attachment
  4. Dveśā or Aversion
  5. Abhiniveśā or Clinging to life/ Will to live



# AVIDYĀ 2.4

- avidyā kṣetramuttarēṣāṃ  
prasuptatanuvicchinnoḍārāṇāṃ||2.4||
- **Incomplete knowledge of the real nature of things**
- Avidyā is the breeding ground for the other afflictions whether they be
  - Prasupta or dormant
  - Tanu or Attenuated
  - Vicchinna or Interrupted
  - Udāra or Fully Exhibiting or active



# AVIDYĀ 2.5

- anityāśuciduḥkhānātmasu  
nityaśucisukhātmakhyātiravidyā||2.5||
- Taking the
  - Transient as everlasting
  - Impure as pure
  - Misery as happiness
  - Not Self as the Self



# ĀSMITĀ OR EGO

- Dṛgdarśanaśaktyōrēkātmatēvāsmitā
- Identification of Puruṣa with Buddhi tattva





## ■ Dṛḡ darśana śakti ekātmata eva asmitā

Dṛk = Puruṣa - the seer

Darśana = Budhhi - the power of cognizing what is seen

Śakti = power

Ekātmata eva = eka svarūpa - as if they were one

Asmitā = Egoity

Bhoktṛ - bhogya saṁbandha



# 1.2, 3 & 4

- yōgaścittavṛttinirodhaḥ
- tadā draṣṭuḥ svarūpē'vasthānam
- Then the seer abides in Itself
- Vṛttisārūpyamitaratra
  - At other times the seer appears to assume the form of the mental modifications





# Gāyatri Mantra

Om Bhūr Bhuvah Svah (x 1)

Om tat saviturvareṇyam

Bhargo devasya dhīmahi

Dhiyo yo nah prachodayāt (x 10)

Om āpo jyoti raso'mṛtam | Brahma bhūrbhuvah svarom (x 1)

























