

Pātañjalayogadarśanam

Sādhana Pāda

Kriyā Yoga Sūtrāṇi



With Eddie Stern & Harshvardhan Jhaveri

PYS 2.10,11 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'pākarottaṁ 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 - Austerities

Svādhyāya - Self Study

Īśvara Praṇidhāna - Devotion/Surrender to Īśvara



PURPOSE & EFFECT OF KRIYĀ YOGA 2.2

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



5 KLEŚAS 2.3

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



AVIDYĀ 2.4

- avidyā kṣetramuttarēṣāṃ
prasuptatanuvicchinnoḍārāṇām | |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



Applicability in reverse order

Avidyā asmitā rāga dveṣa abhiniveṣa
 anātmā duḥka aśuchi anityā



Counter-evolution/Involution

tē pratiprasavaḥēyāḥ sūkṣmāḥ | |2.10| |

The subtle kleśas are thinned and relinquished through the process of involution.



tē pratiprasavahēyāḥ sūkṣmāḥ | |2.10| |

te = they (the kleśas)

Pratiprasava = prati - counter; prasava - birth, production (setting in motion);fructifying

Heyāḥ = that to be avoided

Sukshmaḥ = subtle

tē sūkṣmāḥ pratiprasava hēyāḥ

Dissolving into the cause

Fulfilments of purpose of citta - viveka khyāti - Who am I?

New Saṃskāras



dhyānahēyāstadvṛttayaḥ | | 2.11 | |

Dhyāna = tatra pratyayaikatānatā dhyānam | | 3.2 | |

Heya = that to be avoided

Tat = (of) it, their

Vṛtti (yaḥ) = modifications of citta

Sthūla vṛttis of kleśas - thinned though Kriyāyoga and then are to be brought to the state of the burnt up seed though dhyāna on prasamkhyāna



Kleśas

GROSS	SUBTLE
vṛttis	vṛttis
troublesome	not troublesome
kliṣṭa	akliṣṭa
Difficult to overcome	more difficult to overcome



3 stages of Kleśa

1. Thinning by Kriyāyoga
2. Burnt up seed by dhyāna
3. Total disappearance by dissolution of the citta

Abhyāsa + Vairagya





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)



