

I. Yoga: system provides a methodology for linking up individual consciousness with the Supreme Consciousness

A. Yoga system was codified by Patanjali

1. There are various schools of yoga; bhakti-yoga, jnana-yoga, karma-yoga, and kundalini-yoga are well known
2. Patanjali Yoga is also known as astanga-yoga (eight parts), is closely allied to sankhya philosophy
3. There are various commentaries on Patanjali text, Vyasa's being most ancient and profound
4. System explains nature of mind, its modifications, afflictions, and method to attain highest goal of life: kaivalya
 - a. Vedanta: mental body is divided into 4 parts (mind, intelligence, false ego and citta)
Chitta: conditioned consciousness, the storehouse of memories
 - b. Yoga: mental body equated with mind, and intelligence and false ego considered to be aspects of that mind
Citta denotes all fluctuating and changing phenomena of mind

B. There are 2 main sources for arising waves of thoughts: Sense perceptions and Memories

II. Five Stages of Mind

A. Mind is described in 5 stages, depending on degree of its transparency:

1. Disturbed
2. Stupified
3. Restless
4. One-pointed
5. Well-controlled

B. Predominance of rajas and tamas cause mind to be disturbed

1. Because of predominance of rajas, mind becomes hyperactive and it loses its quality of discrimination
2. In Stupified stage mind is dominated by tamas, characterized by inertia, ignorance, lethargy, and sleep
3. In restless stage, there is predominance of rajas
4. These first 3 stages of mind are negative and act as impediments in path of growth and exploration
5. At this level one experiences pain and misery and all kinds of unpleasant emotions
6. Last two stages are more calm and peaceful and all the modifications are found in the earlier three stages

C. Modifications of the Mind

1. Yoga system categorizes modifications of mind into 5 classes
 - a. Valid cognition
 - b. Invalid cognition
 - c. Verbal cognition
 - d. Sleep
 - e. Memory
2. All thoughts, emotions, mental behaviors fall into 1 of above 5 categories, which are further divided into:
 - a. Those that cause afflictions (klista)
 - b. Those that do not cause afflictions (aklista)

3. False cognition, verbal cognition & sleep always cause afflictions -- are in themselves afflictions
4. Valid cognition & memories (depending on nature) not considered cause of affliction & not harmful to meditation
5. The sources of valid cognition are:
 - a. Perception
 - b. Inference
 - c. Authoritative testimony

D. Overcoming the Modifications

1. Modifications of mind caused by 9 conditions or impediments
 - a. Sickness
 - b. Incompetence
 - c. Doubt
 - d. Delusion
 - e. Sloth
 - f. Nonabstention
 - g. Confusion
 - h. Nonattainment of the desired state
 - i. Instability in an attained state
2. Patanjali describes kriya-yoga to help attain higher consciousness while dealing with a restless mind

F. Kriya-yoga means yoga of purification -- is a 3-fold discipline composed of:

1. Practice of austerity
2. Study of scriptures
3. Surrender to God
4. By practicing kriya-yoga, you learn to perform duties selflessly while dedicating fruits of actions to Supreme

III. The Eightfold Path of Yoga

A. Yama -- Restraints

1. Ahimsa literally means "non injury" or "non-violence."
2. Satya. one should be truthful to oneself and to others in thought, speech, and action
3. Asteya. nonstealing provides a great opportunity for practice of nonattachment and nonpossessiveness
4. Brahmacharya "to act in brahman."
5. Aparigraha - nonpossessiveness, is generally misunderstood to mean denying oneself all material possessions

B. Niyamas -- Observances

1. Saucha - refers to both physical and mental purity
2. Santosa. contentment, is mental state in which even a beggar can live like a king
3. Tapas, literally means generation of heat
4. Svadhyaya. includes studying scriptures, hearing from sages
5. Isvara pranidhana. surrender to Supreme Being, is best method for protecting self from dangers of attachment

C. Asana -- Posture

1. There are 84 classical postures, but only 4 of these suggested for practice of meditation
 - a. Sukhasana (the easy pose)
 - b. Svastikasana (the auspicious pose)
 - c. Padmasana (the lotus pose)
 - d. siddhasana (the accomplished pose)
2. In all meditative postures, the emphasis is on keeping the head, neck, and trunk straight
3. Spine being aligned provides steadiness and comfort in posture and minimizes consumption of oxygen

D. Pranayama -- Control of the Vital Force

E. Pratyahara -- Withdrawal of the Senses

F. Dharana -- Concentration

G. Dhyana -- Meditation

H. Samadhi -- Spiritual Absorption

I. Samyama -- Combined state of concentration, meditation, and samadhi

1. One can achieve whatever one wants to through samyama because it expands human potentials
2. Thru samyama one can develop supernatural powers or perfections, siddhis, described in third chapter of sutras

V. The Concept of God

- A. Patanjali accepts existence of God (isvara)
- B. God is perfect supreme being who is eternal, all-pervading, omnipotent, omniscient, and omnipresent
- C. God is that particular purusa who is unaffected by afflictions of ignorance, egoism, desire, aversion, fear of death
- D. He is also free from all karma actions, from results of action, and from all latent impressions