

RISHI PATANJALI YOGA SUTRA

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PATANJALI YOGA SUTRA

Rishi Patanjali's Yoga sutra divided into Four Different Chapter. The Four Chapter are following-

1. Samadhi Pada.
 2. Sadhana pada.
 3. Vibhuti pada.
 4. Kaivalya Pada
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SAMADHI PADA

- *Samadhi Pada* is one of four chapters from The Yoga Sutras, the first known classical text on yoga, credited to an Indian sage named Patanjali around 2000 years ago. Offering 196 “threads” of wisdom, these sutras serve as a philosophical guidebook, offering guidelines for living a more meaningful and purposeful life.
- Samadhi Pada is the first chapter, comprised of 51 sutras about enlightenment. Samadhi Pada is, therefore, the first and foremost resource on the foundations of yoga. It opens with a definition of yoga, as a state which emerges when the fluctuations in the mind are stilled. The chapter then delves into deeper definitions of these fluctuations, explaining that unity with the Divine can only arise when the mind is separated from a sense of self or ego

SAMADHI PADA MAIN DISCUSSION

1. Definition of yoga.
2. Types of Samadhi.
3. Vrittis.
4. Abhyasa Vairagya.
5. Yoga Antaraya.



DEFINITION OF YOGA.

Yoga is Citta Vrittis Nirodh.





TYPES OF SAMADHI.

- There are two types of samadhi -
 1. Samprajnata or conscious meditation, and
 2. Asamprajnata or superconscious meditation.

SAMPRAJNATA SAMADHI

Samprajnata samadhi is a Sanskrit term for a type of conscious meditation that is also referred to as "concrete meditation". Samprajnata refers to dualistic thought in which there is separation between the observer and the object. Samprajnata Samadhi are Four type-

1. Vitarka.
2. Vichar.
3. Ananda.
4. Asmita



VRITTIS

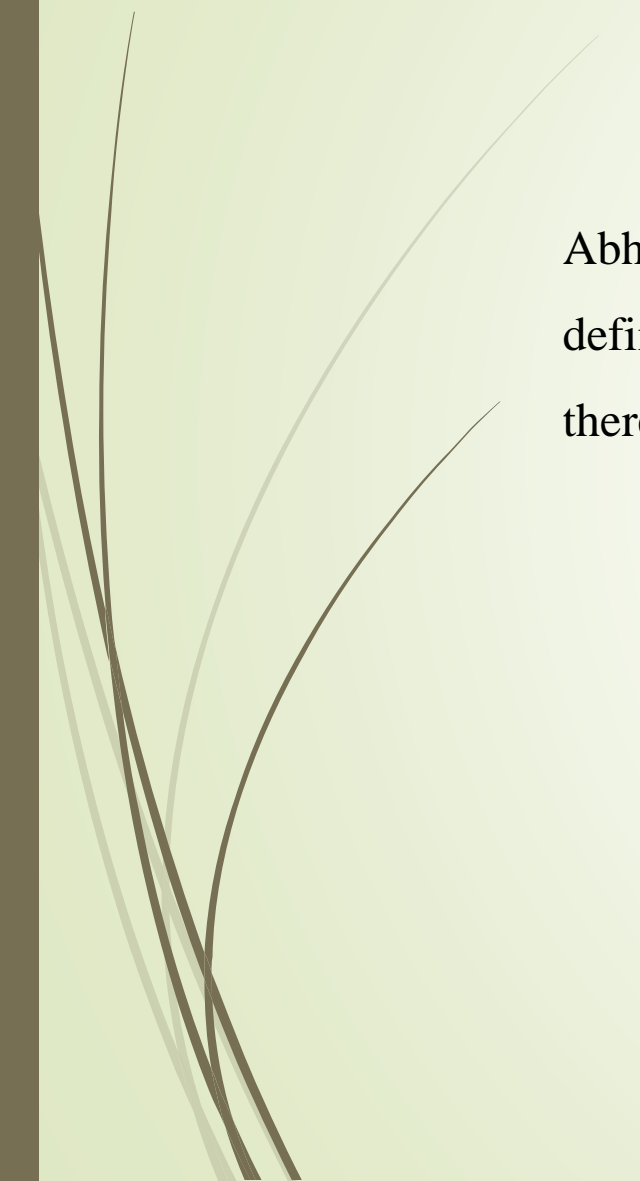
Vrittis are habitual motions of thoughts associated with egoic desire and attachments.

Rishi Patanjali in his Yoga Sutra Mention Five type of Vrittis. Those are following-

1. Pramana(Correct Knowledge)
2. Viparyaya(Incorrect Knowledge)
3. Vikalpa(Imagination or Fantasy)
4. Nidra(Sleep)
5. Smriti(Memory)



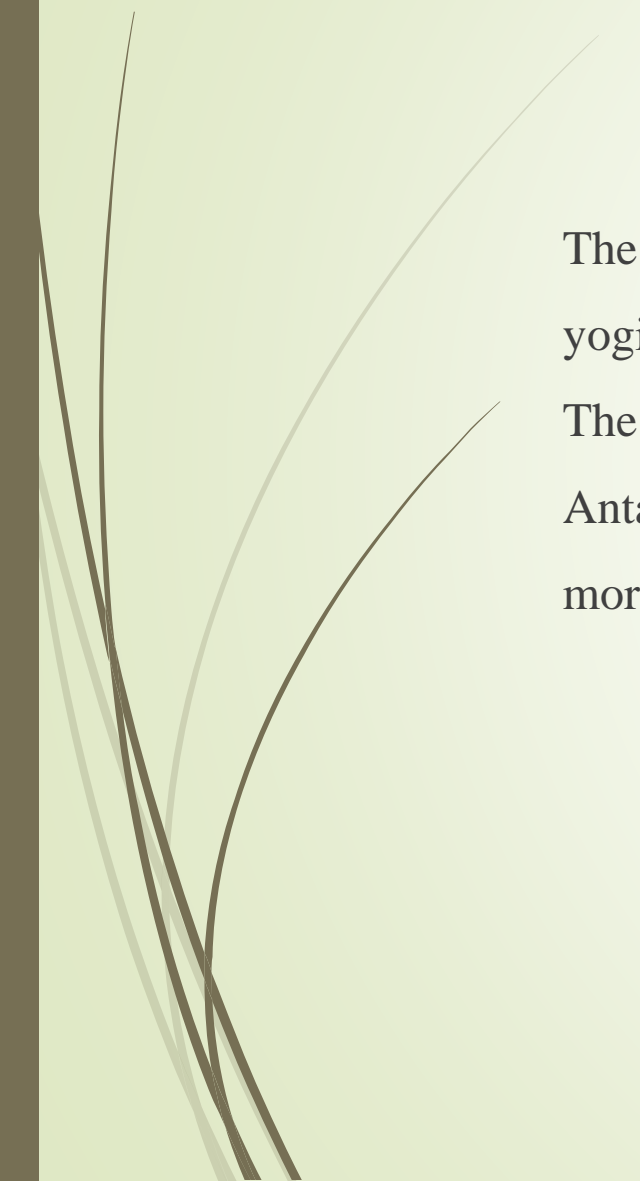
ABHYASA VAIRAGYA.



Abhyasa means practice. The word Vairagya is derived from the word Raga which has been defined as the attraction which arises due to pleasure derived from any object. Vairagya therefore means the absence of any attraction towards objects which give pleasure.



YOGA ANTARAYA.



The path of yoga can be long and hard, filled with obstacles, pitfalls, and detours. Luckily, yogic philosophy provides a roadside assistance program to aid you when you become stuck. The yogis who have traveled the path before us have left us a troubleshooting guide called Antarayas, or the 9 obstacles of yoga. Knowing and studying these Antarayas will give you more skill, compassion, and understanding as you progress in your Yoga Practice.

THE NINE MAIN OBSTACLES OF YOGA

Rishi Patanjali in his Yoga Sutra discuss Nine type of Antaraya (Obstacles). The Nine Antaraya are following-

1. **Vyadhi (Physical Illness):** – Illness, disease, physical or mental. It is difficult to do yoga if you are physically sick. Thus it is important to lead a healthy lifestyle for the prevention of illness and promotion of optimal health.
2. **Styana (Lack of Interest and Enthusiasm):**– Apathy, disinclination towards performing one's kartavya or duty. By procrastinating, we avoid our practice and create excuses for not being on the path and doing the work.
3. **Sanshaya (Doubt)** – doubting one's capability or the result of yoga. We can only come to know Reality, declares the Brihad-Âranyaka-Upanishad (4.4.23), when we are free from doubt. It is important to cultivate faith in oneself as well as the yogic path.



THE NINE MAIN OBSTACLES OF YOGA

4. Pramada (Negligence and Carelessness): – Heedlessness, carelessness, a lack of persistence.

Yoga is both a science and art and approaching it without skill, care, respect, and devotion will create erratic and possible negative results.

5. Alasya (laziness): – Sloth, inertia of mind or body due to dominance of the tamasic element. Yoga requires discipline, zeal, and tapas (will-power) to succeed on its path. Laziness will prevent you from attaining your highest potentiality.

6. Avirati (Desire and Craving): – Overindulgence, attachment to pleasurable things. We must learn to “let go” of our attachments to desire and physical objects if we are to make progress in yoga.



THE NINE MAIN OBSTACLES OF YOGA

7. Bhrantidarshan (Living Under Illusions):– False vision, a premature sense of certainty. The development of a false notion about the practice of yoga and its outcome can not only lead one off the path of yoga, but also create harm and disappointment.

8. Alabdha-bhumikatva (Doubting Progress and Ability to Succeed):– Non-attainment of the next yogic stage or accomplishment. This happens due to faulty or poor practice and creates a feeling of being “stuck” and leads to discouragement.

9. Anawasthitatwa (Inability to maintain Achievements): – Instability, non-permanence of a yogic accomplishment or stage. Not able to maintain an attained stage can be a real drag. This again can be a result of faulty or poor practice.

THANKING YOU

