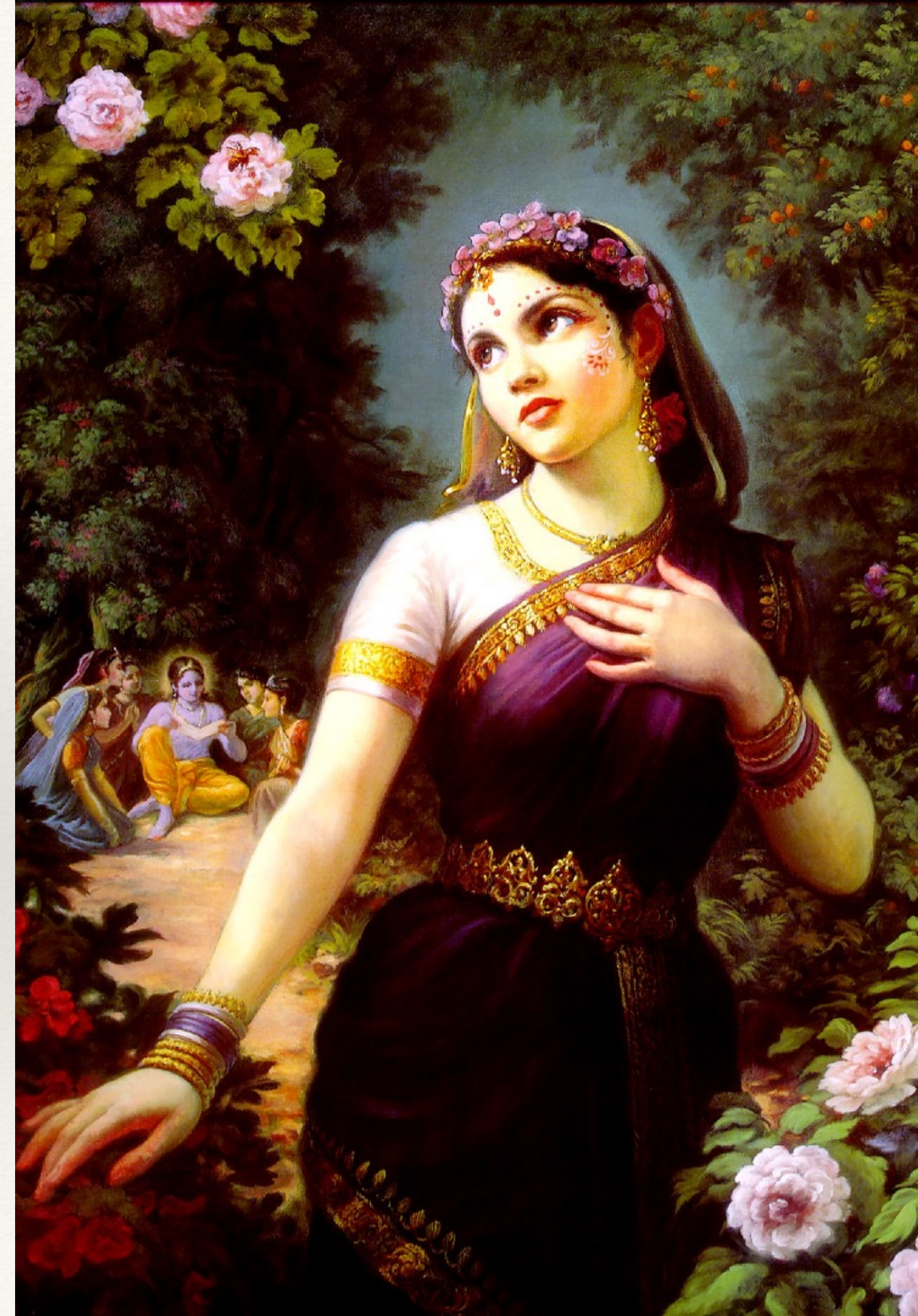


*Practical Spirituality: The Yoga of Awakening*  
Lecture Two

# Spiritual Facts



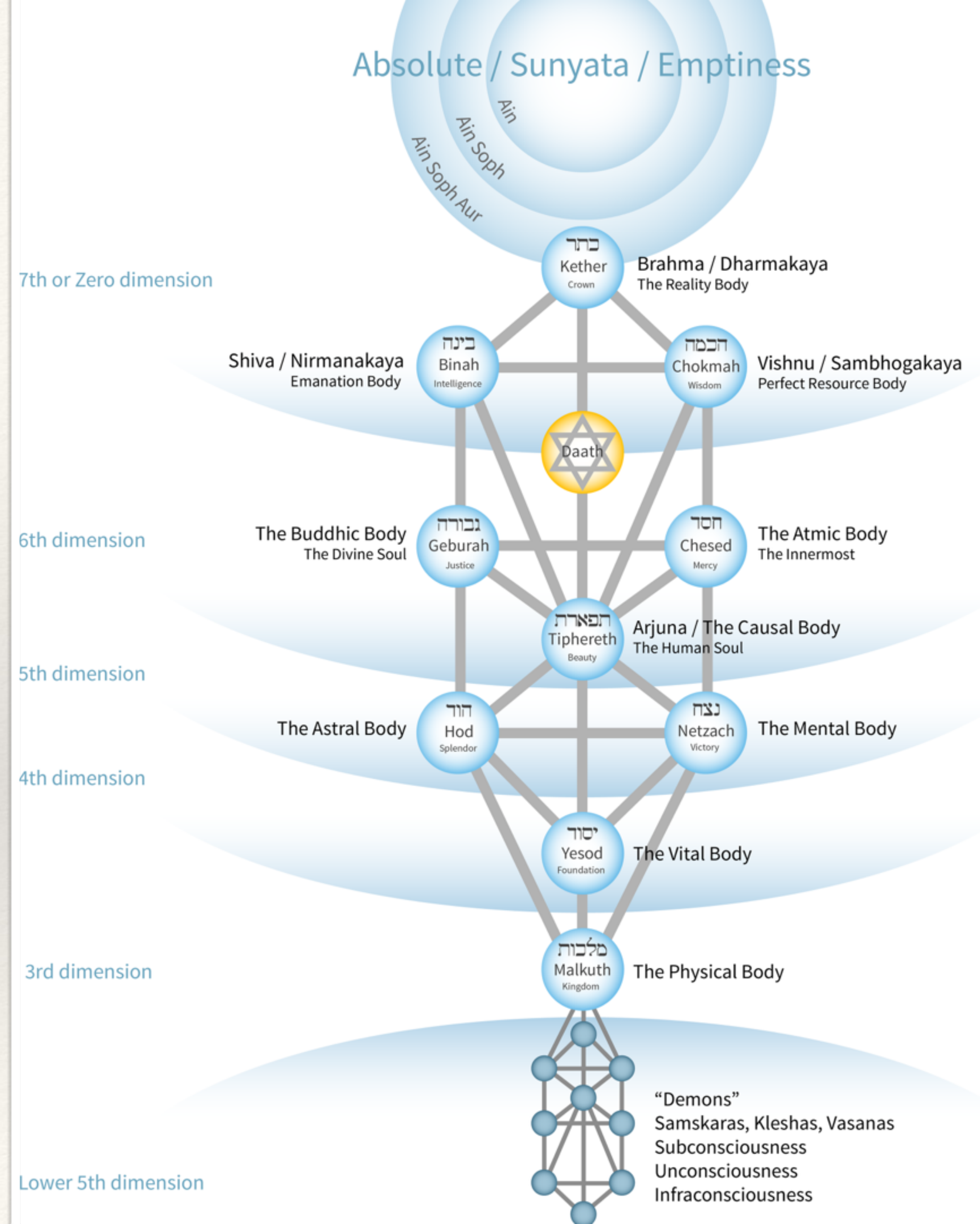
“Even if one is the most sinful of all sinners, one shall yet cross over the ocean of sin by the raft of Self-knowledge alone. As the blazing fire reduces wood to ashes; similarly, the fire of Self-knowledge reduces all bonds of karma to ashes...”

— *Krishna, Bhagavad-gita 4:36-37*



# Aspects of Self

1. Divinity
2. Humanity
3. Impurity





# Yoga Sutras 1

1.1. Now, instruction in  
**Union** [yoga].

1.2. Union is the  
suppression of the  
modifications of mind-  
stuff.

1.3. Then the seer dwells in  
her own nature.

1.4. Otherwise she is of the  
same form as the  
modifications.

— *Patanjali, Yoga Sutras 1*



## Vrittis

- 1.5. The **modifications** are five,  
[some] painful and [some] not painful:
- 1.6. Right knowledge, wrong knowledge,  
fantasy, sleep, and memory.

— *Patanjali, Yoga Sutras 1*



## Pramana and Viparyaya

1.7. **Right knowledge** is direct perception, or inference, or testimony.

1.8. **Wrong knowledge** is false perception, whose real form is not seen.

— *Patanjali, Yoga Sutras 1*

# Vikalpa, Nidra, Smriti

1.9. **Fantasy** follows mere words that have no basis in reality.

1.10. **Sleep** is a modification of mind based on abhava [not being].

1.11. **Memory** is not allowing impressions to escape.

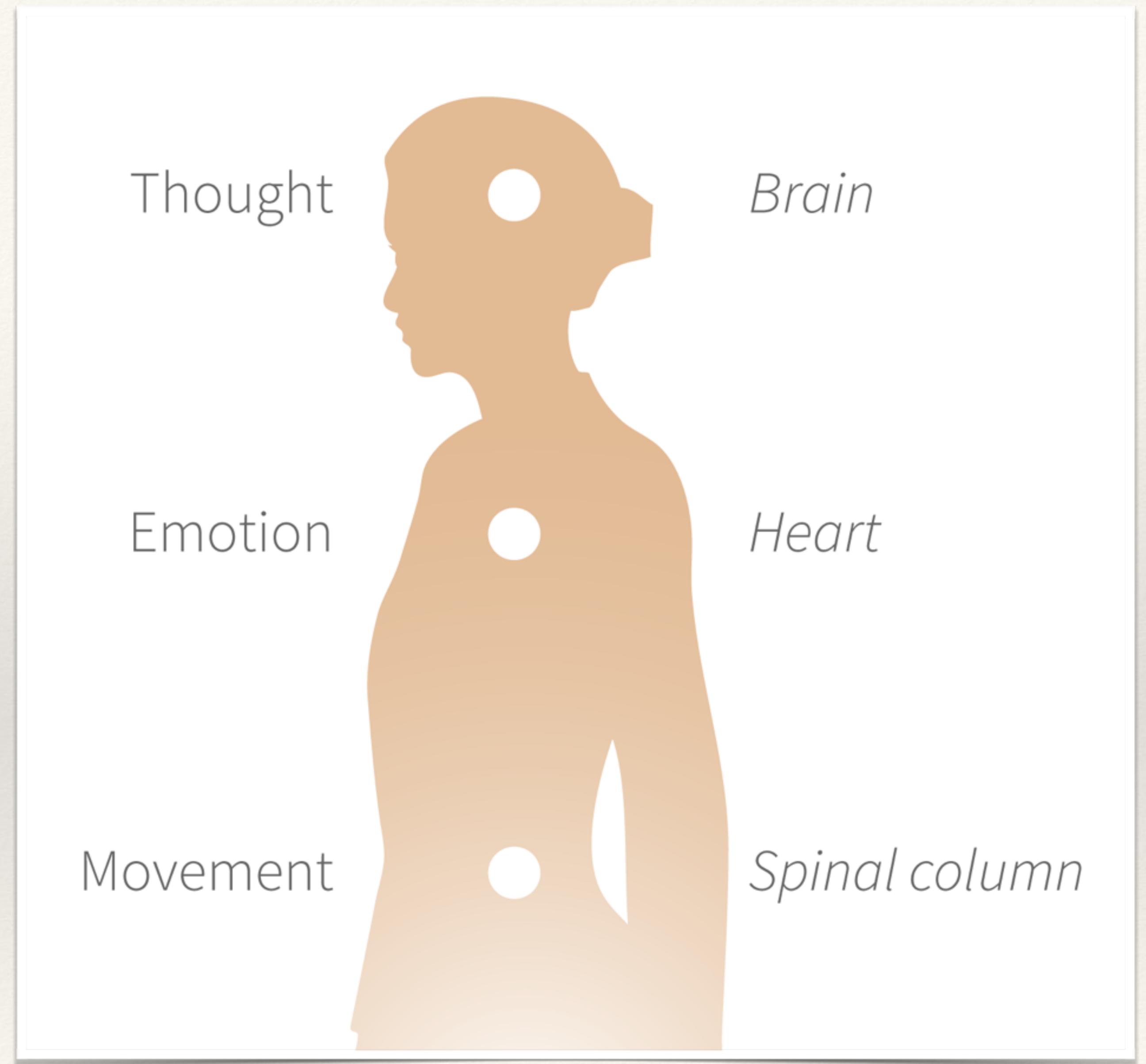
— *Patanjali, Yoga Sutras 1*





# Aspects of Yoga

1. **Karma Yoga:** the path of work
2. **Bhakti Yoga:** the path of devotion
3. **Jnana Yoga:** the path of self-analysis and knowledge
4. **Raja Yoga:** the path of psychic control



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# Steps of Yoga

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1. **Yama:** self-restraint
2. **Niyama:** precepts
3. **Asana:** posture; relaxation
4. **Pranayama:** harnessing of life force
5. **Pratyahara:** suspension of senses
6. **Dharana:** concentration
7. **Dhyana:** meditation
8. **Samadhi:** super-conscious state, blissfulness, ecstasy

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# Yama: Self-restraint

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- ❖ **Ahimsa:** to not harm; kindness, compassion; love for all
- ❖ **Satyam:** truthfulness
- ❖ **Asteya:** to not steal
- ❖ **Brahmacharya:** chastity; sexual purity
- ❖ **Aparigraha:** renunciation, non-avariciousness, freedom from desires

# Niyama: Precepts

- ❖ **Saucha:** internal and external purity; cleanliness; integrity
- ❖ **Santosha:** contentment; satisfaction; joy
- ❖ **Tapas:** austerity; penance
- ❖ **Svadyaya:** study of religious books and repetition of mantras
- ❖ **Ishvara-Pranidhana:** Self-remembering; worship of Divinity and self-surrender

“Gnosis is lived upon **facts**,  
withers away in abstractions, and  
is difficult to find even in the  
noblest of thoughts.”

— *Samael Aun Weor*

# Step two: Learn to be honest with yourself.

Enquiry: “Is this [observable inner state] my Self?”

Daily exercise: Use a spiritual diary.

Helpful resources:

Books:

*The Great Rebellion*

*Karma is Negotiable*

*Treatise of Revolutionary Psychology*

Courses:

*Beginning Here and Now*

*Bhavachakra, the Wheel of Becoming*

*Self-knowledge*