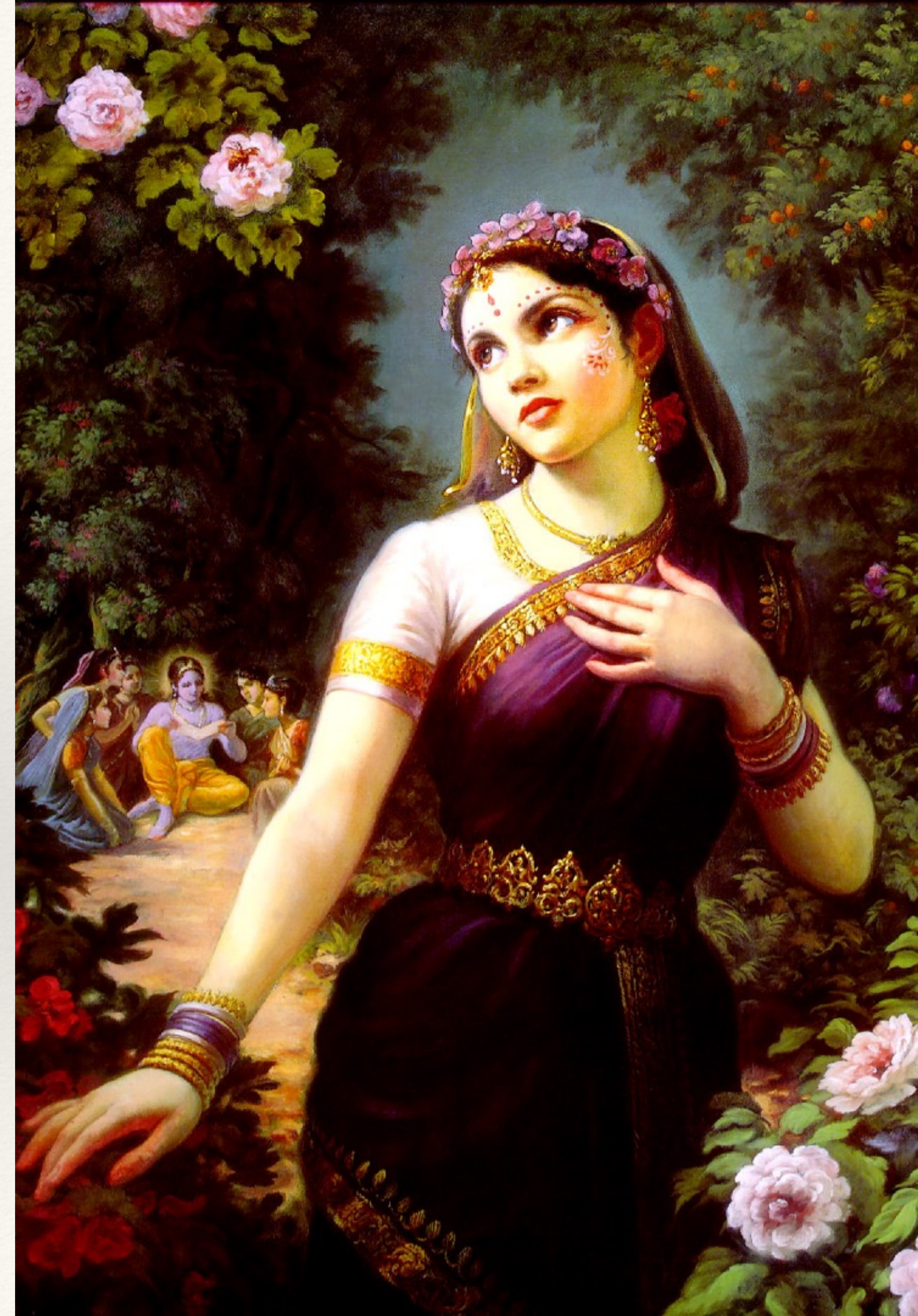


Practical Spirituality: The Yoga of Awakening
Lecture Three

The Senses



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*



Manas

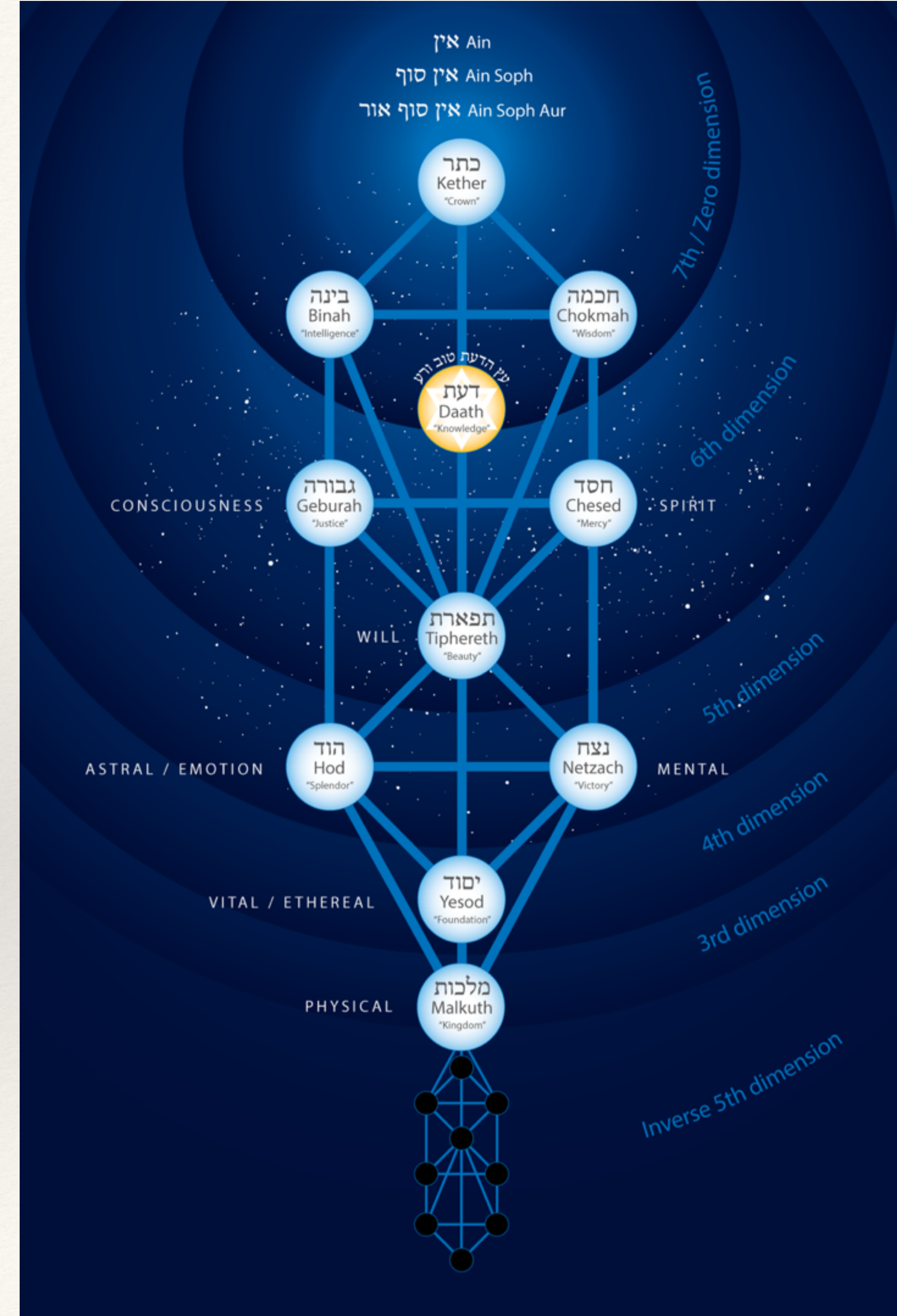
(Sanskrit मनस्)

Mind, heart, imagination, intellect, inclination, will, temper, understanding, intention, mind, spirit or spiritual principle, mood, perception, opinion, intelligence, breath or living soul which escapes from the body at death, desire, sense, reflection, thought, affection, conscience, invention, spirit.

म Water, the moon, poison, time

न Like, as, war, fetter, jewel, pearl, gift

स् Bestowing, granting; also, a snake, a bird, air, wind, knowledge, meditation, a fence, a road



Yoga Sutras 1

1.12. Control of [vrittis] is done by
abhyasa and **vairagya**.

1.13. Of these, **abhyasa** [practice] is the
effort to secure **steadiness** of vrittis.

1.14. Practice becomes firmly grounded
when practiced for a long time, without
any break, and with perfect devotion.

— *Patanjali, Yoga Sutras 1*

Abhyasa

(Sanskrit अभ्यास)

Practice, habit, drill, custom, study, use, military
exercise, repeated or permanent exercise,
multiplication, act of adding anything.

Yoga Sutras 1

1.15. **Non-attachment** is that particular state of mind that manifests in one who does not long for objects seen or heard, and in which one is conscious of having control or mastered longing for those objects.

1.16. **Supreme non-attachment** is that state wherein even the attachment to qualities is gone, owing to the knowledge of Purusha.

Vairagya

(Sanskrit वैराग्य)

Indifference to worldly objects and to life, disinclination, distaste for or loathing of, apathy, disgust, change or loss of color, aversion, growing pale, asceticism, dislike, freedom from all worldly desires.





Samudra Manthan

“Ocean Churning”

Mount Mandara: “mirror, heaven, tree of paradise”



Indra: King of the Gods



Mohini

Literally, “Delusion personified. Attractor, a fascinating woman; bewildering, beguiler.”



Amrita

Literally, “immortality.”

Bhagavad-gita 2

“One whose **mana-** is not shaken by adversity, who does not hanker after pleasures, and who is free from attachment, fear, and anger, is called a sage of steady **prajna**.

“One who is everywhere without attachment, on meeting with anything good or bad, who neither rejoices nor hates, has **consciousness** steady.

Prajna

(Sanskrit प्रज्ञ)

pra-, “before” or “intense”; -jna, “knowing”
Consciousness. Wisdom. Knowledge of Reality.
Knowing of Atman.

Bhagavad-gita 2

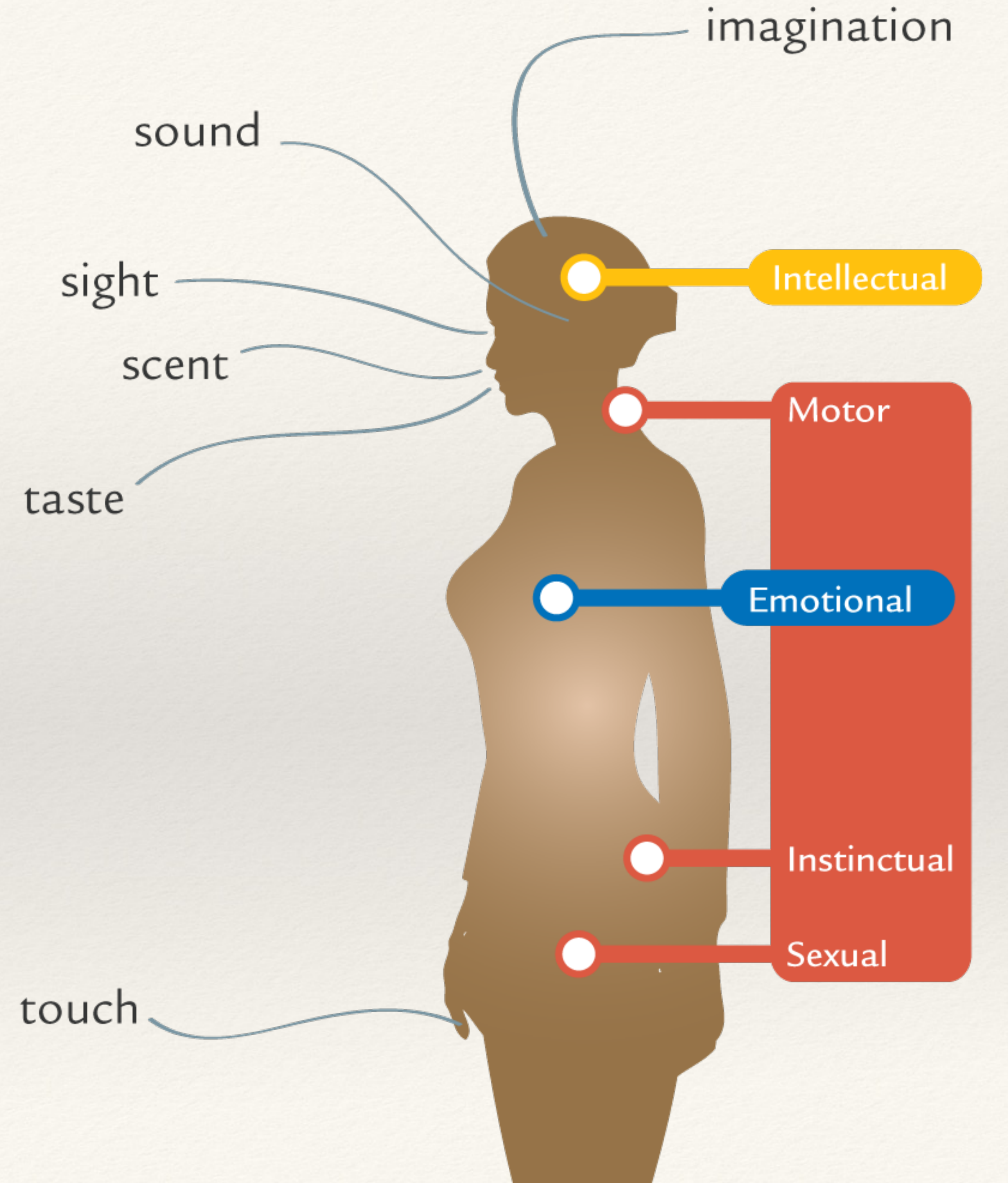
“When, like the tortoise that withdraws its limbs on all sides, one withdraws the **indriya** from sense-objects, then consciousness becomes steady.”

Indriya

(Sanskrit इन्द्रिय)

Literally “belonging to or agreeable to Indra”

1. sensory power
2. virile semen, virile power



Bhagavad-gita 2

“The objects of the senses fall away from the abstinent one, leaving the longing (remaining within); but on seeing the Supreme, the longing also falls away.

“The turbulent indriya [senses / virile power], oh Arjuna, do violently carry away the mana- of the wise, even while striving (to control them)!

“Having restrained them all, one should be steadfast, intent on Me [Christ]; consciousness is steady in one whose **indriyas** are under control.”



Self-observation

Self-remembering

Transformation of Impressions

Steps of Yoga

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

Yama: Self-restraint

- ❖ **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
- ❖ **Svadhyaya:** study of religious books and repetition of mantras
- ❖ **Ishvara-Pranidhana:** Self-remembering; worship of Divinity and self-surrender

Step three: Observe the senses and impressions.

Enquiry: “What is causing the state of my mind?”

Daily exercise: Apply **practice, non-attachment,**
and **subdue the senses.**

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