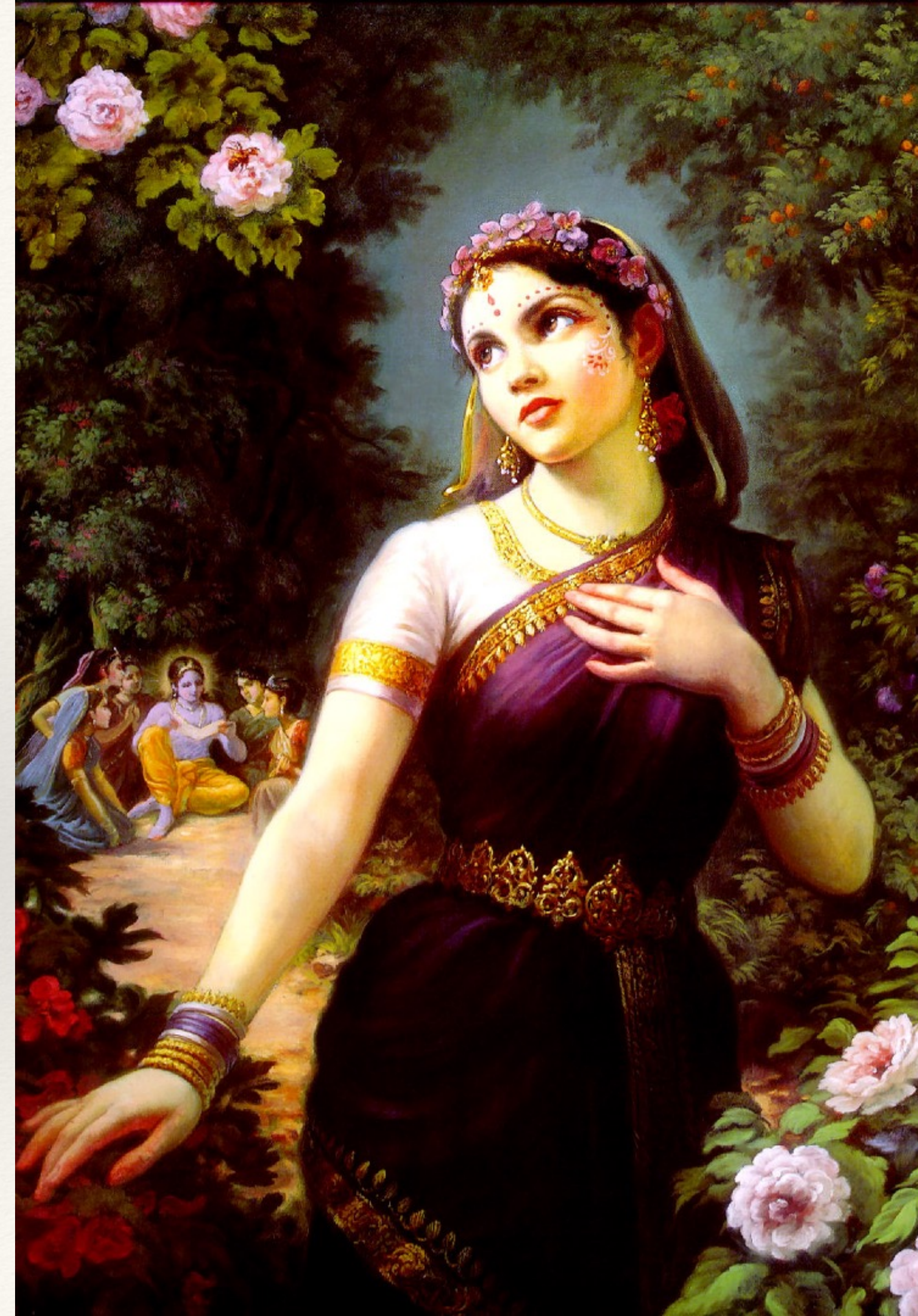


*Practical Spirituality: The Yoga of Awakening*  
Lecture Five

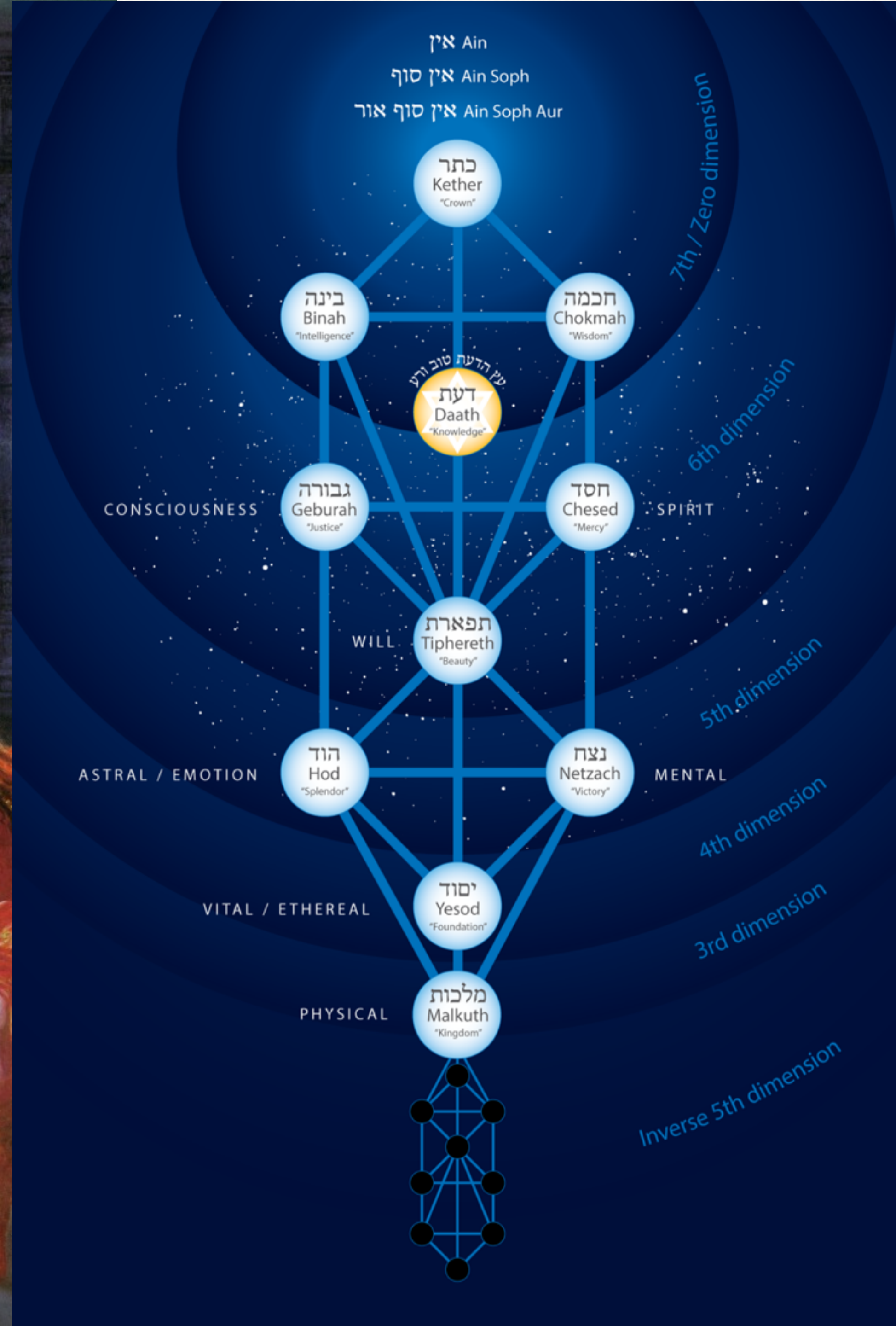
# The Obstacles to Yoga and Their Antidotes



# Yoga

(Sanskrit) Union.

Equivalent to Latin religare, "to reunite," root of "religion."



# Yoga Sutras 1

1.30. These are the obstacles [to achieving yoga]: disease, dullness, doubt, carelessness, laziness, intemperance, worldliness or sensuality, mistaken notions due to illusions, missing the point, instability, causing distractions of the mind.

— *Patanjali, Yoga Sutras 1*

# Disease

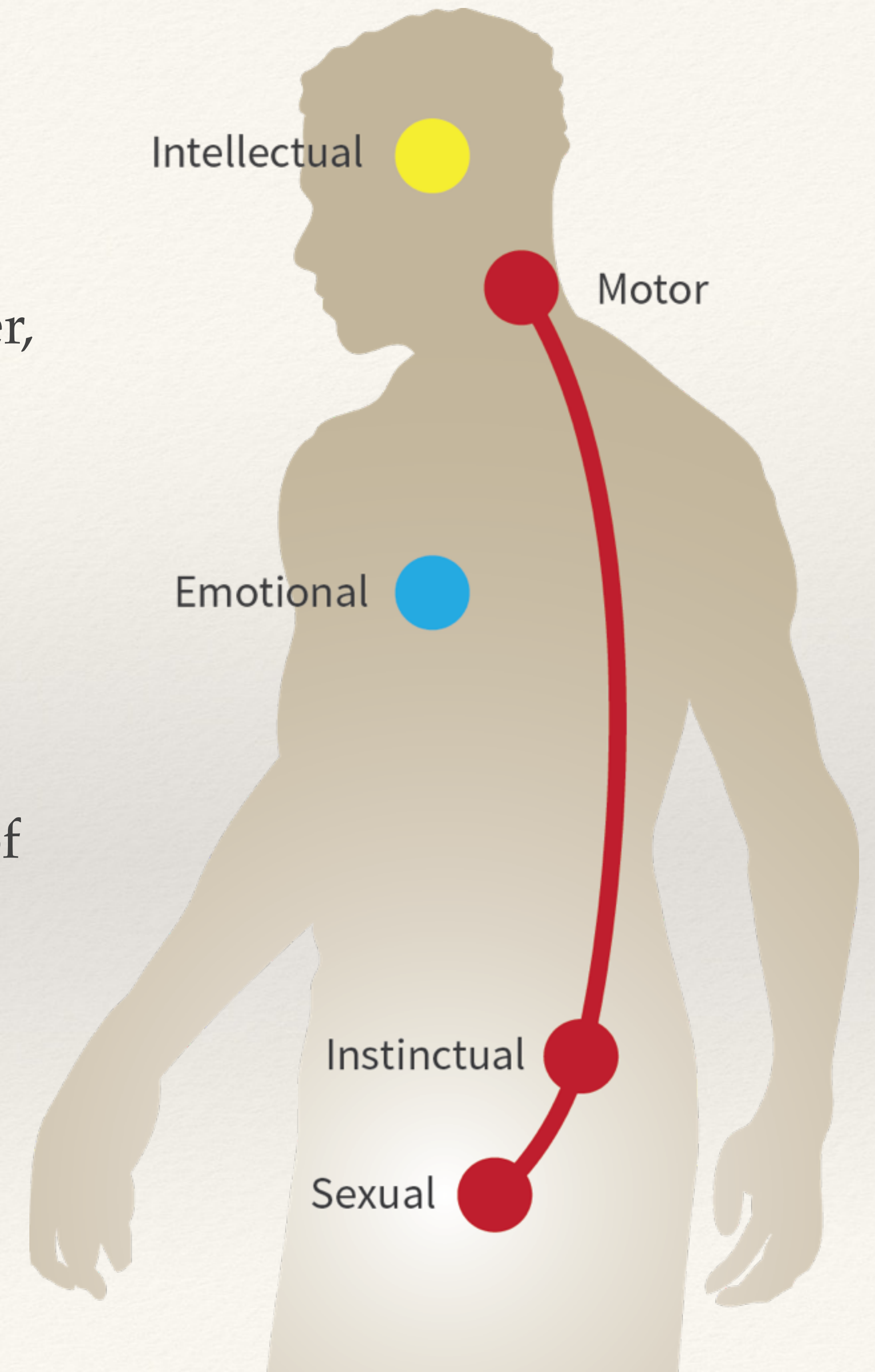
(Sanskrit Vyadhi व्याधि) Literally, “illness, disease, disorder, sickness, plague, ailment, any tormenting thing”

Includes any kind of disequilibrium. Examples:

- Poor health, diet, or sleep
- Loss of sexual energy
- Constipation, incontinence, sicknesses, or other signs of physical imbalance

**ANTIDOTE:** Establish equilibrium in all three brains.

**TIP:** Learn to nourish and utilize each brain every day.



# Dullness

(Sanskrit Styana स्त्यान) Literally, “dullness, density, apathy, sloth, heaviness, idleness”

Lack of energy or enthusiasm to do spiritual practice.

ANTIDOTE: Activate and utilize energy through practical methods: sexual transmutation, pranayama, selfless service, runes, rites, etc.



The Sacred Rites for Rejuvenation

# Doubt

(Sanskrit Samzaya संशय) Literally, “risk, doubt, danger, hesitation, uncertainty, sleep, irresolution”

Lack of conviction.

ANTIDOTE: Acquire experience through practice. Study root scriptures. Put teachings in practice in the real world to acquire real results. Revive your sense of wonder and astonishment by getting back in touch with nature and all of its creatures.

“The path of wisdom does not rely on believing, not believing, or doubting. The path of wisdom consists of inquiring, analyzing, meditating, and experiencing.”

- Samael Aun Weor,  
*Fundamentals of Gnostic Education*

# Sensuality

(Sanskrit Avirati अविरति) Literally,  
“intemperance, incontinence.” Also,  
worldliness.

Longing for sensations, whether physical,  
emotional, mental, or spiritual.

ANTIDOTE: Analysis of facts:  
impermanence, the pendulum, action and  
consequence.

“Pleasure never endures  
long enough, this is why  
the thirst for pleasure is  
the ailment that makes  
the intellectual animals  
most pitiable.”

- Samael Aun Weor,  
*Fundamentals of Gnostic  
Education*

“...mistaken notions due to illusions...”

*confusing a poor state for a good one*

“...missing the point...”

*going astray by becoming attached to diversions*

“...instability...”

*fickleness of mind*



# Yoga Sutras 1

1.31. Pain, despair, tremor of the body,  
[irregular] inhalation and exhalation are  
the companions of the causes of  
distraction [oscillation of the mind].

— *Patanjali, Yoga Sutras 1*

# Yoga Sutras 1

1.32. To prevent these, [one should have] intense practice on one subject.

— *Patanjali, Yoga Sutras 1*



# Step five: Concentrate your attention.

Daily exercise: Dedicate time each day to concentrate on OM, the sacred word of your Being.

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*