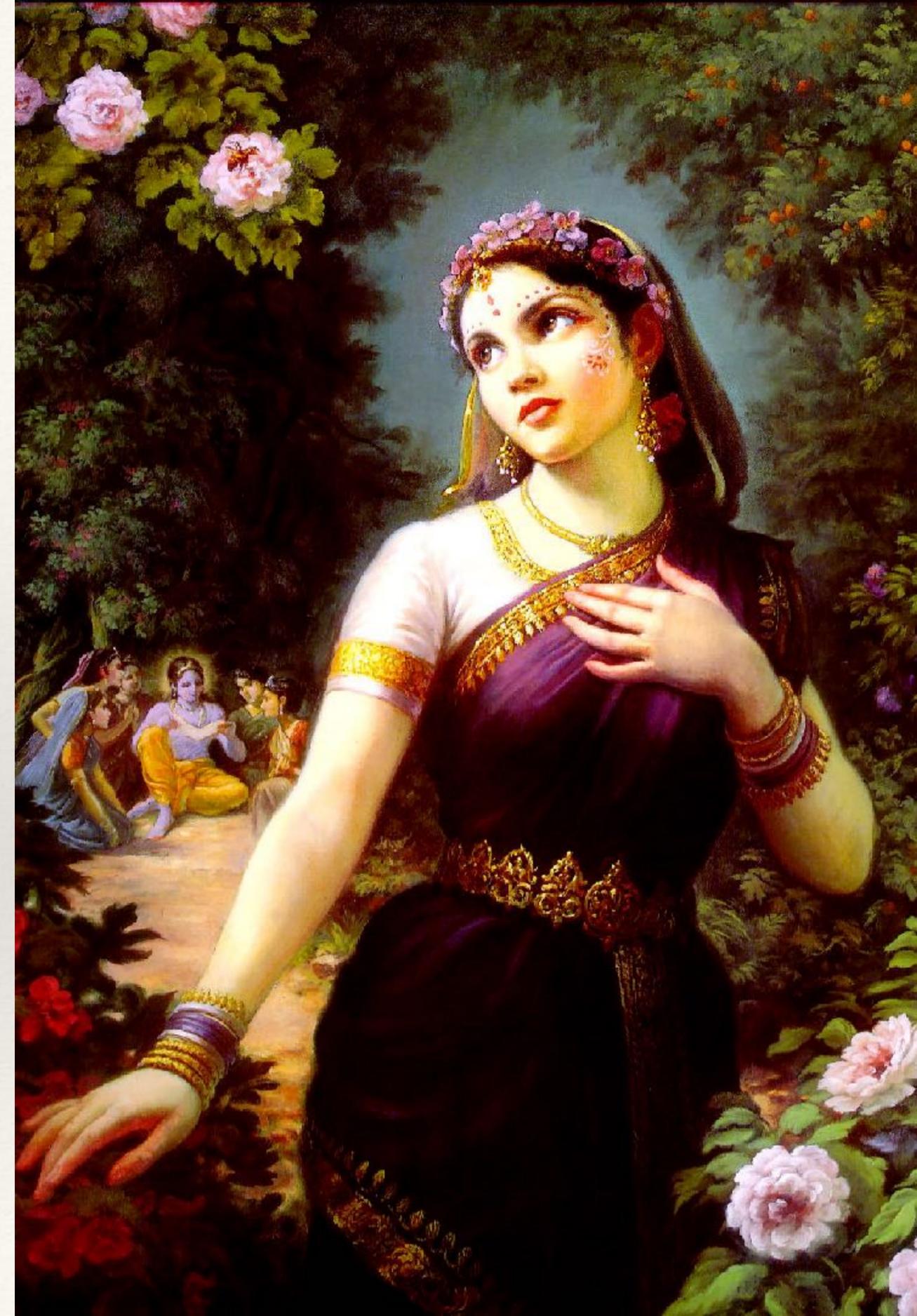


Practical Spirituality: The Yoga of Awakening
Lecture Eight

Discrimination





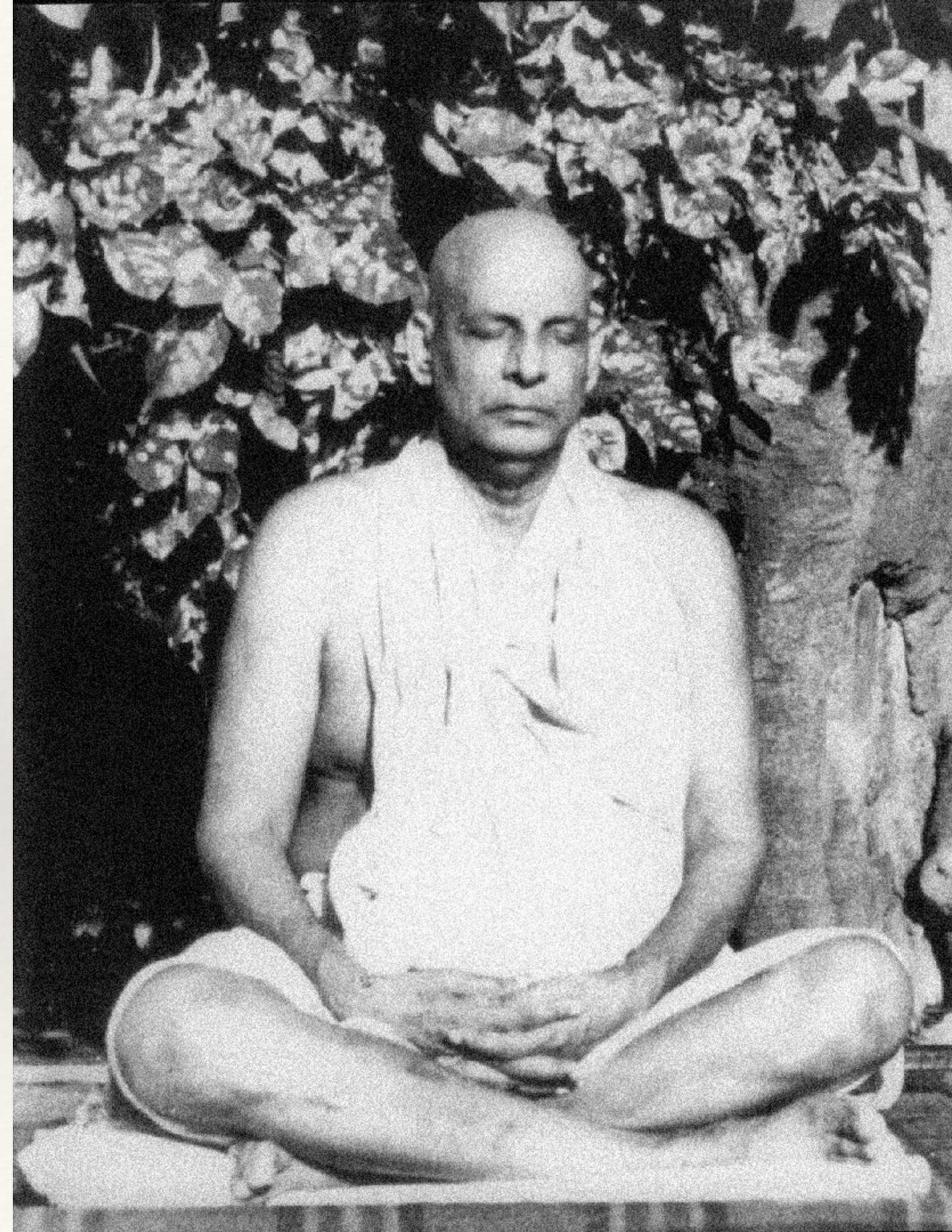
Yoga Sutras 1

- 1.1. Now, instruction in **Union** [yoga].
- 1.2. Yoga is the stilling of the modifications of consciousness.
- 1.3. Then awareness abides in its own nature.
- 1.4. Otherwise it is **identified** with the modifications.

— *Patanjali*

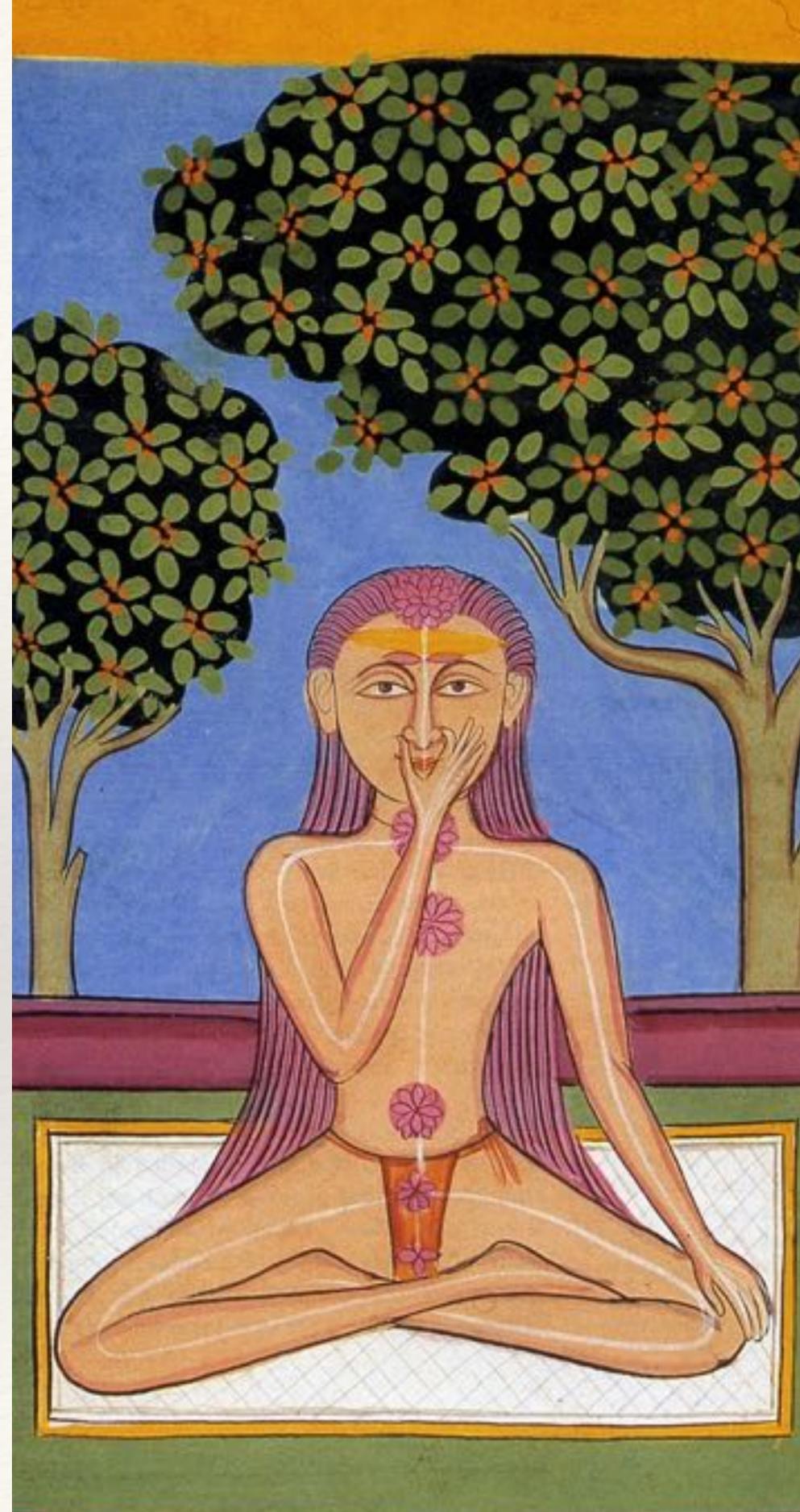
Steps of Yoga

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



Steps of Yoga

1. **Yama:** self-restraint (brahmacharya)
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Bhagavad-Gita

“Remember Me [divinity] at all times and fight! When mind and wisdom-faculty are fixed on Me, you will undoubtedly come to Me... With the mind yoked by the Yoga of practice and not going astray — one goes to the supreme divine Spirit... He who remembers that ancient Bard... with unmoving mind, yoked by devotion and by the power of Yoga, directing the life-force properly to the middle of the eyebrows, comes to that supreme divine Spirit.”

- *Bhagavad-Gita 8:7-10*

Yoga Sutras

2.3. The afflictions are **avidya** [ignorance], egoism, attachment, hatred, and clinging to life.

2.4. Avidya [ignorance] is the field of those (afflictions) that follow, whether they be in a dormant, thinned out, overpowered or expanded condition.

— *Patanjali*

Yoga Sutras

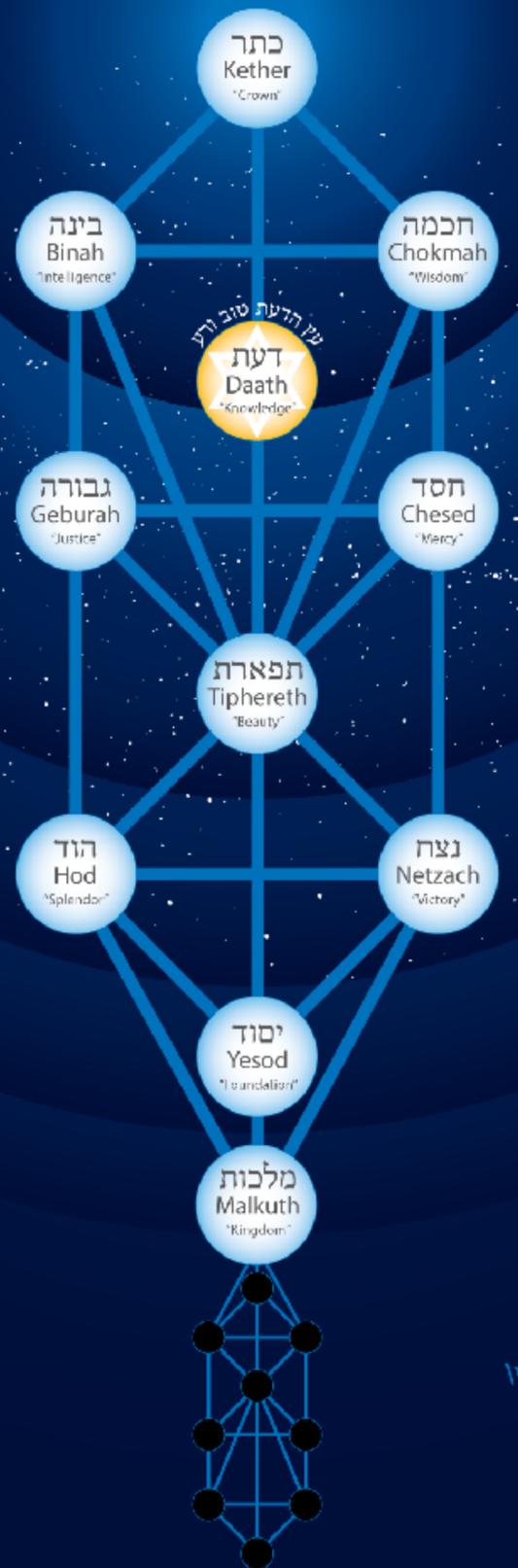
2.5. Avidya [ignorance] is taking the non-eternal, impure, painful, and not-self as the eternal, pure, happy Self.

— *Patanjali*

“Bliss is the essential nature of man... Man’s essential nature is divine, the awareness of which he has lost because of his animal propensities and the veil of ignorance.”

- *Swami Sivananda*

אין Ain
אין סוף Ain Soph
אין סוף אור Ain Soph Aur



7th / Zero dimension

6th dimension

5th dimension

4th dimension

3rd dimension

Inverse 5th dimension

Adi-buddha / Samantabhadra-Samantabhadri
Parabrahma / Abstract / Emptiness

אֵין Ain
אֵין סוֹף Ain Soph
אֵין סוֹף אֹר Ain Soph Aur

Dharmakaya / Brahma-Sarasvati / Father

Nirmanakaya / Shiva-Parvati / Holy Spirit

Sambhogakaya / Vishnu-Lakshmi / The Son

Buddhi / Divine Consciousness

Buddha / Being / Spirit / Atman / Abraham

Perception (samjana) / Emotion
Astral Body / Manomaya kosha

Buddhadhatu / Consciousness (vijnana) / Manas
Willpower / Human Soul / Anandamaya kosha

Sensation (vedana) / Vitality / Ethereal
Chi / Pranamaya kosha

Mental Formations (samskara) / Thought
Mental Body / Vijnanamaya kosha

“Hell” / Kleshas / Samskaras
Subconsciousness
Unconsciousness
Infraconsciousness

Corporeality or form (rupa) / Physicality / Annamaya kosha



7th / Zero dimension

6th dimension

5th dimension

4th dimension

3rd dimension

Inverse 5th dimension

Yoga Sutras

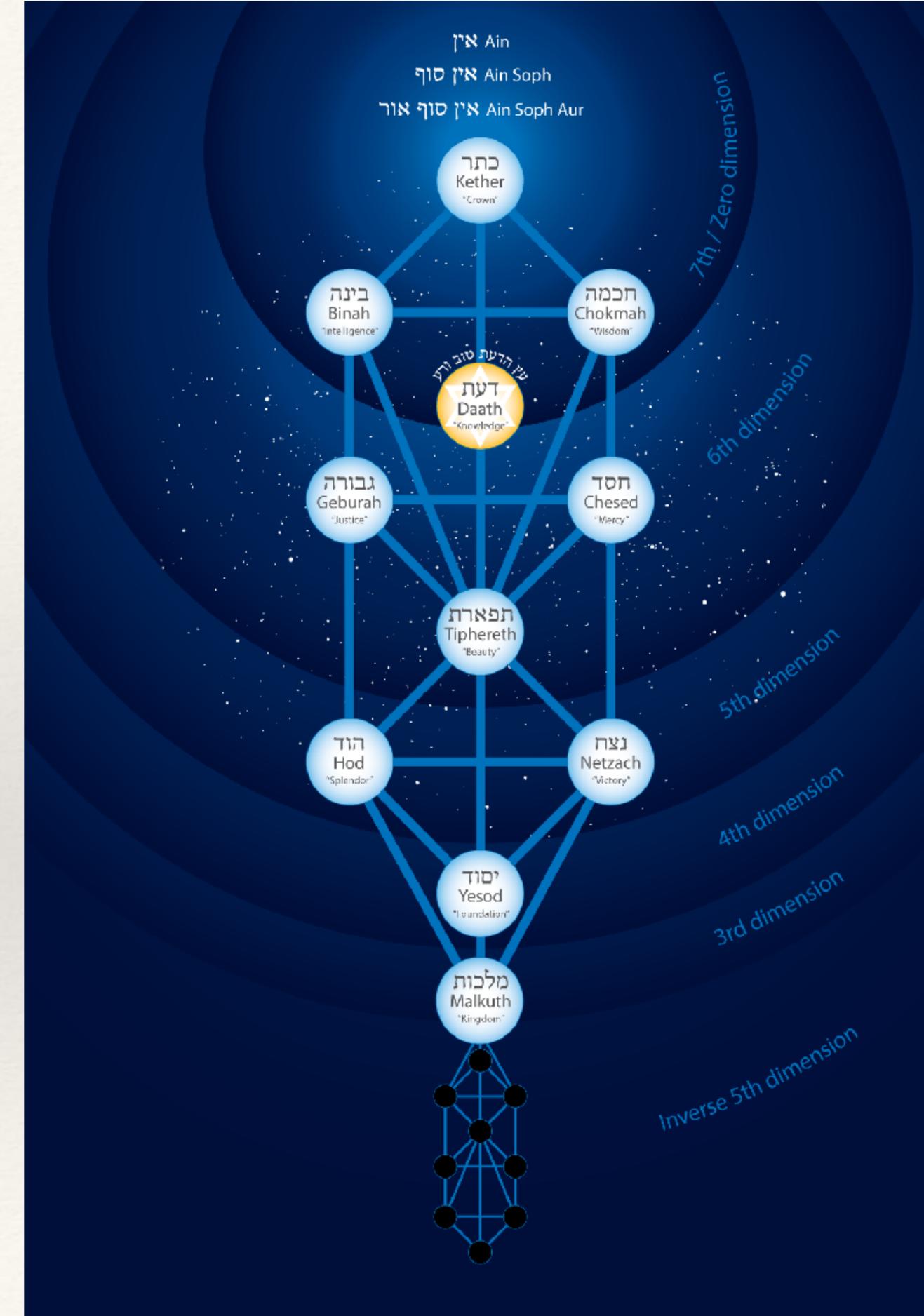
2.26. The method for the removal of ignorance is the continuous practice of **vivekakhyaati**.

— *Patanjali*

Vivekakhyati

(Sanskrit विवेकख्याति) Literally, “right knowledge”

From **viveka**, “intuitive discrimination, wisdom, judgment, prudence, investigation, discretion”





Bhagavad-Gita

“The knowers [who] behold Reality will teach you knowledge—having known which, you will not again succumb to confusion... 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 4:34-37

Exercise: Develop discrimination.

2.5. Avidya [ignorance] is taking the non-eternal, impure, painful, and not-self as the eternal, pure, happy Self.

— *Patanjali*

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