



"Even in the case of **Śikṣaṇa Krama** (sequence for doing something perfectly or correctly) the ancient had cautions:

- **Yukta Śikṣaṇa (skilful instruction)**  
The teaching must be appropriate to the intelligence of the individual.
- **Grahaṇa Śikṣaṇa (grasping instruction)**  
Also able to absorb correctly what you have understood.  
You must test them, confuse them to see if they have.
- **Yukta Smaraṇa (skilful remembering)**  
The teacher should find out how much the person remembers what they have understood.
- **Yukta Abhyāsa (skilful practice)**  
How much a person practices what he is given.  
To see if he has learnt, understood and practiced.
- **Yukta Anubhāva (skilful becoming)**  
Even practice can be mechanical, even if it is regular.  
So how much you have learnt from the practice.  
What it has taught you.
- **Yukta Pracāram (skilful spreading)**  
Finally, you ask the person to transmit what they have received.

The transmission shows the Siddhi (accomplishment) of the Sādhana (means).

**This is viniyoga.**

These outlines are valid whether Śikṣaṇa (do something perfectly or correctly) or Rakṣaṇa (protection) Krama (sequence).

If what is given is mechanical it is not viniyoga.

That is why the viniyoga spirit is very important these days."

- Represented from my notes from a retreat with TKV Desikachar France August 1983