

108 Saṃskṛta Core Concept Pointers – 11 – Kaivalya



Links to Related Resources & Longer Articles:

- T Krishnamacharya Yoga Sūtra Study Quotes Collected and Collated
- TKV Desikachar Yoga Sūtra Study Quotes Collected and Collated
- Paul's Yoga Mālā – A Thread of Pearls from Patañjali's Yoga Sūtra
- Paul's Yoga Sūtra Study Keywords – Collected & Collated into Chapters
- Paul's Yoga Sūtra Study Questions – Collected & Collated into Chapters

Collated Related Short Posts & Quotes:

"In Sūtra 1.19 Patañjali appears to be alluding to two possible cul-de-sac's for misplaced intention, in terms of experiencing an illusion of freedom. What are they and how can they be avoided?"
– Paul Harvey on Yoga Sūtra Chapter One verse 19

"This Sūtra presents the quality of persons who accept nothing less than complete freedom from all sorts of bondage."
– T Krishnamacharya on Yoga Sūtra Chapter One verse 20

"Depending on whether the mind is in a state of Samādhi or not, the person enjoys permanent happiness or successive chains of unhappiness and happiness. Those who accept nothing short of Samādhi, freedom from the suffering of disease is realised. After all, the root cause of disease is the disturbed mind, when we cannot distinguish right from wrong or good from bad."
- T Krishnamacharya on Yoga Sūtra Chapter One verse 34

"The arrangement of Yoga Sūtra Chapter Two involves four components:

1. Duḥkha – What is it that I want to avoid?
2. Avidyā/Saṃyoga – Association or from where has this come?
3. Kaivalya/Viveka – Where should we be in order to be free from this association?
4. Viveka/Aṣṭāṅga – What is the way?
What is the discipline that will give Viveka,
not just for a moment, but there all the time?
This is the place of Yoga."

– TKV Desikachar on Yoga Sūtra Chapter Two verses 16 - 28

"Avidyā and Freedom do not exist together.

Here Avidyā represents both the basis and attitude towards our action.

The aim of Yoga is to reach that state where our actions are not based on Avidyā."

– T Krishnamacharya on Yoga Sūtra Chapter Two verse 25

"Kaivalya is the outcome of the
equality of Sattva and Puruṣa.
The clarity of Sattva acquired
through our efforts with Citta,
coexisting with the eternal
abiding awareness of Puruṣa."

– Paul Harvey on Yoga Sūtra Chapter Three verse 55

"The Chapter on Freedom"

– Paul Harvey on Yoga Sūtra Chapter Four

"The fourth book, called Kaivalya Pādaḥ, reinforces the idea
that whatever happens is actually already existing within us.
It is not something we can or need to acquire from outside
and it reminds us that the mind is the essential tool to help
in the final discernment of what is the unchanging essence."

– Paul Harvey on Yoga Sūtra Chapter Four

"There is a human state called Kaivalya.

That is, a person is free.

When a person is free, it means that things
outside of himself are not as disturbing as they were in the past."

– TKV Desikachar

Religiousness in Yoga Chapter Three Page 42

"There are certain things we do in Yoga which seem to aid Dhyāna
because they remove something which is blocking it."

– TKV Desikachar

'The Antaraṅga Sādhana, Saṃyama and Kaivalya'
Religiousness in Yoga Chapter Thirteen Page 186

"The problems we have in life come because of Saṃskāra.
We are not able to distinguish the coloured image of the mind from the real object."
– TKV Desikachar

'The Antaraṅga Sādhana, Saṃyama and Kaivalya'
Religiousness in Yoga Chapter Thirteen Page 188

"Whatever is the source of life is surely the source of freedom,
a source which knows us and cares for us.
It is everybody's right, and is not beyond us, but within us."
– TKV Desikachar from unedited manuscript for 'What are We Seeking?'

We are seeking freedom.
We all desire freedom.
But what sort of freedom?
Is freedom to do what we wish?
Are all the people who have the liberty
to do what they want really free inside?
– TKV Desikachar from unedited manuscript for 'What are We Seeking?'

"All (Yoga) techniques are for Viveka,
as this is the means for freedom."
– TKV Desikachar

"Duḥkha is the starting point for the
Yoga journey of four junctures from:
the symptom, as in Duḥkha or suffering,
to the cause, as in Avidyā or illusion,
to the goal, as in Kaivalya or independence;
via the tools, as in Aṣṭāṅga or 8 limbed path,
for the means, as in Viveka or discernment.
This ancient fourfold process is at the heart of
the teachings in Yoga, Āyurveda & Buddhism."
- 108 Study Path Pointers