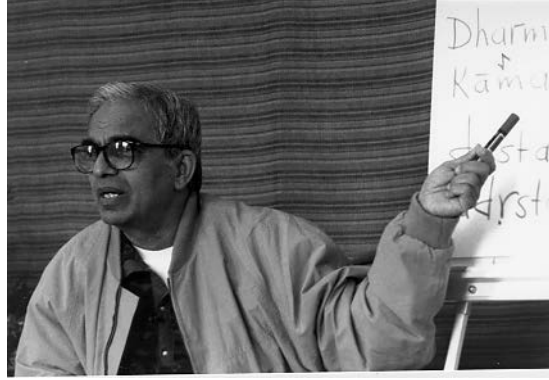


Religiousness in Yoga - Chapter by Chapter Study Guide



Chapter 13 Theory:

The Antaraṅga Sādhana, Saṁyama and Kaivalya

- Pages 179-194

1. **Review of Chapter Eleven Theory P179-181**
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 - Dhāraṇā - Yoga Sūtra III 1
 - Dhyāna - Yoga Sūtra III 2
 - Samādhi - Yoga Sūtra III 3
2. **Dhyāna P181-182**
 - Dhyāna is result of practice
 - All techniques are to prepare for Dhyāna
3. **Question on Draṣṭṛ P182**
 - Draṣṭṛ is 'the one who sees'
4. **Question on Pratyāhāra P182-183**
 - Pratyāhāra is effect of Dhyāna
 - All techniques in Prāṇāyāma help Pratyāhāra
5. **Question on Dhyāna P183**
 - In Dhyāna there is the feeling "I" am involved
6. **Question on Samādhi P183-186**
 - The object is not in meditation, we are
 - Perception changes not the object - Yoga Sūtra IV 15
 - Comparing a state of Samādhi with a state of anger
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 - The state of Samādhi is really a state of Prajñā - Yoga Sūtra I 48

7. Question on comparing Dhyāna and Samādhi P186-187
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 - In Samādhi thinking stops
8. Question on the aid of a teacher P187
 - I feel it is better to have some personal guidance
9. Question on Puruṣa and Prakṛti P187-188
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 - In a state of Samādhi that 'I' is almost non-existent
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 - Kaivalya introduced - Yoga Sūtra II 25
 - The state of Kaivalya is where we understand this world
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 - With Kaivalya gradually something happens that we do not control
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 - Two forces operate, old and new - Yoga Sūtra IV 27
 - Change is gradual - Yoga Sūtra II 27
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 - Abhyāsa means to go on in a particular direction - Yoga Sūtra I 13
 - At the moment of Dhyāna effort ceases - Yoga Sūtra III 2
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