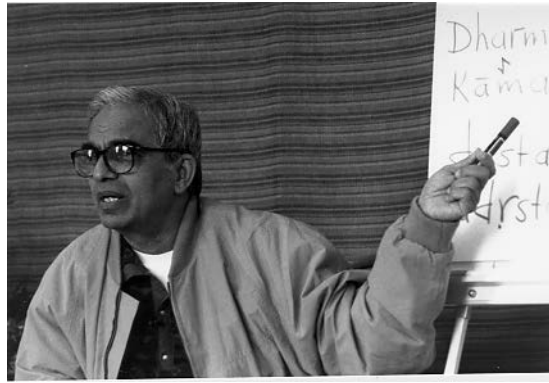


Religiousness in Yoga - Chapter by Chapter Study Guide



Chapter 15 Theory:

The Antarāyāḥ, Obstacles to Progress, Techniques to Overcome them.

- Pages 207-219

1. Any questions on Dhāraṇā, Dhyāna, Samādhi, Saṃyama Kaivalya P207
2. Question on Samādhi as the Seer, the Object and the Relationship between them P207
 - They meet and communicate
3. Question on what happens to the Communication P207
 - At this stage there is no thought
 - Samādhi has different Stages
4. Introduction to how we become stuck and can't progress P207-208
 - The term Antarāyāḥ describes this situation - Yoga Sūtra I 30
 - Let us consider how they arise and how to get rid of them
5. Presentation of Vyādhi or not being well P208
 - If we are sick we must do something about it - Yoga Sūtra I 30
6. Discussion on Styāna P208
 - We get moods - Yoga Sūtra I 30
7. Presentation of Saṃśaya P208
 - Doubts always arise - Yoga Sūtra I 30

8. **Presentation of Pramāda P208**
 - Sometimes we act with little deliberation - Yoga Sūtra I 30
9. **Presentation of Ālasya P209**
 - A lack of enthusiasm - Yoga Sūtra I 30
10. **Presentation of Avirati P209**
 - Our senses seem to take over - Yoga Sūtra I 30
11. **Presentation of Bhrānti Darśana P209**
 - We think we have understood something and we haven't - Yoga Sūtra I 30
12. **Presentation of Alabdha Bhūmikatva P209-210**
 - A situation where we presume we have progressed a lot - Yoga Sūtra I 30
13. **Presentation of Anavasthitatvāni P210**
 - We allow ourselves to slide back - Yoga Sūtra I 30
14. **So also Yoga provides ways to surmount these Obstacles P210-212**
 - The most important is Īśvara Praṇidhānā - Yoga Sūtra I 23
 - Definition of Īśvara - Yoga Sūtra I 24
 - Qualities of Īśvara - Yoga Sūtra I 25
 - Īśvara is the Guru who knows everything - Yoga Sūtra I 26
 - Yoga does not describe Īśvara in a particular form - Yoga Sūtra I 27
 - What is our relationship with Īśvara - Yoga Sūtra I 28
 - Īśvara then is one of the alternatives for surmounting Obstacles - Yoga Sūtra I 29
15. **Question on the relationship between Puruṣa and Īśvara P212**
 - Yoga attempts gradually to bring back our real nature, where Puruṣa is the master
16. **Question on whether Puruṣa is meant to serve Īśvara P213**
 - In Yoga the question phrased this way does not arise - Yoga Sūtra I 29
17. **Presentation on the reasons for the choice or use of OM P213-214**
 - OM within Mantra
 - OM within Saṃskṛta
 - OM within levels of Awareness

18. **Reminder that Yoga does not insist that you accept Īśvara P214**
- Īśvara Praṇidhānā Vā - Yoga Sūtra I 23

19. **Question on Chanting OM and Īśvara P214-215**
- When we say OM the meaning must be Īśvara - Yoga Sūtra I 28

20. **There are other alternatives that might help us to overcome obstacles P214-218**
 - One alternative is to find a means to sustain a particular direction - Yoga Sūtra I 32
 - Prāṇāyāma is often mentioned as an alternate way - Yoga Sūtra I 34
 - Investigation into the functioning of the senses - Yoga Sūtra I 35
 - In the Heart region there is something called Puruṣa - Yoga Sūtra I 36
 - The study of people who have overcome problems - Yoga Sūtra I 37
 - Investigating Dreamless sleep might be helpful - Yoga Sūtra I 38
 - Meditation that utilizes a visual object - Yoga Sūtra I 39

21. **Question on what you meant by 'give the mind some space" P218**
- Space means freedom at the moment when we are stuck

22. **Question on Īśvara aiding the overall betterment of the individual P218-219**
 - Whether Īśvara is better than other alternatives depends on the individual
 - We have to give a person what they are prepared to take, not what is necessarily best

