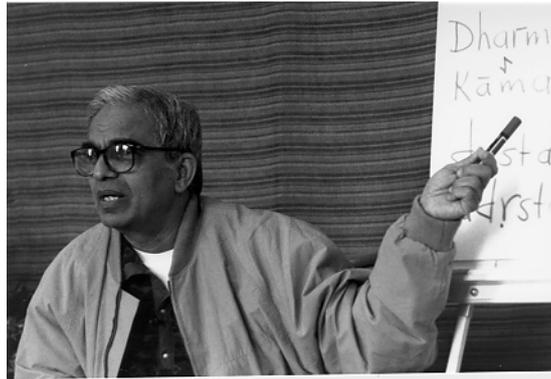


Religiousness in Yoga - Chapter by Chapter Study Guide



Chapter 16 Theory:

A Session for Questions

- Pages 221-234

- 1. Question on when there is difficulty P221**
 - In Yoga terms if we have Duḥkha, something is behind it - Yoga Sūtra II 15
 - I do something that will make the mind a little clearer
 - Something that was acute might become less acute
- 2. Question on being hardest to sit or be quiet when in the grip of a problem P222**
 - In the beginning this is true
 - We need both incidental solutions and continual progress
 - From the perspective of Pariṇāma Vāda, of Yoga, the mind is always changing
- 3. Question on what it means to trace Avidyā back to its origin P223-224**
 - You never know when Avidyā might quickly arise - Yoga Sūtra II 4
 - Resolving back to the origin means to be in a state where Avidyā is no longer effective - Yoga Sūtra II 10
 - We never know when or how, so we must be cautious - Yoga Sūtra II 16
 - We must keep on trying; this is what Abhyāsa is about - Yoga Sūtra I 13
 - We must keep on developing this ever-present effort and attention - Yoga Sūtra I 14

4. **Question around obstacles that get in the way P224**
 - What we need is greater effort to go in a particular direction - Yoga Sūtra I 14
 - That's why, once in a while, it's good to go to our teachers
 - Another solution is just to fully accept what happens
 - I feel the first one is better than the second

5. **Question on Īśvara and truth P224-225**
 - We must have some conviction about Īśvara - Yoga Sūtra I 23
 - Three ways that lead us to the acceptance of Īśvara - Yoga Sūtra I 7
 - Simply invoking Īśvara might not suffice; we have also to do something
 - Yoga Sūtra I 28

6. **Question on Īśvara and control P225-226**
 - According to Yoga Īśvara knew, knows and will know - Yoga Sūtra I 25
 - In Yoga, material is not from Īśvara, but intelligence is - Yoga Sūtra I 24

7. **Question on creation as having three parts P226**
 - For any creation we need three Kāraṇa or means for something
 - Upādāna, material; Nimitta, intelligence and Sahakāra, assistance
 - Nimitta Kāraṇa is Īśvara

8. **Question on Detachment P226-227**
 - Detachment is an effect, a consequence of another deeper action - Yoga Sūtra I 16
 - Detachment can also be the absence of attachment towards the fruits of what we are doing at the moment

9. **Question on Dhāraṇā on Īśvara P227-228**
 - Depending on the object of meditation, the state of mind changes - Yoga Sūtra I 39
 - In this way the state of mind changes according to our concept of Īśvara
 - Yoga Sūtra I 24

10. **Question on relationship of Dhāraṇā and Dhyāna P228-229**
 - Dhāraṇā comes when I orientate my mind towards one idea - Yoga Sūtra III 1
 - When this happens Dhyāna should follow - Yoga Sūtra III 2
 - In Dhāraṇā, we go in one direction - Yoga Sūtra III 1
 - In Dhyāna, we communicate with the object - Yoga Sūtra III 2
 - In Samādhi, we are there, we are with it - Yoga Sūtra III 3

11. **Question on Dhāraṇā and Asmitā P229**
 - What else can there be in the beginning? - Yoga Sūtra II 6
12. **Question on Dhyāna and Asmitā P229**
 - In Dhyāna it is Asmitā which is communicating - Yoga Sūtra II 6
13. **Question on choosing an object of Meditation which doesn't have mystery P229-231**
 - Mystery is always present
 - It can be found in anything provided we seek it
14. **Question on Dhāraṇā and Dhyāna just happening P231**
 - "Happens" does not infer that we simply do nothing
 - We have to try. We must try.
15. **Question on scriptures saying self-denial is good for us P231-233**
 - If we don't eat meat and we don't worry about it, it is alright
 - But if we say I didn't eat meat and it causes an even stronger feeling about the self
 - Is it alright to follow a practice where we combine different convictions, principles and concepts?
 - If a person has the capacity and means to integrate these things
16. **Question on self-inquiry and "false self" P233-234**
 - The point of self-inquiry is to lead ourselves beyond the "I"
 - How can we discriminate between the real and the non-real - Yoga Sūtra II 5
17. **Question on what happens to the Puruṣa when the body dies P234**
 - We don't have the answer in the Yoga Sūtra
 - It does mention fear is present because man has died - Yoga Sūtra II 9
 - I don't know because I am answering your question without direct experience
18. **Question on Dreams as a means of overcoming obstacles P234**
 - It is a mystery that we can attempt to explore - Yoga Sūtra I 38