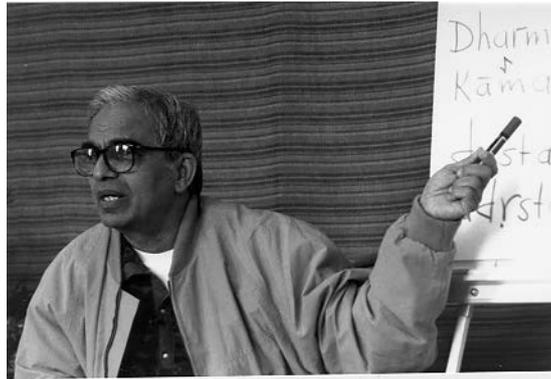


Religiousness in Yoga - Chapter by Chapter Study Guide



Chapter 18 Theory:

The Way the Mind Functions and the Concept of Nirodha

- Pages 251-254

1. The mind functions at five levels P251-252
 - Mostly it functions in a way that we hardly notice it
 - It is distraught and cannot comprehend anything
 - This level of functioning is called Kṣipta - Yoga Sūtra I 1 Vyāsa's commentary
 - A slightly better condition than Kṣipta is called Muḍha - Yoga Sūtra II 15
 - Here the mind is like a dull, sleepy, heavy buffalo
 - Another way the mind functions is called Vikṣipta - Yoga Sūtra I 1 Vyāsa's commentary
 - We act but we have doubts
 - The fourth way the mind functions is called Ekāgrata - Yoga Sūtra I 1 Vyāsa's commentary
 - We have clarity and are able to proceed
 - This is also called Dhāraṇā - Yoga Sūtra III 1
 - Yoga is actually the beginning of Ekāgrata - Yoga Sūtra I 1 Vyāsa's commentary
 - When Ekāgrata develops it culminates in what is called Nirodha - Yoga Sūtra I 1 Vyāsa's commentary
 - This is the moment when the mind functions with no division of activity
 - The word Nirodha also means "restraint" - Yoga Sūtra I 1 Vyāsa's commentary

2. **How then do distractions come about? P252-253**

- They are there because the mind (Citta) has various modes of action - Yoga Sūtra I 5
- Inference - Yoga Sūtra I 7
- The mind can conjure things based on words - Yoga Sūtra I 9
- The mind has the faculty of retaining something that has been experienced - Yoga Sūtra I 11
- It is possible for us to imagine things - Yoga Sūtra I 9
- The mind has also inherited the possibility of inaction - Yoga Sūtra I 10
- All activities of mind can be favourable or unfavourable - Yoga Sūtra I 5

3. **What we try and do in Yoga P253**

- Yoga is simply to create conditions so that the mind becomes a most useful instrument
- This gradual progression may involve a number of intelligent means
- All of which come within the realm of Yoga Sādhana
- At different times and for different people different suggestions are necessary

4. **What happens in a state of Nirodha? P253-254**

- The clarity that this brings about is total and complete - Yoga Sūtra I 48
- We can see beyond the normal threshold of observation - Yoga Sūtra I 49
- That is why they say a Yogi is a wise man
- He has seen more than others, and he has seen it ahead of others