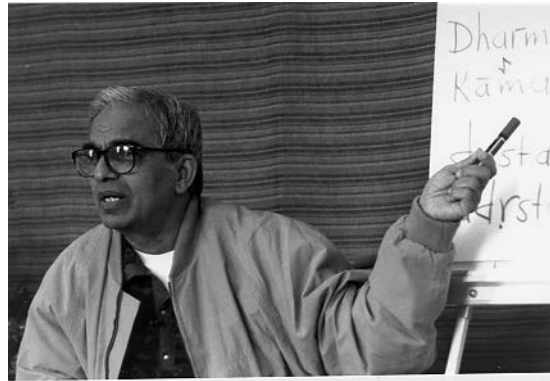


# Religiousness in Yoga - Chapter by Chapter Study Guide



## Chapter 1 Theory: The Meaning and Purpose of Yoga - Pages 1-12

1. **Origin of Yoga - Page 1**
  - View
  - Source
  - Authority
  
2. **Definition of Yoga - Pages 1-3**
  - To Converge - Yoga Sūtra I 2
  - To reach a new point – Bhagavad Gītā II 45
  - To act fully focused - Bhagavad Gītā II 50
  - To be one with the Lord - Yoga Sūtra II 29
  
3. **Common Points - Page 3**
  - Direction
  - Goal is a personal matter
  
4. **Prerequisites - Page 3**
  - No beliefs
  - Universal concept
  
5. **How to Start - Pages 3-4**
  - Through Text/Āsana/Breath
  - Changes are effects
  - Practice must become holistic
  - Yoga Sūtra deals with all aspects

6. Why Practice - Pages 4-5
  - Desire to be better
7. Definition of Avidyā - Pages 5-6
  - Yoga Sūtra II 5
  - Saṃskāra
  - Expresses through the "I"
  - Aim of practice to reduce
8. How Avidyā Manifests - Pages 6-7
  - Kleśa - Yoga Sūtra II 3
  - Avidyā is source - Yoga Sūtra II 4
  - Action of Yoga - Yoga Sūtra II 2
9. Question on inherence of Avidyā – Pages 7-8
  - Avidyā latent in memory - Yoga Sūtra II 9
10. Question on how to Reduce Avidyā - Page 8
  - Reduction of effects - Yoga Sūtra II 4
11. Question on Vidyā - Pages 8-10
  - Signs of Vidyā
  - Reality is Sat Kārya Vāda
  - Change is Pariṇāma Kārya Vāda
  - Sādhana is the Means - Yoga Sūtra Pāda II
  - Effects in Cycles - Yoga Sūtra III 9
12. Question on Seer or Puruṣa – Page 10
  - Draṣṭṛ or Puruṣa - Yoga Sūtra I 3, IV 18
  - All Puruṣa the same - Yoga Sūtra II 20
13. Question on Starting Point - Pages 10-12
  - Purpose of Avidyā - Yoga Sūtra II 16
  - Dhyāna - Yoga Sūtra II 10
  - Action or Kriyā yoga - Yoga Sūtra II 1
  - Yoga as Action and Result - Yoga Sūtra II 2