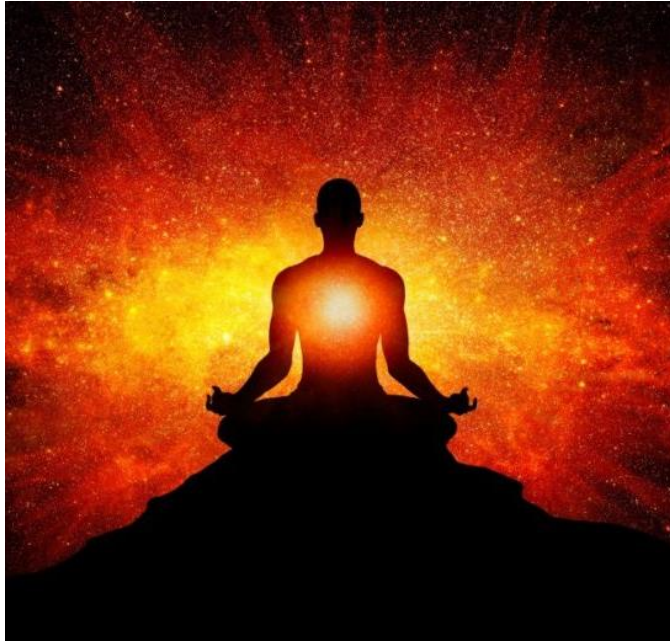


PRASNOTHARA VAHINI – CHAPTER 8
YOGA AND MOKSHA

We commit many sins and do many meritorious deeds with this body and mind, Swami! They bring about grief or joy. This “I” of which you are speaking, is it “I” the doer, the consumer of the grief or joy?

“ I ”



Antah - karana

External Senses - Karmendriyas



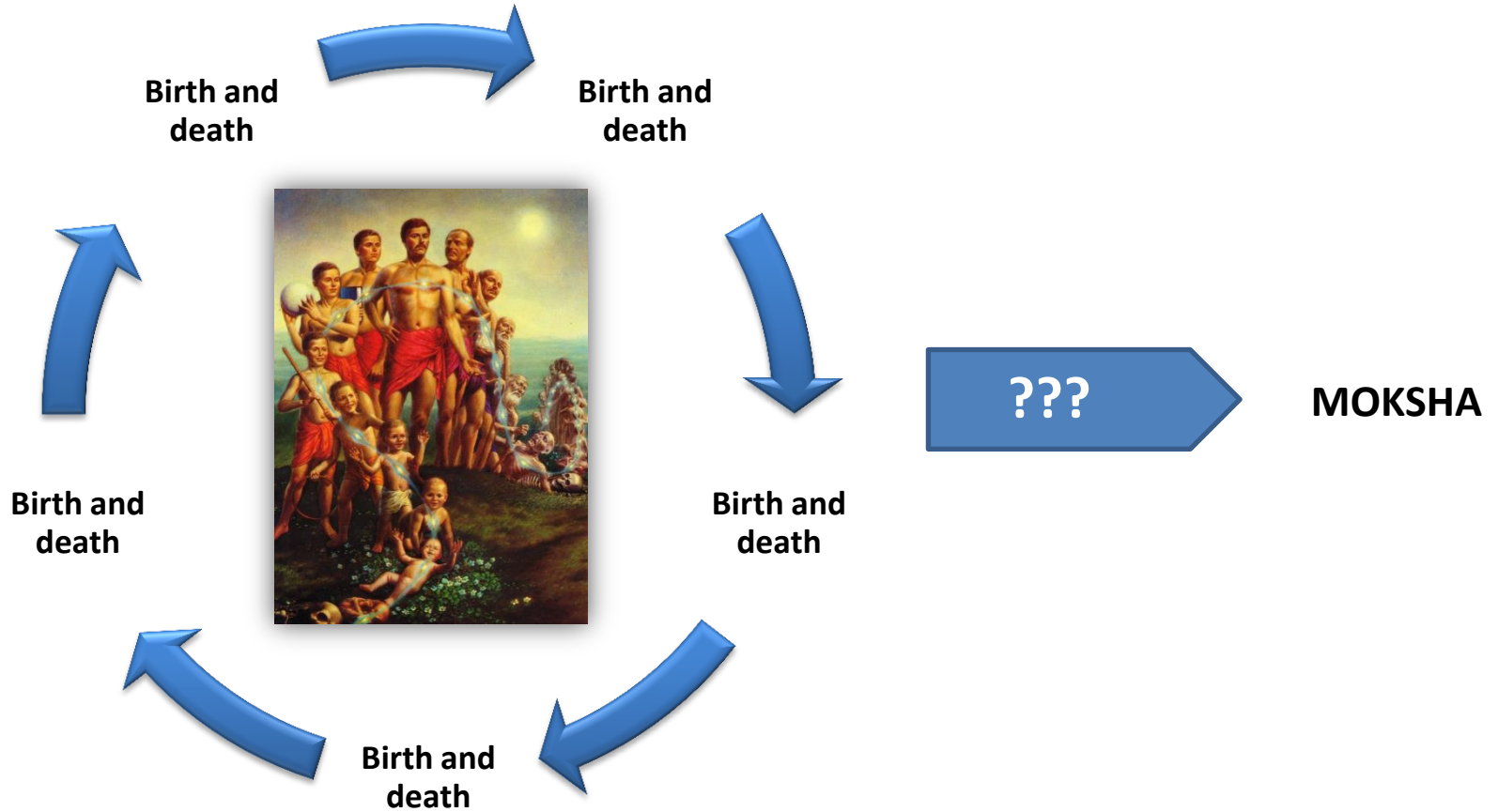
Internal Senses – Jnanendriyas



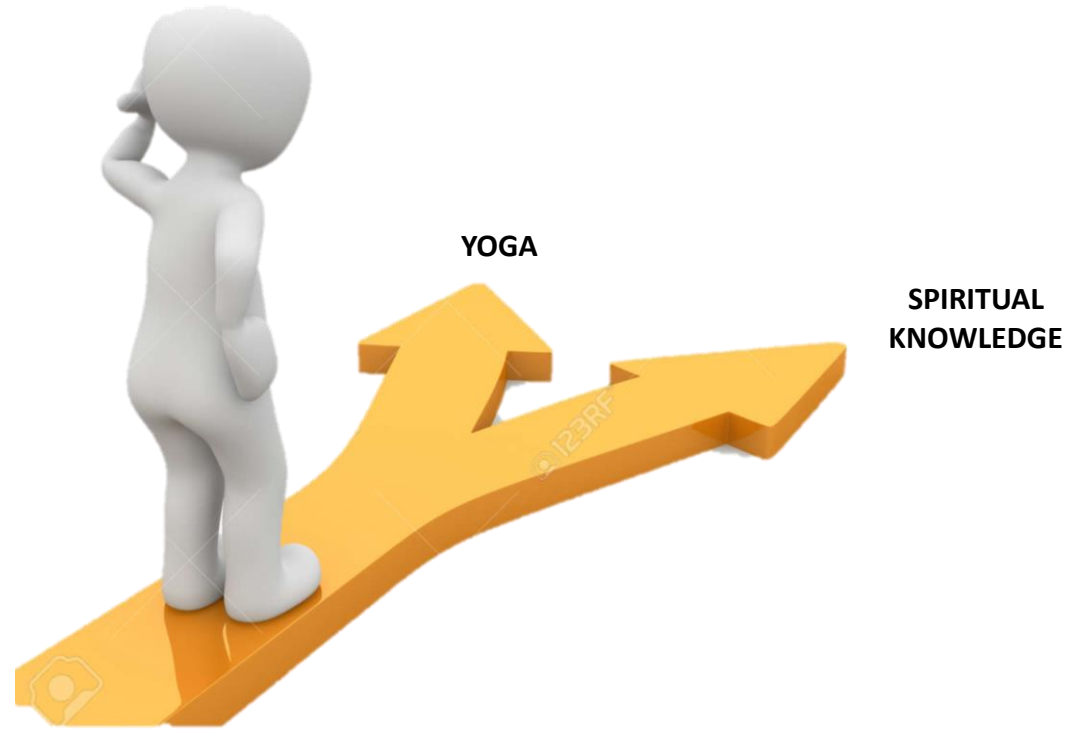
Antah - karana

Antah – inner, Karana - instruments

How can we know about entry into this world and exit from this world into another?

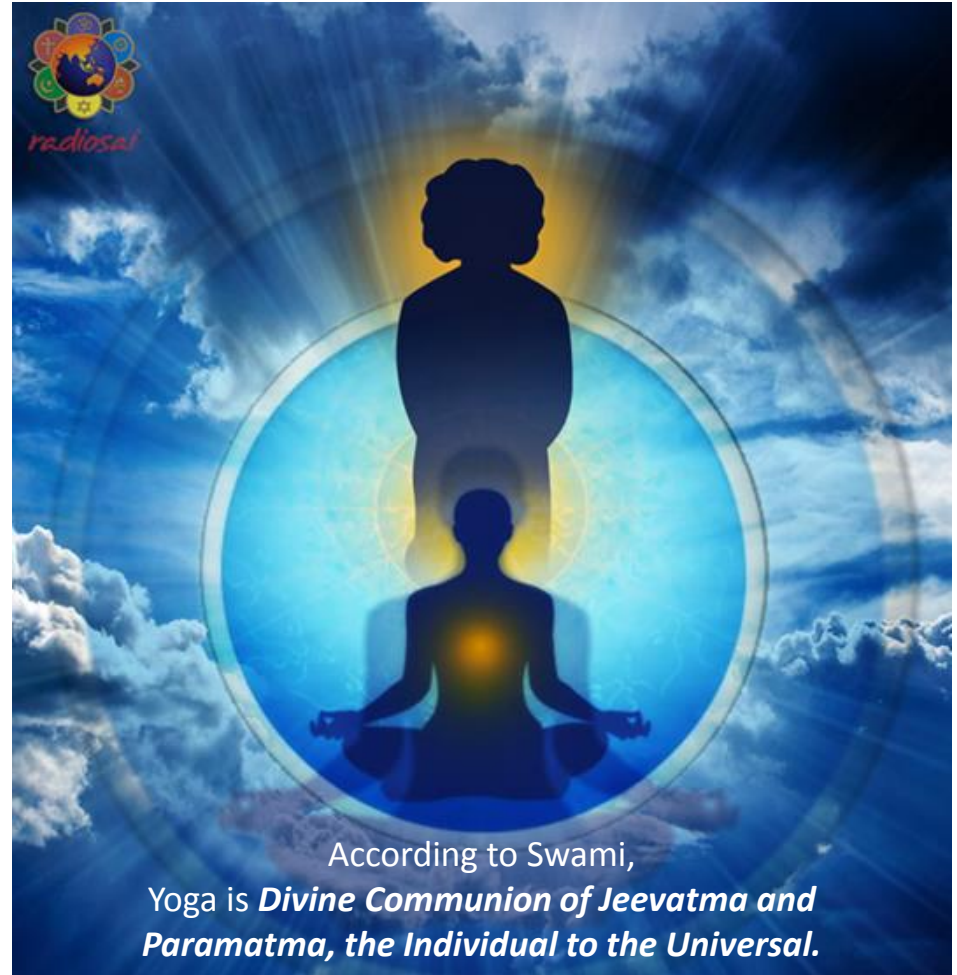


Means of attaining Moksha?



WHAT IS YOGA?

The word '**Yoga**' comes from the Sanskrit root word, '**Yuj**' that means, '**to yoke or to connect**'.



Ashtanga Yoga

Ashtanga? - **eight-limbed** (asta - eight, anga- limb).



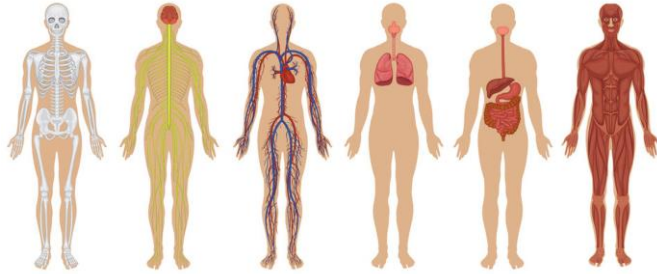
Instance from Bhaja govindam by Adi Shankaracharya



pranayamam pratyaharam
nityanitya viveka vicaram |
japyasameta samadhi vidhanam
kurva vadhanam mahad-avadhanam || 30 ||

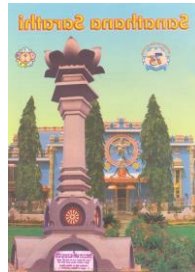
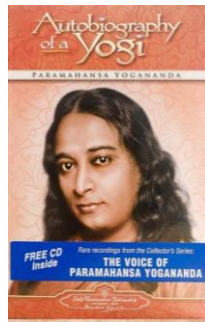
Meaning

Pranaayamam – control of physiological functions.



A well functioning system can be regulated by sathvic eating, sathvik seeing and sathvik hearing.

Nitya anitya viveka vicharam – Intellect needs to hold on to values of life – important to develop discriminative power that enables us to see through impermanent glitter (anitya) and recognize the higher (nitya) truth.



Pratyaayamam – withdraw one's undue attention from worldly objects. When an individual has extreme attachment to the outside world, he become incapable of acting right. Hence we need to put ceiling on desires.



Japa sahit dhyaan – By chanting a chosen name of God while meditation of the form of it represents, the mind becomes steady.



Defects in *Antah - Karana*



Delusion (*Braanthi*)



Dangerous Situations
(*Pramaadi*)



Weakness of the senses
(*Karanaapaadana*)



Jealousy (*Vipralipsa*)

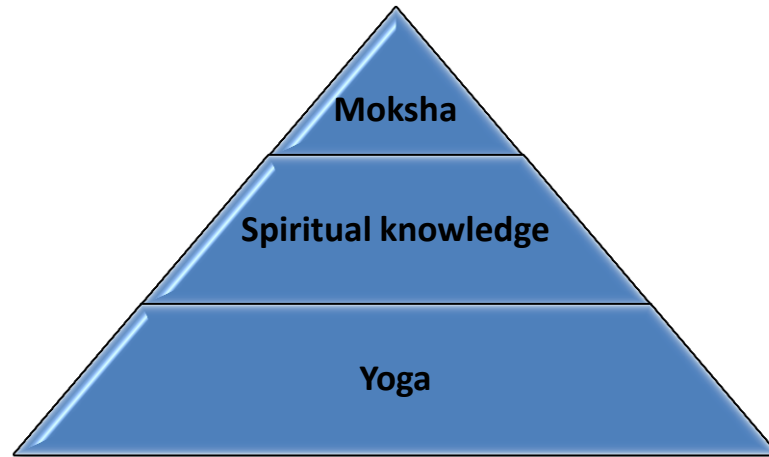
Yoga is like fire, which is why the phrase “*fire of yoga (yoga-agni)*” is used. It burns away all sins, so the inner instrument (*anthah-karana*) is rendered pure.

When that happens, *spiritual wisdom* is born there.

The splendour of that spiritual wisdom dispels the *darkness of ignorance and delusion*.

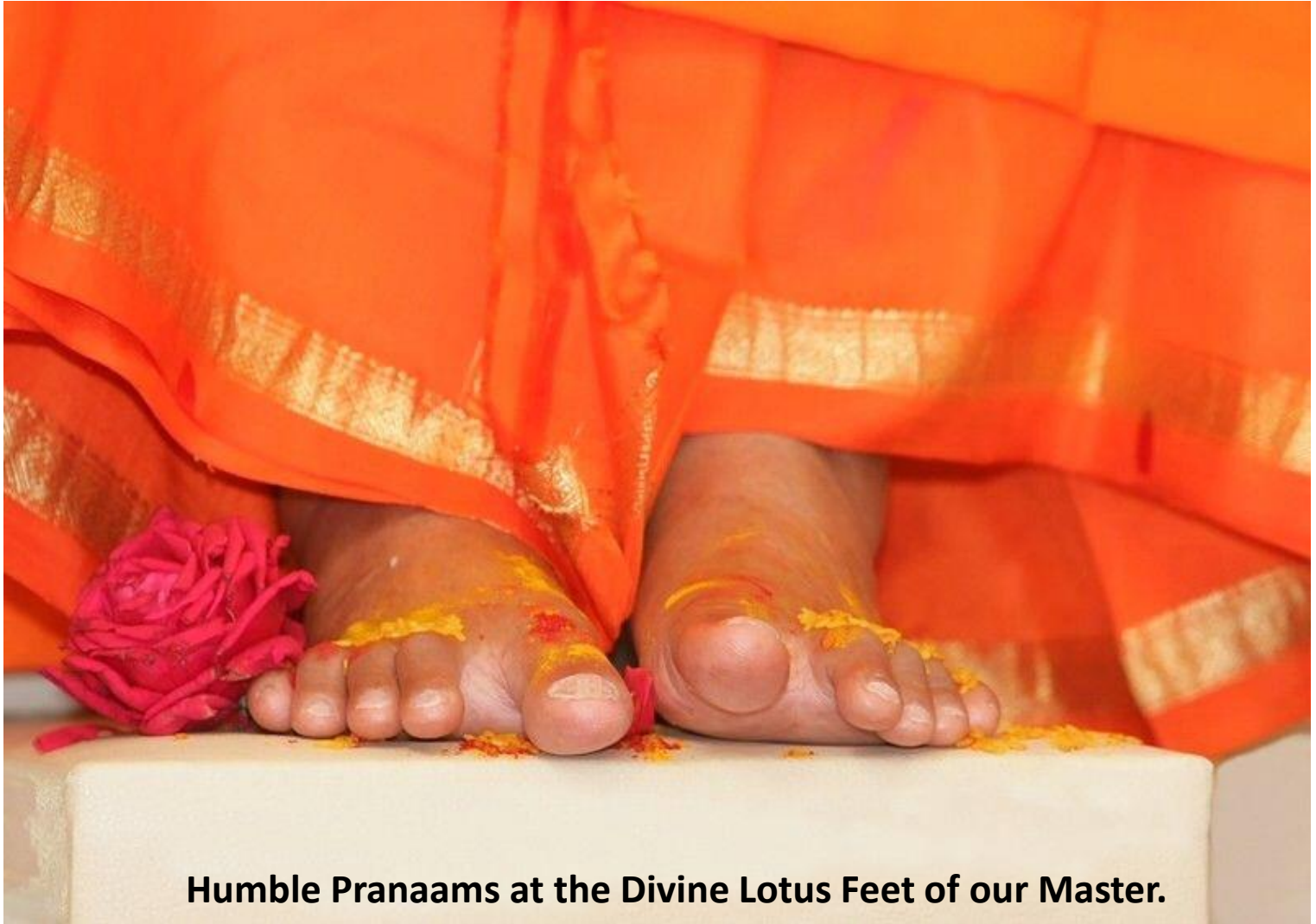


MOKSHA



Without a pure inner instrument, ***spiritual wisdom (jnana)*** cannot be acquired, and without spiritual wisdom, there can be no ***liberation***. So, ***yoga*** is the very foundation.





Humble Pranaams at the Divine Lotus Feet of our Master.