

KEY TERMS

गुण

guṇa

Guna

a single thread or strand of a cord or twine,
an element or quality of *Prakṛti*

सत्त्व

sattva

Sattva

“being,” “existence,” “reality”;
the guṇa of *lucidity, lightness, goodness*

रजस्

rajas

Rajas

the guṇa of *passion, activity*

तमस्

tamas

Tamas

the guṇa of *inertia, darkness, ignorance, heaviness*

प्राणायाम

prāṇāyāma

Pranayama

“Breath exercises”: the fourth limb of Yoga

ध्यान

dhyāna

Dhyana

“Meditation”: the seventh limb of Yoga

समाधि

samādhi

Samadhi

“Absorption,” “Concentration,”: the final 8th
limb of Yoga, the goal of Yoga, complete
absorption into the pure consciousness of *Puruṣa*

कैवल्य

Kaivalya
Kaivalya

perfect isolation, absolute unity, detachment of the soul from matter and all further transmigrations, the goal of Yoga, the state of being attained in *samādhi*

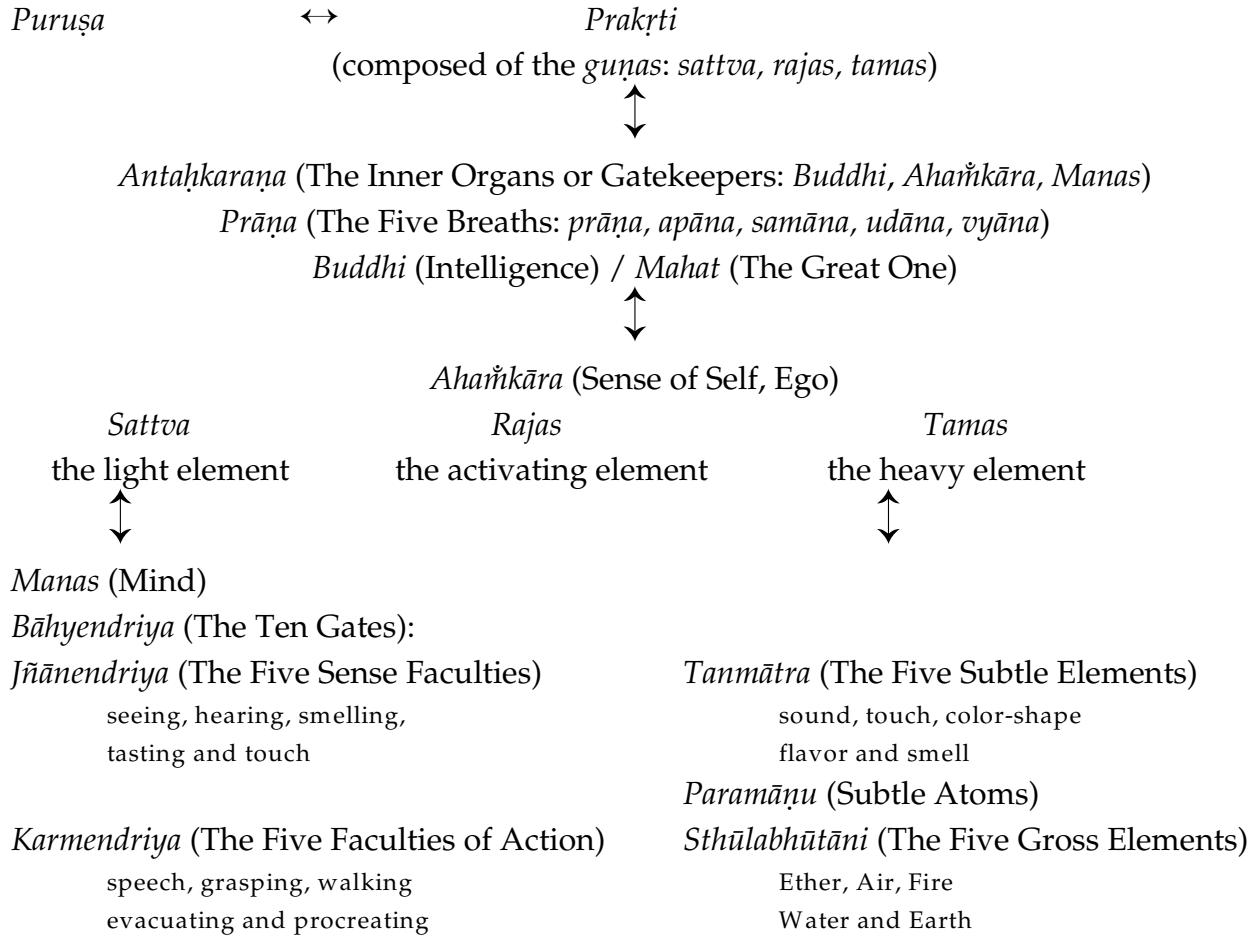
चित्त

Citta
Citta

mental processes, the “mind-stuff” which Yoga seeks to restrain

QUESTIONS

1. Explain the basics of Sāṅkhya theory, the relationship between *Puruṣa* and *Prakṛti*, its theory of evolution, and its conception of liberation.
2. Why is causality a central topic in Sāṅkhya philosophy?
3. According to Sāṅkhya philosophy, the effect must preexist in the cause. What does it mean to say the effect preexists in the cause and why is this view so crucial for Sāṅkhya theory?
4. What is the goal of yoga practice as announced in the opening of Patañjali’s *Yoga Sūtras*? How does yoga practice thus lead to liberation as conceived in Sāṅkhya philosophy?
5. According to Patañjali’s *Yoga Sūtras*, what are the five hindrances, or impairments (*kleśas*), that block the awareness of one’s true essence?
6. What are the eight limbs or methods (*Sādhanaś*) of achieving the goal of yoga as described in Patañjali’s *Yoga Sūtras*? Do the “limbs” form a hierarchy?

SĀṅKHYA THEORY**YOGA PRACTICE**

Kleśas (The Five Hindrances)

1. *Avidyā* (nescience, ignorance); 2. *Asmitā* (egoism); 3. *Rāga* (attachment, affection); 4. *Dveśa* (aversion, repugnance, hatred); 5. *Abhiniveśa* (love of life, the will to live, clinging to life)

Sādhanās (The Eight Methods or “Limbs” of Yoga)

1. *Yama* (The 5 Restraints: non-violence, non-lying, non-stealing, non-grasping, celibacy)
2. *Niyama* (Observances: cleanliness, contentment, purificatory action, study, devotion)
3. *Āsana* (body postures)
4. *Prāṇāyāma* (skillful breathing exercises)
5. *Pratyāhāra* (control of the senses)
6. *Dhāraṇā* (concentration)
7. *Dhyāna* (meditation, meditative absorption)
8. *Samādhi* (highest state of meditation, concentration, “trance,” a state of *enstasis* or *enstasy*)