**KEY TERMS** 

a single thread or strand of a cord or twine,

an element or quality of Prakṛti

guṇa Guna

"being," "existence," "reality";

सत्त्व the guṇa of lucidity, lightness, goodness

sattva Sattva

स्जस् the guṇa of passion, activity

rajas

Rajas

तमस् the guṇa of inertia, darkness, ignorance, heaviness

tamas Tamas

प्राणायाम "Breath exercises": the fourth limb of Yoga

prāṇāyāma Pranayama

ध्यान "Meditation": the seventh limb of Yoga

dhyāna *Dhyana* 

"Absorption," "Concentration,": the final 8<sup>th</sup>

limb of Yoga, the goal of Yoga, complete absorption into the pure consciousness of Puruṣa

Samadhi

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

## चित्त

Citta mental processes, the "mind-stuff" which Yoga Citta 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 (*Sādhanās*) of achieving the goal of yoga as described in Patañjali's *Yoga Sūtras*? Do the "limbs" form a hierarchy?

## SĀNKHYA THEORY

Purusa

Prakṛti

(composed of the guṇas: sattva, rajas, tamas)

Antaḥkaraṇa (The Inner Organs or Gatekeepers: Buddhi, Ahamkāra, Manas)

*Prāṇa* (The Five Breaths: *prāṇa*, *apāna*, *samāna*, *udāna*, *vyāna*)

Buddhi (Intelligence) / Mahat (The Great One)

kāra (Sansa of Salf Ego)

Ahamkāra (Sense of Self, Ego)

Sattva the light element *Rajas* the activating element

*Tamas* the heavy element

 $\downarrow$ 

Manas (Mind)

Bāhyendriya (The Ten Gates):

Jñānendriya (The Five Sense Faculties)

seeing, hearing, smelling, tasting and touch

tasting and touch

*Karmendriya* (The Five Faculties of Action)

speech, grasping, walking evacuating and procreating

*Tanmātra* (The Five Subtle Elements)

sound, touch, color-shape

flavor and smell

Paramāṇu (Subtle Atoms)

Sthūlabhūtāni (The Five Gross Elements)

Ether, Air, Fire Water and Earth

## 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)