

Outline of Wednesday March 11<sup>th</sup> Sanga

Discussion on text I.2.

Yoga citta vrtti nirodha`

Yoga, yoga; citta, the mind; vrtti, fluctuation, state; nirodha, restraint, control.

Yoga is the restraint of the changing states of the mind.

Points to cover:

- I. Review of text I.I
- II. Discussion of questions received by email
- III. How yoga is defined in various schools of thought, focusing on Patanjali's definition "yoga is the restraint of thought"
- IV. The need to understand the basics of Sankhya, the philosophical basis of yoga basics:
  - A. The distinct categories of reality, purusa (pure awareness or the soul) and prakrti (matter) and their relationship.
  - B. The distinct categories of the mind (citta) and their relationship: buddhi (judgment, knowledge and will), manas (organizing sensory input and ascribing feelings of attachment and aversion to them), and ahankara (self identity).
  - C. What are vrtti's or thoughts?
  - D. The fundamental composition of matter (the gunas) and how they influence mind.