

Outline of Wednesday March 18<sup>th</sup> Sanga

Discussion on text I.II – part two

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. INTRODUCTION**

- A. Discussion on progress of class presentation and the direction that class will take
- B. I.II defines yoga and has extensive commentaries. Needs sufficient discussion of subject in several lectures.

**II. QUESTIONS**

- A. From Hari Kirtan—Why does Srila Prabhupada gloss citta exclusively as “heart” when yoga sutras seem to define it as “mind”?
- B. From Maha Muni – Can you define more specifically the five states of the mind?

**III. REVIEW of text I.II—yoga citta vrtti nirodha—from last class**

- A. Basic definition of Yoga
- B. The need to understand Sankhya metaphysics to understand Yoga philosophy.
  - 1. The identification of Purusa (the soul) with Prakrti (Material nature) as foundation of material

entanglement and suffering

2. Basic analysis of Buddhi (intelligence), Manas (mind) and Ahankara (self identity) as categories of thought within the Citta (mind)

#### **IV. NEW SUBJECTS**

- A. Detailed analysis on Manas (thoughts of emotions and feelings)
- B. Gunas – the material basis of thought and gross objects
- C. Samskaras –the science of memory