

Patanjali's Yoga Sutras

Our purpose is to find out the solutions to our problems by studying these Yoga Sutras,
so we won't get into their technicality and details.

Actually even if we try to we can't as these sutras holds the highest wisdom of spirituality,
the keys of reaching the height of oneself, the things of the level which
Krishna told in Bhagwad Gita or in any other spiritual text.

So we will just try to have an overview of the Sutras
that too with the relevance in our daily lives.

Yoga.... the term which is nowadays restricted only to physical training of body,
in reality is much more bigger and deeper than Asanas.

Maharishi Patanjali's Yoga Sutras gives us eight steps or stages or subjects to master
so that we can reach the ultimate level what one can achieve.

Some call that level Mukti, some call it God realization, some call it becoming one with God.
Whatever one can call it but we know it is the level of our highest potential.

Yama (5 Restraints)	Recommended Restriction on ourselves
Niyama (5 Observances)	Things we should do, recommended duties
Asana (Postures)	Prepare our body for pursuing other steps.
Pranayam (Control on Breath)	Command & Use our breath & prana properly
Pratyahara (Withdrawal of senses)	Learn to detach from outer world
Dharna (One Pointed Focus)	One pointed focus
Dhyan (Meditation)	Meditate in that state
Samadhi (Oneness With Reality)	Become one with your highest possibility

Out of these 8 sutras,
Most of us know something about and even practiced Asanas;
Some of us know something about and even practiced Pranayam;
Few of us know something about and even practiced Dhyana aka Meditation.

But there are two sutras which can help us to become a better human
for ourself, for people around us & for this world directly.

But strangely and sadly these two sutras are very less discussed
even in so called spiritual circles. You know why?

Because these two sutras...
...Directly deals with our shortcomings.
...Demands us to confront our littleness and animalistic self.
...They are so earthly and not sounds mystical or magical or difficult.
...And people around us can see if we are following these or not,
unlike our claims of other spiritual techniques.

That's why you can see so called spiritual people asking and talking with others about meditation and rituals and any other things, hardly anyone talks about these sutras.

And for the same reason & for our purpose to make ourselves & our lives better we will expand and discuss these two simplest, powerful & easy to understand sutras
Yama & Niyama.

Yama: The 5 Restraints; the 5 not to dos; the 5 controls

Niyama: the 5 Observances; the 5 Disciplines; the 5 To Dos

And hopefully you will also see and feel the magic engulfed in the simplicity of these two. Although they are very earthly but don't forget these are the 1st two limbs of that school of thought which contains the keys of highest level of spirituality too.