

CHART-01

ASHTANGA YOGA
(YOGA OF PATANJALI)
RESTRAINING MENTAL
FLUCTUATION

BHAKTI YOGA
(YOGA OF DEVOTION)
SEPARATION FROM
WORLDLY PAIN

YOGA

JNANA YOGA
(YOGA OF KNOWLEDGE)
UNION OF INDIVIDUAL
SOUL WITH SUPER SOUL

KARMA YOGA
(YOGA OF ACTION)
SKILL IN ACTION

CHART-02

CHARACTERS OF A
SUTRA

1. ***alpākṣaram***- ONLY HAVING FEW ESSENTIAL WORDS

2. ***asandigdham***- DEVOID OF CONFUSION

3. ***sāravat***- HAVING THE GIST OF THE TOPIC

4. ***viśvatōmukham***- UNIVERSAL

5. ***astōbham***- MEANINGFUL WORDS

CHART-03

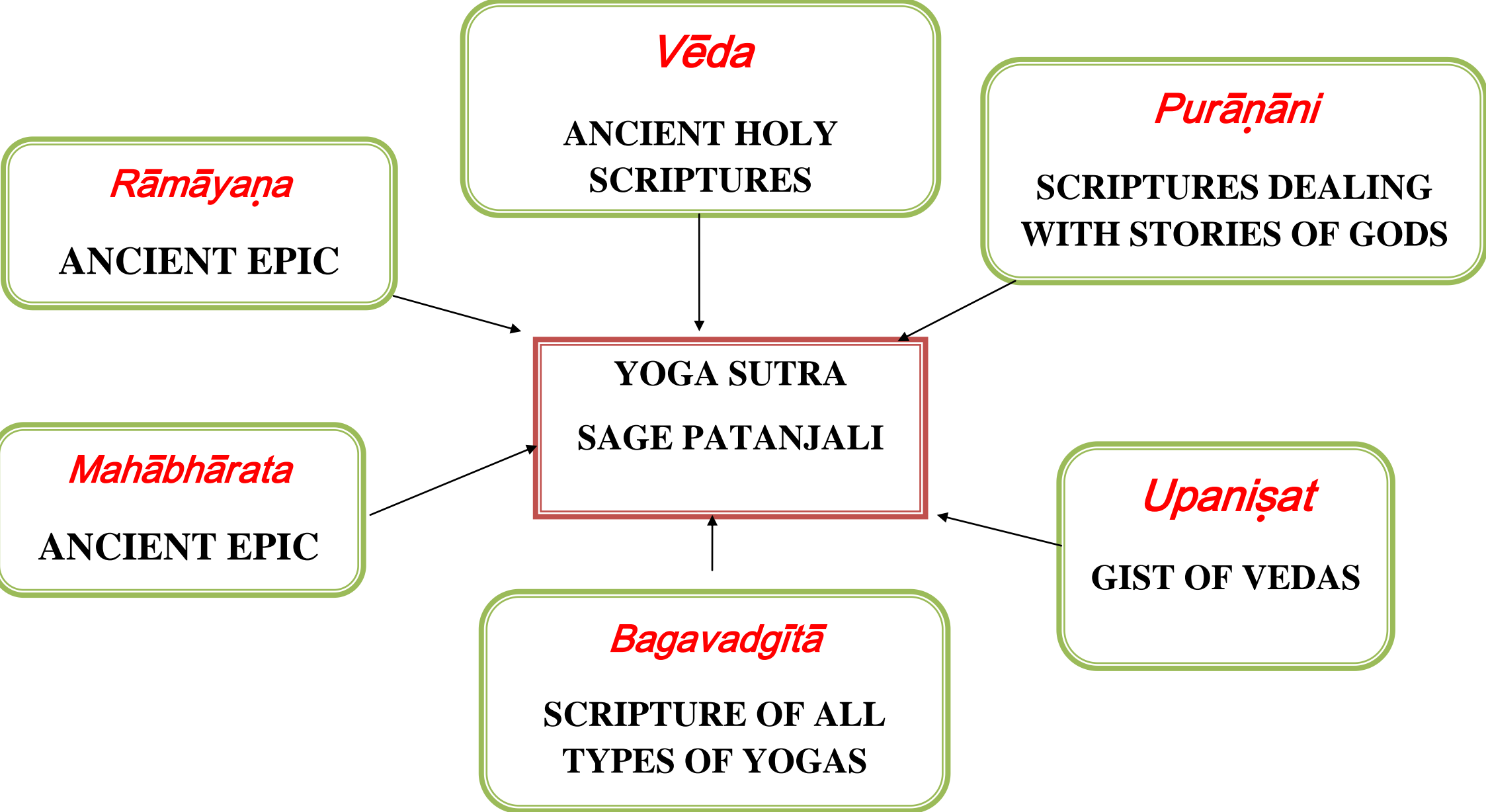


CHART-04

YOGA SUTRA OF PATANJALI

1. SAMADHI PADA-

DEFINITION OF YOGA, TYPES OF FLUCTUATIONS, COCEPT OF *SAMADHI*, COCEPT OF *ISHVARA (GOD)* - NO OF SUTRAS-51

2. SADHANA PADA-

KRIYA YOGA, AFFLICTIONS OF YOGA, ROOT OF THE LIFE, COCEPT *KARMA* (ACTION) AND THEIR EFFECTS, ELIMENTS OF *ASHTANGA YOGA*, SEER AND SEEN COCEPT, FIRST FIVE LIMBS OF YOGA- NO OF SUTRAS-55

3. VIBHUTI PADA

LAST THREE LIMBS OF YOGA, TRANSFORMATIONS OF THE MIND, SUPERNATURAL POWERS-NO OF SUTRS-56

4. KAIVALYA PADA

FIVE TYPES OF *SIDDHIS* (POWERS), REBIRTH COCEPT, NATURAL STATE OF THE PURE SOUL, SELF REALIZATION- NO OF SUTRS-34

CHART-05

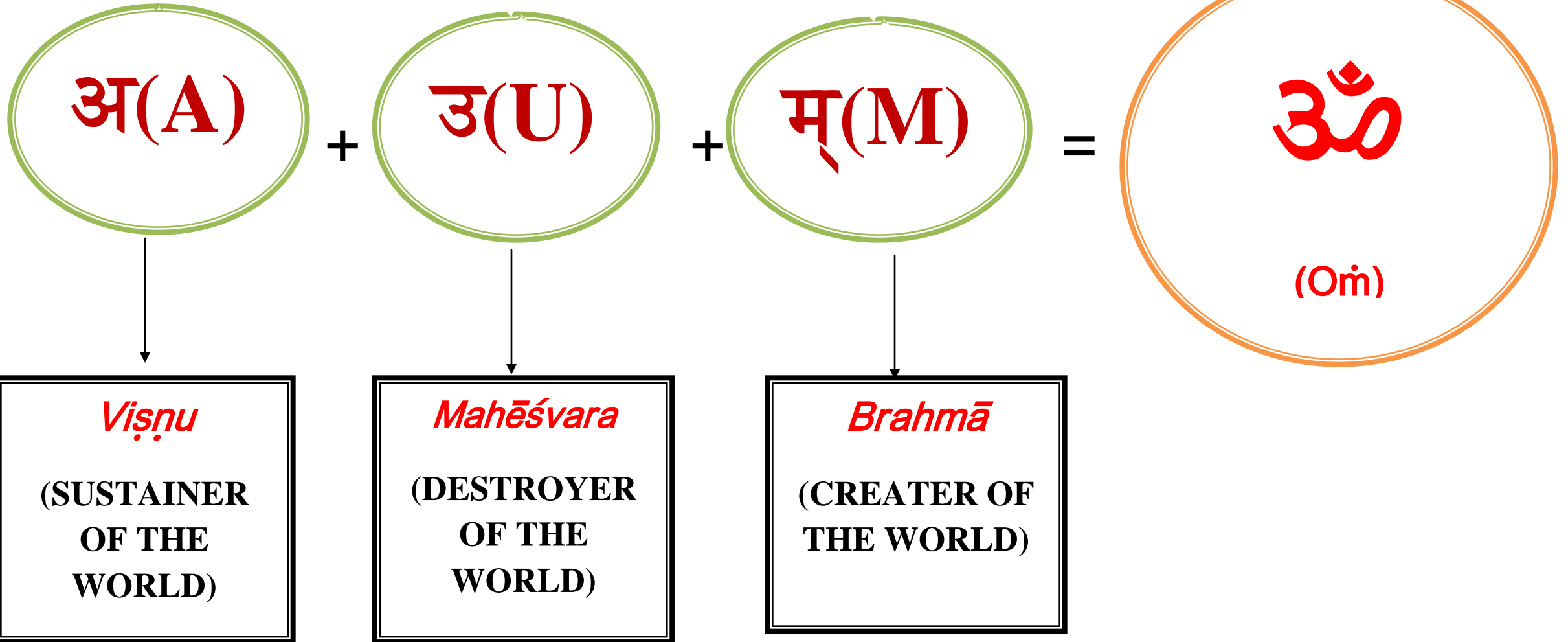
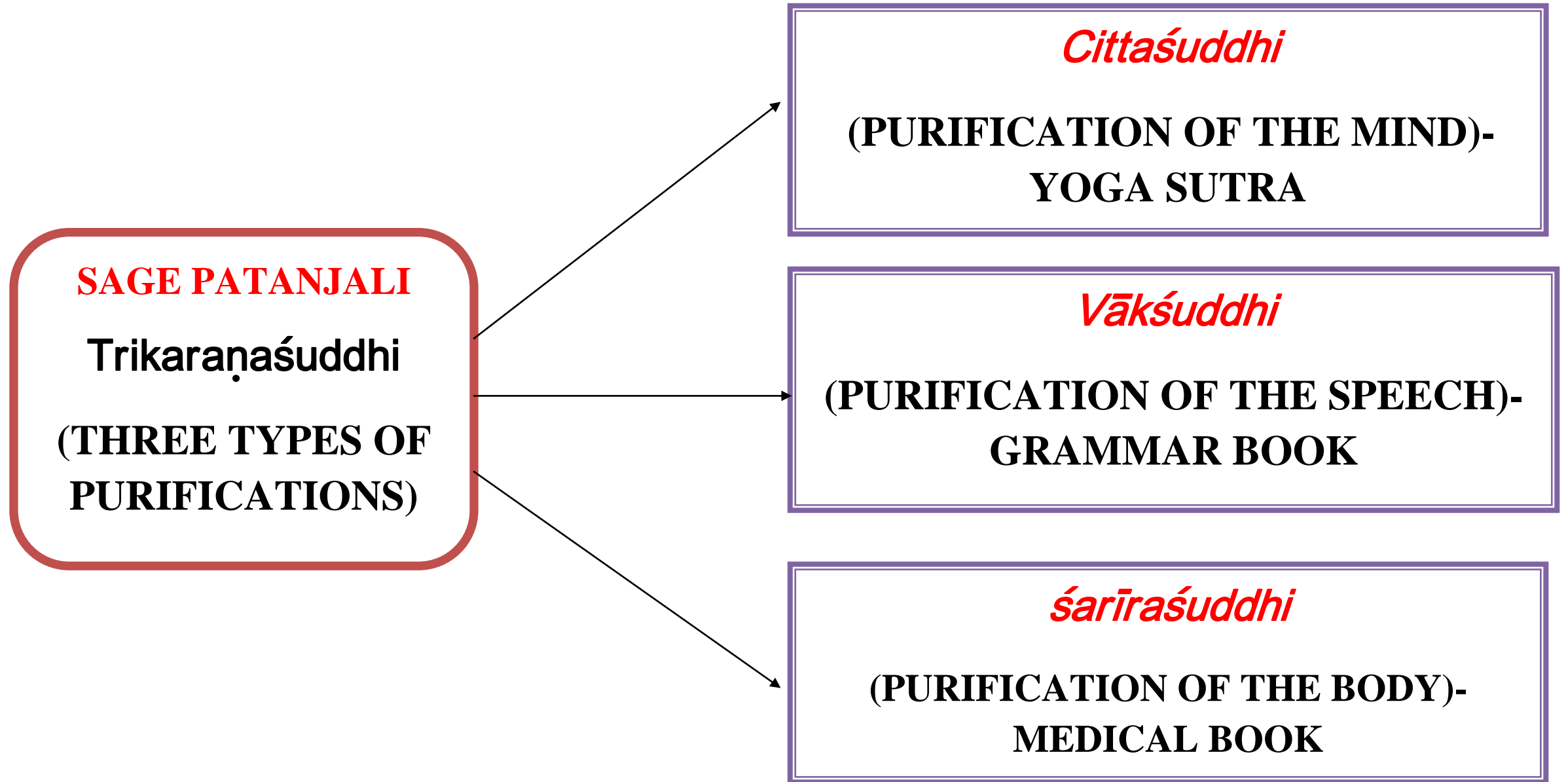


CHART-06



Duḥkhatrayam

THREE KINDS OF PAIN

ādhyātmikam

INTRINSIC

ādhibautikam

EXTRINSIC

ādhidaivikam

**DIVINE OR
SUPERHUMAN**

CHART-08

ārambha

START

Atha

TWO MEANINGS

Maṅgala

**PRAYER
(SACRED)**

ॐ (ōm̐)

Brahmā

**FROM THE THROAT
PART OF THE
CREATOR**

atha

yōgānuśāsanam

EXPLANATION OF YOGA

Lakṣaṇa

(DEFINITION)

**YOGA IS
RESTRAINING
THE MENTAL
FLUCTUATIONS**

Bhēda

(DIVISION)

1. Sabīja

**1ST STAGE OF
SAMADHI**

2. Nirbīja

**2ND STAGE OF
SAMADHI**

Upāya

(METHOD)

Abhyāsa

PRACTICE

Vairāgya

DETACHMENT

Aṣṭāṅgāni

8 LIMBS

Phala

(RESULT)

Kaivalya

**SELF
REALIZATION**

CHART-10

**NORMAL MIND MOVING
TOWARDS WORLDLY
ATTRACTIONS**

**YOGIC MIND MOVING TOWARDS
PURE SOUL**

Puruṣa
(PURE
SOUL)

citta
(MIND)

Nētra (EYE)

Nāsikā (NOSE)

tvak (SKIN)

śrōtram (EAR)

Jihvā (TONGUE)

Puruṣa
(PURE
SOUL)

citta
(MIND)

Nētra (EYE)

Nāsikā (NOSE)

tvak (SKIN)

śrōtram (EAR)

Jihvā (TONGUE)

CHART-11

**ROOT
OF LIFE** →

***Viparyaya* (FALSE KNOWLEDGE)**

***Avidyā* (IGNORENCE)**

***Asmitā* (EGOISM)**

***Rāga* (ATTACHMENT)**

***Dvēṣa* (AVERSION)**

***Abhinivēśa* (FEAR OF DEATH)**

CHART-12

ASHTANGA YOGA PROCESS

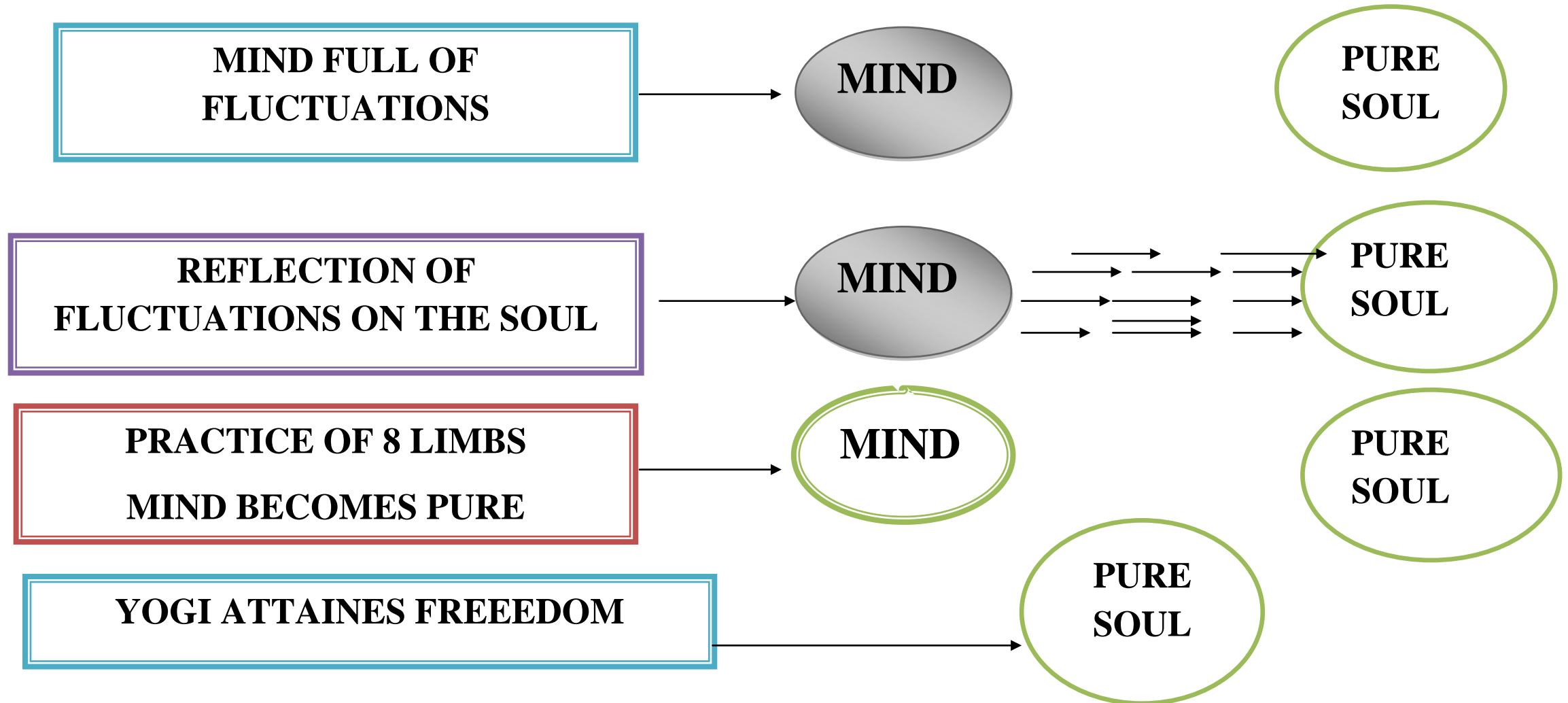
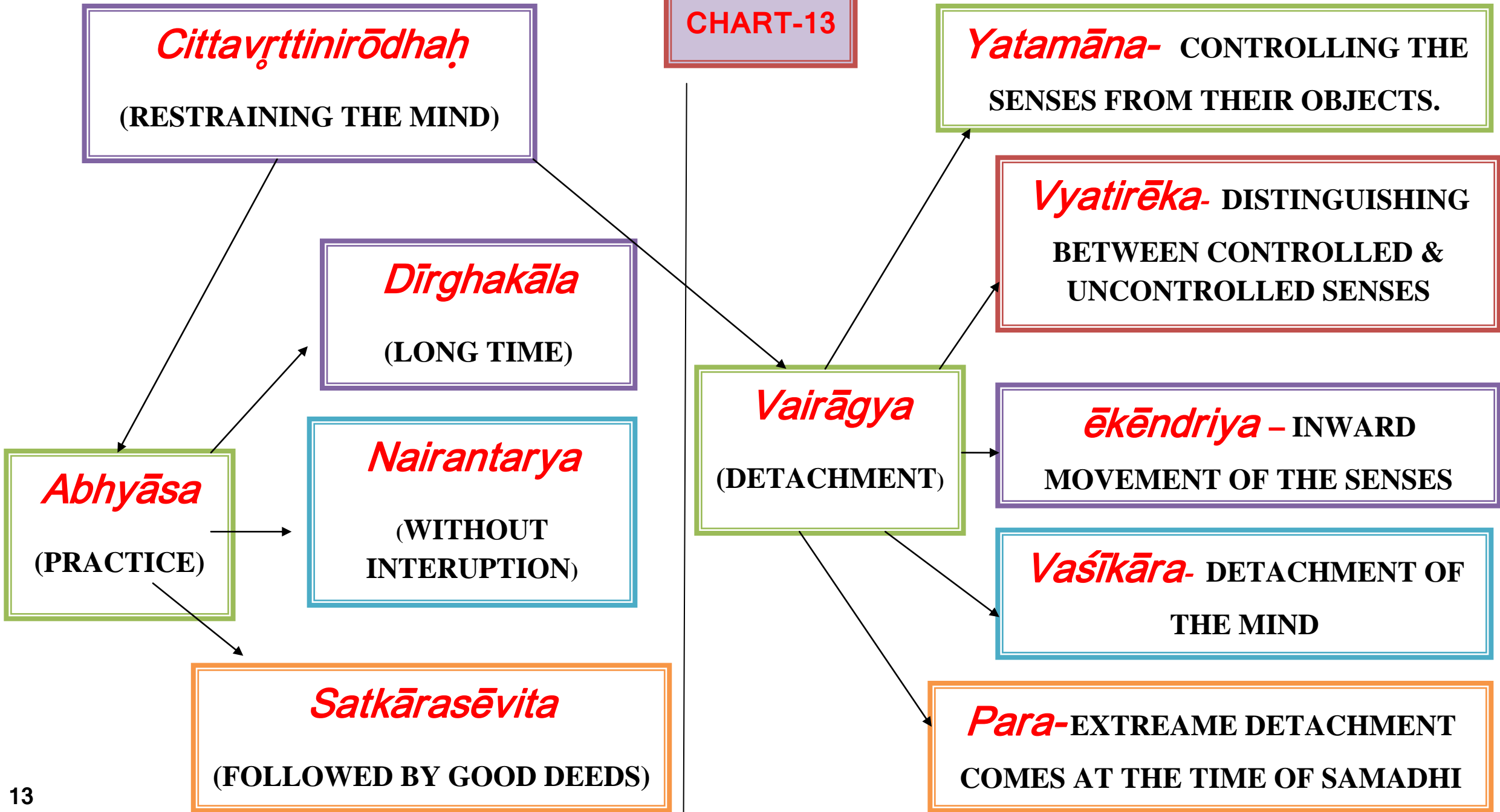


CHART-13



Aṣṭāṅgāni- 8 LIMBS OF YOGA

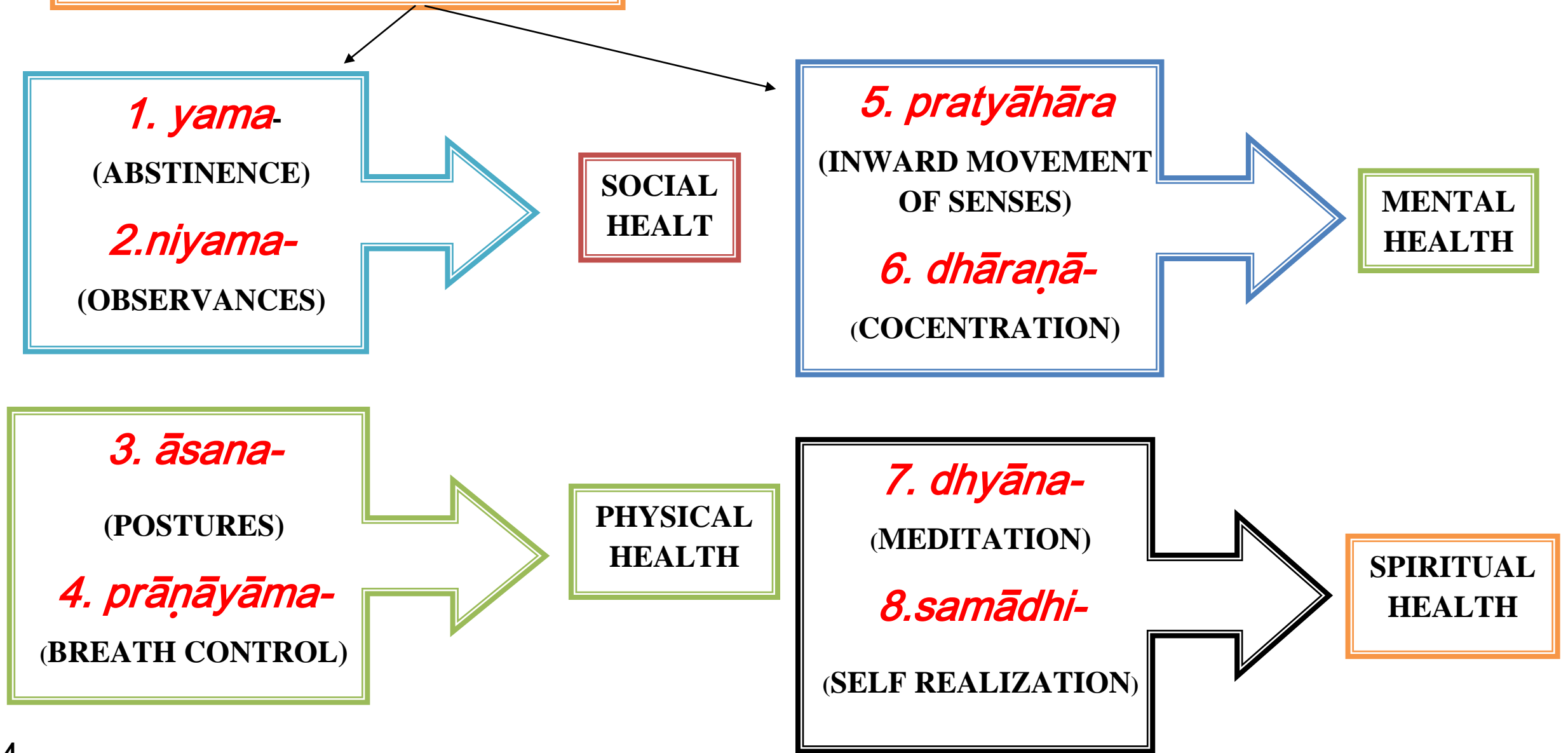
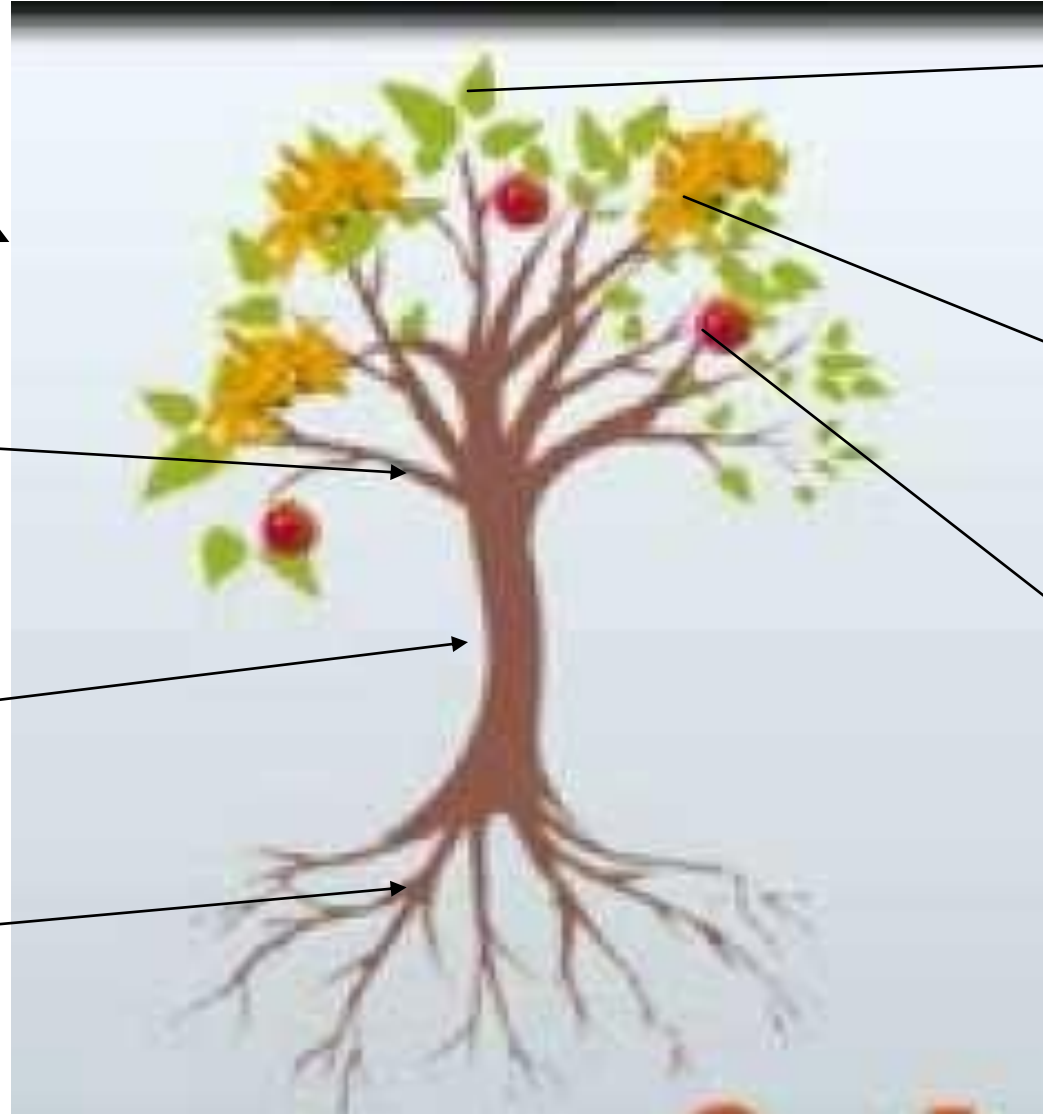


CHART-15

Aṣṭāṅga-TREE



dhāraṇā

dhyāna

samādhi

pratyāhāra

*āsana &
prāṇāyāma*

Yama & niyama

CHART-16

YAMAS

Ahimsā

NON VOILENCE

satya

TRUTHFULNESS

Astēya

NON STEALING

brahmacarya

CONTINENCE

aparigraha

NON RECIEVING

Mānasika

MENTAL

Vācika

VERBAL

Kāyika

PHYSICAL

CHART-17

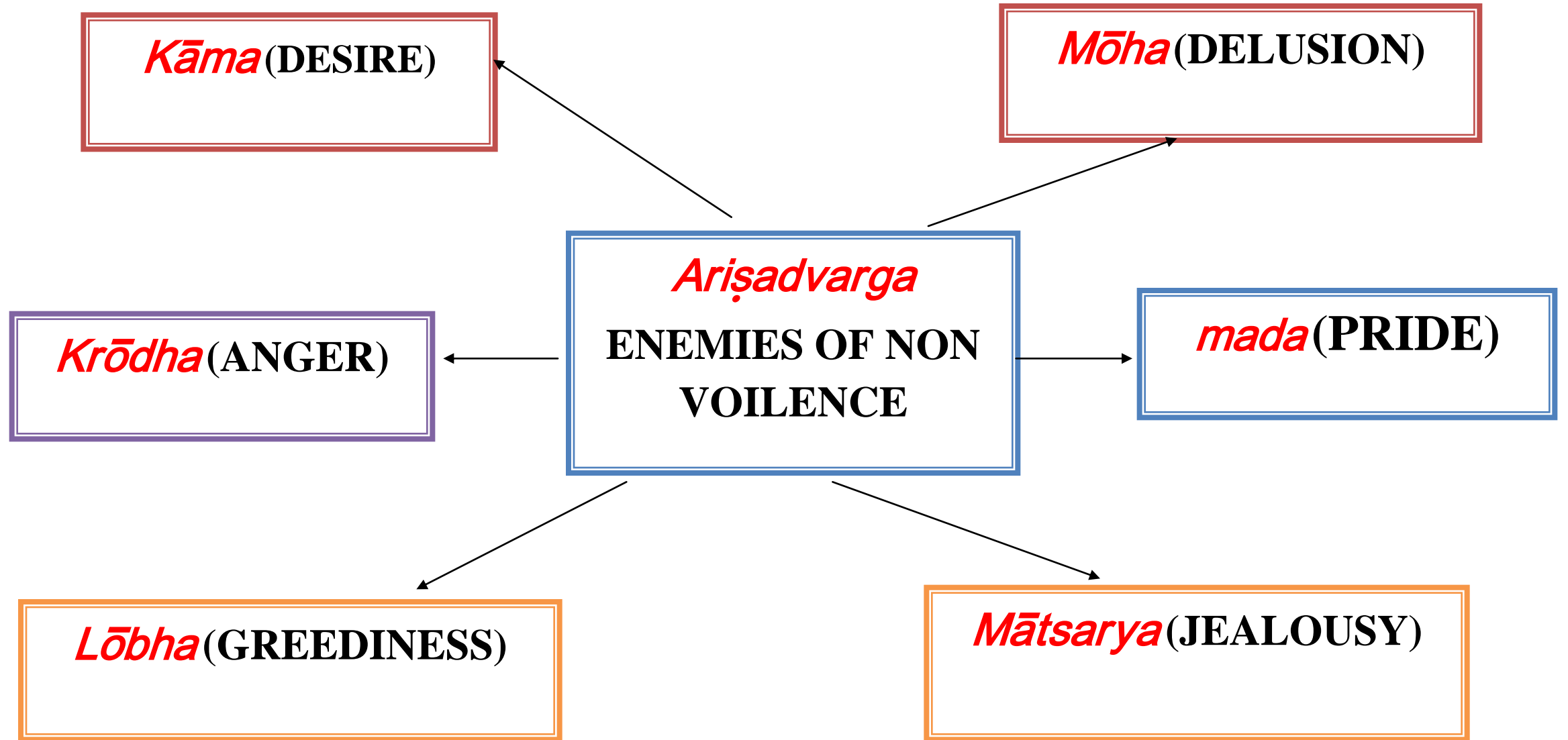


CHART-18

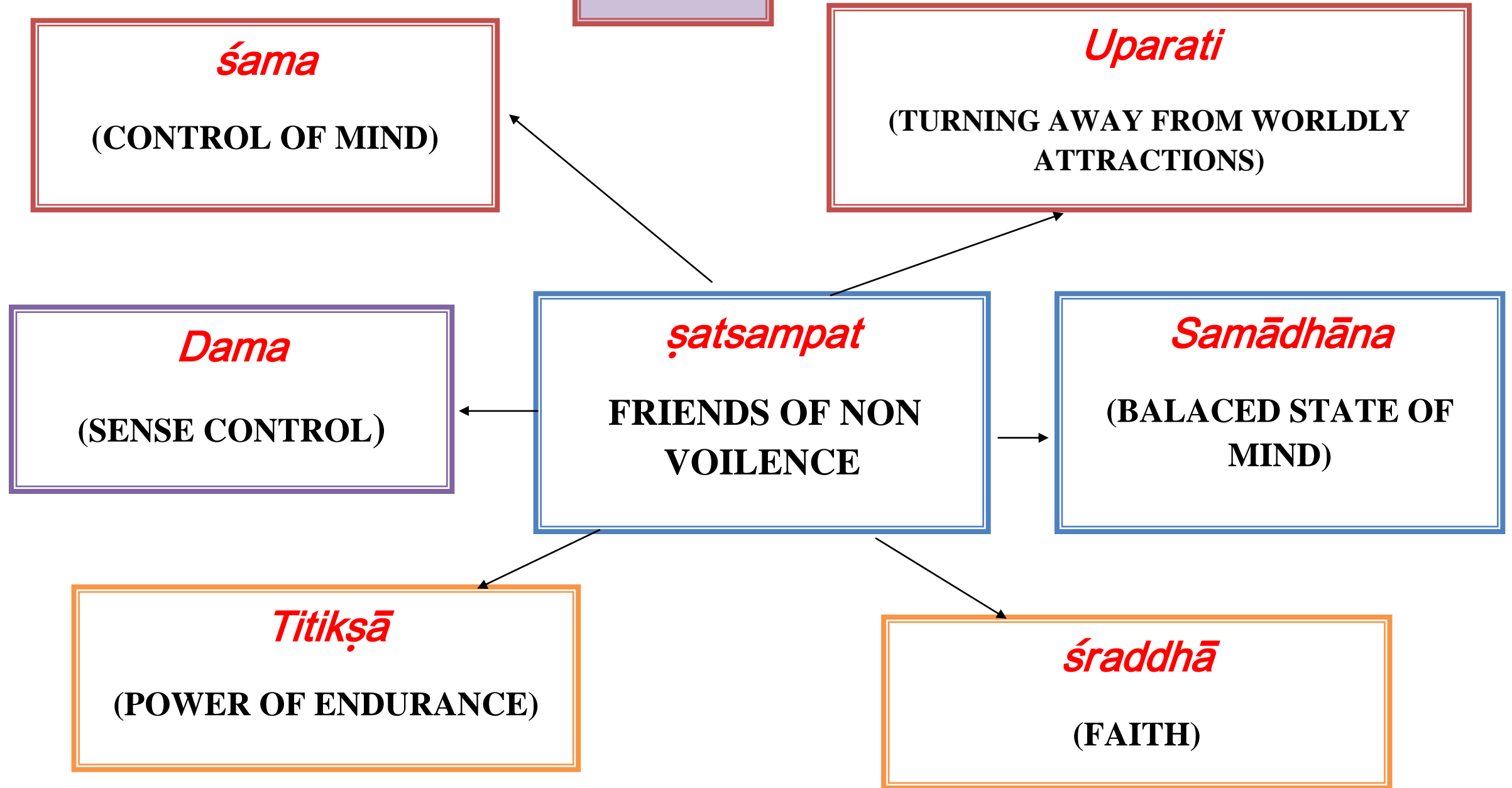


CHART-19

STEPS TO DEVELOP NON VIOLENCE

ONE SHOULD CULTIVATE THESE THINGS IN LIFE.

1. *FRIENDLINESS* TOWARDS ALL BEINGS WHO HAVE ATTAINED HAPPINESS.

THIS VANISHES THE ATTITUDE OF *JEALOUS*

2. *COMPASSION* TOWARDS THOSE WHO ARE IN PAIN

THIS VANISHES THE ATTITUDE OF *HATING & HARMING*

3. *JOY* TOWARDS THOSE ENGAGED IN MERITORIOUS (GOOD) DEEDS.

THIS VANISHES THE ATTITUDE OF *DECEIVING*.

4. *INDIFFERENCE* TOWARDS THOSE ENGAGED IN EVIL DEEDS.

THIS VANISHES *IMPATIENCE*.

CHART-20

SATYA
UNITY OF MIND & SPEECH

Yathāśrutam
WHATEVER IS HEARD

Yathānumitam
WHATEVER IS THOUGHT

Yathādr̥ṣṭam
WHATEVER IS SEEN

CHART-21

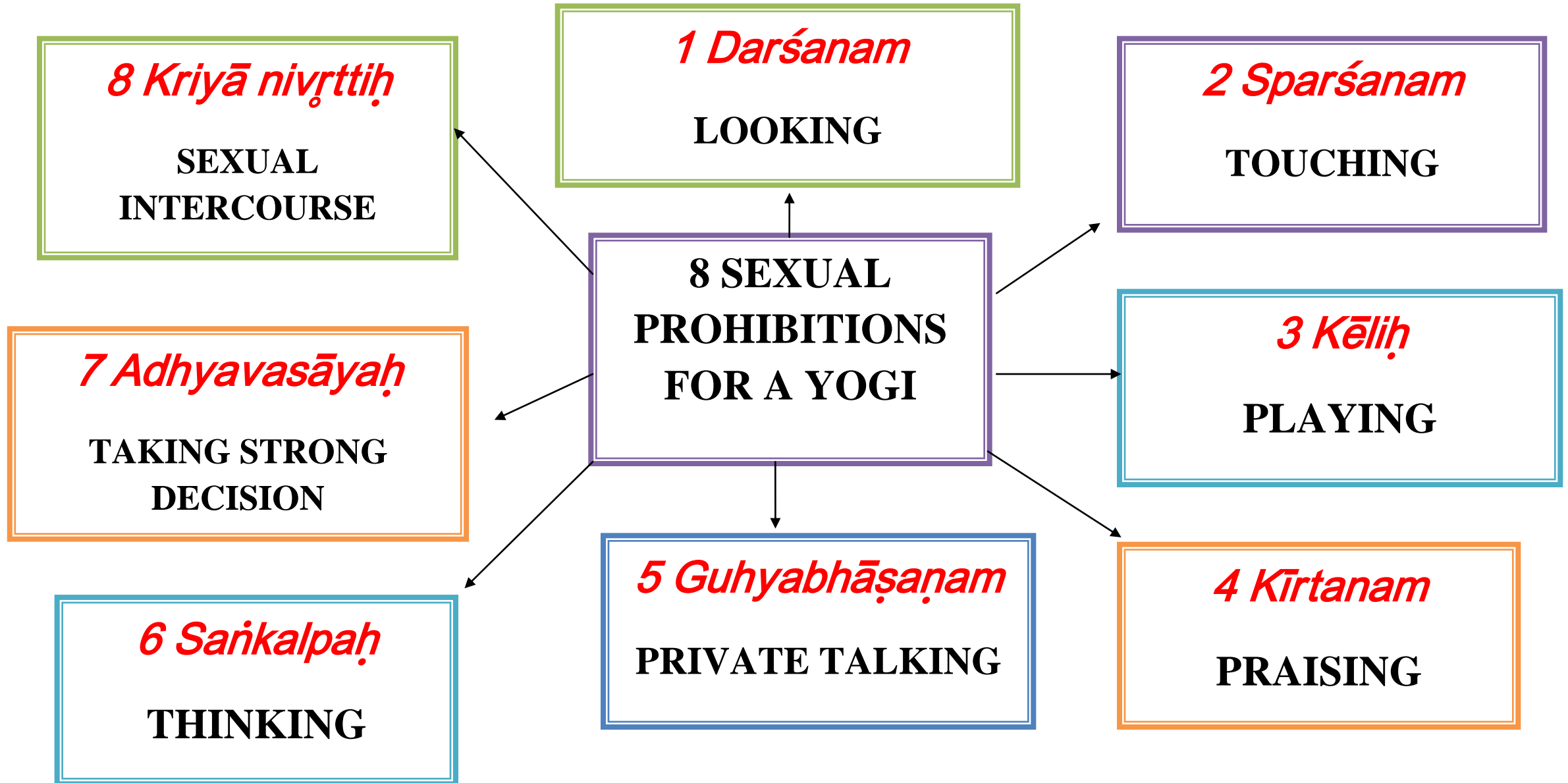


CHART-22

GREEDINESS

**RECEIVING
UNNECESSARY
YHINGS**

PROTECTION

**FALLING FROM
YOGIC PATH**

ATTACHMENT

CHART-23

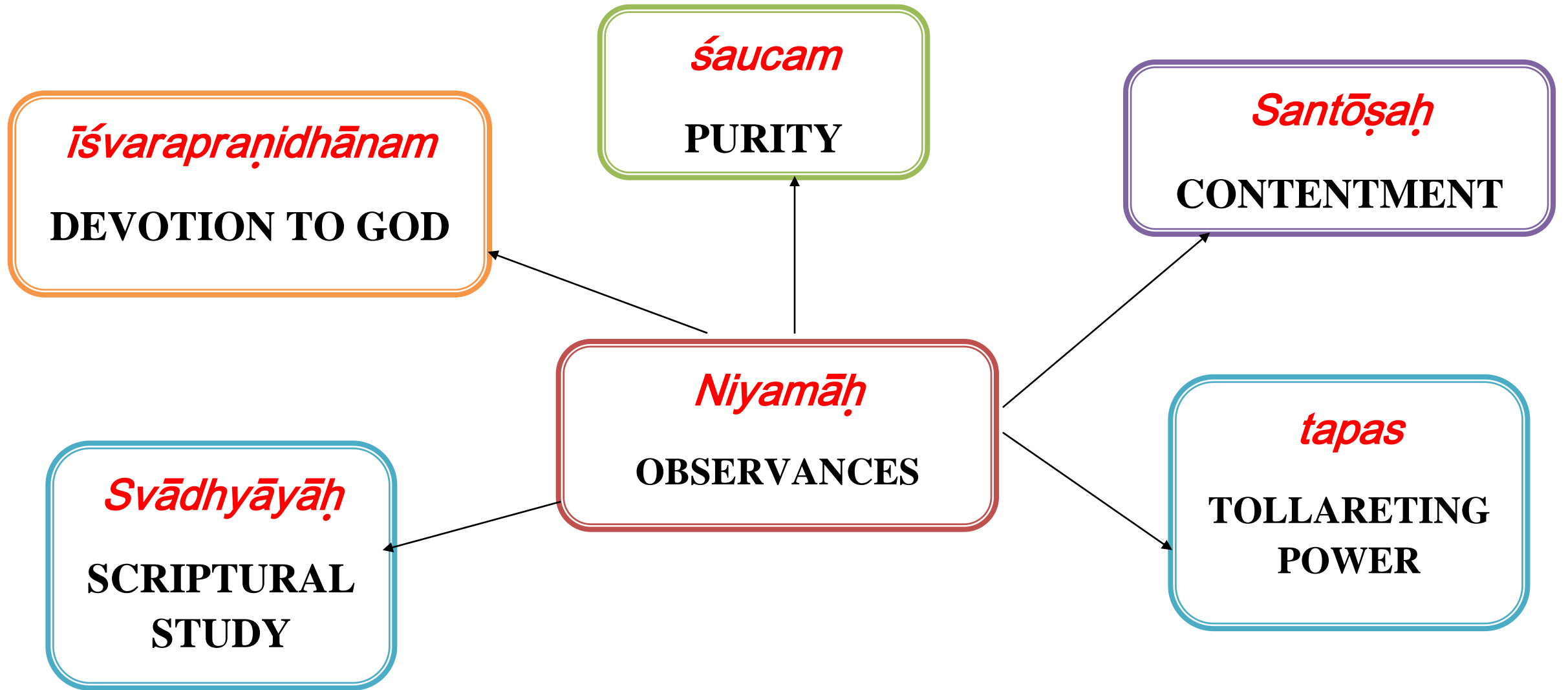


CHART-24

Bāhyaśaucam

EXTERNAL PURITY

ābhyantaraśaucam

INTERNAL
PURITY

śaucam (PURITY)

CLEANING THE OUTER PARTS OF
THE BODY

Mṛt (RED SOIL) *Jala* (WATER)

CLEANING THE INNER
PARTS OF THE BODY

Cittamalāni

DESTROYING
ENEMIES OF
MIND-ANGER,
DESIRE etc

5 COW PRODUCTS

Kṣīram (MILK) *Dadhi*
(YOGURT) *Ghṛtam*
(CLARIFIED BUTTER)
Gōmūtram (COW URINE)
Gōmayam (COW DUNG)

5 NECTARS

Kṣīram (MILK) *Dadhi* (YOGURT)
Ghṛtam (CLARIFIED BUTTER) *madhu*
(HONEY) *śarkarā* (SUGAR)

CHART-25

THREE GUNAS
3 QUALITIES OF NATURE

SATTVA
QUALITY OF GOODNESS
1 WISDOM
2 HAPPINESS
3 PATIENCE
4 PURITY

RAJAS
QUALITY OF PASSION
1 ATTACHMENT
2 ANGER
3 DESIRES
4 GREEDINESS

TAMAS
QUALITY OF INERTIA
1 IGNORANCE
2 HEEDLESSNESS
3 INDOLENCE
4 SLEEP

SATTVA-
RAJAS-
TAMAS-

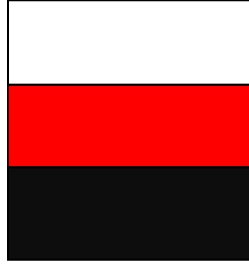


CHART-26

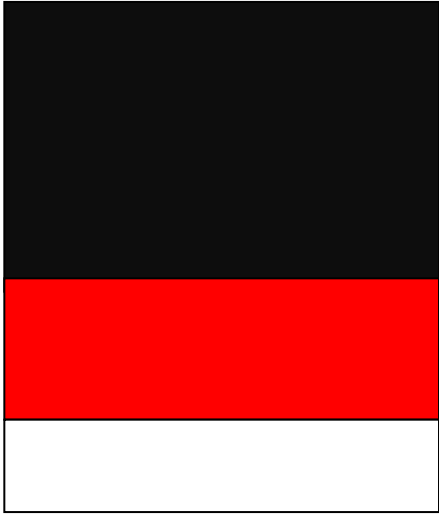
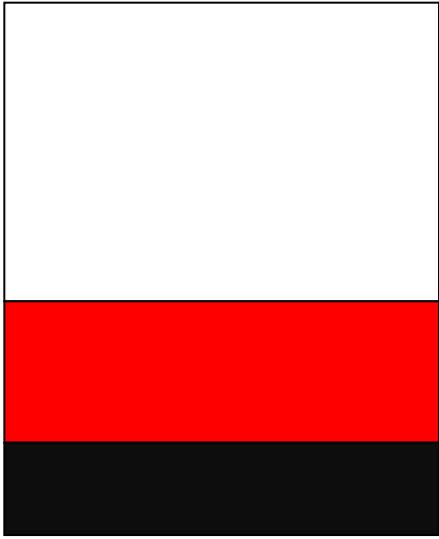
NORMAL LIFE

**PREDOMINENCE OF
SATTVA (GOODNESS)**

**PREDOMINENCE OF
RAJAS (PASSION)**

**PREDOMINENCE OF
TAMAS (INERTIA)**

YOGIC LIFE



**PURE
SATTVA**

CHART-27



CHART-28

Tapas -AUSTERITY

Dvandvasahanam-TOLERATING DUALITIES

Jigatsā -HUNGER

pipāsā-THIRST

śītam-COLD

uśnam-HEAT

Vratam-

FOOD CONSUMPTION

Kāṣṭhamaunam—

ABSENCE OF EXPRESSIONS

ākāramaunam-

ABSENCE OF SPEECH

Sthānam-STANDING

āsanam-SITTING

CHART-29

**Vratam-FOOD
CONSUMPTION**

Prājāpatya

12 DAYS TAPAS

Yati cāndrāyaṇa

**8 MOUTHFULL OF FOOD
EVERY MID DAY**

Pipīlikāmadhya

1 MONTH TAPAS

**FULL MOON DAY FASTING.THEN
ACCORDING TO THE DECREASE IN
THE SIZE OF THE MOON
DECREASING THE QUANTITY OF
FOOD**

15 TO 1 AND 1 TO 15

Yavamadhya

1 MONTH TAPAS

**NEW MOON DAY
FASTING.THEN ACCORDING
TO THE INCREASE IN THE
SIZE OF THE MOON
INCREASING THE QUANTITY
OF FOOD**

1 TO 15 AND 15 TO 1

śīśu cāndrāyaṇa

**4 MOUTHFULL OF
FOOD EVERY
MORNING & 4 AT
EVENING**

CHART-30

śārīram (PHYSICAL)

1. dēvadvijaprājñapūjanam

- WORSHIP OF THE
GODS, YOGIES, TEACHERS
& THE WISE.

2. śaucam - PURITY

3. ārjavam -
STRAIGHTFORWARDNESS

4. brahmacaryam -
CELIBACY

5. ahimsā -
NON VIOLENCE

Tapas - AUSTERITY

Vācīkam (VERBAL)

*1. anudvēgakaram, satyam
and priyahitam vākyam* -

- SPEECH WHICH CAUSES NO
EXCITEMENT, TRUTHFUL,
PLEASANT & BENEFICIAL.

2. svādhyāyaḥ

SCRIPTURAL STUDY

Mānasam (MENTAL)

1. manḥprasādaḥ

SERENITY OF MIND.

2. saumyatvam

GOOD HEARTEDNESS

3. maunam

SILENCE

4. ātmavinigrahaḥ

SELF CONTROL

5. bhāvasamśuddhiḥ

PURITY OF NATURE

CHART-31

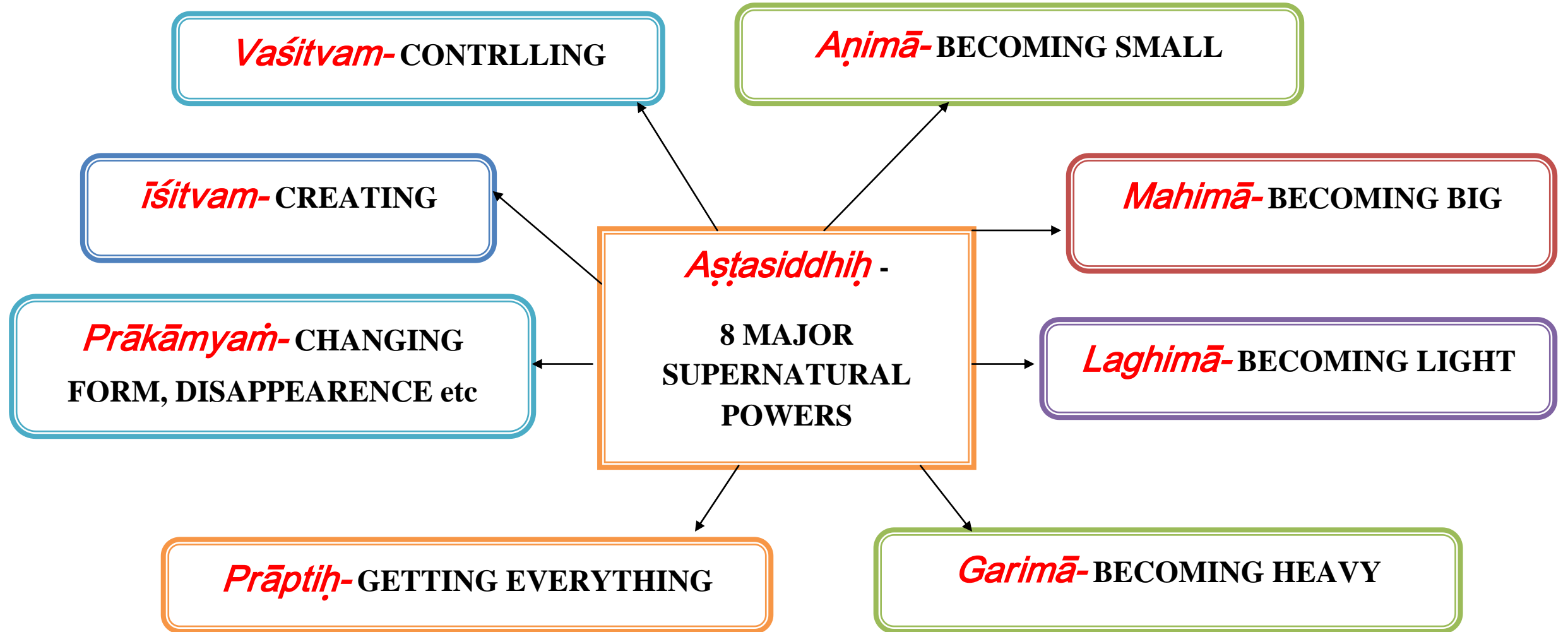
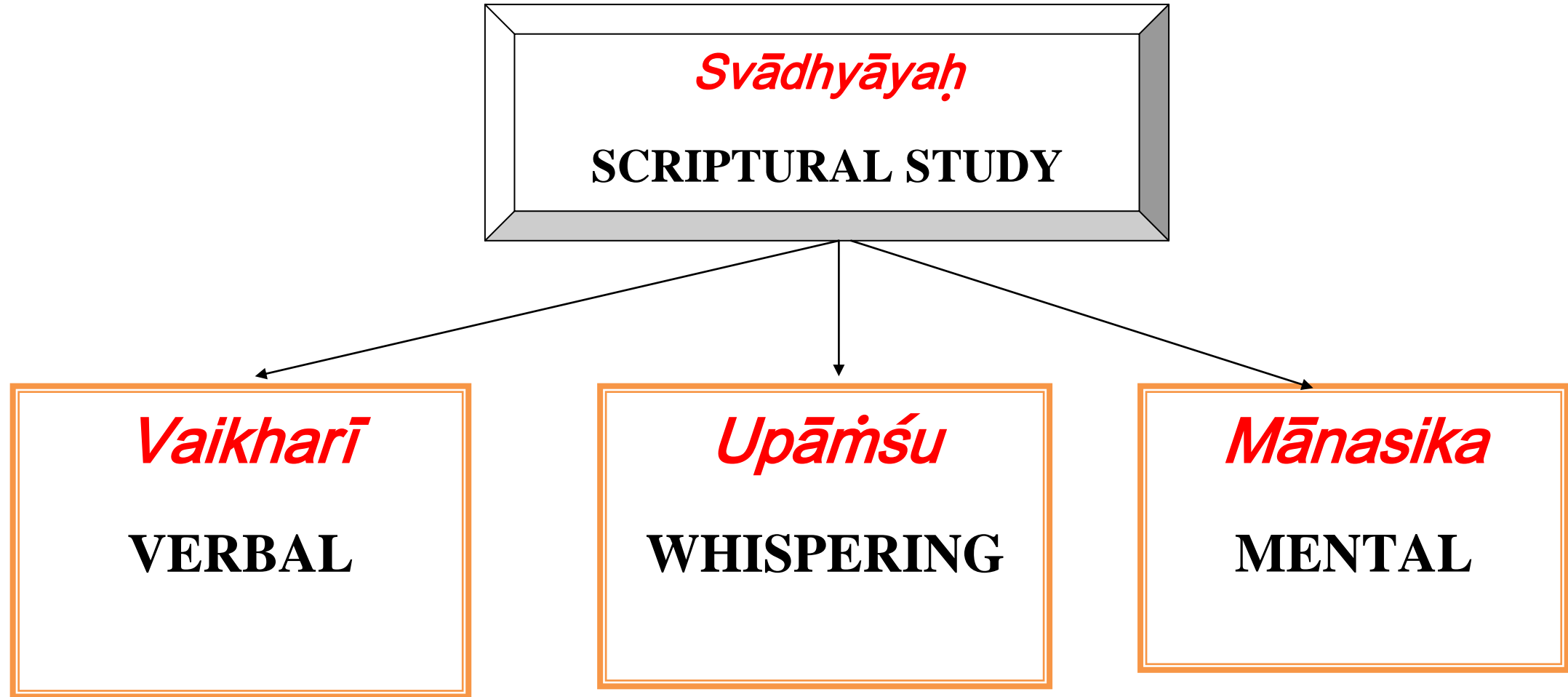


CHART-32



īśvarapraṇidhānam

CHART-33

Karma-ACTION

Niśkāmam

UNSELFISH ACTION

Kāmyam

DESIRED ACTION

akarma

ABSENCE OF ACTION

nityam

ROUTINE ACTION

naimittikam

OCCASIONAL ACTION

īśvarapraṇidhānam

Bhakti

DEVOTION

śravaṇam

LISTENING

Dāsyam

SERVING

Kīrtanam

PRAISING

sakhyam

FRIENDSHIP

vandanam

SALUTING

Smaraṇam

THINKING

ātmanivēdanam

SURRENDERING

arcanam

WORSHIPING

Pādasēvanam

FALLING ON FEET

Bhaktiyōga-samādhiḥ

DEVOTION-SELF REALIZATION

Sālōkyam

LIVING IN THE SAME
WORLD OF THE LORD

Sāmīpyam

BECOMING NEARER TO
THE LORD

Sāyujyam

DISSOLVING IN THE
LORD

Sārūpyam

GETTING THE SAME
FORM OF THE LORD



CHART-36

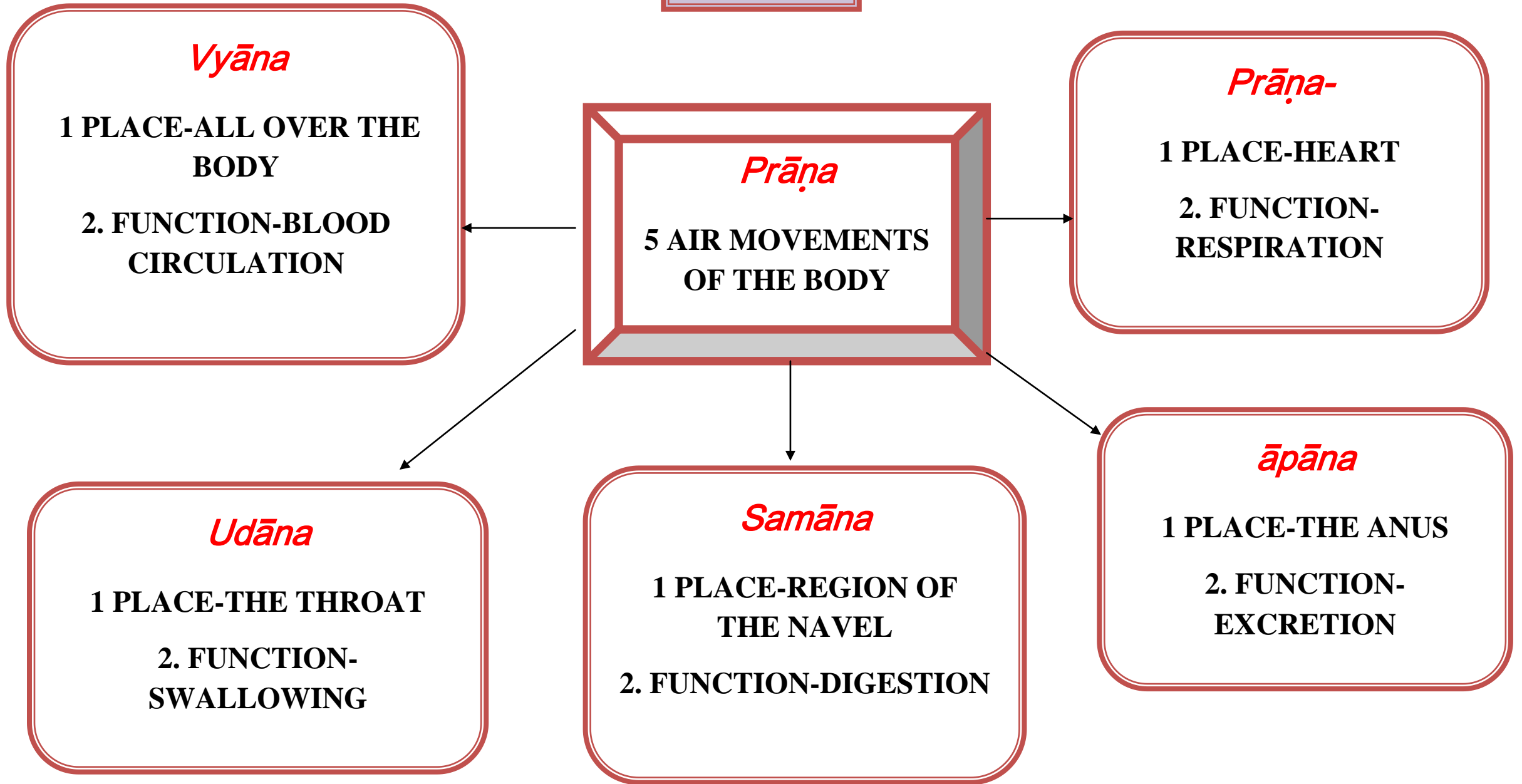


CHART-37

Adhamah
INFERIOR

Madhyamah
MIDDLE

Uttamah
SUPERIOR

Prāṇayāma
BREATH CONTROL

Bāhyavṛttiḥ
EXTERNAL (*Rēcakah*)

ābhyantaravṛttiḥ
INTERNAL (*pūrakah*)

Sthambhavṛttiḥ-1
STEADY (*Kumbhakah-1*)

Sthambhavṛttiḥ-2
STEADY (*Kumbhakah-2*)

CHART-38

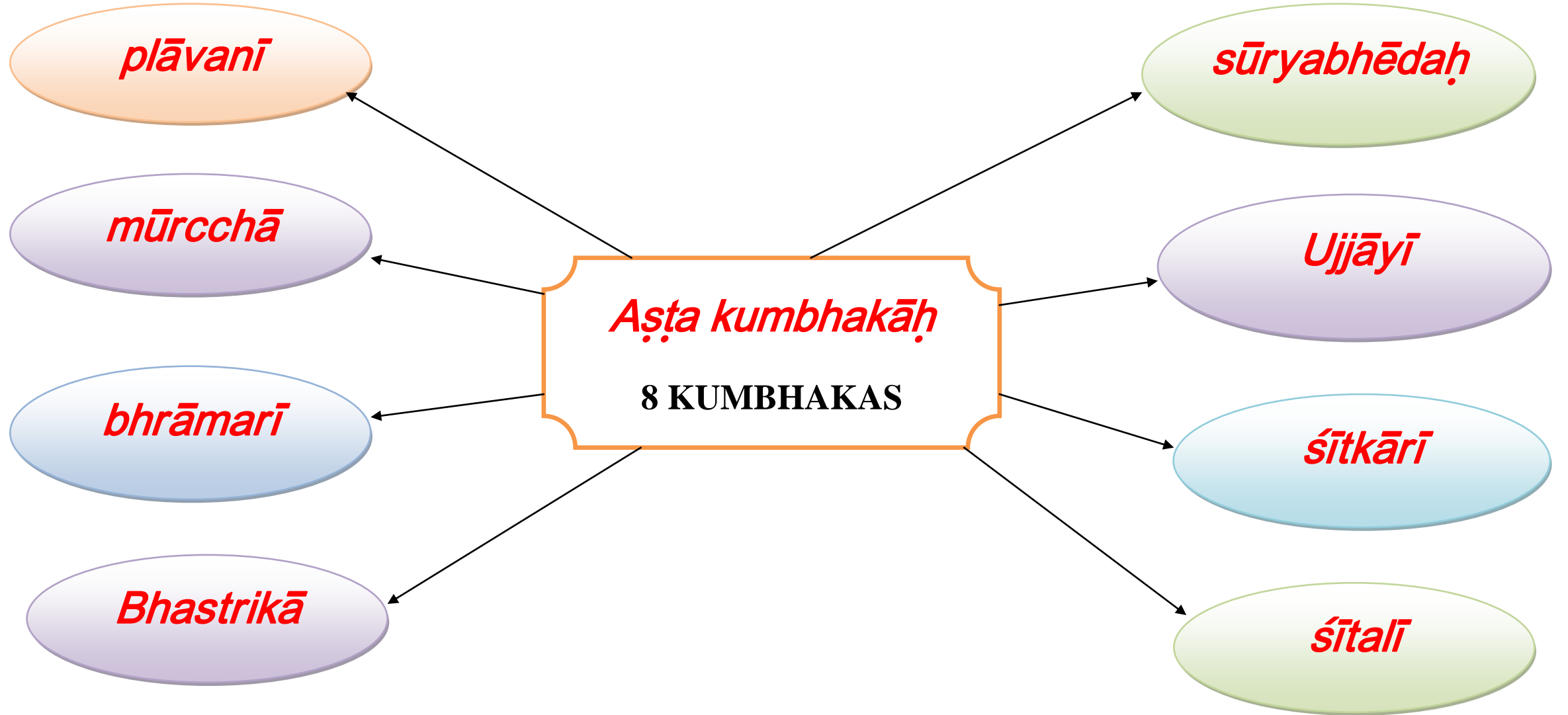
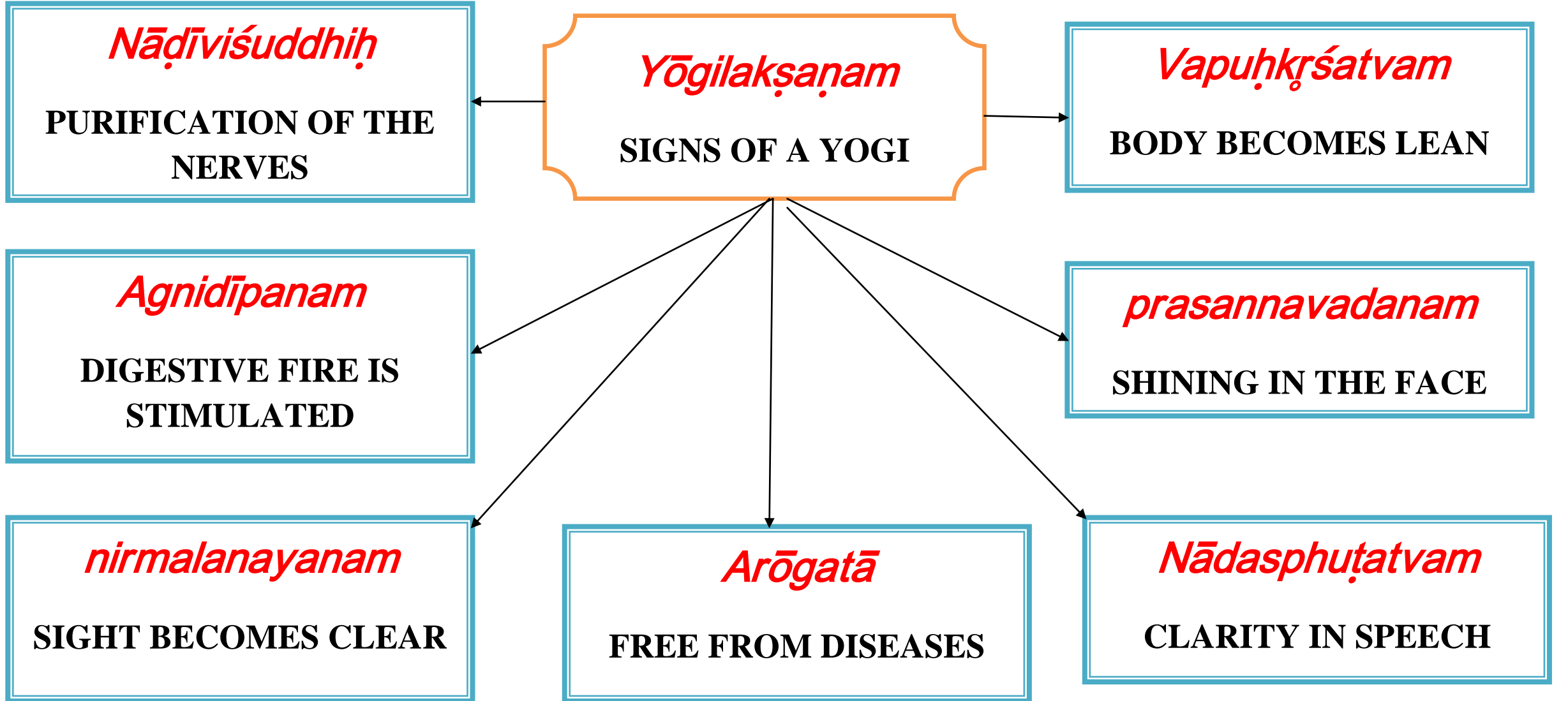


CHART-39



SERIES OF DESTRUCTION

CHART-40

Viṣayadhyānaḥ

ACTIVE SENSES

Saṅgaḥ

ATTACHMENT

Kāmaḥ

DESIRE

Smṛtivibhramaḥ

LOSS OF MEMORY

Samīmōhaḥ

DELUSION

Krōdhaḥ

ANGER

Buddhināśaḥ

LOSS OF INTELLIGENCE

Praṇāśaḥ

END

CHART-41

***Dhāraṇā*-COCENTRATION**

***Bāhyaviśayah*-EXTERNAL PLACES**

1 pratimā-IDOL

2 dīpaḥ-LIGHT

3 oṃ-OM

4 yōgī-ABOUT YOGIS AND etc

***ābhyantaraviśayah*-INTERNAL PLACES**

1 nābhicakram-NAVEL CIRCLE

2 hṛdayakamalam-THE HEART LOTUS

3 mūrdhajyōthiḥ-THE SHINING CENTER
OF THE HEAD

4 nāsikāgram-TIP OF THE NOSE

5 jihvāgram-TIP OF THE TONGUE AND etc

CHART-42

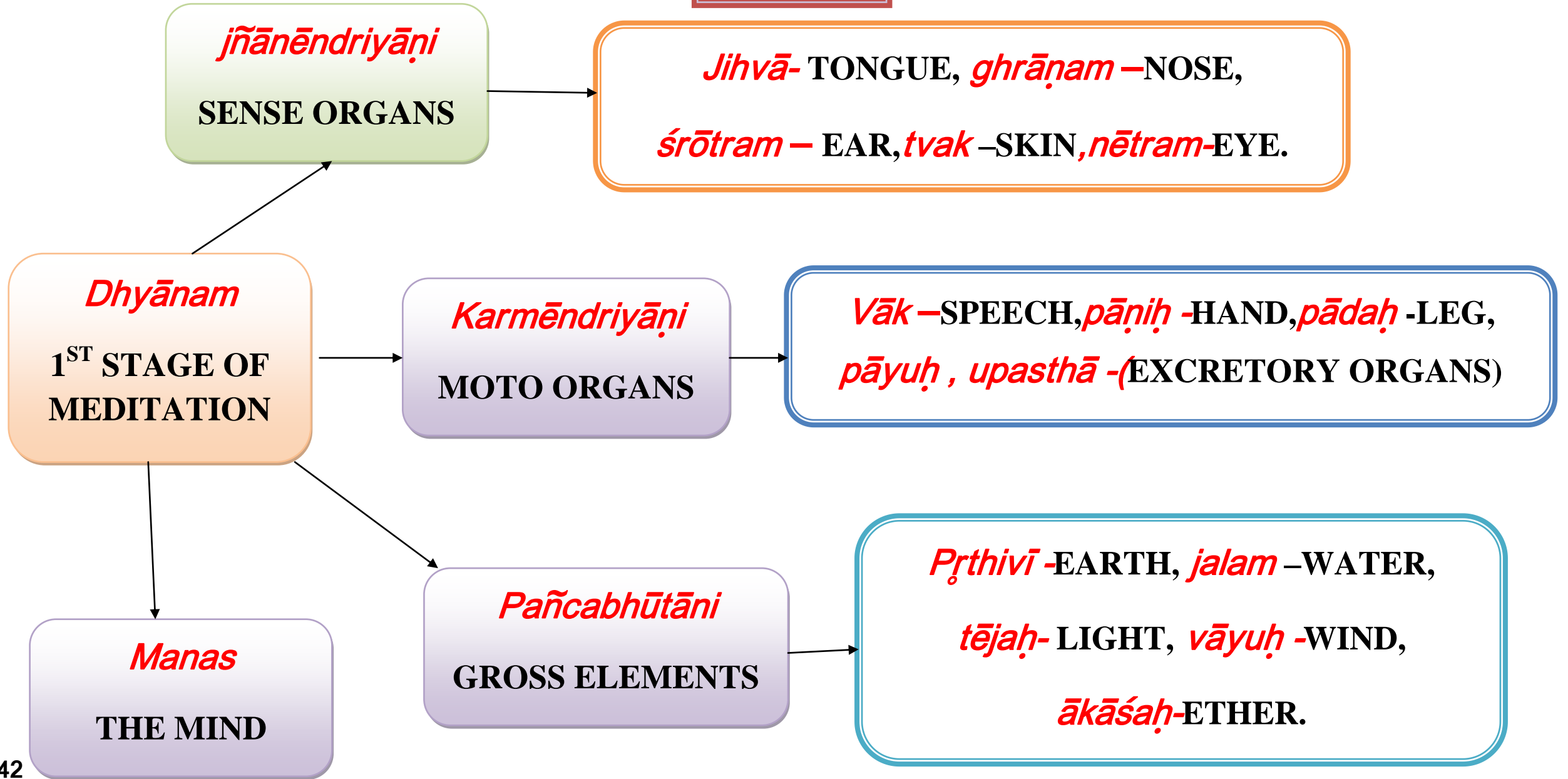


CHART-43

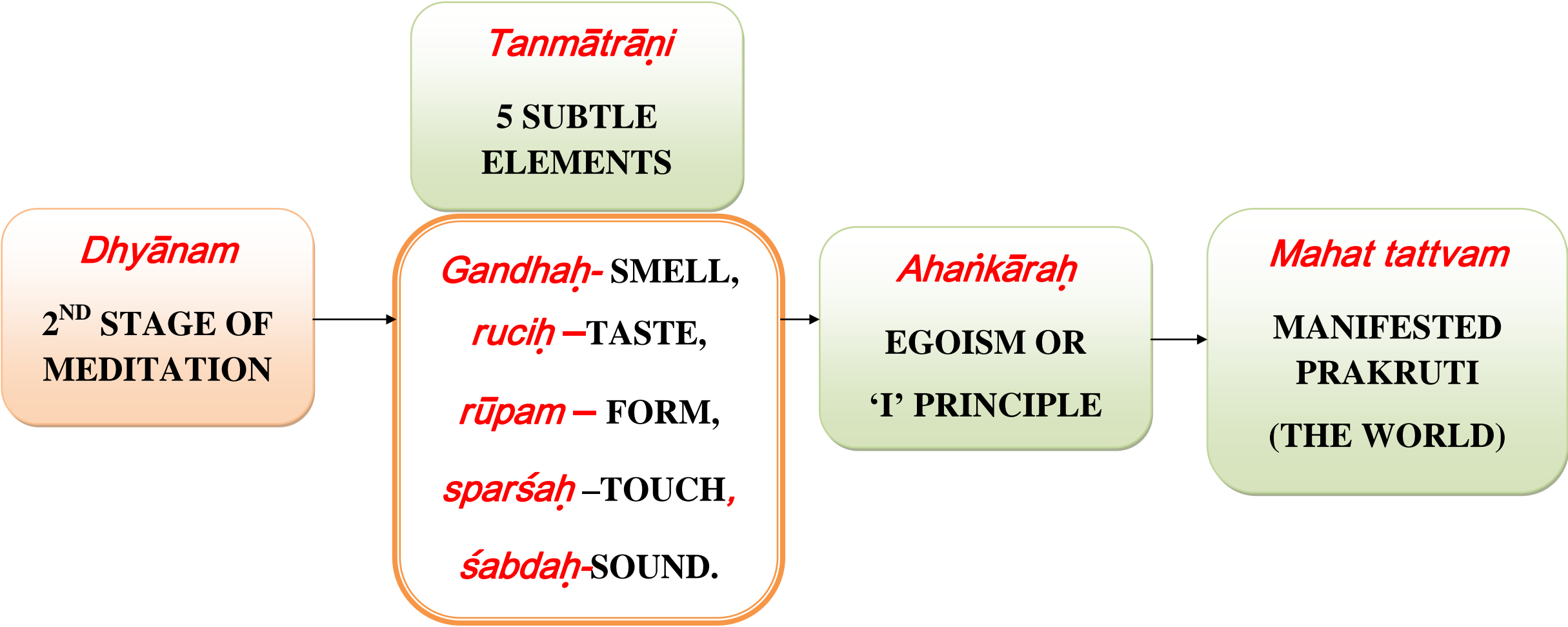
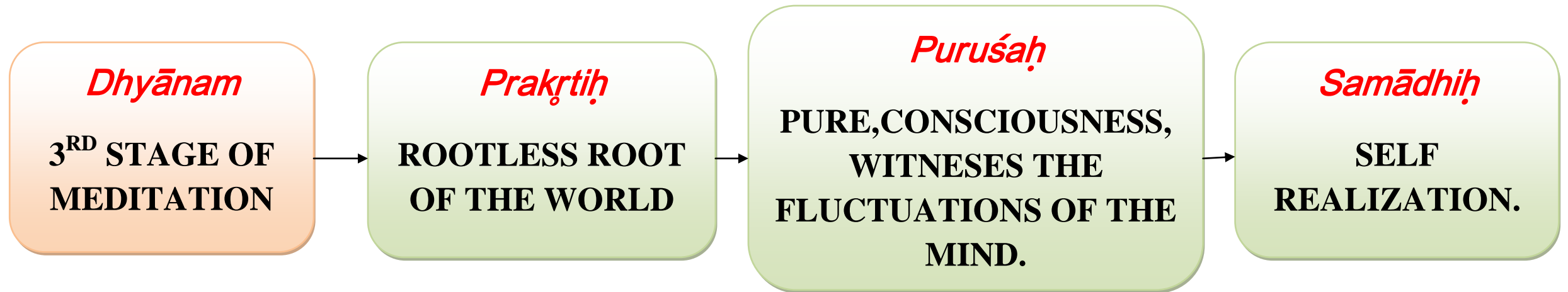


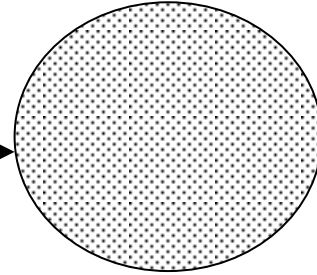
CHART-44



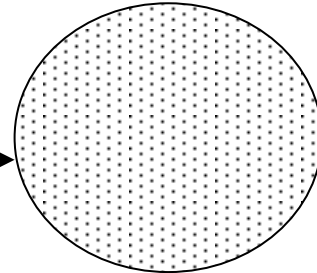
Samyamah-CONCENTRATION,
MEDITATION & SELF REALIZATION.

CHART-45

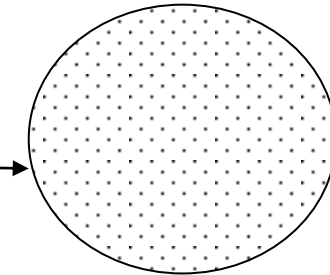
Dhāraṇā-CONCENTRATION WITH ONLY
SATTVIC FLUCTUATIONS



Dhyānam-MEDITATION WITH VERY LESS AMOUNT
OF SATTVIK FLUCUATIONS



Sabījasamādhiḥ-WITH THE SEED OF LIFE-1ST STAGE



nirbījasamādhiḥ-WITHOUT THE SEED OF LIFE- 2ND STAGE

