

# Light on Hatha Yoga

## Module 1

### Lesson

#### Schools of Yoga and Overview of the Haṭha Pradīpikā



ॐ ॐ ॐ  
श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om  
Sri Gurubhyo Namah Harih  
Om

Salutations to the Gurus!

ॐ सह नाववतु ।  
सह नौ भुनक्तु ।  
सह वीर्यं करवावहै ।  
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।  
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ saha nāvavatu saha nau bhunaktu  
saha vīryaṃ karavāvahai  
tejasvi nāvadhītamastu mā vidviṣāvahai  
oṃ śāntiḥ śāntiḥ śāntiḥ

May that Brahman protect us together. May it nourish us together. May we both gain great vitality. May our learning be brilliant. May we never argue. Om peace, peace, peace.

# Maṅgala Śloka of HP

श्रीआदिनाथाय नमोऽस्तु तस्मै येनोपदिष्टा हठयोगविद्या ।  
विभ्राजते प्रोन्नतराजयोगम् आरोढुम् इच्छोर् अधिरोहिणीव ॥१॥

śrī ādi nāthāya namaḥ astu tasmai yena upadiṣṭā haṭha yoga vidyā |  
vibhrājate pronnata rāja yogam āroḍhum icchoḥ adhirohiṇī iva ||

I bow to the Almighty who taught the lore of Haṭha Yoga, which is held in high esteem as if it were a flight of steps for the aspirant who looks forward to climbing the highest peak of Rājayoga (spiritual achievement). [Kaivalyadhāma, 1998]

# Saṅkalpa

An inquiry into the nature of the principles and practices of Yoga by undertaking the study of the Haṭha Pradīpikā.

# INDIAN KNOWLEDGE SYSTEMS

## → 14 Vidyās or Knowledge Systems

### ◆ 4 Vedas (Śruti)

Ṛg, Yajur, Sāma, Atharvaveda

### ◆ 4 Upaveda

Āyurveda, Dhanurveda, Gandharva, Arthaśāstra/ Sthāpatyaveda

### ◆ 6 Vēdāṅgāns

Śikṣā, Vyākaraṇa, Chandas, Nirukta, Kalpa, Jyōtiṣa)

## ◆ Smṛti

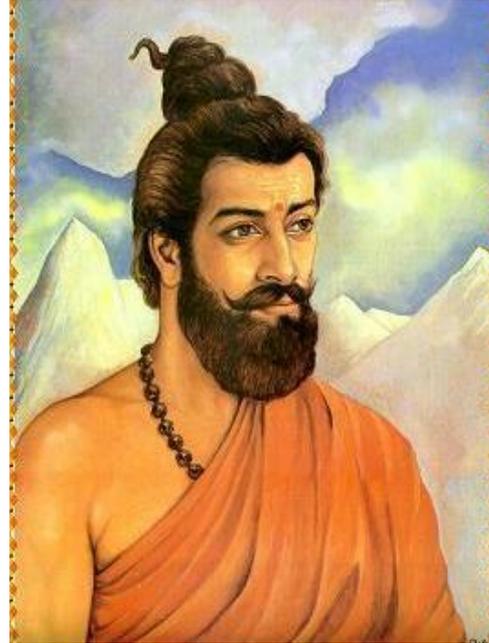
- Upaveda
- Vedāṅgas
- Dharmaśāstra
- Itihāsa,
- Purāṇa
- Tantra
- Āgama
- Kavya
- Bhaṣya
- Nibandha
- Ṣad Darśana

# ṢAD DARŚANAM

- Nyāya
- Vaiśeṣikam
- Sāṃkhya
- Yoga
- Purva Mīmāṃsā
- Uttara Mīmāṃsā / Vedānta

# SĀMĀKHYA - YOGA

- Maḥarṣi Kapila
- Maḥarṣi Patañjali
- Tri dukha
  - Ādi bhautika (extrinsic)
  - Ādi daivika (divine)
  - Ādhyātmika (intrinsic)
- Origin of dukha
- Means to overcome it – Yoga
- Mokṣa / Kaivalyam



# YOGA

- Vyākaraṇa / Grammar - from the dhātu or root word
  - yujir yōgē (to yoke or join)
  - yuj samādhau (samādhi)
  - yuj samyame
- Amarakōśa (Sanskrit Dictionary)
  - Sannhanaḥ - Armour
  - Upāya – Means
  - Dhyāna – Meditation
  - Sangati – Union
  - Yuktiḥ - Technique
- Patañjaliḥ - yogaścittavṛttinirodhaḥ 1.2

# YOGA (SAMĀDHI)

Prāṇa Saṃyama	Bhāvanā Yoga
Mantra	Jñāna
Haṭha	Bhakti
Laya	Karma
Rāja	

# Prāṇa Saṃyama - Mantra Yoga

- Mantra comes from the dhātu matri guptabhāṣṇe (which means to advise/ consult privately)
- Man + tra ; Mananāt trāyate iti mantraḥ i.e. by manana or recollection of it, you are protected (from bandha or bondage)
- Mantra yoga is the application of mantra to reach the final goal
- Traditionally, mantra is made up of
  - Ṛṣi or Sage
  - Chandas or Meter
  - Devtā or presiding deity
- Ways and E.g. OM, Gāyatri, Māhāmṛtuñjaya, Om maṇi padme hum etc.
- Use and misuse

# Prāṇa Saṃyama - Haṭha Yoga

- Haṭhena yogah ; haṭena balātkāreṇa yogah
- By employing force or strength
- Ha + ṭha ; Sūrya + Candra ; Piṅgala and Īḍā
- Awakening of Kuṇḍalinī
- Haṭha as a ladder to Rāja Yoga (HP 1.1 and 4.102)
- The three classical texts of Haṭha are
  - Haṭha Pradīpikā ; Gheraṇḍa Saṃhitā and Śiva Saṃhitā
- Tradition and Contribution of the Nātha Sampradāya
  - Gorakhsaṃhitā ; Siddha Siddhānta Paddhati ;

# Prāṇa Saṃyama - Laya Yoga

- Dhātu - Lī - layati which means to melt, dissolve
- Focus is meditative dissolution by embracing the Self
- HP 4.34
  - Layo layo iti prāhuḥ kīdrśaṃ laya lakṣaṇaṃ ;  
a punaḥ vāsana utthānāt layaḥ vaiṣaya viśmr̥tiḥ
- Central notion of Laya Yoga - kuṇḍalinī śakti

# Prāṇa Saṃyama - Rāja Yoga

- The Royal Yoga
- Rāja can also mean the King or the Ruler (of the mind body)  
i.e. the Ātman or the Self
- Specifically refers to Patañjalis Yoga Darśana
- Focus is the citta - its purification and transcendence
- Antarāṅga Yoga - Dhāraṇā Dhyāna Samādhi
- Swami Vivekananda says “ Rāja Yoga is the science of religion, the rationale of all worship, all prayers, forms, ceremonies and miracles”

# YOGA (SAMĀDHI)

Prāṇa Saṃyama	Bhāvanā Yoga
Mantra	Jñāna
Haṭha	Bhakti
Laya	Karma
Rāja	

# Bhāvanā Yoga - Jñāna Yoga

- Jñā - to know
- Tattva Jñāna or Correct Understanding through viveka (discernment)
- Focus is on sharpening the buddhi / intellect
- The Vedānta Sāra of Sadānanda speaks of the Sādhanā Catuṣṭaya (the four fold means for mokṣa):
  - Viveka (discernment) between the permanent and transitory
  - Vairāgya (dispassion) towards the fruit of ones action
  - Ṣaṭ Saṃpatti (śama or tranquility, dama or sense restraint, uparati or cessation, titikṣā or endurance, samādhāna or mental collectedness, śraddhā or faith)
  - Mumukṣutva (urge for mokṣa)
- Three fold path of śravaṇa, manana and nididhyāsaṇa

# Bhāvanā Yoga - Karma Yoga

- Kṛ - to make or to do
- Special kind of action
- Notion of doership is delusional
- Focuses on naiṣkarma or niṣkāma karma - non-action
- Karma also refers to the effect or invisible result
- Doctrine of Karma
- E.g. of Ramana Maharṣi

# Bhāvanā Yoga - Bhakti Yoga

- Bhaj - to share or participate in ; devotion or love
- Bhakti Sūtra of Śāṅḍilya defines it as “ sā parānuraktiriśvare”  
“supreme/ unshakable attachment to the Divine”
- There are nine stages of devotion - śravaṇa/ listening, kīrtana /  
chanting or praise, smaraṇa or remembrance , pāda sevna or  
service at the feet, ritual/ arcana, vandana/prostration, dāsya/  
slavish devotion, sākhyā/ friendship, ātma nivedana/ Self  
offering
- Nārada in his Bhakti Sūtra - primary and secondary

# YOGA (SAMĀDHI)

Prāṇa Saṃyama	Bhāvanā Yoga
Mantra	Jñāna
Haṭha	Bhakti
Laya	Karma
Rāja	

# YOGIC TEXTS

- Vedas and Upaniṣads
- Itihāsa Texts - Bhagavadgītā (Mahābhārata Chapter 6)
- Patañjalis Yōgasūtra (500 BC)
- Amṛtasiddhiyoga (11th Century)
- Dattātreyayogaśāstra (13th Century)
- Vāsiṣṭha Saṁhitā (13th Century)
- Gorakṣaśataka (13th Century)
- Vivekamārtaṇḍa (13th Century)
- Haṭha Pradīpikā (15th Century)
- Gheraṇḍa Saṁhitā (16th Century)
- Śiva Saṁhitā (17th Century)

# Haṭha Pradīpikā - Introduction

- Haṭha
- Pradīpikā means lamp which is prakāśaka i.e. gives light
- Haṭhayoga Pradīpikā or Haṭha Pradīpikā
- Haṭha Karma v/s Haṭha Yoga
- Anubandha Catuṣṭaya or the Four Requisites of a text/study
  - Adhikāri - the qualified student
  - Viṣaya - the subject matter; here - Haṭha Yoga Vidyā
  - Prayojana - result; Rāja Yoga
  - Saṁbandha - connection or relationship

# The author - Svātmārāma

- Sva - ātmā - rāma means ones who relishes in one's own Self
- His full name is Svātmārāma Yogīndra
- His Guru - Sahajānanda
- Nātha Yogī
- Upholds Advaita (nondual vedānta)
- Date of the text ; Kaivalyadhāma's critical edition

# Basic Outline

- Caturāṅga Yoga
  - Āsana - Posture
  - Kumbhaka - Prāṇāyāma
  - Mudrā
  - Nādanusandhāna

# Chapter 1

- Deals with beginning the practice of yoga
- Place and Environment
- Sādhaka and Bādhaka Tattvas - Facilitatory and Obstructing Factors
- Āsana - 15
- Āhāra - Agreeable and Non agreeable Food

## Chapter 2

- Ṣat Karmas/Kriyas
- Nāḁī Śuddhi and Aṣṡakumbhaka - 8 types of prāṇāyāma

## Chapter 3

- Kuṇḁalinī
- Mudrā - 10

# Chapter 4

- Nādānusandhāna - internally aroused sounds
- 4 stages - ārambha avasthā, ghata, paricaya, niṣpatti

ॐ सर्वे भवन्तु सुखिनः  
सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु  
मा कश्चिद्दुःखभाग्भवेत् ।  
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ sarve bhavantu sukhinaḥ  
sarve santu nirāmayāḥ  
sarve bhadrāṇi paśyantū  
mā kaścid duḥkha bhāgbhavet  
oṃ śāntiḥ śāntiḥ śāntiḥ

May all be happy, may all be free from disease, may all see  
goodness,  
may none suffer from sorrow.

ॐ असतो मा सद्गमय ।  
तमसो मा ज्योतिर्गमय ।  
मृत्योर्मा अमृतं गमय ।  
ॐ शान्तिः शान्तिः शान्तिः ॥ हरिः ॐ तत्सत् ॥

asato mā sadgamaya  
tamasomā jyotir gamaya  
mrityormāamritam gamaya  
Om śhānti śhānti śhāntiḥ harih om tat sat

Lead me from changing existence to unchanging being,  
lead me from the darkness of tamas to the light of  
knowledge,  
lead me from death to immortality. Harih om that is truth.