

Basic Glossary



STRENGTH
BALANCE
EQUANIMITY



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Gunas:

tamas – inertia/stability

rajas – vibrancy/activity

sattva – illumination

The gunas are the three qualities of nature. By balancing tamas and rajas, we can create sattva, illumination. The realized yogi transcends the gunas; this state is called gunatita. The gunas are not defined in Patanjali's sutras although they are referred to frequently.

Abhyasa Vairagya

The twin pillars of yoga: practice and renunciation or detachment.

Klesas:

avidya – spiritual ignorance

asmita – ego

raga – attraction

dvesa – aversion

abhinivesa – clinging to life/fear of death

These are the five basic afflictions of humanity. Because of avidya, we identify with the fluctuations of consciousness. This leads to a sense of self – asmita. Attraction and aversion develops from this sense of self. Because of our strong likes and dislikes we fear change and death. The klesas are defined in II 3-9 of the Sutras.

Viveka:

discrimination

The uninterrupted flow of discriminative knowledge destroys ignorance. II-26

Samyama: **dharana – concentration**

Dhyana _ meditation

Samadhi – integration

The last three of the eight limbs of yoga are *samyama*, the practices of consciousness. The special powers come from samyama and are an indication the yogi is on the right path. However, these special powers may be a hindrance if they distract the yogi from the true end. Samyama is defined in III-4 of the Sutras.