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MODULE 2:

YOGA SUTRAS OF PATANJALI

What is Yoga Sutras of Patanjali?

The ancient wisdom of the Yoga Sutras, penned by the sage Patanjali over two millennia ago, offers profound insights into the mind and its potential.

Course Structure

- 25 sessions
- 2 hours [1 hour theory. 1 hour Concentration exercise with Evaluation by Trainer]

Outcome

- Roadmap to unlock the mind's infinite potential.
- Explore the profound science of our own existence.

1. Self-Realization and Clarity:

The Yoga Sutras serve as a guide for refining the mind. Clarity of perception and self-knowledge emerge from this focused mind leading to independence from suffering.

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3. Cultivates mental strength and inner power through Siddhis (Extraordinary Powers):

The Vibhuti Pada (Powers) section of the Sutras discusses siddhis—magical abilities achieved through intense sadhana (spiritual practice). These powers include clairvoyance, telepathy, levitation, and more.

4. Enhanced Intuition and Creativity:

Concentration practices sharpen intuition. A focused mind taps into deeper insights and creative solutions. (E.g.: Artists, inventors, and visionaries often draw from this heightened mental state)

5. Healing and Well-Being:

Reduced stress, improved immune function, and emotional balance result from a disciplined mind.

6. Transcending Limitations:

As you harness mental powers, you break free from self-imposed boundaries. E.g., overcoming fears, phobias, and limiting beliefs.

7. Service to Others:

With heightened mental abilities, you can serve humanity. Compassion, empathy, and healing energy flow naturally from an awakened mind.

8. Spiritual Awakening:

Ultimately, the powers of the mind lead to spiritual awakening. Samadhi—the blissful union with the divine—becomes accessible. You realize your interconnectedness with all existence.