PATANJALI’S APPROACH TO SOCIAL BEHAVIOR

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SRIMAD PATANJALI MUNAYE NAMAH
THIS PRESENTATION IS SOLELY BASED ON MY PERSONAL UNDERSTANDING AND INTERPRETATION OF THE YOGA SUTRAS.

OTHER COMMENTATORS MAY HAVE DIFFERENT OPINIONS THAT MAY OR MAY NOT AGREE WITH ME

IN MY OPINION, PATANJALI’S TEACHING ENCOURAGES FREEDOM OF INTERPRETATION AND UNDERSTANDING

Thanks to my guide and teachers Subash Mittal & Kailasam Iyer
TABLE OF CONTENTS

1. Introduction
2. Information Reception, Information processing, Information storage
3. Kleshas, and social behavior model
4. Samskaras & it’s impact on our reaction and responses
5. Patanjali’s method of social categorization of individuals
6. Social interaction between individuals and systems
7. Response and reaction to external and internal events
8. In-depth study & application of YSP I.33 to reaction and responses.
9. Introduction to stress management.
10. Summary
INTRODUCTION

Implications of YSP I.33

Benefits?
- Helps in reducing Kleshas
- Conflict Resolution
- Building Relationships
- Learn about yourself

Who?
- Spouses
- Friends
- Colleagues
- Associates
- Families
INFORMATION RECEPTION, INFORMATION PROCESSING, INFORMATION STORAGE

Event

External Event

Internal Event

Information or Inputs into Our System

Reception by sense Organs

Received directly by Manas
INFORMATION RECEPTION, INFORMATION PROCESSING, INFORMATION STORAGE – (CONT.)

Sense Organs
- Eyes
- Ears
- Nose
- Tongue
- Skin

Received by Manas/Brain

Sight
Sound
Smell
Taste
Touch
Information received by Manas/Brain

Information processing by Manas

Information stored as experiences or Samskaras

What are Skillful Samskaras?

Skillful or Useful Samskaras

What are Unskillful Samskaras?

Unskillful or Useless Samskaras

Samskaras
Skillful Samskaras

Improves our Intellect or Buddhi

EGO feeds on Samskaras. Unwanted information that occupies space

Un-manifested

Examples are getting a professional degree, Yoga Sutra studies, etc. These Samskaras have no emotional content and improves our Viveki or intellect

Unskillful Samskaras

Examples are bad experiences, etc. have emotional content, therefore alters the state of mind or causes one to react

Manifested with emotions
What are Kleshas?

Unskillful Samskaras or simply Samskaras

leads to

Kleshas

Attributes that define your character, behavior, actions & emotional response

Avidya or Ignorance

Asmita or Ego

Raga or Likes

Dvesha or dislikes

Abhinivesa or Fear of Death or change
SAMSKARAS & ITS IMPACT ON OUR REACTION AND RESPONSES

What are the effects of Kleshas?

One’s mental state

Sukham or State of Happiness

Dukham or State of Sorrow

Virtuous or Good Deeds

Non-Virtuous or Bad Deeds

One’s Action or Response
PATANJALI’S METHOD OF SOCIAL CATEGORIZATION OF INDIVIDUALS

Individuals can be categorized based on Mental State and Actions Graphically.

People can fall into any of the quadrants.
PATANJALI’S METHOD OF SOCIAL CATEGORIZATION OF INDIVIDUALS

[Graph showing social categorization with each quadrant labeled: Apunya (Non-Virtuous), Punya (Virtuous), Sukham, and Dukham.]
Patanjali’s Method of Social Categorization of Individuals
Patanjali’s Method of Social Categorization of Individuals

Question to everyone!!

Which of the quadrants would you like to be in?

I will ask the same question at the end of the presentation.

No response from Subash, Pashupati, Shyama or Sunita
Two Groups of People can be generalized

People whose mental state is dependent on their Actions

People whose actions are dependent on their Mental State
People whose mental state is dependent on their Actions Are Action Oriented Graphically
People whose actions are dependent on their mental state are emotionally driven graphically.
SOCIAL INTERACTION BETWEEN INDIVIDUALS AND SYSTEMS

Interaction Between Individuals

What happens??
SOCIAL INTERACTION BETWEEN INDIVIDUALS AND SYSTEMS

Interaction Between Individuals + Conflict = Enabling
SOCIAL INTERACTION BETWEEN INDIVIDUALS AND SYSTEMS

Conflict happens when individuals interacting are in different quadrants of the profile.

Can lead to violence, confrontation or major fall out and creation of more Samskaras.
SOCIAL INTERACTION BETWEEN INDIVIDUALS AND SYSTEMS

Enabling happens when individuals interacting are in the same quadrant. This can lead to the creation of more Samskaras.
SOCIAL INTERACTION BETWEEN INDIVIDUALS AND SYSTEMS

Conflict

Enabling

Results In

Accumulation of Samskaras and /or amplification of Samskaras

Leading To

Exacerbation of Kleshas
Do you want to have Dukham? 

Obviously Not 

How do we deal with people in a manner that will not cause Dukham?

Kleshas

Lead to

Dukham

YSP I.33 Shows us the technique
SOCIAL INTERACTION BETWEEN INDIVIDUALS AND SYSTEMS

How can Kleshas be removed?

Through practice of Eight Limbs of Yoga

Practice of 8 Limbs

Will alter Behavior from one of reaction to one of response

As stated in Sutra I.33

Yama’s
Niyama’s
Asana
Pranayama
Pratyahara
Dharana
Dhyana
Samadhi
Sutra I.33: maitri karuna mudita upekshanam sukha duhka punya apunya vishayanam bhavanatas chitta prasadanam
Patanjali’s Social Interaction Model Using YSP I.33

maitri = friendliness, pleasantness, lovingness
karuna = compassion, mercy
mudita = gladness, goodwill
upekshanam = acceptance, equanimity, indifference, disregard, neutrality
sukha = happy, comfortable, joyous
duhka = pain, misery, suffering, sorrow
punya = virtuous, meritorious, benevolent
apunya = non-virtuous, vice, bad, wicked, evil, bad, demerit, non-meritorious
vishayanam = regarding those subjects, in relation to those objects
bhavanatas = by cultivating habits, by constant reflection, developing attitude, cultivating, impressing on oneself
chitta = mind field, consciousness
prasadanam = purified, clear, serene, pleasant, pacified, undisturbed, peaceful, calm
PATANJALI’S SOCIAL INTERACTION MODEL USING YSP I.33

4 levels of responses is warranted
PATANJALI’S SOCIAL INTERACTION MODEL USING YSP I.33

1st Situation

Response
PATANJALI’S SOCIAL INTERACTION MODEL USING YSP I.33

2nd Situation

Response
PATANJALI’S SOCIAL INTERACTION MODEL USING YSP 1.33

3rd Situation

Response
PATANJALI’S SOCIAL INTERACTION MODEL USING YSP I.33

4th Situation

Response
PATANJALI’S SOCIAL INTERACTION MODEL USING YSP 1.33

Question 1?
Which quadrant do you want to be in?

Question 2?
Should we react or respond?

Reaction Mode

Response Mode
INTRODUCTION TO STRESS MANAGEMENT

What is stress?

State of Mind

How?

Effects of Kleshas?

Dukham arises from not knowing how to respond to an event or situation

Dukham arises when we react, thus accumulating Samskaras or yet taking on someone else's baggage

How can we reduce stress or manage stress?

Tapas & Svadhyaya on Sutra I.33

Complete Management of stress comes thru mastery of the 8 limbs of Yoga
SUMMARY

SUTRA I.2: YOGAS CHITTA VRITI NIRODHAHA
THANK YOU FOR LISTENING

Any questions?