



YOGA PSYCHOLOGY

KOSHAS, KLESHAS, SAMSKARAS & NON-DUALISM

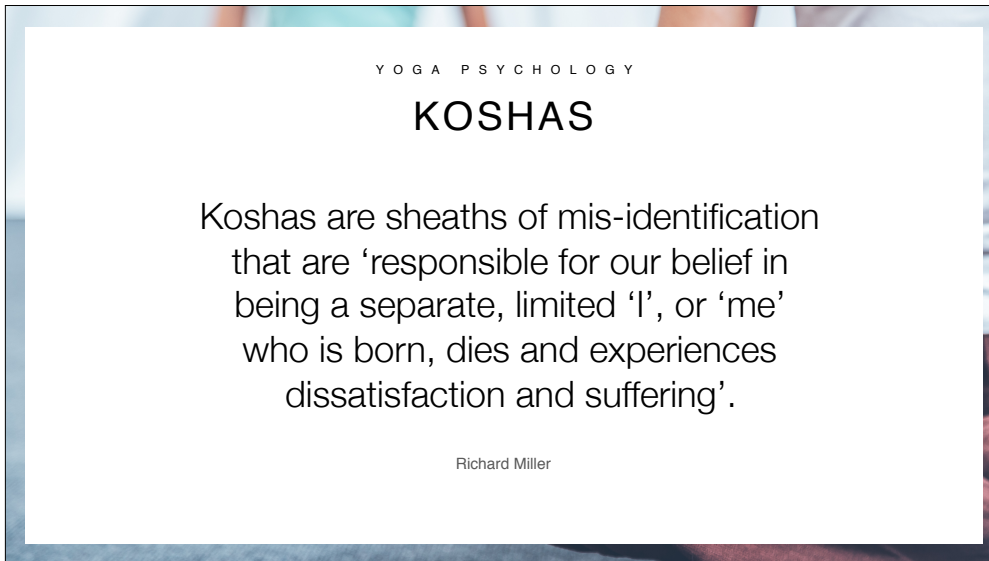
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YOGA PSYCHOLOGY

KOSHAS

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KOSHAS

Koshas are sheaths of mis-identification that are 'responsible for our belief in being a separate, limited 'I', or 'me' who is born, dies and experiences dissatisfaction and suffering'.

Richard Miller

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KOSHAS

	Kosha	Sheath
1	Annamaya	Physical body / sensation
2	Prāṇāmaya	Breath / energy
3	Manomaya	Feelings / emotions
4	Vijnānamaya	Cognition / mental
5	Ānāndamaya	Joy / bliss
6	Asmitāmaya	Ego-I / I-ness

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KOSHAS

Mental illness affects all the koshas,
not just our emotions

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KOSHAS



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KOSHAS

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KOSHAS



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KOSHAS

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KOSHAS



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KOSHAS

While mental health affects all the koshas, the focus in a Mental Health Aware Yoga class is on annamaya and prāṇāmaya, in order to foster safety and support students to inhabit their bodies.

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KLEŚHAS



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KLEŚHAS

The word *kleśa* translates to mean
obstacle or affliction

Edwin Bryant

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KLEŚHAS

Kleśas are considered to cause the
fluctuations of the mind, to strengthen the
influence the gunas and to obstruct the mind
from realising the nature of the true self and
obtaining samādhi

Edwin Bryant

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*avidyāsmītā-rāga-
dveṣābhīniveśāḥ kleśāḥ*

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KLEŚHAS

Kleśa a synonym for *duḥkha* (suffering)

Saṃskāras perpetuated
as a result of the kleśas

Edwin Bryant

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KLEŚHAS

The five kleśas are:

1. Avidyā - incorrect comprehension
2. Asmitā - ego
3. Rāga - attachment
4. Dveṣa - aversion
5. Abhiniveśāḥ - clinging to life

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KLEŚHAS

Vidyā means 'correct understanding'
and **avidyā** is the opposite;
'incorrect comprehension'

T.K.V. Desikachar

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KLEŚHAS

The goal of yoga is to reduce the
veil of **avidyā** in order to see
things clearly and act
appropriately

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*anityāśuci-duḥkhānātmāsu nitya-
śuci-sukhātma-khyātir avidyā*

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KLEŚHAS

Avidyā is in play when we mistake something that is impermanent as permanent, or something that is impure as pure, or something that is changing as unchanging

Saraswathi Vasudevan

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KLEŚHAS



Illustration from The Heart of Yoga by T.K.V. Desikachar

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KLEŚHAS

Asmitā is the ego, or the I-thought

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KLEŚHAS

Asmitā's essential characteristic is possessiveness and ownership
It leads the individual to think
'I am important, I know better, this mine, and that's yours'

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KLEŚHAS

All of the koshas are objective movements that rise and fall within awareness, they are impersonal.

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KLEŚHAS

I am sad vs sadness is arising
I am thirsty vs thirst is occurring
I am happy vs happiness is present

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KLEŚHAS

Asmitā appropriates everything for itself

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KLEŚHAS

Asmitā gives rise to rāga and dveṣa, the afflictions of attachment and aversion

Crosby

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KLEŚHAS

Rāga is the attachment of the mind to appealing objects and circumstances

Crosby

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KLEŚHAS

This results in a never ending cycle of chasing after pleasure, without obtaining permanent happiness

Crosby

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KLEŚHAS

Dveṣa is the aversion or rejection of things in order to avoid discomfort or pain

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KLEŚHAS

Abhiniveśāḥ means *fear of death* or *the will to live*

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KLEŚHAS

Abhiniveśāḥ means *fear*, including:

1. Feeling uncertain
2. Having doubts about our position in life
3. Feeling that people will judge as negatively
4. Not wanting to grow old

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KLEŚHAS

Abhiniveśāḥ means *fear*, including:

5. Feeling unsafe
6. Fearing the death of parts of oneself if they're not affirmed

Saraswathi Vasudevan

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KLEŚHAS

It is a common human experience to encounter all five kleśas on a regular basis, as they are the nature of the mind

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KLEŚHAS

Working with the kleśas doesn't mean that you need to try to completely eradicate them from your life

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KLEŚHAS

The kleśas show us the veils of illusion that cloak the reality of life, and call us to wake up to these, and act accordingly

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KLEŚHAS

Discussing the kleśas directly in your general yoga class may be confusing or unhelpful for someone experiencing mental illness

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SAṂSKĀRAS

The kleśas lie dormant in the unconscious mind, and form latent impressions called saṁskāras

Crosby

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SAṂSKĀRAS

Saṁskāras are the habitual or conditioned movements of the mind

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SAṂSKĀRAS



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SAṂSKĀRAS



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SAṂSKĀRAS

Saṁskāras are formed through repetitive thoughts, emotions and behaviours

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SAMSKĀRAS

'Neurons that fire together wire together'

Hebb's theory

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SAMSKĀRAS

Samskāras as
'subconscious programs'

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SAMSKĀRAS

The unconscious precedes the
conscious mind

Bargh and Morsella

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SAMSKĀRAS

*'It is nice to know that the
unconscious is minding the store
when the owner is absent'*

Bargh and Morsella

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SAṂSKĀRAS

Through yoga, we aim to create new saṁskāras that are sattvic, rather than reinforcing the the old saṁskāras that are limiting us, and acting as a veil to see things clearly and as really they are

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SAṂSKĀRAS

The more we turn to yogic practices, the weaker the old saṁskāras and the stronger the new saṁskāras become

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SAṂSKĀRAS



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SAṂSKĀRAS

Each time that you choose the new path, you're actually re-wiring your brain
Each action you take is having a physiological effect on your brain

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*taj-jah, saṃskāro 'nya-
saṃskāra-pratibhandī*

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SAMSKĀRAS

When the new saṃskāras are strong enough, the old ones will eventually fall away, and no longer affect us

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YOGA PSYCHOLOGY
NON-DUALISM

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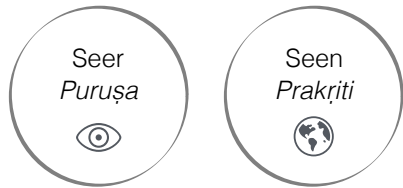
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NON-DUALISM

The philosophies of Sāṅkhya and Patañjali are dualistic in nature, such that what is seen (Prakṛiti) and what is seen (Puruṣa) is considered to be separate

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NON-DUALISM



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NON-DUALISM

The later philosophies of Advaita Vedanta and Kashmir Shaivism are non-dualistic in nature, such that what is seen (Prakṛiti) and what sees (Puruṣa) is considered to be non-separate

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NON-DUALISM

Non-dualism states that we are all interconnected and not separate, that we are one with all creation, or rather not-two (non-dual)

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NON-DUALISM



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NON-DUALISM



WE ARE STARDUST

Photo by Jack Robinson for Vogue

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YOGA PSYCHOLOGY

NON-DUALISM

The koshas are sheaths of mis-identification that are responsible for our belief in us being separate and limited individuals

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YOGA PSYCHOLOGY

NON-DUALISM

'Suffering and conflict coarise when separation is believed to be real and the only reality that exists'

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YOGA PSYCHOLOGY

NON-DUALISM

Overcoming this root belief of separation is necessary to dispel conflict, anxiety, fear, dissatisfaction and suffering'

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