

Preparation for Philosophy Discussion

Sunday, April 19, 2009 (2:30 – 4:00pm)



STRENGTH
BALANCE
EQUANIMITY



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This spring we will use our time to experiment with the ideas in the Sadhana Pada, the second chapter of Patañjali's Yoga Sutras. Sadhana means practice and this chapter deals with the practical tools we use to refine awareness. The Sutras tell us that discriminating awareness, *viveka*, will destroy ignorance, the source of pain (II.26).

To prepare for our discussion, please read Sutras II. 26- II. 45. Also review the preparations for the three winter meetings as well as the accompanying exercises.

In what ways might these exercises develop *viveka*? Choose one or two exercises to work with so that you can speak from immediate personal experience.

How do you experience *viveka*?

Last month we discussed the importance of discomfort for learning. As you practice, consider the role discomfort plays in your experience. If you are lucky enough to have a little pain (sore shoulder? knee? neck?), test Sutra II.26. In this limited experience, does *viveka* have an immediate positive effect on your experience of pain or discomfort?