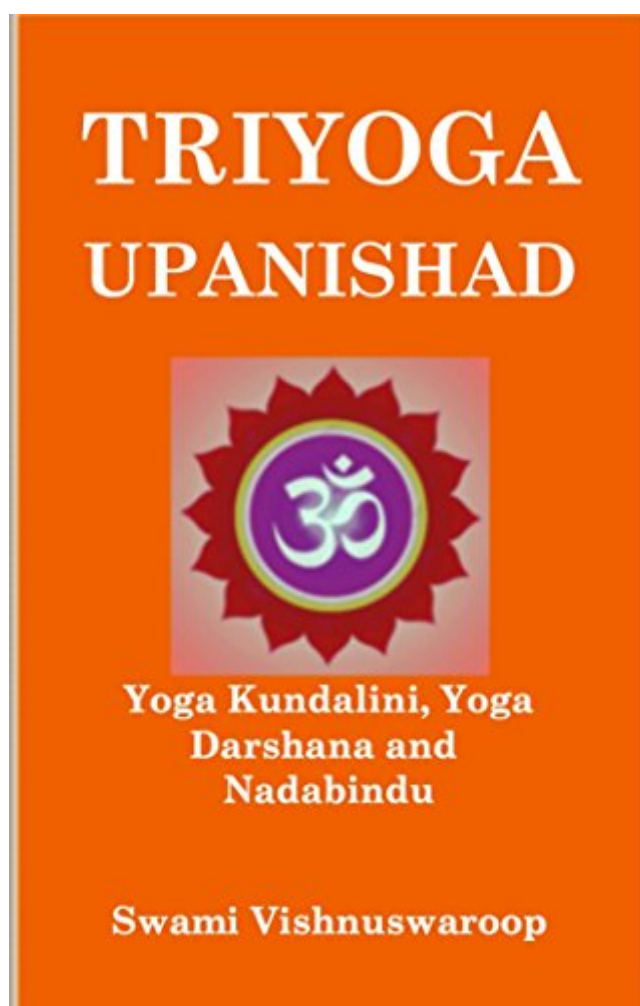


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TRIYOGA UPANISHAD: Yoga Kuá'ḡá, alinÄ«, Yoga DarÅ»ana And NÄ•davindu



Synopsis

TRİYOGA UPANISHAD is a compilation of three Yoga Upanishads - Yoga Kuá þá,•alinÄ«, Yoga DarÁna and NÄdavindu . A brief introduction to them is given below. About Yoga Kuá þá,•alinÄ« Upaniá £ad This Upaniá £ad concerning Kuá þá,•alinÄ« Yoga belongs to KriÁna Yajurveda. There are three chapters in it. In the first chapter, the two causes of Citta Vá »tti, the three methods of controlling PrÄna â “ moderation in diet, Ä sana and Ä akti CÄ•lini MudrÄ• are described. Then Sarasvati CÄ•lana, types of PrÄnaÄyÄ•ma - SÄ«ryabhedhi, UjjÄ•yi, ShÄ«tali, BhastrikÄ•, etc., three Bandhas â “ Moola Bandha, UddiyÄna Bandha and JÄlandhara Bandha, obstacles in yoga and protection from them, awakening of Kuá þá,•alinÄ« through yoga practice, penetration of three Granthis, Kuá þá,•alinÄ« entering SahasrÄra Cakra (thousand petalled lotus), dissolution of PrÄna, etc. into Ä iva, realization of Self everywhere during SamÄdhi and subjects like SamÄdhi Yoga, etc. are described in detail. About Yoga DarÁna UpaniÁad Originally, this UpaniÁad is called JÄbÄladarÁna UpaniÁad, but it is also known as Yoga DarÁna UpaniÁad. It belongs to SÄmaveda. It primarily deals with Áá £á - Äá ...ga Yoga philosophy. The main theme of Áá £á - Äá ...ga Yoga is described in it in the form of dialogue between Lord DattÄtreya and Sage SÄá ...ká »ti. There are mainly ten khaá þá,•as (parts) in it. In the first part the philosophy of the eight limbs of yoga and the ten yamas are described. In the second part the ten niyams are explained. Nine types of asanas are described in the third part. There is a long explanation of introduction to nÄá,•Ä«s, the pilgrimage to the Self and the glory of the knowledge of Self-realization in the fourth part. Methods of the purification of the nadis and the self-purification are described in the fifth part. PrÄá þÄyÄ•ma, its methods of practice, results and applications are described in the sixth part. PratyÄhÄra, its types and results are described in the seventh part. DhÄraá þÄ and dhyÄna are described in the eighth and ninth parts. The state of samÄdhi and its results are described in the last tenth part. About NÄdavindu UpaniÁad NÄdavindu Upaniá £ad belongs to á gveda. In the beginning of this Upaniá £ad various limbs of Haá fsa in the form of Oá ...kÄra are described. Then the twelve mätrÄs of Oá ...kÄra and their application are elaborated. The topics like the condition of a sÄdhaka united with yoga, destruction of the prÄrabdha karmas of the wise, various types of nÄda and nÄdÄnusandhÄna sÄdhanÄ are explained. At the end the effect of nÄda on the mind, dissolution of the mind into nÄda and state of mind absorbed in nÄda are described. Thus, nÄdÄnusandhÄna (the exploration of the nÄdÄ) a major practice of NÄdayoga for attaining manolaya (dissolution of the mind) is presented in this Upaniá £ad.

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