

Patanjali's KRIYA YOGA

'3 Actions to Eliminate Suffering'

Tapasya, Swadhyaya, Ishwara Pranidana

Tapasya

This is the purifying fire of commitment to your spiritual practice. You can either be scarred or purified by the fiery initiations that your life experiences bring.

It is this heat that has the power to destroy and/or transform. When you start to see your whole life as a spiritual practice, preparing you for the challenges of the journey of Self-realisation, rendering you aware, empowered and unwavering in your Divine Self, rather than as a victim to circumstance – that is Tapasya.

Tapasya can be seen as sincerity to **Self** (not self), career/service, relationships and healthy relationship with body, mind and spirit. It is renouncing one's selfish will into divine will.

Tapasya needs to be tempered with the other 2 kriyas so that the egoic mind doesn't attach to the idea of Tapasya and let it go awry into self-flagellation, over zealousness, obsessive rigidity, judgemental attitude and extremism.

Where do you see yourself or others close to you being overly rigid or intense?

Tapasya involves training your own capacity for increased presence, lifeforce, higher consciousness, compassion and peace through your practices. Raising your capacity for detached discernment of what is the highest at any moment, rather than always trying to avoid discomfort.

Where in your life/practices do you need to create more Tapasya? Sometimes the heat is in turning something the dial up, sometimes it is in turning the dial down:

Tapasya builds the strength of your core presence whilst witnessing any discomfort physically, emotionally and mentally so that you can transcend the 5 kleshas and know the everlasting nature of your True Self.

This path leads to a greater expansion and openness to possibilities and a gradual increased ability to manage all aspects of your life more effectively and with more ease, which in turn creates a deeper faith and increased levels of joy.

Swadhyaya/Self Enquiry

Through the reading and absorbing of high-level sacred texts, wisdom and self-enquiry awareness practices through a loving lens. Looking around you and seeing all as a potential teacher. What can you learn from this?

Self-enquiry **V** self-absorption.

Self-enquiry is for the purpose of aligning to true nature of higher Self and out of the limitations of the mind/body self. In this way the desire is to be of higher service to the world and end the cycles of suffering for yourself and others through living from and referencing the Soul nature.

Self-absorption or selfishness is fulfilling only the needs of the mind/body self or seeking spiritual growth for self-aggrandisement or accumulation of knowledge for knowledge's sake without embodiment. In self-absorption there is a lack of self-responsibility and awareness of effect on others and/or a continuous referencing of the past and the Ego story.

Discriminating between the Self and the self:

SOUL Self

Spacious, Open, Grounded, Clear, Courageous, Know that it Knows – Quietly Confident, Humble, Course-correcting, Flexible, Alert and Relaxed, Joyful, Inclusive, Looks for highest good for the most people

EGO self

Contracted, Confused, Fearful, Thinks it Knows – Persuasive, Restless or Lethargic, Clings, Proudful, Defensive, Exclusive, Looks out to Protect self.

“When we come to that point where we can discriminate between strengthening the soul and what will strengthen the ego, then we are irresistibly drawn towards liberation”

What is TRUE?

Society as a whole is often looking for explanations for who or what to blame and rarely seeks ultimate truth. At other times one may blindly continue down a path despite dangers/risks, due to fear of loss or attachment to gain in some way.

Where do you see yourself and others not taking responsibility for your/themselves or blaming others, not aligning with TRUTH? What is the fear?

Can you still have compassion in the face of this for self or others?

What can you learn from seeing something from another's perspective?

Consider addictions – They are like negative commitments. What is your motivation around any addiction you may have? How is it keeping you small?

Rather than letting your mind derail you with phrases of blame or judgement 'I am so this or that' replace with "I am learning that my body sometimes....." or 'I am discovering that my mind can.....' then replace self-awareness with SELF affirmations – I AM.....

EXAMPLE

"I am discovering that my mind tells me I am lazy and indecisive and it has been an obstacle to getting up in the morning to do my practice"

Changes to:

"I AM DYNAMIC AND FOCUSED, I FEEL AMAZING WHEN I DO MY PRACTICE IN THE MORNING"

Repeat multiple times with INTENSITY

CREATE YOUR OWN AFFIRMATION:

"Words are like vibratory bombs, which when spoken with sincerity and intensity can shatter the rocks of difficulty and create the change desired" Paramahansa Yogananda

Always observe yourself with loving kindness, not judgement and start anew in every moment. Your aim is to better know yourself, revealing your blind spots and old unhelpful egoic patterns that limit you, so that you can become enlightened. The aim is not to blindly follow a regime.

You are your own scientific experiment – self-observation, reflection, acceptance, willingness to change, non-attachment, discernment all shape you.

Remember always to cultivate compassion to self and others in your journey of discovery.

Ishwara Pranidana/Surrender, Faith and Devotion

What does this mean to you?

Surrender is the letting go of the egoic DO-er and attachment to outcome into the infinite sea of divine possibilities. It is staying in the relaxation of 'I don't know'.

Faith is the opposite of fear, minimising stress and increasing energy. It arises out of surrender and the realisation that letting go doesn't mean death.

Devotion blossoms out of faith heals a sense of separation and brings a deep gratitude and knowing that you are Divinely held by something greater.

It is the sweetness of life that nourishes and protects.

Lay out your day before God/Divine Mother – honestly give it up to a higher power. Ask for whatever the divine thinks you or others need, not what you think you or others need!

Pray with highest yearning, you will see results which in turn generates more faith. Be aware however of your motivation and bear in mind that your desires often come in packages that look a little or a lot different to what you may have had in mind.

Instead of admonishing yourself or worrying yourself about decisions or things you may have said or done, surrender! It only matters what God/Divine Mother thinks and he/she is all forgiving, so let it go and transfer the burden of what to do to a higher power.

How can you bring Ishwara Pranidana into your life?

“Divine Mother, thy will is my will.

I trust that I have all I need when I need it.”