Vijnana Bharati

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Abstract

This research paper is based on Patanjala Yoga-Sutras. Infact, ‘Yoga-Sutras’ are scientific. The seeds of
‘Psychology’ may be traced in ‘Yoga-Sutras’. Yoga-Sutras deal with the contents of ‘Psychology’. It is the reason
that ‘Patanjal Yoga’ may be called as ‘मनोविज्ञान’. ‘Psychology’ is ‘Science’ (systematic knowledge) of ‘manas’
(मन:) and ‘Patanjal Yoga’ is also a science of chitta’.

The psychological term ‘manas’ (chitta) can betraced in Yoga-sutras ‘योगबिज्ञानतत्त्वज्ञानियोऽयुत’, etc. As Patanjal
Yoga deals with ‘chitta’ and its different stages, Psychology also deals with ‘manas’ and its different stages.

Psychology admits the suppression of malafide feelings for healthy mind and it may be seen in ‘Yoga-
sutras’ ‘वितर्कवाचप्रतिप्रतिपादनम्’ etc. In Psychology, there is a chapter of ‘Learning’in which there is more emphasis
on ‘practice’, which may be sought, in Yoga-sutras ‘अभ्यासवैराग्यामयं तत्त्वज्ञान:’, ‘तत्त्व ज्ञेयं चाचल्लीभाष्याः’.

It is my conclusion that the deep and sincere study of ‘Patanjal Yoga-sutras’ will be a great contribution in
the sphere of psychology (Theoretical, Practical and Clinical psychology). The removal of obstacles from the path of
meditation (concentration) is described in ‘Yoga-sutras’ ‘तत्त्वज्ञेयारणमेककत्ताप्यायनः’, and ‘यात्रार्थमुदानामदत्’ etc. and
the study may be helpful in reference to chapter ‘अवधान’ (Attention) of psychology.
The purposes of yoga meditation is to steady the mind on the gradually advancing stages of thoughts towards liberation, so that vicious tendencies may gradually be more and more weakened and at last disappear altogether.

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The practice of yoga is to establish a state of equilibrium between body and mind so that they shall work together in harmony.

Raja-Yoga the close any of Jnana may broadly be described as a study of consciousness and mind. This includes what we ordinarily call working consciousness, intuitions, sleep, dream, trance, hypnotic conditions and all the phenomena of the subconscious. It involves among other thing a searching examination personality to discover what infact constitutes the I which we are prone to regard as to the centralizing element of our psychic being and to probe the regions that lie beyond it.

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Raja Yoga a method is provided to acquire that powerful concentration of mind which is essential to the eight stages which the student will find set out in detail in the section of the Aphorism of Patanjali. Two of these stages consist of physical postures and breath training.

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नक्तुत: ‘पारंजल-योगसूत्र’ में मनोविज्ञान को विभिन्न शाखाओं में अध्ययन को जाने वाली समस्त को अपर्करण के बीज जती नाम है। इस संदर्भ में ‘सोच’ की अपेक्षा भी है।

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