

1. 8 Steps of Patañjali Yoga Sūtra are: (**briefly explain each**)

1. **Yamaḥ** (Don'ts / Avoid).

1. **Ahimsa**: avoid injury
2. **Satyam**: Give up speaking untruth
3. **Asteyam**: non-stealing.
4. **Brahmacaryam**: Give up inappropriate attitude/relationship towards opp. Gender.
5. **Aparigrahaḥ**: Don't possess too much.

2. **Niyamaḥ** (Do's / Followed in daily life)

1. **Śaucam**: Purity internet/external
2. **Samtosah**: Contentment whatever one earns legitimately. Never compare.
3. **Svādhyāyaḥ**: Scriptural Study
4. **Tapah**: Austerity. Simple living.
5. **Īśvara pranidhānam**: Surrender to Īśvara (the cause of the universe).

3. **Āsana**: Posture

4. **Prāṇāyāma**: Breathing

5. **Prayāhārah**: Withdrawal of sense organs from external world.

6. **Dhāraṇā**: Focusing/fixing/holding. Camera lens.

7. **Dhyānam**: Meditation. Retaining mind (thought) on focused object, established in previous stage.

8. **Samādhiḥ**: What is difference between: Savikalpa samādhi (AND) Nirvikalpa samādhi ?

2. What does it mean to say: **Mind dwells/abides in Self?**

3. Purpose of meditation is to be in state of thoughtlessness. TRUE / FALSE

> If FALSE, give some example of thoughts related to "Aham brahman asmi" (I am Brahman) during meditation.

4. Anything else? Free discussion. Birds. Food. Leaves. Family. Home time? 😊