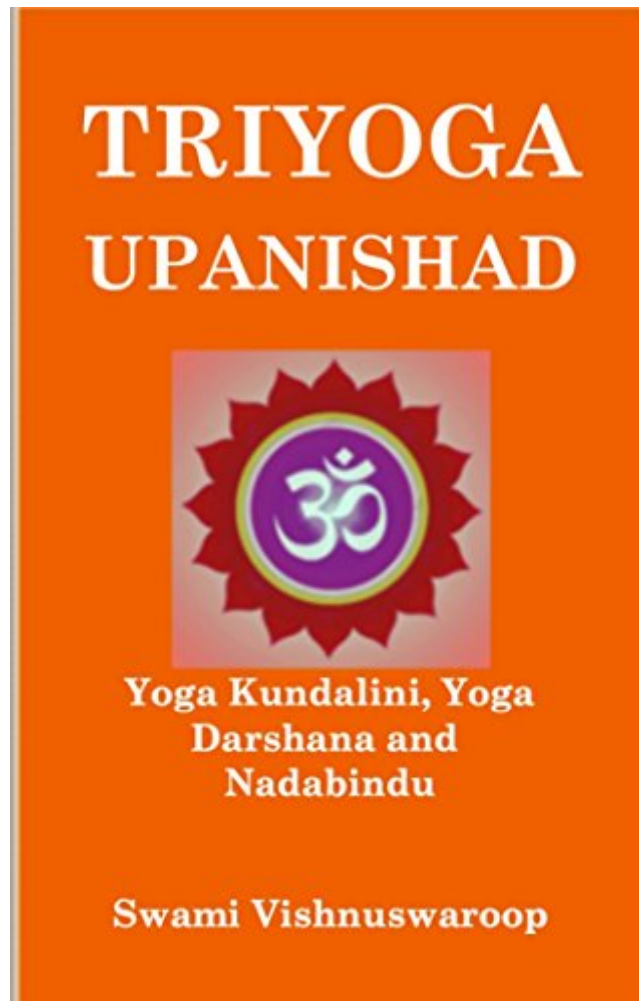


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TRIYOGA UPANISHAD: Yoga Kuá'ṭá, alinÄ«, Yoga DarÅana And NÄdavindu



Synopsis

TRIYOGA UPANISHAD is a compilation of three Yoga Upanishads - Yoga Kuá þá,•alinÄ«, Yoga DarÄ»ana and NÄ•davindu . 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 KriÄ»na Yajurveda. There are three chapters in it. In the first chapter, the two causes of Citta Vá »tti, the three methods of controlling PrÄ•na â “ moderation in diet, Ä sana and Ä akti CÄ•lini MudrÄ• are described. Then Sarasvati CÄ•lana, types of PrÄ•nÄ•yÄ•ma - SÄ«ryabhedhi, UjjÄ•yi, ShÄ«tali, BhastrikÄ•, etc., three Bandhas â “ Moola Bandha, UddiyÄ•na Bandha and JÄ•landhara Bandha, obstacles in yoga and protection from them, awakening of Kuá þá,•alinÄ« through yoga practice, penetration of three Granthis, Kuá þá,•alinÄ« entering SahasrÄ•ra Cakra (thousand petalled lotus), dissolution of PrÄ•na, etc. into Ä iva, realization of Self everywhere during SamÄ•dhi and subjects like SamÄ•dhi Yoga, etc. are described in detail. About Yoga DarÄ»ana UpaniÄ»ad Originally, this UpaniÄ»ad is called JÄ•bÄ•ladarÄ»ana UpaniÄ»ad, but it is also known as Yoga DarÄ»ana UpaniÄ»ad. It belongs to SÄ•maveda. It primarily deals with Aá £á - Ä•á ...ga Yoga philosophy. The main theme of Aá £á - Ä•á ...ga Yoga is described in it in the form of dialogue between Lord DattÄ•treya and Sage SÄ•á ...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 nÄ•á,•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. PrÄ•á þÄ•yÄ•ma, its methods of practice, results and applications are described in the sixth part. PratyÄ•hÄ•ra, its types and results are described in the seventh part. DhÄ•raá þÄ• and dhyÄ•na are described in the eighth and ninth parts. The state of samÄ•dhi and its results are described in the last tenth part. About NÄ•davindu UpaniÄ»ad NÄ•davindu Upaniá £ad belongs to á gveda. In the beginning of this Upaniá £ad various limbs of Haá fsa in the form of Oá ...kÄ•ra are described. Then the twelve mÄ•trÄ•s of Oá ...kÄ•ra and their application are elaborated. The topics like the condition of a sÄ•dhaka united with yoga, destruction of the prÄ•rabdha karmas of the wise, various types of nÄ•da and nÄ•dÄ•nusandhÄ•na sÄ•dhanÄ• are explained. At the end the effect of nÄ•da on the mind, dissolution of the mind into nÄ•da and state of mind absorbed in nÄ•da are described. Thus, nÄ•dÄ•nusandhÄ•na (the exploration of the nÄ•dÄ•) a major practice of NÄ•dayoga for attaining manolaya (dissolution of the mind) is presented in this Upaniá £ad.

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