

DEHA
SOUND BODY

GNANA
SOUND MIND

YOGA
PURE SOUL

JEEVA
OPTIMAL LIFE

Transliteration text book
ROMAN

English, German, French, Spanish,
Italian, Dutch, Norwegian, Czech,
Slovak, Portuguese, Hungarian,
Polish, Danish, Welsh, Swedish,
Icelandic, Finnish, Turkish



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About the Program Structure:

Poorna Yoga Program is designed to offer a broad understanding of the Yoga, through 140 Gita-shlokas and 96 Yoga-sutras under 21 thematic lessons. Each lesson is structured with three components of learning namely Sadhana, Sodhana and Vaadana, to enable students understand, explore and apply the wisdom of Yoga in daily life.

SADHANA module provides an introduction to PoornaYoga through creative learning. Learners add colours to graphic illustrations, copywrite shlokas in a language of choice and practice the accurate pronunciation of shlokas through guided chanting videos. Videos can be accessed by scanning the QR codes given on each page of this textbook.

SODHANA module provides deeper understanding of each lesson by offering E-Classes about their meaning. Learners can attend the E-Classes in school as well as access them again any time by scanning the QR codes given on each page of the workbook.

VAADANA module enables practical application of the PoornaYoga wisdom in one's own life. Students engage in project work and discuss their understanding in small groups to explore the life situations in light of the PoornaYoga principles and techniques.

About the Course Material:

It is essential to obtain the course material to participate in the "Poorna Yoga Program". The transliteration textbooks, guided recitation videos and explanation videos are available for free with the workbooks. The workbooks can be purchased online from the "Publications" page of www.CourseLink.in website.

Textbooks: The transliteration textbooks are available in 33 languages. These textbooks help in reading the Sanskrit shlokas using a language of your choice. Participants can learn the accurate pronunciation of shlokas using the guided chanting videos.

Workbooks: The workbooks are designed to stimulate interest and facilitate learning through graphic illustrations and other smart features. The workbook has QR links to smart learning tools such as guided recitation videos and explanation videos.

Project work: Project work is designed to stimulate discussion and debate among peers in a creative and fun filled manner. It involves colouring the graphic illustrations and copywriting the shlokas followed by oral presentation of shlokas and a summary of their meaning. Project work is done either individually or in small groups.

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DEHA (Sound Body)

DEHA course highlights the principles of sound body. It explains the Material and Psychic aspects of the human body in 6 lessons. First three lessons describe the elements of nature followed by the characteristics of the human body and mind. Next three lessons describe the sensory objects followed by the ways of controlling the senses and the consequences of sense gratification. In this course the participants shall learn the following. The basis of human existence on earth. The three kinds of food and their influence on the human body. The three main characteristics of the human mind. The two broad ways of conducting life in the material world. The characteristics of a balanced consciousness. The cause and effect of mental stress.

Lesson 1. The Nature: Planet earth is a wonderful creation with countless varieties of living creatures and non-living objects. In this lesson we learn about the creation and the creator. We will understand the material nature and three modes of material energy. We will distinguish the characteristics of human beings under the influence of different material energies.

Lesson 2. The Body: Human body is driven by energy and the energy is generated by food. Different kinds of foods produce different types of material energy namely Sattvic, Rajasic and Tamasic. In this lesson we understand the influence of material energies on human body. We learn the ways to deal with the body for gaining balance in life.

Lesson 3. The Mind: The mind has no physical shape yet it controls most of our actions. In this lesson we discuss the characteristics of a human mind and its functioning. The mind when put under self-control behaves like a friend otherwise like an enemy. We explore the factors influencing mind and ways of controlling them.

Lesson 4. Sense Objects: Objects that attract senses are called the sense objects. Brain identifies such objects and Mind experiences joy or pain from them. In this lesson we discuss the composition of the material nature and categories of people engaging with it. We understand the influence of material nature and material energy on human actions.

Lesson 5. Sense Control: One of the ways to deal with senses is to control them and reasonably enjoy the material nature. One who controls senses can gain stability in life. In this lesson we discuss the ways of sense control and its effect on human life. We explore the characteristics of "SthitaPragna" in other words the stable conscious.

Lesson 6. Sense Gratification: The irrational way of dealing with senses and enjoying material nature with no limits and conditions is called sense gratification. One who fails to control senses will lose stability in life. In this lesson we discuss the consequences of sense gratification and its effect on human life. We explore ways to overcome the influence of material nature and gain eternal peace.



GC 1. The Nature

1. The Nature

punyo gamdhah prithivyam cha tejashchasmi vibhavasau .
jivanam sarvabhuteshu tapashchasmi tapasvishu .. 7-9.

yadadityagatam tejo jagadbhasayatekhilam .
yachchamdramasi yachchagnau tattejo viddhi mamakam .. 15-12..

gamavishya cha bhutani dharayamyahamojasa .
pushnami chaushadhih sarvah somo bhutva rasatmakah .. 15-13..

daivi hyesha gunamayi mama maya duratyaya .
mameva ye prapadyamte mayametam taramti te .. 7-14.

rajastamashchabhibhuya sattvam bhavati bhārata .
rajah sattvam tamashchaiva tamah sattvam rajastatha .. 14-10..

sarvadvareshu dehesminprakasha upajayate .
jnyanam yada tada vidyadvivridham sattvamityuta .. 14-11..

lobhah pravrittirambhah karmanamashamah spriha .
rajasyetani jayamte vivridhe bhāratashabha .. 14-12..

aprakashopravrittishcha pramado moha eva cha .
tamasyetani jayamte vivridhe kurunamdana .. 14-13..



GC 2. The Body

2. The Body

aham vaishvanaro bhutva praninam dehamashritah .
pranapanasamayuktah pachamyannam chaturvidham .. 15-14.

ayuksattvabalarogyasukhapritivivardhanah .
rasyah snigdha sthira hridya ahara sattvikapriyah .. 17-8..

katvamlalavanatyushnatikshnarukshavidahinah .
ahara rajasasyeshta dukhashokamayapradah .. 17-9..

yatayamam gatarasam puti paryushitam cha yat .
uchchhishtamapi chamedhyam bhojanam tamasapriyam .. 17-10.

niyatam samgarahitamaragadveshatah kritam .
aphalaprepsuna karma yattatsattvikamuchyate .. 18-23..

yattu kamepsuna karma sahamkarena va punah .
kriyate bahulayasam tadrajasamudahritam .. 18-24..

anubandham kshayam himsamanapekshya cha paurusham .
mohadarabhyate karma yattattamasamuchyate .. 18-25..

natyashnatastu yogosti na chaikamtamanashnatah .
na chatisvapnashilasya jagratonaivacharjuna .. 6-16..

yuktaharaviharasya yuktacheshtasya karmasu .
yuktasvapnavabodhasya yogo bhavati dukkhaha .. 6-17..



GC 3. The Mind

3. The mind

yato yato nishcharati manashchamchalamasthiram .
tatastato niyamyaitadatmanyeva vasham nayet .. 6-26..

prashamtamanasam hyenamyoginam sukhamuttamam .
upaiti shamtarajasam brahmabhutamakalmasham .. 6-27..

asamshyam mahabaho mano durnigraham chalam .
abhyasena tu kaumteya vairagyena cha grihyate .. 6-35.

asamyatatmana yogo dushprapa iti me matih .
vashyatmana tu yatata shakyovaptumupayatah .. 6-36.

buddhya vishuddhaya yukto dhrityatmanam niyamy cha .
shabdadinbishayamstyaktva ragadveshau vyudasya cha .. 18-51..

viviktasevi laghvashi yatavakayamanasah .
dhyanyogaparo nityam vairagyam samupashritah .. 18-52..

ahamkaram balam darpam kamam krodham parigraham .
vimuchya nirmamah shamto brahmabhuyaya kalpate .. 18-53.

svabhavajena kaumteya nibaddhah svena karmana .
kartum nechchhasi yanmohatkarishyasyavashopi tat .. 18-60..

manmana bhava madbhakto madyaji mam namaskuru .
mamevaishyasi satyam te pratijane priyosi me .. 18-65..



4. Sense Objects

bamdhuratmatmanastasya yenatmaivatmana jitah .
anatmanastu shatrutve vartetatmaiva shatruvat .. 6-6..

bhumiraponalo vayuh kham mano buddhireva cha .
ahamkara itiyam me bhinna prakritirashtadha .. 7-4..

chaturvidha bhajamte mam janah sukritinorjuna .
arto jijnyasurarthartha jnyani cha bharatarshabha .. 7-16..

yatkaroshi yadashnasi yajjuhoshi dadasi yat .
yattapasyasi kaumteya tatkurushva madarpanam .. 9-27..

sattvam rajastama iti gunah prakritisambhavah .
nibadhnanti mahabaho dehe dehinamavyayam .. 14-5..

sattvam sukhe samjayati rajah karmani bhārata .
jnyanamavritya tu tamah pramade samjayatyuta .. 14-9..

tatra sattvam nirmalatvatprakashakamanamayam .
sukhasamgena badhnati jnyanasamgena chanagha .. 14-6..

rajo ragatmakam viddhi trishnasamgasamudbhavam .
tannibadhnati kaumteya karmasamgena dehinam .. 14-7..

tamastvajnyanajam viddhi mohanam sarvadehinam .
pramadalaryanidrābhīstannibadhnati bhārata .. 14-8..



GC 5. Sense Control

5. Sense Control

prajahati yada kamansarvanpartha manogatan .
atmanyevatmana tushtah sthitaprajnyastadochyate .. 2-55..

dukheshvanudvignamanah sukheshu vigatasprihah .
vitaragabhayakrodhah sthitadhirmuniruchyate .. 2-56..

yah sarvatranabhisnehastattatprapya shubhashubham .
nabhinamdati na dveshti tasya prajnya pratishthita .. 2-57..

yada samharate chayam kurmonganiva sarvashah .
imdriyaniimdriyarthebhyastasya prajnya pratishthita .. 2-58..

vishaya vinivartamte niraharasya dehinah .
rasavarjam rasopyasya param drishtva nivartate .. 2-59..

yatato hyapi kaumteya purushasya vipashchitah .
imdriyani pramathini haramti prasabham manah .. 2-60..

tani sarvani samyamya yukta asita matparah .
vashe hi yasyemdriyani tasya prajnya pratishthita .. 2-61..



6. Sense Gratification

dhyayato vishayanpumsah samgasteshupajayate .
samgatsamjayate kamah kamatkrodhobhijayate .. 2-62..

krodhadbhavati sammohah sammohatsmritivibhramah .
smritibhramshad buddhinasho buddhinashatpranashyati .. 2-63..

ragadveshaviyuktaistu vishayanimdriyaishcharan .
atmavashyairvidheyatma prasadamadhigachchhati .. 2-64..

prasade sarvaduikhanam hanirasyopajayate .
prasannachetaso hyashu buddhih paryavatishtate .. 2-65..

nasti buddhirayuktasya na chayuktasya bhavana .
na chabhavayatah shamtirashamtasya kutah sukham .. 2-66..

imdriyanam hi charatam yanmanonividhiyate .
tadasya harati prajnyam vayurnavamivambhasi .. 2-67..

tasmadyasya mahabaho nigrihitani sarvashah .
imdriyanimdriyarthebhyastasya prajnya pratishthita .. 2-68..

GNANA (Sound Mind)

GNANA course highlights the principles of sound mind. It presents the Physical, Social, Occupational, Mental, Emotional and Spiritual dimensions of the eternal wisdom from Shrimad Bhagavad-Gita. First three dimensions describe the aspects of human endeavour in the material world. Next three dimensions describe the aspects of human evolution in the psychic world. In this course the participants shall learn the following. The three types of actions and the fruits of such actions. The four-fold social order on the basis of human character and action. The three types of people based on their actions and determination. Austerities of mind and the three types of minds. Factors of emotional equilibrium. The four forms of worship and three kinds of worshippers.

Lesson 7. Physical Wisdom: The physical body can engage, experience and enjoy the material nature under the influence of material energy. In this lesson we study the three dimensions of material nature and their influence on human body. We distinguish the actions and happiness occurring under the influence of different material energies.

Lesson 8. Social Wisdom: People engage in actions for livelihood and a large number of such people form a society. In this lesson we discuss the four-fold social order based on Guna (inherent nature) and Karma (fruititive action). We learn the importance of charity and distinguish the charities made under the influence of different material energies.

Lesson 9. Occupational Wisdom: Every occupation demands unique virtues and values. In this lesson we discuss the divine and demonic virtues of human beings. We will understand their influence on the human actions and outcomes. We distinguish the determination of people under the influence of the material energies.

Lesson 10. Mental Wisdom: Mind is the greatest tool when put to work in right direction. Knowledge and wisdom can elevate the human to the higher level. In this lesson we discuss the factors influencing the pursuit of knowledge and the essentials of intellectual progress. We explore the influence of the three modes of energy on mind.

Lesson 11. Emotional Wisdom: Emotions influence every endeavour of human being. In this lesson we understand the basis of human emotions and explore the factors affecting them. We distinguish the emotions under the influence of different material energies. We discuss the characteristics of the person with emotional balance.

Lesson 12. Spiritual Wisdom: The cycle of life and death is part of material world. Antaratma is the greatest guide to be followed by the material body. Spiritual wisdom is the heist of all wisdoms. In this lesson we discuss the essentials of spiritual enlightenment. We distinguish the austerities performed under the influence of different material energies.



7. Physical Wisdom

karyakaranakartritve hetuh prakritiruchyate .
purushah sukhaduhkhanam bhoktritve heturuchyate .. 13-21..

devadvijaguruprajnyapujanam shauchamarjavam .
brahmacharyamahimsa cha shariram tapa uchyate .. 17-14..

aphalakankshibhiryajnyo vidhidrishto ya ijjate.
yastavyameveti manah samadhaya sa sattvikah..17.11..

abhisamdhaya tu phalam dambharthamapi chaiva yat.
ijyate bharatashreshtha tam yajnyam viddhi rajasam..17.12..

vidhihinamasrishtannam mantrahinamadakshinam.
shraddhavirahitam yajnyam tamasam parichakshate..17.13..

yattadagre vishamiva parinamemritopamam .
tatsukham sattvikam proktamatmabuddhiprasadajam .. 18-37..

vishayendriyasamyogadyattadagremritopamam .
pariname vishamiva tatsukham rajasam smritam .. 18-38..

yadagre chanubandhe cha sukham mohanamatmanah .
nidralasyapramadottham tattamasamudahritam .. 18-39..



8. Social Wisdom

chaturvarnyam maya srishtam gunakarmavibhagashah .
tasya kartaramapi mam viddhyakartaramavyayam .. 4-13..

kamyanam karmanam nyasam samnyasam kavayo viduh .
sarvakarmaphalatyagam prahustyagam vichakshanah .. 18-2..

datavyamiti yaddanam diyatenupakarine .
deshe kale cha patre cha taddanam sattvikam smritam .. 17-20..

yattu pratyupakarartham phalamuddishya va punah .
diyate cha pariklishtam taddanam rajasam smritam .. 17-21..

adeshakale yaddanamapatrebhyashcha diyate .
asatkritamavajnyatam tattamasamudahritam .. 17-22..

brahmanakshatriyavisham shudranam cha parantapa .
karmani pravibhaktani svabhavaprabhavaairgunaih .. 18-41..

shamo damastapah shaucham kshantirarjavameva cha .
jnyanam vijnyanamastikyam brahmakarma svabhavajam .. 18-42..

shauryam tejo dhritirdakshyam yuddhe chapyapalayanam .
danamishvarabhavashcha kshatram karma svabhavajam .. 18-43..

krishigaurakshyavanijyam vaishyakarma svabhavajam .
paricharyatmakam karma shudrasyapi svabhavajam .. 18-44..



9.Occupational Wisdom

tejah kshama dhritih shauchamadroho natimanita .
bhavanti sampadam daivimabhijatasya bhārata .. 16-3..

dambho darpobhimanashcha krodhah parushyameva cha .
ajnyanam chabhijatasya partha sampadamasurim .. 16-4..

muktasangonahamvadi dhṛityutsahasamanvitah .
siddhyasiddhyornirvikarah karta sattvika uchyate .. 18-26..

ragi karmaphalaprepsurlubdho himsatmakoshuchih .
harshashokanvitah karta rajasah parikirtitah .. 18-27..

ayuktah prakritah stabdhah shatho naishkritikolasah .
vishadi dirghasutri cha karta tamasa uchyate .. 18-28..

dhṛitya yaya dharayate manahpranendriyakriyah .
yogenavyabhicharinya dhṛitih sa partha sattviki .. 18-33..

yaya tu dharmakamarthandhṛitya dharayaterjuna .
prasangena phalakankshi dhṛitih sa partha rajasi .. 18-34..

yaya svapnam bhayam shokam vishadam madameva cha .
na vimunchati durmedha dhṛitih sa partha tamasi .. 18-35..



10. mental Wisdom

abhayam sattvasamshuddhirjnyanayogavyavasthitih .
danam damashcha yajnyashcha svadhyayastapa arjavam .. 16-1..

ahimsa satyamakrodhastyagah shantirapaishunam .
daya bhuteshvaloluptvam mardavam hrirachapalam .. 16-2..

trividham narakasyedam dvaram nashanamatmanah .
kamah krodhastatha lobhastasmadetattrayam tyajet .. 16-21..

etairvimuktah kaunteya tamodvaraistribhirnarah .
acharatyatmanah shreyastato yati param gatim .. 16-22..

anudvegakaram vakyam satyam priyahitam cha yat .
svadhyayabhyasanam chaiva vangmayam tapa uchyate .. 17-15..

manah prasadah saumyatvam maunamatmavinigraha .
bhavasamshuddhirityetattapo manasamuchyate .. 17-16..

pravrittim cha nivrittim cha karyakarye bhayabhaye .
bandham moksham cha ya vetti buddhish sa partha sattviki .. 18-
30..

yaya dharmamadharmam cha karyam chakaryameva cha .
ayathavatprajanati buddhish sa partha rajasi .. 18-31..

adharmam dharmamiti ya manyate tamasavrita .
sarvarthanviparitamshcha buddhish sa partha tamasi .. 18-32..



11. Emotional Wisdom

vihaya kamanyah sarvanpumamshcharati nihspriah .
nirmamo nirahankarah sa shantimadhigachchhati .. 2-71..

shaknotihaiva yah sodhum prakshariravimokshanat .
kamakrodhodbhavam vegam sa yuktah sa sukhi narah .. 5-23..

karmanah sukritasyahuh sattvikam nirmalam phalam .
rajasastu phalam dukhamajnyanam tamasah phalam .. 14-16..

sattvatsanjayate jnyanam rajaso lobha eva cha .
pramadamohau tamaso bhavatojnyanameva cha .. 14-17..

prakasham cha pravrittim cha mohameva cha pandava .
na dveshti sampravrittani na nivrittani kankshati .. 14-22..

udasinavadasino gunairyo na vichalyate .
guna vartanta ityevam yovatishthati nengate .. 14-23..

samaduhkhasukhah svasthah samaloshtashmakanchanah .
tulyapriyapriyo dhirastulyanindatmasamstutih .. 14-24..

manapamanayostulyastulyo mitraripakshayoh .
sarvarambhaparityagi gunatitah sa uchyate .. 14-25..



12. Spiritual Wisdom

jatasya hi dhruvo mrityurdhruvam janma mritasya cha .
tasmadapariharyerthe na tvam shochitumarhasi .. 2-27..

apuryamanamachalapratishtam samudramapah pravishanti
yadvat .
tadvatkama yam pravishanti sarve sa shantimapnoti na kamakami
.. 2-70..

vidyavinayasampanne brahmane gavi hastini .
shuni chaiva shvape cha panditah samadarshinah .. 5-18..

shreyo hi jnyanamabhyasajjnyanaddhyanam vishishyate .
dhyanatkarmaphalatyagastyagachchhantiranantaram .. 12-12..

samah shatrau cha mitre cha tatha manapamanayoh .
shitoshnasukhadukheshu samah sangavivarjitah .. 12-18..

tulyanindastutirmauni santushto yena kenachit .
aniketah sthiramatirbhaktimanme priyo narah .. 12-19..

shraddhaya paraya taptam tapastattrividham naraih .
aphalakankshibhiryuktaih sattvikam parichakshate .. 17-17..

satkaramanapujartham tapo dambhena chaiva yat .
kriyate tadiha proktam rajasam chalamadhruvam .. 17-18..

mudhagrahenatmano yatpidaya kriyate tapah .
parasyotsadanartham va tattamasamudahritam .. 17-19..

YOGA (Pure Soul)

YOGA course highlights the principles of pure soul. The body is our material identity and the soul is our spiritual identity. Union of both is Yoga and there are four paths for Yoga namely Karma, Gnana, Dhyana and Bhakti. Karma yoga describes the path of action, Gnana yoga describes the path of knowledge, Dhyana yoga describes the path of meditation and Bhakti yoga describes the path of devotion in the pursuit of union of body and soul. In this course the participants shall learn the following. The doctrine of rebirth and reincarnation. The law of Karma and its five factors. The principle of Gnana and its components. The process of Dhyana and its essentials. The practice of Bhakti and its methods.

Lesson 13. Yoga Sukshma: Body is our material identity and Atma is our spiritual identity. Union of both is called Yoga. In this lesson we understand the Atma by exploring the secrets of life, death and rebirth. We understand the principal of reincarnation and the divine supremacy. We will learn the austerities of Yoga.

Lesson 14. Karma Yoga: Union of material body with eternal Atma through Karma (action) is called Karma Yoga. Sense objects pollute mind and contaminate actions resulting in sin. In this lesson we will learn the principles of action, renunciation and sacrifice. We distinguish between the actions performed under the influence of different material energies.

Lesson 15. Gnana Yoga: Union of material body with eternal Atma through Gnana (knowledge) is called Gnana Yoga. The path of Gnana Yoga involves the study of eternal wisdom available in scriptures such as Bhagavad-Gita, Brahmasutras, Upanishads etc. In this lesson we will understand the essential virtues and austerities for the pursuit of Gnana Yoga.

Lesson 16. Dhyana Yoga: Union of material body with eternal Atma through Dhyana (meditation) is called Dhyana Yoga. Unlike the other three paths of Yoga, it is pursued in seclusion. In this path the Yogi will turn his senses inwards to realise the Atma. In this lesson we will understand the essentials of Dhyana Yoga and learn the process of meditation.

Lesson 17. Bhakti Yoga: Union of material body with eternal Atma through Bhakti (devotion) is called Bhakti Yoga. This is believed to be the simplest of all other paths of self-realisation. In the path of Bhakti, the Yogi stays in constant connection with God. In this lesson we will understand the essentials of Bhakti and learn the process of devotion.



Lesson 13: Yoga Sukshma

na tvevaham jatu nasam na tvam neme janadhipah .
na chaiva na bhavishyamah sarve vayamatah param .. 2-12..

nainam chhindanti shastrani nainam dahati pavakah .
na chainam kledayantyapo na shoshayati marutah .. 2-23..

dehinosminyatha dehe kaumaram yauvanam jara .
tatha dehantarapraptirdhirastatra na muhyati .. 2-13..

vasamsi jirnani yatha vihaya navani grihnati naroparani .
tatha sharirani vihaya jirnanyanyani samyati navani dehi .. 2-22..

yada yada hi dharmasya glanirbhavati bhārata .
abhyutthanamadharmasya tadatmanam srijamyaham .. 4-7..

paritranaya sadhunam vinashaya cha dushkritam .
dharmasamsthapanarthaya sambhavami yuge yuge .. 4-8..

janma karma cha me divyamevam yo vetti tattvatah .
tyaktva deham punarjanma naiti mameti sorjuna .. 4-9..

vitragabhayakrodha manmaya mamupashritah .
bahavo jnyanatapasa puta madbhavamagatah .. 4-10..



GC 14. Karma Yoga

Lesson 14: Karma Yoga

karmanyevadhikaraste ma phaleshu kadachana .
ma karmaphalaheturbhurma te sangostvakarmani .. 2-47..

annadbhavanti bhutani parjanyadannasambhavah .
yajnyadbhavati parjanyo yajnyah karmasamudbhavah .. 3-14..

yadyadacharati shreshthastattadevetaro janah .
sa yatpramanam kurute lokastadanuvartate .. 3-21..

shreyansvadharmo vigunah paradharmatsvanushthitat .
svadharma nidhanam shreyah paradharmo bhayavahah .. 3-35..

yasya sarve samarambhah kamasankalpavarjitah .
jnyanagnidagdhakarmanam tamahuh panditam budhah .. 4-19..

samnyasah karmayogashcha nihshreyasakaravubhau .
tayostu karmasamnyasatkarmayogo vishishyate .. 5-2..

brahmanyadhaya karmani sangam tyaktva karoti yah .
lipyate na sa papena padmapatramivambhasa .. 5-10..

adhishtanam tatha karta karanam cha prithagvidham .
vividhashcha prithakcheshta daivam chaivatra panchamam .18-14.



GC 15, Gnana Yoga

Lesson 15: Gnana Yoga

dhumenavriyate vahniryathadarsho malena cha .
yatholbenavrito garbhastatha tenedamavritam .. 3-38..

brahmarpanam brahma havirbrahmagnau brahmana hutam .
brahmaiva tena gantavyam brahmakarmasamadhina .. 4-24..

shraddhavamllabhate jnyanam tatparah samyatendriyah .
jnyanam labdhva param shantimachirenadhigachchhati .. 4-39..

jnyanena tu tadajnyanam yesham nashitamatmanah .
teshamadityavajjnyanam prakashayati tatparam .. 5-16..

manushyanam sahasreshu kashchidyatati siddhaye .
yatatamapi siddhanam kashchinmam vetti tattvatah .. 7-3..

bahunam janmanamante jnyanavanmam prapadyate .
vasudevah sarvamiti sa mahatma sudurlabhah .. 7-19..

yah shastravidhimutsrijya vartate kamakaratah .
na sa siddhimavapnoti na sukham na param gatim .. 16-23..

jnyanam jnyeyam pariornyata trividha karmachodana .
karanam karma karteti trividhah karmasangraha .. 18-18..



GC 16. Dhyana Yoga

Lesson 16: Dhyana Yoga

yogi yunjita satatamatmanam rahasi sthitah .
ekaki yatachittatma nirashiraparigraha .. 6-10..

shuchau deshe pratishthapya sthiramasanamatanah .
natyuchchhritam natinicham chailajinakushottaram .. 6-11..

tatraikagram manah kritva yatachittendriyakriyah .
upavishyasane yunjyadyogamatmavishuddhaye .. 6-12..

samam kayashirogrivam dharayannachalam sthirah .
samprekshya nasikagram svam dishashchanavalokayan .. 6-13..

prashantatma vigatabhirbrahmacharivrate sthitah .
manah samyamyamachchitto yukta asita matparah .. 6-14..

yunjannevam sadatmanam yogi niyatamanasah .
shantim nirvanaparamam matsamsthamadhigachchhati .. 6-15..

yatha dipo nivatastho nengate sopama smrita .
yogino yatachittasya yunjato yogamatmanah .. 6-19..

sarvabhutasthamatmanam sarvabhutani chatmani .
ikshate yogayuktatma sarvatra samadarshanah .. 6-29..



GC 17: Bhakti Yoga

Lesson 17: Bhakti Yoga

ye yatha mam prapadyante tamstathaiva bhajamyaham .
mama vartmanuvartante manushyah partha sarvashah .. 4-11..

ananyashchintayanto mam ye janah paryupasate .
tesham nityabhiyuktanam yogakshemam vahamyaham .. 9-22..

patram pushpam phalam toyam yo me bhaktya prayachchhati .
tadaham bhaktyupahritamashnami prayatatmanah .. 9-26..

manmana bhava madbhakto madyaji mam namaskuru .
mamevaishyasi yuktvaivamatmanam matparayanah .. 9-34..

machchitta madgataprana bodhayantah parasparam .
kathayantashcha mam nityam tushyanti cha ramanti cha .. 10-9..

anapekshah shuchirdaksha udasino gatavyathah .
sarvarambhaparityagi yo madbhaktah sa me priyah .. 12-16..

ishvarah sarvabhutanam hriddesherjuna tishthati .
bhramayansarvabhutani yantrarudhani mayaya .. 18-61..

sarvadharmaparityajya mamekam sharanam vraja .
aham tva sarvapapebhyo mokshayishyami ma shuchah .. 18-66..

JEEVA (Optimal Life)

JEEVA course highlights 12 techniques of optimal life under 4 lessons. Each technique is derived from a collection of 8 sutras of Maharshi Patanjali. Each lesson consists of 3 techniques from each Pada of the Patanjali Yoga-sutras. The earlier 3 courses are based on Bhagavad-Gita which is also called as the Yoga-shastra. While the earlier 3 courses highlight the principles of sound body, sound mind and pure soul, this course highlights techniques of optimal life. Collectively these 4 courses cover the principles and techniques of Yoga from the Yoga-shastra and the Yoga-sutras respectively. In effect students will have a broad understanding of complete Yoga in other words the 'PoornaYoga'.

Lesson 18. Samadhi: This lesson covers 3 techniques based on the sutras from the Samadhi pada of Patanjali Yoga-sutras. The first technique is the 'Chittavritti Nirodha' which presents the fivefold distractions of conscious and their remedy. The second technique is the 'Ishwara Pranidhana' which means to surrender oneself in devotion of the Ishwara. The third technique is 'Chitta Santhi' which highlights the methods of calming down the conscious.

Lesson 19. Sadhana: This lesson covers 3 techniques based on the sutras from the Sadhana pada of Patanjali Yoga-sutras. The fourth technique is 'Kriya Yoga' which highlights the three components of Kriya-Yoga. The fifth technique is 'Bahiranga Yoga' which presents the limbs of Yoga that are physical in nature. The sixth technique is 'Pratipaksha Bhavana' which presents the mechanism of using the equal and opposite reaction to neutralise troubles.

Lesson 20. Vibhuti: This lesson covers 3 techniques based on the sutras from the Vibhuti pada of Patanjali Yoga-sutras. The seventh technique is 'Antaranga Yoga' which presents the limbs of Yoga that are psychic in nature. The eighth technique is 'Samyama' which highlight the power of Yoga in attaining transcendental wisdom. The ninth technique is 'Satva Purusha' which differentiates between the Satva and Purusha.

Lesson 21. Kaivalya: This lesson covers 3 techniques based on the sutras from the Kaivalya pada of Patanjali Yoga-sutras. The tenth technique is 'Smriti Samskara' which differentiates between Smriti and Samskara. The eleventh technique is 'Chitta Bedha' which explains how different Chittas result in different perceptions of same reality. The twelfth technique is 'Chitta Shakti' which explains the power of conscious and its culmination in soul upon attaining Kaivalyam.

Lesson 18. Samadhi

Technique 1: Chittavritti Nirodha

- 1-2. yogashchitta vri'tti nirodhah'
- 1-6. pramaana viparyaya vikalpa nidraa smri'tayah'
- 1-7. pratyakshaanumaanaa'gamaah' pramaanaani
- 1-8. viparyayo mithyaajnyaanamatroopapratisht'ham.
- 1-9. shabdajnyaanaanupaatee vastushoonyah' vikalpah'
- 1-10. abhaava pratyayaa'lambanaa vri'ttirnidraa.
- 1-11. anubhootavishayaa'sampramoshah' smri'tih'
- 1-12. abhyaasavairaagyaabhyaam tannirodhah'

Technique 2: Eswara Pranidhana

- 1-23. eeshvara pranidhaanaadvaa
- 1-24. kleshakarmavipaakaa'shaayairaparaamri'sht'a purushavishesheeshvarah'
- 1-25. tatra niratishayam sarvajnya beejam
- 1-26. poorveshaamapi guruh' kaalenaanavachchedaat
- 1-27. tasya vaachakah' pranavah'
- 1-28. tajjapastadarthabhaavanam.
- 1-29. tatah' pratyakchetanaadhigamo'pyantaraayaabhaavashcha
- 1-30. vyaadhi styaana samshaya pramaadaalasyaavirati bhraantidarshanaalabdhabhoomikatvaanavasthitvaani chittavikshepaastentaraayaah'

Technique 3: Chitta Shanti

- 1-33. maitree karunaa muditopekshaanaam sukhaduh'kha
punyaapunya
vishayaanaam bhaavanaatah' chittaprasaadanam.
- 1-34. prachchhardana vidhaaranaabhyaam vaa praanasya
- 1-35. vishayavatee vaa pravri'ttirutpannaa manasah'
sthitinibandhinee
- 1-36. vishokaa vaa jyotishmatee
- 1-37. veetaraaga vishayam vaa chittam
- 1-38. svapna nidraa jnyaanaa'lambanam vaa
- 1-39. yathaa'bhimata dhyaanaadvaa
- 1-40. paramaanu parama mahatvaanta'sya vasheekaarah'

Lesson 19. Sadhana

Technique 4: Kriya Yoga

- 2-1. tapassvaadhyaayeshvarapranidhaanaani kriyaayogah'
- 2-3. avidyaa'smitaaraagadvashaabhiniveshaah' panchakleshaah'
- 2-4. avidyaakshetramuttareshaam
prasuptatanuvichchinnodaaraanaam
- 2-5. anityaashuchi duh'khaanaatmasu nityashuchee sukhaa'tma
khyaatiravidyaa
- 2-6. dri'gdarshanashaktyorekaatmatevaasmitaa
- 2-7. sukhaanushayee raagah'
- 2-8. duh'khaanushayee dveshah'
- 2-9. svarasavaahee vidusho'pi tathaa'rood'ho'bhiniveshah'

Technique 5: Bahiranga Yoga

2-28. yogaangaanusht'haanaadashuddhikshaye

jnyaanadeeptiravivekakhyaateh'

2-29. yama niyamaa'sana praanaayaama pratyahaara dhaarana
dhyaana samaadhayo'sht'aavangaani

2-30. ahimsaa satyamasteya brahmacharyaaparigrahaa yamaah'

2-32. shaucha santosha tapah' svaadhyaayeshvarapranidhaanaani
niyamaah'

2-46. sthirasukhaamaasanam

2-49. tasmin sati shvaasaprashvaasayorgativichchedah'
praanaayaamah'

2-54. svavishayaasamprayoge chittasya svaroopaanukaara
yivendriyaanaam pratyahaarah'

2-55. tatah' paramaa vashyatendriyaanaam

Technique 6: Pratipaksha Bhavana

2-33. vitarkabaadhane pratipaksha bhaavanam

2-34. vitarkaa himsaadayah' kri'takaaritaanumoditaa lobha krodha
mohapoorvakaam

mri'dumadhyaadhimaatraaduh'khaajnyaanaanantaphalaa yiti
pratipakshabhaavanam.

2-35. ahimsaa pratisht'haayaam tatsannidhau vairatyagah'

2-36. satyapratisht'haayaam kriyaaphalaashrayatvam

2-37. asteyapratisht'haayaam sarvaratnopasthaanam.

2-38. brahmacharyapratisht'haayaam veeryalaabhah'

2-39. aparigrahasthairye janmakathantaasambodhah'

2-40. shauchaatsvaanga jugupsaa parairasamsargah'

Lesson 20. Vibhuti

Technique 7: Antaranga Yoga

- 3-1. deshbandhashchittasya dhaaranaa
- 3-2. tatra pratyayaikataanataa dhyaanam
- 3-3. tadevaarthamaatraanirbhaasam svaroopashoonyamiva samaadhih'
- 3-4. trayamekatra samyamah'
- 3-5. tajjyaat prajnyaa"loka'
- 3-6. tasya bhoomishu viniyogah'
- 3-7. trayamantarangam poorvebhyah'
- 3-8. tadapi bahirangam nirbeejasya

Technique 8: Samyama

- 3-26. pravri'ttyaalokanyaasaatsookshmavyavahitaviprakri'sht'a jnyanam
- 3-27. bhuvanajnyanam soorye samyamaat.
- 3-28. chandre taaraavyoohajnyanam.
- 3-29. dhri've tadgatajnyanam.
- 3-30. naabhichakre kaavyoohajnyanam.
- 3-31. kant'hakoope kshutpipaasaanivri'ttih'.
- 3-32. koormanaad'yaam sthairyam.
- 3-33. moordhajyotishi siddhadarshanam.

Technique 9: Satva Purusha

3-36. sattvapurushayoratyantaasankeernayoh' pratyaya avisheshaat
bhogah' paraarthatvaat svaarthasamyamaatpurushajnyaanam

3-50. sattvapurushaanyataakhyaatimaatrasya
sarvabhaavaadhisht'haatri'tvam sarvajnyaatri'tvam cha

3-51. tadvairaagyaadapi doshabeejakshaye kaivalyam

3-52. sthaanyupanimantrane sangasmayaakaranam
punaranisht'aprasangaat

3-53. kshanatatkramayoh' samyamaadvivekajam jnyaanam

3-54. jaatilakshanadeshairanyataanaavachchhedaattulyayostatah'
pratipattih'

3-55. taarakam sarvavishayam sarvathaa vishayamakramam cheti
vivekajam jnyaanam.

3-56. satvapurushayoshshudhdhi saamyee kaivalyam.

Lesson 21. Kaivalya

Technique 10: Smriti Samskara

4-4. nirmaanachittaanyasmitaamaatraat.

4-5. pravri'ttibhede prayojakam chittamekamanekeshaam.

4-6. tatra dhyaanajamanaashayam.

4-7. karmaashuklaakri'shnam yoginastrividhamitareshaam

4-8. tatastadvipaakaanugunaanaamevaa'bhiivyaktarvaasanaanaam

4-9. jaatideshakaalavyavahitaanaamapyaanantaryyam smri'ti
samskaarayorekaroopatvaat

4-10. taasaamanaaditvam chaashisho nityatvaat.

4-11. hetuphalaashrayaalambanaih'

sangri'heetatvaadeshaamabhaave tadabhaavah'

Technique 11: Chitta bedha

- 4-15. vastusaame chittabhedaattayorvibhakta panthaah'
 4-16. na chaikachittatantram vastu tadapramaanakam tadaa kim
 syaat?
 4-17. taduparaagaapekshitvaachchittasya vastu jnyaataajnyaatam.
 4-18. sadaa jnyaataashchittavri'ttayastat prabhoh'
 purushasyaaparinaamitvaat.
 4-19. natatsvaabhaasam dri'shyatvaat.
 20. ekasamaye chobhaya'navadhaaranam
 4-21. chittaantaradri'shye buddhibudhdheratiprasangah'
 smri'tisankarashcha.
 4-22. chitterapratiskanramaayaastadaakaaraapattau
 svabuddhisamvedanam.

Technique 12: Chitta shakti

- 4-24. tadasankhyeyavaasanaabhisichitramapi paraartham
 samhatyakaaritvaat.
 4-25. visheshadarshina aatmabhaavabhaavanaavinivri'ttih'
 4-26. tadaa vivekanimnam kaivalyapraagbhaaram chittam
 4-27. tachchhidreshu pratyayaantaraani samskaarebhyah'
 4-28. haanameshaam kleshavaduktam.
 4-29. prasankhyaane'pyakuseedasya sarvathaa
 vivekakhyaaterdharmameghassamaadhih'
 4-30. tatah' kleshakarmanivri'ttih'
 4-34. purusharthashoonyaanaam gunaanaam pratiprasavah'
 kaivalyam svaroopapratisht'haa vaa chittashaktiriti.

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About the Author:

“Poorna Yoga Program” is designed and developed by Shri Gopi V. Prasad, to offer a broad understanding of Yoga, through graphic interpretation of 140 Gita-shlokas and 96 Yoga-sutras under 21 thematic lessons. Each lesson is structured with three components of learning namely Sadhana, Sodhana and Vaadana, to enable students understand, explore and apply the wisdom of Yoga in daily life. Gopi studied Yoga in its various forms since his childhood. His lifelong interest in Yoga Shastra led to the foundation of PoornaYoga Program in India, Europe and America. His experience in the field of Education has led to the creation of the G-Education model, which is applied in the development and dissemination of structured learning programs such as this one. Gopi has an ‘MBA in Global Management’ from Germany and a ‘Diploma in Physical Education’ from India. His interests include poetry and spiritual art.



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