

**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



Gopi V. Prasad

### About the Program Structure:

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**Poorna Yoga Program** aims to offer a broad understanding of PoornaYoga, through **140 Gita-shlokas** and **96 Yoga-sutras** under **21 thematic lessons**, which are grouped into four courses namely **DEHA, GNANA, YOGA** and **JEEVA**. Each lesson is structured with the **G-Education** model using the three components of learning namely **Sadhana, Sodhana** and **Vaadana**, which enable students to **understand, explore** and **apply** the wisdom of Yoga in daily life.

The **SADHANA** component involves activities such as **shravana** means **hearing**, **pathana** means **reading**, and **manana** means **reflecting**. These activities enable students to **understand** the essence of the lesson. Students do **SADHANA** using the PoornaYoga transliteration **textbooks**.

The **SODHANA** component involves activities such as **varna** means **colouring**, **visleshana** means **analysis** and **anveshana** means **searching**. These activities enable students to **explore** deeper insights of the lesson. Students do **SODHANA** using the PoornaYoga **workbooks**.

The **VAADANA** component involves the activities such as **charcha** means **discussion**, **samiksha** means **inspection**, and **pariksha** means **examination**. These activities enable students to **apply** eternal wisdom in daily life. Students do **VAADANA** using the PoornaYoga **project-work**.

### About the Course Material:

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It is essential to obtain the course material to participate in the “Poorna Yoga Program”.

**Textbooks:** The transliteration textbooks are available in **33 languages** as PDF or books for free. Students can read the Sanskrit shlokas in their native language scripts and learn the pronunciation by using the **guided chanting videos**.

**Workbooks:** The workbooks are designed to stimulate interest and facilitate learning through **graphic illustrations** and other **smart learning** features. Workbooks can be purchased from the school or from the CourseLink website.

**Project-work:** Students shall do the **Project-Work** in small teams of three. They shall add colours to graphic illustrations, and copy-write shlokas. They shall do a collective recitation of shlokas and presentation of summary in the class.

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## DEHA (Sound Body)

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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

**A** 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..

**B** 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..

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

**D** lobhah pravrittirambhah karmanamashamah spriha .  
rajasyetani jayamte vivridhe bhātarshabha .. 14-12..

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



GC 2. The Body

## 2. The Body

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

ayuhsattvabalarogyasukhapritivivardhanah .  
rasyah snigdha sthira hridaya ahara sattvikapriyah .. 17-8..

katvamlalavanatyushnatikshnarukshavidahinah .  
ahara rajasasyeshta dukkhashokamayapradah .. 17-9..

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

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

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

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

**C** 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

- A** yato yato nishcharati manashchamchalamasthiram .  
tatastato niyamyaitadatmanyeva vasham nayet .. 6-26..  
prashamtamanasam hyenamyoginam sukhamuttamam .  
upaiti shamtarajasam brahmabhutamakalmasham .. 6-27..
- B** asamshayam mahabaho mano durnigraham chalam .  
abhyasena tu kaumteya vairagyena cha grihyate .. 6-35.  
asamyatatmana yogo dushprapa iti me matih .  
vashyatmana tu yatata shakyovaptumupayatah .. 6-36.
- C** buddhya vishuddhaya yukto dhrityatmanam niyamy cha .  
shabdadinvisayamstyaktva 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.
- D** 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

- A** bamdhuratmatmanastasya yenatmaivatmana jitah .  
anatmanastu shatrutve vartetatmaiva shatruvat .. 6-6..
- bhumiraponalo vayuh kham mano buddhireva cha .  
ahamkara itiyam me bhinna prakritisashtadha .. 7-4..
- B** chaturvidha bhajante mam janah sukritinorjuna .  
arto jijnyasurarthartha jnyani cha bhatarashabha .. 7-16..
- yatkaroshi yadashnasi yajjuhoshi dadasi yat .  
yattapasyasi kaumteya tatkurushva madarpanam .. 9-27..
- C** sattvam rajastama iti gunah prakritisambhavah .  
nibadhnanti mahabaho dehe dehinamavyayam .. 14-5..
- sattvam sukhe samjayati rajah karmani bharaata .  
jnyanamavritya tu tamah pramade samjayatyuta .. 14-9..
- D** tatra sattvam nirmalatvatprakashakamanamayam .  
sukhasamgena badhnati jnyanasamgena chanagha .. 14-6..
- E** rajo ragatmakam viddhi trishnasamgasamudbhavam .  
tannibadhnati kaumteya karmasamgena dehinam .. 14-7..
- F** tamastvajanajam viddhi mohanam sarvadehinam .  
pramadalsyanidrabhistanibadhnati bharaata .. 14-8..





GC 5. Sense Control

## 5. Sense Control

- A** prajahati yada kamansarvanpartha manogatan .  
atmanyevatmana tushtah sthitaprajnyastadochyate .. 2-55..
- B** dukkleshvanudvignamanah sukheshu vigatasprihah .  
vitaragabhayakrodhah sthitadhirmuniruchyate .. 2-56..  
yah sarvatranabhisnehastattatprapya shubhashubham .  
nabhinamdati na dveshti tasya prajnya pratishthita .. 2-57..
- C** yada samharate chayam kurmonganiva sarvashah .  
imdriyanimdriyarthebhyastasya prajnya pratishthita .. 2-58..
- D** 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 samyamyukta asita matparah .  
vashe hi yasyemdriyani tasya prajnya pratishthita .. 2-61..



## 6. Sense Gratification

- A** | dhyayato vishayanpumsah samgasteshupajayate .  
samgatsamjayate kamah kamatkrodhobhijayate .. 2-62..
- krodhadbhavati sammohah sammohatsmritivibhramah .  
smritibhramshad buddhinasho buddhinashatpranashyati .. 2-63..
- B** | ragadveshaviyuktaistu vishayanimdriyaishcharan .  
atmavashyairvidheyatma prasadamadhigachchhati .. 2-64..
- C** | prasade sarvadhukhanam hanirasyopajayate .  
prasannachetaso hyashu buddhih paryavatishthate .. 2-65..
- D** | nasti buddhirayuktasya na chayuktasya bhavana .  
na chabhavayatah shamtirashamtasya kutah sukham .. 2-66..
- E** | indriyanam hi charatam yanmanonuvidhiyate .  
tadasya harati prajnyam vayurnavamivambhasi .. 2-67..
- F** | tasmadyasya mahabaho nigrihitani sarvashah .  
imdriyanimdriyarthebhyastasya prajnya pratishthita .. 2-68..

## GNANA (Sound Mind)

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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

- A** | karyakaranakartritve hetuh prakritiruchyate .  
purushah sukhaduhkhanam bhoktritve heturuchyate .. 13-21..
- B** | devadvijaguruprajnyapujanam shauchamarjavam .  
brahmacharyamahimsa cha shariram tapa uchyate .. 17-14..
- C** | aphalakankshibhiryajnyo vidhidrishto ya ijjate.  
yashtavyameveti manah samadhaya sa sattvikah..17.11..  
abhisamdhaya tu phalam dambharthamapi chaiva yat.  
ijjate bharaohreshtha tam yajnyam viddhi rajagam..17.12..  
vidhihinamasrishtannam mantrahinamadakshinam.  
shraddhavirahitam yajnyam tamagam parichakshate..17.13..
- D** | yattadagre vishamiva parinamemritopamam .  
tatsukham sattvikam proktamatmabuddhiprasadajam .. 18-37..  
vishayendriyasamyogadyattadagremritopamam .  
pariname vishamiva tatsukham rajagam smritam .. 18-38..  
yadagre chanubandhe cha sukham mohanamatmanah .  
nidralasyapramadottham tattamagamudahritam .. 18-39..



## 8. Social Wisdom

- A** | chaturvarnyam maya srishtam gunakarmavibhagashah .  
tasya kartaramapi mam viddhyakartaramavyayam .. 4-13..
- B** | kamyanam karmanam nyasam samnyasam kavayo viduh .  
sarvakarmaphalatyagam prahustyagam vichakshanah .. 18-2..
- C** | 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..
- D** | 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

- A** tejah kshama dhritih shauchamadroho natimanita .  
bhavanti sampadam daivimabhijatasya bhārata .. 16-3..
- dambho darpobhimanashcha krodhah parushyameva cha .  
ajnyanam chabhijatasya partha sampadamasurim .. 16-4..
- B** 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..
- C** dhṛitya yaya dharayate manahpranendriyakriyah .  
yogenavyabhicharinya dhritih sa partha sattviki .. 18-33..
- yaya tu dharmakamarthandhṛitya dharayaterjuna .  
prasangena phalakankshi dhritih sa partha rajasi .. 18-34..
- yaya svapnam bhayam shokam vishadam madameva cha .  
na vimunchati durmedha dhritih sa partha tamasi .. 18-35..



## 10. mental Wisdom

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

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

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

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

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

**D** manah prasadah saumyatvam maunamatmavinigrahah .  
bhavasamshuddhirityetattapo manasamuchyate .. 17-16..

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

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

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



GC 11. Emotional Wisdom

## 11. Emotional Wisdom

- A** vihaya kamanyah sarvanpumamshcharati nihsprisah .  
nirmamo nirahankarah sa shantimadhigachchhati .. 2-71..
- shaknotihaiva yah sodhum prakshariravimokshanat .  
kamakrodhodbhavam vegam sa yuktah sa sukhi narah .. 5-23..
- B** karmanah sukritasyahuh sattvikam nirmalam phalam .  
rajasastu phalam dukkhamajnyanam tamasah phalam .. 14-16..
- C** sattvatsanjayate jnyanam rajaso lobha eva cha .  
pramadamohau tamaso bhavatojnyanameva cha .. 14-17..
- D** 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..
- E** samaduhkhasukhah svasthah samaloshtashmakanchanah .  
tulyapriyapriyo dhirastulyanindatmasamstutih .. 14-24..
- manapamanayostulyastulyo mitraripakshayoh .  
sarvarambhaparityagi gunatitah sa uchyaate .. 14-25..





## 12. Spiritual Wisdom

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

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

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

**C** | shreyo hi jnyanamabhyasajjnyanaddhyanam vishishyate .  
| dhyanatkarmaphalatyagastyagachchhantiranantaram .. 12-12..

**D** | samah shatrau cha mitre cha tatha manapamanayoh .  
| shitoshnasukhaduhkheshu samah sangavivarjitah .. 12-18..

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

**E** | 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)

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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.



### 13: Yoga Sukshma

**A** 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..

**B** 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..

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

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

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

**E** vitaragabhayakrodha manmaya mamupashritah .  
bahavo jnyanatapasa puta madbhavamagatah .. 4-10..



GC 14. Karma Yoga

## 14: Karma Yoga

- A** | karmanyevadhikaraste ma phaleshu kadachana .  
ma karmaphalaheturbhurma te sangostvakarmani .. 2-47..
- annadbhavanti bhutani parjanyaadannasambhavah .  
yajnyadbhavati parjanyo yajnyah karmasamudbhavah .. 3-14..
- yadyadacharati shreshthastattadevetaro janah .  
sa yatpramanam kurute lokastadanuvartate .. 3-21..
- shreyansvadharma vigunah paradharmatsvanushthitah .  
svadharma nidhanam shreyah paradharma bhayavahah .. 3-35..
- B** | yasya sarve samarambhah kamasankalpavarjitah .  
jnyanagnidagdhakarmanam tamahuh panditam budhah .. 4-19..
- C** | samnyasah karmayogashcha nihshreyasakaravubhau .  
tayostu karmasamnyasatkarmayogo vishishyate .. 5-2..
- D** | brahmanyadhaya karmani sangam tyaktva karoti yah .  
lipyate na sa papena padmapatramivambhasa .. 5-10..
- E** | adhishtanam tatha karta karanam cha prithagvidham .  
vididhashcha prithakcheshta daivam chaivatra panchamam .18-14.



GC 15, Gnana Yoga

## 15: Gnana Yoga

- A** | dhumenavriyate vahniryathadarsho malena cha .  
yatholbenavrito garbhastatha tenedamavritam .. 3-38..
- B** | brahmarpanam brahma havirbrahmagnau brahmana hutam .  
brahmaiva tena gantavyam brahmakarmasamadhina .. 4-24..
- C** | shraddhavamllabhate jnyanam tatparah samyatendriyah .  
jnyanam labdhva param shantimachirenadhigachchhati .. 4-39..  
  
jnyanena tu tadajnyanam yesham nashitamatmanah .  
teshamadityavajjnyanam prakashayati tatparam .. 5-16..
- D** | manushyanam sahasreshu kashchidyatati siddhaye .  
yatatamapi siddhanam kashchinmam vetti tattvatah .. 7-3..  
  
bahunam janmanamante jnyanavanmam prapadyate .  
vasudevah sarvamiti sa mahatma sudurlabhah .. 7-19..
- E** | yah shastravidhimutsrija vartate kamakaratah .  
na sa siddhimavapnoti na sukham na param gatim .. 16-23..
- F** | jnyanam jnyeyam pariornyata trividha karmachodana .  
karanam karma karteti trividhah karmasangraha .. 18-18..



GC 16. Dhyana Yoga

## 16: Dhyana Yoga

- A** yogi yunjita satamatmanam rahasi sthitah .  
ekaki yatachittatma nirashiraparigraha .. 6-10..
- shuchau deshe pratishthapya sthiramasanamatanah .  
natyuchchhritam natinicham chailajinakushottaram .. 6-11..
- tatraikagram manah kritva yatachittendriyakriyah .  
upavishyasane yunjyadyogamatmavishuddhaye .. 6-12..
- B** 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..
- C** yatha dipo nivatastho nengate sopama smrita .  
yogino yatachittasya yunjato yogamatmanah .. 6-19..
- D** sarvabhutasthamatmanam sarvabhutani chatmani .  
ikshate yogayuktatma sarvatra samadarshanah .. 6-29..



## 17: Bhakti Yoga

- A** | ye yatha mam prapadyante tamstathaiva bhajamyaham .  
mama vartmanuvartante manushyah partha sarvashah .. 4-11..
- B** | ananyashchintayanto mam ye janah paryupasate .  
tesham nityabhiyuktanam yogakshemam vahamyaham .. 9-22..  
patram pushpam phalam toyam yo me bhaktya prayachchhati .  
tadaham bhaktyupahritamashnami prayatatmanah .. 9-26..
- C** | manmana bhava madbhakto madyaji mam namaskuru .  
mamevaishyasi yuktvaivamatmanam matparayanah .. 9-34..  
machchitta madgataprana bodhayantah parasparam .  
kathayantashcha mam nityam tushyanti cha ramanti cha .. 10-9..
- D** | anapekshah shuchirdaksha udasino gatavyathah .  
sarvarambhaparityagi yo madbhaktah sa me priyah .. 12-16..
- E** | ishvarah sarvabhutanam hriddesherjuna tishthati .  
bhramayansarvabhutani yantrarudhani mayaya .. 18-61..
- F** | sarvadarmanparityajya 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.



## 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 mithyaajnyaanamatadroopapratisht'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'

## 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  
mohapoorvaka

mri'dumadhyaadhimaatraaduh'khaajnyaanaanantaphalaa yiti  
pratipakshabhaavanam.

2-35. ahimsaa pratisht'haayaam tatsannidhau vairatyaagah'

2-36. satyapratisht'haayaam kriyaaphalaashrayatvam

2-37. asteyapratisht'haayaam sarvaratnopasthaanam.

2-38. brahmacharyapratisht'haayaam veeryalaabhah'

2-39. aparigrahasthairye janmakathantaasambodhah'

2-40. shauchaatsvaanga jugupsaa parairasamsargah'

## 20. Vibhuti

### Technique 7: Antaranga Yoga

---

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

### Technique 8: Samyama

---

- 3-26. pravri'ttyaalokanyaasaatsookshmavyavahitaviprakri'sht'a jnyaanam
- 3-27. bhuvanajnyaanam soorye samyamaat.
- 3-28. chandre taaraavyoohajnyaanam.
- 3-29. dhri've tadgatajnyaanam.
- 3-30. naabhichakre kaayavyoohajnyaanam.
- 3-31. kant'hakoope kshutpipaasaanivri'ttiah'.
- 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. jaatilakshanadeshairanyataanaavachchedaattulyayostatah'  
pratipattih'
- 3-55. taarakam sarvavishayam sarvathaa vishayamakramam cheti  
vivekajam jnyaanam.
- 3-56. satvapurushayoshshudhdhi saamyee kaivalyam.

## 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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