RAJA YOGA SYLLABUS

The contents of the book Raja Yoga will be studied in two parts:

**Part I: Introduction to Raja Yoga:** From “Introduction” to “Introduction to Patanjali’s Aphorisms”

**Part II: Patanjali’s Aphorims:** From “Concentration: Its Spiritual Uses” to “Independence”

Each theory session will touch on both parts.

**Class 1: April 3, 2005**
Swami Vedananda will give us an introduction, summarizing all of **Part I**.
We shall also start with Patanjali’s aphorisms.

**Class 2: April 10, 2005**
*Readings: Introduction, The First Steps*
Discussion on Introduction, The First Steps

**Class 3: April 17, 2005**
*Readings: Prana, The Psychic Prana*
Discussion on Prana
Patanjali’s aphorisms

**Class 4: April 24, 2005**
Field Trip to Olema
Discussion on Patanjali’s aphorisms, any material from *Introduction* to *The Psychic Prana*

**Class 5: May 1, 2005**
*Readings: The Control of Psychic Prana*
Discussion on The Control of Psychic Prana
Patanjali’s aphorisms

**Class 6: May 8, 2005**
*Readings: Pratyahara and Dharana*
Discussion on Pratyahara and Dharana
Patanjali’s aphorisms

**Class 7: May 15, 2005**
*Readings: Dhyana and Samadhi*
Discussion on Pratyahara and Dharana
Patanjali’s aphorisms

**Class 8: May 22, 2005**
*Readings: Raja Yoga in Brief, Introduction to the Aphorisms of Patanjali*
Discussion on Raja Yoga in Brief, Introduction to the Aphorisms of Patanjali
Patanjali’s aphorisms

**Class 9: May 29, 2005**
Open discussion
Students submit a final paper on Raja Yoga using course concepts. Swami Vedananda, Vinod Rao and Prof. Linda Hess will evaluate the paper.
Opening and Closing Prayers

Opening Prayer
Om sahanaa vavatu Sahanau bhunaktu
Saha veeryam karavaa vahai
Tejasvi naa vadhee tamastu maa vidvishaa vahai
Om Shaanti Shaanti Shaantihi

Translation (in the context of a classroom)
May the teacher and the taught be protected together,
May the teacher and the taught be nourished together,
May they both work together with great energy,
May their study be enlightening and fruitful.
May the teacher and the taught never hate each other.
Om Peace, Peace, Peace.

Note: Although this ancient Sanskrit prayer is popular with teachers, at a deeper level, each one of us has an internal teacher whose voice we need to listen to. The prayer suggests that we may reconcile the two aspects of our selves (much like the yin and the yang) to stay in harmony. At the community level, we can interpret this as:
May WE protect each other,
May WE nourish each other,
May WE work together with great energy,
May OUR study be enlightening and fruitful.
May WE never hate each other.
Om Peace, Peace, Peace.

Closing Prayer
Sarve bhavantu sukhinah
Sarve santu niraamayah
Sarve bhadraani pashyantu
Maa kaschit dukha abhaag bhavet
Om Shaanti Shaanti Shaantihi

Translation
May ALL be happy.
May ALL be free from diseases.
May ALL see things auspicious.
May NONE be subjected to misery.
Om Peace, Peace, Peace.

Note: ALL refers to all beings (not just humans)