

## Online Education by Sri Prashant Iyengar – Lesson 2

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This is the second session on the CDs, in Education about classical yoga. There are two aspects, for students, seekers, and yoga conserder.

1<sup>o</sup>) There is very few people really interesting in yoga, or interesting in just knowing what is good for me in yoga. The majority of people today are interesting in the second aspect and persuing yoga for identify to get to know what is good in yoga for me.

In classical approach this is not the case, because that is the consumerison in classical yoga.

What is yoga? Ones want to know what is yoga that is the students Chanel. As soon about later, all of us, me too, get into discrit. Now, we are intermedia with this idea, notion, the concept, 'yoga is for one and all', not dought, but it is not the presit statement. Presit is, 'some thing in yoga is for every one', this is the most presit rather than 'yoga for one and all'. So people have different disposition with the notion we'll be there. However there is something for them to be offert by this subject of yoga. They can be materialistic people, spiritual people. These are polarities.

Those are looking for physical well being, mental wellbeing and they can be its ...2:30..... So we have variety of people and yoga has some thing offer for each one of them. And that is why be look for what is good for me? Do we go to change our self or just for identify what is good for me? But in classical approach that is wrong that case. It is just ..... in yoga for the state of yoga. Rather that say educated process, try to understand .....3:10..... classical kinds. Education is about, what is yoga? Rather than to .....3:18....good for me in yoga.

Now, let is see try to understand what is the education here? What is the education process in yoga? Education about what?

It is education about, is not yoga, is not getting education....3:48....

Yoga is educating, education about oneself. Yoga being adhiatma subject. It is education about oneself. You get to know our self by getting to know yoga. That is why yoga is like a mirrior, it is a dharsan, and it is a mirrior for understanding yourself.

Bhagavad Gita in the 13 chapter says, in .... Kaunteya shetra . This is.... shetram, field, is called fieldam' and we are soped to be knower the fields. ...4:50.... unfortunately ..... 4:53.... because of materialism.

We want to know our self, we want to know every .....5:00,

I'll give you an example, we want to eat food and we want to digest the food, but we don't know how the digestion takes place. We want to be intelligent, but what is intelligent? and how the intelligence functions? All want to you the brains 5:28 , but we don't know how our brain is There is some thing .... If you want to use the brain, ....5:47 ..... entail how is the brain.... But in our activity of life we don't need it! Just we want to use our body, we want to use our mind, our brain. But in philosophi approach this is not gam. That is why we are suppose to know knower of the chitta

