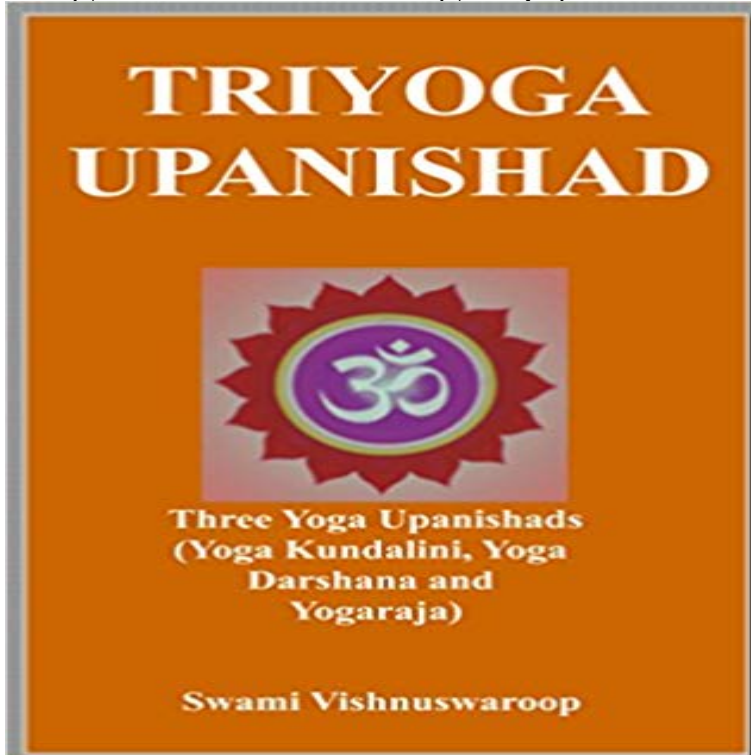


TRİYOGA UPANISHAD: Three Yoga Upanishads (Yoga Kuṣṭhalini, Yoga Darsana and Yogaraja)



TRİYOGA UPANISHAD is a compilation of Three Yoga Upanishads - Yoga Kuṣṭhalini, Yoga Darsana and Yogaraja. A brief description of them is given below.

About Yoga Kuṣṭhalini Upanishad This Upanishad concerning Kuṣṭhalini Yoga belongs to Krishna Yajurveda. There are three chapters in it. In the first chapter, the two causes of Citta Vṛtti, the three methods of controlling Prana moderation in diet, Asana and Sakti Calini Mudra are described. Then Sarasvati Calana, types of Pranayama Suryabhedhi, Ujjayi, Shitali, Bhastrika, etc., three Bandhas Moola Bandha, Uddiyana Bandha and Jalandhara Bandha, obstacles in yoga and protection from them, awakening of Kuṣṭhalini through yoga practice, penetration of three Granthis Brahmagranthi, Viśṭugranthi and Rudragranthi, Kuṣṭhalini entering Sahasrara Cakra (thousand petalled lotus), dissolution of Prana, etc. into Siva, realization of Self everywhere during Samadhi and subjects like Samadhi Yoga, etc. are described in detail. About Yoga Darsana Upanishad Originally, this Upanishad is called Jabaladarsana Upanishad, but it is also known as Yoga Darsana Upanishad. It belongs to Samaveda. It primarily deals with Aṅgāyoga Yoga philosophy. The main theme of Aṅgāyoga Yoga is described in it in the form of dialogue between Lord Dattatreya and Sage Saṅkṭi. There are mainly ten khaṅḍas (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 naṣṭis, 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. Praṅayama, its methods of practice, results and applications are described in the sixth part. Pratyahara, its

types and results are described in the seventh part. Dharaṇa and dhyana are described in the eighth and ninth parts. The state of samadhi and its results are described in the last tenth part. About Yogaraja Upanishad This Upanishad belongs to yoga. Of the Yoga Upanishads, it is an excellent Upanishad with respect to yoga. This is why this Upanishad is called Yogaraja. The theoretical aspect of yoga is described in detail in a simplified way in twenty-one verses. First of all, the four yogas - Mantrayoga, Layayoga, Rajayoga and Haṭhayoga are mentioned. Then the four limbs of yoga - asana, restraint of praṇa, dhyana and samadhi are explained. Again, the nine cakras (psychic centers) and the process of meditation on cakras are described. Finally, the Upanishad is completed with a brief account of the result of meditation on cakras.

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