

# YOGA AND THE SEARCH FOR HAPPINESS



[www.yogastudiesinstitute.org](http://www.yogastudiesinstitute.org)



Lama Marut's Audio and Video Podcasts are available free on iTunes and [aci-la.org](http://aci-la.org)

Image, "Wheel of Life" by Stephen Shepherd  
[http://commons.wikimedia.org/wiki/Image:The\\_wheel\\_of\\_life%2C\\_Trongsa\\_dzong.jpg](http://commons.wikimedia.org/wiki/Image:The_wheel_of_life%2C_Trongsa_dzong.jpg)



I. YOGA AND HAPPINESS / YOGA IS HAPPINESS

स्थिरसुखम् आसनम् ॥

sthirasukham āsanaṁ ॥

The poses bring a feeling of well-being  
Which stays with you.

(*Yoga Sutra 2.46*)

तम् विद्याद् दुःखसंयोगवियोगं योगसंज्ञितम् ।

tam vidyād duḥkhasaṁyogaviyogaṁ yogasañjñitam ।

स निश्चयेन योक्तव्यो योगोऽनिर्विण्णचेतसा ॥

sa niścayena yuktavyo yogo'nirviṇṇacetasā ॥

One should know that this,  
The disconnecting from the connection to suffering,  
Is what is called yoga.  
Yoga is to be practiced with firm resolve  
And with an undiscouraged mind.

(*Bhagavad Gita, 6.23*)



## II. YOGA AND JOYFUL EFFORT

तीव्रसंवेगानाम् आसन्नः ॥

tīvrasaṁvegānām āsannaḥ

The goal is reached  
By those who act  
With intense dedication and urgency.

(*Yoga Sutra* 1.21)

## III. YOGA AND RENUNCIATION

यं संन्यासमिति प्राहुर्योगं तं विद्धि पाण्डव ।

yaṁ sannyāsamiti prāhuryogaṁ taṁ viddhi pāṇḍava ।

न ह्यसंन्यस्तसङ्कल्पो योगी भवति कश्चन ॥

na hyasannyastasaṅkalpo yogī bhavati kaścana ॥

You should know, Arjuna,  
That yoga is what they call renunciation.  
No one becomes a yogi  
Who has not renounced expectation of selfish advantage.

(*Bhagavad Gita* 6.2)



#### IV. IDENTIFYING THE PROBLEM

शक्तोतीहैव यः सोढुं प्राक्शरीरविमोक्षणात् ।

śaknotīhaiva yaḥ soḍhum prākśarīravimokṣaṇāt |

कामक्रोधोद्भवं वेगं स युक्तः स सुखी नरः ॥

kāmakrodhodbhavaṁ vegaṁ sa yuktaḥ sa sukhī naraḥ ||

One who is able even here,  
Before giving up his body,  
To endure the attacks which arise  
From desire and anger,  
Is a real yogi.  
He is a happy person.

(*Bhagavad Gita 5.23*)

#### V. YOGA AND EQUANIMITY

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय ।

yogasthaḥ kuru karmāṇi saṅgaṁ tyaktvā dhanañjaya |

सिद्धयसिद्धयोः समो भूत्वा समत्वं योग उच्यते ॥

siddhyasiddhyoḥ samo bhūtvā samatvaṁ yoga ucyate ||

Giving up attachment, perform actions  
As a practise of yoga, Arjuna.  
Be the same  
Whether you are successful or unsuccessful.  
This equanimity is what is called yoga.

(*Bhagavad Gita 2.48*)



## VI. YOGA AND WISDOM

आत्मौपम्येन सर्वत्र समं पश्यति योऽर्जुन ।

सुखं वा यदि वा दुःखं स योगी परमो मतः ॥

ātmaupamyena sarvatra samam paśyati yo'rjunā  
sukham vā yadi vā duḥkham sa yogī paramo mataḥ॥

One who sees that everything  
Is equally coming from oneself,  
Whether it is suffering or happiness,  
Is to be considered the supreme yogi.

(*Bhagavad Gita* 6.32)

## VII. YOGA AND COMPASSION

वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।

sarvabhūtasthamātmānaṁ sarvabhūtāni cātmani।

ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥

īkṣate yogayuktātmā sarvatra samadarśanaḥ॥

One who is fully perfected in yoga  
Sees oneself in all beings  
And all beings in oneself.  
He sees everything  
As coming from the same source.

(*Bhagavad Gita* 6.29)



## VIII. BLISSFUL PATH TO BLISS

संतोषाद् अनुत्तमः सुखलाभः ॥

santoṣād anuttamaḥ sukhālābhaḥ

If you stay contented  
Then you achieve  
Happiness which is unsurpassed.

(*Yoga Sutra 2.42*)

प्रशान्तमनसं ह्येनं योगिनं सुखमुत्तमम् ।

praśāntamanasaṁ hyenaṁ yoginaṁ sukhamuttamam ।

उपैति शान्तरजसं ब्रह्मभूतमकल्मषम् ॥

upaiti śāntarajasam brahmabhūtamakalmaṣam ॥

Ultimate happiness comes to the yogi  
Whose mind is tranquil,  
Whose passion is calmed,  
Who is absorbed in ultimate reality,  
And is free from all imperfection.

(*Bhagavad Gita 6.27*)