

PATANJALI

Yoga Sutras in Lingo

The Liberation of Spirit
in Modern Metaphors

by

Tai Sheridan

Published by Tai Sheridan at Smashwords
Copyright 2011 Tai Sheridan

Smashwords Edition, License Notes

Thank you for downloading this free eBook. You are welcome to share it with your friends. This book may be reproduced, copied and distributed for non-commercial purposes, provided the book remains in its complete original form. If you enjoyed this book, please return to Smashwords.com to discover other works by this author. Thank you for your support.

Books and Podcasts by This Author

electronic / print / free / paid editions

<http://www.taisheridan.com>

Also available at Amazon, Kindle, and iTunes.

Buddhist Classics in Modern Verse

Celestial Music: Sutras of Emptiness

The Lotus / Diamond / Heart-Wisdom / Loving Kindness Sutras

The Bare Bones Dhammapada: Big Mind Big Love

Buddha's Essential Teachings

The Buddhacarita: A Modern Sequel

The Poetic Saga of Buddha's Life From Birth to Enlightenment

The Zen Wheel of Life Mantra: A Song of Luminous Wisdom and Love

Based on the Bhavacakra - The Wheel of Life Mandala

Zen Classics in Modern Verse

The Light of the Ancient Buddhas: Ballads of Emptiness and Awakening

Based on Keizan's Transmission of the Light

Rice Eyes: Enlightenment in Dogen's Kitchen

A poetic version of Dogen's Tenzo Kyokun on enlightened living and practice

Snow Falling in Moonlight: Odes in Praise of Dogen's Shobogenzo

Twelve Poems based on Dogen's Shobogenzo: The Treasury of the True Dharma Eye

Warm Zen Practice: A Poetic Version of Dogen's Bendowa

Whole Hearted Way

Other

Buddha in Blue Jeans: An Extremely Short Zen Guide to Being Buddha

Buddha's Light Body: Collected Works of Tai Sheridan

Patanjali: Yoga Sutras in Lingo

The Liberation of Spirit in Modern Metaphors

Many thanks to my eagle eyes

Editor Linda Lee White

Dedication

To what is beyond old and new

Every moment of light and dark is a miracle.

- Walt Whitman

Table of Contents

[Introduction](#)

[Chapter 1: Samadhi Pada / The Great Unhooking](#)

[Chapter 2: Sadhana Pada / The School of Spirit](#)

[Chapter 3: Vibhuti Pada / The Wonder of It All](#)

[Chapter 4: Kaivalya Pada / Let Your Spirit Fly Free](#)

[About the Author](#)

Introduction

Patanjali's Yoga Sutras teach restraint, wise action, and morality as a path to "The Supreme Lord". They were written between 100 BCE and 500 BE. In this ancient Hindu text, Patanjali espouses the eight limbs of yoga as a path of practice and realization of the divine.

Sanskrit translations tend to be literal and perplexing. Most versions are augmented by instructional and interpretive commentaries along with complex philosophy. I have written this book with one purpose: an immediate intimacy for the reader between the written word and their own experience.

This approach bypasses any intellectual effort to understand the subtle world of spiritual consciousness, which is perhaps the biggest impediment to realization. I would like anyone who can read to be able to intuitively grasp Patanjali's ideas.

There are significant contrasts between Hindu and Buddhist philosophy that are apparent when reading Patanjali's sutras and placing them besides Buddhist works from that time period, such as Asvaghosa's *Buddhacarita*. The most obvious differences are (1) spirit as separate from matter vs. spirit and matter mutually as inter-dependent; (2) a goal oriented spirituality vs. a goalless one; (3) transcendence as the achievement of a spirit entity as opposed to transcendence as an existing ontological state; (4) master of the body-breath-mind vs. letting go of them, and (5) the importance of siddhis (powers) in spiritual development vs. ignoring anything out of the ordinary. These are generalizations to help the reader understand Patanjali. Neither Hindus nor Buddhists have a market on liberation, a world in which comparisons drop away and things exists as they are.

I hope you enjoy this straight-talk no hocus-pocus down-to-earth radical-iconoclastic version of the Yoga Sutras. May Patanjali sing to your body, spirit, and life.

To the great AUM

Tai Sheridan

Kentfield, California 2011

CHAPTER 1

Samadhi Pada

The Great Unhooking

Now I sing
of yoga 'n practice
the BIG NON-DOING

keep your
think-feel energy still
sense from inside
harmonize think-feel

the five VIBES:
seeing correctly
seeing incorrectly
seeing imagination
in your sleep
in your memory

seeing clearly happens
with getting
how things work
'n with seeing
links between things

seeing without clarity
comes from bad info
'n your distortions

five vibes
of think-feel are
sometimes painful
sometimes harmless

imaginal mind
turns info into ideas
that don't hold water

sleep mind
can't stand back
from things

in memory mind

things stick like glue

do detachment
'n the vibes
'n rat race
S.T.O.P.

yoga
is a steady effort
to get unhooked
through big hearted
practice during a lifetime

when you
are mind's boss
you quit hungering
hankering for things

the awesome unhooking
is when you
blast free of desire
'n dial in to the
spiritual being within

focused attention
grows with
insight
contemplation
joyful inner seeing
focusing on
being here now

your subtle mind
says adios to
thought-feel imprints

when alive
in the clear light spirit
and subtle body
sense impressions
don't bug you

a zillion ways
to focus 'n
get insight:

confidence
stick-with-it
look inside
stay connected
to non-doing intimacy
with mindfulness

strong practice
supports liberation

three practices
are on the menu
strong medium mild

focus your attention
on the Supreme Lord
the ONE UNMOVED
by trouble or actions
or unconscious intentions

the lord
is the source
of all knowing
unconditioned by time

the master teacher
of the ancient one

chant sacred sounds
the music of the Lord
awaken its meaning
disappear in
AUM AUM AUM

dial-up tune-in
to inner sensing
obstacles split disappear

say GOOD-BYE to
disease
laziness
doubt
inattention
low energy
addicted sensuality
false views

back sliding
uneven growth
scattered attention
feelings

a distracted mind
is distressed depressed
a whacked nervous system
makes breathing hard

this holy yoga
gets rid of things
that keep you STUCK

a clear mind shows up
when think-feel
hit calm

PEACE
is uplifted by
friendliness
compassion
happiness
'n by
NOT REACTING TO
happiness
distress
virtue
vice

PEACE
arises by balancing
breathing 'n life energy

by stabilizing the
merging 'n harmonizing
of mind with things

by awakening
luminous awareness
'n by letting sorrow go

a CLEAR CALM MIND
comes by focusing
on someone
who doesn't

hunger hanker

it comes through
dream or dreamless sleep

it comes through
easy focus on what you love

being the mind's boss
puts you in charge
of your intimacy
with atoms 'n galaxies

When think-feel shuts up
you 'n seeing 'n what you see
become ONE like
a clear diamond

you can purposely
hook up
your think-feel
to your sharp
clear awareness when
a word
'n its meaning
'n a thing
swoosh together
in your mind
'n become ONE

It also happens
when memory
stays out of trouble
'n monkey mind
gets lost
'n the light
shines through

i've said
my peace
on the seeking
'n not seeking connection
to your awareness
'n to the subtlety
of things

insight into
subtle truth
doesn't happen
if you space out

everything i've
shared about
easy mindfulness based
on think-feel
'n on learning
the goalless connection
of focusing
'n awareness of clarity
'n serenity

happen when
your spacious mind
'n regular mind
get very close
as in NO GAP

a yogi gets good
at clear seeing
'n insight into
REALITY

this way
is different
than hearing things
or figuring things out
those limit you
to one part
of a thing

seeing clearly
into reality
ditches the whole enchilada
of other mind sparks

continual mindfulness
'n unhooking
from think-feel
happens in
NON-DOING ANYTHING
even tryin'
to keep things

out of your mind

CHAPTER 2

Sadhana Pada

The School of Spirit

live simply
study your mind

meditate on
THE SUPREME LORD
this the pulsating kriya yoga

study to get
easy mindful awareness
'n to ditch
torqued brain syndrome
'n to eradicate
emotional conundrums

GREAT SPIRITUAL IGNORANCE

is the source of
think-feel confusion
spiritual blindness
mixed-up identity
emotional attachment
wild impulses feelings
being sucked into the
MUNDANE

all caused by
THE FEAR OF DEATH

Spiritual ignorance
the BIG PROBLEMO
whether unconscious
denied or on the loose

spiritual ignorance
is seeing upside down
seeing temporary as lasting
seeing impure as pure
seeing distress as joy
seeing mundane as spiritual

what a mess

when you think
what you see
'n how you see it
is the real deal

it gets even worse
when you think
your spiritual visions
'n objects
are the same

you're starving
because you
are attached
to happiness

you're starving
because you
are attached
to desire

You feel terrible
'n your body
feels rotten
because you
are hooked on
DISTRESS AS A
WAY OF LIFE

your FEAR OF DEATH
makes things
too important
self preservation
is a monster power
even for wise folks

turn it all around
S.T.O.P.
the bad vibes
with mindful focus
on your
HERE NOW MIND

memory will
bum you out
whether you are

liberated or not

what's shakin'
in the subtle world
gives everything
shape 'n experience

happy 'n big stress
comes from
getting 'n losing
points

sharp people get
that life is
totally distressing
because of
change
hard work
wild impulsive hungers
conflicting needs
think-feel vibes

AVOID STRESS
DON'T MAKE
TROUBLE

S.T.O.P.
your ego I.D.

you are not
what you see
it's all stuff
based on your
sensing body parts
that see
that act
that stabilize

THE PURPOSE
OF YOUR SENSES
IS TO ALLOW
LIBERATION!!!

All stuff
has a face
maybe specific

regular
defined
or undefined
knowing
imprints from
what you see

you
who are seeing
are really
THE PURE SPACE
OF YOUR
CONSCIOUSNESS

You are here
to become
ONE
with what you see

An awake person
sees differently
they are unstuck
from seeing
all-things-as-real

become best friends
with your body
'n unhook from it
'n be what is

your ignorance
keeps you stuck
in your body
as a thing

the great ignorance
of ME as SEPARATE
disappears when
you detach from
your I.D.

Mindfulness
each moment
trashes
spiritual ignorance

there are stages
of mindful growth
that smack you
into the here 'n now
with insight 'n awareness

the steady practice
of yoga

getting rid
of the mind-body crap
so your clear mind
'n steady insight
grow up

being good
an' holdin' back

actin' wise

healthy natural
body posture

workin'
your breath

pulling back
your senses

put your mindfulness
on awake folks
or energy that
gets you connected
to good vibrations

THE BIG
OUTER DON'TS

yamas

o □

HERE'S HOW TO ACT
AWAKENED COOL

ahimsa

keep you impulses

in check
'n DO NO HARM

satya
o □ □ □

live truthfully honestly
don't let the whims
of your big fat ego
get hooked
by status
by the times
by location
by circumstances

asteya

If it ain't yours
don't take it

brahmacharya

Keep a lid
on your sex drive
so you get
some insight

aparigraha

Stop trying
to posses things

ALL FOR THE PURPOSE
OF WAKING UP!

this is what
you sign on for
at all stages yoga

THE BIG INNER DO'S
niyamas

here's how
to act wise

shaucha

whatever it is
keep it pure

santosha

live contentedly
simply

ishvarapranidhana

get your
BIG HEART
focused on
THE SUPREME LORD

tapas

doubt comes
from your
greedy mad ego

when doubt
bugs you
think the
opposite

compact mid-sized grand
all doubt gets
you angst out
'n keeps you
BLIND 'n ASLEEP
so
CHILL OUT

svadhyay

□ □ □ □ □ □ □ □ e

read good
spiritual stuff

when
do no harm
is in your bones
there's no fight left

when truth
is in your bones
you do things
with clarity

when you
don't take stuff
it's all precious

when sex integrity
is in your bones
your spirituality
blossoms

when you
quit owning stuff
you see
where you belong
in the cosmic dance

when you
clean up your act
you see your body
as a bunch of gunk
'n this squashes
your hungers desires

as you
clean up your act
you get
KIND
you get focused on
OTHERS
you get
your sensuality
QUIET
you see
SPIRIT in EVERYTHING
your mind becomes
a fertile field
for meditation

CONTENTMENT
IS HAPPINESS
live a

simple body life
refine your senses

study your mind
'n connect with the
BELOVED
DIVINE BEING

deep meditation on
THE SUPREME LORD
grows mindfulness
'n constant intimacy
with the divine

sit solid 'n cozy
stop trying
so hard
'n you will
meet infinity

nothing will
bug you
especially opposites
like happiness 'n sorrow
or hot 'n cold

in balance
your breath is calm
in-breath out-breath
distinct 'n clear

breathing happens
sometimes short
sometimes long
it depends
on everything

go beyond
breathing
blast out
mental darkness
which hides
THE LIGHT

connect your mind

to concentration
'n other folks

pull back your senses
your assumed think-feel
then you
are boss
of your senses

CHAPTER 3

Vibhuti Pada

The Wonder of It All

get your mind
all here
put down
thought-feel

alert is
a flowing thread
of natural interest
or the mindfulness
of awareness
or of somebody

it's the same
easy mind
of a luminous
awakened person
who's dropped 'me'
in the big vastness

total union
is restraint

keep thought-feel
in check
patiently unhook
wake up insight
a step at a time
until real meditation
floats up

when think-feel
stops for a sec
your mental stuff
comes 'n goes
'n transformation
is out the starting gate

peace starts flowing
your ambitions
walk out the door

easy mindfulness
slips into gear
in a balanced mind

get in step
with your attention

shape 'n experience
change
in mindfulness
'n when attachment
to things
flies out the window

NATURAL MIND LIVES

when you
unhook n' things
don't grab you

a yogi can
get info
from past
'n future

a wow
clear mind

when
think-feel
'n mindfulness
'n clarity
about sounds
'n meanings
'n alertness
are REALLY SMOKIN'
you know
the language
of all critters

you are
INTUITIVE
you know
prior lives
you know
what others think-feel

you don't need facts
another's mind
is your mind

dial in
to the shape
of your body
LET THINGS IN

the light
'n seeing
SEPARATE
'n
~~YOU~~
become invisible

sound 'n pleasure
are in check

sensitive mindfulness
forgetting the future
keeping impressions friendly
lets the unknown
wake up

strong mindfulness
gives the yogi
the strength
OF AN ELEPHANT
in all affairs

yogis get info
about hidden subtle
way out distant things
by listening to
what's goin' on

mindfulness
of the
sun
'n god
'n planet
wakes up
the whole solar system

mindfulness

of the
moon
or moon-god
wakes up
knowing
the star system

mindfulness
on the north star
lets you know
the path
of stars 'n planets

mindfulness
on your
BELLY
lets you know
how your body
is made

mindfulness
on your tummy
decreases
hunger 'n thirst

silence your
subtle nerves
'n your
natural mind
gets stable

mindfulness
on the
SHINING LIGHT
at the top
of your subtle body
shows you
awake beings
'n you
get to know
ALL REALITY

mindfulness
on your chest
shows you
the cause

of thought-feel

folks don't know
the diff between
their own spirit
'n the spirit of things
THEY ARE DIFFERENT

mindfulness
on the difference
lets your know
your own spirit

mindfulness
on the spot
of divining things
wakes up
smell taste
sight touch sound

divining
is a cool
mystic skill
BUT A ROADBLOCK
to real
mindful connection
to things people energy

you can
get inside
other bodies
when you don't
attach to your own bod
'n when you know
the circuit pathways
of think-feel
'n energy

being boss
over the air
coming up
your throat
to your head
lets your unhook
from water mud
'n sharp things

when hunger
doesn't grab you
your mind shines
a big fire glow

mindfulness
on hearing 'n space
grows supernatural
'n divine hearing

mindfulness
of the
body-sky connection
as light fluffy cotton
lets you fly
through air

mindfulness
on what
isn't made yet
let you become
THE GREAT
BODILESS BEING

the big
mind darkness
which hides light
takes a powder

mindfulness
on the real
essence of things
on the subtle
balance 'n value
makes you boss

attention to detail
'n mystic skill
wakes up clarity
of your subtle body
nothin' stops it

the subtle body
is beautiful
charming

mystic vibes
a brilliant diamond

mindfulness
of your
sensual hooks
'n instincts
'n value
makes you
boss

yogi's with
swift minds
become boss
of subtle stuff
of the
here-'n-gone
think-feels

you gotta see
THE DIFFERENCE
between your
physical 'n spiritual
personality
to unhook
'n become
way intuitive

the REAL SELF
comes when you
completely unhook
from the
gross self

forget about
where yogi's go
when they die

don't get hooked
by unwanted stuff
that comes up
in your mind

getting
your mind
into the

MOMENT
BY MOMENT
GROOVE
wakes up
subtle discrimination

you can see
two realities
you couldn't
sort out

subtle discrimination
transcends everything
subtle or gross

a yogi relies
on the natural flow
of mind
'n time
'n seeing

when smart
thing energy
'n the spirit life
are equally clear
you have
completely separated
from your
muddy mind

CHAPTER 4

Kaivalya Pada

Let Your Spirit Fly Free

your big natural
mystic mind
can only be here
BECAUSE YOU
GOT BORN HUMAN

lotta ways
to wake it up

sing the mantra sound
hold back impulses
live the easy
mindful way
focus on folks
focus on things

be like a farmer
pulling the weeds
that's how
a subtle mind
transforms things
that get in the way
because you think
you gotta have
a solid
I.D.

feelings can
run circles
around you
until you
get solid in
easy mindfulness
'n unhooking

you can
play in life
with your
chilled out
natural awake

mind

go beyond rewards
'n gettin' dinged

there's
a zillion causes
a zillion conditions
creatin' now
'n experience

you get
totally free
by unhooking

your past life
hits now

things
just look
unconnected
in the here 'n how

life unfolds
on a timeline
moving forward

your memories
are ancient wild things
with no beginning

your hope 'n desire
always eternal
glued together
by cause 'n effect

without
a cause
there ain't
no reality

the past
'n future
are real
in now

time is
a flowing stream
sometimes you can see it
sometimes you can't
depends on
its nature

everything is unique
'n partly made
outta time

everybody's
so different
they see
differently

things aren't here
because you see them
they don't stop existing
because you might
not be here

your moods
your expectations
they emboss
how you
know things

behind stuff is
A CHANGELESS
SPIRIT

study stuff
'n it awakens in
you mind

your fractured
one-sided divided
dual mind
can't know things
completely

it's inside
FATHOMLESS
MEDITATION
reality shows up

you gotta look
with a spirit
behind the mind
to see stuff
in total stillness

things
are harmonized
ONE

checking things out
with your think-feel
wakes up spirit

everything happening
in think-feel
'n experience
IS FOR
THE SAKE
OF SPIRIT

when your think-feel
is super quiet
you can
separate them
from spirit

with yoga
you can
get regular
at separating them

in your chill mind
blast out of
your usual
I.D.
of you
'n things

lots of stuff

kicks into view
cuz of
subtle impressions

ditch your
think-feel attachments
'n REST IN SPIRIT

your mind
is clear
'n knows
what's so
when you quit
trying to
GET
especially
spiritual GET

easy mindfulness
in the subtle plane
is like energy clouds
cheering you on
TO ACT KIND
'n
TO BENEFIT

culture's bad stuff
'n your bad habits
hitch hike outta town.

when dark is done
you mind
is clear calm
your habits
n' addictions handled

your think-feel
fades besides
the vast knowledge
born with unhooking

the subtle nature
totally chills

you settle down
'n see the source
of flowing between
matter 'n spirit

the whole deal

stops in its tracks
SPIRIT SEPARATES
FROM THOUGHT-FEEL

when you are
zero neutral
balanced objective
in responding
to anything
everything
'n when
you aren't
pushed around
by the whims
'n needs
of folks

the spirit
finds itself
finds its
own shape as
the force behind
think-fell energy

THAT'S IT!

About the Author

Poet-philosopher Tai Sheridan is a Zen priest in the Shunryu Suzuki lineage. He trained with San Francisco Zen Center, Dharma Eye Zen Center, Berkeley Zen Center, Zen Heart Sangha, and The Shogaku Zen Institute. He specializes in transforming ancient Buddhist and Zen texts into accessible and inspirational verses.

[Tell a Friend About This Book](#)

[View more books by Tai Sheridan, Ph.D.](#)

Connect with Tai

website: <http://www.taisheridan.com>

email: <mailto:tai@taisheridan.com>

Books and Podcasts by This Author

electronic / print / free / paid editions

<http://www.taisheridan.com>

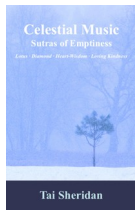
<https://www.smashwords.com/profile/view/taisheridan>

Also available at Amazon, Kindle, and iTunes.

Buddhist and Spiritual Classics in Modern Verse

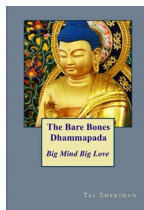
Celestial Music: Sutras of Emptiness

The Lotus / Diamond / Heart-Wisdom / Loving Kindness Sutras



The Bare Bones Dhammapada: Big Mind Big Love

Buddha's Essential Teachings

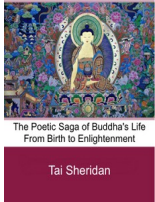


The Buddhacarita: A Modern Sequel

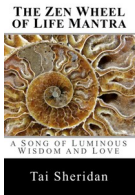
The Poetic Saga of Buddha's Life From Birth to Enlightenment

<http://www.smashwords.com/books/view/94778>

The Buddhacarita
A Modern Sequel

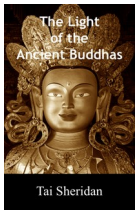


The Zen Wheel of Life Mantra: A Song of Luminous Wisdom and Love
Based on the Bhavacakra - The Wheel of Life Mandala



Zen Classics in Modern Verse

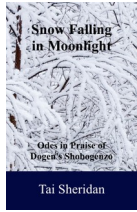
The Light of the Ancient Buddhas: Ballads of Emptiness and Awakening
Based on Keizan's Transmission of the Light



Rice Eyes: Enlightenment in Dogen's Kitchen
A poetic version of Dogen's Tenzo Kyokun on enlightened living and practice



Snow Falling in Moonlight: Odes in Praise of Dogen's Shobogenzo
Twelve Poems based on Dogen's Shobogenzo: The Treasury of the True Dharma Eye



Warm Zen Practice: A Poetic Version of Dogen's Bendowa Whole Hearted Way

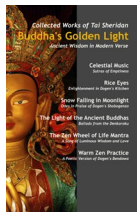


Other

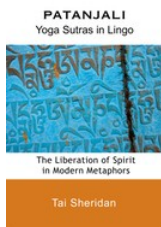
Buddha in Blue Jeans: An Extremely Short Zen Guide to Being Buddha



Buddha's Light Body: Collected Works of Tai Sheridan



Patanjali: Yoga Sutras in Lingo *The Liberation of Spirit in Modern Metaphors*



[Back To Table of Contents](#)