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# Meditations for Self-Realization

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## About This Course

Discover the eight-fold Path to self-realization developed by Patanjali, the Father of Modern Yoga.

Patanjali, known as the Father of Modern Yoga, described an eight-fold path to enlightenment in his famed yoga text, The Yoga Sutras. In this course, Tyagi Shurjo teaches an overview on the Yoga Sutras and how to move toward complete unity with consciousness on your own wellbeing journey. Understanding and practicing these ancient teachings will help you to find freedom and accomplish your goals, on and off your mat or meditation cushion.

In this 20-session course, you'll learn:

- The 8 different limbs of yoga
- How to manifest truthfulness, practice non-attachment, create discipline, and find joy in the moment.
- The four aspects of consciousness: Man (mind), Buddhi (intellect), Ahamkara (ego) and Chitta (pre-conditioned feelings)
- How to find peace through practice

## Course Sessions

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What Is True Yoga?

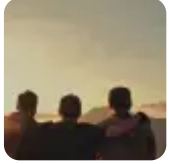
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### 8 Steps to Freedom

Understand the eight limbs of yoga and use them to move toward your goals—both spiritual and material.

22 Min



### Ahimsa (Non-Violence)

Ahimsa (non-violence) is a key virtue in yoga that promotes compassion and universal love toward all living things.

18 Min



### Satya (Non-Lying/Truthfulness)

In yoga, practicing satya (truthfulness), means living and speaking in a way that aligns with your highest truth.

17 Min



### Asteya (Non-Stealing)

Manifest abundance through understanding Asteya (non-stealing).

18 Min



### Aparigraha (Non-Attachment)

Use the fifth yama, Aparigraha (non-attachment), to accept what is and make room for all that's yet to come.

18 Min



### Brahmacharya (Non-Sensuality)

Tap into your senses and redirect prana (life force energy) toward intentional creativity.

17 Min



### Saucha (Cleanliness/Purity)

Through the second limb of yoga, the Niymamas, start manifesting balance and harmony to allow for more...

18 Min



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**Tapasya (Austerity)**

Practice discipline to help control your energy and channel it in the direction you choose.

16 Min

**Swadhyaya (Self-Study/Introspection)**

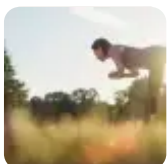
Through self-reflection and introspection, you'll learn how to take actionable steps forward to improve your life.

18 Min

**Ishwara Pranidhana (Devotion)**

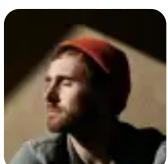
This practice of devotion and surrender will help you overcome many of life's obstacles.

15 Min

**Asana (Posture and Stillness)**

The third limb of yoga, Asana, trains the physical body in order to strengthen the mind.

17 Min

**Pranayama, Part 1: Principles of Energy Control**

You can create and control energy through breath and body movement.

20 Min

**Pranayama, Part 2: Energy, Will & Magnetism**

Breathwork strengthens the connection between body and mind.

19 Min

**Pratyahara (Interiorization of Prana and the Senses)**

Expand your understanding of prana (life force energy), and discover how to attract your best life.

19 Min



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### Dhyana (Meditation and Absorption)

Immerse yourself fully into your meditation.

18 Min



### Samadhi (Complete Unity of Consciousness)

True spiritual enlightenment, Samadhi, is the highest state of consciousness achieved through meditation.

21 Min



### Putting It All Together

Live your practice for more peace daily.

33 Min



Feedback  

## Tags

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Yoga

Mind-Body Connection

Conscious Living

Consciousness



**Tyagi Shurjo**

Meditation Teacher

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