

Quem Foi Patañjali

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Patanjali, também conhecido como Gonardiya, ou Gonikaputra, (nasceu no século 2 AC ou século 5 DC), autor ou um dos autores de dois enormes hindus clássicos: o primeiro, Yoga-sutras, uma organização do pensamento iogue, organizada em quatro volumes com os títulos "Poder Psíquico", "Prática do Yoga", "Samadhi" (estado de profunda contemplação do Absoluto) e "Kaivalya" (separação).

Mahabhashya ("Grande Comentário"), que é uma defesa do gramático Panini contra seu principal crítico e detrator Katyayana e uma refutação de alguns dos aforismos de Panini.



Os Yoga-sutras parecem abranger muitos séculos, os três primeiros volumes, aparentemente, tendo sido escrito no século 2 AC e o último livro no século 5 DC.

As autoridades, entretanto, tendem a creditar mais de um autor escrevendo sob esse nome, embora exista uma enorme variação de opinião.



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Há a possibilidade de várias pessoas usarem esse nome, porque ele foi utilizado pelos autores de diversos outros trabalhos a respeito dos assuntos tão diversos como medicina, métricas, música e alquimia .

Patanjali, em um antigo expoente do raja yoga e autor dos Yoga Sutras, uma série de versículos a respeito dos oito passos importantes para conquistar a Auto-Realização.

(1) Ninguém sabe quando ele viveu ou muito sobre sua vida, embora haja histórias.

2) Embora Patanajali fosse um yogi criado na [tradição hindu](#), seus sutras são diretrizes gerais para o crescimento espiritual por meio da vida correta, e não são especificamente sobre o hinduísmo.

Eles não são crenças, mas métodos que podem ser testados por cada profissional para verificar por si próprio se eles realmente têm os benefícios que reivindicam.

Consiste em oito estágios progressivos no caminho da auto-realização. Os praticantes de Raja Yoga usam práticas de yoga, como meditação, para passar por esses estágios.

As etapas são:

- 1. Yama**
- 2. Niyama**
- 3. Asana**

Asana é o terceiro membro do caminho que Patanjali definiu. Isso não significa posturas de hatha yoga, mas a capacidade de permanecer imóvel com a coluna reta por longos períodos de tempo. (As posturas de Hatha Yoga podem ajudar a pessoa a fazer isso, se for fisicamente capaz de praticá-las.)



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4. Pranayama

Pranayama significa controle sobre a energia do corpo. Se alguém pode controlar a energia, pode retirá-la dos sentidos externos e subir a espinha, elevando assim a consciência.

5. Pratyahara

Pratyahara é a interiorização da atenção e dos pensamentos.

6. Dharana

Dharana é concentração; foco de um ponto.

7. Dhyana

Dhyana significa meditação constante em Deus ou no Eu Superior.

8. Samadhi

Samadhi é completa absorção no infinito - literalmente "unidade".

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Há dois estágios de samadhi: sabikalpa e nirbikalpa. [Sabikalpa samadhi](#) é condicional e temporário; o ego ainda está lá inconscientemente e pode voltar depois que a meditação terminar.

Nirbikalpa samadhi é incondicional e permanente; não se pode cair depois de obter nirbikalpa samadhi; o ego se foi para sempre.

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