

-- DAY 1 CHAT, MAY 23 2020 --

00:29:31 Judita Pamfil: I don't see Zoe

01:03:03 Malliha Sinniah: Its Malliha from Sydney. Not sure if you can hear me. I am from Sydney. My word is a new one I learnt recently Dhanya vada -Thank You!

01:04:28 Denis Lanciault: Denis from Italy. My word is Surrender

01:17:55 Vishal Nehra:1)immediate question(Apologies Daniel knows i ask a lot of questions). should we have a certain mudra when reciting eg Anjali?

01:18:14 Sudhir Bansal: mituyanja mantra rig veda to shiva but in veda the first mention is in shvestarvata upnishad

01:19:10 Daniel OCHS: Good question Vishal - we'll get to it!

01:25:01 Sudhir Bansal: bij mantra

01:25:53 Benni Asmussen: Is there any source, where is the depiction of Saraswati Yantra from?

01:28:22 Sudhir Bansal: om in mandukya

01:29:01 Sudhir Bansal: 4 phases like sleep,dream awake

01:30:37 Sudhir Bansal: beautiful verse

01:30:52 Vishal Nehra:you will probably get to this....how important is reciting mantra correctly eg i know mantras have a sonic quality or is devotional spirit when reciting more important?

01:33:39 Sudhir Bansal: three fires??

01:34:49 Sudhir Bansal: yoga sutra 1;23 first mention of isvara

01:35:40 Sudhir Bansal: silent japa

01:36:39 Daniel OCHS: From Patrick Olivelle's book on the Upaniṣads: "During a vedic sacrifice, normally three ritual fires were used: the householder's fire (gārhapatya), the southern fire (anvāhāryapacana or simply dakṣiṇāgni), and the offertorial fire (āhavanīya). These fires are placed in the hollow of fire pits of different shapes. The householder's fire is located in the west; the southern fire is somewhat to the south and east of it; and the offertorial fire is directly to the east of it."

01:38:40 Sudhir Bansal: arjuna in gita

01:43:40 Sudhir Bansal: generate heat

01:48:14 Edgar Ortiz: One question, when we sing the Yoga Sutras, does there is an specific melody that they should be recited. Zoe can you demonstrate a recitation of a sutra? How can we learn to chant them?

01:50:33 Jo Benn: why fear?

01:54:33 Vishal Nehra:Were the Sutras meant for recitation or more contemplative?

01:57:58 Sudhir Bansal: sutras were recited by students in there gurukul

01:58:11 Zohra Damani: Wouldn't one lead to another ? Recitation would allow for an individual to contemplate.

01:58:59 John Yassenchak: thinking about how the media give us so many "mantra" today and how this practice counters those trends

01:59:06 Vishal Nehra:reason i asked was because in my tradition not but what you state makes sense.....maybe different opinions between traditions...

02:00:35 Katie Zonoff: Just to clarify the definition of svadyaya-would you say that matra, japa and yantra are examples of svadyaya, or that they ARE svadyaya? Are there other elements to svadyaya?

02:03:36 Vishal Nehra:should our whole practice be considered yantra?

02:05:11 Sudhir Bansal: not a typical vedic tradition as opposed to yoga

02:06:40 Benni Asmussen: Yogasutra 1.32; the single principle is meaning any concept or technique, like Pranayama?

02:06:43 Swamini Shraddhananda: Swami Sivananda had said that svadyaya (self-study) is the practice and experience of coming to know your true self through the essence of the mantra, service, and the sattvic lifestyle. The devotion we undertake. Svadyaya ideally brings us closer to Source and further from ignorance.

02:07:32 Judita Pamfil: I wonder how is svadyaya different from thenPlatonic Know Thyself? And the cognitive psychological implications...relevance to our contemporary mind set...

02:08:59 Adam Zivanic: Is it only for Vedic mantras, then that they have to be given. taught by a guru for them to be considered a mantra?

02:10:14 Edgar Ortiz: Zoe, I heard women were not allowed to sing the vedic mantras, till recently? or when does this started to change. Was everyone allowed to sing the vedic mantras, or this was just for brahmins?

02:10:53 Sudhir Bansal: ishvara pradhana

02:12:16 John Withers: if self study is mantra and mantra leads to action then self study might be said to have those wider meanings of actions

02:14:02 Swamini Shraddhananda: My understanding is that Vedic chanting was predominantly a male practice but In Vedic times women could participate in rituals and recite the mantras— Sama-veda hymns were usually sung by women.

02:14:09 Vishal Nehra: amazing first session..thanks Zoe...great start to retreat!

02:14:26 Katie Zonoff: Thank you so much!

02:14:35 Selina: Thank you, wonderful presentation!

02:14:42 Lizzie Ward: Wow- fascinating! Thank you Zoe

02:14:52 Swamini Shraddhananda: Thank you! wonderful session.

02:15:08 Sudhir Bansal: nicely done

02:15:45 Mahesh Goyal: thank you Zoe

02:16:06 Annette van der Swaluw: Thank you, Zoë, very nice.

02:20:53 Moira Howes: thank you Zoe - that was wonderful

02:20:56 Philip Clarke: T K V Krishnamacharya certainly taught his three daughters Vedic chanting, so we can go back to the 1920s at Mysore Palace.

02:21:24 Daniel OCHS: History of Om talk <https://www.youtube.com/watch?v=iC0Bi9PTzXQ&t=183s>

02:21:39 Malliha Sinniah: Beautiful start with mantras thanks

02:21:56 Sudhir Bansal: franks thesis at harvard online

02:22:17 Swamini Shraddhananda: The question of who could chant and who could not is complicated because we are talking about multiple lineages and different time periods. Cultural norms fluctuate in some areas while practice remain with some consistency in others.

02:23:38 OCHS: As mentioned by Daniel. during the break. Mau Dasgupta interview <https://vimeo.com/403330323>

02:25:23 Sudhir Bansal: shraavanam

02:27:04 Mahesh Goyal: trying to concentrate with closed eyes, crate distraction, how do one overcome

02:29:19 Sudhir Bansal: is sukha really opposite of dukha

02:36:13 Vishal Nehra: unless we achieve full liberation, can all hope for is temporary "relief" from suffering through yoga? sounds pessimistic lol..

02:36:43 Jo Benn: what about active service /charity etc?

02:37:21 Adam Zivanic: isn't there the idea of gradual liberation? maybe not this cycle of rebirth, but the next or the one after? to me that's optimistic

02:41:57 Sudhir Bansal: two arrows buddha  
02:44:14 Sudhir Bansal: raga devsha  
02:49:34 Judita Pamfil: would you say that within the samtosa frame of mind any sort of activism is frowned upon? Did Gandhi managed to integrate both?  
02:50:33 Sudhir Bansal: neti neti  
02:53:39 Zohra Damani: I have come to realize that we can reduce suffering by just feeling pain. When we stop to fear the idea of suffering, we can find joy even within pain.  
02:56:23 Sudhir Bansal: you have to be a nachiketa to have a teacher yama  
02:56:27 John Withers: sitting with not rejecting what is its nature resonates with Tantra approach  
02:57:46 Jo Benn: contentment is a better word I think than happiness  
02:57:52 Sudhir Bansal: walking razors edge  
03:00:19 Sudhir Bansal: how texts use parables of opposite  
03:00:40 Judita Pamfil: in platonic philosophy the "good" is not equated with pleasure, happiness as we would be inclined to understand it now, rather as the "true", so there are similarities between the western and eastern perspectives  
03:01:55 Sudhir Bansal: what is first and second akusala vs kaulasa  
03:03:49 Sudhir Bansal: no bhakti  
03:03:53 Andrea Grossman: now THAT is a bind  
03:05:12 Sudhir Bansal: beautiful stanza  
03:06:44 Adam Zivanic: that resonates - I have been to everal ashtanga teachers, all well-respected in the UK, but some just leave me more stressed and tangled-up than i arrived to them  
03:10:59 Sudhir Bansal: raise flag to arranged marriage  
03:12:38 Vishal Nehra:sounds like rolling stones song lol at the end...can't always get what you want  
03:13:21 Judita Pamfil: I agree with the Huntington quote...yet that can easily be easily misconstrued to serve oppression and its many manifestations  
03:17:28 Punit Pujara: what is common and difference among what Patanjali, Buddha and Gita says on this?  
03:21:47 Camilla: Thanks  
03:21:52 Jana Tojagic: Thank you!  
03:21:55 Swamini Shraddhananda: wonderful session thank you!  
03:21:57 Krishanthi Jeyakumar: Thank you, brilliant first two sessions!  
03:22:01 Kamal Mehta: Will there be pdf of the slides presented?  
03:22:01 Mahesh Goyal: Daniel  
03:22:05 Katie Zonoff: Thank you. Lovely talk and really helpful.  
03:22:05 Diane Lutwak: Thank you Zoe & Daniel!  
03:22:07 Sudhir Bansal: great work  
03:22:10 Lizzie Ward: Thank you Daniel. Talk about joining many dots!!  
03:22:14 Mahesh Goyal: Daniel, Thank you  
03:22:46 Malliha Sinniah: Thank you Daniel!  
03:46:24 Jo Benn: so i do have one question and maybe it was answered (i think it probably was in a few of the slides) but..it still somehow bothers me that these texts don't seem to acknowledge human need for touch, intimacy, love (or do they see this as a craving/desire) to be subjugated. I ask this in context of this lock down and the fact that lonliness is a real thing and yes, yoga and meditation do really help but my question is- is this seen as a human construct or something to

also steer away from, sorry long winded - and i suspect answer depends on time/ place/householder or not etc but interested if we can briefly discuss maybe at end

03:58:41 christopher perry: Thank you both, Wonderful start.

04:11:56 Adam Zivanic: Jo, I think, from the yogic perspective, the idea is that we 'need' all those things from our attachments to them. And, once we have achieved samadhi or whatever, we have overcome our attachments to all/ any of those things. However, in the mean time, I suppose, recommendation is to keep going back to practice of yoga and keep focussing the mind as all of that will take us further away from attachments.

04:13:03 Sudhir Bansal: where is bhakti in this

04:13:34 Swamini Shraddhananda: welcome back

04:15:34 Deepa Patel: I got kicked off on my end, but it was my own internet

04:16:55 Sudhir Bansal: how did triumbakam came to rig veda since it is before shevastavatra

04:18:05 Sudhir Bansal: joe see my question

04:22:08 Jo Benn: thank you - good answer

04:23:21 Jayant Dey: How does the physical exercise part of yoga related to the entirety of yogic experience?

04:32:00 Sudhir Bansal: ekagriya is one thought at a time or focus?

04:32:34 Nina Offenhäuser: What does it mean seated not to high and not to low

04:33:10 Swamini Shraddhananda: tartan is a form of one pointedness in practice, candle gazing. concentration on a single object, preferably with spiritual/ religious significance.

04:33:15 Swamini Shraddhananda: tratak\*

04:35:03 Zohra Damani: isn't the idea of that right seating all about finding your own comfortable seat ? Knowing your self and figuring out that position which allows us to meditate mindfully.

04:35:50 Swamini Shraddhananda: also, too high in one's alignment (elevating the hips to high) causes physical muscular tension; to low (slouching and knees high) causes physical pain such as low back - it can be interpreted as alignment

04:36:46 Vishal Nehra: agreed Swamini allows trunk neck and head straight...

04:41:09 Sudhir Bansal: social distancing

04:46:17 Helen Clay: interesting this idea of suitable place in terms of modern practice. these days yoga is in all sorts of places in gyms, studios, church halls exotic location, prisons, boardrooms - and the possible difference of experience in each...

04:47:41 Kamal Mehta: Is it the seat or the asana that should be balance between effort and relaxation?

04:49:24 Omid Oloumi-Tousi: so interesting to remind it to ourselves

04:49:30 Kamal Mehta: some say that your enough practice the asana become sukham and steady, so all the work preceding work gets u there , u agree?

04:50:19 Kamal Mehta: Excuse the typos....

04:54:21 Sudhir Bansal: opposites used in texts to explain when not able to explain what it is

04:57:42 Swamini Shraddhananda: another perspective. opposites ~ preference. many of the great teachers through time say that the opposites cause us to be distracted and distraction and that preference causes suffering. even happiness vs suffering is an opposite that "must eventually be released to find true peace"

04:58:55 Sudhir Bansal: republicansvs democrats  
05:01:02 Sudhir Bansal: skillfulness is the consequence??  
05:05:32 Sudhir Bansal: wind is related to rta and sankya one of the mahabhuta  
05:09:19 Sudhir Bansal: today covid talks about great control to help patients  
05:10:12 Mahesh Goyal: practice makes perfect  
05:10:17 Andrea Grossman: interesting..it applies to when you are new to a pose vs. more experienced  
05:10:45 John Withers: vayu maybe more than breath?  
05:11:13 Sudhir Bansal: hp starts physical body to mind vs patanjali  
05:11:43 Sudhir Bansal: vau is a maha bhuta  
05:12:19 Swamini Shraddhananda: vayu is vata, wind. then it is subcategorized by other terms depending on its function  
05:13:36 Benni Asmussen: detachment or acting without attachment means the same as shunyata/emptiness?  
05:13:45 Omid Oloumi-Tousi: love the connection you made between inward and outward and their interconnection  
05:19:41 Vishal Nehra:Zoe if we didn't practice any physical practice eg pranayama asana etc but cultivated eg values of equity? could this still be considered to practising yoga?  
05:19:57 christopher perry: quite a tall order?  
05:20:03 Vishal Nehra:yeah lol  
05:20:46 John Yasenchak: thank you Zoe. so helpful  
05:20:54 Sudhir Bansal: amazing how you both are looking and incorporating comments mind in your cases is in equanimity allowing to concentration  
05:21:10 Punit Pujara: is Bhakti/mantra japa a yoga practice equal to the Physical practice  
05:21:12 Jennifer OShea: Thanks Zoe, you have a beautiful voice  
05:21:22 Mahesh Goyal: Zoe thank you very much  
05:21:40 Jo Benn: Thanks Zoe - beautiful chanting and making it come alive  
05:21:53 Punit Pujara: thank you very much Zoe beautiful chanting and logical  
05:21:59 Katie Zonoff: Thank you Zoe-really inspiring verses and so interesting. Lots to think about.  
05:22:03 Jana Tojagic: Thanks, Zoe!  
05:22:06 Camilla: Thanks!  
05:22:29 Swamini Shraddhananda: Thank you. wonderful  
05:22:29 Jenny Lin: Thank you Zoe!  
05:22:29 John Withers: great stuff Zoë very inspiring thanks  
05:22:31 Lizzie Ward: I've just bought a copy of your book!!  
05:22:40 Kamal Mehta: what Sanskrit English dic you recommend?  
05:23:05 Chien Ru Jan: Your translation is so beautiful and easy to read.  
05:23:08 Malini Arumugam: Thank you very much .....interesting and quite overwhelming  
05:23:32 Annette van der Swaluw: That we are suggested to desire all these beautiful qualities and try them every day sounds very compassionate to me, thank you.  
05:28:33 Zoe Slatoff: <https://www.ashtangayogaupperwestside.com/chanting>  
05:29:29 Shoab Memon: What's the dictionary name again?

05:30:00 Zoe Slatoff: Apte's Practical Sanskrit-English Dictionary  
05:31:01 Kamal Mehta: Sorry I missed your answer cn u with it her  
05:31:19 Omid Oloumi-Tousi: Zoe's daily chants have been very nourishing and supportive and I encourage you all to join in if you can — 🌸  
05:31:24 Jayant Dey: Do you have a podcast Zoe?  
05:31:35 Kamal Mehta: Go it thanks  
05:32:02 Daniel OCHS: Tantra talk: <https://www.youtube.com/watch?v=XvG4sdeFU00>

-- THE RECORDING SPLIT AT THIS POINT, SO HERE'S THE REST OF THE FINAL SESSION --

00:00:06 Sudhir Bansal: action in inaction very difficult  
00:05:50 Sudhir Bansal: gunas inherent???  
00:06:17 Jayant Dey: Where was Nature's web published?  
00:08:43 Sudhir Bansal: tunas change as time and circumstance  
00:13:57 Jana Tojagic: can we ever cut the strings - or is sattva, rajas and tamas always at work?  
00:13:59 Mahesh Goyal: True that one must adhere to one's prakriti, but can it changed thru yoga  
00:14:01 Jana Tojagic: perhaps one can be absent?  
00:14:39 Malini Arumugam: Thanks again, I am unable to stay awake. Sydney is so far away!!!!!! Bye for now  
00:15:15 Adam Zivanic: I don't think it's possible to remove one of them, just to change the balance. And the idea is that the yogic practice will help uf improve the balance.  
00:16:08 Omid Oloumi-Tousi: i agrée with you Adam — I was just gonna write this  
00:16:27 Jana Tojagic: Thanks, Adam  
00:16:59 Omid Oloumi-Tousi: have a great night Malini 🌸  
00:19:16 Jana Tojagic: so, I suppose there is no true 'mental centre'  
00:19:37 Adam Zivanic: So, if the ultimate aim is the realised knowledge, does reaching that automatically recalibrate gunas?  
00:19:45 Vishal Nehra: seems to be endless permutations in how we define the Gunas individually and collectively..  
00:20:27 Jana Tojagic: love it!  
00:20:28 Judita Pamfil: hard to untangle who is the "I" informed by the guans and who is the witness in the "spotter's box"?  
00:20:35 Judita Pamfil: gunas  
00:20:38 Zoe Slatoff: Jayant: <https://www.ashtangayogaupperwestside.com/writing>  
00:21:36 Sudhir Bansal: predestined or free will more  
00:21:52 Jana Tojagic: interesting. thanks!  
00:22:06 Swamini Shraddhananda: I'll have to catch the rest on the recording I have another virtual meeting. There are no such thing as weekends in the era of tis quarantine :) Thank you for a great day!  
00:22:47 Jana Tojagic: that feels like a relief!  
00:22:50 Roberta Brehm: I also have to head out. Thanks for a wonderful day!  
00:23:13 Jim Maxwell: Thank you Zôe and Daniel, well done, Unfortunately must

leave early. Thanks. see everyone tomorrow.

00:23:32 Sudhir Bansal: where is the third eye  
00:24:46 Denis Lanciault: Thank you Zoe and Daniel!  
00:25:30 Denis Lanciault: See you all tomorrow  
00:53:09 Sudhir Bansal: excellent day one excited about day 2 enjoy  
00:53:49 Sudhir Bansal: scotch is which guna  
00:54:04 Barry Elms: Great day! Sorry, have to go. See you all tomorrow :)  
00:54:25 Jana Tojagic: I'm not on camera so can't raise my hand. However a thought. No one chose the word 'love' at the beginning. Maybe a  
00:54:25 Zohra Damani: Scotch is integrated in all gunas. All about perspective ;)  
00:54:46 Jana Tojagic: an anchor in ahimsa will bring us back down to earth and rebalance. Simple!  
00:54:48 Omid Oloumi-Tousi: amazing day in the company of all of you — Thank you Daniel & Zoe for all that you had to share  
00:54:59 Jana Tojagic: Enjoy your day/night all. Looking forward to tmr  
00:55:03 Mahesh Goyal: Thank you very much everyone, see you tomorrow  
00:55:04 Jennifer OShea: Thanks All, see you tomorrow  
00:55:09 Katie Zonoff: Wonderful day everyone. Thank you so much. Be well.  
00:55:09 Francesca Di Rosso: thank you so much Zoë and Daniel, see you tomorrow!  
00:55:10 Jo Benn: sorry wont be there tomorrow - fun day, thanks  
00:55:12 Zohra Damani: Such an intellectual experience !! Thank you Zoe and Daniel :).  
00:55:13 Kamal Mehta: Will there be a pdf of slides today?  
00:55:15 Sinduja Gnanakulenthiran: Thank you so much!! great day 1!!!  
00:55:17 Jana Tojagic: Thank you!  
00:55:19 Jenny Lin: Thank you Zoe and Daniel!  
00:55:21 Eric van der Swaluw: Thanks all, very nice day! CU 2row.  
00:55:28 Annette van der Swaluw: Thank you for this fine day!  
00:55:30 Jana Tojagic: Take care, bye  
00:55:32 Omid Oloumi-Tousi: can't believe it's finished already !!!  
00:55:35 Judita Pamfil: thank you Zoë and Daniel. Truly illuminating and convivial leading!  
00:55:38 Omid Oloumi-Tousi: Thanks  
00:55:39 christopher perry: Thank you both so much  
00:55:45 Kamala Angel: Thank you both so much. So profoundly integrated. Wonderful. And my word was Deepening! Om shnati  
00:55:49 Nadia: We have had a lovely discussion more around how the lockdown has in a way forced our way of acting in our days from past to present, from rajas (as productivity/capitalism/the only way to show up) to tamas (reflection/steadiness)- but sativa being a stable, balance /gentleness :)  
00:55:54 Nadia: Thank you so much for the day