

-- DAY 2 CHAT, MAY 24 2020 --

00:13:26 Zoe Slatoff: <https://www.ashtangayogaupperwestside.com/chanting>
00:23:33 Mahesh Goyal: good morning to all
00:29:01 Daniel OCHS: My email if you have questions
daniel@ochs.org.uk
00:29:02 Albert Schaeffer: albert311@icloud.com
00:29:26 Zoe Slatoff: zoe@ochs.org.uk
00:29:43 Edgar Ortiz: Are you planning of doing something similar again? Has
been very nice.
00:30:10 Daniel OCHS: Thank you Edgar - yes we'd love to! Please write
to Lal and encourage him to schedule it! :)
00:34:52 Sudhir Bansal: why 3 shanti is different enunciation
00:35:33 Edgar Ortiz: Samadhi (¿?)
00:36:12 Tineke Mook: Samkhya ?
00:37:49 christopher perry: Is that the order of letters in a dictionary?
00:40:16 Annette van der Swaluw: how are the m with a dot and the n related?
saMskrtam - saNskrit
00:46:06 Sudhir Bansal: where is the sh in chitti
00:47:51 Andrea Grossman: are there rules for how the words are combined?
What letters become based on the letter following it?
00:48:37 Sudhir Bansal: too many rules!!!
00:49:20 Daniel OCHS: English has too many exceptions! :)
00:50:17 Sudhir Bansal: purusha
00:50:30 Mahesh Goyal: After svarup there is S what does it mean
00:53:54 christopher perry: Where is the verb?
00:57:32 Edgar Ortiz: The echo of the visarga its pronounced just at the end of
the sentence?
00:58:55 Edgar Ortiz: viparyayo = maya (illusion)?
01:01:58 Sudhir Bansal: how do we know where to break the big words
01:02:46 Sudhir Bansal: viragya and abhya
01:07:18 Kamal Mehta: ive seen this sutra there is after satkara there is
adhara
01:15:03 Annette van der Swaluw: you confuse because you connect the seer
with the seen... is that also right?
01:17:06 Sudhir Bansal: seer is still prakriti
01:21:11 Sudhir Bansal: avidya has same implication in advaita and
samkhya
01:25:48 Sudhir Bansal: perceiver what is perceived are prakriti and seer is
separate
01:27:47 Daniel OCHS: A name of god
01:27:49 Kamal Mehta: Name of god
01:27:54 Jim Maxwell: the name of a god
01:28:07 Sudhir Bansal: yuj is older than katha and signifys yoking a
symbolic union of morning sun
01:28:56 Sudhir Bansal: union with covid virus
01:30:17 Edgar Ortiz: Sangha = kula, would this be a more common word in
sanskrit? I understand.
01:32:35 Mahesh Goyal: Zoe, Thank you vey much very well done
01:32:41 Camilla Ferard: Thanks Zoe

01:32:45 Sudhir Bansal: excellent animated
01:32:47 Katie Zonoff: Thank you
01:32:50 Francesca Di Rosso: thank you Zoë
01:32:52 Claudette Evans: Thanks, Zoe! Wonderful presentation.
01:32:56 Jenny Lin: Thank you Zoe!
01:33:12 Omid Oloumi-Tousi: thank you Zoe 🙌
01:33:17 christopher perry: Thank you, Zoe
01:33:26 Albert Schaeffer: Zoe, that was wonderful. sandhi was never so simple
01:34:11 Omid Oloumi-Tousi: haha — i felt the same Albert !! this presentation was awesome
01:37:40 Omid Oloumi-Tousi: Got disconnected — Happy to be back .
01:38:10 John Withers: so Sandhi can sometimes join and sometimes not but key is harmony
01:40:57 Sudhir Bansal: has become karma yogi
01:45:50 Sudhir Bansal: love thy neighbour
01:51:43 Mahesh Goyal: starting of is start of cleansing of one self
01:54:23 Sudhir Bansal: ashtavakra gita
02:00:05 Sudhir Bansal: this thou art
02:00:13 Sudhir Bansal: meaning of weal
02:00:57 Vishal Nehra:Therefore dharma as an expression of eg Brahman or pure consciousness ..is it timeless, limitless, eternal, constant, unchanging or in constant flux also can yoga be considered an expression of dharma?
02:01:27 Omid Oloumi-Tousi: Thank you Daniel for broadening our perspective to different traditions
02:06:39 Sudhir Bansal: shankaras poem the sanayasin
02:14:18 Sudhir Bansal: jivan mukta vs moksha
02:14:54 Sudhir Bansal: depends on our age or the phase we are in
02:20:48 Sudhir Bansal: ishvara pradhana a very small part of theism and samkhya does not have that principle
02:23:28 Vishal Nehra:Daniel, do you mean think of attenuating rather than eradicating?
02:24:33 Omid Oloumi-Tousi: 🙌🙌🙌🙌
02:24:49 Vishal Nehra:tendencies**
02:25:43 Sri Skanda: moksha vs. nirvana
02:26:42 Omid Oloumi-Tousi: Check out Michael Stone Podcast —
02:27:29 Sudhir Bansal: available as pdf
02:28:00 Sudhir Bansal: radhakrishnan talks about it and so does ayon maharaj
02:28:43 Sudhir Bansal: in gita chapter 2 krishna talks about janaka and others staying to help others
02:29:21 Omid Oloumi-Tousi: which work of Radhakrishnan are you referring to Sudhir?
02:29:24 Tineke Mook:Are not there some texts about 'Seva' ?
02:31:15 Jana Tojagic: Absolutely
02:34:54 Sudhir Bansal: patanjali has karma yoga in it
02:36:47 Sudhir Bansal: radhakrihnan in hindu philosophy a samara advatin talks about reaching heighta but not totally out of it and saving to help all
02:37:41 Kamal Mehta: u have not used word hinduism, yet many texts and Vedic are at heart of many things her say as much as buddhism, or jainism.

Do you find it difficult as I do as a born hindu, that is hard to define?

02:38:04 Omid Oloumi-Tousi: Thank you for a great hour Daniel —

02:38:30 Vishal Nehra:Hindu dharma would be better rather than hindu "ism"

02:39:05 Mahesh Goyal: Daniel, Thank you very much

02:39:08 Albert Schaeffer: Daniel, that was wonderful. thank you

02:39:22 Katie Zonoff: Thank you so much-great ideas to think about.

02:39:22 Jenny Lin: Thank you Daniel!

02:39:34 Camilla Ferard: Thanks

02:39:48 christopher perry: Thank you very much, Daniel

02:40:01 Jana Tojagic: Thank you. enjoy the break everyone

02:58:16 Sudhir Bansal: radhakrishnan is a samrata advatin bhramin an ex professor in oxford

03:00:07 Sudhir Bansal: in his philosophy he believed by good karma and knowledge remember he is advatin you gain jivanmukti and stay in the world to help others till everybody is rescued at that stage all get what is called a sarva mukti

03:02:50 Sudhir Bansal: sorry i keep pressing return this for current i refer to the book on radhakrishnan a biography by minor 1987 on page 134 one can goggle it also this concept is in gita when krishna says though he and others like janaka they still live in this world to help others sorry to be long

03:35:38 Edgar Ortiz: questions possible...?

03:36:29 Edgar Ortiz: Zoe, if we want to learn to sing the shlokas of the Gita, what would you recommend. Its always the same melody? all the shlokas will have the same metric?

03:36:46 Edgar Ortiz: Also for the sutras, melody its always the same...? I don't think so.

03:36:57 Albert Schaeffer: ready to restart sanskrit studies

03:37:08 Edgar Ortiz: As the sutras they have different measure.

03:37:20 Daniel OCHS: 🤔

03:37:55 Mahesh Goyal: When are you having Sanskrit 101 classes

03:39:03 Sudhir Bansal: the way you do as broken up in 4 syllable not available always difficult

03:39:08 Daniel OCHS: Next Intro Sanskrit (Level 1) is in October: <https://ochsonline.org/product/sanskrit-level-1/>

03:40:25 Daniel OCHS: Would you consider a "learn to chant ślokas" course? :)

03:40:41 Edgar Ortiz: that will be nice.

03:40:44 Albert Schaeffer: yes Daniel

03:41:43 Edgar Ortiz: and sutras...

03:41:44 Vishal Nehra:i would like that too

03:41:44 Barry Elms: Yes please :)

03:41:58 Kamala Angel: Yes please!

03:42:00 Dolores Ferran: me too

03:42:05 Annette van der Swaluw: Than I'll join too!

03:44:40 Andrea Grossman: me too

03:44:53 christopher perry: How do you determine the length of each syllable?

03:46:57 Sudhir Bansal: pluralistic according to samkhya not unity as advaitic

03:48:13 Sudhir Bansal: spelling of anushtab metre

03:48:16 Jim Maxwell: can you say more about length of time related to light and heavy syllables

03:52:01 Sudhir Bansal: daniels image is more like dvaita or vishisy advaita
03:52:07 Kamal Mehta: whats the chronology of dvait and advait , which came first and when?
03:54:54 Kamal Mehta: Is it correct to say western religiona are dvait?
03:56:14 Adam Zivanic: Hmm... do you mean Abrahamic religions? I am not sure they can be described as either, but dvaita would be closer I think
03:58:13 Sudhir Bansal: svetaketu had already been through gurukul
03:58:49 Daniel OCHS: And he came back thinking he knew everything... So his father kindly taught him some lessons :)
03:59:39 Kamal Mehta: christianity, judaism,islam for eg
04:00:01 Kamal Mehta: And what about buddhism?
04:00:11 Albert Schaeffer: didn't he become a Vedic officiant first. ...
04:01:18 Jana Tojagic: Beautiful
04:02:15 Adam Zivanic: I don't think any of them engage with the concept of self at all. The closest to it (and still a long way away) is the soul, but that's not really it. So none of those are either advaitic nor dvaitic (now I'm waiting with someone with more sound theological knowledge to correct me).
04:02:40 Barry Elms: Advaita - Shankara 8th C; Dvaita - Madva 13th C
04:04:28 Tineke Mook:Are there still so many texts to be (re)translated?
04:04:54 Sudhir Bansal: similar to madhusudana sarswati
04:08:28 Sudhir Bansal: shraavanam mannam and nidhyasadhana
04:12:32 Sudhir Bansal: still not convinced dvaita
04:12:52 Jana Tojagic: Interesting - restraint leading to a cultivation of space
04:13:49 Vishal Nehra:"that" sounds nice conceptually...how do we embody it....ahamkara seems impossibly strong.....ultimately are these exactly that? concepts which provide a route map/orientation/direction/overview/philosophical speculation... but nothing more practically unless maybe you're an ascetic...?
04:16:19 Kamal Mehta: Could it also not be interpreted that constant practice makes u comfortable in any asana
04:18:36 Sudhir Bansal: hath a yogi also talks about mind being stable from physical postures
04:18:40 Edgar Ortiz: Sounds like an bhakti approach to hatha... could it be?
04:24:47 Francesca Di Rosso: When was the Aparokshanubhuti written?
04:25:48 Kamal Mehta: Can u say if was before or after the yoga sutra?
04:25:58 Sudhir Bansal: lots of shankaras
04:27:36 Kamal Mehta: Maybe it was part of shankaracharya's exposition of Advait. vs dvait that prevailed
04:28:41 Sudhir Bansal: this is advaitic text apurokshaanubhuti very similar to vivekchudamani
04:30:20 Sudhir Bansal: excellent story
04:31:29 Jana Tojagic: I love it
04:31:57 Jim Maxwell: weren't these ideas. in hatha yoga via tantra i.e. in vijnana-bhairava-tantra?
04:32:09 Sudhir Bansal: how do you see qualities in relation to the tunas in the three
04:33:40 Sudhir Bansal: idam
04:34:28 Jana Tojagic: Yes! Da da da.
04:36:24 Sudhir Bansal: tirumalai saints bhakti
04:37:35 Mahesh Goyal: When the Atman leaves the body after death does it merge with the Bhraman, if it true than how does same Atman take rebirth.

04:39:42 Jana Tojagic: Thank you, Zoe!

04:46:27 Kamal Mehta: do you have any thoughts or comments on more contemporary take on dvait/advait. for example Sri aurobindo's integral yoga.? Which to my novice reading of it seems to stand in strong opposition to advaita vedanta of sankara

04:46:43 Albert Schaeffer: thanks Zoe, that was wonderful

04:47:26 Daniel OCHS: On the origins of śloka: <https://soundcloud.com/soas-university-of-london/ananth-rao-sanskrit-reading-room-2-10-2019>

04:49:04 Sudhir Bansal: did vivekananda sell short atman to soul

04:54:08 Sudhir Bansal: zoom destroyed it solitude

04:54:11 Francesca Di Rosso: it's so true, I wouldn't have been able to attend a workshop like this in person ! thank you for organising it!

04:54:52 Jim Maxwell: I think as you speak of some of the secondary gains from covid also must note that for many people it is a matter of survival

04:55:32 Sudhir Bansal: the god of all things

05:00:56 Francesca Di Rosso: politicians nowadays will be able to act like that? When I look at my country, Italy, I am not quite sure about that

05:02:24 Kamal Mehta: This change argued for hard to envisage when leadership in two biggest powers are only seeking to remain in and extend their power.

05:03:48 Sudhir Bansal: RTA NATURAL ORDER of the world

05:06:07 Vishal Nehra: meditation for commercial gain? to make more productive rather than contemplative?

05:06:13 Jana Tojagic: Yes

05:08:11 Jana Tojagic: Yes.

05:11:36 Helen Clay: can you recommend good books on Rta and dharma?

05:12:19 Mahesh Goyal: I have to leave thank you Daniel

05:32:42 Jennifer OShea: Sorry to my group, I lost connection

05:35:38 Tineke Mook: mooktineke@gmail.com

05:36:00 Francesca Di Rosso: dirossof@gmail.com

05:40:10 Jenny Lin: This retreat has been really wonderful, and I'm grateful for Daniel and Zoe, two very thoughtful guides.

05:40:49 Jana Tojagic: I agree, Dalpat

05:40:58 Ganeshan S Devan: we should more of these in future

05:41:13 Katie Zonoff: Nadia has had her hand up for awhile :)

05:41:23 Tineke Mook: R0 or R4 or more to yoga !!

05:41:30 Daniel OCHS: Thank you Nadia

05:41:46 Christine Malan: felt stranded(oddly) and intellectually blunted until listening today. thank you.

05:43:19 Jana Tojagic: Yes, Nadia!

05:44:01 Raj Veja: Thank you Daniel, Zoe everyone for the comments I agree , this has been such an informative weekend. I am not feeling well so can't participate more but listening. Namaste

05:44:26 Jana Tojagic: Get well soon, Raj Veja

05:44:58 Raj Veja: Thank you

05:45:17 Barry Elms: Online works much better for me! Loved being here this weekend

05:45:57 Jenny Lin: Thank you Zoe, Daniel, and everyone.

05:45:58 Ganeshan S Devan: yes I agree

05:46:12 Claudette Evans: Feel better soon, Raj. Thank you for your presence

this weekend.

05:47:07 Jana Tojagic: I agree, Sudhir, that being together online has increased accessibility and availability to more people

05:47:26 Jana Tojagic: Also I hear you, Sudhir. My grandparents feel very much the same.

05:51:51 Jayant Dey: jayantdey@hotmail.com

05:52:20 Daniel OCHS: All the best Raj - hope you feel better soon!

05:52:27 Claudette Evans: @Katie Zonoff, thanks for offering that to the group. Would love to connect. claudette@claudetteevansyoga.com

05:54:37 Daniel OCHS: Helen asked a good question earlier - about books on dharma and řta - I can recommend this one - Dharma, by Alf Hitebeitel - the first is a shorter version of the second:

<https://books.google.co.uk/books?id=NpC8JDyxyMwC>

<https://books.google.co.uk/books?id=U4NF8pYxdvIC>

-- THE RECORDING PAUSES AFTER SIX HOURS SO HERE'S THE FINAL SESSION --

00:00:07 Albert Schaeffer: thank you Zoe and Daniel, that was really beautiful

00:00:15 Daniel OCHS: Oops typo in the name sorry! It's Hildebeitel

00:00:37 Albert Schaeffer: albert schaeffer. albert311@icloud.com

00:00:55 Jana Tojagic: Thank you

00:01:58 Francesca Di Rosso: Sorry I have to leave, thank you so much Daniel and Zoë and everybody for this wonderful weekend!

00:03:21 Helen Clay: many thanjs

00:09:05 Jana Tojagic: Thank you, Claudette

00:14:15 Jana Tojagic: Yes, Kamal

00:16:55 Jana Tojagic: Well put, Krishanthi

00:20:04 Jana Tojagic: You too, Raj

00:20:37 Krishanthi Jeyakumar: Thank you Jana! Get well soon Raj

00:22:01 Omid Oloumi-Tousi: much love to you Sudhi

00:22:36 Sudhir Bansal: thank you omid

00:22:39 Jana Tojagic: Haha!

00:24:13 Zohra Damani: Go Sudhir !!!!

00:24:36 Jayant Dey: Thanks for your dedication Sudhir

00:25:11 Omid Oloumi-Tousi: thank you Dr Sudhir — for all you bring to the world

00:25:43 Jana Tojagic: Wonderful word, Zoe!

00:26:15 Kamal Mehta: Namaste and OMx3 to all

00:26:23 Sudhir Bansal: past present future

00:26:58 Andrea Grossman: Thank you so much Zoe and Daniel - looking forward to the next one

00:37:52 Moira Howes: thank you!

00:37:59 Krishanthi Jeyakumar: Thank you for such a wonderful retreat!

00:37:59 Sinduja Gnanakulenthiran: Thank you so much for the retreat!

00:38:00 Camilla Ferard: Thanks everyone!

00:38:04 Jana Tojagic: Beautiful

00:38:05 Chien Ru Jan: Thank you all!

00:38:06 Barry Elms: Thank you!! <3

00:38:08 Omid Oloumi-Tousi: Thank you for the beautiful loving kindness
mediation

00:38:09 Zohra Damani: Be well everyone :)

00:38:10 Edgar Ortiz: Has been a great event. Greatful.....

00:38:10 Katie Zonoff: Thank you Daniel, Zoe and everyone for such a great
retreat!

00:38:12 Sudhir Bansal: thank you both

00:38:12 Claudette Evans: Thank you, Daniel and Zoë!

00:38:17 Jana Tojagic: Thank you everyone

00:38:17 Jenny Lin: Thank you!

00:38:17 Vishal Nehra:thankyou so much Daniel and Zoe

00:38:18 Jennifer OShea: many thanks its been amazing

00:38:19 Alyson Tanner: Thank you that was lovely.

00:38:20 Raj Veja: Thank you namaste

00:38:21 Omid Oloumi-Tousi: and thé thé closing chants

00:38:24 Kamala Angel: Thank you both so much. So grateful! Pranams!

00:38:24 Camilla Ferard: Great experience!

00:38:25 Claudette Evans: Thank you, Lal!

00:38:33 Ganeshan S Devan: Thank you both very much for great
inspiration and teachings

00:38:39 Nadia: Thank you so much for sharing your wisdom! It was a lovely
weekend. Love and kindness everyone xx

00:38:41 Helen Clay: many thanks

00:38:42 Omid Oloumi-Tousi: Thanks a lot for all the beautiful sharing

00:38:45 Eric van der Swaluw: Thanks Daniel, Zoe, Lal and all for a nice
weekend, Eric & Annette

00:38:50 Jayant Dey: Thank you everyone. Namaste

00:38:50 Jana Tojagic: I am very grateful for this community

00:39:01 Nina Offenhäuser: Thank you very much, it was very moving

00:39:20 Omid Oloumi-Tousi: Looking so forward to the next one

00:39:27 Omid Oloumi-Tousi: Love

00:39:28 Sri Skanda: thank you

00:39:38 Edgar Ortiz: I used to have nightmares with Sandhi, thanks Zoe. I
hope to have dreams with sanskrit now. Thanks Both of you. Great meditations
Daniel.... really lovely!