

THE SCHOOL OF THE WISDOM

The *Yoga-Sūtra* as a Science of Self-Knowledge: A Theosophical Approach

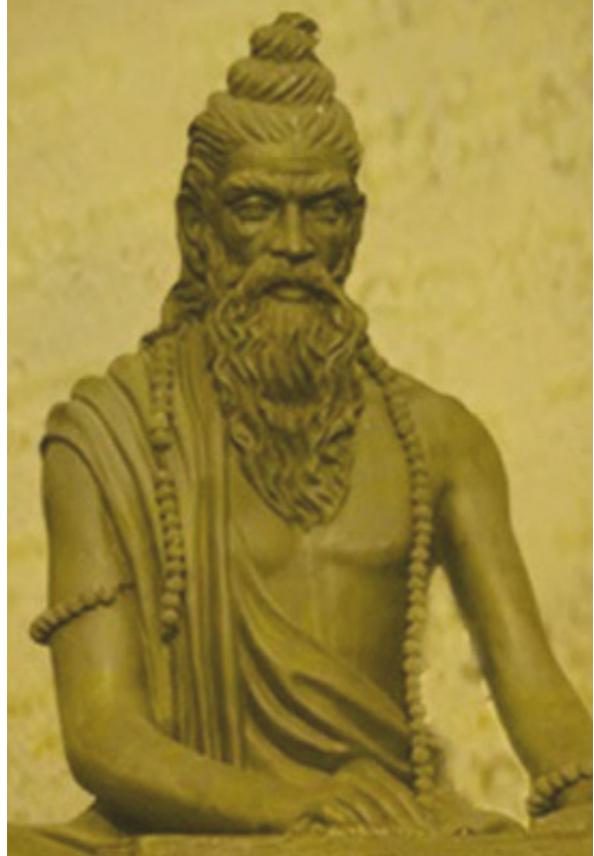
with
Ricardo Lindemann

OBJECTIVE: To free the human being from suffering.

MAY 2024
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- **Class 1:** “The *Yoga-Sūtra* tradition: origins and developments” presents the origins of the *Yoga-Sūtra* of Patañjali (2nd century BC), from the *Vedas* to the six orthodox philosophical systems (*darśanas*) of India, in addition to the Buddhism etc.
- **Class 2:** “The Theosophical Society, Theosophy and the Relevance of the *Yoga-Sūtra*”.
- **Class 3:** “The philosophy of the *Yoga-Sūtra* and the importance of self-knowledge”. Patañjali and other ancient sages considered ignorance as the cause of evil or suffering and afflictions (*kleśas*); therefore, the attainment of wisdom must be the path of Liberation (*kaivalya*).
- **Class 4:** “The Path of Liberation in *Yoga-Sūtra*,” which begins with Preliminary Yoga, followed by External Yoga, which covers ethics, with Self-restraints (*Yama*) and Observances (*Niyama*), and the physical part, with Postures (*Āsanas*), breath control (*Prāṇāyāma*) and Abstraction of the senses (*Pratyāhāra*). Then, Internal Yoga, which encompasses Concentration (*Dhāraṇā*), Contemplation (*Dhyāna*) and Ecstasy (*Samādhi*), with nine stages.
- **Class 5:** “The ideal of scientific religion in the *Yoga-Sūtra*”, its relations with the Laws of *Karma*, Reincarnation and Evolution and its allusions in *Occult Chemistry* and the *Mahatmas Letters*.
- **Class 6:** Discussion.

RICARDO LINDEMANN, holds a PhD in Science of Religion (Federal University Juiz de Fora). His PhD thesis focused on Yoga Philosophy. He also holds an MPhil in Religion (Federal University of Brasília). In 1982 graduated as Civil Engineer, and in 1988 he graduated in Philosophy. Since 2003 he has been the President of the Union of Astrologers of the Federal District of Brazil. A member of the Theosophical Society since 1979. Former member of the General Council of ST (1999 - 2013); former Secretary General of ST in Brazil (1999-2008); former Secretary of the Inter-American Theosophical Federation (1991). He is an international speaker, having lectured in more than 20 countries. He also has facilitated two sessions of The School of Wisdom, Adyar 1996 and 2011). He has been a Buddhist since 1995 and Bishop of the Liberal Catholic Church since 2008. He is also the author of *The Science of Astrology and the Mysteries Schools* and Co-author of *The Wisdom-Tradition*. He translated The Bhagavad-Gītā and At the Feet of the Master into Portuguese.



Applications for participation in this link:

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<https://www.ts-adyar.org/content/school-wisdom>

O N L I N E V I A Z O O M

For members of the Theosophical Society