

## Abstract No 19

### A Rediscovery of the Connotative Trimūla in Patañjali's Yoga-Sūtra

Ven. Dr. Da Xing

Department of Sanskrit, University of Kelaniya, Sri Lanka

[daxing360@gmail.com](mailto:daxing360@gmail.com)

According to Indian Yoga history, Yoga was originated from the Indus Valley Civilization that the practice had been adopted for the enhancement of physical condition, mental training and spiritual development of ancient sages, and since then the path of Yoga has spread throughout the world in the modern society. In the *Yogadarśana*, the theory of Yoga was descended from the Indian *Brāhmaṇa* and *Śramaṇa* traditions conventionally. Among them, especially, Yoga is built on a fundamental of *Sāṃkhya* philosophy with the practice of the Eightfold Path (*Skt. aṣṭāṅgayoga*). As it is well known that the system of causation which is known as the Cause of the Effect Pre-existence (*satkāryavāda*) associates the Four Realities (*caturvyūha*) with the Three Characteristics of Essence (*triguṇa*) from the evolution (*utpatti*) of the *Pañcaviṃśatitattva* to the evolution way (*pralaya*) for tracing back to the *Prakṛti* and finally attaining the original state of isolation (*kaivalya*) to the end of suffering and the cycle of rebirth. But then the only theistic concept which is also known as theistic Yoga (*seśvarasāṃkhya*) and reflect on the Three Eternal Attributes (*trimūla*) as Eternal Dogma (*sanātana-dharma*) differs from atheistic *Sāṃkhya* (*nirīśvarasāṃkhya*) because it is inherited from the *Brāhmaṇa* tradition. In fact, the Eternal Dogma revealed with the Three Eternal Attributes are absolute qualities and essences known as *Satcitānanda* that implied the Absolute Existence (*sat*) as Permanence (*nitya*), Eternal Consciousness (*cit*) as Purified Soul (*ātma*) and Ultimate Bliss (*ānanda*) as Oneness (*yoga*) which is meant the Purified Soul merge with the Omniscience to get the discriminative knowledge (*vivekakhyati*) for eradicated defilement (*kleśā*) or the Cessation of Mental Fluctuation (*cittavṛttinirodha*) and give assistance to yogis release from *Duḥkha* and *Samsāra* and achieve the Absorption of the Dharma-cloud (*dharmamegha-samādhī*) which is also known as the Unification of Individual Soul with Universal Soul as the final goal of salvation. The purpose of this research is to rediscover of the connotative *Trimūla* as primary conceptual theories and terminologies are formulated into a logical philosophical structure and designed in order to help practitioners proper understand and perform the spiritual development with realities.

**Keywords:** Seśvarasāṃkhya, Nirīśvarasāṃkhya, Vṛtti, Nivṛtti, Īśvara, Trimūla, Samādh