

## **Five Kleshas “The 5 Desparations/obstacles**

What gets in the way from fulfilling the yearnings of our heart? What gets in the way of experiencing Union?

Patanjali’s Yoga Sutras (196 recorded Sutras)

1.5 – 2.3

**Avidya** – Ignorance from which all the other Kleshas arise.

Non-science, untrue, bogus, illusion, delusion, lack of awareness of reality or the real, unenlightened, backward. It is also the ground in which the four other Kleshas fertilize. Thus Ignorance is when we think the unreal is actually real; that matter is the ultimate or only important real substance; mistaking religion, dogmas, or superstitions for spirituality; when we think in terms of "I," "I am the body," "This is me." Ignorance is absence of knowledge of the spirit of man.

**Asmita** – “I am-ness” Ego

The "I" or "Me-maker," the opinion we have of ourselves, but one which is seldom shared by others. An imagined personality. Mistaken identification of nature, mind, and spirit as the body. To identify oneself with worldly life, the body, and the senses. Arrogant conceit is often a cover to hide one's inferiority; Real men and women have no need to advertise themselves. Ego is a mask we wear to try to hide and veil what we are.

## **Raja** – Attraction or seeking pleasurable experiences

Possessiveness, ownership, liking, attraction. Attachment to people, things, and ideas. To join, connect, or associate ourselves with something. "This is ours," "This is mine." Attachment in its negative sense to things we cannot own or keep. Often the cause of quarrels, violent conflicts, and even war. Expressed also as race, nationality, my country, my money. Attachment can only have free play on lower mind levels.

## **Dvesha** – Aversion or Repulsion

Aversion or repulsion to people, things, or ideas, avoid pain for pleasure. Its counterpart equanimity. The true nature of the Spirit (Atman) is non-discriminating. Repulsion and attraction are two sides of a single coin. Their obstacle value can be impediments and overcome by: Contentment, Neutrality, Tranquility, and Knowledge.

## **Abhinvesha** – Fear or Fear of Death, clinging to life

Fear of Death. Desire for body continuity. Though most of human life is pain, misery, sickness and woe, delusion gives most people an abnormal desire to live. The other four Kleshas help to strengthen the delusion. Every living body has a limited lifespan to live on earth, and humans are no exception to what are but natural laws.

They all work together

When you find them in yourself witness them. Work to weaken them and let them go. The Reward is ... Freedom, contentment, happiness, Peace, Bliss

