

The Science of Upanishads – Part 54: Foundations of Modern Yoga Practice (Contd.): Description of Samadhi (Absolute Bliss or Enlightenment) as The Eighth and Final Anga (Limb) of The Ashtanga Yoga (Eight Limbed Yoga) of The Yoga Sutras of Patanjali
(March 28 – April 3, 2018)

During the past several weeks, we have covered seven Angas (Limbs) of the Ashtanga (Eight-Limbed) Yoga of Patanjali. Today, we will discuss the Eighth and Final Anga: Samadhi (The State of Absolute Bliss or Enlightenment).

The word ***Samadhi*** is derived from the

Sanskrit, ***sama***, *meaning* "together," and ***dhi***, *meaning* "mind." So, in its *most basic definition*, Samadhi is a state of absolute concentration of mind. Samadhi is oneness with the object of meditation. There is no distinction between the act of meditation and the object of meditation. This is a state where Yogi is in ecstasy or bliss, tranquility, absolute conscience and enlightenment. This is a state where all material possessions lose their meaning and significance; where we can come to realize that we don't actually own anything, not even our bodies, and everything in physical world will dissipate or dissolve.

Samadhi can be divided into three different levels or stages, including ***laja***, ***savikalpa*** and ***nirvikalpa*** (also referred to as ***asamprajnyata***). ***Laja*** is a trance-like state of deep joy and peace. ***Savikalpa*** is a state in which the mind is still active, where the yogi is attached to the body and worldly distractions, but receives a glimpse of bliss. ***Nirvikalpa (Asamprajnyata)*** is the final state in which the mind is under control, and no longer imagines or wishes for anything. Only complete awareness remains. ***Nirvikalpa (Asamprajnyata)***, the highest stage of Samadhi, is believed by some to be synonymous with enlightenment, while others believe it leads to enlightenment. Still others believe it is a state in which the mind goes blank, freeing the yogi from all thoughts. In ***Nirvikalpa (Asamprajnyata)*** Samadhi, the yogi no longer sees differences because he/she sees the oneness and perfection of everything. The yogi's awareness withdraws from the three bodies - physical, astral and causal - until he/she achieves oneness with the Self or Soul. It is even said that the yogi's heartbeat and breathing stop. His/her consciousness has then reached the state of absolute non-duality in which there is no difference between the self and the universe.

Since there is no separation between one and the object of one's desire in the state of ***samadhi***, one cannot see anything but oneness between the subject (yourself) and the object (anything else). Worry, anxiety, fear, etc. are all the polar opposites of ***samadhi*** because those states stem from the false notion that there is some sort of wall in between one's needs, wants, and desires and their fulfillment.

Read [Here](#) for more on **Samadhi Anga** of Ashtanga Yoga