



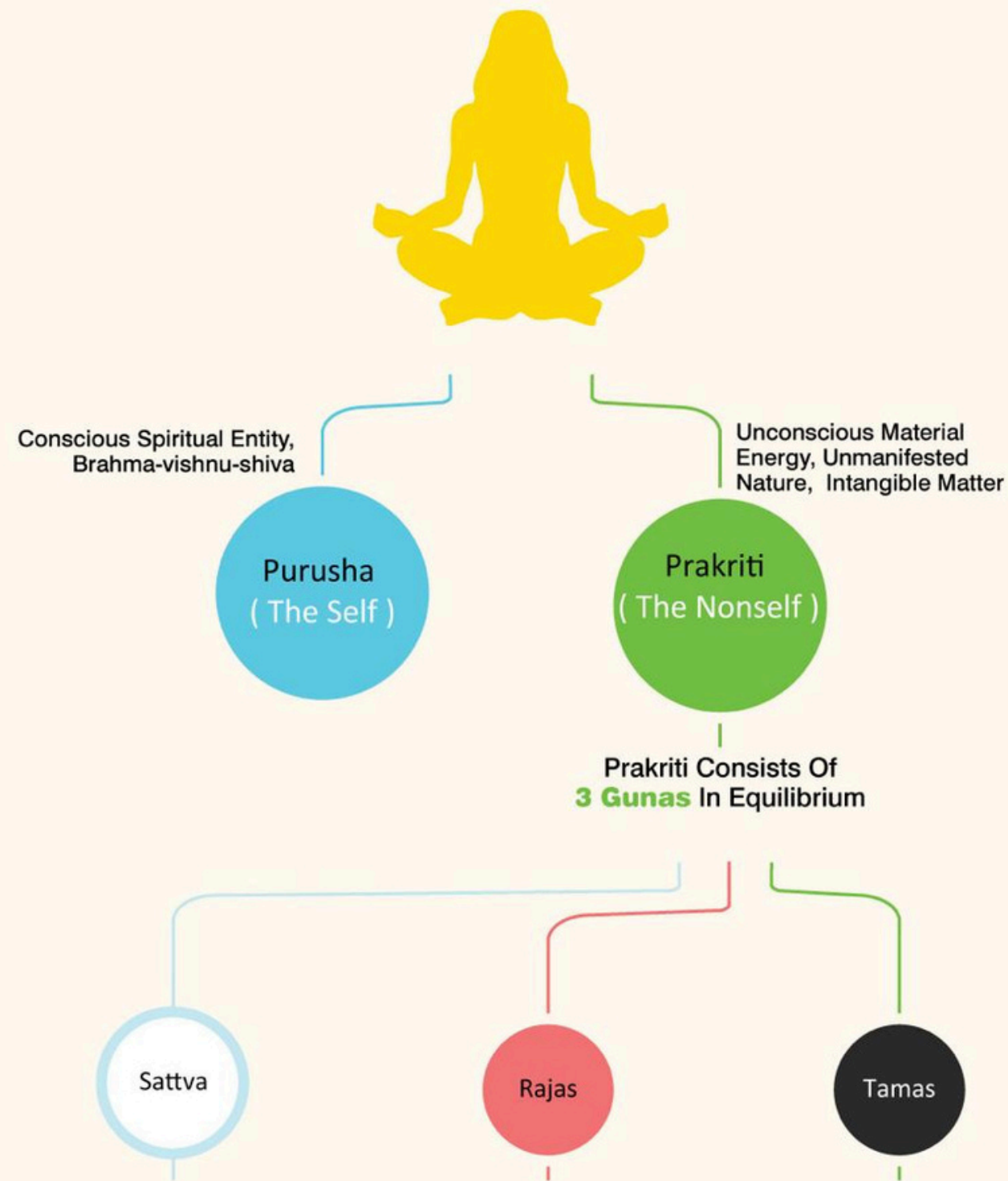
Samkhya school

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Introduction

"Samkhya is one of the six orthodox schools of Hindu philosophy, founded by Kapila in the 6th century BCE. It is a dualistic philosophy that aims to liberate the individual from the cycle of birth and death."

COSMIC PRINCIPLES OF SAMKHYA PHILOSOPHY

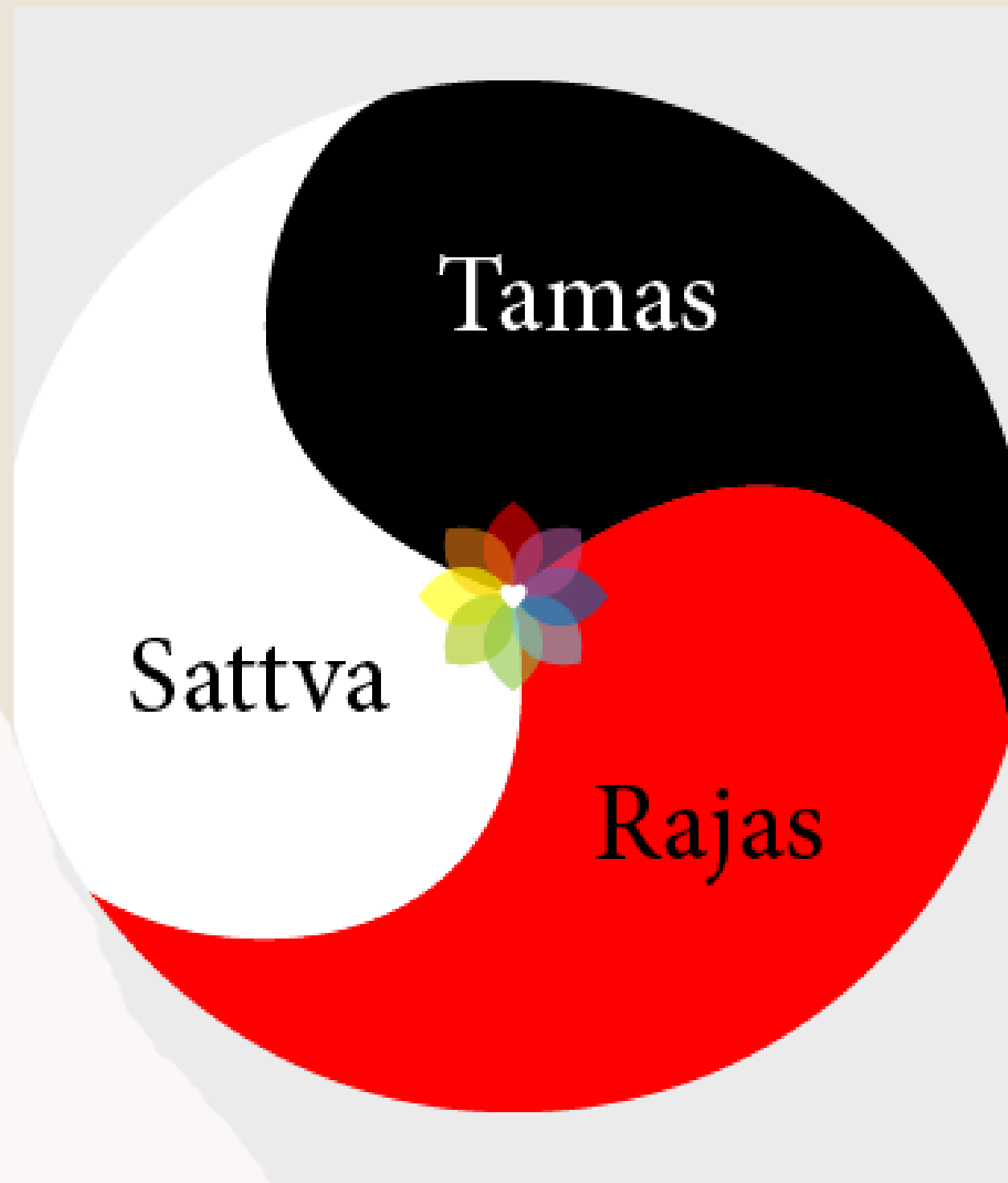


"Purusha and Prakriti: The Fundamental Dualism"

- **Purusha: the pure consciousness, the self**
- **Prakriti: the material world, the source of all objects**
- **The two are separate and distinct**

"Samkhya posits that the ultimate consists of two fundamental principles: the pure consciousness, and Prakriti, the material world."

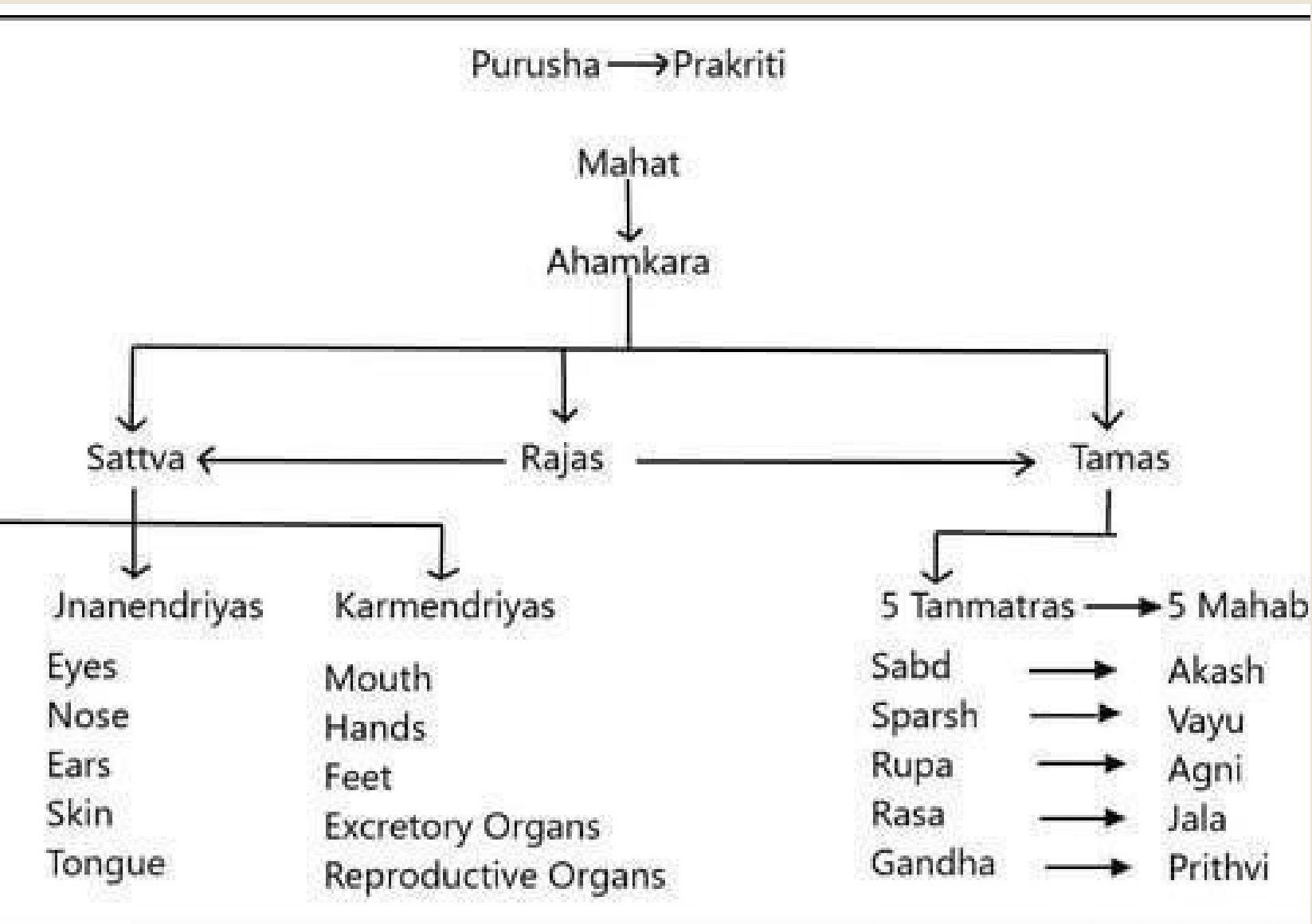
"The Three Gunas: The Building Blocks of Prakriti"



- **Sattva:** purity, harmony, balance
- **Rajas:** activity, passion, movement
- **Tamas:** darkness, inertia, stagnation
- The gunas are constantly interacting and influencing each other

"Prakriti is composed of three fundamental qualities or gunas, which are the building blocks of the material world."

"The Evolution of Prakriti: From Mahat to the Material World"



- **Mahat**: the first evolute of Prakriti, the cosmic intelligence
- **Ahamkara**: the ego, the sense of individuality
- **The five tanmatras**: the subtle elements (sound, touch, form, taste, smell)
- **The five mahabhutas**: the gross elements (ether, air, fire, water, earth)

"According to Samkhya, Prakriti evolves into the material world through a series of transformations, resulting in the creation of the subtle and gross elements."

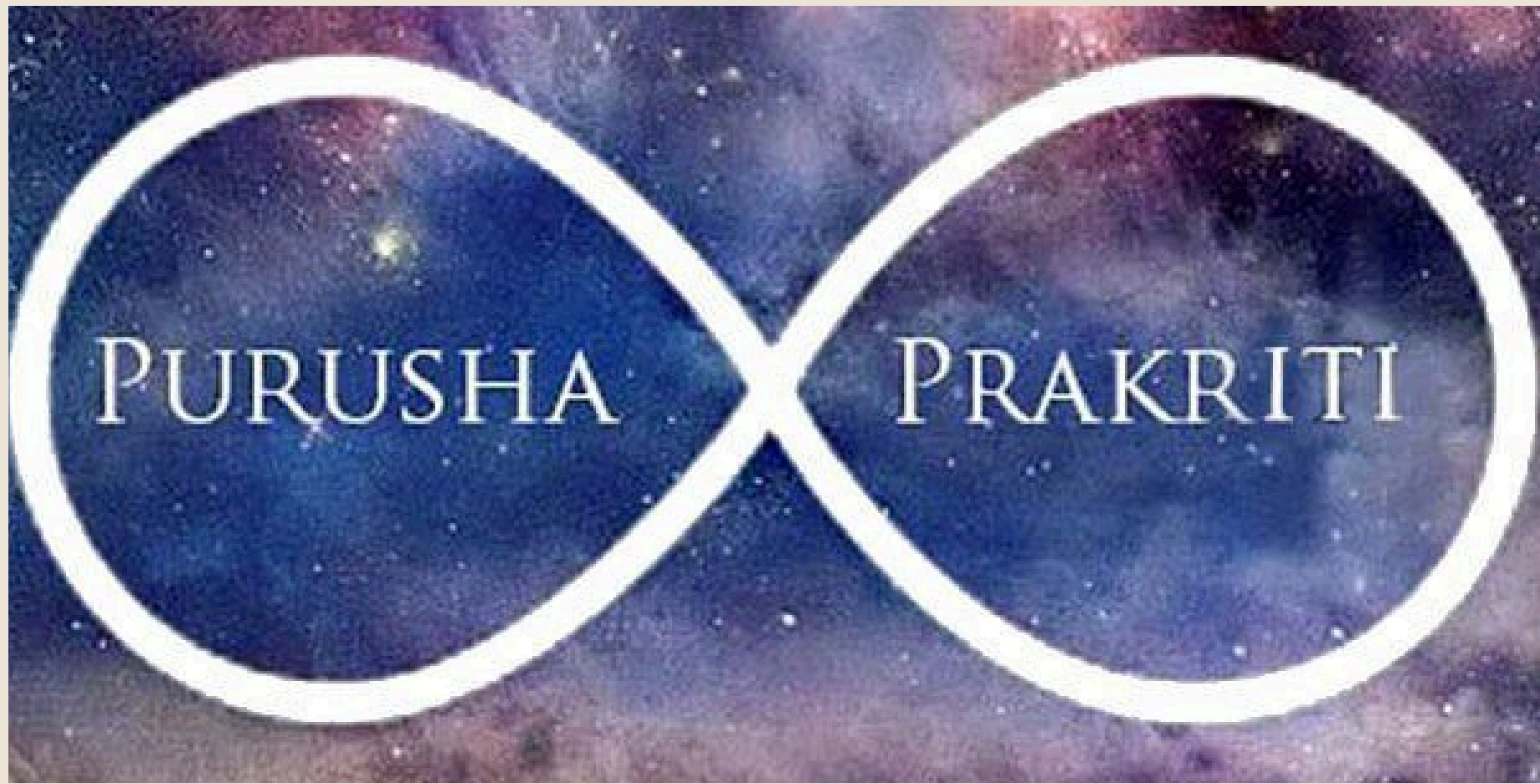
"The Nature of the Self (Purusha)"

- The self is pure consciousness, unchanging and uninvolved**
- The self is not the body, mind, or senses**
- The self is the witness, the observer of all experiences**

"Samkhya posits that the self is a pure, unchanging consciousness that is distinct from the body, mind, and senses."

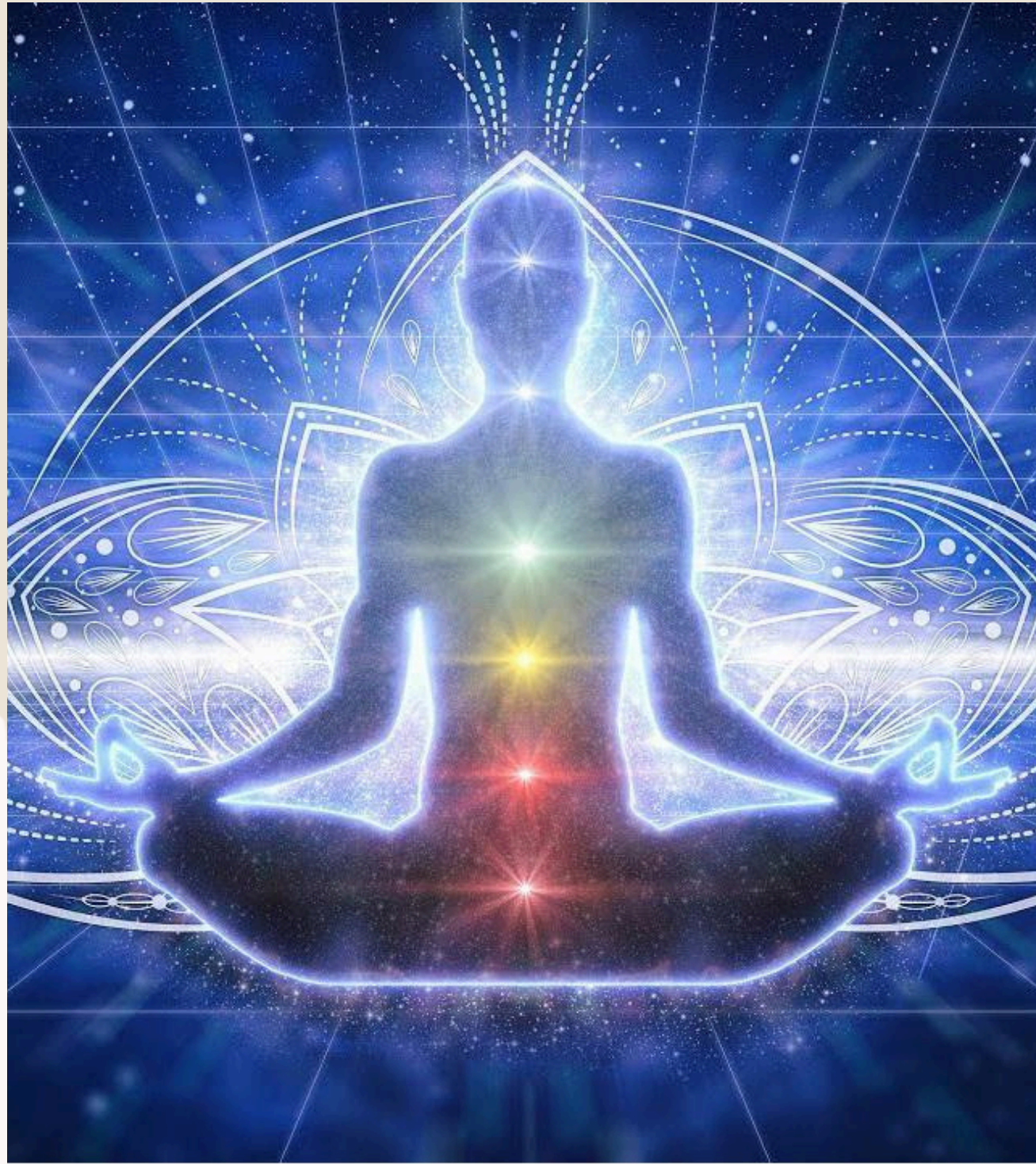
The Problem of Bondage

"The Entanglement of Purusha and Prakriti"



- The self becomes entangled with the material world
- The self mistakes itself for the body, mind, and senses
- This entanglement leads to suffering and bondage

"According to Samkhya, the self becomes entangled with the material world, leading to suffering and bondage."



The Goal of Human Life: Liberation (Kaivalya)

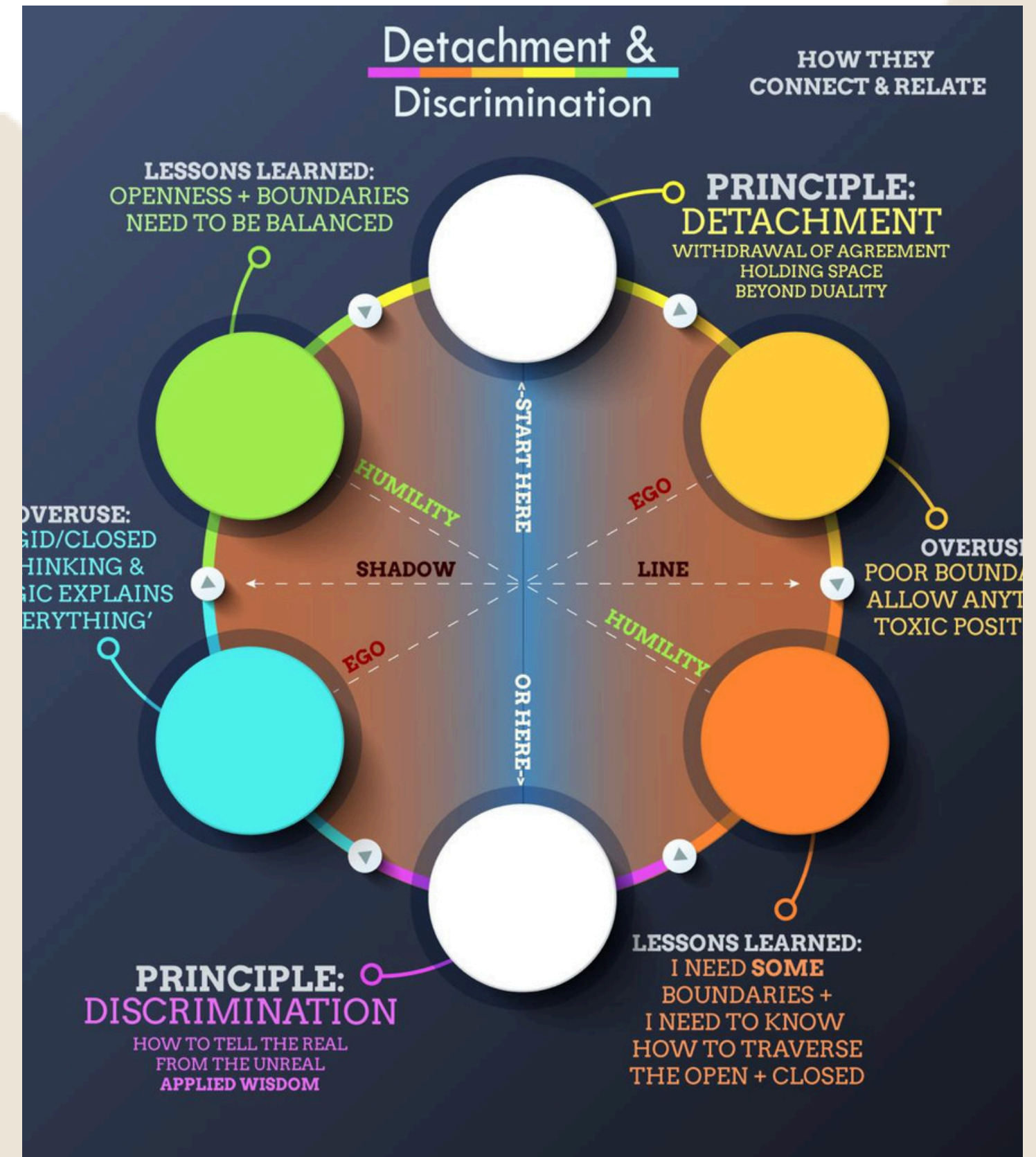
- Liberation is the attainment of pure consciousness, free from all attachments
- Liberation is achieved through the realization of the true nature of the self
- Liberation is the ultimate goal of human life

"Samkhya posits that the ultimate goal of human life is liberation, which is achieved through the realization of the true nature of the self."

The Means to Liberation: Discrimination (Viveka)

- Discrimination is the ability to distinguish between the self and the non-self
- Discrimination is the key to liberation
- Discrimination involves the cultivation of wisdom, self-control, and detachment

"According to Samkhya, discrimination is the means to liberation, involving the cultivation of wisdom, self-control, and detachment."



Conclusion

the Samkhya school of philosophy offers a unique and profound understanding of the nature of reality, the self, and the ultimate goal of human life. Through its emphasis on discrimination, self-control, and detachment, Samkhya provides a practical and effective means for achieving liberation and realizing one's true nature. As a philosophical tradition, Samkhya continues to inspire and guide individuals on their spiritual journeys."

Thank You !

Reference:

<https://en.m.wikipedia.org/wiki/Samkhya>

<https://yinyoga.com/yinsights/purusha-prakriti/>