

# 5 Kleshas

**Yoga Sutra II.3:** The 5 kleshas (afflictions) disturb a peaceful state of mind: lack of wisdom, ego (the sense of "I") attachment to pleasures, aversion to pain, fear of death or clinging to life.

-- The Yoga Sutras by Patanjali

As noted in his book, Light on The Yoga Sutras, B.K.S. Iyengar states that:

Afflictions are of three levels:

*Intellectual, Emotional, and Instinctive.*

## 1. Ignorance or lack of wisdom.

Truth cannot be known through knowledge. Knowledge itself only brings about a thirst for more *knowledge*. Lack of knowledge of who we truly are as our *spiritual* selves, represents lack of spiritual knowledge, aka, **ignorance**.

## 3. Attachment to Pleasure.

Giving into too much desire can lead to one's emotions getting the best of them. Pleasure leads to desire and emotional attachment. Therefore, we can **lose ourselves** in the moment when we seek good feelings. The path back to self can be difficult, once this happens.



## 2. The sense of "I"

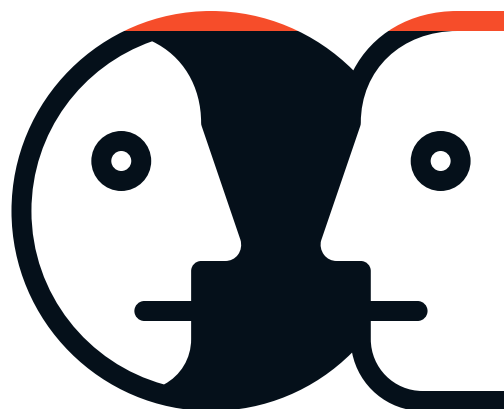
Pride stems from ego, pride also inflates ego, hence **imbalance** is born. We think that we are separate from the Self and hence we lose our true nature.

## 4. Aversion to Pain

No one likes to be in pain, even a masochist experiences **lack of joy** when not inflicting pain. Hence, people tend to avoid pain and seek pleasure at all cost. It is best to be neutral and seek balance in life.

## 5. Fear of Death or Clinging to Life.

It is instinctive to want to live and prolong life, but "clinging to life, makes one self-centered and ego focused. Others must live after us, as we have lived after others. We "**let go**" of life, and return home after it has ended.



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