Swadhyaya means Self Knowledge and Self Study. Swa means self. Dhyaya means knowledge or study. The first step of Swadhyaya is Aham – I am; the second step is Nama – name; the third step is Avidya – "I don't know"; the fourth step is Vidya – "I know"; the fifth step is Manas – consciousness; the sixth step is Shiva – to change, to grow. If we know ourselves we will be always happy; but if we don't know ourselves we will be always sad. To know ourselves we have nine problems that we have to face. They are called the Antarayas. The first one is Vyadhi – disease; Styana – dullness; Shamsaya – doubt; Pramada – we will always do the correct thing "tomorrow"; Alasya – laziness; Avirati – worldly mindedness; Branti-Darshan – illusion; Alabdhabhumi-Katva – inability to find any state in Yoga; Anavasthi-tatwa – inability to maintain a state of Yoga. Antarayas are obstacles, disturbances to our consciousness. We have nine main problems, I said to you. But we have one main problem that we have to face all the time – it is the Ego. The ego has three main names. They are Mada, Ahamkara and Asmitha. The ego makes us feel sad or become angry. The ego is a tricky player. It is one of the Shat Ripus – the six enemies to Yoga. If the ego fools us we can’t know ourselves. If the ego can’t fool us we can know ourselves. I will tell you all the Shat Ripus. They are Kama – I want, I want; Krodha – always angry; Lobha – greedy; Moha – illusion; Mada – ego; Matsarya – jealousy. All of them are a big problem. I will say which animals are used as symbols for these Ripus. They are Kama – my dog Bhima; Krodha – tiger; Lobha – pig; Moha – fox; Mada – buffalo; Matsarya – snake.

To know ourselves
We must overcome
The nine obstacles,
And control the
Ego and the Shat Ripus.