

# अभ्यासवैराग्याभ्यां

## Chapter One Samādhi Pādaḥ verse 12

abhyāsa-vairāgyābhyāṃ tat-nirodhaḥ |

In Sūtra 1.12 Patañjali defines Abhyāsa and Vairāgya in relation to Nirodha.

A question we can explore as an avenue towards grasping this Sūtra is, what is the relationship of these two seeming polarities?

Namely, what are the qualities of Abhyāsa, in relation to the qualities of its seeming counterpart, Vairāgya?