

108 Yoga Sūtra Study Questions - 14

अभ्यास

Chapter One Samādhi Pādaḥ verse 14

saḥ tu dīrgha-kāla-nairantarya-satkāra-ādarā-āsevitaḥ dṛḍha-bhūmiḥ |

In Sūtra 1.14 Patañjali outlines qualities he feels are important in cultivating the intention within Abhyāsa.

What are these qualities and how can we realise them within our efforts to remain there?