

108 Yoga Sūtra Study Questions - 15

वैराग्य

Chapter One Samādhi Pādaḥ verse 15

dr̥ṣṭa-anu-śravika-viṣaya-vitṛṣṇasya vaśīkāra-saṃjñā-vairāgyam |

In Sūtra 1.15 Patañjali introduces Vairāgya as dispassion arising from an absence of thirst. Towards what and how would you interpret its relevance towards your outer and inner life?