

## 108 Yoga Sūtra Study Questions - 21

# संवेग

### Chapter One Samādhi Pādaḥ verse 21

tīvra-saṃvegānām-āsannaḥ |

In Sūtra 1.21 Patañjali introduces the concept of Saṃvega as an essential quality in the cultivation of access to an experiential presence of Śraddhā. In relation to Yoga Sādhana what is Saṃvega for you?