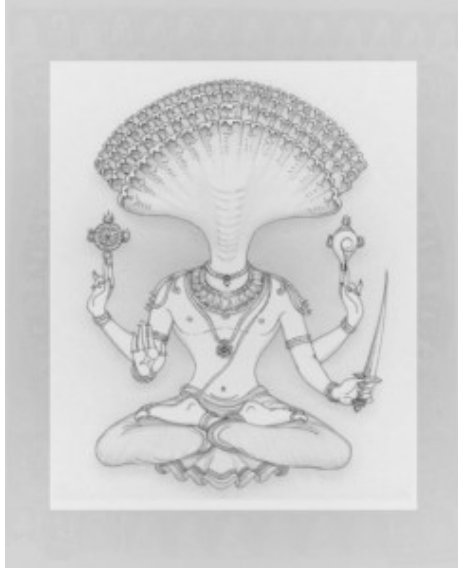


Sūtra Mālā

A Thread of Pearls on Yoga

Chapter One verses 1-4



Chapter One

Samādhi Pādaḥ

First Theme

Nirodha or Containment

verses 1-4

verse 1

Now,
Follow the Teachings of Yoga.

verse 2

Yoga arises from the containment of,
Our propensity to fluctuate.

verse 3

From this state,
Clarity of being,
As vision is from the source of perception.

verse 4

At all other times,
We identify with the fluctuations.