

The Yoga Sūtra is divided into four chapters.

The first chapter called samādhi pādaḥ assumes the aspirant has progressed adequately to be in a state called samāhita.

Such a person is not easily agitated.

He has a clearer perception to comprehend concepts such as īśvara, vairāgya.

What about others who are known as vyutthita citta,
a mind easily prone to agitations and distractions?

This second chapter known as sādhana pādaḥ caters to them.

Chapter Two verse One - kriyā yoga

“The practice of Yoga requires
temperance, self-inquiry and devotion to the divine.”

The first step consists of:

TAPAH

The whole system functions on the strength of mind.

Mind is affected by what we eat.

“Our mind is like our food.”

Tapah is to discipline our eating habits.

SVĀDHYĀYA

The study that helps us to know where we are from and what progress we have achieved. In short, our journey to our roots is svādhyāya.

There are many means. Vedic chant where the student repeats exactly how the teacher recites the text is one. The means should respect our culture.

It must help explore our own background, our strengths and weaknesses and our progress. Even a good teacher can be a mirror, a svādhyāya.

ĪŚVARAPRAṆIDHĀNĀ

With faith in Īśvara, the master of the whole universe,
regularly offering prayers.

Whether it is tapas, svādhyāya or īśvarapraṆidhānā,
the power of īśvara alone ensures success.