



T Krishnamacharya Commentaries on Yoga Sūtra Chapter One verses 1-4

Yoga Sūtra Chapter One Title samādhi pādaḥ

"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.
They have a clearer perception to comprehend concepts such as Īśvara and Vairāgya."

Yoga Sūtra Chapter One verse 1 atha yogānuśāsanam

"The study of Yoga is a vast undertaking that requires sustained effort and guidance.
The term Atha signifies auspicious beginning, uninterrupted continuity, and an appropriate end.
Another aspect of Atha is Samkalpa, which in Vedic tradition is the decision to initiate something
important and to ensure that it is completed at any cost, without distraction or deviation."

Yoga Sūtra Chapter One verse 2 yogaścittavṛtti nirodhaḥ

"What is Yoga?
Yoga is Nirodha of the different activities and fluctuations of the mind,
the leader of the senses.
Nirodha is to completely cover.
Thus this Sūtra implies the Nirodha of involvement of the mind in objects
that distract from a chosen direction of contemplation."

Yoga Sūtra Chapter One verse 3 tadā draṣṭuḥ svarūpe'vasthānam

"During such a moment, without distractions,
the power of the source of perception,
full of clarity and completeness, shines forth."

Yoga Sūtra Chapter One verse 4 vṛttisārūpyamitaratra

"What is the nature of distraction?
Past tendencies also determine the mind's direction and quality of perception."