

Yoga Sūtra Chapters 1-4 verses 1-8

Chapter 1

॥ atha samādhipādaḥ ॥

atha - yogaṅanuśāṣaṅam | 1 |

yogaḥ - cittavṛttinirodhaḥ | 2 |

tadā - draṣṭuḥ - svarūpe - avasthāṅam | 3 |

vṛttisārūpyam - itaratra | 4 |

vṛttayaḥ pañcatayaḥ - kliṣṭākliṣṭāḥ | 5 |

pramāṅna - viparyaya - vikalpa - nidrā - smṛtayaḥ | 6 |

pratyakṣa - anumāna - āgamāḥ - pramāṅāni | 7 |

viparyayo - mithyāñāṅam - atadrūpapratiṣṭham | 8 |

Chapter 2

॥ atha sādhānapādaḥ ॥

tapaḥ - svādhyāya - īsvarapranidhanāni - kriyāyogaḥ | 1 |

samādhibhāvanārthaḥ - kleśa - tanūkaraṅarthaśca | 2 |

avidyā - asmitā - rāga - dveṣa - abhiniveśāḥ - kleśāḥ | 3 |

avidyā kṣetram - ūttareṣāṅm - prasupta - tanu -

vichinna - udārāṅām | 4 |

anitya - aśuci - duḥkha - anātmasu - nitya - śuci - sukha

- ātmakhyātīḥ - avidyā | 5 |

drgdarśanaśaktyoḥ - ekātmatā - iva - asmitā | 6 |

sukhānuśayī - rāgaḥ | 7 |

duḥkhānuśayī - dveṣaḥ | 8 |

Chapter 3

॥ atha vibhūtipādaḥ ॥

deśabandhaḥ - cittasyā dhāraṇā | 1 |

tatra - pratyayaikatānātā - dhyānam | 2 |

tadeva - arthamātranirbhāsam - svarūpasūnyamivā -
samādhiḥ | 3 |

trayamekatrā - saṃyamaḥ | 4 |

tajjayāt - prajñālokaḥ | 5 |

tasya bhūmiṣu - viniyogaḥ | 6 |

trayamantaraṅgaḥ - pūrvebhyaḥ | 7 |

tadapi bahiraṅgaḥ - nirbijasya | 8 |

Chapter 4

॥ atha kaivalyapādaḥ ॥

janma - oṣadhi - mantra - tapaḥ - samādhijāḥ -
siddhayāḥ | 1 |

jatyantarapariṇāmaḥ - prakṛtyāpūrāt | 2 |

nimittamaprayojakaḥ - prakṛtinām - varaṇabhedastu -
tataḥ - kṣetrikavat | 3 |

nirmāṇacittāni - asmitāmātrāt | 4 |

pravṛttibhede prayojakaḥ - cittamekamanekeṣām | 5 |

tatra - dhyānajam - anāśayam | 6 |

karmāśuklākṛṣṇam - yoginaḥ - trividhamitareṣām | 7 |

tataḥ - tadvipākānuguṇānāmeva - abhiyaktiḥ -
vāsanānām | 8 |