

The Yoga Sūtra of Patañjali

Samādhi Sādhana Vibhūti Kaivalya Pādaḥ



A Romanised Saṃskṛta verse by verse word by word personal study support workbook

With appreciation for the many years of personal teaching in India with my root Yoga teacher TKV Desikachar, along with further word by word studies of the Yoga Sūtra through personal lessons with S Ramaswami.

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May it support those who use it in their journey towards Viveka and Svatantra.

Prārthanā Ślokaṃ – Patañjali Opening Dhyānaṃ Ślokaṃ with Translation



योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन ।
योऽपाकरोत् तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

yogena cittasya padena vācāṃ malaṃ śarīrasya ca vaidyakena |
yopākarottaṃ pravaraṃ munināṃ patañjaliṃ prāñjalirānato'smi ||

'Yoga for the psyche, grammar for speech and medicine for impurities of the body.
To Patañjali I salute.'

आबाहु पुरुषाकारं शङ्खचक्रासि धारिणम् ।
सहस्र शिरसं श्वेतं प्रणमामि पतञ्जलिम् ॥

ābāhu puruṣākāraṃ śaṅkhacakrāsīdhāriṇam |
sahasra śīrasaṃ śvetaṃ praṇamāmi patañjalim ||

'Up to the shoulders human form, holding conch, disc, sword.
One thousand heads white to Patañjali I salute.'

श्रीमते अनन्ताय नागराय नमो नमः ॥

śrīmate anantāya nāgarājāya namo namaḥ ||

'To venerable, eternal serpent king, Nāga, my reverences.'

The Yoga Sūtra of Patañjali
Aphorisms on Yoga compiled by Patañjali

Chapter One Title
samādhi-pādaḥ |

samādhi-

pādaḥ-

Chapter One verse 1
atha yoga-anu-śāsanam |

atha-

yoga-

anu-

śāsanam-

Chapter One verse 2

yogaḥ citta-vṛtti-nirodhaḥ |

yogaḥ-

citta-

vṛtti-

nirodhaḥ-

Chapter One verse 3

tadā draṣṭuḥ svarūpe-avasthānam |

tadā-

draṣṭuḥ-

svarūpe-

avasthānam-

Chapter One verse 4
vṛtti-sārūpyam-itaratra |

vṛtti-

sārūpyam-

itaratra-

Chapter One verse 5

vṛttayaḥ pañcatayyaḥ kliṣṭa-akliṣṭāḥ |

vṛttayaḥ-

pañcatayyaḥ-

kliṣṭa-

akliṣṭāḥ-

Chapter One verse 6

pramāṇa-viparyaya-vikalpa-nidrā-smṛtayaḥ |

pramāṇa-

viparyaya-

vikalpa-

nidrā-

smṛtayaḥ-

Chapter One verse 7

pratyakṣa-anumāna-āgamāḥ pramāṇāni |

pratyakṣa-

anumāna-

āgamāḥ-

pramāṇāni-

Chapter One verse 8

viparyayaḥ mithyā-jñānam-atad-rūpa-pratiṣṭham |

viparyayaḥ-

mithyā-

jñānam-

atad-

rūpa-

pratiṣṭham-

Chapter One verse 9

śabda-jñāna-anupātī vastu-śūnyaḥ vikalpaḥ |

śabda-

jñāna-

anupātī-

vastu-

śūnyaḥ-

vikalpaḥ-

Chapter One verse 10

abhāva-pratyaya-āmbanā tamaḥ vṛttiḥ-nidrā |

abhāva-

pratyaya-

āmbanā-

tamaḥ-

vṛttiḥ-

nidrā-

Chapter One verse 11

anubhūta-viṣaya-aṣaṃpramoṣaḥ smṛtiḥ |

anubhūta-

viṣaya-

aṣaṃpramoṣaḥ-

smṛtiḥ-

Chapter One verse 12

abhyāsa-vairāgyābhyāṃ tat-nirodhaḥ |

abhyāsa-

vairāgyābhyām-

tat-

nirodhaḥ-

Chapter One verse 13

tatra sthitau yatnaḥ abhyāsaḥ |

tatra-

sthitau-

yatnaḥ-

abhyāsaḥ-

Chapter One verse 14

saḥ tu dīrgha-kāla-nairantarya-satkāra-ādarā-āsevitaḥ dṛḍha-bhūmiḥ |

saḥ-

tu-

dīrgha-

kāla-

nairantarya-

satkāra-

ādarā-

āsevitaḥ-

dṛḍha-

bhūmiḥ-

Chapter One verse 15

dr̥ṣṭa-anu-śravika-viṣaya-vitṛṣṇasya vaśikāra-saṃjñā-vairāgyam |

dr̥ṣṭa-

anu-

śravika-

viṣaya-

vitṛṣṇasya-

vaśikāra-

saṃjñā-

vairāgyam-

Chapter One verse 16

tat-param puruṣa-khyāteḥ guṇa-vaiṭṣṇyam |

tat-

param-

puruṣa-

khyāteḥ-

guṇa-

vaiṭṣṇyam-

Chapter One verse 17

vitarka-vicāra-ānanda-asmitā-rūpa-anugamāt-saṃprajñātaḥ |

vitarka-

vicāra-

ānanda-

asmitā-

rūpa-

anugamāt-

saṃprajñātaḥ-

Chapter One verse 18

virāma-pratyaya-abhyāsa-pūrvah saṃskāra-śeṣah anyah |

virāma-

pratyaya-

abhyāsa-

pūrvah-

saṃskāra-

śeṣah-

anyah-

Chapter One verse 19

bhava-pratyayaḥ videha-prakṛti-layānām |

bhava-

pratyayaḥ-

videha-

prakṛti-

layānām-

Chapter One verse 20

śraddhā-vīrya-smṛti-samādhi-prajñā-pūrvakaḥ itareśām |

śraddhā-

vīrya-

smṛti-

samādhi-

prajñā-

pūrvakaḥ-

itareśām-

Chapter One verse 21

tīvra-saṃvegānām-āsannaḥ |

tīvra-

saṃvegānām-

āsannaḥ-

Chapter One verse 22

mṛdu-madhya-adhimātratvāt-tataḥ api viśeṣaḥ |

mṛdu-

madhya-

adhimātratvāt-

tataḥ-

api-

viśeṣaḥ-

Chapter One verse 23

īśvara-praṇidhānāt-vā |

īśvara-

praṇidhānāt-

vā-

Chapter One verse 24

kleśa-karma-vipāka-āśayaḥ aparāmṛṣṭaḥ puruṣa-viśeṣa īśvaraḥ |

kleśa-

karma-

vipāka-

āśaya-

aparāmṛṣṭaḥ-

puruṣa-

viśeṣa-

īśvaraḥ-

Chapter One verse 25

tatra niratiśayaṃ sarva-jña-bijam |

tatra-

niratiśayam-

sarva-

jña-

bijam-

Chapter One verse 26

sa eśa pūrveṣām-āpi guruḥ kālena-anavacchedāt |

sa-

eśa-

pūrveṣām-

āpi-

guruḥ-

kālena-

anavacchedāt-

Chapter One verse 27
tasya vācakaḥ praṇavaḥ |

tasya-

vācakaḥ-

praṇavaḥ-

Chapter One verse 28

tat-japaḥ tat-artha-bhāvanam |

tat-

japaḥ-

tat-

artha-

bhāvanam-

Chapter One verse 29

tataḥ pratyak-cetanā-adhigamaḥ api-antarāya-abhāvaḥ ca |

tataḥ-

pratyak-

cetanā-

adhigamaḥ-

api-

antarāya-

abhāvaḥ-

ca-

Chapter One verse 30

vyādhi-styāna-saṁśaya-pramāda-ālasya-avirati-bhrānti-darśana-alabdha-bhūmikatva-
anavasthitatvāni citta-vikṣepāḥ te-antarāyāḥ |

vyādhi-

styāna-

saṁśaya-

pramāda-

ālasya-

avirati-

bhrānti-

darśana-

alabdha-

bhūmikatva-

anavasthitatvāni-

citta-

vikṣepāḥ-

te-

antarāyāḥ-

Chapter One verse 31

duḥkha-daurmanasya-aṅgam-ejayatva-śvāsa-praśvāsāḥ vikṣepa-sahabhavaḥ |

duḥkha-

daurmanasya-

aṅgam-

ejayatva-

śvāsa-

praśvāsāḥ-

vikṣepa-

sahabhavaḥ-

Chapter One verse 32

tat-pratiṣedha-artham-eka-tattva-abhyāsaḥ |

tat-

pratiṣedha-

artham-

eka-

tattva-

abhyāsaḥ-

Chapter One verse 33

maitrī-karuṇā-muditā-upekṣānām sukha-duḥkha-puṇya-apuṇya-viṣayāṇām
bhāvanātaḥ citta-prasādanam |

maitrī-

karuṇā-

muditā-

upekṣānām-

sukha-

duḥkha-

puṇya-

apuṇya-

viṣayāṇām-

bhāvanātaḥ-

citta-

prasādanam-

Chapter One verse 34

pracchardana-vidhāraṇābhyāṃ vā prāṇasya |

pracchardana-

vidhāraṇābhyām-

vā-

prāṇasya-

Chapter One verse 35

viṣayavatī vā pravṛttiḥ utpannā manasaḥ sthiti-nibandhinī |

viṣayavatī-

vā-

pravṛttiḥ-

utpannā-

manasaḥ-

sthiti-

nibandhinī-

Chapter One verse 36

viśokā vā jyotiśmatī |

viśokā-

vā-

jyotiśmatī-

Chapter One verse 37

vīta-rāga-viṣayaṃ vā cittam |

vīta-

rāga-

viṣayaṃ-

vā-

cittam-

Chapter One verse 38

svapna-nidrā-jñāna-āmbanam vā |

svapna-

nidrā-

jñāna-

āmbanam-

vā-

Chapter One verse 39

yathā-abhimata-dhyānāt-vā |

yathā-

abhimata-

dhyānāt-

vā-

Chapter One verse 40

parama-aṇu-parama-mahattva-antaḥ asya vaśīkāraḥ |

parama-

aṇu-

parama-

mahattva-

antaḥ-

asya-

vaśīkāraḥ-

Chapter One verse 41

kṣīṇa-vṛtteḥ abhijātasya-iva maṇeḥ grahīṭṛ-grahaṇa-grāhyeṣu
tat-stha-tat-añjanatā samāpattiḥ |

kṣīṇa-

vṛtteḥ-

abhijātasya-

iva-

maṇeḥ-

grahīṭṛ-

grahaṇa-

grāhyeṣu-

tat-

stha-

tad-

añjanatā-

samāpattiḥ-

Chapter One verse 42

tatra śabda-ārtha-jñāna-vikalpaiḥ saṃkīrṇā savitarkā samāpattiḥ |

tatra-

śabda-

ārtha-

jñāna-

vikalpaiḥ-

saṃkīrṇā-

savitarkā-

samāpattiḥ-

Chapter One verse 43

smṛti-pariśuddhau svarūpa-śūnya-iva-ārtha-mātra-nirbhāsā nirvitarkā |

smṛti-

pariśuddhau-

svarūpa-

śūnya-

iva-

ārtha-

mātra-

nirbhāsā-

nirvitarkā-

Chapter One verse 44

etayā-eva savicārā nirvicārā ca sūkṣma-viṣayā vyākhyātā |

etayā-

eva-

savicārā-

nirvicārā-

ca-

sūkṣma-

viṣayā-

vyākhyātā-

Chapter One verse 45

sūkṣma-viṣayatvaṃ ca-aliṅga-paryavasānam |

sūkṣma-

viṣayatvaṃ-

ca-

aliṅga-

paryavasānam-

Chapter One verse 46

tāḥ eva sabījah samādhiḥ |

tāḥ-

eva-

sabījah-

samādhiḥ-

Chapter One verse 47

nirvicāra-vaiśāradye-adhyātma-prasādaḥ |

nirvicāra-

vaiśāradye-

adhyātma-

prasādaḥ-

Chapter One verse 48
ṛtaṃ bharā tatra prajñā |

ṛtam-

bharā-

tatra-

prajñā-

Chapter One verse 49

śruta-anumāna-prajñābhyām-anya-viṣayā viśeṣa-arthatvāt |

śruta-

anumāna-

prajñābhyām-

anya-

viṣayā-

viśeṣa-

arthatvāt-

Chapter One verse 50

tat-jaḥ saṃskāra-anya-saṃskāra-pratibandhī |

tat-

jaḥ-

saṃskāra-

anya-

saṃskāra-

pratibandhī-

Chapter One verse 51

tasya-api nirodhe sarva-nirodhāt-nirbījaḥ samādhiḥ ||

tasya-

api-

nirodhe-

sarva-

nirodhāt-

nirbījaḥ-

samādhiḥ-

Chapter One Closing Verse

iti pātañjala yoga darśane samādhi-pādaḥ ||

iti-

pātañjala-

yoga-

darśane-

samādhi-

pādaḥ-

Chapter Two Title

sādhana-pādaḥ |

sādhana-

pādaḥ-

Chapter Two verse 1

tapaḥ svādhyāya-īśvara-praṇidhānāni kriyā-yogaḥ |

tapaḥ-

svādhyāya-

īśvara-

praṇidhānāni-

kriyā-

yogaḥ-

Chapter Two verse 2

samādhi-bhāvana-arthah kleśa-tanū-karaṇa-arthah ca |

samādhi-

bhāvana-

arthah-

kleśa-

tanū-

karaṇa-

arthah-

Chapter Two verse 3

avidyā-asmitā-rāga-dveṣa-abhiniveśāḥ kleśāḥ |

avidyā-

asmitā-

rāga-

dveṣa-

abhiniveśāḥ-

kleśāḥ-

Chapter Two verse 4

avidyā kṣetram-uttareṣāṃ prasupta-tanu-vicchinna-udārāṇām |

avidyā-

kṣetram-

uttareṣāṃ-

prasupta-

tanu-

vicchinna-

udārāṇām-

Chapter Two verse 5

anitya-aśuci-duḥkha-anātmasu nitya-śuci-sukha-ātma-khyātiḥ avidyā |

anitya-

aśuci-

duḥkha-

anātmasu-

nitya-

śuci-

sukha-

ātma-

khyātiḥ-

avidyā-

Chapter Two verse 6

dṛg-darśana-śaktyoḥ eka-ātmatā-iva-asmitā |

dṛg-

darśana-

śaktyoḥ-

eka-

ātmatā-

iva-

asmitā-

Chapter Two verse 7

sukha-anuśayī rāgaḥ |

sukha-

anuśayī-

rāgaḥ-

Chapter Two verse 8
duḥkha-anuśayī dveṣaḥ |

duḥkha-

anuśayī-

dveṣaḥ-

Chapter Two verse 9

sva-rasa-vāhī viduṣaḥ api samā-ruḍhaḥ abhiniveśaḥ |

sva-

rasa-

vāhī-

viduṣaḥ-

api-

samā-

ruḍhaḥ-

abhiniveśaḥ-

Chapter Two verse 10
te pratiprasava-heyāḥ sūkṣmāḥ |

te-

pratiprasava-

heyāḥ-

sūkṣmāḥ-

Chapter Two verse 11
dhyāna-heyāḥ tat-vṛttayaḥ |

dhyāna-

heyāḥ-

tat-

vṛttayaḥ-

Chapter Two verse 12

kleśa-mūlaḥ karma-āśayaḥ dṛṣṭa-adṛṣṭa-janma-vedanīyaḥ |

kleśa-

mūlaḥ-

karma-

āśayaḥ-

dṛṣṭa-

adṛṣṭa-

janma-

vedanīyaḥ-

Chapter Two verse 13

sati mūle tat-vipākaḥ jāti-āyur-bhogāḥ |

sati-

mūle-

tat-

vipākaḥ-

jāti-

āyur-

bhogāḥ-

Chapter Two verse 14

te hlāda-paritāpa-phalāḥ puṇya-apuṇya-hetutvāt |

te-

hlāda-

paritāpa-

phalāḥ-

puṇya-

apuṇya-

hetutvāt-

Chapter Two verse 15

pariṇāma-tāpa-saṃskāra-duḥkhaiḥ guṇa-vṛtti-virodhāt-ca
duḥkham-eva sarvaṃ vivekinaḥ |

pariṇāma-

tāpa-

saṃskāra-

duḥkhaiḥ-

guṇa-

vṛtti-

virodhāt-

ca- and

duḥkham-

eva-

sarvaṃ-

vivekinaḥ-

Chapter Two verse 16
heyam duḥkham-anāgatam |

heyam-

duḥkham-

anāgatam-

Chapter Two verse 17

draṣṭṛ-dṛśyayoḥ saṃyogaḥ heya-hetuḥ |

draṣṭṛ-

dṛśyayoḥ-

saṃyogaḥ-

heya-

hetuḥ-

Chapter Two verse 18

prakāśa-kriyā-sthiti-śīlam bhūta-indriya-ātmakaṃ bhoga-apavarga-arthaṃ dṛśyam |

prakāśa-

kriyā-

sthiti-

śīlam-

bhūta-

indriya-

ātmakaṃ-

bhoga-

apavarga-

arthaṃ-

dṛśyam-

Chapter Two verse 19

viśeṣa-aviśeṣa-liṅga-mātra-aliṅgāni-guṇa-parvāṇi |

viśeṣa-

aviśeṣa-

liṅga-

mātra-

aliṅgāni-

guṇa-

parvāṇi-

Chapter Two verse 20

draṣṭā dṛṣi-mātraḥ śuddhaḥ api-pratyaya-anupaśyaḥ |

draṣṭā-

dṛṣi-

mātraḥ-

śuddhaḥ-

api-

pratyaya-

anupaśyaḥ-

Chapter Two verse 21

tat-artha eva-dṛśyasya-ātmā |

tat-

artha-

eva-

dṛśyasya-

ātmā-

Chapter Two verse 22

kṛta-arthaṃ prati-naṣṭam-api-anaṣṭam tat-anya-sādhāraṇatvāt |

kṛta-

arthaṃ-

prati-

naṣṭam-

api-

anaṣṭam-

tat-

anya-

sādhāraṇatvāt-

Chapter Two verse 23

sva-svāmi-śaktyoḥ svarūpa-upalabdhi-hetuḥ saṃyogaḥ |

sva-

svāmi-

śaktyoḥ-

svarūpa-

upalabdhi-

hetuḥ-

saṃyogaḥ-

Chapter Two verse 24

tasya hetuḥ avidyā |

tasya-

hetuḥ-

avidyā-

Chapter Two verse 25

tat-abhāvāt-saṃyoga-abhāvaḥ hānaṃ tat-dṛśeḥ kaivalyam |

tat-

abhāvāt-

saṃyoga-

abhāvaḥ-

hānam-

tat-

dṛśeḥ-

kaivalyam-

Chapter Two verse 26

viveka-khyātiḥ aviṣlavā-hāna-upāyaḥ |

viveka-

khyātiḥ-

aviṣlavā-

hāna-

upāyaḥ-

Chapter Two verse 27

tasya saptadhā-prānta-bhūmiḥ prajñā |

tasya-

saptadhā-

prānta-

bhūmiḥ-

prajñā-

Chapter Two verse 28

yoga-aṅga-anu-ṣṭhānāt aśuddhi-kṣaye jñāna-dīptiḥ āviveka-khyāteḥ |

yoga-

aṅga-

anu-

ṣṭhānāt-

aśuddhi-

kṣaye-

jñāna-

dīptiḥ-

āviveka-

khyāteḥ-

Chapter Two verse 29

yama-niyama-āsana-prāṇāyāma-pratyāhāra-dhāraṇā-dhyāna-samādhayaḥ aṣṭau-aṅgāni |

yama-

niyama-

āsana-

prāṇāyāma-

pratyāhāra-

dhāraṇā-

dhyāna-

samādhayaḥ-

aṣṭau-

aṅgāni-

Chapter Two verse 30

ahiṃsā-satya-asteya-brahmacarya-aparigrahāḥ yamāḥ |

ahiṃsā-

satya-

asteya-

brahmacarya-

aparigrahāḥ-

yamāḥ-

Chapter Two verse 31

jāti-deśa-kāla-samaya-anavacchinnāḥ sārva-bhaumāḥ mahā-vratam |

jāti-

deśa-

kāla-

samaya-

anavacchinnāḥ-

sārva-

bhaumāḥ-

mahā-

vratam-

Chapter Two verse 32

śauca-saṁtoṣa-tapaḥ svādhyāya-iśvara-praṇidhānāni niyamāḥ |

śauca-

saṁtoṣa-

tapaḥ-

svādhyāya-

iśvara-

praṇidhānāni-

niyamāḥ-

Chapter Two verse 33

vitarka-bādhane pratipakṣa-bhāvanam |

vitarka-

bādhane-

pratipakṣa-

bhāvanam-

Chapter Two verse 34

vitarkāḥ hiṃsā-ādayaḥ kṛta-kāritā-anumoditāḥ lobha-krodha-moha-pūrvakāḥ
mṛdu-madhya-adhimātrāḥ duḥkha-ajñāna-anantaphalāḥ iti pratipakṣa-bhāvanam |

vitarkāḥ-

hiṃsā-

ādayaḥ-

kṛta-

kāritā-

anumoditāḥ-

lobha-

krodha-

moha-

pūrvakāḥ-

mṛdu-

madhya-

adhimātrāḥ-

duḥkha-

ajñāna-

ananta-

phalāḥ-

iti- thus

pratipakṣa-

bhāvanam-

Chapter Two verse 35

ahiṃsā-pratiṣṭhāyāṃ tat-saṃnidhau vaira-tyāgaḥ |

ahiṃsā-

pratiṣṭhāyāṃ-

tat-

saṃnidhau-

vaira-

tyāgaḥ-

Chapter Two verse 36

satya-pratiṣṭhāyāṃ kriyā-phala-āśrayatvam |

satya-

pratiṣṭhāyām-

kriyā-

phala-

āśrayatvam-

Chapter Two verse 37

asteya-pratiṣṭhāyām sarva-ratna-upasthānam |

asteya-

pratiṣṭhāyām-

sarva-

ratna-

upasthānam-

Chapter Two verse 38

brahmacarya-pratiṣṭhāyāṃ vīrya-lābhaḥ |

brahmacarya-

pratiṣṭhāyām-

vīrya-

lābhaḥ-

Chapter Two verse 39

aparigraha-sthairye janma-kathaṃtā-saṃbodhaḥ |

aparigraha-

sthairye-

janma-

kathaṃtā-

saṃbodhaḥ-

Chapter Two verse 40

śaucāt-sva-aṅga-jugupsā paraiḥ asaṃsargaḥ |

śaucāt-

sva-

aṅga-

jugupsā-

paraiḥ-

asaṃsargaḥ-

Chapter Two verse 41

sattva-śuddhi-saumanasya-eka-agrya-indriya-jaya-ātma-darśana-yogyatvāni ca |

sattva-

śuddhi-

saumanasya-

eka-

agrya-

indriya-

jaya-

ātma-

darśana-

yogyatvāni-

ca-

Chapter Two verse 42
saṃtoṣāt-anuttamaḥ sukha-lābhaḥ |

saṃtoṣāt-

anuttamaḥ-

sukha-

lābhaḥ-

Chapter Two verse 43

kāya-indriya-siddhiḥ aśuddhi-kṣayāt-tapaṣaḥ |

kāya-

indriya-

siddhiḥ-

aśuddhi-

kṣayāt-

tapaṣaḥ-

Chapter Two verse 44

svādhyāyāt-iṣṭa-devatā-saṁprayogaḥ |

svādhyāyāt-

iṣṭa-

devatā-

saṁprayogaḥ-

Chapter Two verse 45
samādhi-siddhiḥ īśvara-praṇidhānāt |

samādhi-

siddhiḥ-

īśvara-

praṇidhānāt-

Chapter Two verse 46

sthira-sukham-āsanam |

sthira-

sukham-

āsanam-

Chapter Two verse 47

prayatna-śaithilya-ananta-samāpattibhyām |

prayatna-

śaithilya-

ananta-

samāpattibhyām-

Chapter Two verse 48
tataḥ dvandva-anabhighātaḥ |

tataḥ-

dvandva-

anabhighātaḥ-

Chapter Two verse 49

tasmin-sati-śvāsa-praśvāsayoḥ gati-vicchedaḥ prāṇāyāmaḥ |

tasmin-

sati-

śvāsa-

praśvāsayoḥ-

gati-

vicchedaḥ-

prāṇāyāmaḥ-

Chapter Two verse 50

bāhya-ābhyantara-stambha-vṛttiḥ deṣa-kāla-saṃkhyābhiḥ paridṛṣṭaḥ dīrgha-sūkṣmaḥ |

bāhya-

ābhyantara-

stambha-

vṛttiḥ-

deṣa-

kāla-

saṃkhyābhiḥ-

paridṛṣṭaḥ-

dīrgha-

sūkṣmaḥ-

Chapter Two verse 51

bāhya-ābhyantara-viṣaya-ākṣepī caturthaḥ |

bāhya-

ābhyantara-

viṣaya-

ākṣepī-

caturthaḥ-

Chapter Two verse 52

tataḥ kṣīyate prakāśa-āvaraṇam |

tataḥ-

kṣīyate-

prakāśa-

āvaraṇam-

Chapter Two verse 53

dhāraṇāsu ca yogyatā manasaḥ |

dhāraṇāsu-

ca-

yogyatā-

manasaḥ-

Chapter Two verse 54

sva-viṣaya-aṣaṃprayoge cittasya sva-rūpa-anukāraḥ iva-indriyāṇāṃ pratyāhāraḥ |

sva-

viṣaya-

aṣaṃprayoge-

cittasya-

svarūpa-

anukāraḥ-

iva-

indriyāṇāṃ-

pratyāhāraḥ-

Chapter Two verse 55

tataḥ paramā vaśyatā-indriyāṇām ||

tataḥ-

paramā-

vaśyatā-

indriyāṇām-

Chapter Two Closing Verse

iti pātañjala yoga darśane sādhana-pādaḥ ||

iti-

pātañjala-

yoga-

darśane-

sādhana –

pādaḥ-

Chapter Three Title

vibhūti pādaḥ |

vibhūti-

pādaḥ-

Chapter Three verse 1
deśa-bandhaḥ cittasya dhāraṇā |

deśa-

bandhaḥ-

cittasya-

dhāraṇā-

Chapter Three verse 2
tatra pratyaya-ekatānatā dhyānam |

tatra-

pratyaya-

ekatānatā-

dhyānam-

Chapter Three verse 3

tat-eva-ārtha-mātra-nirbhāsaṃ svarūpa-śūnyam-iva samādhiḥ |

tat-

eva-

ārtha-

mātra-

nirbhāsaṃ-

svarūpa-

śūnyam-

iva-

samādhiḥ-

Chapter Three verse 4
trayam-ekatra saṃyamah |

trayam-

ekatra-

saṃyamah-

Chapter Three verse 5
tat-jayāt prajñā- ālokaḥ |

tat-

jayāt-

prajñā-

ālokaḥ-

Chapter Three verse 6
tasya bhūmiṣu viniyogaḥ |

tasya-

bhūmiṣu-

viniyogaḥ-

Chapter Three verse 7

trayam-antar-aṅgaṃ pūrvebhyaḥ |

trayam-

antar-

aṅgam-

pūrvebhyaḥ-

Chapter Three verse 8
tat-api bahir-aṅgaṃ nirbījasya |

tat-

api-

bahir-

aṅgam-

nirbījasya-

Chapter Three verse 9

vyutthāna-nirodha-saṃskārayoḥ abhibhava-prādurbhāvau
nirodha-kṣaṇa-citta-anvayaḥ nirodha-pariṇāmaḥ |

vyutthāna-

nirodha-

saṃskārayoḥ-

abhibhava-

prādurbhāvau-

nirodha-

kṣaṇa-

citta-

anvayaḥ-

nirodha-

pariṇāmaḥ-

Chapter Three verse 10

tasya praśānta-vāhitā saṃskārāt |

tasya-

praśānta-

vāhitā-

saṃskārāt-

Chapter Three verse 11

sarva-arthatā-ekāgratayoḥ kṣaya-udayau cittasya samādhi-pariṇāmaḥ |

sarva-

arthatā-

ekā-

gratayoḥ-

kṣaya-

udayau-

cittasya-

samādhi-

pariṇāmaḥ-

Chapter Three verse 12

tataḥ punaḥ śānta-uditau tulya-pratyayau cittasya-ekāgratā-pariṇāmaḥ |

tataḥ-

punaḥ-

śānta-

uditau-

tulya-

pratyayau-

cittasya-

ekā-

gratā-

pariṇāmaḥ-

Chapter Three verse 13

etena bhūta-indriyeṣu-dharma-lakṣaṇa-avasthā-pariṇāmā-vyākhyātāḥ |

etena-

bhūta-

indriyeṣu-

dharma-

lakṣaṇa-

avasthā-

pariṇāmā-

vyākhyātāḥ-

Chapter Three verse 14

śānta-udita-avyapadeśya-dharma-anupātī dharmī |

śānta-

udita-

avyapadeśya-

dharma-

anupātī-

dharmī-

Chapter Three verse 15

krama-anyatvaṃ pariñāma-anyatve hetuḥ |

krama-

anyatvam-

pariñāma-

anyatve-

hetuḥ-

Chapter Three verse 16

pariṇāma-traya-saṃyamāt-atīta-anāgata-jñānam |

pariṇāma-

traya-

saṃyamāt-

atīta-

anāgata-

jñānam-

Chapter Three verse 17

śabda-ārtha-pratyayānām-itaretara-adhyāsāt-saṅkaraḥ
tat-pravibhāga-saṃyamāt-sarva-bhūta-rūta-jñānam |

śabda-

ārtha-

pratyayānām-

itaretara-

adhyāsāt-

saṅkaraḥ-

tat-

pravibhāga-

saṃyamāt-

sarva-

bhūta-

rūta-

jñānam-

Chapter Three verse 18

saṃskāra-sākṣāt-karaṇāt-pūrva-jāti-jñānam |

saṃskāra-

sākṣāt-

karaṇāt-

pūrva-

jāti-

jñānam-

Chapter Three verse 19

pratyasya para-citta-jñānam |

pratyasya-

para-

citta-

jñānam-

Chapter Three verse 20

na ca tat-sāmbanam tasya-aviṣayī-bhūtatvāt |

na-

ca-

tat-

sāmbanam-

tasya-

aviṣayī-

bhūtatvāt-

Chapter Three verse 21

kāya-rūpa-saṃyamāt-tat-grāhya-śakti-stambhe cakṣuḥ
prakāśa-asamprayoge-antar-dhānam |

kāya-

rūpa-

saṃyamāt-

tat-

grāhya-

śakti-

stambhe-

cakṣuḥ-

prakāśa-

asamprayoge-

antardhānam-

Chapter Three verse 22

sa-upa-kramam nirupa-kramam ca karma
tat-samyamāt-aparānta-jñānam-ariṣṭebhyaḥvā |

sa-

upa-

kramam-

nirupa-

kramam-

ca-

karma-

tat-

samyamāt-

aparānta-

jñānam-

ariṣṭebhyaḥ-

vā-

Chapter Three verse 23

maitrī-ādiṣu balāni |

maitrī-

ādiṣu-

balāni-

Chapter Three verse 24

baleṣu hasti-bala-ādīni |

baleṣu-

hasti-

bala-

ādīni-

Chapter Three verse 25

pravṛtti-āloka-nyāsāt-sūkṣma-vyavahita-viprakṛṣṭa-jñānam |

pravṛtti-

āloka-

nyāsāt-

sūkṣma-

vyavahita-

viprakṛṣṭa-

jñānam-

Chapter Three verse 26

bhuvana-jñānaṃ sūrye saṃyamāt |

bhuvana-

jñānaṃ-

sūrye-

saṃyamāt-

Chapter Three verse 27

candre tārā-vyūha-jñānam |

candre-

tārā-

vyūha-

jñānam-

Chapter Three verse 28

dhruve tat-gati-jñānam |

dhruve-

tat-

gati-

jñānam-

Chapter Three verse 29

nābhi-cakre kāya-vyūha-jñānam |

nābhi-

cakre-

kāya-

vyūha-

jñānam-

Chapter Three verse 30

kaṇṭha-kūpe kṣut-pipāsā-nivṛttiḥ |

kaṇṭha-

kūpe-

kṣut-

pipāsā-

nivṛttiḥ-

Chapter Three verse 31

kūrma-nāḍyāṃ sthairyam |

kūrma-

nāḍyāṃ-

sthairyam-

Chapter Three verse 32

mūrdha-jyotiṣi siddha-darśanam |

mūrdha-

jyotiṣi-

siddha-

darśanam-

Chapter Three verse 33

prātibhāt-vā sarvam |

prātibhāt-

vā-

sarvam-

Chapter Three verse 34

hṛdaye citta-saṁvit |

hṛdaye-

citta-

saṁvit-

Chapter Three verse 35

sattva-puruṣayoḥ atyanta-asamkīrṇayoḥ pratyaya-aviśeṣaḥ bhogaḥ para-arthatvāt
sva-artha-saṃyamāt-puruṣa-jñānam |

sattva-

puruṣayoḥ-

atyanta-

asamkīrṇayoḥ-

pratyaya-

aviśeṣaḥ-

bhogaḥ-

para-

arthatvāt-

sva-

artha-

saṃyamāt-

puruṣa-

jñānam-

Chapter Three verse 36

tataḥ prātibha-śrāvaṇa-vedana-ādarśa-āsvāda-vārtāḥ jāyante |

tataḥ-

prātibha-

śrāvaṇa-

vedana-

ādarśa-

āsvāda-

vārtāḥ-

jāyante-

Chapter Three verse 37

te samādhau-upasargāḥ vyutthāne siddhayaḥ |

te-

samādhau-

upasargāḥ-

vyutthāne-

siddhayaḥ-

Chapter Three verse 38

bandha-kāraṇa-śaithilyāt-pracāra-saṃvedanāt-ca cittasya para-śarīra-āveśaḥ |

bandha-

kāraṇa-

śaithilyāt-

pracāra-

saṃvedanāt-

ca-

cittasya-

para-

śarīra-

āveśaḥ-

Chapter Three verse 39

udāna-jayāt-jala-paṅka-kaṅṭaka-ādiṣu-asāṅgaḥ ukrāntiḥ ca |

udāna-

jayāt-

jala-

paṅka-

kaṅṭaka-

ādiṣu-

asāṅgaḥ-

ukrāntiḥ-

ca-

Chapter Three verse 40

samāna-jayāt jvalanam |

samāna-

jayāt-

jvalanam-

Chapter Three verse 41

śrotra-ākāśayoḥ sambandha-saṃyamāt-divyaṃ śrotram |

śrotra-

ākāśayoḥ-

sambandha-

saṃyamāt-

divyam-

śrotram-

Chapter Three verse 42

kāya-ākāśayoḥ saṃbandha-saṃyamāt-laghu-tūla-samāpatteḥ ca-ākāśa-gamanam |

kāya-

ākāśayoḥ-

saṃbandha-

saṃyamāt-

laghu-

tūla-

samāpatteḥ-

ca-

ākāśa-

gamanam-

Chapter Three verse 43

bahiḥ akalpitā vṛttiḥ mahā-videhā tataḥ prakāśa-āvaraṇa-kṣayaḥ |

bahiḥ-

akalpitā-

vṛttiḥ-

mahā-

videhā-

tataḥ-

prakāśa-

āvaraṇa-

kṣayaḥ-

Chapter Three verse 44

sthūla-svarūpa-sūkṣma-anvaya-arthavattva-saṃyamāt-bhūta-jayaḥ |

sthūla-

svarūpa-

sūkṣma-

anvaya-

arthavattva-

saṃyamāt-

bhūta-

jayaḥ-

Chapter Three verse 45

tataḥ aṇima-ādi-prādurbhāvaḥ kāya-saṃpat-tat-dharma-anabhigātaḥ ca |

tataḥ-

aṇima-

ādi-

prādurbhāvaḥ-

kāya-

saṃpat-

tat-

dharma-

anabhigātaḥ-

ca-

Chapter Three verse 46

rūpa-lāvaṇya-bala-vajra-saṃhananatvāni kāya-saṃpat |

rūpa-

lāvaṇya-

bala-

vajra-

saṃhananatvāni-

kāya-

saṃpat-

Chapter Three verse 47

grahaṇa-svarūpa-asmitā-anvaya-arthavattva-saṃyamāt-indriya-jayaḥ |

grahaṇa-

svarūpa-

asmitā-

anvaya-

arthavattva-

saṃyamāt-

indriya-

jayaḥ-

Chapter Three verse 48

tataḥ manah javitvaṃ vikaraṇa-bhāvaḥ pradhāna-jayaḥ ca |

tataḥ-

manah-

javitvaṃ-

vikaraṇa-

bhāvaḥ-

pradhāna-

jayaḥ-

ca-

Chapter Three verse 49

sattva-puruṣa-anya-tā-khyāti-mātrasya
sarva-bhāva-adhiṣṭhātṛtvam sarva-jñātṛtvam ca |

sattva-

puruṣa-

anya-tā-

khyāti-

mātrasya-

sarva-

bhāva-

adhiṣṭhātṛtvam-

sarva-

jñātṛtvam-

ca-

Chapter Three verse 50

tat-vairāgyāt-api doṣa-bīja-kṣaye kaivalyam |

tat-

vairāgyāt-

api-

doṣa-

bīja-

kṣaye-

kaivalyam-

Chapter Three verse 51

sthāni-upanimantraṇe saṅga-smaya-akaraṇam punaḥ aniṣṭa-prasaṅgāt |

sthāni-

upanimantraṇe-

saṅga-

smaya-

akaraṇam-

punaḥ-

aniṣṭa-

prasaṅgāt-

Chapter Three verse 52

kṣaṇa-tat-kramayoḥ samyamāt-viveka-jaṃ jñānam |

kṣaṇa-

tat-

kramayoḥ-

samyamāt-

viveka-

jaṃ-

jñānam-

Chapter Three verse 53

jāti-lakṣaṇa-deśaiḥ anyatā-anavacchedāt-tulyayoḥ tataḥ pratipattiḥ |

jāti-

lakṣaṇa-

deśaiḥ-

anyatā-

anavacchedāt-

tulyayoḥ-

tataḥ-

pratipattiḥ-

Chapter Three verse 54

tāraḱaṃ sarva-viṣayaṃ sarvathā-viṣayaṃ akraṃaṃ ca-iti viveka-jaṃ jñānaṃ |

tāraḱaṃ-

sarva-

viṣayaṃ-

sarvathā-

viṣayaṃ-

akraṃaṃ-

ca-

iti-

viveka-

jaṃ-

jñānaṃ-

Chapter Three verse 55

sattva-puruṣayoḥ śuddhi-sāmye kaivalyam |

sattva-

puruṣayoḥ-

śuddhi-

sāmye-

kaivalyam-

Chapter Three Closing Verse

iti pātañjala yoga darśane vibhūti-pādaḥ |

Iti-

pātañjala-

yoga-

darśane-

vibhūti-

pādaḥ-

Chapter Four Title

kaivalya pādaḥ |

kaivalya-

pādaḥ-

Chapter Four verse 1

janma-oṣadhi-mantra-tapaḥ samādhi-jāḥ siddhayaḥ |

janma-

oṣadhi-

mantra-

tapaḥ-

samādhi-

jāḥ-

siddhayaḥ-

Chapter Four verse 2

jāti-antara-pariṇāmaḥ prakṛti-āpūrāt |

jāti-

antara-

pariṇāmaḥ-

prakṛti-

āpūrāt-

Chapter Four verse 3

nimittam-aprayojakaṃ prakṛtīnām varaṇa-bhedaḥ tu tataḥ kṣetrikavat |

nimittam-

aprayojakam-

prakṛtīnām-

varaṇa-

bhedaḥ-

tu-

tataḥ-

kṣetrikavat-

Chapter Four verse 4

nirmāṇa-cittāni-asmitā-mātrāt |

nirmāṇa-

cittāni-

asmitā-

mātrāt-

Chapter Four verse 5

pravṛtti-bhede prayojakaṃ cittam-ekam-anekeṣāṃ |

pravṛtti-

bhede-

prayojakam-

cittam-

ekam-

anekeṣāṃ-

Chapter Four verse 6

tatra dhyāna-jam-anāśayam |

tatra-

dhyāna-

jam-

anāśayam-

Chapter Four verse 7

karma-aśukla-akṛṣṇaṃ yoginaḥ trividham-itareṣāṃ |

karma-

aśukla-

akṛṣṇaṃ-

yoginaḥ-

trividham-

itareṣāṃ-

Chapter Four verse 8

tataḥ tat-vipāka-anuḡaṇānām-eva-abhivyaktiḥ vāsanānām |

tataḥ-

tat-

vipāka-

anuḡaṇānām-

eva-

abhivyaktiḥ-

vāsanānām-

Chapter Four verse 9

jāti-deṣa-kāla-vyavahitānām-api-ānantaryaṃ smṛti-saṃskārayoḥ eka-rūpatvāt |

jāti -

deṣa-

kāla-

vyavahitānām-

api-

ānantaryam-

smṛti-

saṃskārayoḥ-

eka-

rūpatvāt-

Chapter Four verse 10

tāsām-anāditvaṃ cā-āśiṣaḥ nityatvāt |

tāsām-

anāditvam-

cā-

āśiṣaḥ-

nityatvāt-

Chapter Four verse 11

hetu-phala-āśraya-āmbanaiḥ saṃgrhītatvāt-eṣām-abhāve tat-abhāvaḥ |

hetu-

phala-

āśraya-

āmbanaiḥ-

saṃgrhītatvāt-

eṣām-

abhāve-

tat-

abhāvaḥ-

Chapter Four verse 12

atīta-anāgataṃ svarūpataḥ asti-adhva-bhedāt-dharmāṇām |

atīta-

anāgataṃ-

svarūpataḥ-

asti-

adhva-

bhedāt-

dharmāṇām-

Chapter Four verse 13
te vyakta-sūkṣmāḥ guṇa-ātmānaḥ |

te-

vyakta-

sūkṣmāḥ-

guṇa-

ātmānaḥ-

Chapter Four verse 14
pariṇāma-ekatvāt-vastu-tattvam |

pariṇāma-

ekatvāt-

vastu-

tattvam-

Chapter Four verse 15

vastu-sāmye citta-bhedāt tayoh vibhaktaḥ panthāḥ |

vastu-

sāmye-

citta-

bhedāt-

tayoh-

vibhaktaḥ-

panthāḥ-

Chapter Four verse 16

na ca-eka-citta-tantram cet-vastu tat-apramāṇakaṃ tadā kiṃ syāt |

na-

ca-

eka-

citta-

tantram-

cet-

vastu-

tat-

apramāṇakaṃ-

tadā-

kiṃ-

syāt-

Chapter Four verse 17

tat-uparāga-upekṣitvāt-cittasya vastu jñāta-ajñātam |

tat-

uparāga-

upekṣitvāt-

cittasya-

vastu-

jñāta-

ajñātam-

Chapter Four verse 18

sadā jñātāḥ citta-vṛttayaḥ tat-prabhoḥ puruṣasya-apariṇāmitvāt |

sadā-

jñātāḥ-

citta-

vṛttayaḥ-

tat-

prabhoḥ-

puruṣasya-

apariṇāmitvāt-

Chapter Four verse 19
na tat-svābhāsaṃ dṛśyatvāt |

na-

tat-

svā-

bhāsam-

dṛśyatvāt-

Chapter Four verse 20
eka-samaye ca-ubhaya-anavadhāraṇam |

eka-

samaye-

ca-

ubhaya-

anavadhāraṇam-

Chapter Four verse 21

citta-antara-dṛśye buddhi-buddheḥ atiprasaṅgaḥ smṛti-saṃkaraḥ ca |

citta-

antara-

dṛśye-

buddhi-

buddheḥ-

atiprasaṅgaḥ-

smṛti-

saṃkaraḥ-

ca-

Chapter Four verse 22

citeḥ aprisaṃkramāyāḥ tat-ākāra-āpattau sva-buddhi-saṃvedanam |

citeḥ-

aprisaṃkramāyāḥ-

tat-

ākāra-

āpattau-

sva-

buddhi-

saṃvedanam-

Chapter Four verse 23

draṣṭṛ-dṛṣya-uparaktam cittam sarva-artham |

draṣṭṛ-

dṛṣya-

uparaktam-

cittam-

sarva-

artham-

Chapter Four verse 24

tat-asamkhyeya-vāsanābhiḥ citram-api para-artham samhatya-kāritvāt |

tat-

asamkhyeya-

vāsanābhiḥ-

citram-

api-

para-

artham-

samhatya-

kāritvāt-

Chapter Four verse 25

viśeṣa-darśinaḥ ātma-bhāva-bhāvanā-nivṛttiḥ |

viśeṣa-

darśinaḥ-

ātma-

bhāva-

bhāvanā-

nivṛttiḥ-

Chapter Four verse 26

tadā viveka-nimnaṃ kaivalya-prāgbhāraṃ cittam |

tadā-

viveka-

nimnam-

kaivalya-

prāgbhāra-

cittam-

Chapter Four verse 27

tat-chidreṣu pratyaya-antarāṇi saṃskārebhyaḥ |

tat-

chidreṣu-

pratyaya-

antarāṇi-

saṃskārebhyaḥ-

Chapter Four verse 28

hānaṃ eṣāṃ kleśavat-uktam |

hānam-

eṣām-

kleśavat-

uktam-

Chapter Four verse 29

prasaṃkhyāne-api-akusīdasya sarvathā viveka-khyāteḥ dharma-meghaḥ samādhiḥ |

prasaṃkhyāne-

api-

akusīdasya-

sarvathā-

viveka-

khyāteḥ-

dharma-

meghaḥ-

samādhiḥ-

Chapter Four verse 30
tataḥ kleśa-karma-nivṛttiḥ |

tataḥ-

kleśa-

karma-

nivṛttiḥ-

Chapter Four verse 31

tadā sarva-āvaraṇa-mala-apetasya jñānasya-ānantyāt-jñeyam-alpam |

tadā-

sarva-

āvaraṇa-

mala-

apetasya-

jñānasya-

ānantyāt-

jñeyam-

alpam-

Chapter Four verse 32

tataḥ kṛta-arthānāṃ pariṇāma-krama-samāptiḥ guṇānām |

tataḥ-

kṛta-

arthānām-

pariṇāma-

krama-

samāptiḥ-

guṇānām-

Chapter Four verse 33

kṣaṇa-pratīyogī pariṇāma-aparānta nirgrāhyaḥ kramah |

kṣaṇa-

pratīyogī-

pariṇāma-

aparānta-

nirgrāhyaḥ-

kramah-

Chapter Four verse 34

puruṣa-ārtha-śūnyānāṃ guṇānāṃ pratiprasavaḥ kaivalyaṃ
svarūpa-pratiṣṭhā vā citi-śaktiḥ iti ||

puruṣa-

ārtha-

śūnyānāṃ-

guṇānāṃ-

pratiprasavaḥ-

kaivalyaṃ-

svarūpa-

pratiṣṭhā-

vā-

citi-

śaktiḥ-

iti-

Chapter Four Closing Verse

iti pātañjala yoga darśane kaivalya-pādaḥ ||

iti-

pātañjala-

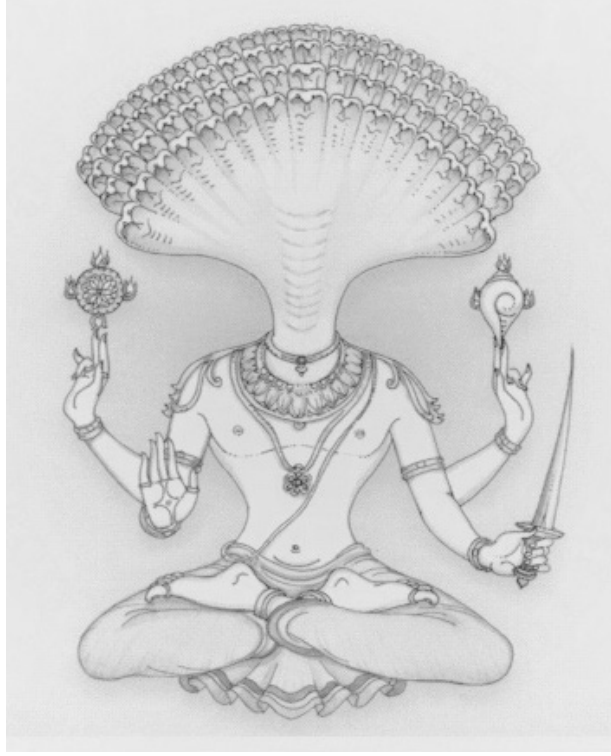
yoga-

darśane-

kaivalya -

pādaḥ-

Patañjali Closing Dhyānaṃ Ślokaṃ with Translation



kāyena vācā manasendriyairvā
budhyātmanā vā prakṛtessvabhāvāt |

karomi yadyatsakalaṃ parasmai
patañjalayeti samarpayāmi ||

'What ever I have done
through body, speech, senses, mind,
intellect and essence;

or unconscious natural impulses,
I dedicate as an offering to Patañjali.'