

The Yoga Sūtra of Patañjali

Chapter Three Vibhūti 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.

This Sūtra study Workbook is offered in the spirit of Paramparā. This workbook is not © and is available online in the spirit of open source community commons.

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 munīnāṃ 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 śaṅkhacakraśidhāriṇam |
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 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-

nirbhāsam-

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-udītau tulya-pratyayau cittasya-ekāgratā-pariṇāmaḥ |

tataḥ-

punaḥ-

śānta-

udītau-

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

śabda-

artha-

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

baleşu hasti-bala-ādīni |

baleşu-

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-

jñānam-

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

kaṅṭha-kūpe kṣut-pipāsā-nivṛttiḥ |

kaṅṭha-

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-saṃvit |

hṛdaye-

citta-

saṃvit-

Chapter Three verse 35

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

sattva-

puruṣayoḥ-

atyanta-

asamkīrṇayoḥ-

pratyaya-

aviśeṣaḥ-

bhogaḥ-

para-

arthatvāt-

sva-

ārtha-

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-asaṅgaḥ ukrāntiḥ ca |

udāna-

jayāt-

jala-

paṅka-

kaṅṭaka-

ādiṣu-

asaṅgaḥ-

ukrāntiḥ-

ca-

Chapter Three verse 40

samāna-jayāt jvalanam |

samāna-

jayāt-

jvalanam-

Chapter Three verse 41

śrotra-ākāśayoḥ saṃbandha-saṃyamāt-divyaṃ śrotram |

śrotra-

ākāśayoḥ-

saṃbandha-

saṃyamāt-

divyam-

śrotram-

Chapter Three verse 42

kāya-ākāśayoḥ saṁbandha-saṁyamāt-laghu-tūla-samāpatteḥ ca-ākāśa-gamanam |

kāya-

ākāśayoḥ-

saṁbandha-

saṁyamāt-

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 manaḥ javitvaṃ vikaraṇa-bhāvaḥ pradhāna-jayaḥ ca |

tataḥ-

manaḥ-

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-akramaṃ ca-iti viveka-jaṃ jñānaṃ |

tāraḱaṃ-

sarva-

viṣayaṃ-

sarvathā-

viṣayaṃ-

akramaṃ-

ca-

iti-

viveka-

jaṃ-

jñānaṃ-

Chapter Three verse 55

sattva-puruṣayoḥ śuddhi-sāmye kaivalyam |

sattva-

puruṣayoḥ-

śuddhi-

sāmye-

kaivalyam-

iti pātañjala yoga darśane vibhūti-pādaḥ |

Iti-

pātañjala-

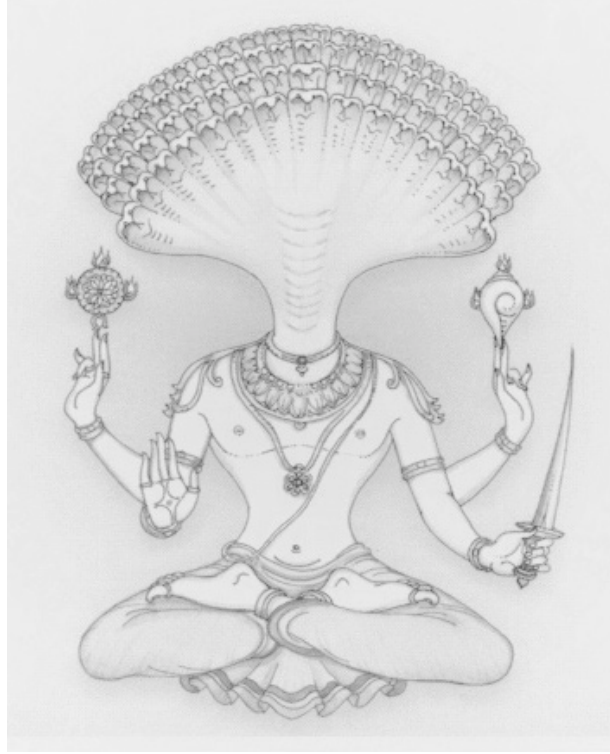
yoga-

darśane-

vibhūti-

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.'