

॥ aṭha samādhīpādaḥ ॥

aṭha yogānuśāsanam | 1 |

yogaścittavṛttinīrodhaḥ | 2 |

tadā draṣṭuḥ svarūpe'vasthānam | 3 |

vṛttisārūpyamītaratra | 4 |

vṛttayaḥ pañcatayyaḥ kliṣṭākliṣṭāḥ | 5 |

pramānavīpariyayavikalpanidrāsmṛtayaḥ | 6 |

pratyakṣānumānāgamāḥ pramāṇāni | 7 |

vīpariyayo mīthyājñānamatadrūpapratiṣṭham | 8 |

śabdajñānānupātī vastuśūnyo vikalpaḥ | 9 |

abhāvapratyayālambanā tamovṛttirnidrā | 10 |

anubhūtavīśayāsampramoṣaḥ smṛtiḥ | 11 |

abhyāsavairāgyābhyām tānnīrodhaḥ | 12 |

tatra sthītau yātno'bhyāsaḥ | 13 |

sa tu dīrghakālanairantaryasatkārādarāsevīto

dṛḍhabhūmiḥ | 14 |

dṛṣṭānuśravīkavīśayavītrṣṇasya

vāśīkārasamjñāvairāgyam | 15 |

tatparam puruṣakhyāterguṇāvaitrṣṇyam | 16 |

vīṭarkavīcārānandāsmītarūpānugamātsamprajñātaḥ | 17 |

vīrāmapratyayābhyāsapūrvāḥ saṃskāraśeṣo'nyaḥ | 18 |

bhāvapratyayo vīdehaprakṛtilayānām | 19 |

śraddhāvīryasmṛtisamādhīprajñāpūrvaka itareṣām | 20 |

tīvrasaṃvegānāmāsannaḥ | 21 |

mṛdu madhyādhīmātratvāttato'pī vīśeṣaḥ | 22 |

īśvaraprañīdhānādvā | 23 |

kleśakarmavīpākāśayairaparāmṛṣṭaḥ puruṣavīśeṣa

īśvaraḥ | 24 |

tatra nīratiśayaṃ sarvajñābījam | 25 |

sa eṣa pūrvēśamapi guruḥ kālenānavacchedāt | 26 |

tasya vācakaḥ praṇavaḥ | 27 |

tajjapastadarthābhāvanam | 28 |

tataḥ pratyakcetanādhigamo'pyantarāyābhāvaśca | 29 |

vyādhistyānasamśayapramādālasāvīratibhrānti-

darśanālabdhabhūmikatvānavasthitatvāni

cīttavīkṣepāste'ntarāyāḥ | 30 |

duḥkhadaurmanasyāṅgamejayatvaśvāsapraśvāsā

vīkṣepasāhabhūvaḥ | 31 |

tatpratiṣedhārthamekatattvābhyāsaḥ | 32 |
maitrikaruṇāmuditopekṣāṇām
sukhaduḥkhapuṇyāpuṇyaviṣayāṇām
bhāvanātaścittaprasādanam | 33 |
pracchardanavidhāraṇābhyām vā prāṇasya | 34 |
viṣayavatī vā pravṛttirutpannā
manasaḥ sthitiṇibandhini | 35 |
viśokā vā jyotiṣmatī | 36 |
vitarāgaviṣayaṃ vā cittaṃ | 37 |
svapnanidrājñānālambanaṃ vā | 38 |
yathābhimatādhyānādvā | 39 |
paramāṇuparamamahattvānto'sya vaśīkāraḥ | 40 |
kṣīṇavṛtterabhijātasyevā maṇergrahītrgrahaṇagrāhyeṣu
tatsthatadañjanatā sāmāpattiḥ | 41 |
tatra śabdārthajñānavikalpaiḥ saṅkīrṇā savitarkā
sāmāpattiḥ | 42 |
smṛtipariśuddhau svarūpaśūnyevārthamātranirbhāsā
nirvitarkā | 43 |
etayaiva savicārā nirvicārā ca sūkṣmaviṣayā

vyākhyātā | 44 |

sūkṣmaviṣayatvaṃ cālingaparyavasānam | 45 |

tā eva sabījaḥ samādhiḥ | 46 |

nirvicāravaiśāradye 'dhyātmaprasādaḥ | 47 |

ṛtaṃbharā tatra prajñā | 48 |

śrutānumānaprajñābhyāmanyaviṣayā viśeṣārthatvāt | 49 |

tajjaḥ saṃskāro 'nyasaṃskārapratibandhi | 50 |

tasyāpi nirodhe sarvanirodhānnirbījaḥ samādhiḥ || 51 ||

|| iti pātāñjala yoga darśane samādhipādaḥ ||

|| pātāñjalayogadarśanam I 1-51 ||

॥ aṭha sādhanapādaḥ ॥

tapāḥ svādhyāyeśvarapraṇidhānāni kriyāyogaḥ | 1 |

samādhibhāvanārthaḥ kleśatanūkaṇārthaśca | 2 |

avidyāsmītārāgadveśābhiniṣeśāḥ kleśāḥ | 3 |

avidyā kṣetramuttareṣām

prasuptatanuvicchinnoḍārāṇām | 4 |

anityāśuciduḥkhānātmasu

nityāśucisukhātmakhyātiravidyā | 5 |

dr̥gdarśanaśaktyorekātmatevāsmitā | 6 |

sukhānuśayī rāgaḥ | 7 |

duḥkhānuśayī dveṣaḥ | 8 |

svarasavāhī viduṣo'pi samārūḍho'bhiniṣeśāḥ | 9 |

te pratiprasavaheyāḥ sūksmāḥ | 10 |

dhyānaheyāstadvṛttayah | 11 |

kleśamūlaḥ karmāśayo dr̥ṣṭādr̥ṣṭajanmavedaniyah | 12 |

sāti mūle tādvipāko jātyāyurbhogāḥ | 13 |

te hlādaparitāpaphalāḥ puṇyāpuṇyahetutvāt | 14 |

pariṇāmatāpasamskāraduḥkhairguṇavṛttivirodhācca

duḥkhameva sarvaṃ vivekinaḥ | 15 |

heyam duḥkhamānāgatam | 16 |

draṣṭr̥dr̥śyayoḥ saṃyogo heyahetuḥ | 17 |

prakāśakriyāsthitiśīlam bhūtendriyātmaḥ

bhogāpavargārthaṃ dr̥śyam | 18 |

viśeṣāviśeṣaliṅgamātrāliṅgāni guṇāparvāṇi | 19 |

draṣṭā dr̥śīmātraḥ śuddho'pi pratyayānupaśyah | 20 |

tadārtha eva dr̥śyasyātmā | 21 |

kṛtārthaṃ prati naṣṭamapyanaṣṭam

tadanyasādhāraṇatvāt | 22 |

svasvāmiśaktyoḥ svarūpopalabdhihetuḥ saṃyogaḥ | 23 |

tasya heturavidyā | 24 |

tadabhāvātsaṃyogābhāvo hānaṃ taddr̥śeḥ

kaivalyam | 25 |

vivekakhyātiraviviplavā hānopāyah | 26 |

tasya saptadhā prāntabhūmiḥ prajñā | 27 |

yogaṅgānuṣṭhānādaśuddhikṣaye

jñānadīptirāvivekakhyāteḥ | 28 |

yamaniyamāsanaprāṇāyāmapratyāhāradhāraṇā-

dhyānasamādhayo'sṭāvaṅgāni | 29 |

ahimsāsātyāsteyabrahmacaryāparigrahā yamāḥ | 30 |
jātidēśakālasamayānavacchinnāḥ sārvaḥaumā
mahāvratam | 31 |
śaucasamtoṣatapah svādhyāyeśvarapraṇidhānāni
niyamāḥ | 32 |
vītarkabādhane pratipakṣabhāvanam | 33 |
vītarkā hiṃsādayaḥ kṛtakāritānumoditā
lobhakrodhamohapūrvakā mṛdumadhyādhimātrā
duḥkhājñānānantaphalā iti
pratipakṣabhāvanam | 34 |
ahimsāpratiṣṭhāyām tatsannidhau vairatyāgaḥ | 35 |
satyapraṭiṣṭhāyām kriyāphalāśrayatvam | 36 |
asteyapraṭiṣṭhāyām sarvaratnōpasthānam | 37 |
brahmacaryapraṭiṣṭhāyām vīryalābhaḥ | 38 |
aparigrahasṭhairye janmakathamṭāsambodhaḥ | 39 |
śaucātsvāṅgajugupsā parairāsaṃsargaḥ | 40 |
sattvaśuddhisāumanasyaikāgryendriyajayātma-
darśanayogyatvāni ca | 41 |
samtoṣādanuttamaḥ sukhālābhaḥ | 42 |

kāyendriyasiddhiraśuddhikṣayāttapasah | 43 |
svādhyāyādiṣṭadevatāsamprayogaḥ | 44 |
samādhisiddhiriśvarapraṇidhānāt | 45 |
sthirasukhāmāsanam | 46 |
prayatnaśaithilyānantasamāpattibhyām | 47 |
tato dvaṃdvānābhighātaḥ | 48 |
tasminsatisvāsapraśvāsayorgativicchedaḥ
prāṇāyāmaḥ | 49 |
bāhyābhyantarastambhavṛttirdeśakālasamkhyābhiḥ
paridrṣṭo dīrghasūkṣmaḥ | 50 |
bāhyābhyantaraviṣayākṣepī caturthaḥ | 51 |
tataḥ - kṣiyate prakāśāvaraṇam | 52 |
dhāraṇāsu ca योगyatā manasaḥ | 53 |
svaviṣayāsamprayoge cittasya svarūpānukāra
ivendriyāṇām pratyāhāraḥ | 54 |
tataḥ paramā vaśyatendriyāṇām || 55 ||

|| iti pātāñjala yoga darśane sādhanapādaḥ ||

|| a₁tha vibhū₁tipā₁daḥ ||
 de₁śabandhaścittasya₁ dhāra₁ṇā | 1 |
 ta₁tra pratyayaikatānātā₁ dhyā₁nam | 2 |
 ta₁devār₁thamā₁tranir₁bhā₁saṃ svarū₁pa₁sū₁nyamiva₁
 samā₁dhiḥ | 3 |
 tra₁yameka₁trā₁ sa₁myama₁ḥ | 4 |
 ta₁j₁jayāt₁pra₁jñā₁lo₁kaḥ | 5 |
 ta₁sya bhū₁mi₁ṣu vi₁ni₁yoga₁ḥ | 6 |
 tra₁yamanta₁raṅga₁ṃ pū₁rve₁bhya₁ḥ | 7 |
 ta₁dapi ba₁hi₁raṅga₁ṃ ni₁rbija₁sya | 8 |
 vyu₁tthā₁na₁ni₁ro₁dha₁sa₁ṃskā₁ra₁yo₁ra₁bhi₁bha₁vaprā₁durbhā₁vau
 ni₁ro₁dha₁kṣa₁ṇa₁ci₁ttā₁nvayo₁ ni₁rodha₁pa₁riṅ₁āma₁ḥ | 9 |
 ta₁sya pra₁śā₁ntavā₁hitā₁ sa₁ṃskā₁rāt | 10 |
 sar₁vār₁thata₁ikā₁gratayoh₁ - kṣa₁yoda₁yau ci₁ttasya
 samā₁dhipariṅ₁āma₁ḥ | 11 |
 ta₁taḥ pu₁naḥ śā₁ntodi₁tau tu₁lyap₁ratyayau
 ci₁ttasyaikā₁gratā₁pa₁riṅ₁āma₁ḥ | 12 |
 etena bhū₁tendriye₁ṣu dhā₁rmala₁kṣa₁ṇā₁vasthā₁pa₁riṅ₁āmā
 vyā₁khyātā₁ḥ | 13 |

śā₁ntodi₁tā₁vyapade₁śyadharmā₁nupā₁tī dhā₁rmī | 14 |
 kra₁mā₁nyatvaṃ pa₁riṅ₁āmā₁nyatve he₁tuḥ | 15 |
 pa₁riṅ₁āma₁tra₁ya₁sa₁myamā₁datitā₁nā₁gata₁jñā₁nam | 16 |
 śa₁bdār₁thap₁ratyayā₁nā₁mi₁ta₁retarā₁dhyā₁sā₁tsa₁ṅkarastat₁-
 pra₁vi₁bhā₁gasā₁myamā₁tsar₁vabhū₁taru₁tajñā₁nam | 17 |
 sa₁ṃskā₁rasā₁kṣā₁tka₁ra₁ṇā₁tpū₁rva₁jātijñā₁nam | 18 |
 pra₁tyayasya pa₁raci₁ttajñā₁nam | 19 |
 na₁ ca tatsā₁lamba₁naṃ ta₁sya₁vi₁ṣayī₁bhū₁tatvāt | 20 |
 kā₁ya₁rū₁pa₁sa₁myamā₁ttadgrā₁hya₁śakti₁sta₁mbhe
 ca₁kṣuḥ pra₁kā₁śā₁sa₁ṃpra₁yoge₁'ntardhā₁nam | 21 |
 so₁pa₁kra₁maṃ ni₁ru₁pa₁kra₁maṃ ca karma
 ta₁tsa₁myamā₁dapa₁ra₁ntajñā₁namari₁ṣṭe₁bhyo₁ vā | 22 |
 ma₁itryā₁di₁ṣu ba₁lā₁ni | 23 |
 ba₁le₁ṣu ha₁stiba₁lā₁dī₁ni | 24 |
 pra₁vr₁ttyā₁lo₁kanyā₁sā₁tsū₁kṣma₁vyava₁hitavi₁prakṛ₁ṣṭa₁-
 jñā₁nam | 25 |
 bhuvanajñā₁naṃ sū₁rye₁ sa₁myamā₁t | 26 |
 can₁dre tā₁rā₁vyū₁haja₁jñā₁nam | 27 |
 dhru₁ve ta₁dga₁tijñā₁nam | 28 |

nābhicakre kāavyūhājñānam | 29 |
kaṅṭhakūpe kṣutpipāsānivṛtīḥ | 30 |
kūrmanādyāṃ sthairyam | 31 |
mūrdhajyotiṣi siddhadarśanam | 32 |
prātibhādvā sarvam | 33 |
hr̥daye cīttasamvit | 34 |
sattvapuruṣayoratyantāsankirṇayoḥ pratyayāviśeṣo
bhogaḥ parārthatvātsvārtha-
samyamātpuruṣajñānam | 35 |
tataḥ prātibhaśrāvaṇavedanādarśāsvādavārtā
jāyante | 36 |
te samādhāvūpasargā vyutthāne siddhayaḥ | 37 |
bandhakāraṇaśaithilyātpracārasamvedanācca cīttasya
paraśarīrāveśaḥ | 38 |
udānajayājjalapaṅkakaṅṭhakādiṣvaṅga utkrāntiṣca | 39 |
samānajayājjalānam | 40 |
śrotrākāśayoḥ sambandhasamyamāddivyaṃ
śrotram | 41 |

kāyākāśayoḥ sambandhasamyamāllaghutūla-
samāpattesākāśagamānam | 42 |
bahirakalpītā vṛttirmahāvidehā tataḥ
prakāśāvaraṇakṣayaḥ | 43 |
sthūlasvarūpasūkṣmānvayārthavattva-
samyamādbhūtajayaḥ | 44 |
tato'ṇimādiḥprādurbhāvaḥ
kāyasampattaddharmānabhigātaṣca | 45 |
rūpalāvanyabalavajrasamhananatvāni kāyasampat | 46 |
grahaṇasvarūpāsmiṭānvayārthavattva-
samyamādindriyajayaḥ | 47 |
tato manojavitvaṃ vikaraṇabhāvaḥ
pradhānajayaṣca | 48 |
sattvapuruṣānyatākhyātimātrasya
sarvabhāvādhiṣṭhātrtvam sarvajñātrtvam ca | 49 |
tadvairāgyādapi doṣabijakṣayē kaivalyam | 50 |
sthānyupanīmatraṇe saṅgasmayākaraṇam
punaraniṣṭāprasaṅgāt | 51 |
kṣaṇatatkramayōḥ samyamādvivekajam jñānam | 52 |

jātilakṣaṇadeśairanyatānavacchedāttulyayostataḥ
pratipattiḥ | 53 |

tārakaṃ sarvaviṣayaṃ sarvathāviṣayamakramaṃ ceti
vivekajaṃ jñānam | 54 |

sattvapuruṣayoḥ śuddhisāmye kaivalyam || 55 ||

|| iti pātāñjala yoga darśane vibhūtipādaḥ ||

|| pātāñjalayogadarśanam III 1-55 ||

॥ atha kaivalyapādaḥ ॥

janmauṣadhimantrapaḥ samādhijāḥ siddhayāḥ | 1 |

jātyantaraparināmaḥ prakrtyāpūrāt | 2 |

nimittamaprayojakam prakrtinām varanabhedastataḥ
- kṣetrikavat | 3 |

nirmāṇacittānyasmitāmātrāt | 4 |

pravrttibhede prayojakam cittamekamānekeṣām | 5 |

tatra dhyānajamānāśayam | 6 |

karmāsuklākrṣṇam yoginastrividhamitareṣām | 7 |

tatastadvipākānuguṇānāmevābhivyaktirvāsānānām | 8 |

jātideśakālavyavahitānāmapyānantaryam

smrtisamskārayorekārūpatvāt | 9 |

tāsāmānāditvam cā''śiṣo nityatvāt | 10 |

hetuphalāśrayālambanaiḥ samgrhitatvādeṣāmabhāve
tadabhāvaḥ | 11 |

atitānāgatam

svarūpato''styadhvabhedāddharmānām | 12 |

te vyaktasūkṣmā guṇātmānaḥ | 13 |

pariṇāmaikatvādvastutattvam | 14 |

vastusāmye cittabhedāttayorvibhaktaḥ panthāḥ | 15 |

na caikacittantram cedvasta tadapramānakam tadā
kim syāt | 16 |

taduparāgāpekṣitvāccittasya vasta jñātājñātam | 17 |

sadā jñātāscittavrttayastatprabhoḥ

puruṣasyāpariṇāmitvāt | 18 |

na tatsvābhāsam drṣyatvāt | 19 |

ekasamaye cobhayānavadhāranam | 20 |

cittāntaradrṣye

buddhibuddheratiprasaṅgaḥ smrtisankaraśca | 21 |

citerapratisankramāyāstadākārāpattau

svabuddhisamvedanam | 22 |

draṣtrdrṣyoparaktam cittam sarvārtham | 23 |

tadasankhyeyavāsānābhiscitramapi parārtham

samhatyākāritvāt | 24 |

viṣeṣadarsina ātmabhāvabhāvānānivrttiḥ | 25 |

tadā vivekanimnam kaivalyaprāgbhāram cittam | 26 |

tacchidreṣu pratyayāntarāṇi samskārebhyaḥ | 27 |

hānameṣām kleśavaduktam | 28 |

prasaṅkhyāne'pyakusīdasya sarvathā

vivekakhyāterdharmameghaḥ samādhiḥ | 29 |

tataḥ kleśakarmanivṛttiḥ | 30 |

tadā sarvāvaraṇamalāpetasya

jñānasyānantyājñāneyamalpam | 31 |

tataḥ kṛtārthanām

pariṇāmakramasamāptirguṇānām | 32 |

kṣaṇapratiyogī pariṇāmāparāntanirgrāhyaḥ

kramah | 33 |

puruṣārthaśūnyānām guṇānām pratiprasavaḥ

kaivalyaṃ svarūpapraṭiṣṭhā vā cītisaktirīti || 34 ||

|| iti pātañjala yoga darśane kaivalyapādaḥ ||

|| iti pātañjala yoga darśane samāptaḥ ||

|| pātañjalayogadarśanam IV 1-34 ||

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