॥ atha samādhipādaḥ ॥

atha yogānuśāsanam ।1।

yogaścittavṛttinirodhaḥ ।2।

tadā draṣṭuḥ svarūpe'vasthānam ।3।

vṛttisārūpyamitaratra ।4।

vṛttayaḥ pañcatayyaḥ kliṣṭākliṣṭāḥ ।5।

pramāṇaviparyayavikalpanidrāsmṛtayaḥ ।6।

pratyakṣānumānāgamāḥ pramāṇāni ।7।

viparyayo mithyājñānamatadrūpapratiṣṭham ।8।

śabdajñānānupātī vastuśūnyo vikalpaḥ ।9।

abhāvapratyayālambanā tamovṛttirnidrā ।10।

anubhūtaviṣayāsaṃpramoṣaḥ smṛtiḥ ।11।

abhyāsavairāgyābhyāṃ tannirodhaḥ ।12।

tatra sthitau yatno'bhyāsaḥ ।13।

sa tu dīrghakālanairantaryasatkārādarāsevito
dṛḍhabhūmiḥ ।14।

dṛṣṭānuśravikaviṣayavitṛṣṇasya
vaśīkārasaṃjñāvairāgyam ।15।

tatparaṃ puruṣakhyāterguṇavaitṛṣṇyam ।16।

vitarkavicārānandāsmitārūpānugamātsaṃprajñātaḥ ।17।

virāmapratyayābhyāsapūrvaḥ saṃskāraśeṣo'nyaḥ ।18।

bhavapratyayo videhaprakṛtilayānām ।19।

śraddhāvīryasmṛtisamādhiprajñāpūrvaka itareṣām ।20।

tīvrasaṃvegānāmāsannaḥ ।21।

mṛdu madhyādhimātratvāttato'pi viśeṣaḥ ।22।

īśvarapraṇidhānādvā ।23।

kleśakarmavipākāśayairaparāmṛṣṭaḥ puruṣaviśeṣa
īśvaraḥ ।24।

tatra niratiśayaṃ sarvajñabījam ।25।

sa eṣa pūrveṣāmapi guruḥ kālenānavacchedāt ।26।

tasya vācakaḥ praṇavaḥ ।27।

tajjapastadarthabhāvanam ।28।

tataḥ pratyakcetanādhigamo'pyantarāyābhāvaśca ।29।

vyādhistyānasaṃśayapramādālasyāviratibhrānti-
darśanālabdhabhūmikatvānavasthitatvāni
cittavikṣepāste'ntarāyāḥ ।30।

duḥkhadaurmanasyāṅgamejayatvaśvāsapraśvāsā
vikṣepasahabhuvaḥ ।31।

tatpratiṣedhārthamekatattvābhyāsaḥ | 32 |

maitrīkaruṇāmuditopekṣāṇāṃ
sukhaduḥkhapuṇyāpuṇyaviṣayāṇāṃ
bhāvanātaścittaprasādanam | 33 |

pracchardanavidhāraṇābhyāṃ vā prāṇasya | 34 |

viṣayavatī vā pravṛttirutpannā
manasaḥ sthitinibandhinī | 35 |

viśokā vā jyotiṣmatī | 36 |

vītarāgaviṣayaṃ vā cittam | 37 |

svapnanidrājñānālambanaṃ vā | 38 |

yathābhimatadhyānādvā | 39 |

paramāṇuparamamahattvānto'sya vaśīkāraḥ | 40 |

kṣīṇavṛtterabhijātasyeva maṇergrahītṛgrahaṇagrāhyeṣu
tatsthatadañjanatā samāpattiḥ | 41 |

tatra śabdārthajñānavikalpaiḥ saṅkīrṇā savitarkā
samāpattiḥ | 42 |

smṛtipariśuddhau svarūpaśūnyevārthamātranirbhāsā
nirvitarkā | 43 |

etayaiva savicārā nirvicārā ca sūkṣmaviṣayā
vyākhyātā | 44 |

sūkṣmaviṣayatvaṃ cāliṅgaparyavasānam | 45 |

tā eva sabījaḥ samādhiḥ | 46 |

nirvicāravaiśāradye'dhyātmaprasādaḥ | 47 |

ṛtaṃbharā tatra prajñā | 48 |

śrutānumānaprajñābhyāmanyaviṣayā viśeṣārthatvāt | 49 |

tajjaḥ saṃskāro'nyasaṃskārapratibandhī | 50 |

tasyāpi nirodhe sarvanirodhānnirbījaḥ samādhiḥ || 51 ||

|| iti pātañjala yoga darśane samādhipādaḥ ||

|| pātañjalayogadarśanam I 1-51 ||

॥ atha sādhanapādaḥ ॥

tapaḥ svādhyāyeśvarapraṇidhānāni kriyāyogaḥ | 1 |

samādhibhāvanārthaḥ kleśatanūkaraṇārthaśca | 2 |

avidyāsmitārāgadveṣābhiniveśāḥ kleśāḥ | 3 |

avidyā kṣetramuttareṣāṃ
prasuptatanuvicchinnodārāṇām | 4 |

anityāśuciduḥkhānātmasu
nityaśucisukhātmakhyātiravidyā | 5 |

dṛgdarśanaśaktyorekātmatevāsmitā | 6 |

sukhānuśayī rāgaḥ | 7 |

duḥkhānuśayī dveṣaḥ | 8 |

svarasavāhī viduṣo'pi samārūḍho'bhiniveśaḥ | 9 |

te pratiprasavaheyāḥ sūkṣmāḥ | 10 |

dhyānaheyāstadvṛttayaḥ | 11 |

kleśamūlaḥ karmāśayo dṛṣṭādṛṣṭajanmavedanīyaḥ | 12 |

sati mūle tadvipāko jātyāyurbhogāḥ | 13 |

te hlādaparitāpaphalāḥ puṇyāpuṇyahetutvāt | 14 |

pariṇāmatāpasaṃskāraduḥkhairguṇavṛttivirodhācca
duḥkhameva sarvaṃ vivekinaḥ | 15 |

heyaṃ duḥkhamanāgatam | 16 |

draṣṭṛdṛśyayoḥ saṃyogo heyahetuḥ | 17 |

prakāśakriyāsthitiśīlaṃ bhūtendriyātmakaṃ
bhogāpavargārthaṃ dṛśyam | 18 |

viśeṣāviśeṣaliṅgamātrāliṅgāni guṇaparvāṇi | 19 |

draṣṭā dṛśimātraḥ śuddho'pi pratyayānupaśyaḥ | 20 |

tadartha eva dṛśyasyātmā | 21 |

kṛtārthaṃ prati naṣṭamapyanaṣṭaṃ
tadanyasādhāraṇatvāt | 22 |

svasvāmiśaktyoḥ svarūpopalabdhihetuḥ saṃyogaḥ | 23 |

tasya heturavidyā | 24 |

tadabhāvātsaṃyogābhāvo hānaṃ taddṛśeḥ
kaivalyam | 25 |

vivekakhyātiraviplavā hānopāyaḥ | 26 |

tasya saptadhā prāntabhūmiḥ prajñā | 27 |

yogāṅgānuṣṭhānādaśuddhikṣaye
jñānadīptirāvivekakhyāteḥ | 28 |

yamaniyamāsanaprāṇāyāmapratyāhāradhāraṇā-
dhyānasamādhayo'ṣṭāvaṅgāni | 29 |

ahiṃsāsatyāsteyabrahmacaryāparigrahā yamāḥ | 30 |

jātideśakālasamayānavacchinnāḥ sārvabhaumā
mahāvratam | 31 |

śaucasaṃtoṣatapaḥ svādhyāyeśvarapraṇidhānāni
niyamāḥ | 32 |

vitarkabādhane pratipakṣabhāvanam | 33 |

vitarkā hiṃsādayaḥ kṛtakāritānumoditā
lobhakrodhamohapūrvakā mṛdumadhyādhimātrā
duḥkhājñānānantaphalā iti
pratipakṣabhāvanam | 34 |

ahiṃsāpratiṣṭhāyāṃ tatsannidhau vairatyāgaḥ | 35 |

satyapratiṣṭhāyāṃ kriyāphalāśrayatvam | 36 |

asteyapratiṣṭhāyāṃ sarvaratnopasthānam | 37 |

brahmacaryapratiṣṭhāyāṃ viryalābhaḥ | 38 |

aparigrahasthairye janmakathaṃtāsaṃbodhaḥ | 39 |

śaucātsvāṅgajugupsā parairasaṃsargaḥ | 40 |

sattvaśuddhisaumanasyaikāgryendriyajayātma-
darśanayogyatvāni ca | 41 |

saṃtoṣādanuttamaḥ sukhalābhaḥ | 42 |

kāyendriyasiddhiraśuddhikṣayāttapasaḥ | 43 |

svādhyāyādiṣṭadevatāsaṃprayogaḥ | 44 |

samādhisiddhirīśvarapraṇidhānāt | 45 |

sthirasukhamāsanam | 46 |

prayatnaśaithilyānantasamāpattibhyām | 47 |

tato dvaṃdvānabhighātaḥ | 48 |

tasminsatiśvāsapraśvāsayorgativicchedaḥ
prāṇāyāmaḥ | 49 |

bāhyābhyantarastambhavṛttirdeśakālasaṃkhyābhiḥ
paridṛṣṭo dirghasūkṣmaḥ | 50 |

bāhyābhyantaraviṣayākṣepī caturthaḥ | 51 |

tataḥ - kṣīyate prakāśāvaraṇam | 52 |

dhāraṇāsu ca yogyatā manasaḥ | 53 |

svaviṣayāsaṃprayoge cittasya svarūpānukāra
ivendriyāṇāṃ pratyāhāraḥ | 54 |

tataḥ paramā vaśyatendriyāṇām ‖ 55 ‖

‖ iti pātañjala yoga darśane sādhanapādaḥ ‖

॥ vibhūtipādaḥ ॥

deśabandhaścittasya dhāraṇā | 1 |

tatra pratyayaikatānatā dhyānam | 2 |

tadevārthamātranirbhāsaṃ svarūpaśūnyamiva samādhiḥ | 3 |

trayamekatra saṃyamaḥ | 4 |

tajjayātprajñālokaḥ | 5 |

tasya bhūmiṣu viniyogaḥ | 6 |

trayamantaraṅgaṃ pūrvebhyaḥ | 7 |

tadapi bahiraṅgaṃ nirbījasya | 8 |

vyutthānanirodhasaṃskārayorabhibhavaprādurbhāvau nirodhakṣaṇacittānvayo nirodhapariṇāmaḥ | 9 |

tasya praśāntavāhitā saṃskārāt | 10 |

sarvārthataikāgratayoḥ - kṣayodayau cittasya samādhipariṇāmaḥ | 11 |

tataḥ punaḥ śāntoditau tulyapratyayau cittasyaikāgratāpariṇāmaḥ | 12 |

etena bhūtendriyeṣu dharmalakṣanāvasthāpariṇāmā vyākhyātāḥ | 13 |

śāntoditāvyapadeśyadharmānupātī dharmī | 14 |

kramānyatvaṃ pariṇāmānyatve hetuḥ | 15 |

pariṇāmatrayasaṃyamātatītānāgatajñānam | 16 |

śabdārthapratyayānāmitaretarādhyāsātsaṅkarastat-pravibhāgasaṃyamātsarvabhūtarutajñānam | 17 |

saṃskārasākṣātkaraṇātpūrvajātijñānam | 18 |

pratyayasya paracittajñānam | 19 |

na ca tatsālambanaṃ tasyāviṣayībhūtatvāt | 20 |

kāyarūpasaṃyamāttadgrāhyaśaktistambhe cakṣuḥ prakāśāsaṃprayoge'ntardhānam | 21 |

sopakramaṃ nirupakramaṃ ca karma tatsaṃyamādaparāntajñānamariṣṭebhyo vā | 22 |

maitryādiṣu balāni | 23 |

baleṣu hastibalādīni | 24 |

pravṛttyālokanyāsātsūkṣmavyavahitaviprakṛṣṭa-jñānam | 25 |

bhuvanajñānaṃ sūrye saṃyamāt | 26 |

candre tārāvyūhajñānam | 27 |

dhruve tadgatijñānam | 28 |

nābhicakre kāyavyūhajñānam | 29 |

kaṇṭhakūpe kṣutpipāsānivṛttiḥ | 30 |

kūrmanādyāṃ sthairyam | 31 |

mūrdhajyotiṣi siddhadarśanam | 32 |

prātibhādvā sarvam | 33 |

hṛdaye cittasaṃvit | 34 |

sattvapuruṣayoratyantāsaṅkīrṇayoḥ pratyayāviśeṣo
bhogaḥ parārthatvātsvārtha-
saṃyamātpuruṣajñānam | 35 |

tataḥ prātibhaśrāvaṇavedanādarśāsvādavārtā
jāyante | 36 |

te samādhāvupasagā vyutthāne siddhayaḥ | 37 |

bandhakāraṇaśaithilyātpracārasaṃvedanācca cittasya
paraśarīrāveśaḥ | 38 |

udānajayājjalapaṅkakaṇṭakādiṣvasaṅga utkrāntiśca | 39 |

samānajayājjvalanam | 40 |

śrotrākāśayoḥ saṃbandhasamyamāddivyaṃ
śrotram | 41 |

kāyākāśayoḥ saṃbandhasaṃyamāllaghutūla-
samāpatteścākāśa-gamanam | 42 |

bahirakalpitā vṛttirmahāvidehā tataḥ
prakāśāvaraṇakṣayaḥ | 43 |

sthūlasvarūpasūkṣmānvayārthavattva-
saṃyamādbhūtajayaḥ | 44 |

tato'ṇimādiprādurbhāvaḥ
kāyasaṃpattaddharmānabhigātaśca | 45 |

rūpalāvaṇyabalavajrasaṃhananatvāni kāyasaṃpat | 46 |

grahaṇasvarūpāsmitānvyārthavattva-
saṃyamādindriyajayaḥ | 47 |

tato manojavitvaṃ vikaraṇabhāvaḥ
pradhānajayaśca | 48 |

sattvapuruṣānyatākhyātimātrasya
sarvabhāvādhiṣṭhātṛtvaṃ sarvajñātṛtvaṃ ca | 49 |

tadvairāgyādapi doṣabījakṣaye kaivalyam | 50 |

sthānyupanimantraṇe saṅgasmayākaraṇaṃ
punaraniṣṭaprasaṅgāt | 51 |

kṣaṇatatkramayoḥ saṃyamādvivekajaṃ jñānam | 52 |

jātilaksaṇadeśairanyatānavacchedāttulyayostataḥ
pratipattiḥ | 53 |

tārakaṃ sarvaviṣayaṃ sarvathāviṣayamakramaṃ ceti
vivekajaṃ jñānam | 54 |

sattvapuruṣayoḥ śuddhisāmye kaivalyam ‖ 55 ‖

‖ iti pātañjala yoga darśane vibhūtipādaḥ ‖

‖ pātañjalayogadarṣanam III 1-55 ‖

॥ atha kaivalyapādaḥ ॥

janmauṣadhimantratapaḥ samādhijāḥ siddhayaḥ | 1 |

jātyantarapariṇāmaḥ prakṛtyāpūrāt | 2 |

nimittamaprayojakaṃ prakṛtīnāṃ varaṇabhedastu tataḥ - kṣetrikavat | 3 |

nirmāṇacittānyasmitāmātrāt | 4 |

pravṛttibhede prayojakaṃ cittamekamanekeṣām | 5 |

tatra dhyānajamanāśayam | 6 |

karmāśuklākṛṣṇaṃ yoginastrividhamitareṣām | 7 |

tatastadvipākānuguṇānāmevābhivyaktirvāsanānām | 8 |

jātideśakālavyavahitānāmapyānantaryaṃ smṛtisaṃskārayorekarūpatvāt | 9 |

tāsāmanāditvaṃ cā''śiṣo nityatvāt | 10 |

hetuphalāśrayālambanaiḥ saṃgṛhītatvādeṣāmabhāve tadabhāvaḥ | 11 |

atītānāgataṃ svarūpato'styadhvabhedāddharmāṇām | 12 |

te vyaktasūkṣmā guṇātmānaḥ | 13 |

pariṇāmaikatvādvastutattvam | 14 |

vastusāmye cittabhedāttayorvibhaktaḥ panthāḥ | 15 |

na caikacittatantraṃ cedvastu tadapramāṇakaṃ tadā kiṃ syāt | 16 |

taduparāgāpekṣitvāccittasya vastu jñātājñātam | 17 |

sadā jñātāścittavṛttayastatprabhoḥ puruṣasyāpariṇāmitvāt | 18 |

na tatsvābhāsaṃ dṛśyatvāt | 19 |

ekasamaye cobhayānavadhāraṇam | 20 |

cittāntaradṛśye buddhibuddheratiprasaṅgaḥ smṛtisaṅkaraśca | 21 |

citerapratisaṅkramāyāstadākārāpattau svabuddhisaṃvedanam | 22 |

draṣṭṛdṛśyoparaktaṃ cittaṃ sarvārtham | 23 |

tadasaṅkhyeyavāsanābhiścitramapi parārthaṃ saṃhatyakāritvāt | 24 |

viśeṣadarśina ātmabhāvabhāvanānivṛttiḥ | 25 |

tadā vivekanimnaṃ kaivalyaprāgbhāraṃ cittam | 26 |

tacchidreṣu pratyayāntarāṇi saṃskārebhyaḥ | 27 |

hānameṣāṃ kleśavaduktam | 28 |

prasaṅkhyāne'pyakusīdasya sarvathā
vivekakhyāterdharmameghaḥ samādhiḥ | 29 |
tataḥ kleśakarmanivṛttiḥ | 30 |
tadā sarvāvaraṇamalāpetasya
jñānasyānantyājjñeyamalpam | 31 |
tataḥ kṛtārthānāṃ
pariṇāmakramasamāptirguṇānām | 32 |
kṣaṇapratiyogī pariṇāmāparāntanirgrāhyaḥ
kramaḥ | 33 |
puruṣārthaśūnyānāṃ guṇānāṃ pratiprasavaḥ
kaivalyaṃ svarūpapratiṣṭhā vā citiśaktiriti ‖ 34 ‖

‖ iti pātañjala yoga darśane kaivalyapādaḥ ‖

‖ iti pātañjala yoga darśane samāptaḥ ‖

http://www.dharmadownloads.info August 2010