

॥ aṭha sādhanapādaḥ ॥

ṭapaḥ svādhyāyeśvarapraṇidhānāni kriyāyogaḥ | 1 |

samādhībhāvanārthaḥ kleśatanūkaṛaṇārthaśca | 2 |

avidyāsmītārāgadveśābhīnīveśāḥ kleśāḥ | 3 |

avidyā kṣetramūttareṣāṃ

prasuptatanuvīcchīnīnōdārāṇām | 4 |

anītyāśūciduḥkhānātmasu

nītyāśūcisukhātmakhyātīravidyā | 5 |

dr̥gdarśanaśaktyorekātmatevāsmītā | 6 |

sukhānuśayī rāgaḥ | 7 |

duḥkhānuśayī dveṣaḥ | 8 |

svarasavāhī viduṣo'pi samārūḍho'bhīnīveśāḥ | 9 |

te pratīprasavaheyāḥ sūkṣmāḥ | 10 |

dhyānaheyāstadvṛttayah | 11 |

kleśamūlaḥ karmāśayo dr̥ṣṭādr̥ṣṭajanmavedānīyah | 12 |

sāti mūle tādvīpāko jātyāyurbhogāḥ | 13 |

te hlādaparītāpāphalāḥ puṇyāpuṇyahētutvāt | 14 |

parīṇāmatāpasamskāraduḥkhairguṇavṛttivīrodhācca

duḥkhameva sarvāṃ vivekināḥ | 15 |

heyāṃ duḥkhamānāgatāṃ | 16 |

draṣṭṛdr̥śyayoḥ samyogo heyahetuḥ | 17 |

prakāśakriyāsthītīśīlam bhūtendriyātmakam

bhogāpavargārtham dr̥śyam | 18 |

viśeṣāviśeṣaliṅgamātrāliṅgāni guṇāparvāni | 19 |

draṣṭā dr̥śīmātraḥ śuddho'pi pratīyānupaśyah | 20 |

tadārtha eva dr̥śyasyātmā | 21 |

kṛtārtham prāti naṣṭamapyanaṣṭam

tadanyasādhāraṇatvāt | 22 |

svasvāmīśaktyoḥ svarūpopalabdhihetuḥ samyogaḥ | 23 |

ṭasya hetūravidyā | 24 |

tadabhāvātsamyogābhāvo hānaṃ taddr̥śeḥ

kaivalyam | 25 |

vīvekakhyātīravīplavā hānopāyah | 26 |

ṭasya saptadhā prāntabhūmīḥ prajñā | 27 |

yogāṅgānuṣṭhānādaśuddhikṣaye

jñānadīptīravīvekakhyāteḥ | 28 |

yamanīyamāsanaprāṇāyāmapratīyāhāradhāraṇā-

dhyānasamādhayo'ṣṭāvaṅgāni | 29 |

ahīṅśāsatyāsteyabrahmacaryāparīgrahā yamāḥ | 30 |

jātidēśakālasamayānavacchīnāḥ sārvaḥaumā

māhāvratam | 31 |  
śaucasamtoṣatapah svādhyāyeśvarapraṇidhānāni  
niyamāḥ | 32 |  
vitarkabādhane pratipakṣabhāvanam | 33 |  
vitarkā hiṃsādayaḥ kṛtakāritānumoditā  
lobhakrodhamohapūrvakā mṛdumadhyādhimātrā  
duḥkhājñānānantaphalā iti  
pratipakṣabhāvanam | 34 |  
ahiṃsāpratiṣṭhāyām tatsannidhau vairatyāgaḥ | 35 |  
satyapraṣṭhāyām kriyāphalāśrayatvam | 36 |  
asteyapraṣṭhāyām sarvaratnōpasthānam | 37 |  
brahmacaryapraṣṭhāyām vīryalābhaḥ | 38 |  
aparigrahasthairye janmakathamtāsambodhaḥ | 39 |  
śaucātsvāṅgajugupsā parairasamsargaḥ | 40 |  
sattvaśuddhisumanasyaikāgryendriyajayātma-  
darśanayogyatvāni ca | 41 |  
samtoṣādanuttamaḥ sukhālābhaḥ | 42 |  
kāyendriyasiddhiraśuddhikṣayāttapasah | 43 |  
svādhyāyādiṣṭadevatāsamprayogaḥ | 44 |  
samādhisiddhirīśvarapraṇidhānāt | 45 |

sthirasukhāmāsanam | 46 |  
prayatnaśaithilyānantasāmāpattibhyām | 47 |  
tato dvamdvānābhighātaḥ | 48 |  
tasminsatisvāsapraśvāsayorgativicchedaḥ  
prāṇāyāmaḥ | 49 |  
bāhyābhyantarastambhavṛttirdeśakālasamkhyābhiḥ  
paridrṣṭo dīrghasūkṣmaḥ | 50 |  
bāhyābhyantaraviśayākṣepī caturthaḥ | 51 |  
tataḥ - kṣiyate prakāśāvaraṇam | 52 |  
dhāraṇāsu ca yogyatā manasaḥ | 53 |  
svaviśayāsamprayoge cittasya svarūpānukāra  
ivendriyāṇām pratyāhāraḥ | 54 |  
tataḥ paramā vaśyatendriyāṇām || 55 ||

|| iti pātāñjala yoga darśane sādhanapādaḥ ||

|| pātāñjalayogadarśanam II 1-5: