

॥ atha vibhūtipādaḥ ॥

deśabandhaścittasya dhāraṇā | 1 |

tatra pratyayaikatānatā dhyānam | 2 |

tadevārthamātranirbhāsaṃ svarūpaśūnyamiva
samādhiḥ | 3 |

trayamekatrā samyamah | 4 |

tajjayātprajñālokaḥ | 5 |

tasya bhūmiṣu viniyogaḥ | 6 |

trayamantaraṅgaṃ pūrvebhyaḥ | 7 |

tadapi bahiraṅgaṃ nirbijasya | 8 |

vyutthānanirodhasaṃskārayorabhibhavaprādurbhāvau
nirodhakṣaṇacittānvayo nirodhapaṇiṇāmaḥ | 9 |

tasya praśāntavāhitā saṃskārāt | 10 |

sarvārthataikāgratayoḥ - kṣayodayau cittasya
samādhipaṇiṇāmaḥ | 11 |

tataḥ punaḥ śāntoditau tulyapratyayau

cittasyaikāgratāpaṇiṇāmaḥ | 12 |

etena bhūtendriyeṣu dharmalakṣaṇāvasthāpaṇiṇāmā
vyākhyātāḥ | 13 |

śāntoditavyapadeśyadharmānupātī dharmī | 14 |

kramānyatvaṃ paṇiṇāmanyatve hetuḥ | 15 |

paṇiṇāmatrayasamyamādatītānāgatajñānam | 16 |

śabdārthapratyayānāmītaretarādhyāsātsaṅkarastat-
pravibhāgasamyamātsarvabhūtarutajñānam | 17 |

saṃskārasākṣātkaraṇātpūrvajātijñānam | 18 |

pratyayasya paracittajñānam | 19 |

na ca tatsālambanaṃ tasyāviṣayībhūtatvāt | 20 |

kāyarūpasamyamāttadgrāhyaśaktistambhe
caḥṣuḥ prakāśasaṃprayoge'ntardhānam | 21 |

sopakramaṃ nirupakramaṃ ca karma
tatsamyamādaparāntajñānamariṣṭebhyo vā | 22 |

maitryādiṣu balāni | 23 |

baleṣu hastibalādini | 24 |

pravṛtṭyālokanyāsātsūkṣmavyavahitaviprakṛṣṭa-
jñānam | 25 |

bhuvanajñānaṃ sūrye samyamāt | 26 |

candre tāravyyūhajñānam | 27 |

dhruve tadgatijñānam | 28 |

nābhicakre kāavyūhajñānam | 29 |
kaṅṭhakūpe kṣutpipāsānivṛttiḥ | 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 |
bandhakāraṇaśaiṭhilyātpracārasamvedanācca cīttasya
paraśarīrāveśaḥ | 38 |
udānajayājjalapaṅkakaṅṭakādiṣvaṅga utkrāntiḥ | 39 |
samānajayājjalānam | 40 |
śrotrākāśayoḥ sambandhasamyamāddivyaṃ
śrotram | 41 |

kāyākāśayoḥ sambandhasamyamāllaghutūla-
samāpattesākāśagamanam | 42 |
bahirakalpītā vṛttirmahāvidehā tataḥ
prakāśāvaraṇakṣayaḥ | 43 |
sthūlasvarūpasūkṣmānvayārthavattva-
samyamādbhūtajayaḥ | 44 |
tato'ṇimādiprādurbhāvaḥ
kāyasampattaddharmānabhigātaśca | 45 |
rūpalāvanyabalavajrasamhananatvāni kāyasampat | 46 |
grahaṇasvarūpāsmiṭānvayārthavattva-
samyamādindriyajayaḥ | 47 |
tato manojavitvaṃ vikaraṇabhāvaḥ
pradhānajayaśca | 48 |
sattvapuruṣānyatākhyātimātrasya
sarvabhāvādhiṣṭhātrtvam sarvajñātrtvam ca | 49 |
tadvairāgyādapi doṣabijakṣaye kaivalyam | 50 |
sthānyupanīmatraṇe saṅgasmayākaraṇam
punaraniṣṭāprasaṅgāt | 51 |
kṣaṇatatkramayoḥ samyamādvivekajam jñānam | 52 |

jātilakṣaṇadeśairanyatānavacchedāttulyayostataḥ
pratipattiḥ | 53 |

tārakam sarvaviṣayam sarvathāviṣayamakramam ceti
vivekajam jñānam | 54 |

sattvapuruṣayoḥ śuddhisāmye kaivalyam || 55 ||

|| iti pātāñjala yoga darśane vibhūtipādaḥ ||

|| pātāñjalayogadarśanam III 1-55 ||