# prathamaḥ samādhi-pādaḥ |

atha yogānuśāsanam ||1||

yogaś citta-vṛtti-nirodhaḥ ||2||

tadā draṣṭuḥ svarūpe’vasthānam ||3||

vṛtti-sārūpyam itaratra ||4||

vṛttayaḥ pañcatayyaḥ kliṣṭā akliṣṭāḥ ||5||

pramāṇa-viparyaya-vikalpa-nidrā-smṛtayaḥ ||6||

pratyakṣānumānāgamāḥ pramāṇāni ||7||

viparyayo mithyā-jñānam atad-rūpa-pratiṣṭham ||8||

śabda-jñānānupātī vastu-śūnyo vikalpaḥ ||9||

abhāva-pratyayālambanā vṛttir nidrā ||10||

anubhūta-viṣayāsaṁpramoṣaḥ smṛtiḥ ||11||

abhyāsa-vairāgyābhyāṁ tan-nirodhaḥ ||12||

tatra sthitau yatno’bhyāsaḥ ||13||

sa tu dīrgha-kāla-nairantarya-satkārāsevito dṛḍha-bhūmiḥ ||14||

dṛṣṭānuśravika-viṣaya-vitṛṣṇasya vaśīkāra-saṁjñā vairāgyam ||15||

tat-paraṁ puruṣa-khyāter guṇa-vaitṛṣṇyam ||16||

vitarka-vicārānandāsmitārūpānugamāt saṁprajñātaḥ ||17||

virāma-pratyayābhyāsa-pūrvaḥ saṁskāra-śeṣo’nyaḥ ||18||

bhava-pratyayo videha-prakṛti-layānām ||19||

śraddhā-vīrya-smṛti-samādhi-prajñā-pūrvaka itareṣām ||20||

tīvra-saṁvegānām āsannaḥ ||21||

mṛdu-madhyādhi-mātratvāt tato’pi viśeṣaḥ ||22||

īśvara-praṇidhānād vā ||23||

kleśa-karma-vipākāśayair aparāmṛṣṭaḥ puruṣa-viśeṣa īśvaraḥ ||24||

tatra niratiśayaṁ sarvajñatva-bījam ||25||

sa pūrveṣām api guruḥ kālenānavacchedāt ||26||

tasya vācakaḥ praṇavaḥ ||27||

taj-japas tad-artha-bhāvanam ||28||

tataḥ pratyak-cetanādhigamo’py antarāyābhāvaś ca ||29||

vyādhi-styāna-saṁśaya-pramādālasyāvirati-bhrānti-darśanālabdha-bhūmikatvānavasthitatvāni citta-vikṣepās te’ntarāyāḥ ||30||

duḥkha-daurmanasyāṅgam ejayatva-śvāsa-praśvāsā vikṣepa-saha-bhuvaḥ ||31||

tat-pratiṣedhārtham eka-tattvābhyāsaḥ ||32||

maitrī-karuṇā-muditopekṣaṇāṁ sukha-duḥkha-puṇyāpuṇya-viṣayāṇāṁ bhāvanātaś citta-prasādanam ||33||

pracchardana-vidhāraṇābhyāṁ vā prāṇasya ||34||

viṣayavatī vā pravṛttir utpannā manasaḥ sthiti-nibandhinī ||35||

viśokā vā jyotiṣmatī ||36||

vīta-rāga-viṣayaṁ vā cittam ||37||

svapna-nidrā-jñānālambanaṁ vā ||38||

yathābhimata-dhyānād vā ||39||

paramāṇu parama-mahattvānto’sya vaśīkāraḥ ||40||

kṣīṇa-vṛtter abhijātasyeva maṇer grahītṛ-grahaṇa-grāhyeṣu tat-stha-tad-añjanatā-samāpattiḥ ||41||

tatra śabdārtha-jñāna-vikalpaiḥ saṁkīrṇā savitarkā samāpattiḥ ||42||

smṛti-pariśuddhau svarūpa-śūnyevārtha-mātra-nirbhāsā nirvitarkā ||43||

etayaiva savicārā nirvicārā ca sūkṣma-viṣayā vyākhyātā ||44||

sūkṣma-viṣayatvaṁ cāliṅga-paryavasānam ||45||

tā eva sa-bījaḥ samādhiḥ ||46||

nirvicāra-vaiśāradye’dhyātma-prasādaḥ ||47||

rtaṁbharā tatra prajñā ||48||

śrutānumāna-prajñābhyām anya-viṣayā viśeṣārthatvāt ||49||

taj-jaḥ saṁskāro’nya-saṁskāra-pratibandhī ||50||

tasyāpi nirodhe sarva-nirodhān nirbījaḥ samādhiḥ ||51||

iti patañjali-viracite yoga-sūtre prathamaḥ samādhi-pādaḥ |

# dvitīyaḥ sādhana-pādaḥ |

tapaḥsvādhyāyeśvarapraṇidhānāni kriyāyogaḥ ||1||

samādhibhāvanārthaḥ kleśatanūkaraṇārthaś ca ||2||

avidyāsmitā-rāga-dveṣābhiniveśāḥ kleśāḥ ||3||

avidyā kṣetram uttareṣāṁ prasuptatanuvicchinnodārāṇām ||4||

anityāśuciduḥkhānātmasu nityaśucisukhātmakhyātiravidyā ||5||

dṛgdarśanaśaktyorekātmatevāsmitā ||6||

sukhānuśayī rāgaḥ ||7||

duḥkhānuśayī dveṣaḥ ||8||

svarasavāhī viduṣo’pi tathārūḍho bhiniveśaḥ ||9||

te pratiprasavaheyāḥ sūkṣmāḥ ||10||

dhyānaheyāstadvṛttayaḥ ||11||

kleśamūlaḥ karmāśayo dṛṣṭādṛṣṭajanmavedanīyaḥ ||12||

sati mūle tadvipāko jātyāyurbhogāḥ ||13||

te hlādaparitāpaphalāḥ puṇyāpuṇyahetutvāt ||14||

pariṇāmatāpasaṁskāraduḥkhairguṇavṛttivirodhāc ca duḥkham

eva sarvaṁ vivekinaḥ ||15||

heyaṁ duḥkham anāgatam ||16||

draṣṭṛdṛśyayoḥ saṁyogo heyahetuḥ ||17||

prakāśakriyāsthitiśīlaṁ bhūtendriyātmakaṁ bhogāpavargārthaṁ dṛśyam ||18||

viśeṣāviśeṣaliṅgamātrāliṅgāni guṇaparvāṇi ||19||

draṣṭā dṛśimātraḥ śuddho’pi pratyayānupaśyaḥ ||20||

tadartha eva dṛśyasyātmā ||21||

kṛtārthaṁ prati naṣṭam apyanaṣṭaṁ tadanyasādhāraṇatvāt ||22||

svasvāmiśaktyoḥ svarūpopalabdhihetuḥ saṁyogaḥ ||23||

tasya heturavidyā ||24||

tadabhāvāt saṁyogābhāvo hānaṁ| taddṛśeḥ kaivalyam ||25||

vivekakhyātiraviplavā hānopāyaḥ ||26||

tasya saptadhā prāntabhūmiḥ prajñā ||27||

yogāṅgānuṣṭhānād aśuddhikṣaye jñānadīptirā

vivekakhyāteḥ ||28||

yamaniyamāsanaprāṇāyāmapratyāhāradhāraṇādhyānasamādhayo’ṣṭāva aṅgāni ||29||

ahiṁsāsatyāsteyabrahmacaryāparigrahā yamāḥ ||30||

jātideśakālasamayānavacchinnāḥ sārvabhaumā mahāvratam ||31||

śaucasaṁtoṣatapaḥsvādhyāyeśvarapraṇidhānāni niyamāḥ ||32||

vitarkabādhane pratipakṣabhāvanam ||33||

vitarkā hiṁsādayaḥ kṛtakāritānumoditā lobhakrodhamohapūrvakā mṛdumadhyādhimātrā duḥkhājñānānantaphalā iti pratipakṣa-bhāvanam ||34||

ahiṁsāpratiṣṭhāyāṁ tatsannidhau vairatyāgaḥ ||35||

satyapratiṣṭhāyāṁ kriyāphalāśrayatvam ||36||

asteyapratiṣṭhāyāṁ sarvaratnopasthānam ||37||

brahmacaryapratiṣṭhāyāṁ vīryalābhaḥ ||38||

aparigrahasthairye janmakathaṁtāsaṁbodhaḥ ||39||

śaucāt svāṅgajugupsā parairasaṁsargaḥ ||40||

sattvaśuddhisaumanasyaikāgryendriyajayātmadarśanayogyatvāni ca ||41||

saṁtoṣād anuttamaḥ sukhalābhaḥ ||42||

kāyendriyasiddhiraśuddhikṣayāt tapasaḥ ||43||

svādhyāyād iṣṭadevatāsaṁprayogaḥ ||44||

samādhisiddhirīśvarapraṇidhānāt ||45||

sthirasukham āsanam ||46||

prayatnaśaithilyānantasamāpattibhyām ||47||

tato dvandvānabhighātaḥ ||48||

tasmin sati śvāsapraśvāsayorgativicchedaḥ prāṇāyāmaḥ ||49||

bāhyābhyantarastambhavṛttiḥ deśakālasaṁkhyābhiḥ

paridṛṣṭo dīrghasūkṣmaḥ ||50||

bāhyābhyantaraviṣayākṣepī caturthaḥ ||51||

tataḥ kṣīyate prakāśāvaraṇam ||52||

dhāraṇāsu ca yogyatā manasaḥ ||53||

svasvaviṣayāsaṁprayoge cittasya svarūpānukāra ivendriyāṇāṁ pratyāhāraḥ ||54||

tataḥ paramā vaśyatendriyāṇām ||55||

iti patañjali-viracite yoga-sūtre dvitīyaḥ sādhana-pādaḥ |

# tṛtīyaḥ vibhūti-pādaḥ |

deśa-bandhaś cittasya dhāraṇā ||1||

tatra pratyayaikatānatā dhyānam ||2||

tad evārthamātranirbhāsaṁ svarūpaśūnyam iva samādhiḥ ||3||

trayam ekatra saṁyamaḥ ||4||

tajjayāt prajñā|a|alokaḥ ||5||

tasya bhūmiṣu viniyogaḥ ||6||

trayam antaraṅgaṁ pūrvebhyaḥ ||7||

tad api bahiraṅgaṁ nirbījasya ||8||

vyutthāna-nirodha-saṁskārayor abhibhava-prādurbhāvau nirodha-kṣaṇa-cittānvayo nirodha-pariṇāmaḥ ||9||

tasya praśānta-vāhitā saṁskārāt ||10||

sarvārthataikāgratayoḥ kṣayodayau cittasya samādhi-pariṇāmaḥ ||11||

tataḥ punaḥ śāntoditau tulya-pratyayau cittasyaikāgratā-pariṇāmaḥ ||12||

etena bhūtendriyeṣu dharma-lakṣaṇāvasthā-pariṇāmā vyākhyātāḥ ||13||

śāntoditāvyapadeśya-dharmānupātī dharmī ||14||

kramānyatvaṁ pariṇāmānyatve hetuḥ ||15||

pariṇāma-traya-saṁyamād atītānāgata-jñānam ||16||

śabdārtha-pratyayānām itaretarādhyāsāt saṁskaraḥ | tat-pravibhāga-saṁyamāt sarva-bhūta-ruta-jñānam ||17||

saṁskāra-sākṣat-karaṇāt pūrva-jāti-jñānam ||18||

pratyayasya para-citta-jñānam ||19||

na ca tat sālambanaṁ, tasyāviṣayībhūtatvāt ||20||

kāyarūpasaṁyamāt tadgrāhyaśaktistambhe cakṣuḥprakāśāsaṁprayoge’ntardhānam ||21||

etena śabdādyantardhānamuktam sopakramaṁ nirupakramaṁ ca karma| tatsaṁyamād aparāntajñānam, ariṣṭebhyo vā ||22||

maitryādiṣu balāni ||23||

baleṣu hastibalādīni ||24||

pravṛttyālokanyāsāt sūkṣmavyavahitaviprakṛṣṭajñānam ||25||

bhuvanajñānaṁ sūrye saṁyamāt ||26||

candre tārāvyūhajñānam ||27||

dhruve tadgatijñānam ||28||

nābhicakre kāyavyūhajñānam ||29||

kaṇṭhakūpe kṣutpipāsānivṛttiḥ ||30||

kūrmanāḍyāṁ sthairyam ||31||

mūrdhajyotiṣi siddhadarśanam ||32||

prātibhād vā sarvam ||33||

hṛdaye cittasaṁvit ||34||

sattvapuruṣayoratyantāsaṁkīrṇayoḥ pratyayāviśeṣo bhogaḥ parārthatvāt svārthasaṁyamāt puruṣajñānam ||35||

tataḥ prātibhaśrāvaṇavedanādarśāsvādavārtā jāyante ||36||

te samādhāv upasargā| vyutthāne siddhayaḥ ||37||

bandhakāraṇaśaithilyāt pracārasaṁvedanāc ca cittasya paraśarīrāveśaḥ ||38||

udānajayājjalapaṅkakaṇṭakādiṣvasaṅga utkrāntiśca ||39||

samānajayāt prajvalanam ||40||

śrotrākāśayoḥ saṁbandhasaṁyamād divyaṁ śrotram ||41||

kāyākāśayoḥ saṁbandhasaṁyamāl laghutūlasamāpatteścākāśagamanam ||42||

bahirakalpitā vṛttirmahāvidehā| tataḥ prakāśāvaraṇakṣayaḥ ||43||

sthūlasvarūpasūkṣmānvayārthavattvasaṁyamādbhūtajayaḥ ||44||

tato’ṇimādiprādurbhāvaḥ kāyasaṁpat taddharmānabhighātaś ca ||45||

rūpalāvaṇyabalavajrasaṁhananatvāni kāyasaṁpat ||46||

grahaṇasvarūpāsmitānvayārthavattvasaṁyamād indriyajayaḥ ||47||

tato manojavitvaṁ vikaraṇabhāvaḥ pradhānajayaśca ||48||

sattva-puruṣānyatā-khyāti-mātrasya sarva-bhāvādhiṣṭhātṛtvaṁ sarva-jñātṛtvaṁ ca ||49||

tadvairāgyādapi doṣabījakṣaye kaivalyam ||50||

sthāny-upanimantraṇe saṅga-smayākaraṇaṁ punaḥ aniṣṭa-prasaṅgāt ||51||

kṣaṇatatkramayoḥ saṁyamādavivekajaṁ jñānam ||52||

jātilakṣaṇadeśairanyatā|anavacchedāt tulyayostataḥ pratipattiḥ ||53||

tārakaṁ sarvaviṣayaṁ sarvathāviṣayam akramaṁ ceti vivekajaṁ jñānam ||54||

sattva-puruṣayoḥ śuddhi-sāmye kaivalyam iti ||55||

iti patañjali-viracite yoga-sūtre tṛtīyo vibhūtipādaḥ

# caturthaḥ kaivalya-pādaḥ |

janmauṣadhimantratapaḥsamādhijāḥ siddhayaḥ ||1||

jātyantarapariṇāmaḥ prakṛtyāpūrāt ||2||

nimittam aprayojakaṁ prakṛtīnāṁ| varaṇabhedastu tataḥ kṣetrikavat ||3||

nirmāṇacittānyasmitāmātrāt ||4||

pravṛttibhede prayojakaṁ cittam ekam anekeṣām ||5||

tatra dhyānajam anāśayam ||6||

karmāśuklākṛṣṇaṁ yoginaḥ trividham itareṣām ||7||

tatastadvipākānuguṇānām evābhivyaktirvāsanānām ||8||

jātideśakālavyavahitānām apyānantaryaṁ,

smṛtisaṁskārayoḥ ekarūpatvāt ||9||

tāsām anāditvaṁ cāśiṣo nityatvāt ||10||

hetuphalāśrayālambanaiḥ saṁgṛhītatvād eṣām abhāve tad-abhāvaḥ ||11||

atītānāgataṁ svarūpato’styadhvabhedād dharmāṇām ||12||

te vyaktasūkṣmā guṇātmānaḥ ||13||

pariṇāmaikatvād vastutattvam ||14||

vastusāmye cittabhedāt tayorvibhaktaḥ panthāḥ ||15||

na caikacittatantraṁ vastu tad apramāṇakaṁ tadā kiṁ syāt ||16||

taduparāgāpekṣatvāt cittasya vastu jñātājñātam ||17||

sadā jñātāścittavṛttayastatprabhoḥ puruṣasyāpariṇāmitvāt ||18||

na tat svābhāsaṁdṛśyatvāt ||19||

ekasamaye cobhayānavadhāraṇam ||20||

cittāntaradṛśye buddhibuddheratiprasaṅgaḥ smṛtisaṁkaraśca ||21||

citerapratisaṁkramāyāstadākārāpattau svabuddhisaṁvedanam ||22||

draṣṭṛ-dṛśyoparaktaṁ cittaṁ sarvārtham ||23||

tad asaṁkhyeya-vāsanā-citram api parārthaṁ saṁhatya-kāritvāt ||24||

viśeṣa-darśina ātma-bhāva-bhāvanā-vinivṛttiḥ ||25||

tadā viveka-nimnaṁ kaivalya-prāg-bhāraṁ cittam ||26||

tac-chidreṣu pratyayāntarāṇi saṁskārebhyaḥ ||27||

hānam eṣāṁ kleśavad uktam ||28||

prasaṁkhyāne’py akusīdasya sarvathāviveka-khyāter dharma-meghaḥ samādhiḥ ||29||

tataḥ kleśakarmanivṛttiḥ ||30||

tadā sarvāvaraṇamalāpetasya jñānasyā|anantyājjñeyam alpam ||31||

tataḥ kṛtārthānāṁ pariṇāmakramaparisamāptirguṇānām ||32||

kṣaṇapratiyogī pariṇāmāparāntani{grā}|rhyaḥ kramaḥ ||33||

puruṣārthaśūnyānāṁ guṇānāṁ pratiprasavaḥ kaivalyaṁ, svarūpapratiṣṭhā vā citiśaktireti ||34||

iti patañjali-viracite yoga-sūtre caturthaḥ kaivalyapādaḥ |

|| iti pātañjala-yoga-sūtrāṇi ||