

pātañjalayogadarśanam



Chapter One samādhipādaḥ

This work evolved out of Paul's many visits to India for personal lessons with his teacher TKV Desikachar over two decades and respectfully acknowledges his teaching and the inspiration of his teacher T Krishnamacharya.

This Study Manual was first offered as an interactive guide for those students participating within a three year cYs Practitioner Training Programme with Paul Harvey. Details can be found at <http://www.yogastudies.org>.

In the Spirit of Yoga Community this workbook is now offered through Dharma Downloads as an open source document as a gesture of muditā.

Chapter One

॥ samādhī pādah ॥

॥ atha samādhīpādah ॥

atha yogānuśāsanam |

atha

yoga-

anuśāsanam

yogaścittavṛttinirodhaḥ |

yogaḥ

citta-

vṛtti-

nirodhaḥ

tadā draṣṭuḥ svarūpe'vasthānam |

tadā

draṣṭuḥ

svarūpe-

avasthānam

vṛttisārūpyamītarātra |

vṛtti-

sārūpyam-

itaratra

vṛttayaḥ pañcatayyaḥ kliṣṭākliṣṭāḥ |

vṛttayaḥ

pañcatayyaḥ

kliṣṭā-

akliṣṭāḥ

pramāṇaviparyayavikalpanidrāsmṛtayaḥ |

pramāṇa-

viparyaya-

vikalpa-

nidrā-

smṛtayaḥ

pratyakṣānumānāgamāḥ pramāṇāni |

pratyakṣa-

anumāna-

āgamāḥ

pramāṇāni

vīparyayo mīthyājñānamatadrūpapratiṣṭham |

vīparyayaḥ

mīthyā-

jñānam-

atad-

rūpa-

pratiṣṭham

śabdajñānānupātī vastuśūnyo' vikalpaḥ |

śabda-

jñāna-

anupātī

vastu-

śūnyaḥ

vikalpaḥ

abhāvpratyayālambanā tamovṛttirnidrā |

abhāva-

pratyaya-

ālambanā-

tamaḥ

vṛttiḥ

nidrā

anubhūtaviṣayaāsaṃpramoṣaḥ smṛtiḥ |

anubhūta-

viṣaya-

asaṃpramoṣaḥ

smṛtiḥ

abhyāsavairāgyābhyām tannirodhaḥ |

abhyāsa-

vairāgyābhyām

tad-

nirodhaḥ

tatra sthītau yātno'bhyaśaḥ |

tatra

sthītau

yātnaḥ

abhyaśaḥ

sa tu dīrghakālanairantaryasatkārādarāsevīto dṛḍhabhūmiḥ |

saḥ

tu

dīrgha-

kāla-

nairantarya-

satkāra-

ādara-

āsevitaḥ

dṛḍha-

bhūmiḥ

dr̥ṣṭānuśravikaviṣayavitr̥ṣṇasya vaśīkārasamjñā¹vairāgyam |

dr̥ṣṭa-

anuśravika-

viṣaya-

vit̥ṣṇasya

vaśīkāra-

samjñā-

vairāgyam

tatparam puruṣakhyāterguṇāvaitṛṣṇyam |

tat-

param

puruṣa-

khyāteḥ

guṇa-

vaitṛṣṇyam

viṭarkaviḥcārānandāsmitārūpānugamātsamprajñātaḥ |

vitarka-

vicāra-

ānanda-

asmitā-

rūpa-

anugamāt-

samprajñātaḥ

virāmapratyayābhyāsapūrvah saṃskāraśeṣo'nyah |

virāma-

pratyaya-

abhyāsa-

pūrvah

saṃskāra-

śeṣah

anyah

bhavapratyayo videhaprakṛtilayānām |

bhava-

pratyayaḥ

videha-

prakṛti-

layānām

śraddhāvīryasmṛtisamādhiprajñāpūrvaka itareṣām |

śraddhā-

vīrya-

smṛti-

samādhī-

prajñā-

pūrvakaḥ

itareṣām

tīvrasaṃvegānāmāsannaḥ |

tīvra-

saṃvegānām-

āsannaḥ

mṛdu madhyaadhimatratvāttato'pi viśeṣaḥ |

mṛdu-

madhya-

adhimātratvāt-

tataḥ

api

viśeṣaḥ

īśvarapraṇidhānādvā |

īśvara-

praṇidhānāt-

vā

kleśakarmavipākāśayairaparāmr̥ṣṭaḥ puruṣaviśeṣā īśvaraḥ |

kleśa-

karma-

vipāka-

āśayaḥ

aparāmr̥ṣṭaḥ

puruṣa-

viśeṣaḥ

īśvaraḥ

tatra niraṭiśayaṃ sarvajñabījam |

tatra

niraṭiśayaṃ

sarvajña-

bījam

sa eṣa pūrveṣāmapī guruḥ kālenānavacchedāt |

saḥ

eṣaḥ

pūrveṣām-

apī

guruḥ

kālena-

anavacchedāt

tasya vācakah praṇavaḥ |

tasya

vācakah

praṇavaḥ

tajjapastadarthabhāvanam |

tat-

japaḥ

tat-

artha-

bhāvanam

tataḥ pratyakcetanādhigamo'pyantarāyābhāvaśca |

tataḥ

pratyak-

cetanā-

adhigamaḥ

api-

antarāya-

abhāvaḥ

ca

vyādhistyānasamśayapramādālasyaaviratibhrāntidarśanālabdha-
bhūmikatvānavasthitatvāni cittavikṣepāste'ntarāyāḥ |

vyādhi-

styāna-

samśaya-

pramāda-

ālasya-

avirati-

bhrāntidarśana-

alabdhabhūmikatva-

navasthitatvāni-

cittavikṣepāḥ

te-

antarāyāḥ

duḥkhadaurmanasyāṅgamejayatvaśvāsprāśvāsā vikṣepasaha¹bhavaḥ |

duḥkha-

daurmanasya-

aṅgam-

ejayatva-

śvāsa-

praśvāsāḥ

vikṣepa-

saha-

bhavaḥ

tatpratiṣedhārthameka¹tattvābhyāsaḥ |

tat-

pratiṣedha-

artham

eka-

tattva-

abhyāsaḥ

maitrīkaruṇāmuditopekṣāṇām sukhaduḥkhaḥapūṇyāpūṇyaviṣayāṇām
bhāvanātaścittāprasādanam |

maitrī-

karuṇā-

muditā-

upekṣāṇām

sukha-

duḥkha-

pūṇya-

apūṇya-

viṣayāṇām

bhāvanātāḥ

citta-

prasādanam

pracchardana₁vidhāraṇābhyāṃ vā prāṇasya |

pracchardana-

vidhāraṇābhyāṃ

vā

prāṇasya

viṣayavati vā pravṛttirutpannā manasaḥ sthiti[!]nibandhini |

viṣayavati

vā

pravṛttiḥ

utpannā

manasaḥ

sthiti-

nibandhini

viśokā vā¹ jyotiṣmatī |

viśokā

vā

jyotiṣmatī

vītarāgaviṣayaṃ vā cittaṃ |

vīta-

rāga-

visayam

vā

cittam

svapna-nidra-jna-nala-mbanam va |

svapna-

nidra

jna-

alambanam

va

yathābhimatādhyānādvā |

yathā-

abhimata-

dhyānāt-

vā

paramaṇuparamamahattvānto'sya vaśīkāraḥ |

parama-

ṇu-

parama-

mahattva-

antaḥ

asya

vaśīkāraḥ

kṣīnavṛtterabhijātasyevā maṇergrahīṭṛgrahaṇagrāhyeṣu
tatsthatadañjanatā samāpattiḥ |

kṣīna-

vṛtteḥ

abhijātasya

iva

maṇeḥ

grahīṭṛ-

grahaṇa-

grāhyeṣu-

tad-

stha-

tad-

añjanatā

samāpattiḥ

tatra śabdārthajñānavikalpaiḥ saṅkīrṇā savitarkā samāpattiḥ |

tatra

śabda-

artha-

jñāna-

vikalpaiḥ

saṅkīrṇā

savitarkā

samāpattiḥ

smṛtīparīśuddhau svarūpaśūnyevārthamātranirbhāsā nirvitarkā |

smṛti-

parīśuddhau

svarūpa-

śūnyā-

iva-

artha-

mātra-

nirbhāsā

nirvitarkā

etayaiva savicārā nirvicārā ca sūkṣmaviṣayā¹ vyākhyātā |

etayā-

eva

savicārā

nirvicārā

ca

sūkṣma-

viṣayā

vyākhyātā

sūkṣma-viṣayatvam cāliṅgaparyavasānam |

sūkṣma-

viṣayatvam

ca-

aliṅga-

paryavasānam

tā eva sabījaḥ samādhiḥ |

tāḥ

eva

sabījaḥ

samādhīḥ

nirvicāravaiśāradye' dhyātmāprasādaḥ |

nirvicāra-

vaiśāradhye-

adhyātma-

prasādaḥ

ṛtaṃbharā tatra prajñā |

ṛtaṃ-

bharā

tatra

prajñā

śrutānumānaprajñābhyāmanyaviṣayā viśeṣārthatvāt |

śruta-

anumāna-

prajñābhyām

anya-

viṣayā

viśeṣa-

arthatvāt

tajjaḥ saṃskāro'nyasaṃskārapratibandhī |

tad-

jaḥ

saṃskāraḥ

anya-

saṃskāra-

pratibandhī

tasyāpi nirodhe sarvanirodhānnirbījaḥ samādhiḥ ॥

tasya-

api

nirodhe

sarva-

nirodhāt-

nirbījaḥ

samādhiḥ

॥ iti pātāñjala yoga darśane samādhipādaḥ ॥

॥ iti pātāñjala yoga darśane samāptaḥ ॥

॥ pātāñjalayogadarśanaṃ samādhipādaḥ ॥