

pātañjalayogadarśanam



Chapter Two sādhanapādaḥ

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 Two

॥ sādhanā pādāḥ ॥

॥ atha sādhanapādāḥ ॥

tapaḥ svādhyāyeśvarapraṇidhānāni kriyāyogaḥ |

tapaḥ

svādhyāya-

īśvara-

praṇidhānāni

kriyā-

yogaḥ

samādh**ī**bhāvanārthaḥ kleśatanūkarāṇārthaśca |

samādhi-

bhāvana-

arthaḥ

kleśa-

tanū-

karaṇa-

arthaḥ

ca

avidyāsmitārāgadveṣābhiniveśāḥ | kleśāḥ |

avidyā-

asmitā-

rāga-

dveṣa-

abhiniveśāḥ

klesāḥ

avidyā kṣetramūttareṣām prasuptatanuvicchinnoḍārāṇām |

avidyā

kṣetram-

uttareṣām

prasupta-

tanu-

vicchinna-

udārāṇām

anītyāśuciduḥkhānātmasu nītyaśucisukhātmakhyātīravidyā |

anitya-

aśuci-

duḥkha-

anātmasu

nītya-

śuci-

sukha-

ātma-

khyātīḥ

avidyā

drgdarśanaśaktyorekātmatevāsmi¹tā |

dr̥k-

darśana-

śaktyoḥ

eka-

ātmatā-

iva-

asmitā

sukhānuśayī rāgaḥ |

sukha-

anuśayī

rāgaḥ

duḥkhānuśayī dveṣaḥ |

duḥkha-

anuśayī

dveṣaḥ

svarasavāhī viduṣo'pi samārūḍho'bhiniveśaḥ |

sva-

rasa-

vāhī

viduṣaḥ

api

samārūḍhaḥ

abhiniveśaḥ

te pratiprasavaheyāḥ sūkṣmāḥ |

te

pratiprasava-

heyāḥ

sūkṣmāḥ

dhyānaheyāstadvṛttayaḥ |

dhyāna-

heyāḥ

tad-

vṛttayaḥ

kleśamūlaḥ karmāśayo dr̥ṣṭādr̥ṣṭajanmavedaniyaḥ |

kleśa-

mūlaḥ

karma-

āśayaḥ

dr̥ṣṭa-

adr̥ṣṭa-

janma-

vedaniyaḥ

sati mūle tadvipāko jātyāyurbhogāḥ |

sati

mūle

tad-

vipākaḥ

jāti-

āyuh

bhogāḥ

te hlādaparitāpaphalāḥ puṇyāpuṇyahetutvāt |

te

hlāda-

paritāpa-

phalāḥ

puṇya-

apuṇya-

hetutvāt

pariṇāmatāpasamskāraduḥkhaiguṇavṛttivirodhācca duḥkhaveva

sarvaṃ vivekinaḥ |

pariṇāma-

tāpa-

samskāra-

duḥkhaiḥ

guṇa-

vṛtti-

virodhāt-

ca

duḥkham

eva

sarvam

vivekinaḥ

heyaṃ duḥkha¹manāgatam |

heyam

duḥkham-

anāgatam

draṣṭṛdṛśyayoḥ saṃyogo heya¹hetuḥ |

draṣṭṛ-

dṛśyayoḥ

saṃyogaḥ

heya-

hetuḥ

prakāśakriyāsthitiśīlam bhūtendryātma_{ka}m bhogāpavargārtha_m

dr̥śyam |

prakāśa-

kriyā-

sthiti-

śīlam

bhūta-

indriya-

ātmakam

bhoga-

apavarga-

artham

dr̥śyam

viśeṣāviśeṣaliṅgamātrāliṅgāni guṇaparvāṇi |

viśeṣa-

aviśeṣa-

liṅgamātra-

aliṅgāni

guṇa-

parvāṇi

draṣṭā dṛśīmātraḥ śuddho'pi pratyayānupaśyaḥ ।

draṣṭā

dṛśi-

mātraḥ

śuddhaḥ

api

pratyaya-

anupaśyaḥ

tadartha eva dṛśyasyātmā |

tad-

arthaḥ

eva

dṛśyasya-

ātmā

kṛtārthaṃ prātināṣṭamapyanaṣṭam tadanyasādhāraṇatvāt |

kṛta-

artham

prati

naṣṭam-

api-

anaṣṭam

tad-

anya-

sādhāraṇatvāt

svasvāmiśaktyoḥ svarūpopalabdhihetuḥ saṃyogaḥ |

sva-

svāmi-

śaktyoḥ

sva-

rūpa-

upalabdhi-

hetuḥ

saṃyogaḥ

tasya heturavidyā |

tasya

hetuḥ

avidyā

tadabhāvātsamyogābhāvo hānaṃ tadḍṛśeḥ kaivalyam |

tad-

abhāvāt-

samyoga-

abhāvaḥ

hānam

tad-

ḍṛśeḥ

kaivalyam

vivekakhyātiraviplavā hānopāyaḥ |

viveka-

kyātiḥ

aviplavā

hāna-

upāyaḥ

tasya saptadhā prāntabhūmiḥ prajñā |

tasya

saptadhā

prānta-

bhūmiḥ

prajñā

yogāṅgānuṣṭhānādaśuddhikṣaye jñānadīptirāvivekākhyāteḥ |

yoga-

aṅga-

anuṣṭhānāt-

aśuddhi-

kṣaye

jñāna-

dīptiḥ

āviveka-

khyāteḥ

yama-
niyama-
āśana-
prāṇāyāma-
pratyāhāra-
dhāraṇā-
dhyāna-
samādhayaḥ
aṣṭau-
aṅgāni |

ahimsāsatyāsteyabrahmacaryāparigrahāyamāḥ |

ahimsā-

satya-

asteya-

brahmacarya-

aparigrahāḥ

yamāḥ

jātidēśakālasamayānavacchinnāḥ sārvabhaumā mahāvratam |

jāti-

dēśa-

kāla-

samaya-

anavacchinnāḥ

sārva-

bhaumāḥ

mahā-

vratam

śaucasam̐toṣatapaḥ svādhyāyeśvarapraṇidhānāni[!] niyamāḥ |

śauca-

sam̐toṣa-

tapaḥ

svādhyāya-

īśvara-

praṇidhānāni

niyamāḥ

vitarkabādhane pratipakṣa¹bhāvanam |

vitarka-

bādhane

pratipakṣa-

bhāvanam

vitarkā hiṃsādayaḥ kṛtakāritānumoditā lobhakrodhamohapūrvakā

mṛdumadhyādhimātrā duḥkhājñānānantaphalā iti

pratipakṣābhāvanam |

vitarkāḥ

hiṃsā-

ādayaḥ

kṛta-

kāritā-

anumoditāḥ

lobha-

krodha-

moha-

pūrvakāḥ

mṛdu-

madhya-

adhimātrāḥ

duḥkha-

ajñāna-

ananta-

phalāḥ

iti

pratipakṣa-

bhāvanam

ahimsāpratiṣṭhāyāṃ tatsannidhau vairatyāgaḥ |

ahimsā-

pratiṣṭhāyām

tad-

sannidhau

vaira-

tyāgaḥ

satya¹pratiṣṭhāyāṃ kriyā¹phalāśraytvam |

satya-

pratiṣṭhāyām

kriyā-

phala-

āśrayatvam

asteyapratīṣṭhāyāṃ sarvaratnōpasthānam |

asteya-

pratiṣṭhāyām

sarva-

ratna-

upasthānam

brahmacaryapratīṣṭhāyāṃ vīryalābhaḥ |

brahmacarya-

pratiṣṭhāyām

vīrya-

lābhaḥ

aparigrahasthairye janmakathamtāsambodhaḥ |

aparigraha-

sthairye

janma-

kathamtā

sambodhaḥ

śaucātsvāṅgajugupsā parairasaṃsargaḥ |

śaucāt-

svāṅga-

jugupsā-

paraiḥ

asaṃsargaḥ

sattvaśuddhisaumanasyaikāgryaindriyajayātmadarśanayogyatvāni ca |

sattva-

śuddhi-

saumanasya-

ekāgrya-

indriya-

jaya-

ātma-

darśana-

yogyatvāni

ca

saṃtoṣādanuttamaḥ sūkhalābhaḥ |

saṃtoṣāt-

anuttamaḥ

sukha-

lābhaḥ

kāyendriyasiddhiraśuddhikṣayāttapasah |

kāya-

indriya-

siddhiḥ

aśuddhi-

kṣayāt-

tapasah

svādhyāyādiṣṭadevatāsamprayogaḥ |

svādhyāyāt-

iṣṭa-

devatā-

samprayogaḥ

samādhisiddhirīśvarapraṇidhānāt |

samādhi-

siddhiḥ

īśvara-

praṇidhānāt

sthira¹sukhāmāsanam |

sthira-

sukham-

āsanam

prayatnaśaithilyānantasāmāpattibhyām |

prayatna-

śaithilya-

ananta-

samāpattibhyām

tato dvāṃdvānābhighātaḥ |

tataḥ

dvāṃdva-

anabhighātaḥ

tasminsatiśvāsapraśvāsayorgativicchedaḥ praṇāyāmaḥ |

tasmin-

sati

śvāsa-

praśvāsayoḥ

gati-

vicchedaḥ

praṇāyāmaḥ

bāhyābhyantarastambhavṛttirdeśakālasamkhyābhiḥ paridr̥ṣṭo

dirghasūkṣmaḥ |

bāhya-

ābhyantara-

stambha-

vṛttiḥ

deśa-

kāla-

samkhyābhiḥ

paridr̥ṣṭaḥ

dirgha-

sūkṣmaḥ

bāhyābhyantaraviṣayākṣepī caturthaḥ |

bāhya-

ābhyantara-

viṣaya-

ākṣepi-

caturthaḥ

tataḥ - kṣīyate prakāśāvaraṇam |

tataḥ

kṣīyate

prakāśa-

āvaraṇam

dhāraṇāsu ca योग्या॑ मानसा॒ |

dhāraṇāsu

ca

योग्या

मानसा॒

svaviṣayāsaṃprayoge cittasya svarūpānukāra¹ ivendriyāṇāṃ pratyāhāraḥ |

sva-

viṣaya-

asaṃprayoge

cittasya

svarūpa-

anukāraḥ

iva-

indriyāṇāṃ

pratyāhāraḥ

tataḥ paramā vaśyatendriyāṇām ॥

tataḥ

paramā

vaśyatā-

indriyāṇām

॥ iti pātañjala yoga darśane sādhanapādaḥ ॥

॥ iti pātañjala yoga darśane samāptaḥ ॥

॥ pātañjalayogadarśanaṃ sādhanapādaḥ ॥