

॥ atha samādhipādaḥ ॥

atha yogānuśāsānam | 1 |

yogaścittavṛttinirodhāḥ | 2 |

tadā draṣṭuḥ svarūpe'vāsthānam | 3 |

vṛttisārūpyamītaratra | 4 |

vṛttayaḥ pañcatayyaḥ kliṣṭākliṣṭāḥ | 5 |

pramānaviparyayavikalpanidrāsmṛtayaḥ | 6 |

pratyaksānumānāgamāḥ pramānāni | 7 |

viparyayo mīthyājñānamatadrūpapratīṣṭham | 8 |

śabdajñānānupātī vastuśūnyo vikalpaḥ | 9 |

abhāvapratyayālambanā tamovṛttirnidrā | 10 |

anubhūtaviṣayasāmpramoṣaḥ smṛtiḥ | 11 |

abhyāsavairāgyābhyām tānnirodhaḥ | 12 |

tatra sthītayāno' bhyāsaḥ | 13 |

sa tu dīrghakālanairāntaryasatkārādarāsevito

dṛḍhabhūmiḥ | 14 |

dṛṣtānuśravikaviṣayavitrṣṇasya

vaśīkārasamjñāvairāgyam | 15 |

tatparam puruṣakhyāterguṇāvaitrṣṇyam | 16 |

vitarkavicārānandāsmitārūpānugamātsāmprajñātaḥ | 17 |

virāmapratyayābhyāsapūrvaḥ samskāraśeṣo'nyaḥ | 18 |

bhavapratyayo videhprakṛtilayānām | 19 |

śraddhāvīryasmṛtisamādhiprajñāpūrvaka ītareṣām | 20 |

tīvrasamvegānāmāsannaḥ | 21 |

mṛdu madhyādhimātratvāttato' pī viśeṣaḥ | 22 |

īśvarapranīdhānādvā | 23 |

kleśakarmavipākāśyairaparāmṛṣṭaḥ puruṣaviśeṣa

īśvaraḥ | 24 |

tatra nīratiśayam sarvajñābījam | 25 |

sa eṣa pūrveṣāmapi guruḥ kālenānavacchedāt | 26 |

tasya vācakaḥ praṇavaḥ | 27 |

tajjapastadarthabhāvanam | 28 |

tataḥ pratyakcetanādhigamo' pyantarāyābhāvaśca | 29 |

vyādhistyānasamśayapramādālasyāviratibhrānti-

darśanālabdhabhūmikatvānavasthitatvāni

cītavikṣepāste' ntarayāḥ | 30 |

duḥkhadaurmanasyaṅgamejayatvāśvāsapraśvāsā

vikṣepaśahabhuvaḥ | 31 |

tatpratiṣedhārthamekatattvābhyāsaḥ | 32 |
maitrikaruṇāmuditopekṣāṇām
sukhaduḥkhaḥpunyāpunyaviṣayāṇām
bhāvanātaścittāprasādanam | 33 |
pracchardanavidhāraṇābhyām vā prāṇasya | 34 |
viṣayavatī vā pravṛttirutpannā
maṇasaḥ sthitiṇibandhini | 35 |
viśokā vā jyotiṣmatī | 36 |
vitarāgaviṣayaṃ vā cittaṃ | 37 |
svapnanidrājñānālambanaṃ vā | 38 |
yathābhimatādhyānādvā | 39 |
paramāṇuparamamaḥattvānto'sya vaśīkāraḥ | 40 |
kṣīṇavṛtterabhijātasyevā maṇergrahītrgrahaṇagrāhyeṣu
tatsthatadañjanatā sāmāpattiḥ | 41 |
tatra śabdārthajñānavikalpaiḥ saṅkīrṇā savitarkā
sāmāpattiḥ | 42 |
smṛtipariśuddhau svarūpaśūnyevārthamātranirbhāsā
nirvitarkā | 43 |
etayaiva savicārā nirvicārā ca sūkṣmaviṣayā

vyākhyātā | 44 |

sūkṣmaviṣayatvaṃ cāliṅgaparyavasānam | 45 |

tā eva sabījaḥ samādhiḥ | 46 |

nirvicāravaiśāradye 'dhyātmaprasādaḥ | 47 |

ṛtaṃbharā tatra prajñā | 48 |

śrutānumānaprajñābhyāmanyaviṣayā viśeṣārthatvāt | 49 |

tajjaḥ saṃskāro 'nyasaṃskārapratibandhi | 50 |

tasyāpi nirodhe sarvanirodhānnirbījaḥ samādhiḥ || 51 ||

|| iti pātāñjala yoga darśane samādhipādaḥ ||

|| pātāñjalayogadarśanam I 1-51 ||

|| atha sādhanapādaḥ ||

tapāḥ svādhyāyeśvarapraṇidhānāni kriyāyogaḥ | 1 |

samādhibhāvanārthaḥ kleśatanūkaṇārthaśca | 2 |

avidyāsmītārāgadveśābhiniवेशाḥ kleśāḥ | 3 |

avidyā kṣetramuttareṣām

prasuptatanuvicchinnoḍārāṇām | 4 |

anityāśuciduḥkhānātmasu

nityāśucisukhātmakhyātiravidyā | 5 |

dr̥gdarśanaśaktyorekātmatevāsmītā | 6 |

sukhānuśayī rāgaḥ | 7 |

duḥkhānuśayī dveṣaḥ | 8 |

svarasavāhī viduṣo'pi samārūḍho'bhiniवेशाḥ | 9 |

te pratiprasavaheyāḥ sūksmāḥ | 10 |

dhyānaheyāstadvṛttayah | 11 |

kleśamūlaḥ karmāśayo dr̥ṣṭādr̥ṣṭajanmavedaniyah | 12 |

sāti mūle tadvipāko jātyāyurbhogāḥ | 13 |

te hlādaparitāpaphalāḥ puṇyāpuṇyahetutvāt | 14 |

pariṇāmatāpasamskāraduḥkhairguṇavṛttivirodhācca

duḥkhameva sarvaṃ vivekinaḥ | 15 |

heyam duḥkhamānāgatam | 16 |

draṣṭr̥dr̥śyayoḥ saṃyogo heyahetuḥ | 17 |

prakāśakriyāsthitiśilam bhūtendriyātmakam

bhogāpavargārthaṃ dr̥śyam | 18 |

viśeṣāviśeṣaliṅgamātrāliṅgāni guṇāparvāṇi | 19 |

draṣṭā dr̥śīmātraḥ śuddho'pi pratyayānupaśyaḥ | 20 |

tadārtha eva dr̥śyasyātmā | 21 |

kṛtārthaṃ prati naṣṭamapyanaṣṭam

tadanyasādhāraṇatvāt | 22 |

svasvāmiśaktyoḥ svarūpopalabdhihetuḥ saṃyogaḥ | 23 |

tasya heturavidyā | 24 |

tadabhāvātsaṃyogābhāvo hānaṃ taddr̥śeḥ

kaivalyam | 25 |

vivekakhyātiraviviplavā hānopāyah | 26 |

tasya saptadhā prāntabhūmiḥ prajñā | 27 |

yogaṅgānuṣṭhānādaśuddhikṣaye

jñānadīptirāvivekakhyāteḥ | 28 |

yamaniyamāsanapraṇāyāmapratyāhāradhāraṇā-

dhyānasamādhayo'sṭāvaṅgāni | 29 |

ahimsāsātyāsteyabrahmacaryāparigrahā yamāḥ | 30 |
jātidēśakālasamayānavacchinnāḥ sārvaḥaumā
mahāvratam | 31 |
śaucasamtoṣatapah svādhyāyeśvarapraṇidhānāni
niyamāḥ | 32 |
vitarkabādhane pratipakṣabhāvanam | 33 |
vitarkā hiṃsādayaḥ kṛtakāritānumoditā
lobhakrodhamohapūrvakā mṛdumadhyādhimātrā
duḥkhājñānānantaphalā iti
pratipakṣabhāvanam | 34 |
ahimsāpratiṣṭhāyām tatsannidhau vairatyāgaḥ | 35 |
satyapratīṣṭhāyām kriyāphalāśrayatvam | 36 |
asteyapratīṣṭhāyām sarvaratnōpasthānam | 37 |
brahmacaryapratīṣṭhāyām vīryalābhaḥ | 38 |
aparigrahasṭhairye janmakathamṭāsambodhaḥ | 39 |
śaucātsvāṅgajugupsā parairāsaṃsargaḥ | 40 |
sattvaśuddhisamanasyaikāgryendriyajayātma-
darśanayogyatvāni ca | 41 |
samtoṣādanuttamaḥ sukhālābhaḥ | 42 |

kāyendriyasiddhiraśuddhikṣayāttapasah | 43 |
svādhyāyādiṣṭadevatāsamprayogaḥ | 44 |
samādhisiddhiriśvarapraṇidhānāt | 45 |
sthirasukhāmāsanam | 46 |
prayatnaśaithilyānantasamāpattibhyām | 47 |
tato dvaṃdvānābhighātaḥ | 48 |
tasminsatisvāsapraśvāsayorgativicchedaḥ
prāṇāyāmaḥ | 49 |
bāhyābhyantarastambhavṛttirdeśakālasamkhyābhiḥ
paridrṣṭo dīrghasūkṣmaḥ | 50 |
bāhyābhyantaraviṣayākṣepī caturthaḥ | 51 |
tataḥ - kṣiyate prakāśāvaraṇam | 52 |
dhāraṇāsu ca योगyatā manasaḥ | 53 |
svaviṣayāsamprayoge cittasya svarūpānukāra
ivendriyāṇām pratyāhāraḥ | 54 |
tataḥ paramā vaśyatendriyāṇām || 55 ||

|| iti pātāñjala yoga darśane sādhanapādaḥ ||

॥ atha vibhūtipādaḥ ॥

deśabandhaścittasya dhāraṇā | 1 |

tatra pratyayaikatānatā dhyānam | 2 |

tadevārthamātranirbhāsam svarūpaśūnyamiva
samādhiḥ | 3 |

trayamekatrā saṃyamah | 4 |

tajjayātprajñālokaḥ | 5 |

tasya bhūmiṣu vinyogaḥ | 6 |

trayamantaraṅgaṃ pūrvebhyaḥ | 7 |

tadapi bahiraṅgaṃ nirbijasya | 8 |

vyutthānanirodhasaṃskārayorabhibhāvaprādurbhāvau
nīrodhakṣaṇacittānvayo nirodhapariṇāmaḥ | 9 |

tasya praśāntavāhitā saṃskārāt | 10 |

sarvārthataikāgratayoḥ - kṣayodayau cittasya
samādhipariṇāmaḥ | 11 |

tataḥ punaḥ śāntodītau tulyapratyayau
cittasyaikāgratāpariṇāmaḥ | 12 |

etena bhūtendriyeṣu dharmalakṣaṇāvasthāpariṇāmā
vyākhyātāḥ | 13 |

śāntoditāvyapadeśyadharmānupātī dharmī | 14 |

kramānyatvaṃ pariṇāmānyatve hetuḥ | 15 |

pariṇāmatrayasaṃyamādatītānāgatajñānam | 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 hastibalādīni | 24 |

pravṛttyālokanyāsātsūkṣmavyavahitaviprakṛṣṭa-
jñānam | 25 |

bhuvanajñānaṃ sūrye saṃyamāt | 26 |

candre tāravyyūhajñānam | 27 |

dhruve tadgatijñānam | 28 |

nābhicakre kāavyūhājñānam | 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 |
bandhakāraṇaśaithilyātpracārasamvedanācca cīttasya
paraśarīrāveśaḥ | 38 |
udānajayājjalapaṅkakaṅṭhakādiṣvaṅga utkrāntiṣca | 39 |
samānajayājjalānam | 40 |
śrotrākāśayoḥ sambandhasamyamāddivyaṃ
śrotram | 41 |

kāyākāśayoḥ sambandhasamyamāllaghutūla-
samāpattesākāśagamānam | 42 |
bahirakalpītā vṛttirmahāvidehā tataḥ
prakāśāvaraṇakṣayaḥ | 43 |
sthūlasvarūpasūkṣmānvayārthavattva-
samyamādbhūtajayaḥ | 44 |
tato'ṇimādiḥprādurbhāvaḥ
kāyasampattaddharmānabhigātaṣca | 45 |
rūpalāvanyabalavajrasamhananatvāni kāyasampat | 46 |
grahaṇasvarūpāsmiṭānvayārthavattva-
samyamādindriyajayaḥ | 47 |
tato manojavitvaṃ vikaraṇabhāvaḥ
pradhānajayaṣca | 48 |
sattvapuruṣānyatākhyātimātrasya
sarvabhāvādhiṣṭhātrtvam sarvajñātrtvam ca | 49 |
tadvairāgyādapi doṣabijakṣayē kaivalyam | 50 |
sthānyupanīmatraṇe saṅgasmayākaraṇam
punaraniṣṭāprasaṅgāt | 51 |
kṣaṇatatkramayōḥ samyamādvivekajam jñānam | 52 |

jātilakṣaṇadeśairanyatānavacchedāttulyayostataḥ

pratipattiḥ | 53 |

tārakaṃ sarvaviṣayaṃ sarvathāviṣayamakramaṃ ceti

vivekajaṃ jñānam | 54 |

sattvapuruṣayoḥ śuddhisāmye kaivalyam || 55 ||

|| iti pātāñjala yoga darśane vibhūtipādaḥ ||

|| pātāñjalayogadarśanam III 1-55 ||

॥ atha kaivalyapādaḥ ॥

janmauṣadhimantrapaḥ samādhijāḥ siddhayāḥ | 1 |

jātyantaraparināmaḥ prakrtyāpūrāt | 2 |

nimittamaprayojakam prakrtinām varanabhedastataḥ

- kṣetrikavat | 3 |

nirmānacittānysmitāmātrāt | 4 |

pravrttibhede prayojakam cittamekamānekeṣām | 5 |

tatra dhyānajamānāśayam | 6 |

karmāsuklākrṣṇam yoginastrividhamitareṣām | 7 |

tatastadvipākānuguṇānāmevābhivyaktirvāsānānām | 8 |

jātideśakālavyavahitānāmapyānantaryam

smrtisamskārayorekārūpatvāt | 9 |

tāsāmānāditvam cā''śiṣo nityatvāt | 10 |

hetuphalāśrayālambanaiḥ samgrhitatvādeṣāmabhāve

tadabhāvaḥ | 11 |

atitānāgatam

svarūpato''styadhvabhedāddharmānām | 12 |

te vyaktasūkṣmā guṇātmānaḥ | 13 |

pariṇāmaikatvādvastutattvam | 14 |

vastusāmye cittabhedāttayorvibhaktaḥ panthāḥ | 15 |

na caikacittantram cedvasta tadapramānakam tadā

kim syāt | 16 |

taduparāgāpekṣitvāccittasya vastu jñātājñātam | 17 |

sadā jñātāscittavrttayastatprabhoḥ

puruṣasyāparināmitvāt | 18 |

na tatsvābhāsam drṣyatvāt | 19 |

ekasamaye cobhayānavadhāranam | 20 |

cittāntaradrṣye

buddhibuddheratiprasaṅgaḥ smrtisankaraśca | 21 |

citerapratisankramāyāstadākārāpattau

svabuddhisamvedanam | 22 |

draṣtrdrṣyoparaktam cittam sarvārtham | 23 |

tadasankhyeyavāsānābhiścitramapi parārtham

samhatyākāritvāt | 24 |

viṣeṣadarsina ātmabhāvabhāvānānivrttiḥ | 25 |

tadā vivekanimnam kaivalyaprāgbhāram cittam | 26 |

tacchidreṣu pratyayāntarāṇi samskārebhyaḥ | 27 |

hānameṣām kleśavaduktam | 28 |

prasaṅkhyāne'pyakusīdasya sarvathā

vivekakhyāterdharmameghaḥ samādhiḥ | 29 |

tataḥ kleśakarmanivṛttiḥ | 30 |

tadā sarvāvaraṇamalāpetasya

jñānasyānantyājñāneyamalpam | 31 |

tataḥ kṛtārthanām

pariṇāmakramasamāptirguṇānām | 32 |

kṣaṇapratiyogī pariṇāmāparāntanirgrāhyaḥ

kramah | 33 |

puruṣārthaśūnyānām guṇānām pratiprasavaḥ

kaivalyaṃ svarūpapratīṣṭhā vā cītīśaktirīti || 34 ||

|| iti pātañjala yoga darśane kaivalyapādaḥ ||

|| iti pātañjala yoga darśane samāptaḥ ||

|| pātañjalayogadarśanam IV 1-34 ||

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