

## Yoga Sutras of Patanjali

### Samadhi Pada -- Absorption

- 1.1 – 1.4 – the beginning and purpose of *yoga*
- 1.5 – there are 5 *vrttis* – they can be painful or not painful
  - 1.6 – 1.11 – list plus explanation of each
- 1.12 – How to still the *vrttis* – *abhyasa vairagya*
  - 1.13 – 1.14 – practice
  - 1.15 – detachment/dispassion
- 1.16 – Ultimate dispassion/awareness is transcending the *gunas*
  - 1.17 – 1.22 – aspects of/approaches to *samadhi*
- 1.23 – Or total devotion surrender to *isvara*
  - 1.24 – 1.26 – aspects of *isvara*
  - 1.27 – *isvara* is symbolized by *om* or *pranava*
- 1.28 – 1.29 – Om/meditation on *isvara* removes obstacles
  - 1.30 – Obstacles (9)
  - 1.31 – Further distractions (4)
  - 1.32 – Removal of obstacles demands one pointed attention
  - 1.33 – 1.39 – Meditation practices to remove the obstacles
- 1.40 – 1.46 – description of stages of *samadhi* (*sabija samadhi* – with seed)
- 1.47 – 1.51 – cessation of thought -> spiritual illumination -> truth-bearing wisdom
  - > light of wisdom -> *nirbija samadhi*

***Addresses the working of the mind/consciousness***

***Essentially says, “Here’s the situation and here’s the promise”***

## **Sadhana Pada -- Practice**

2.1 – *tapas, svadhyaya, and isvara pranidhana* constitute *kriya yoga*

2.2 – the practice of yoga reduces afflictions and leads to *samadhi*

2.3 – there are five afflictions (*klesas*) – listed

2.4 – 2.9 – explanation of each (2 for *avidya*)

2.10 – 2.15 – resolving the afflictions/*karma*

2.16 – suffering that has not yet come is to be avoided

2.17 – cause of suffering is identification of seer and seen; need to dissociate them

2.18 – 2.27 – seer/seen, *kaivalya* (emancipation), discriminative awareness

2.28 – by dedicated practice of *yoga*, impurities are destroyed and the light shines

2.29 – there are 8 limbs of *yoga* – listed

2.30 – 2.31 – *yamas* listed; not bound by time, place and class

2.32 – *niyamas* listed

2.33 – 2.34 – inquiring into the opposite/introspection as remedy

2.35 – 2.39 – consequences of being established in each of the *yamas*

2.40 – 2.45 – consequences of each of the *niyamas* (2 – body and mind – for *sauca*)

2.46 – 2.48 – *asana*; consequence – undisturbed by dualities

2.49 – 2.53 – *pranayama*; consequence – clarity of perception; prepares mind for *dharana*

2.54 – 2.55 – *pratyahara*; consequence – control/drawing in of the senses

***Note that Sadhana also means “quest” – it is a spiritual quest***

## **Vibhuti Pada - Powers**

3.1 – *dharana* – one-pointed concentration

3.2 – *dhyana* – uninterrupted flow of attention

3.3 – *samadhi* – subject and object merge, self-awareness disappears

3.4 – these 3 together are *samyama*

3.5 – 3.6 – *samyama* -> light of wisdom, in stages/spheres

3.7 – 3.8 – internal vis a vis first 5 limbs but external vis a vis *nirbija samadhi*

3.9 – 3.13 – transformation of the mind – *nirodha parinama*; *samadhi parinama*;  
*ekagrata parinama*;

## **Kaivalya Pada - Emancipation**