

BOOK III

Supernormal Powers

भाष्यम्—उक्तानि पञ्च वहिरङ्गाणि साधनानि, धारणा वक्तव्या ।

देशबन्धचित्तस्य धारणा ॥ १ ॥

नाभिचक्रे हृदयपुण्डरीके मूर्द्धि, ज्योतिषि नासिकाग्रं जिह्वाग्रं, इत्येव-
मादिषु देशेषु बाह्ये वा विषये चित्तस्य वृत्तिमात्रेण बन्ध इति धारणा ॥ १ ॥

The five external aids to (or branches of) Yoga have been explained ; (now) Dhāraṇā is to be explained.

Dhāraṇā Or Attention Is The Mind's (Chitta's) Fixation On A Particular Point Of Space. 1.

Dhāraṇā or attention consists in holding or fixing the mind on the navel circle, or on the lotus of the heart, or on the effulgent centre of the head, or on the tip of the nose or of the tongue or on such like spots in the body, or on any external object, by means of the modifications of the mind (1)

(1) In the case of intra-organic regions, the mind is fixed directly through immediate feeling. But in the case of external objects the mind is fixed not directly but through the modifications of the senses. By external objects are meant external sounds, forms and the like. That fixation of the mind in which there is consciousness only of the region or object on which it has been fixed, and the other senses being withdrawn do not apprehend their respective objects, and being restrained they cease to do their normal functions, is of the nature of controlled Dhāraṇā and it is an aid to Samādhi.

It should be noted that although Dhāraṇā or fixation is practised in Prāṇāyāma (breath control), yet it is not the primary Yogic Dhāraṇā or fixation of mind. What is practised in Prāṇāyāma though generally called "Dhyāna-dhāraṇā" (holding the mind fixed in meditation) is really Bhāvanā or contemplative