

APPENDIX B
COLLECTION OF YOGA APHORISMS
BOOK I
ON CONCENTRATION

1. Now then Yoga is being explained.
2. Yoga is the suppression of the modifications of the mind.
3. Then the Seer abides in itself.
4. At other times the Seer appears to assume the form of the modifications of the mind.
5. They (modifications) fall into five varieties, of which some are 'Kliṣṭa' and the rest 'Akliṣṭa'.
6. (They are) Pramāṇa, Viparyaya, Vikalpa, (dreamless) sleep and recollection.
7. (Of these) Perception, inference and testimony (verbal communication) constitute the Pramāṇas.
8. Viparyaya or illusion is wrong knowledge formed of a thing as other than what it is.
9. The modification called 'Vikalpa' is based on verbal cognition in regard to a thing which does not exist. (It is a kind of useful knowledge arising out of the meaning of a word but having no corresponding reality).
10. Dreamless Sleep is the mental modification produced by the condition of inertia in the state of absence (of waking and dreaming).
11. Memory is mental modification caused by reproduction of the previous impression of an object without stealing from anything else.
12. By practice and detachment they can be stopped.
13. Exertion to acquire Sthiti or a tranquil flow of mind devoid of fluctuations, is called Abhyāsa or practice.
14. That practice when continued constantly for a long time without break and with devotion, becomes firm in foundation.
15. When the mind loses all passion for objects seen or described in sacred tradition, it acquires a state of utter desirelessness which is called Detachment.