

चोभः । यदंगान्येजयति कम्पयति तदङ्गमेजयत्वम् । प्राणो यद्वाह्यं वायु-
माचामति स श्वासः, यत् कौण्डव्यायुं निःसारयति स प्रश्वासः, एते विक्षेप-
सहभुवो विक्षिप्तचित्तस्यैते भवन्ति समाहितचित्तस्यैते न भवन्ति ॥ ३१ ॥

**Sorrow, Dejection, Restlessness, Inhalation And Exhalation
Arise From (Previous) Distractions. 31.**

Sorrow is of three kinds—*Ādhyātmika* (arising within oneself), *Ādhibhautika* (inflicted by some other creature) or *Ādhidaivika* (through natural calamity). Upset by which creatures try to stop it, *i.e.* remedy it—that is sorrow. Dejection is caused through non-fulfilment of desire or when wished-for things do not happen. The upsetting of bodily equilibrium or steadiness results in shakiness of the body. The ordinary process of taking in the breath and exhaling the same (1) is also a companion of mental distraction. These disturbances generally take place in a restless state of the mind. They do not appear in a reposeful mind.

(1) The natural process of inhalation and exhalation is referred to here. When this is done unconsciously or unwillingly it is detrimental to concentration. The regulated breathing, *i.e.* fixed inhalation and exhalation which is practised for bringing about concentration through *Prāṇāyāma* is not likely to produce disturbance or obstacles. In complete concentration, breathing generally stops but the flow of inner consciousness resulting from *Prāṇāyāmic* breathing continues and if recollection thereof is consciously maintained, it brings about concentration on that object.

भाष्यम्—अथ एते विक्षेपाः समाधिप्रतिपक्षास्ताभ्यामेवाभ्यासवैराग्याभ्या-
न्निरोद्धव्याः । तत्राभ्यासस्य विषयमुपसंहरन्निदमाह—

तत्प्रतिषेधार्थमेकतत्त्वाभ्यासः ॥ ३२ ॥

विक्षेपप्रतिषेधार्थमेकतत्त्वावलंबनं चित्तमभ्यसेत् । यस्य तु प्रत्यर्थनियतं
प्रत्ययमात्रं क्षणिकं च चित्तं तस्य सर्वमेव चित्तमेकाग्रं नास्त्येव विक्षिप्तम् ।