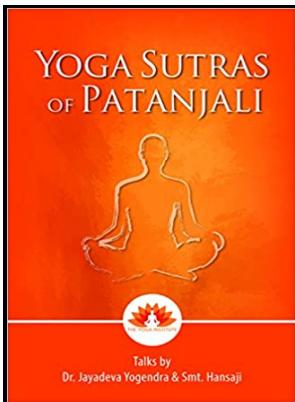


# **Yoga sutras of Patanjali**

Integral Yoga Publications - The Yoga Sutras of Patanjali



Description: -

Bills, Legislative -- United States.  
Valbuena, Bernardo de, 1568-1627  
Yoga.  
Yoga, Rāja.  
Patañjali.yoga sutras of Patanjali  
-yoga sutras of Patanjali  
Notes: Includes bibliographical references.  
This edition was published in 1990

Notes: Includes bibliographical references (p. 263) and index.  
This edition was published in 1990



Filesize: 47.109 MB

Tags: #Patanjali #Yoga #Sutras #: #Commentary #by #Sri #Sri

## The Yoga

Asamprajñātayoga-- nirvijasya 8  
 nirodhakṣanacittānvayo nirodhapariṇāmāḥ 9 The subjugation abhibhava of the latent impression s --saṁskāra-- saṁskārayoḥ of the manifest state  
 --i. Take a few breaths and consider if the thing arising is a perceived agitation, a fear, or a real perception. First Section: On concentration  
 || Vyutthānanirodhasaṁskārayorabhībhavaprādurbhāvau  
 || Atha yogānuśāsanam 1 And now begins atha the instruction anuśāsanam regarding Yoga yoga 1  
 || Yogāscittavṛttimirodhah 2 Yoga yogah is the suppression nirodhah of the  
 modifications vṛtti of mind citta 2  
 || Tadā draṣṭuḥ svarūpe'vasthānam  
 3 Then tadā , there is an abiding avasthānam in the essential nature sva-rūpe of the Seer draṣṭuḥ 3  
 || Vṛttisārūpyamitaratra 4 On other occasions itaratra , there is identity sārūpyam  
 between the Seer and the modifications of mind vṛtti 4  
 || Vṛttayah pañcatayyah kliṣṭā akliṣṭāḥ 5 The mental modifications vṛttayah , which form a group of 5 pañcatayyah ,  
 may be or may not be based upon Kleśa-s --afflictions-- kliṣṭāḥ akliṣṭāḥ 5  
 || Pramānaviparyayavikalpanidrāsmṛtyayah 6 Correct  
 knowledge pramāṇa , false knowledge viparyaya , verbal knowledge about something that is nonexistent vikalpa , deep sleep nidrā and  
 recollection --smṛti-- smṛtyayah are the five modifications of mind 6  
 || Pratyakṣānumānāgamaṁ pramāṇāni 7 Direct perception pratyakṣa , inference anumāna and testimony --āgama-- āgamāḥ are the Pramāṇa-s  
 pramāṇāni 7  
 || Viparyayo  
 mithyājñānamatadrūpapratīṣṭham 8 Viparyaya viparyayah is illusory mithyā knowledge jñānam based pratīṣṭham on mistaking a particular form for  
 something completely different atad-rūpa 8  
 || Śabdajñānānupātī vastuśunyo vikalpah 9 Vikalpa vikalpah proceeds anupātī from a verbal śabda cognition jñāna about something which is devoid  
 śunyah of reality vastu 9  
 || Abhāvapratyayālambanā  
 vṛttimidrā 10 The modification vṛttih known as Nidrā or deep sleep nidrā is based ālambanā upon the mental state pratyaya of nonexistence  
 abhāva 10  
 || Anubhūtavisayāsampramoṣah smṛtiḥ 11 Smṛti or  
 recollection smṛtiḥ is the reproduction, without taking anything from any other sources asampramoṣah , of the thing viṣaya that was previously  
 experienced anubhūta 11  
 || Abhyāsavairāgyābhyaṁ tannirodhah  
 12 There is suppression nirodhah of that i.

## **Yoga Sutras of Patañjali: Ashtanga Yoga, Asanas, Pranayama**

Also through cleanliness and purity of body and mind shaucha comes a purification of the subtle mental essence sattva , a pleasantness, goodness and gladness of feeling, a one-pointedness with intentness, the conquest or mastery over the senses, and a fitness, qualification, or capability for self-realization.

### **The Yoga Sutras**

In that pure consciousness ishvara the seed of omniscience has reached its highest development and cannot be exceeded.

### **Patanjali's Yoga Sutras: A Beginner's Guide**

You must find a continued commitment to the process. The point here is that while knowledge is initially essential in leading the yogi practitioner through the various levels of samadhi, concentrative states, it is only through yoga, for Vijnanabhisu, that one can transcend the very intellect itself and thus the base of knowledge, to arrive at purusa, the ultimate state of pure, unconditioned awareness.

### **Pātañjalayogasūtra**

These codes of self-regulation or restraint become a great vow when they become universal and are not restricted by any consideration of the nature of the kind of living being to whom one is related, nor in any place, time or situation.

### **The Real Truth About the Yoga Sutras of Patanjali**

Concluding remarks The amount of time I have had to spend to complete this translation is really insane. Incorrect knowledge or illusion viparyaya is false knowledge formed by perceiving a thing as being other than what it really is.

---

## Related Books

- [Ancient law - its connection with the early history of society and its relation to modern ideas](#)
- [Law of damages](#)
- [Seventh catalogue of new double stars.](#)
- [Proceedings of the International Workshop on Flood Mitigation, Emergency Preparedness, and Flood Dis](#)
- [Khreshchatitskie i drugie](#)