

संदर्भगतोद्यशब्दोधिकारार्थस्तथासत्यथानोब्रह्मनिज्ञासेत्यादावपि प्रसंगइत्यतश्चाप्यमिति ननु  
केकथं पतंनत्वेयोगशब्दस्तत्त्वमित्याशंभसत्रकारेणानुशासनमित्युतंशिष्टस्मानुशासनमित्यर्थ  
नुशासनमिधिकृतमिति ननुमुत्पाद्यमानतयायोगोत्राधिकृतोननुशास्त्रमित्यतश्चाहवेदिन  
स्त्रेणकरणेनमुत्पाद्यकरणेनोच्यतेअमुत्पाद्यस्वभावापादेनकर्मिणोचरइतिकर्तव्यापार  
रगोचरतयानुयोगश्चाधिकृतइतिवाच्यशब्दस्यान्वर्थेनोपमानोद्व  
योगस्यानुशासने  
तमर्थसंदेहमपनयति योगःसमाधिःपुनसमाधौविसर्वाद्युत्पन्नःसमाधर्थो नमुपुनिरयोग  
योगस्यांगंनचांगमेवांगीयतश्चाहसर्वसर्वभौमःचक्षुद्येद्गुणैर्भिनति भूमयोवस्थावह  
सत्तासुसर्वासुवेदिनःसर्वभौमःचिन्नविरेधेनसणायोगस्तदुत्सुसमाधिर्नैवंभूतःमुत्सा  
वेवक्षामात्रेणप्रतिनिमित्तनुयोगशब्दस्यचिन्नवृत्तिनिरेधएवेतिपरमार्थः ७

YOGA IS THE  
DISSOLUTION OF  
MENTAL ACTIVITY

*Yoga Sutras of Patanjali*

# ASHTANGA: EIGHT LIMBS OF YOGA

Yama	Ethics of What Should Not Be Done
Niyama	Ethics of What Should Be Done
Asana	Posture, Harmony With One's Body
Pranayama	Harnessing Vital Energy
Pratyahara	Withdrawal of External Senses
Dharana	Equanimity
Dhyana	Meditation
Samadhi	Transcendent Experience



# COMPOSITION OF SELF

Atman

- Purusha, the Spirit

Buddhi

- Superior consciousness: discriminative insight (*viveka*), perception, intuition

Superior Manas

- Consciousness, individualized willpower

Inferior Manas

- The 'mind' in most common usage. Thoughts and emotions.
- Infused with ego: *samskaras* (imprints), *kleshas* (attachments, aversions)

Energy

- Vital 'winds' that sustain life in the body.

Body

- The physical vehicle.

# FIRST CHAPTER: SAMADHI

The first chapter: samadhi

prathamah samadhi-padah

1.1 Now, the teachings of yoga.

1.1 atha yoganusasanam

1.2 Yoga is the dissolution of mental activity.

1.2 yogas chitta-vritti-nirodhah

1.3 Then, the seer abides in its own true nature.

1.3 tada drastuh svarupe vasthanam

1.4 If not, the seer identifies with mental activity.

1.4 vritti-sarupyam itaratra



# VRITTIS: MENTAL ACTIVITY

1.2 Yoga is the stilling (nirodhah) of the waves (vrtti) of the mind (chitta).

1.2 Yoga is the dissolution (nirodhah) of mental (chitta) activity (vritti).



# SAMADHI

sam: union, collection, perfection

adhi: of a superior order, the highest

samadhi:

experience of perfect unity of volition and perception

meditative absorption

