

## Sāmadhi Pāda

- 1.1 Atha yogānuśāsanam
- 1.2 Yogaschittaa vṛtti nirodhaḥ
- 1.3 Tadā draṣṭuḥ svarūpe'vasthānam
- 1.4 Vṛtti sārūpyamitaratra
- 1.5 Vṛttayaḥ pañchatayyaḥ kliṣṭākliṣṭāḥ
- 1.6 Pramāṇa-viparyaya-vikalpa-nidrā smṛtayaḥ
- 1.7 Pratyakṣānumānāgamāḥ pramāṇāni
- 1.8 Viparyayo mithyājñanamadrūpapraṭiṣṭham
- 1.9 Śabdajñānānupāti vastu-śūnyo vikalpaḥ
- 1.10 Abhāva-pratyayālambanā vṛttinidrā
- 1.11 Anubhūtaṣayāsampramoṣaḥ smṛtiḥ
- 1.12 Abhyāsavairāgyābhyām tannirodhaḥ
- 1.13 Tatra sthitau yatno'bhyāsaḥ
- 1.14 Sa tu dīrghakāla nairantaryasatkārāsevito  
dṛḍhabhūmiḥ
- 1.15 Dṛṣṭānuśravika-ṣayāvitrṣṇasya vaśikāra-sañjñā  
vairāgyam
- 1.16 Tatparaṃ puruṣakhyāterguṇavairṣṇyam
- 1.17 Vitarka-vichārānandāsmitānugamāt  
samprajñātaḥ
- 1.18 Virāmapratyayābyāsapūvaḥ saṃskāraśeṣo'nyaḥ
- 1.19 Bhavapratyayo videhapprakṛtilayānām
- 1.20 Śraddhāvīryasmṛtisamādhiprajñāpūvaka itareṣām
- 1.21 Tīvrasaṃvegānāmāsannaḥ
- 1.22 mṛdumadhyādhimātratvāt tato'pi viśeṣaḥ
- 1.23 Īśvarapraṇidhānādvā
- 1.24 Kleśakarmavipākāśayairaparāmṛṣṭaḥ  
puruṣaviśeṣa Īśvaraḥ
- 1.25 Tatra niratiśayaṃ sarvajñabījam



- 1.46 Tā eva sabījaḥ samādhiḥ
- 1.47 Nirvichāravaiśāradye'dhyātmaprasādaḥ
- 1.48 Ṛtambharā tatra prajñā
- 1.49 Srutānumānaprajñābhyāmanyaviṣayā  
viśeṣārthatvāt
- 1.50 Tajjaḥ saṃskāro'nyasaṃkārapratibandhi
- 1.51 Tasyāpi nirodhe sarvanirodhānnirbījaḥ  
samādhiḥ

## Sādhana Pāda

- 2.1 Tapaḥsvādhyāyeśvarapraṇidhānāni kriyāyogaḥ
- 2.2 Samādhibhāvanārthaḥ kleśatanūkaraṇārthhaścha
- 2.3 Avidyāsmītārāgadveṣābhiniveśāḥ kleśāḥ
- 2.4 Avidyākṣetramuttareṣāṃ  
prasuptatanuvichchinnodārāṇām
- 2.5 Anityāśuchiduḥkānātmasu  
nityāśuchisukhātmakhyātiravidyā
- 2.6 Dṛgdarśanaśaktyorekātmatevāsmitā
- 2.7 Sukhānuśayī rāgaḥ
- 2.8 Duḥkhānuśayī dveṣaḥ
- 2.9 Svarasvāhi viduṣo'pi tathārūḍho'bhiniveśaḥ
- 2.10 Te pratiprasavaheyāḥ sūkṣmāḥ
- 2.11 Dhyānaheyāstadvṛttayaḥ
- 2.12 Kleśamūlaḥ karmāśayo  
dṛṣṭādṛṣṭajanmavedanīyaḥ
- 2.13 Sati mūle tadviāko jātyāyurbhogāḥ
- 2.14 Te hlādaparitāpaphalāḥ puṇāpuṇyahetutvāt
- 2.15 Pariṇāmatāpasamskāraduḥkhaiguṇabṛttivirodhāc  
hcha duḥkhameva sarvaṃ vivekinaḥ

- 2.16 Heyaṃ duḥkahmanāgatam  
2.17 Draṣṭṛdr̥śyayoḥ saṃyogo heyahetuḥ  
2.18 Prakāśadriyāstitiśīlam bhūtendriyātmakaṃ  
2.19 Viśeṣāviśeṣaliṅgamātrāliṅgāni guṇaparvāṇi  
2.20 Draṣṭā dr̥śimātraḥ śuddho'pi pratyayānupaśyaḥ  
2.21 Tadartha eva dr̥śyasyātmā  
2.22 Kṛtārtham prati naṣṭamapyanaṣṭam tadanya-  
sādhāraṇatvāt  
2.23 Svasvāmiśaktayoḥ svarūpopalabdhihetuḥ  
saṃyogaḥ  
2.24 Tasya heturavidyā  
2.25 Tadabhāvāt saṃyogābhāvo hānaṃ taddr̥śeḥ  
kaivalyam  
2.26 Vivekakhyātiraviplavā hānopāyaḥ  
2.27 Tasya saptadhā prāntabhūmiḥ prajñā  
2.28 Yogānganuṣṭānādaśuddhikṣaye  
jñānadīptirāvivekakhyāteḥ  
2.29 Yamaniyamāsanaprāṇāyāmapratyāhāradhāraṇād-  
hānasamādhayo'ṣṭāvaṅgāni  
2.30 Ahimśāsatyāsteyabrahmacharyāparigrahā yamāḥ  
2.31 Jātideśakālasamayānavachchinnāḥ  
sārvabhaumāmahāvratam  
2.32 Śauchasantoṣatapaḥsvādhyāyeśvarapraṇidhānāni  
niyamāḥ  
2.33 Vitarkabādhane pratipakṣabhāvanam  
2.34 Vitarkā hiṃsādayaḥ kṛtakāriānumoditā  
lobhakrodhamohapūrvakā mṛdumadhyādhimātrā  
duḥkhājñānānantaphalā iti pratipakṣabhāvanam  
2.35 Ahimśāpratiṣṭhāyām tatsaṃnidhau vairatyāgaḥ  
2.36 Satyapratīṣṭhāyām kriyāphalāśrayatvam  
2.37 Asteya pratiṣṭhāyaṃ sarvaratnopasthānam

- 2.38 Brahmacharyapraṭiṣṭhāyāṃ vīryalābhaḥ  
 2.39 Aparigrahasṭhairye janmakathantāsambodhaḥ  
 2.40 Śauchātsvāṅgajugupsā parairasaṃsargaḥ  
 2.41 Sattvaśuddhisaumanasyaikāgryendriyajayātma-  
 darśanaygyatvāni cha  
 2.42 Santoṣādanuttanasukhalābhaḥ  
 2.43 Kāyendriyasiddhiraśuddhikṣayāttapasah  
 2.44 Svādhyāyādiṣṭadevatāsamprayogaḥ  
 2.45 Samādhisiddhirīśvarapraṇidhānāt  
 2.46 Sthirasukhamāsanam  
 2.47 Prayatnaśaithilyānantasamāpattibhyām  
 2.48 Tato dvandvānabhighātaḥ  
 2.49 Tasmīnsati śvāsapraśvāsayorgativichchedaḥ  
 prāṇāyāmaḥ  
 2.50 Bāhyābhyantarastambhavṛttirdeśakāla-  
 saṅkhyābhiḥ paridrṣṭo dīrghasūkṣmaḥ  
 2.51 Bāhyābhyantaraviṣayākṣepī chaturthaḥ  
 2.52 Tataḥ kṣīyate prakāśāvaraṇam  
 2.53 Dhāraṇāsu cha योग्याता मानसाḥ  
 2.54 Svaviṣayāsamprayoge chittasyasvarūpānukāra  
 ivendriyāṇāṃ pratyāhāraḥ  
 2.55 Tataḥ paramā vaśyatendriyāṇāṃ

### Vibhūti Pāda

- 3.1 Deśabandhaśchittasya dhāraṇā  
 3.2 Tatra pratyayikatānatā dhyānam  
 3.3 Tadevārthamātranirbhāsaṃ svarūpaśūnyamiva  
 samādhiḥ  
 3.4 Trayamekatra saṃyamah

- 3.5 Tajjayātprajñālokaḥ
- 3.6 Tasya bhūmiṣu viniyogaḥ
- 3.7 Trayamantaraṅgaṃ pūrvebhyaḥ
- 3.8 Tadapi bahiraṅgaṃ nirbījasya
- 3.9 Vyutthānanirodhasaṃskārayorabhibhava-  
prādurbhāvau nirodhakṣaṇachittānvayo  
nirodhanpariṇāmaḥ
- 3.10 Tasya praśāntavāhitā saṃkārāt
- 3.11 Sarvārtahtaikāgratayoḥ kṣayodayau chittasya  
samādhipariṇāmaḥ
- 3.12 Tataḥ punaḥ śāntoditau tulyapratyayau  
chittasyaikāgratāpariṇāmaḥ
- 3.13 Etena bhūtendriyeṣu  
dharmalakṣaṇāvasthāpariṇāmāḥ vyākhyātāḥ
- 3.14 Śāntoditāvyapadeśyadharmānupātī dharmī
- 3.15 Kramānyatvaṃ pariṇāmānyatve hetuḥ
- 3.16 Pariṇāmatrayasaṃyamādatītānāgatajñānam
- 3.17 Śabdārthapratyayānāmitaretarādhyāsāt  
saṅkarastatpravibhāgasamyamāt  
sarvabhūtarutajñānam
- 3.18 Saṃskārasākṣātharaṇāt pūrvajāti jñānam
- 3.19 Pratyayasya parachittajñānam
- 3.20 Na cha tat sālambanaṃ tasyāviṣayīvhūtatvāt
- 3.21 Kāyarūpasamyamāt tadgrāhyaśaktistambhe  
chakṣuḥ prakāśāsamprayoge'ntardhānam
- 3.22 Etena śabdādyantardhānaṃ uktam
- 3.23 Sopkramaṃ niruparakramaṃ cha karma  
tatsamyamādaparāntajñānamariṣṭebhyo vā
- 3.24 Maitryādiṣu balāni
- 3.25 Baleṣu hastibalādīni

- 3.26 Pravṛtṭyālokanyāsāt  
sūkṣmavyavahitaviprakṛṣṭajñānam
- 3.27 Bhuvanajñānaṃ sūryesaṃyamāt
- 3.28 Chandre tāravyūhajñānam
- 3.29 Dhruve tadgatijñānam
- 3.30 Nābhichakre kāyavyūhajñānam
- 3.31 Kaṇṭhakūpe kṣutpipāsā nivṛtṭiḥ
- 3.32 Kūrmanāḍyāṃ sthairyam
- 3.33 Mūrdhajyotiṣi siddhadarśanam
- 3.34 Pratibhād vā sarvam
- 3.35 Hṛdaye chittasaṃvit
- 3.36 Sattva puruṣayoratyantāsaṅkīrṇayoḥ  
pratyayāviśeṣo bhogaḥ parārthatvāt  
svārthasaṃyamāt puruṣajñānam
- 3.37 Tataḥ prātibhaśrāvaṇavedanādarśāsavadavārtā  
jāyante
- 3.38 Te samādhāvupasargā vyutthāne siddhayaḥ
- 3.39 Bandhakāraṇaśaithilyātprachārasaṃbedanāchcha  
chittasya paraśarīrāveśaḥ
- 3.40 Udānajayājjalapaṅkakaṇṭakādiṣvasaṅga  
utkrāntiścha
- 3.41 Samānajayājivalanam
- 3.42 Śrotrākāśayoḥ sambandhasaṃyamāddivyaṃ  
śrotram
- 3.43 Kāyākāśayoḥ  
sambandhasaṃyamāllaghutūlasamāpatteśchākāśa  
gamanam
- 3.44 Bahirakalpītā vṛttirmahāvidehā tataḥ  
prakāśāvaraṇakṣayaḥ
- 3.45 Sthūlasvarūpasūkṣmānvayārthavattvasaṃyamād  
bhūtajayaḥ

- 3.46 Tato'ṇimādiṇṇādurbhāvaḥ  
kāyasampattaddharmānabhighātaścha
- 3.47 Rūpalāvāṇyabalavajrasaṃhananātvaṇi  
kāyasampat
- 3.48 Grahaṇasvarūpāsmitānvayārthavattvasaṃyamād-  
indriyajayaḥ
- 3.49 Tato manojavitvaṃ vikaraṇabhāvaḥ  
pradhānajayaścha
- 3.50 Sattvapuruṣānyatākhyātimātrasya  
sarvabhāvādhiṣṭhātṛtvam sarvajñātṛtvam cha
- 3.51 Tadvairāgyādapi doṣabījakṣaye kaivalyam
- 3.52 Sthānyupānimantraṇe saṅgasmayākaraṇam  
punaraniṣṭaprasaṅgāt
- 3.53 Kṣaṇatatkramayoḥ saṃyamādvivekajaṃ jñānam
- 3.54 Jātilakṣaṇadeśairanyatānavachchedāt  
tulyayostataḥ pratipattiḥ
- 3.55 Tārakaṃ sarvaviṣayam  
sarvathāviṣayamakramaṃ cheti vivekajaṃ  
jñānam
- 3.56 Sattvapuruṣayoḥ śuddhisāmye kaivalyamiti

## Kaivalya Pāda

- 4.1 Janmauṣadhimantratapaḥsamādhijāḥ siddhayaḥ
- 4.2 Jātyantarapariṇāmaḥ prakṛtyāpūrāt
- 4.3 Nimittamaprayojakaṃ prakṛtīnām  
varaṇabhedastu tataḥ kṣetrikavat
- 4.4 Nirmānachittānyasmitāmātrāt

- 4.5 Pravṛttibhede prayojakam  
chittamekamanekeṣām
- 4.6 Tatra dhyānajanāśayam
- 4.7 Karmāśuklākṛṣṇaṃ yoginastrividhamitareṣām
- 4.8 Tatastadvipākānugaṇānāmevābhivyaktir-  
vāsanānām
- 4.9 Jātideśakālavayavahitānāmapyānantaryaṃ  
smṛtiśaṃskārayorekarūpatvāt
- 4.10 Tāsāmanāditbaṃ chāśiṣo nityatvāt
- 4.11 Hetuphalāśrayālambanaiḥ  
saṅgrhītatvādeṣāmabhāve tadabhāvaḥ
- 4.12 Atītānāgatam  
svarūpato'stadvabhēdād dharmāṇām
- 4.13 Te vyaktasūkṣmā guṇātmānaḥ
- 4.14 Pariṇāmaikatvādvastutattvam
- 4.15 Vastusāmye chittabhēdāttayorvibhaktāḥ panthāḥ
- 4.16 Na chaika chittatantraṃ vastu tadapramāṇakaṃ  
tadā kiṃ syāt
- 4.17 Taduparāgāpekṣitvāchchittasya vastu  
jñātājñātam
- 4.18 Sadā jñātāśchittavṛttayastatprabhoh  
puruṣasyāpariṇāmitvāt
- 4.19 Na tatsvābhāsaṃ dṛśyatvāt
- 4.20 Ekasamaye chobhayānavadhāraṇam
- 4.21 Chittāntaradr̥śye buddhibuddheratiprasaṅgaḥ  
smṛtiśaṅkaraścha
- 4.22 Chitterapratisaṅkramāyāstadākārāpattau  
svabuddhisamvedanam
- 4.23 Draṣṭṛdr̥śyoparaktāṃ chittaṃ sarvārtham
- 4.24 Tadasaṅkhyeyavāsanābhiśchitramapi parārtham  
saṃhatyakāritvāt

- 4.25 Viśeṣadarśinaḥ ātmabhāvabhāvanāvinivṛttiḥ  
4.26 Tadā vivekanimnam kaivalyaprāgbhāram  
chittam  
4.27 Tachchhidreṣu pratyayāntarāṇi saṃskārebhyaḥ  
4.28 Hānameṣāṃ kleśavaduktam  
4.29 Prasaṅkhyāne'pyakusīdasya sarvathā  
vivekakhyāterdharmameghaḥ samādhiḥ  
4.30 Tataḥ kleśakarmanivṛttiḥ  
4.31 Tadā sarvāvaraṇamalāpetasya  
jñānasyānantyājñeyamalpam  
4.32 Tataḥ kṛtārthānām  
pariṇāmakramasamāptirguṇānām  
4.33 Kṣaṇapratiyogī pariṇāmāparāntanirgrāhyaḥ  
kramaḥ  
4.34 Puruṣārthaśūnyānām guṇānām pratiprasavaḥ  
kaivalyam svarūpapraṣṭhā vā chitśakteriti