

|| Patañjali Yoga Sūtra – Chapter 3 ||

atha vibhūtipādaḥ

- 3.1 deśabandhaḥ-cittasyā dhāraṇā |
- 3.2 tatra-pratyayaikatānatā-dhyānam |
- 3.3 tadeva-arthamātranirbhāsam-svarūpaśūnyamiva-samādhiḥ |
- 3.4 trayamekatrā-samyamaḥ |
- 3.5 tajjayāt-prajñālokaḥ |
- 3.6 tasya bhūmiṣu-viniyogaḥ |
- 3.7 trayamantaraṅgām-pūrvebhyaḥ |
- 3.8 tadapi bahiraṅgām-nirbījasya |
- 3.9 vyutthānanirodhasaṃskārayoḥ-abhibhāvaprādurbhāvau-nirodhakṣaṇacittānvayo-nirodhapariṇāmaḥ |
- 3.10 tasya-prāśāntavāhitā-saṃskārāt |
- 3.11 sarvārthataikāgratayoḥ-kṣayodayau-cittasya-samādhipariṇāmaḥ |
- 3.12 tataḥ-punaḥ-śāntoditau-tulyapratyayau-cittasya-ekāgratāpariṇāmaḥ |
- 3.13 etena-bhūtendriyeṣu-dharma-lakṣaṇa-avasthā-pariṇāmāḥ vyākhyātāḥ |
- 3.14 śānta-udita-avyapadeśya-dharmānupātī-dharmī |
- 3.15 kramānyatvaṃ-pariṇāmānyatve hetuḥ |
- 3.16 pariṇāmatrayasamyamāt-atītānāgatajñānam |
- 3.17 śabdārthapratyayānām-itaretarādhyāsāt-saṃkaraḥ-tatpravibhāgasamyamāt-sarvabhūtarūtajñānam |
- 3.18 saṃskārasākṣātkaraṇāt-pūrvajātijñānam |

- 3.19 pra₂tyaya₂sya₂-para₂citta₂jñā₂nam |
- 3.20 na₂ ca₂-tatsā₂lamba₂nam₂-tasyā₂viśayā₂bhū₂tatvāt |
- 3.21 kā₂ya₂rū₂pa₂sā₂myā₂māt₂-tadgrā₂hyaś₂aktista₂mbhe₂-ca₂kṣu₂ḥ-
pra₂kā₂sā₂sā₂mpra₂yoge₂-āntardhā₂nam |
- 3.22 so₂pa₂kra₂ma₂m₂-nirupa₂kra₂ma₂m₂ ca₂ karma₂-tatsā₂myā₂māt₂-
aparā₂ntajñā₂nam₂-ariṣṭe₂bhyo₂ vā |
- 3.23 maitryā₂dī₂ṣu₂-ba₂lā₂ni |
- 3.24 ba₂leṣu₂-hastiba₂lādī₂ni |
- 3.25 pra₂vṛ₂ttyā₂lo₂kanya₂śāt₂-sūkṣ₂ma₂-vyava₂hita₂-
viprakṛ₂ṣṭajñā₂nam |
- 3.26 bhuvanajñā₂nam₂-sū₂rye₂ sā₂myā₂māt |
- 3.27 candre₂-tārā₂vyū₂hajñā₂nam |
- 3.28 dhruve₂-tadgā₂tijñā₂nam |
- 3.29 nā₂bhica₂kre₂-kā₂yavyū₂hajñā₂nam |
- 3.30 kaṇṭ₂hakū₂pe₂-kṣu₂tpipa₂sā₂nivṛ₂tī₂ḥ |
- 3.31 kūr₂manā₂ḍyā₂m₂-stha₂iryam |
- 3.32 mū₂rdhaja₂yoti₂ṣi₂-siddha₂darśā₂nam |
- 3.33 prā₂tibhā₂dvā₂-sar₂vam |
- 3.34 hṛ₂daye₂-citta₂sā₂mvit |
- 3.35 sa₂ttva₂pu₂ru₂ṣayo₂ḥ₂-atyā₂ntā₂sā₂mki₂rṇayo₂ḥ₂-pra₂tyayā₂viśe₂ṣo₂-
bhoga₂ḥ₂-parā₂rtha₂t₂vāt₂-svār₂tha₂sā₂myā₂māt₂-
puru₂ṣajñā₂nam |
- 3.36 tā₂taḥ₂-prā₂tibha₂-śrā₂vaṇa₂-ve₂dana₂-ā₂darśa₂-ā₂svā₂davā₂r₂tā₂-
jā₂yante |
- 3.37 te₂-sā₂mā₂dhāvū₂pa₂sargā₂ḥ₂-vyut₂thā₂ne₂ siddha₂yaḥ |
- 3.38 ba₂ndha₂kā₂raṇa₂śa₂ithilyā₂t₂-pra₂cā₂rasā₂mve₂danā₂cca₂-
citta₂sya₂-para₂śarī₂rā₂ve₂śaḥ |
- 3.39 udā₂naja₂yāt₂-jā₂la₂-pa₂ṅka₂-kaṇṭ₂akā₂dī₂ṣu₂-ā₂saṅga₂ḥ₂-
ūt₂krā₂ntī₂śca |

- 3.40 samānajāyāt-jvalanam |
- 3.41 śrotrākāśayoḥ-sambandhasamyamāt-divyam
śrotram |
- 3.42 kāyākāśayoḥ-sambandhasamyamāt-
laghutūlasamāpateśca-ākāśagamanam |
- 3.43 bahirakalpītāvrttiḥ-mahāvidehā-tataḥ-
prakāśāvaraṇakṣayaḥ |
- 3.44 sthūla-svarūpa-sūkṣma-anvaya-
arthavattvasamyamāt-bhūtajayaḥ |
- 3.45 tato'ṇimādiprādurbhāvaḥ-kāyasampat-
taddharmānabhighātaśca |
- 3.46 rūpa-lāvaṇya-bala-vajrasamhananatvāni-kāyasampat |
- 3.47 grahaṇa-svarūpa-asmitā-anvaya-
arthavattvasamyamāt-indriyajayaḥ |
- 3.48 tato manojavitvam-vikaraṇabhāvaḥ-pradhānajayaśca |
- 3.49 sattvapuruṣa-anyaṭākhyātimātrasya-
sarvabhāvādhiṣṭhātṛtvam-sarvajñātṛtvam ca |
- 3.50 tadvairāgyādapi-doṣabījakṣayē-kaivalyam |
- 3.51 sthānyupanimantraṇe-saṅgasmayākaraṇam-
punaraniṣṭāprasāṅgāt |
- 3.52 kṣaṇatatkramayoḥ-samyamāt-vivekajam-jñānam |
- 3.53 jātilakṣaṇadeśaiḥ-anyaṭā-anavacchedāt-tulyayoḥ-
tataḥ-pratipattiḥ |
- 3.54 tārakam-sarvaviṣayam-sarvathāviṣayam-akramam
ceti-vivekajam jñānam |
- 3.55 sattvapuruṣayoḥ-śuddhisāmyē-kaivalyam |