

- II.1 tapah svādhyāya īśvarapraṇidhānāni kriyāyogaḥ |
II.2 samādhībhāvanārthaḥ kleśa tanūkaraṇārthaśca |
II.3 avidyā asmitā rāga dveṣa abhiniveśāḥ kleśāḥ |
II.4 avidyā kṣetram uttareṣāṃ prasupta tanu vicchinna
udārāṇām |
II.5 anitya āsuci duḥkha anātmasu nitya śuci sukha
ātmakhyātiḥ avidyā |
II.6 dṛgdarśanaśaktyoḥ ekātmatā iva āsmitā |
II.7 sukhānuśayī rāgaḥ |
II.8 duḥkhānuśayī dveṣaḥ |
II.9 svarasavāhī viduṣo'pi samārūḍhaḥ abhiniveśaḥ |
II.10 te pratiprasavaheyāḥ sūkṣmāḥ |
II.11 dhyānaheyāḥ tadvṛttayaḥ |
II.12 kleśamūlaḥ karmāśayo dṛṣṭādrṣṭajanma vedanīyaḥ |
II.13 sāti mūle tādvipāko jātyāyurbhogāḥ |
II.14 te hlādaparītāpaphalāḥ puṇyāpuṇyahetutvāt |

II.15 pariṇāma tāpa saṁskāra¹duḥkhaiḥ guṇavṛttivirodhācca

duḥkhameva sarvaṁ vivekinaḥ¹ |

II.16 heyam duḥkhamānāgatam¹ |

II.17 draṣṭṛdṛśyayoḥ saṁyogo¹ heyahetuḥ |

II.18 prakāśakriyāsthitiśīlam¹ bhūtendriyātma¹kaṁ

bhogāpavargārtham¹ dṛśyam |

II.19 viśeṣāviśeṣa liṅgamātrāliṅgāni¹ guṇaparvāṇi |

II.20 draṣṭā dṛśimātraḥ¹ śuddho'pi pratyayānupaśyaḥ¹ |

II.21 tadārtha¹ eva dṛśyasya ātmā |

II.22 kṛtārtham¹ pratināṣṭam¹ api anaṣṭam¹

tadanyasādhāraṇatvāt¹ |

II.23 svasvāmiśaktyoḥ svarūpopalabdhihetuḥ¹ saṁyogaḥ |

II.24 tasya¹ hetuḥ avidyā |

II.25 tadabhāvāt¹ saṁyogābhāvo¹ hānam¹ taddṛśeḥ¹

kaivalyam¹ |

II.26 vivekakhyātiḥ¹ avi¹plavā¹ hānopāyaḥ |

II.27 tasya¹ saptadhā¹ prāntabhūmiḥ¹ prajñā |

- II.28 yogāṅgānuṣṭhānāt aśuddhikṣaye jñānadīptiḥ
 āvivekākhyāteḥ ।
- II.29 yama niyama āsana prāṇāyāma pratyāhāra dhāraṇā
 dhyāna samādhayaḥ aṣṭau aṅgāni ।
- II.30 ahiṁsā satya asteya brahmacarya aparigrahāḥ yamāḥ ।
- II.31 jāti deśa kāla samaya anavacchinnaḥ
 sārvaubhaumāḥ mahāvratam ।
- II.32 śauca samtoṣa tapaḥ svādhyāya īśvarapraṇidhānāni
 niyamāḥ ।
- II.33 vitarkabādhane pratipakṣabhāvanam ।
- II.34 vitarkāḥ hiṁsādayaḥ kṛta kārītā anumoditāḥ lobha
 krodha mohapūrvakāḥ mṛdu madhya adhimātrāḥ duḥkha
 ajñāna anantaphalāḥ iti pratipakṣabhāvanam ।
- II.35 ahiṁsāpratiṣṭhāyām tatsannidhau vairatyāgaḥ ।
- II.36 satyapraṣṭhāyām kriyāphala āśrayatvam ।
- II.37 asteyapraṣṭhāyām sarvaratna upasthānam ।
- II.38 brahmacaryapraṣṭhāyām vīryalābhaḥ ।

II.39 aparigrahasthairye janmakathantā sambodhaḥ |

II.40 śaucāt svāṅgajugupsā parairāsaṃsargaḥ |

II.41 sattvaśuddhi saumanasya aikāgrya indriyajaya
ātmaśānti yogyatvāni ca |

II.42 santoṣāt anuttamaḥ sukhālābhaḥ |

II.43 kāyendriyasiddhiḥ aśuddhikṣayāt tapasaḥ |

II.44 svādhyāyāt iṣṭadevatāsaṃprayogaḥ |

II.45 samādhisiddhiḥ īśvarapraṇidhānāt |

II.46 sthiraśukhāmāsanam |

II.47 prayatnaśaithilya anantasamāpattibhyām |

II.48 tato dvandvānābhighātaḥ |

II.49 tasmin sati śvāsapraśvāsayoḥ gativicchedaḥ
prāṇāyāmaḥ |

II.50 bāhya ābhyantara stambhavṛttiḥ deśa kāla
saṅkhyābhiḥ paridr̥ṣṭo dīrghasūkṣmaḥ |

II.51 bāhya ābhyantara viśayākṣepī caturthaḥ |

II.52 tataḥ kṣīyate prakāśāvaraṇam |

II.53 dhāraṇāsu ca yogyatā manasaḥ |

II.54 svaviṣaya aśamprayoḡe cittasya svarūpānukāra
iva indriyāṇām pratyāhāraḥ |

II.55 tataḥ paramā vaśyatā indriyāṇām |