

- I.1 a_ṭha yoganuśāsanam |
- I.2 yogaḥ cittavṛttinirodhaḥ |
- I.3 tadā draṣṭuḥ svarūpe āvasthānam |
- I.4 vṛttisārūpyam itaraṭra |
- I.5 vṛttayaḥ pañcatayyaḥ kliṣṭākliṣṭāḥ |
- I.6 pramāṇa viparyaya vikalpa nidrā smṛtayaḥ |
- I.7 pratyakṣa anumāna āgamāḥ pramāṇāni |
- I.8 viparyayo mithyājñānam atadrūpapratiṣṭham |
- I.9 śabdajñānānupātī vastuśūnyo vikalpaḥ |
- I.10 abhāvapratyayālambanā tamovṛttirnidrā |
- I.11 anubhūtavīṣaya asaṁpramoṣāḥ smṛtiḥ |
- I.12 abhyāsavairāgyābhyāṁ tānnirodhaḥ |
- I.13 tatra sthītau yātno'bhyaśaḥ |
- I.14 sa tu dīrghakālanairantarya satkāra ādara āsevito
dṛḍhabhūmiḥ |
- I.15 dṛṣṭānuśravika viśayavitr̥ṣṇasya vaśīkārasamjñā vairāgyam |
- I.16 tatparam puruṣakhyāteḥ guṇavaitr̥ṣṇyam |
- I.17 vitarka vicāra ānanda aśmitārūpa anugamāt sāmprajñātaḥ |

- I.18 virāmapratyaya abhyāsapūrvah saṁskāraśeṣah anyah |
- I.19 bhavapratyayo videhaprakṛtilayānām |
- I.20 śraddhā vīrya smṛti samādhi prajñā pūrvaka itareṣām |
- I.21 tīvrasaṁvegānām āsannaḥ |
- I.22 mṛdu madhya adhimātratvāt tato'pi viśeṣah |
- I.23 īśvara praṇidhānādvā |
- I.24 kleśa karma vipāka āśayaiḥ aparāmrṣṭah puruṣaviśeṣa īśvarah |
- I.25 tatra niraśayaṁ sarvajñābījam |
- I.26 sa eṣa pūrveṣāmapi guruḥ kālenānavacchedāt |
- I.27 tasya vācakah praṇavaḥ |
- I.28 tajjapaḥ tadarthābhāvanam |
- I.29 tataḥ pratyakcetanādhiḡamaḥ api antarāyābhāvaśca |
- I.30 vyādhi styāna saṁśaya pramāda ālasya aviraṭi bhrāntidarśana
 alabdhabhūmikatva anavasthitatvāni cittavikṣepāḥ te
 antarāyāḥ |
- I.31 duḡkha daurmanasya aṅgamejayatva śvāsapraśvāsāḥ
 vikṣepasāhabhūvaḥ |
- I.32 tatpraṭiṣedhārtham ekatātvābhyāsaḥ |

- I.33 maṭrīkaruṇā muditopekṣāṇām sukhaduḥkha
 puṇyāpuṇyaviṣayānām bhāvanātaḥ cittāprasādanam |
- I.34 praçchardana viḍhāraṇābhyām vā prāṇasya |
- I.35 viṣayavatī vā pravṛttirutpannā maṇasaḥ sthīti niḅandhinī |
- I.36 viśokā vā jyotiṣmatī |
- I.37 vītarāgaviṣayām vā cittaṃ |
- I.38 svapnaṇīdrā jñānālabhanām vā |
- I.39 yathābhimatā dhyānādvā |
- I.40 paramāṇu paramamaḥattvāntaḥ asya vāśīkāraḥ |
- I.41 kṣīṇavṛtteḥ abhijātasyevā maṇeḥ grahītr grahaṇa grāhyeṣu
 tatstha tadañjanatā sāmāpattiḥ |
- I.42 tatra śabdārthajñānavikalpaiḥ saṅkīrṇā savitarkā sāmāpattiḥ |
- I.43 smṛtipariśuddhau svarūpaśūnyeva arthamātranirbhāsa
 nirvitarkā |
- I.44 etayaiva savicārā nirvicārā ca śūkṣmaviṣayā vyākhyātā |
- I.45 śūkṣmaviṣayatvaṃ ca aliṅgaparyavasānam |
- I.46 tā eva sabījaḥ samādhiḥ |
- I.47 nirvicāravaīśāradye adhyātmāprasādaḥ |
- I.48 ṛtambharā tātra prajñā |

I.49 śrutānumānaprajñābhyām anyaviṣayā viśeṣārthatvāt |

I.50 tajjaḥ saṁskāraḥ anyasaṁskārapratibandhī |

I.51 tasyāpi nirodhe sarvanirodhāt nirbijaḥ samādhiḥ |