

The Yoga Sutas of Patanjali

Vibhūti-Pādaḥ

- 1 Deśa bandhaś cittasya dhāraṇā
 - 2 tatra pratyaḥyāyika tānatā dhyānam
 - 3 tadevārthamātra nirbhāsaṃ svarūpaśūnyamiva samādhiḥ
 - 4 trayam ekatra saṃyamah
 - 5 tajjayāt prajñā lokah
 - 6 tasya bhūmiṣu viniyogaḥ
 - 7 trayam antaraṅgaṃ pūrvabhyaḥ
 - 8 tadapi bahiraṅgaṃ nirbījasya
 - 9 vyutthāna nirodha saṃskārayor abhibhava prādurbhāvau nirodha kṣaṇa cittānvayo nirodha pariṇāmah
 - 10 tasya praśānta vāhitā saṃskārāt
 - 11 sarvārtha taikā gratayoḥ kṣayodayau cittasya samādhi pariṇāmah
 - 12 tataḥ punaḥ śāntoditau tulya pratyaḥyāyau cittasyaikāgratā pariṇāmah
 - 13 etena bhūteṅdriyeṣu dharmalakṣaṇāvasthāpariṇāmā vyākhyātāḥ
 - 14 Śāntoditā vyapadeśya dharmānupātī dharmī
 - 15 kramānyatvaṃ pariṇāmānyatve hetuḥ
 - 16 pariṇāma traya saṃyamād atītānāgata jñānam
 - 17 Śabdārtha pratyaḥyānām itaretarādhyāsātsaṅkarastat pravibhāga saṃyamāt sarva-bhūta-ruta-jñānam
 - 18 saṃskāra sāk ṣāt karaṇāt pūrva jāti jñānam
 - 19 pratyaḥyasya para-citta jñānam
 - 20 na ca tat sālambanaṃ tasyā viṣayī bhūtatvāt
 - 21 kāya-rūpa-saṃyamāt tadgrāhya śaktistambhe cakṣuḥ prakāśasaṃprayoge'ntardhānam
 - 22 etena śabdādy antardhānam uktam
 - 23 sopakramaṃ nirupakramaṃ ca karma tat-saṃyamād aparānta jñānam ariṣṭebhyo vā
 - 24 maitryādiṣu balāni
 - 25 baleṣu hastibalādīni
 - 26 pravṛtṭyā loka-nyasāt sūkṣma vyavahita viprakṛṣṭa jñānam
 - 27 bhuvana jñānaṃ sūrye saṃyamāt
 - 28 candre tāra vyūha jñānam
 - 29 dhruve tadgati jñānam
 - 30 nābhi-cakre kaya-vyūhaj-jñānam
 - 31 kaṅṭhakūpe kṣutpipāsā nivṛtṭiḥ
 - 32 kūrma nāḍyāṃ sthairyam
 - 33 mūrdha jyotiṣi siddha-darśanam
 - 34 prātibhādvā sarvam
 - 35 hṛdaye citta-saṃvit
 - 36 sattva puruṣayor atyantasaṃkīrṇayoḥ pratyaḥyā viśeṣo bhogaḥ parārthatvāt svārtha saṃyamāt puruṣa jñānam
 - 37 tataḥ prātibha śrāvaṇa vedanā darśā svāda vārtā jāyante
 - 38 te samādihā vupasargā vyutthāne siddhayaḥ
 - 39 bandha kāraṇa śaithilyāt pracāra saṃvedanā ca cittasya paraśarīrā veśaḥ
 - 40 udāna jayāj jala paṅka kaṅṭakādiṣvasaṅga utkrāntiś ca
 - 41 samāna jayātjvalanam
 - 42 Śrotrā kāśayoḥ sambandha saṃyamād divyaṃ śrotram
 - 43 kāyākāśayoḥ sambandhasaṃyamāllaghutūla- samāpatteś cākāśa gamanam
 - 44 bahirakalpitaḥ vṛtṭir mahā-vidēhā tataḥ prakāśāvaraṇa-kṣayaḥ
 - 45 sthūla svarūpa-sūkṣma anvayārtha vattva saṃyamād bhūtajayaḥ
 - 46 tato'ṅimādi prādurbhāvaḥ kaya sampat-tad-dharmān abhighātaś ca
 - 47 rūpa lāvanya bala vajra saṃhan anatvāni kaya-sampat
 - 48 grahaṇa svarūpa asmitānvayārthavattva saṃyamād indriya-jayaḥ
 - 49 tato mano-javitvaṃ vikaraṇa-bhāvaḥ pradhāna-jayaś ca
 - 50 sattva puruṣānyatā khyāti mātrasya sarva-bhāvā dhiṣṭhā-trtvaṃ sarva-jñā-trtvaṃ ca
 - 51 tad-vairāgyā dapi doṣa bīja-kṣaye kaivalyam
 - 52 sthān yupani mantrāṇe saṅga-smayākaraṇaṃ punar-anīṣṭa-prasaṅgāt
 - 53 kṣaṇa tat kramayoḥ saṃyamād vivekajaṃ jñānam
 - 54 jāti lakṣaṇa deśair anyatā navacchedāt tulyayo stataḥ pratipattiḥ
 - 55 tāraḥ sarva-viṣayaṃ sarvathāviṣaya makramaṃ ceti vivekajaṃ jñānam
 - 56 sattva puruṣayoḥ śuddhisāmye kaivalyam
- Iti śrī Patañjala-Yoga-Darśane Vibhūti Pado Nāma trītiyaḥ pādaḥ**