

THE YOGA APHORISMS OF PATANJALI

(*William Q. Judge rendition*)

BOOK III, v. 24-33, p. 47-50

24. By performing concentration in regard to benevolence, tenderness, complacency, and disinterestedness, the ascetic is able to acquire the friendship of whomsoever he may desire.

25. By performing concentration with regard to the powers of the elements, or of the animal kingdom, the ascetic is able to manifest those in himself.

26. By concentrating his mind upon minute, concealed or distant objects, in every department of nature, the ascetic acquires thorough knowledge concerning them.

27. By concentrating his mind upon the sun, a knowledge arises in the ascetic concerning all spheres between the earth and the sun.

28. By concentrating his mind upon the moon, there arises in the ascetic a knowledge of the fixed stars.

29. By concentrating his mind upon the polar star, the ascetic is able to know the fixed time and motion of every star in the *Brahmanda* of which this earth is a part.

WQJ: "*Brahmanda*" here means the great system, called by some "*universe*," in which this world is.

30. By concentrating his mind upon the solar plexus, the ascetic acquires a knowledge of the structure of the material body.

31. By concentrating his mind upon the nerve center in the pit of the throat, the ascetic is able to overcome hunger and thirst.

32. By concentrating his mind upon the nerve center below the pit of the throat, the ascetic is able to prevent his body being moved, without any resistant exertion of his muscles.

33. By concentrating his mind upon the light in the head the ascetic acquires the power of seeing divine beings.

WQJ: There are two inferences here which have nothing to correspond to them in modern thought. One is, that there is a light in the head; and the other, that there are divine beings who may be seen by those who thus concentrate upon the "light in the head." It is held that a certain nerve, or psychic current, called *Brahmarandhra-nadi*, passes out through the brain near the top of the head. In this there collects more of the luminous principle in nature than elsewhere in the body and it is called *jyotis* – the light in the head. And, as every result is to be brought about by the use of appropriate means, the seeing of divine beings can be accomplished by concentration upon that part of the body more nearly connected with them. This point – the end of *Brahmarandhra-nadi* – is also the place where the connection is made between man and the solar forces.