

The Devotional Reading

Sunday 14th February 2021

The Yoga Aphorisms of Patanjali

Book I

Concentration

1. Assuredly, the exposition of Yoga, or Concentration, is now to be made.
2. Concentration, or Yoga, is the hindering of the modifications of the thinking principle.
3. At the time of concentration the soul abides in the state of a spectator without a spectacle.
4. At other times than that of concentration, the soul is in the same form as the modification of the mind.
5. The modifications of the mind are of five kinds, and they are either painful or not painful.
6. They are, Correct Cognition, Misconception, Fancy, Sleep, and Memory.
7. Correct Cognition results from Perception, Inference, and Testimony.
8. Misconception is Erroneous Notion arising from lack of Correct Cognition.
9. Fancy is a notion devoid of any real basis and following upon knowledge conveyed by words.
10. Sleep is that modification of the mind which ensues upon the quitting of all objects by the mind, by reason of all the waking senses and faculties sinking into abeyance.
11. Memory is the not letting go of an object that one has been aware of.
12. The hindering of the modifications of the mind already referred to, is to be affected by means of Exercise and Dispassion.
13. Exercise is the uninterrupted, or repeated, effort that the mind shall remain in its unmoved state.
14. This exercise is a firm position observed out of regard for the end in view, and perseveringly adhered to for a long time without intermission.
15. Dispassion is the having overcome one's desires.
16. Dispassion, carried to the utmost, is indifference regarding all else than soul, and this indifference arises from a knowledge of soul as distinguished from all else.

from the William Q. Judge rendition