

Yoga is Samādhiḥ

Dr. M.A. Jayashree and Kimberly Flynn



ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

om saha nāvavatu
saha nau bhunaktu
saha vīryaṃ karavāvahai
tejasvi nāvadhītamastu mā vidviṣāvahai
om śāntiḥ śāntiḥ śāntiḥ

Om

Together, may we be protected
May our spirits be nourished
May our actions be filled with vibrant energy and shared purpose
May our understanding be illuminated with clarity, and may we be free from discord and conflict
Om, peace, peace, peace

वन्दे गुरूणां चरणारविन्दे
संदर्शितस्वात्मसुखावबोधे ।
निश्चये जङ्गलिकायमाने
संसारहालाहलमोहशान्त्यै ॥

vande gurūṇāṃ caraṇāravinde

sandarśitasvātmasukhāvabodhe |
niśreyase jaṅgalikāyamāne
saṃsārahālāhalaṃmohaśāntyai ||

I bow to the lotus feet of the gurūs', who have revealed the inner self-bliss, liberating me from delusion, like the forest healer whose remedies of wild herbs pacify the deadly poison of saṃsāra, the cycle of birth and death

आबाहुपुरुषाकारं शङ्कचक्रासिधारिणम् ।
सहस्रशिरसं श्वेतं प्रणमामि पतञ्जलिम् ॥

ābāhupuruṣākāraṃ śaṅkacakrāsīdhāriṇam |
sahasraśīrasaṃ śvetaṃ praṇamāmi patañjalim ||

I bow to the Supreme Being Patañjali, whose arms hold the conch and wheel, and whose one thousand heads shine with the light of pure consciousness

योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन ।
योऽपाकरोत्तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मी ॥

yogena cittasya padena vācāṃ malaṃ śarīrasya ca vaidyakena |
yo'pākarottaṃ pravaraṃ munīnāṃ patañjalim prāñjalirānato'smi ||

For the transformation of yoga, which brightens the mind, the science of saṃskṛta, which illuminates the word, and the wisdom of healing, which restores the body, to master of these three paths, the great sage Patañjali, I bow

ॐ परमात्मने नमः श्री पातञ्जलयोगदर्शनम्

Om paramātmāne namaḥ śrī pātañjalayogadarśanam

Om, I bow to the supreme reality and to the wisdom of Patañjali's Yoga Philosophy

अथ समाधिः पादः

atha samādhīḥ pādah

Now the chapter on Samādhīḥ

1.1

अथ योगानुशासनम्

atha yogānuśāsanam

atha - now

yoga - yoga

anuśāsanam - instruction

1.2

योगश्चित्तवृत्तिनिरोधः

yogaścittavṛttinirodhaḥ

yogaḥ - yoga, samādhiḥ

citta - of the mind

vṛtti - activities

nirodhaḥ - mastery, control

1.3

तदा द्रष्टुः स्वरूपेऽवस्थानम्

tadā draṣṭuḥ svarūpe ‘vasthānam

tadā - then

draṣṭuḥ - of the seer, self, puruṣa

svarūpe - in it's own nature

avasthānam - settles down, abides

1.4

वृत्तिसारूप्यमितरत्र

vṛttisārūpyamitaratra

vṛtti - of the activities

sārūpyam - takes the form of the object

itatatra - at all other times

1.5

वृत्तयः पञ्चतय्यः क्लिष्टाक्लिष्टाः

vṛttayaḥ pañcatayyaḥ kliṣṭākliṣṭāḥ

vṛttayaḥ - activities

pañcatayyaḥ - of five types, varieties

kliṣṭāḥ - painful

akliṣṭāḥ - non-painful

1.6

प्रमाणविपर्ययविकल्पनिद्रास्मृतयः

pramāṇaviparyayavikalpanidrāsmṛtayaḥ

pramāṇa - the means of right knowledge

viparyaya - misconception

vikalpa - imagination

nidrā - sleep

smṛtayah - memory

1.7

प्रत्यक्षानुमानागमाः प्रमाणानि

pratyakṣānumānāgamāḥ pramāṇāni

pratyakṣam - direct perception

anumāna - inference

āgamaḥ - Vedas, śāstra

pramāṇāni - means of right knowledge

1.8

विपर्ययो मिथ्याज्ञानमतद्रूपप्रतिष्ठम्

viparyayo mithyājñānamatadrūpapraṭiṣṭham

viparyayaḥ - wrong understanding, misconception

mithyā - wrong, mistaken

jñānam - knowledge

atat - not of

rūpa - the original form

pratiṣṭham - established

1.9

शब्दज्ञानानुपाती वस्तुशून्यो विकल्पः

śabdajñānānupātī vastuśūnyo vikalpaḥ

śabda - words

jñāna - knowledge

anupātī - based on, which follows

vastu - of an object

śūnyaḥ - absence of

vikalpaḥ - imagination

1.10

अभावप्रत्ययालम्बना वृत्तिर्निद्रा

abhāvapratyayālambanā vṛttirnidrā

abhāva - absence

pratyaya - content

ālambanā - support

vṛttiḥ - activity

nidrā - sleep

1.11

अनुभूतविषयासम्प्रमोषः स्मृतिः

anubhūtaviṣayāsampramoṣaḥ smṛtiḥ

anubhūta - already experienced

viṣaya - of that subject matter

asampramoṣaḥ - is not erased

smṛtiḥ - memory

1.12

अभ्यासवैराग्याभ्यां तन्निरोधः

abhyāsavairāgyābhyāṃ tannirodhaḥ

abhyāsa - by constant practice

vairāgyābhyāṃ - and by detachment

tat - of that

nirodhaḥ - control

1.13

तत्र स्थितौ यत्नोऽभ्यासः

tatra sthitaṭ yatno ‘bhyāsaḥ

tatra - there (out of these abhyāsa and vairāgya)

sthitaṭ - in stability

yatnaḥ - putting forth effort

abhyāsaḥ - practice

1.14

स तु दीर्घकालनैरन्तर्यसत्कारासेवितो दृढभूमिः

sa tu dīrghakālanairantaryasatkārāsevito dṛḍhabhūmiḥ

saḥ - that (abhyāsa) is

tu - but

dīrgha - long

kāla - period of time

nairantarya - without interruption

satkāra - with devotion

āsevitah - served

dṛḍha - firmly

bhūmiḥ - grounded

1.15

दृष्टानुश्रविकविषयवितृष्णस्य वशीकारसंज्ञा वैराग्यम्

dr̥ṣṭānuśravikaviṣayavitr̥ṣṇasya vaśīkārasamjñā vairāgyam

dr̥ṣṭa - all that is seen, our present experiences

ānuśravika - the śruti, proclamations of the ancients

viṣaya - of these subjects (dr̥ṣṭa and ānuśravika)

vit̥ṣṇasya - one who is free from craving (t̥ṣṇa)

vaśīkāra - one who has control

samjñā - the mark

vairāgyam - this is detachment

1.16

तत्परं पुरुषख्यातेर्गुणवैतृष्ण्यम्

tatparam puruṣakhyāterguṇavait̥ṣṇyam

tat - than that (previous vairagya)

param - supreme

purūṣa - self

khyāteḥ - understanding

guṇa - of all three guṇas

vaiṭṣṇyam - non-craving, non-thirst (of the three guṇas)

इति श्री पातञ्जलयोगदर्शने समाधिः पादो नाम पञ्चदश सूत्राणि

Iti śrī pātañjalayogadarśane samādhiḥ pādo nāma pañcadaśa sūtrāṇi

1.23 - 1.29 īśvara

1.23

ईश्वरप्रणिधानाद्वा

īśvarapraṇidhānādvā

īśvara - supreme consciousness

praṇidhānāt - perfect absorption

vā - (evā) certainly

1.24

क्लेशकर्मविपाकाशयैरपरामृष्टः पुरुषविशेष ईश्वरः

kleśakarmavipākāśayairaparāmṛṣṭaḥ puruṣaviśeṣa īśvaraḥ

kleśa - the five afflictions

karma - action

vipāka - fruition of these actions

āśayaiḥ - reservoir of latent impressions

aparāmṛṣṭaḥ - untouched

puruṣa - being

viśeṣaḥ - special

īśvaraḥ - supreme consciousness

1.25

तत्र निरतिशयं सार्वज्ञबीजम्

tatra niratiśayaṃ sārvaññabījam

tatra - there (in īśvara)

niratiśayaṃ - incomparable, unsurpassed

sarvañña - omniscience, all knowledge

bījam - seed, source

1.26

स एष पूर्वेषामपि गुरुः कालेनानवच्छेदात्

sa eṣa pūrveṣāmapī guruḥ kālenānavacchedāt

saḥ - (saḥ) he - that īśvara

eṣa - (eṣaḥ) - is this guruḥ

pūrveṣām - predecessors

api - also

guruḥ - of all masters,

kālena - through out time

anavacchedāt - without a break

1.27

तस्य वाचकः प्रणवः

tasya vācakaḥ praṇavaḥ

tasya - his (īśvara)

vācakaḥ - verbal expression

praṇavaḥ - primordial and eternal om

1.28

तज्जपस्तदर्थभावनम्

tajjapastadarthabhāvanam

tat - that sound

japaḥ - repetition

tat - of that

artha - meaning

bhāvanam - deep feeling

1.29

ततः प्रत्यक्चेतनाधिगमोऽप्यन्तरायाभावश्च

tataḥ pratyakcetanādhigamo 'pyantarāyābhāvaśca

tataḥ - then (from that japa)

pratyak - perception, internal

cetanā - of cit, consciousness

adhigamaḥ - direct experience

api - also

antarāya - obstacles

abhāvaḥ - removal of

ca - and

ॐ स्वस्ति प्रजाभ्यः परिपालयन्तं न्यायेन मार्गेण महीं महीशः ।
गो ब्राह्मणेभ्यः शुभमस्तु नितं लोकः समस्तः सुखिनो भवन्तु ॥
ॐ शांतिः शांतिः शांतिः ॥

om svasti prajābhyaḥ paripālayantaṁ nyāyena mārgēṇa mahīṁ mahīśaḥ |
go brāhmaṇebhyaḥ śubhamastu nityaṁ

lokaḥ samastaḥ sukhino bhavantu ||
om śāntiḥ śāntiḥ śāntiḥ ||

May the guardian of the earth protect and nurture future generations, guiding them on the path of righteousness
May the revered cows whose nourishment sustains us, and the keepers of vedic and ancient wisdom be forever blessed with auspiciousness and goodness
May all beings in all worlds know happiness
Om, peace, peace, peace



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