

Yoga is Sādhana

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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 gurūṇām caraṇāravinde
sandarśitasvātmasukhāvabodhe |
nīśreyase 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'pākarottamṃ 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 patañjalayogadarśanam

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

अथ साधन पादः

atha sādhana pādaḥ

2.1

तपःस्वाध्यायेश्वरप्रणिधानानि क्रियायोगः

tapasṣvādhyāyeśvarapraṇidhānāni kriyāyogaḥ

tapasḥ - heating, purificatory disciplines

svādhyāya - study of yoga śāstra, praṇava japa

īśvara - supreme consciousness

praṇidhānānī - complete devotion

kriyā - practical, action

yogaḥ - yoga

2.2

समाधिभावनार्थः क्लेशतनूकरणार्थश्च

samādhībhāvanārthaḥ kleśatanūkaraṇārthaśca

samādhī - perfectly placed

bhāvana - experience

arthaḥ - purpose

kleśa - afflictions

tanū - thinning

karaṇa - making

arthaḥ - purpose

ca - and

2.3

अविद्यास्मितारागद्वेषाभिनिवेशाः क्लेशाः

avidyāsmītārāgadveṣābhiniveśāḥ kleśāḥ

avidyā - ignorance

asmitā - I am-ness

rāga - attachment

dveṣa - aversion

abhiniveśaḥ - fear of death

kleśāḥ. - afflictions

2.4

अविद्याक्षेत्रमुत्तरेषां प्रसुप्ततनुविच्छिन्नोदाराणाम्

avidyākṣetramuttareṣāṃ prasuptatanuvicchinnodārāṇām

avidyā - non-wisdom

kṣetram - field

uttareṣāṃ - of the following four

prasupta - dormant

tanu - thin, weak

vicchinna - cut

udārāṇām - full force

2.5

अनित्याशुचिदुःखानात्मसु नित्यशुचिसुखात्मख्यातिरविद्या

anityāśuciduḥkhānātmasu nityaśucisukhātmakhyātiravidyā

anitya - non-eternal

aśuci - unclean

duḥkha - suffering

anātmasu - non-self (all that is not puruṣa) in all these four

nitya - eternal

śuci - clean

sukha - happiness

ātma - self

khyātiḥ - understanding

avidyā - ignorance

2.6

दृग्दर्शनशक्त्योरेकात्मतेवास्मिता

dr̥gdarśanaśaktyorekātmatā ‘smitā

dr̥k (śakti) - the seer, consciousness

darśana (śakti) - the instruments of seeing

śaktyoḥ - of these two powers

eka - one (the same)

ātmatā - ātma

iva - as if

asmitā - I am-ness

2.7

सुखानुशयी रागः

sukhānuśayī rāgaḥ

sukha - happiness

anuśayī - that which follows

rāgaḥ - attachment

2.8

दुःखानुशयी द्वेषः

duḥkhānuśayī dveṣaḥ

duḥkha - sorrow, suffering

anuśayī - that which follows

dveṣaḥ - aversion

2.9

स्वरसवाधी विदुषोऽपि तथा रूढोऽभिनिवेशः

svarasavāhī viduṣo 'pi tathā rūḍho 'bhiniveśaḥ

sva - one's own

rasavāhī - flows

viduṣaḥ - of the scholar

api - also

tathā - in the same way

ārūḍhaḥ - well established

abhiniveśaḥ - fear of death

2.10

ते प्रतिप्रसवहेयाः सूक्ष्माः

te pratiprasavahāyāḥ sūkṣmāḥ

te - those (kleśas)

pratiprasava- involution

heyāḥ - avoided

sūkṣmāḥ - subtle

2.11

ध्यानहेयास्तद्धृतयः

dhyānāheyāstad vṛttayaḥ

dhyāna - by meditation

heyāḥ - to be removed

tat - those

vṛttayaḥ - vṛttis (kleśas)

2.12

क्लेशमूलः कर्माशयो दृष्टादृष्टजन्मवेदनीयः

kleśamūlaḥ karmāśayo dṛṣṭādrṣṭajanmavedaniyaḥ

kleśa - the afflictions are

mūlaḥ - the roots

karmāśayaḥ - reservoir (of past karmas)

dr̥ṣṭa - seen

adr̥ṣṭa - unseen

janma - births

vedanīyaḥ - experienced

2.13

सति मूले तद्विपाको जात्यायुर्भोगाः

sati mūle tadvipāko jātyāyurbhogāḥ

sati - as it exists

mūle - root

tat - of those

vipākaḥ - the fruition

jāti - birth category

āyuh - life span

bogāḥ - experiences

2.14

ते ह्लादपरितापफलाः पुण्यापुण्यहेतुत्वात्

te hlādaparitāpaphalāḥ puṇyāpuṇyahetutvāt

te - those (outcomes)

hlāda - delight

paritāpa - sorrow

phalāḥ - fruits

puṇya - actions with merit

apuṇya - actions against merit

hetutvāt - owing to the cause of past actions

2.15

परिणामतापसंस्कारदुःखैर्गुणवृत्तिविरोधाच्च दुःखमेव सर्वं विवेकिनः

pariṇāmatāpasanskāraduḥkhaigūṇavṛttivirodhācca duḥkhameva sarvaṃ vivekinaḥ

pariṇāma - change

tāpa - hardship

saṃskāra - impressions

duḥkaiḥ - sufferings

guṇa - three gunas

vṛtti - functions of that

virodhāt - opposing

ca - and

duḥkham - sorrow

eva - only

sarvam - all

vivekinaḥ - to the person with viveka

2.16

हेयं दुःखमनागतम्

heyam duḥkhamanāgatam

heyam - must be avoided

duḥkham - (that) sorrow

anāgatam - not yet come

2.17

द्रष्टृदृश्ययोः संयोगो हेयहेतुः

draṣṭṛdrśyayoḥ saṃyogo heyahetuḥ

draṣṭṛ - the seer

drśyayoḥ - (drśyam) the seen

saṃyogaḥ - association, interaction

heya - that duḥkha

hetuḥ - the cause

2.18

प्रकाशक्रियास्थितिशीलं भूतेन्द्रियात्मकं भोगापवर्गार्थं दृश्यम्

prakāśakriyāsthitiśīlaṃ bhūtendriyātmakaṃ bhogāpavargārthaṃ drśyam

prakāśa - sattva, light

kriyā - rajas, action

sthiti - tamas, inertia

sīlaṃ - character

bhūta - existence

indriya - senses

ātmakam - nature, prakṛti

bhoga - enjoyment, worldly experience

apavarga - liberation

artham - the purpose

dṛśyam - the seen, the manifest world

इति श्री पातञ्जलयोगदर्शने साधन पादो नाम अष्टादश सूत्राणि

Iti śrī pātañjalayogadarśane sādhana pādo nāma aṣṭādaśa sūtrāṇi

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

om svasti prajābhyah paripālayantaṁ nyāyena mārgēṇa mahīm 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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