**Chanting the Yoga Sutras**

**Chapter One: Samādhi Pāda**

Tracy Draksic (tracydraksic@gmail.com)

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| 1 | atha yogānuśāsanam | Now begins the instruction on the practice of yoga. |
| 2 | yogaś citta vṛtti nirodhaḥ | Complete mastery over the roaming tendencies of the mind is Yoga. |
| 3 | tadā draṣṭuḥ svarūpe’vasthānam | Then the seer becomes established in its essential nature. |
| 4 | vṛtti sārūpyam itaratra | Elsewhere the seer conforms to the roaming tendencies of the mind. |
| 12 | abhyāsa vairāgyābhyāṁ tannirodhaḥ  *choice a* | That [roaming] can be controlled through practice and non-attachment. |
| 13 | tatra sthitau yatno’bhyāsaḥ | **Ardent** effort to retain the peaceful flow of mind free of roaming tendencies is abhyāsa or practice. |
| 15 | dṛṣṭānuśravika viṣaya vitṛṣṇasya vaśīkāra saṁjñā vairāgyam | Vairāgya or non-attachment belongs to the one who is free from craving for sense objects and objects mentioned in the scriptures. |
| 23 | īśvarapraṇidhānādvā  *choice b* | Besides practice and non-attachment, samādhi [yoga] can also be reached by trustful surrender to God or Ishvara. |
| 27 | tasya vācakaḥ praṇavaḥ | Pranava (the syllable OM) is the denoter of That (Ishvara). |
| 32 | tat pratiṣedhārthamekatattvābhyāsaḥ | Meditation on one single reality is the way to overcome the obstacles on our path. |