

(meaningful) **Translation of yoga sutras of Patañjali**

1. Here and now begins the exposition on practical discipline of yoga which has come down through living tradition. (I.1)
2. Yoga is a state in which Chittavrittis (all activities of mind) become silent. (I.2)
3. In that inner silence the SELF abides in its own form. (I.3)
4. At other times through the process of identification with Chittavrittis, SELF seems to assume the form of whatever happens in the mind. (I.4)
5. Through the process of Abhyasa (constant vigilance to watch how the mind functions) and Vairagya (attitude of remaining free from any attachment) one can achieve this inner silence. (I.12)
6. Also through developing an attitude of surrendering oneself to the presence of Ishwara (innermost higher transcendental SELF) one can bring inner silence. (I.23)
7. The Kriya Yoga (practical discipline of yoga) involves Tapas (intensely focused action in a disciplined way), Swadhyaya (study that would develop self-awareness) and Ishwarapranidhana (feeling the presence of divine spirit as inner reality). (II.1)
8. Avidya (misapprehension about the real nature of things), Asmita (I-am-ness), Raga (attachment), Dvesha (aversion) and Abhinivesha (fear of death) are the five Kleshas (afflictions). (II.3)
9. Suffering in future can definitely be eliminated (through freedom from Kleshas which lead to suffering). (II.16)
10. Clear and distinct (unimpaired) Viveka (discriminative knowledge) brings the freedom. (II.26)
11. The diligent practice of different components of yogic discipline removes the inner impurities and brings in the illumination of discriminative knowledge. (II.28)
12. Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi are the eight components of yogic discipline. (II.29)