

om paramātmāne namaḥ

śrīpātañjalayogadarśanam

atha vibhūti pādaḥ

deśa-bandhaś cittasya dhāraṇā ||3.1||

tatra pratyaikaikatānatā dhyānam ||3.2||

tadevārtha-mātra-nirbhāsam svarūpa-śūnyamiva samādhiḥ ||3.3||

trayamekatra samyamah ||3.4||

tajjayāt prajñālokaḥ ||3.5||

tasya bhūmiṣu viniyogaḥ ||3.6||

trayamantaraṅgaṁ pūrvebhyaḥ ||3.7||

tadapi bahiraṅgaṁ nirbījasya ||3.8||

vyutthāna-nirodha-saṁskārayor + abhibhava-prādurbhāvau /  
nirodhakṣaṇa-cittānvayo nirodha-pariṇāmaḥ ||3.9||

tasya praśānta-vāhitā saṁskārāt ||3.10||

sarvārthataikāgratayoḥ kṣayodayau / cittasya samādhi-pariṇāmaḥ ||3.11||

tataḥ punaḥ śāntoditau / tulya-pratyayau cittasyaikāgratā pariṇāmaḥ ||3.12||

etena bhūtendriyeṣu dharma-lakṣaṇāvasthā-pariṇāmā vyākhyātāḥ ||3.13||

śāntoditāvvyapadeśya-dharmānupātī dharmī ||3.14||

kramānyatvam pariṇāmānyatve hetuḥ ||3.15||

pariṇāma-traya-samyamād atītānāgata-jñānam ||3.16||

śabdārtha-pratyayānām itaretarādhyāsāt saṅkarastat-pravibhāga-  
samyamāt sarva-bhūta-ruta-jñānam ||3.17||

saṁskāra-sākṣāt-karaṇāt pūrva-jāti-jñānam ||3.18||

pratyayasya para-citta-jñānam ||3.19||

na ca tat sālambanam tasyāviṣayībhūtatvāt ||3.20||

kāya-rūpa-saṁyamāt tad-grāhya-śakti-stambhe  
cakṣuḥprakāśāsamprayoge 'ntardhānam ||3.21||

sopakramam nirupakramam ca karma tat-saṁyamād  
aparānta-jñānam ariṣṭebhyo vā ||3.22||

maitryādiṣu balāni ||3.23||

baleṣu hasti-balādīni ||3.24||

pravṛttyāloka-nyāsāt sūkṣma-vyavahita-viprakṛṣṭa-jñānam ||3.25||

bhuvana-jñānam sūrye saṁyamāt ||3.26||

candre tārā-vyūha-jñānam ||3.27||

dhruve tadgati-jñānam ||3.28||

nābhi-cakre kāya-vyūha-jñānam ||3.29||

kaṅṭha-kūpe kṣutpipāsā-nivṛtīḥ ||3.30||

kūrma-nāḍyām sthairyam ||3.31||

mūrdha-jyotiṣi siddha-darśanam ||3.32||

prātibhādvā sarvam ||3.33||

hṛdaye citta-saṁvit ||3.34||

sattva-puruṣayor atyantāsaṅkīrṇayoḥ pratyayāviśeṣo bhogaḥ  
parārthatvāt svārtha-saṁyamāt puruṣa-jñānam ||3.35||

tataḥ prātibha-śrāvaṇa-vedanādarśāsvāda-vārtā jāyante ||3.36||

te samādhāvupasargā vyutthāne siddhayaḥ ||3.37||

bandha-kāraṇa-śaithilyāt pracāra-saṁvedanācca cittasya  
para-śarīrāveśaḥ ||3.38||

udāna-jayājjala-pañka-kaṇṭakādiṣvasaṅga utkrāntiśca||3.39||

samāna-jayājvalanam ||3.40||

śrotrākāśayoḥ sambandha-saṁyamād divyaṁ śrotram ||3.41||

kāyākāśayoḥ sambandha-saṁyamāl laghu-tūla-samāpatteśca ākāśa-gamanam  
||3.42||

bahirakalpītā vṛttir mahāvidehā tataḥ prakāśāvaraṇa-kṣayaḥ ||3.43||

sthūla-svarūpa-sūkṣmānvayārthavattva-saṁyamād bhūtajayaḥ ||3.44||

tato 'ṇimādi-prādurbhāvaḥ kāya-sampat-taddharmānabhighātaśca ||3.45||

rūpa-lāvaṇya-bala-vajra-saṁhananatvāni kāya-sampat ||3.46||

grahaṇa-svarūpāsmitānvayārthavattva-saṁyamād indriyajayaḥ ||3.47||

tato mano-javitvam vikaraṇa-bhāvaḥ pradhāna-jayaśca ||3.48||

sattva-puruṣānyatā-khyāti-mātrasya sarva-bhāvādhiṣṭhātṛtvam  
sarva-jñātṛtvam ca ||3.49||

tadvairāgyādapi doṣa-bījakṣaye kaivalyam ||3.50||

sthānyupanimantraṇe saṅga-smayākaraṇam punaraniṣṭa-prasaṅgāt ||3.51||

kṣaṇa-tatkramayoḥ saṁyamād vivekajaṁ jñānaṁ ||3.52||

jāti-lakṣaṇa-deśair anyatānavacchedāt tulyayostataḥ pratipattiḥ ||3.53||

tārakaṁ sarva-viṣayaṁ sarvathā viṣayamakramaṁ ceti vivekajaṁ jñānaṁ  
||3.54||

sattva-puruṣayoḥ śuddhi-sāmye kaivalyam **iti** ||3.55||

|| iti śrīpātañjalayogadarśane

vibhūti pādo nāma

trīyaḥ pādaḥ ||