

SAMADHI PADA

sutras 2-4

these sutras have caused a lot of confusion because of being so consistently translated and interpreted by an alienation from life and nature that spawns the need to control. it is not mental activity that is a problem, but identification with it. when we become intimate with mental activity we recognise its impersonal nature and stop claiming it, in doing so alienation and its need to control ceases. (the fruition of this surrender is outlined in the last sutra iv.34)

i. 2 yogah cittavritti nirodhah = yoga is mental activity surrendered

citta = localised consciousness, limited consciousness, embodied consciousness, mind

vritti, vrttayah = whirling, turning, turning away, projection

cittavritti = mental activity

nirodhah = total abstention, to refrain completely, surrender

i. 3 tada drasthu svarupe avashtanam = then the seer reveals its true nature

tada = then

drasthu = the seer (or self)

svarupe = own form, essence, nature

avashtanam = abides

i.4 vritti sarupyam itarata = otherwise there is identification with mental activity

sarupyam = conform to, identify with

itarata = otherwise