

The Yoga Sutras' 196 Sutras Clustered into 39 Topical Sections within the Four Chapters

Yoga Sutras Chapter 1. Concentration: Samadhi Pada

What is Yoga?

- 1: Now, after previous preparation, begins yoga
- 2: Yoga is the mastery and integration of the activities of mind
- 3: Then the seer, the Self rests in its true nature
- 4: At other times, it is identified with subtle thoughts

Un-coloring your thoughts

- 5-6: Witnessing 5 kinds of thoughts that are either colored or not-colored
- 7: Three ways to obtain correct knowledge
- 8-11: Incorrect knowledge, imagination, sleep, memory

Practice and non-attachment

- 12: How to master thoughts
- 13: Meaning of practice
- 14: How to make practice firm
- 15-16: Non-attachment and supreme non-attachment

Types of concentration

- 17: Four levels of concentration
- 18: Objectless concentration is next

Efforts and commitment

- 19-20: Five types of effort needed
- 21-22: Choosing one of nine levels of practice

Direct route through AUM

- 23-29: Contemplation on AUM

Obstacles and solutions

- 30-31: Obstacles on the journey
- 32: Use one-pointedness for the obstacles

Stabilizing and clearing the mind

- 33: Four attitudes to cultivate towards other people
- 34-38: Five concentrations for stabilizing the mind
- 39: Or, concentration on whatever is pleasant and useful

After stabilizing the mind

- 40: Ability to focus on infinitely small and large is sign of stability
- 41: Mind becomes clear, like a transparent crystal
- 42-46: Types of engrossment with concentration
- 47-49: Gaining knowledge filled with higher truth
- 50: Samadhi leaves latent impressions that oppose formation of others
- 51: Then comes objectless samadhi

Yoga Sutras Chapter 2. Practice: Sadhana Pada

Minimizing gross coloring

- 1-2: Kriya yoga reduces colored thoughts by three methods

- 3: Five kinds of coloring
- 4: Four stages of coloring
- 5: Four types of ignorance
- 6-9: Colorings of I-ness, attraction, aversion, and fear

Dealing with subtle thoughts

- 10: Once thoughts are subtle, they are eliminated by dissolution of mind
- 11: When there remains slight coloring of thoughts, it is neutralized by meditation

Breaking the alliance of karma

- 12-14: Nature of latent impressions
- 15: A wise one sees even pleasure as painful
- 16: Pain yet to come is to be avoided
- 17: Uniting seer and seen is the cause of the pain to be avoided
- 18-22: Nature of those objects
- 23-24: Eliminating the alliance with avidya or ignorance, which is the underlying problem
- 25: By reducing this avidya, ignorance, freedom naturally ensues

The 8 rungs and discrimination

- 26-27: Discrimination is the central key to enlightenment
- 28: 8 rungs of Yoga are the tool for discrimination
- 29: 8 rungs of Yoga are listed

Yamas & Niyamas, #1-2

- 30-31: The 5 Yamas, rung #1
- 32: The 5 Niyamas, rung #2
- 33: When negative, remind yourself this brings misery and ignorance
- 34: Negativity is 27 types

Benefits from Yamas & Niyamas

- 35-39: Benefits from the 5 Yamas
- 40-45: Benefits from the 5 Niyamas

Asana, #3 of 8 rungs

- 46-48: Meditation posture, Asana, is attained by attention on the infinite

Pranayama, #4 of 8 rungs

- 49-50: Three aspects of breath
- 51: Fourth pranayama is beyond these
- 52-53: This thins the veil of karma over the light

Pratyahara, #5 of 8 rungs

- 54: The senses and actions return back into the mind
- 55: Then there is less tendency of the mind towards objects

Yoga Sutras Chapter 3. Progressing: Vibhuti Pada

Dharana, Dhyana, Samadhi, #6, #7, #8 of 8 rungs

- 1: Dharana or concentration is #6
- 2: Dhyana or meditation, #7, comes from repeated concentration
- 3: Samadhi, #8, comes from deep absorption
- Samyama is the finer tool

- 4: Dharana, dhyana, and samadhi together are Samyama
- 5: Mastery of Samyama brings the light of knowledge
- 6: Apply Samyama to finer planes, states, or stages

Internal is seen to be external

- 7: These 3 rungs are more intimate and internal than the first 5
- 8: Even these 3 are external compared to seedless Samadhi

Witnessing subtle transitions

- 9-16: Samyama is done on 3 extremely subtle thought transitions

Experiences from Samyama

- 17: Three aspects of an object
- 18: Samyama on samskaras
- 19-20: On ideas from others
- 21-22: On physical form and senses
- 23: On karma foretells death
- 24-25: On attitudes and strength
- 26-35: On inner subtleties
- 36-37: On pure consciousness

What to do with experiences

- 38: They are both attainments and obstacles

More from Samyama

- 39: Passage to another body
- 40-41: Samyama on pranas
- 42-43: On space, hearing, and body
- 44: On thought projections
- 45-47: On the five elements
- 48-49: On senses and actions

Renunciation and liberation

- 50: Discernment of Buddhi and Purusha brings mastery over all
- 51: Non-attachment to forms and omniscience destroys seeds
- 52: Decline invitations of celestials

Higher discrimination

- 53: Moments and succession
- 54: Discriminating similar objects
- 55: Higher knowledge is intuitive and born from discrimination
- 56: Equality between Buddhi and Purusha brings liberation

Yoga Sutras Chapter 4. Liberation: Kaivalya Pada

Means of attaining experience

- 1: Five means of subtler attainment
- 2: Transitions involve filling in
- 3: Removal of obstacles brings results
- Emergence and mastery of mind
- 4-6: Construct and use of mind

Actions and karma

7: Kinds of actions

8: Subconscious manifests

Subconscious impressions

9: Memory and latent impressions

10: Desire for self-preservation

11: Disappearance of cause, motive, and substratum

12: Past and future are present in fundamental form

Objects and the 3 gunas

13: Characteristics made of gunas

14: Objects appear as a unit

Mind perceiving objects

15: Separate minds and paths

16: Object is not dependent on one mind

17: Objects known by coloring

Illumination of the mind

18: Thoughts are known by purusha

19: Mind not self illuminating

20: Mind and objects cannot be cognized simultaneously

21: One mind does not illumine another

Buddhi and liberation

22: Consciousness and buddhi

23-24: Seer and mind

25: Inquiries about self cease

26: Discrimination and liberation

Breaches in enlightenment

27: Breaks in enlightenment allow colorings to arise

28: Colorings are dealt with as before

Perpetual enlightenment

29: Rain cloud of virtues comes

30: Actions and colorings are removed

Knowables become few

31: There is little to know

Gunas after liberation

32: Succession of change ends

33: Succession defined

34: Gunas resolve into their cause