

तज्जयात् प्रज्ञालोकः ॥5॥

Word meaning: Tajjayat – if that time is successfully passed, pragyalok – attainment of intensive knowledge

Verse meaning: If that time is successfully passed, then the sage attains intensive knowledge

Meaning: Here, the sentence, 'If the time is successfully passed, the sage attains intensive knowledge' means—'If one becomes capable in creating the state of abstinence, then the yogi attains brightness of intensive knowledge of abstinence-related truth.' As far as the question goes of how can abstinence or Samadhi help in attainment of truth-related intensive knowledge, the answer is that: only when the learning ability inside us is connected with a theme, then can we get detailed and intimate knowledge of that theme. During our daily life, each moment we face various subjects and topics and hence we get only minimal knowledge on these issues, not intensive knowledge. In the state of Samadhi, our learning capability has a supreme connection with the topic, and because of this supreme connection, we get intensive knowledge.

तस्य भूमिषु विनियोगः ॥6॥

Word meaning: Tasya – Of that ability of pragyalok, Bhumishu – place specificity of body, etc., Viniyogah – it is used

Verse meaning: That ability to attain intensive knowledge is used in place specificity of body, etc.

Meaning: If we develop the ability to bestow utmost concentration on any particular object or topic, the ability to gain intensive knowledge on the object of meditation is created within us. This intensive knowledge is called 'pragyalok' in the previous sutra. In this sutra, it is said that for pragyalok is used in the place specificity of body, etc. If someone asks why pragyalok is used in the place specificity of body, etc. then the answer is to attain some specific skills. Now is anyone wants to know which all are place-specific, and which skill is attained when used in which particular place, then the answer is that all these questions are tackled in the following sutra

त्रयमन्तरंगम् पूर्वैभ्यः ॥7॥

Word meaning: Trayam – the three means, Antarangam – is internal, Purvebhya – in anticipation of the previous one

Verse meaning: The three means, i.e. memory, meditation and austerity (Samadhi) are internal, in anticipation of the previous five parts, i.e. yam, niyam, asana, etc.

Meaning: Here, keeping 'sampragyat' samadhi in mind, memory-meditation-samadhi are said to be inter-

nal means in anticipation of death-rules-asana-pranayam-restraint of sense organs

तदपि बहिरंगम् निर्बीजस्य ॥8॥

Word meaning: Tat api – even this internal group of memory-meditation-samadhi, Bahirangam – are external means, nirbijajya – of seedless or 'asampragyat' Samadhi

Verse meaning: The internal means of 'sampragyat' Samadhi are also the external means of seedless or 'asampragyat' samadhi

Meaning: Keeping 'asampragyat' Samadhi in mind, even the internal means of 'sampragyat; Samadhi, i.e. memory, meditation and samadhi will be called external because 'asampragyat' Samadhi is the form of restriction of all existence (sarvavrittinirodhswarup).

Query: What is 'result of restriction of consciousness' used often in yogic literature?

व्युत्थाननिरोधसंस्कारयोरभिभवप्रादुर्भावौ निरोधक्षणाच्चित्तान्वयो निरोध परिणामः ॥9॥

Word meaning: vyuktthanirodhsanskaryoh – the gradual flow of the inborn qualities of restriction-less and confinement, abhibhavpradurbhavo – the dual form of being suppressed and overflowing, nirodhshyanchitanvay – the consciousness of the time of confinement, nirodh-parinam – is called the result of confinement.

Verse meaning: The inborn nature of restriction-less is always suppressed and that of confinement is always overflowing. This form is the flow of consciousness in the time of confinement. This is the confinement-result of consciousness.

तस्य प्रशान्तवाहिता संस्कारात् ॥10॥

Word meaning: Tasya – of that consciousness, Prashant – there is a flood of peace and calmness, Sanskarat – because of inner qualities

Verse meaning: The calmness of that confined consciousness remains a flood because of similar inner qualities.

Query: What is 'result of samadhi of consciousness' used often in yogic literature?

सर्वार्थतैकाग्रतयोः क्षयोदयो चित्तस्य समाधिपरिणामः ॥11॥

Word meaning: Sarvaththeykagratyoh – the gradual flow of understanding and concentration, Khyayodyo – the occurrence of concealment and manifestation, chittasya – of consciousness, samadhiparinamah – is the result of Samadhi

Verse meaning: The continuous flow of understanding of consciousness is always concealed and the continuous flow of concentration is always manifested. This is called the samadhi-result of consciousness.

....To be Continued