CONTENTS

Preface . ix
1. Reasons for taking up the work . ix
2. Difficulties of comprehending the work . ix
3. Difficulties of style . ix
4. Translation of technical terms . x
5. Punctuation . x
6. Texts and manuscripts . xi
7. Acknowledgements . xi

Introduction
1. Authorship of the Yoga-sūtras: The two Patañjalis . xiii
2. Tradition of their identity not earlier than tenth century . xiii
3. Comparison of philosophical concepts does not confirm the tradition . xv
4. Date of the Sūtras (between A.D. 300 and 500) . xvii
5. Date of the Bhāṣya (between A.D. 650 and 850) . xx
6. Date of Vācaspatimiśra’s Tattva-vaiśāradī (about A.D. 800 to 850) . xxi

Analytical Summary of the Yoga-sūtras
1. Book 1, Concentration (sāmādhi) . xxiv
2. Book 2, Means of attainment (sādhnā) . xxv
3. Book 3, Supernormal powers (vībhūti) . xxvii
4. Book 4, Isolation (kāivalya) . xxviii

The Yoga-sūtras Translated without the Comment or the Explanation
Being the Sūtras translated in groups, with group-headings by translator . xxx

Translation of Patañjali’s Yoga-sūtras or Mnemonic Rules
Together with the Comment of Yoga-bhāṣya, attributed to Veda-vyāsa
And Vācaspatimiśra’s Explanation or Tattva-vaiśāradī
1. Book 1, Concentration (sāmādhi) . 1
2. Book 2, Means of attainment (sādhnā) . 101
3. Book 3, Supernormal powers (vībhūti) . 201
4. Book 4, Isolation (kāivalya) . 297

Appendixes
1. Bibliography of works referred to in this volume . 351
2. Index of quotations in the Comment, in the order of citation . 359
3. Index of the same grouped according to their sources . 361
4. Index of quotations in the Tattva-vaiśāradī, in the order of citation . 362
5. Index of the same grouped according to their sources . 364
6. Quotations not yet traced to their sources . 365
7. Index of words in the Yoga-sūtras . 366