




PATANJALI'S YOGA SUTRAS: 7 WAYS TO OVERCOME INNER OBSTACLES

☑ 1.32 *Tatpratisedha-artham eka-tattva-abhyasah*

Consistently practicing one-pointedness keeps obstacles at a distance.

OPTIONS FOR CONCENTRATION

	Cultivating positive attitude toward others	1.33 <i>maitri karuna mudita upekshanam sukha dukha punya apunya vishayanam bhavanartah chitta prasadanam</i> Mind (<i>chitta</i>) becomes purified (<i>prasadanam</i>) by cultivating feelings of friendliness (<i>maitri</i>) towards those who are happy (<i>sukha</i>), compassion (<i>karuna</i>) for those who are suffering (<i>dukha</i>), goodwill (<i>mudita</i>) towards those who are virtuous (<i>punya</i>), and neutrality (<i>upekshanam</i>) towards those we perceive as wicked or evil (<i>apunya</i>).
	Practicing prolonged exhalation and suspension of breath	1.34 <i>prachhardana vidharanabhyam va pranasya</i> The mind also attains serenity through prolonged Exhalation (<i>prachhardana</i>) and Suspension (<i>vidharanabhyam</i>) of breath (<i>pranasya</i>).
	Focusing on objective sensory perception	1.35 <i>vishayavati va pravritti utpanna manasah sthiti nibandhini</i> Higher activity (<i>pravritti</i>) produced by (<i>utpanna</i>) objective sensory perception (<i>vishayavati</i>) stabilizes (<i>sthiti</i>) and focuses (<i>nibandhini</i>) thought/mind (<i>manasah</i>).
	Meditating on the light	1.36 <i>vishoka va jyotishmati</i> Mental stability (<i>vishoka</i>) also stems from concentrating on the light within (<i>jyotishmati</i>).
	Turning to inspirational people	1.37 <i>vita raga vishayam va chittam</i> Turning to a being whose mind (<i>chittam</i>) is released (<i>vita</i>) from passions (<i>raga</i>) toward sensory objects (<i>vishayam</i>) is also calming.
	Observing dreams	1.38 <i>svapna nidra jnana alambanam va</i> Mental stability also stems from observing (<i>jnana</i>) dreams (<i>svapna</i>) and deep sleep (<i>nidra</i>) states.
	Focusing on something you enjoy	1.39 <i>yatha abhimata dhyanat va</i> Choosing meditation (<i>dhyanat</i>) according to (<i>yatha</i>) one's affinities (<i>abhimata</i>) brings mental stability.

☑ 1.40 *Paarma-anu parama-mahattva antah asya vashikarah*

Then mastery (*vashikarah*) of the one's (*asya*) mind extends (*antah*) from the infinitely small (*parama-anu*) to the infinitely large (*parama-mahattva*).