

Yoga Sutra of Patanjali

1-1 1-3

Now yoga is explained
Yoga is the restraining of the mind-stuff from taking various forms
At that time, the seer rests in his own state

Vivekananda

This is the beginning of the instruction in yoga
Yoga is the control of the thought - waves in the mind-stuff
Then man abides in his own nature

Christopher Isherwood

And now the teaching of yoga begins
Yoga is the settling of the mind into silence
When the mind has settled, we are established in our own essential nature which is unbound consciousness

Alistair Shearer

The expression of yoga is now
Yoga is mental activity surrendered
There is no longer being identification with mental activity, the true nature of the self emerges

Godfri Devereux

We all inquire into yoga
Yoga happens in the resolution of consciousness
Through yoga , consciousness becomes aware of its interdependence

Matthew Remski

We now begin the exposition of yoga
Yoga is controlling the activities of the mind
When mind is controlled, Self stays in his native condition

Swami Purohit

Sutra 1-2

Nirodha is a Sanskrit term meaning "cessation" or "removal." The great sage Patanjali used this term in his legendary definition of yoga in the second *sutra* of the Yoga Sutras: "yoga-citta-vritti-*nirodha*," which can be translated as "yoga is the removal of the fluctuations of the mind."

Nirodha is also the third of the Four Noble Truths of Buddhism, referring mainly to the cessation of suffering and that one can attain the cessation of suffering. Buddhists believe that suffering is caused by attachment, aversion and ignorance; once these causes are understood and eliminated, the suffering is removed and the state of *nirvana* is reached.

The *nirodha* state of mind is not only in the definition of yoga: this state of mind is also the goal of yoga. A *nirodha* mind is fully controlled and restrained, which can be attained through meditation and contemplation practices.

According to a commentary of the Yoga Sutras by ancient Hindu author, Vyasa, *nirodha* is the fifth and most desired of the five states of mind. It is a mastered mind with full control and, if a yogi can sustain it for a long period of time, he/she can realize the true Self and reach the state of final liberation, or *moksha*.

The controlled mind should not be confused with suppressed thoughts. The thoughts and emotions stay, but, with deep meditation, the mind becomes still and one-pointed. This mastery of deep stillness is called *nirodha*.

Other possible translations of *Nirodha* in the yoga context include restraining, control, settling, resolution, surrender.