Notación para la recitación de los Yogasūtra *de Patañjali según la versión clásica de canto védico*

El canto védico se desarrolló en el contexto de la tradición de transmisión oral de los Vedas de generación en generación. El canto y la repetición de lo himnos védicos, con una perfecta pronunciación y entonación, permitían al estudiante *(sādhaka)* comprenderlos intelectualmente y a la vez conectar con la vibración mística y espiritual que fluye de ellos al recitarlos.

Según la tradición didáctica del canto védico *(adhyayana)* la única manera de recitar un mantra correctamente es repetir escrupulosamente, palabra por palabra, sílaba por sílaba, la voz del maestro. Cuando esto no es posible, se recurre a una serie de normas básicas y de signos diacríticos que nos orientan en la correcta pronunciación, entonación y ritmo del mantra o texto sagrado a declamar. Las seis reglas básicas del canto védico son las siguientes:

1) *Varṇa*: Pronunciación. Consiste en producir los sonidos en el punto de articulación preciso de la cavidad bucal (véanse págs. 15-17 del *Diccionario del yoga*).

2) *Svara*: Entonación o notación. El canto védico prevé el uso de tres notas: el tono neutro *(svarita)*, el elevado *(udātta)* y el bajo *(anudātta)*. En el sistema de transcripción que se sigue aquí, cuando una sílaba se canta en el tono superior se indica mediante una línea vertical sobre la vocal de la sílaba (como en *yogaścittavṛtt**i**nirodhaḥ*), mientras que para indicar que debe recitarse en el tono inferior aparece una línea horizontal por debajo (como en *yogaścittavṛttinir**o**dhaḥ*). Dos líneas verticales sobre la vocal (como en *taddṛś**e**ḥ*) invitan a

subir el tono en dos tiempos: el primer tiempo en la nota media y el segundo en la elevada, sin pausas. Este *udātta* demorado recibe el nombre de *nigādha*.

3) *Mātrā*: Duración. Las sílabas con vocales largas *(dīrgha)* ocupan dos tiempos del mantra, mientras que las cortas *(hrasva)* ocupan un solo tiempo. Como ya se ha explicado (véase pág. 14), las vocales *e*, *o*, *ai* y *au* son largas por naturaleza y siempre se pronuncian en dos tiempos. Las otras vocales se pronuncian en un tiempo cuando son breves *(a, i, u, ṛ)* y en dos cuando son largas *(ā, ī, ū, ṝ)*.

4) *Bala*: Fuerza o intensidad. Se refiere a la cantidad de aire emitida al pronunciar una sílaba. En canto védico reciben el nombre de *mahā-prāṇa* las sílabas que contienen un sonido «explosivo» (todas las aspiradas y las fricativas) y de *alpa-prāṇa* las sílabas que se recitan de forma suave (todo el resto). La aspiración consiste en una enérgica emisión de aire mediante una contracción rápida del abdomen (como en la práctica de *kapāla-bhāti*).

5) *Sāma*: Ligazón o continuidad melódica entre sílabas cantadas en tonos *(svara)* diferentes. Consiste en la prohibición de insertar una pausa (excepto cuando viene marcada en el texto) con el fin de asegurar la fluidez y el acento melódico del canto.

6) *Santāna*: Puntuación o la organización de las pausas. Las normas del canto védico establecen que siempre debe hacerse una pausa a) cuando una palabra termina en vocal y la siguiente empieza por vocal, b) cuando un *visarga* va seguido de la sílaba *kṣa*, c) después de la sílaba sagrada *om* y d) entre las líneas de un mantra, lo que se indica con una línea vertical en el texto.

atha samādhipādaḥ

I.1 atha yogānuśāsanam ।

I.2 yogaścittavṛttinirodhaḥ ।

I.3 tadā draṣṭuḥ svarūpe'vasthānam ।

I.4 vṛttisārūpyamitaratra ।

I.5 vṛttayaḥ pañcatayyaḥ kliṣṭākliṣṭāḥ ।

I.6 pramāṇaviparyayavikalpanidrāsmṛtayaḥ ।

I.7 pratyakṣānumānāgamāḥ pramāṇāni ।

I.8 viparyayo mithyājñānamatadrūpapratiṣṭham ।

I.9 śabdajñānānupātī vastuśūnyo vikalpaḥ ।

I.10 abhāvapratyayālaṁbanā tamovṛttirnidrā ।

I.11 anubhūtaviṣayāsaṁpramoṣaḥ smṛtiḥ ।

I.12 abhyāsavairāgyābhyāṁ tannirodhaḥ ।

I.13 tatra sthitau yatno'bhyāsaḥ ।

I.14 sa tu dīrghakālanairantaryasatkārādarāsevito dṛḍhabhūmiḥ ।

I.15 dṛṣṭānuśravikaviṣayavitṛṣṇasya vaśīkārasaṁjñā vairāgyam ।

I.16 tatparaṁ puruṣakhyāterguṇavaitṛṣṇyam ।

I.17 vitarkavicārānandāsmitārūpānugamātsaṁprajñātaḥ ।

I.18 virāmapratyayābhyāsapūrvaḥ saṁskāraśeṣo'nyaḥ ।

I.19 bhavapratyayo videhaprakṛtilayānām ।

I.20 śraddhāvīryasmṛtisamādhiprajñāpūrvaka itareṣām ।

I.21 tīvrasaṁvegānāmāsannaḥ ।

I.22 mṛdumadhyādhimātratvāttato'pi viśeṣaḥ ।

I.23 īśvarapraṇidhānādvā ।

I.24 kleśakarmavipākāśayairaparāmṛṣṭaḥ puruṣaviśeṣa īśvaraḥ ।

I.25 tatra niratiśayaṁ sarvajñabījam ।

I.26 sa eṣa pūrveṣāmapi guruḥ kālenānavacchedāt ।

I.27 tasya vācakaḥ praṇavaḥ ।

I.28 tajjapastadarthabhāvanam ।

I.29 tataḥ pratyakcetanādhigamo'pyantarāyābhāvaśca ।

I.30 vyādhistyānasaṁśayapramādālasyāviratibhrāntidarśanālabdhabhūmikatvānavasthitatvāni cittavikṣepāste'ntarāyāḥ ।

I.31 duḥkhadaurmanasyāṅgamejayatvaśvāsapraśvāsā vikṣepasahabhuvaḥ ।

I.32 tatpratiṣedhārthamekatattvābhyāsaḥ ।

I.33 maitrīkaruṇāmuditopekṣāṇāṁ sukhaduḥkha puṇyāpuṇya-viṣayāṇāṁ bhāvanātaścittaprasādanam ।

I.34 pracchardanavidhāraṇābhyāṁ vā prāṇasya ।

I.35 viṣayavatī vā pravṛttirutpannā manasaḥ sthitinibandhinī ।

I.36 viśokā vā jyotiṣmatī ।

I.37 vītarāgaviṣayaṁ vā cittam ।

I.38 svapnanidrājñānālambanaṁ vā ।

I.39 yathābhimatadhyānādvā ।

I.40 paramāṇuparamamahattvānto'sya vaśīkāraḥ ।

I.41 kṣīṇavṛtterabhijātasyeva maṇergrahītṛgrahaṇagrāhyeṣu tatsthatadañjanatā samāpattiḥ ।

I.42 tatra śabdārthajñānavikalpaiḥ saṁkīrṇā savitarkā samāpattiḥ ।

I.43 smṛtipariśuddhau svarūpaśūnyevārthamātranirbhāsā nirvitarkā ।

I.44 etayaiva savicārā nirvicārā ca sūkṣmaviṣayā vyākhyātā ।

I.45 sūkṣmaviṣayatvaṁ cāliṅgaparyavasānam ।

I.46 tā eva sabījaḥ samādhiḥ ।

I.47 nirvicāravaiśāradye'dhyātmaprasādaḥ ।

I.48 ṛtaṁbharā tatra prajñā ।

I.49 śrutānumānaprajñābhyāmanyaviṣayā viśeṣārthatvāt ।

I.50 tajjaḥ saṁskāro'nyasaṁskārapratibandhī ।

I.51 tasyāpi nirodhe sarvanirodhānnirbījaḥ samādhiḥ ।

iti pātañjalayogasūtre samādhipādaḥ prathamaḥ ।

atha sādhanapādaḥ

II.1 tapaḥsvādhyāyeśvarapraṇidhānāni kriyāyogaḥ ।

II.2 samādhibhāvanārthaḥ kleśatanūkaraṇārthaśca ।

II.3 avidyāsmitārāgadveṣābhiniveśāḥ kleśāḥ ।

II.4 avidyā kṣetramuttareṣāṁ prasuptatanuvicchinnodārāṇām ।

II.5 anityāśuciduḥkhānātmasu nityaśucisukhātmakhyātiravidyā ।

II.6 dṛgdarśanaśaktyorekātmatevāsmitā ।

II.7 sukhānuśayī rāgaḥ ।

II.8 duḥkhānuśayī dveṣaḥ ।

II.9 svarasavāhī viduṣo'pi samārūḍho'bhiniveśaḥ ।

II.10 te pratiprasavaheyāḥ sūkṣmāḥ ।

II.11 dhyānaheyāstadvṛttayaḥ ।

II.12 kleśamūlaḥ karmāśayo dṛṣṭādṛṣṭajanmavedanīyaḥ ।

II.13 sati mūle tadvipāko jātyāyurbhogāḥ ।

II.14 te hlādaparitāpaphalāḥ puṇyāpuṇyahetutvāt ।

II.15 pariṇāmatāpasaṁskāraduḥkhairguṇavṛttivirodhācca duḥkhameva sarvaṁ vivekinaḥ ।

II.16 heyaṁ duḥkhamanāgatam ।

II.17 draṣṭṛdṛśyayoḥ saṁyogo heyahetuḥ ।

II.18 prakāśakriyāsthitiśīlaṁ bhūtendriyātmakaṁ bhogāpavargārthaṁ dṛśyam ।

II.19 viśeṣāviśeṣaliṅgamātrāliṅgāni guṇaparvāṇi ।

II.20 draṣṭā dṛśimātraḥ śuddho'pi pratyayānupaśyaḥ ।

II.21 tadartha eva dṛśyasyātmā ।

II.22 kṛtārthaṁ prati naṣṭamapyanaṣṭaṁ tadanyasādhāraṇatvāt ।

II.23 svasvāmiśaktyoḥ svarūpopalabdhihetuḥ saṁyogaḥ ।

II.24 tasya heturavidyā ।

II.25 tadabhāvātsaṁyogābhāvo hānaṁ taddṛśeḥ kaivalyam ।

II.26 viveakhyātiraviplavā hānopāyaḥ ।

II.27 tasya saptadhā prāntabhūmiḥ prajñā ।

II.28 yogāṅgānuṣṭhānādaśuddhikṣaye jñānadīptirāvivekakhyāteḥ ।

II.29 yamaniyamāsanaprāṇāyāmapratyāhāradhāraṇādhyāna-samādhayo'ṣṭāvaṅgāni ।

II.30 ahiṁsāsatyāsteyabrahmacaryāparigrahā yamāḥ ।

II.31 jātideśakālasamayānavacchinnāḥ sārvabhaumā mahāvratam ।

II.32 śaucasaṁtoṣatapaḥsvādhyāyeśvarapraṇidhānāni niyamāḥ ।

II.33 vitarkabādhane pratipakṣabhāvanam ।

II.34 vitarkā hiṁsādayaḥ kṛtakāritānumoditā
lobhakrodhamohapūrvakā mṛdumadhyādhimātrā
duḥkhājñānanantaphalā iti pratipakṣabhāvanam ।

II.35 ahiṁsāpratiṣṭhāyāṁ tatsannidhau vairatyāgaḥ ।

II.36 satyapratiṣṭhāyāṁ kriyāphalāśrayatvam ।

II.37 asteyapratiṣṭhāyāṁ sarvaratnopasthānam ।

II.38 brahmacaryapratiṣṭhāyāṁ vīryalābhaḥ ।

II.39 aparigrahasthairye janmakathaṁtāsaṁbodhaḥ ।

II.40 śaucātsvāṅgajugupsā parairasaṁsargaḥ ।

II.41 sattvaśuddhisaumanasyaikāgryendriyajayātmadarśanayog-
yatvāni ca ।

II.42 saṁtoṣādanuttamaḥ sukhalābhaḥ ।

II.43 kāyendriyasiddhiraśuddhikṣayāttapasaḥ ।

II.44 svādhyāyādiṣṭadevatāsaṁprayogaḥ ।

II.45 samādhisiddhirīśvarapraṇidhānāt ।

II.46 sthirasukhamāsanam ।

II.47 prayatnaśaithilyānantasamāpattibhyām ।

II.48 tato dvandvānabhighātaḥ ।

II.49 tasminsatiśvāsapraśvāsayorgativicchedaḥ prāṇāyāmāḥ ।

II.50 bāhyābhyantarastambhavṛttirdeśakālasaṁkhyābhiḥ
paridṛṣṭo dīrghasūkṣmaḥ ।

II.51 bāhyābhyantaraviṣayākṣepī caturthaḥ ।

II.52 tataḥ kṣīyate prakāśāvaraṇam ।

II.53 dhāraṇāsu ca yogyatā manasaḥ ।

II.54 svaviṣayāsaṁprayoge cittasya svarūpānukāra ivendriyāṇāṁ
pratyāhāraḥ ।

II.55 tataḥ paramā vaśyatendriyāṇām ।

iti pātañjalayogasūtre sādhanapādaḥ dvitīyaḥ ।

atha vibhūtipādaḥ

III.1 deśabandhaścittasya dhāraṇā ।

III.2 tatra pratyayaikatānatā dhyānam ।

III.3 tadevārthamātranirbhāsaṁ svarūpaśūnyamiva samādhiḥ ।

III.4 trayamekatra saṁyamaḥ ।

III.5 tajjayātprajñālokaḥ ।

III.6 tasya bhūmiṣu viniyogaḥ ।

III.7 trayamantaraṅgaṁ pūrvebhyaḥ ।

III.8 tadapi bahiraṅgaṁ nirbījasya ।

III.9 vyutthānanirodhasaṁskārayorabhibhavaprādurbhāvau
nirodhakṣaṇacittānvayo nirodhapariṇāmaḥ ।

III.10 tasya praśāntavāhitā saṁskārāt ।

III.11 sarvārthataikāgratayoḥ kṣayodayau cittasya
samādhipariṇāmaḥ ।

III.12 tataḥ punaḥ śāntoditau tulyapratyayau
cittasyaikāgratāpariṇāmaḥ ।

III.13 etena bhūtendriyeṣu dharmalakṣaṇāvasthāpariṇāmā
vyākhyātāḥ ।

III.14 śāntoditāvyapadeśyadharmānupātī dharmī ।

III.15 kramānyatvaṁ pariṇāmānyatve hetuḥ ।

III.16 pariṇāmatrayasaṁyamādatītānāgatajñānam ।

III.17 śabdārthapratyayānāmitaretarādhyāsāt
saṁkarastatpravibhāgasaṁyamātsarvabhūtarutajñānam ।

III.18 saṁskārasākṣātkaraṇātpūrvajātijñānam ।

III.19 pratyayasya paracittajñānam ।

III.20 na ca tatsālambanaṁ tasyāviṣayībhūtatvāt ।

III.21 kāyarūpasaṁyamāttadgrāhyaśaktistambhe
cakṣuḥprakāśāsaṁprayoge'ntardhānam ।

III.22 sopakramaṁ nirūpakramaṁ ca karma
tatsaṁyamādapārāntajñānamariṣṭebhyo vā ।

III.23 maitryādiṣu balāni ।

III.24 baleṣu hastibalādīni ।

III.25 pravṛttyālokanyāsātsūkṣmavyavahitaviprakṛṣṭajñānam ।

III.26 bhuvanajñānaṁ sūrye saṁyamāt ।

III.27 candre tārāvyūhajñānam ।

III.28 dhruve tadgatijñānam ।

III.29 nābhicakre kāyavyūhajñānam ।

III.30 kaṇṭhakūpe kṣutpipāsānivṛttiḥ ।

III.31 kūrmanāḍyāṁ sthairyam ।

III.32 mūrdhajyotiṣi siddhadarśanam ।

III.33 prātibhādvā sarvam ।

III.34 hṛdaye cittasaṁvit ।

III.35 sattvapuruṣayoratyantāsaṁkīrṇayoḥ pratyayāviśeṣo bhogaḥ parārthatvātsvārthasaṁyamātpuruṣajñānam ।

III.36 tataḥ prātibhaśrāvaṇavedanādarśāsvādavārtā jāyante ।

III.37 te samādhāvupasargā vyutthāne siddhayaḥ ।

III.38 bandhakāraṇaśaithilyātpracārasaṁvedanācca cittasya paraśarīrāveśaḥ ।

III.39 udānajayājjalapaṅkakaṇṭakādiṣvasaṅga utkrāntiśca ।

III.40 samānajayājjvalanam ।

III.41 śrotrākāśayoḥ saṁbandhasaṁyamāddivyaṁ śrotram ।

III.42 kāyākāśayoḥ saṁbandhasaṁyamāllaghutūla-samāpatteścākāśagamanam ।

III.43 bahirakalpitā vṛttirmahāvidehā tataḥ prakāśāvaraṇakṣayaḥ ।

III.44 sthūlasvarūpasūkṣmānvayārthavattvasaṁyamādbhūtajayaḥ ।

III.45 tato'ṇimādiprādurbhāvaḥ kāyasaṁpattaddharmānabhighātaśca ।

III.46 rūpalāvaṇyabalavajrasaṁhananatvāni kāyasaṁpat ।

III.47 grahaṇasvarūpāsmitānvayārthavattvasaṁyamādindriyajayaḥ ।

III.48 tato manojavitvaṁ vikaraṇabhāvaḥ pradhānajayaśca ।

III.49 sattvapuruṣānyatākhyātimātrasya sarvabhāvādhiṣṭhātṛtvaṁ sarvajñātṛtvaṁ ca ।

III.50 tadvairāgyādapi doṣabījakṣaye kaivalyam ।

III.51 sthānyupanimantraṇe saṅgasmayākaraṇaṁ punaraniṣṭaprasaṅgāt ।

III.52 kṣaṇatatkramayoḥ saṁyamādvivekajaṁ jñānam ।

III.53 jātilakṣaṇadeśairanyatānavacchedāttulyayostataḥ pratipattiḥ ।

III.54 tārakaṁ sarvaviṣayaṁ sarvathāviṣayamakramaṁ ceti vivekajaṁ jñānam ।

III.55 sattvapuruṣayoḥ śuddhisāmye kaivalyam ।

iti pātañjalayogasūtre vibhūtipādaḥ tṛtīyaḥ ।

atha kaivalyapādaḥ

IV.1 janmauṣadhimantratapaḥsamādhijāḥ siddhayaḥ ।

IV.2 jātyantarapariṇāmaḥ prakṛtyāpūrāt ।

IV.3 nimittamaprayojakaṁ prakṛtīnāṁ varaṇabhedastu tataḥ kṣetrikavat ।

IV.4 nirmāṇacittānyasmitāmātrāt ।

IV.5 pravṛttibhede prayojakaṁ cittamekamanekeṣām ।

IV.6 tatra dhyānajamanāśayam ।

IV.7 karmāśuklākṛṣṇaṁ yoginastrividhamitareṣām ।

IV.8 tatastadvipākānuguṇānāmevābhivyaktirvāsanānām ।

IV.9 jātideśakālavyavahitānāmapyānantaryaṁ smṛtisaṁskārayorekarūpatvāt ।

IV.10 tāsāmanāditvaṁ cā''śiṣo nityatvāt ।

IV.11 hetuphalāśrayālambanaiḥ saṁgṛhītatvādeṣāmabhāve tadabhāvaḥ ।

IV.12 atītānāgataṁ svarūpato'styadhvabheddaddharmāṇām ।

IV.13 te vyaktasūkṣmā guṇātmānaḥ ।

IV.14 pariṇāmaikatvādvastutattvam ।

IV.15 vastusāmye cittabhedāttayorvibhaktaḥ panthāḥ ।

IV.16 na caikacittatantraṁ cedvastu tadapramāṇakaṁ tadā kiṁ syāt

IV.17 taduparāgāpekṣitvāccittasya vastujñātājñātam ।

IV.18 sadā jñātāścittavṛttayastatprabhoḥ puruṣasyāpariṇāmitvāt ।

IV.19 na tatsvābhāsaṁ dṛśyatvāt ।

IV.20 ekasamaye cobhayānavadhāraṇam ।

IV.21 cittāntaradṛśye buddhibuddheratiprasaṅgaḥ smṛtisaṁkaraśca ।

IV.22 citerapratisaṁkramāyāstadākārāpattau svabuddhisaṁvedanam ।

IV.23 draṣṭṛdṛśyoparaktaṁ cittaṁ sarvārtham ।

IV.24 tadasaṁkhyeyavāsanābhiścitramapi parārthaṁ saṁhatyakāritvāt ।

IV.25 viśeṣadarśina ātmabhāvabhāvanānivṛttiḥ ।

IV.26 tadā viveknimnaṁ kaivalyaprāgbhāraṁ cittam ।

IV.27 tacchidreṣu pratyayāntarāṇi saṁskārebhyaḥ |

IV.28 hānameṣāṁ kleśavaduktam |

IV.29 prasaṁkhyāne'pyakusīdasya sarvathā
vivekakhyāterdharmameghaḥ samādhiḥ |

IV.30 tataḥ kleśakarmanivṛttiḥ |

IV.31 tadā sarvāvaraṇamalāpetasya jñānasyānantyājjñeyamalpam |

IV.32 tataḥ kṛtārthānāṁ pariṇāmakramasamāptirguṇānām |

IV.33 kṣaṇapratiyogī pariṇāmāparāntanirgrāhyaḥ kramaḥ |

IV.34 puruṣārthaśūnyānāṁ guṇānāṁ pratiprasavaḥ
kaivalyaṁ svarūpapratiṣṭhā vā citiśaktiriti |

iti pātañjalayogasūtre kaivalyapādaḥ caturthaḥ |

iti pātañjalayogasūtraṁ samāptam |