

YOGA SUTRAS OF PATANJALI

A Guide to Self-knowledge

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विभूति पादः

VIBHŪTI-PĀDAH

मूर्धज्योतिषि सिद्धदर्शनम् ॥ ३३ ॥

33. mūrdha-jyotiṣi siddha-darśanam

mūrdha – vertex

jyoti – light

siddha – perfect being

darśana – vision, sight, contact

Samyama on the light at the crown of the head opens the vision of the realised masters.

In meditation on the *Sahasrāra Chakra*, the yogi receives visions of saints and divine incarnations. To meet them is a great blessing. They give teachings, valuable information and transmit light, power and wisdom.

The following exercises serve to awaken the crown center (*Sahasrāra Chakra*): *Shirshāsana*, *Salabhbhāsana*, *Kapalāsana* and *Krīyas*. (See "The Hidden Powers in Man – Chakras and Kundalini" by Paramhans Swāmi Maheshwarānanda).

प्रातिभाद्वासर्वम् ॥ ३४ ॥

34. **prātibhād-vāsarvam**

prātibhāt (prātibha) – quick comprehension

vā – or

sarvam – everything

Or one acquires all this by inspiration.

Yogis who have already attained higher levels of consciousness in previous lives, as well as holy incarnations, open up all powers, wisdom and knowledge, without performing extended practices, in a flash of enlightenment bestowed upon them by the personally worshipped deity (*Ishta-Devatā*) and the grace of the Guru.

हृदयेचित्तसंवित् ॥ ३५ ॥

35. **hrdayecitta-saṁvit**

hrdaya – heart

citta consciousness

saṁvit – understanding, perception

Samyama on the heart center (*Anāhata Chakra*) gives knowledge about the nature of consciousness.

The heart is also called the abode of God (*brahmā-pūra*) in Sanskrit. In the centre of the heart – and not in the brain, as many believe – resides the *ātma*, the divine light and consciousness. In the *saṁādhi*, the *brahmā-nādi* is active, connecting the *Anāhata chakra* (heart center) and *Sahasrāra chakra* (crown center).

In the Mundaka Upanishad (II.2.1) it says:

"Bright but hidden dwells the Self in the heart. Everything that moves, breathes, opens and closes, lives in the Self. It is the source of love and can be known only through love, not through thought. This is the goal of life. Achieve this goal!"

In the Chandogya Upanishad (8.1.1-5) it is written, "In this castle of *Brahman* (the body), there is a small lotus (the heart centre). In it is a tiny empty space. What is in this, that one should seek, that one should strive to know ... This small space inside the heart is truly as big as the universe. It contains heaven and earth, fire and wind, sun and moon, lightning and stars. In it is contained all that is visible, and also that which is not visible. Not does this age by the aging of the body, not does it die when the body dies. This is the true castle of God, which is in the inner room of the heart."

Through *samyama*on the heart center, the *siddhi* arises to be able to directly absorb the feelings of others. With the opening of the heart chakra, understanding and empathy for all living beings develop. This results in such a kind and heartfelt aura that everyone likes that person. It is aptly said, "They have won my heart." However, it is also said, "They are heartless." "They have no heart". To do something to satisfy one's own wants and desires that hurts others – that is heartless.

Before you start anything, first ask your heart if what you want to do is right. Do not ask your intellect. The intellect always tends to find excuses and excuses for selfish behaviour. The heart tells the truth – you can know it by its beat. When you think or want to do something beautiful and good, at the same time you also have a pleasant, harmonious feeling in your heart. It beats calmly and you feel good about it. But if your intentions are impure, the heartbeat becomes irregular and restless.

Many people have already had the experience at customs that the customs officer asks if there is anything to declare. You say: "No", but at the same time your heart is pounding and you think: "Yes, I would have something to declare. I hope the officer doesn't start searching my luggage ..."