

# Patanjali

Versets classiques

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## 1:2

Yogashchittavrttinirodhah

Le Yoga est l'arrêt de l'activité automatique du mental

## Mot à mot

- yoga: le Yoga
- chitta: conscience périphérique, mental
- vritti: agitation, modification, perturbation
- nirodha: arrêt, interruption

## Note

On retrouve plusieurs façons d'épeler: Yogashchittavrttinirodhah

L'auteur croit que ce n'est pas tout à fait exact cette façon, par exemple, d'épeler: vritti. Vritti devrait s'épeler ainsi: vrtti

## In English

Most likely the yoga verse used and explained in North America's culture. With use of [mudras](#), meditation, asanas, this verse can be translated as: By ceasing the mental, one attains yoga state.

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### About Vrttis

The Patanjali system says: *When one practices yoga the [mental agitation](#) (Chp 1, verse 2) cease.* Then, a bit later (Chp 1, verse 6) it is said the principal vrttis are accuracy (just), knowledge, error, imagination, sleep and memory.

Please note that without the dualist way of thinking (subject-object) our human conceptual knowledge (vrttyatmakajnana) would not be able to experience the state of samadhi. Therefore, one must be at ease with the existence of mind fluctuations so that we can experiment immediate spiritual inspiration (prajna) and melt into citta leading to satchitananda ;-)

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### Vrttis

## Liens intéressants

6 pages link to [YogaCittaVrttiNirodha](#)

- [SutrasPatanjali](#)
- [Samadhi](#)
- [Suzanne Sirois](#)

- [Pratipaksha-Bhavanam](#)
- [TheorieDeLeveil](#)
- [YogaCittaVrttiNirodha](#)