

Definitions of Yoga

Pre-tantric (7)

“Yoga is the stilling of the fluctuations of the mind.” Yoga-sūtra 1.2

“Yoga is the direct means to perceive Reality.” – anonymous ancient sūtra, cited in Brahma-sūtra-bhāṣya 2.1.3 (Vedānta work)

“When the mind is dissolved into the Self, there is neither pleasure nor pain for the embodied one. This is yoga.” – Vaiśeṣika-sūtra 5.2.17

Yoga is the liberation arising from the coming together of good knowledge, good doctrine, and good conduct. – Yogaśataka 2 (Jaina)

“Yoga is said to be equanimity.” / “Yoga is skill in action.” / “Yoga is severance of union with pain.” – three definitions from the Bhagavad-Gītā

Tantric (12)

“The word ‘yoga’ denotes nirvāṇa, the level of Śiva.” – Lingapurāṇa 1.8.5

“Yoga is said to be the oneness of one entity with another.” – Mālinīvijayottara-tantra 4.4

“Yoga is the **attainment of identity with That.**” – Svachchanda-tantra-uddiyota 6.45

“To have self-mastery is to be a Yogi.” Mṛgendra-tantra YP 2a

“The term Yogi means ‘one who is necessarily conjoined with the manifestation of his [true] nature,’ in other words, the Śiva-state....which is the invariable concomitant of self-mastery.” Mṛgendra-tantra-vṛtti YP 2a

“Yoga arises [**spontaneously**] from connection with Śakti.” – Parākhya-tantra 14.98

“Yoga arises from the attainment of *samādhi*.” – Parākhya-tantra 14.98

“Yoga is the immersion [*samāveśa*] into God arising from the contemplation of His nature.” – Parākhya-tantra 14.99

“Yoga is defined as the **unification of the many pairs of opposites**, [such as] the unification of in-breath and out-breath...the unification of the sun and the moon, of the individual self with the Supreme Self.” Gorakṣanātha’s Yogabīja 89-90

“A Yogi is one who has attained the mutual unification of the in-breath [*prāṇa*] and out-breath [*apāna*].” Raviśrījñāna’s Guṇabharaṇī (Tantric Buddhist)

“Yoga is the **ascertainment of Śiva and the self as non-different.**” – Śāradā-tilaka 25.2

“Yoga is the knowledge of the primordial Being.” – Śāradā-tilaka 25.3