

Śrīmad-Bhāgavatam

Canto Two

With the
Sārārtha-darśinī commentary

by

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Canto Two – Chapter One

Description of the Universal Form

The First Step in God Realization

Section – III

Sukadeva Goswami presents
another popular opinion –
“Performing Astanga Yoga” to
attain Liberation (15-25)

|| 2.1.20 ||

rajas-tamobhyām ākṣiptam
vimūḍham mana ātmanah
yacched dhāraṇayā dhīro
hanti yā tat-kṛtam malam

The wise man (dhīrah) controls (yacched) the mind (mana ātmanah) agitated by rajas (rajah ākṣiptam) and bewildered by tamas (tamobhyām vimūḍham) by practice of dhāraṇā (dhāraṇayā), which destroys (yā hanti) the impurity produced by rajas and tamas (tat-kṛtam malam).

If there is again disturbance from the guṇas, one should make
dhāraṇā firm.

Agitated by rajas and bewildered by tamas, one should control
one's mind.

That will destroy the contamination created by rajas and
tamas (tat-kṛtam).

|| 2.1.21 ||

yasyām sandhāryamāṇāyām
yogino bhakti-lakṣaṇah
āśu sampadyate yoga
āśrayam bhadram īkṣataḥ

Vedic process

① Gūṇi bhūta bhakti
Bhakti is gāṇa (2°)

KY, JY, AY ...

② Pradhāni bhūta bhakti
Bhakti is primary

KMB, JMB, YMB

③ śuddha bhakti

In that process of dhāraṇā (yasyām), the yogī (yoginah) who sees the Lord (bhadram āśrayam īkṣataḥ) by dhāraṇā (sandhāryamāṇāyām) quickly completes (āśu sampadyate) bhakti-miśra-yoga (yoga bhakti-lakṣaṇah).

↳ A.Y

In that dhārānā, yoga which has qualities of bhakti, bhakti-
miśra-yoga -- in which the person has desire for liberation, but
not without some bhakti -- is accomplished for the yogī who
sees the Lord by dhāraṇā (bhadram āśrayam).

|| 2.1.22 ||

rājovāca

yathā sandhāryate brahman

dhāraṇā yatra sammatā

yādṛśī vā hared āśu

puruṣasya mano-malam

The King said: O brāhmaṇa (brahman)! How is dhāraṇā accomplished (yathā sandhāryate)? What is the approved object of concentration (dhāraṇā yatra sammatā)? How can one quickly remove (yādṛśī vā hared āśu) the contaminations in the mind (puruṣasya mano-malam)?

Aṣṭāṅga Yoga

The King asks about bhakti-miśra-yoga but of curiosity, not because he wants to practice.

It is only appropriate that the student of Śukadeva would have an inclination for pure bhakti like Śukadeva.

|| 2.1.23 ||

śrī-śuka uvāca
jitāsano jita-śvāso
jita-saṅgo jitendriyaḥ
sthūle bhagavato rūpe
manaḥ sandhārayed dhiyā

- ① How is dharma accomplished?
- ② What is an approved object of dharma?
- ③ How the thoughts in the heart of a yogi are quickly destroyed?

Śukadeva said: Having perfected āsanas (jita āsano) and breathing (jita-śvāso), having given up bad association (jita-saṅgo) and conquered the senses (jita indriyaḥ), one should concentrate the mind (manaḥ sandhārayed) on the gross form of the Lord (sthūle bhagavato rūpe) with the intelligence (dhiyā).

↓
man, rūpe

Yogī

Yama/Niṣa

āśana

Prāṇāyāma

Pratyahāra

Yogabandha

10 goal → Liberation
20 goal → material enjoyment

Meditation

Vīratā rīpa

Are Material desires fully destroyed?

Meditation

Paśūnti

dhīraṅgā

dhyaṅgā

Samādhi

Are material desire fully destroyed?

Yes

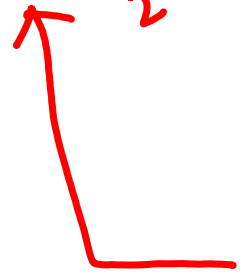
No

Krama mukti

gradual liberation.

Satyamukti

Sat Gura yoga



Yes



This verse answers the first question.

For those yogīs who cannot concentrate on the spiritual form of the Paramātmā mentioned in verse 21, concentration on the universal form for removing the continuation of attraction and repulsion is described.