

# Visayavati va-pravrttirutpanna-manasah-sthti-nibandhini

## Chapter 1 sutra 35 1-35

VISAYAVATI	sensory perception
VA	or
1. PRAVRTTI	to go in one direction, turn one's mind towards
2. UTPANNA	to raise, jump, move up
MANASAH	of the mind
STHITI	stillness
NIBHANDHINI	stability

By focusing on a sensory perception, you can focus and calm your mind.