

# SVAVISAYA-ASAMPRAYOGE-CITTASYA-SVARUPANUKARA-IVA-INDRIYANAM-PRATYAHARAH

Sutra 11-54

SVA	Refers to senses each having their own specific objective
VISAYA	object i.e ears – hearing
ASAMPRAYOGE	not attracted or associated with
CITTASYA	mind
SVARUPA	SVA - its own, RUPA - shape, form. Each sense has its own nature
ANUKARA	to go along with, conform with
IVA	as if
INDRIYANAM	the senses
PRATYAHARA	becoming aware of the senses within the body both externally and internally, without attaching thoughts

'When the mind is withdrawn from sense objects, the sense organs also withdraw themselves from their respective objects and thus are said to imitate the mind, this is known as pratyahara.' SP & CI

'The senses retire from their objects by following the natural inward movement of the mind.' AS

'The restraint of senses occurs when the mind is able to remain in its chosen direction and the senses disregard the different objects around them and faithfully follow the direction of the mind.' DESIKACHAR