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The third chapter described the last three limbs of yoga and the powers that can be attained. The fourth chapter outlines the movement of consciousness from I-ness, the "me" of ego, or the little self, to the full experience of Self-Realization in freedom. Patanjali begins the chapter by outlining the five indirect means of attaining kaivalya, or liberation: 1) an exalted birth, 2) magical herbs, 3) mantras, 4) intense spiritual practice and 5) absorption into Spirit.

Yoga Sutras, Chapter Four-Kaivalya: On Absolute Freedom ...

Content of Yoga Sutras. Chapter III clarifies the last two limbs of Yoga path as being dhyana ('meditation') and samadhi ('awareness') and introduces the notion of samyama in sutra 4 as being the simultaneous practice of the last three Yoga limbs i.e. dharana, dhyana and samadhi.

The Yoga Sutras - A Brief Summary by Chapter

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- Brahma sutra 4.4.1 - 4.4.4, The liberated soul, asserts the Brahma-sutra, is of the nature of Brahman, with inner power and knowledge, free from evil, free from grief, free from suffering, one of bliss and "for such there is freedom in all worlds".

Brahma Sutras - Wikipedia

Kevalakumbhaka, Amana yoga, Ajapagayatri, ... 9.Four chapters on Freedom (commentary on the Yoga sutras

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