

Sutra 1.33 - translations cited and discussed:

Swami Satchidananda - “By cultivating attitudes of friendliness towards the happy, compassion for the unhappy, delight in the virtuous, and disregard toward the wicked, the mind-stuff retains its undisturbed calmness.” (The Yoga Sutras of Patanjali, p. 51)

Jaganath Carrera - “By cultivating attitudes of friendliness towards the happy, compassion for the unhappy, delight in the virtuous, and equanimity toward the nonvirtuous, the mind-stuff retains its undisturbed calmness.” (Inside the Yoga Sutras, p.80)

Nischala Joy Devi - “To preserve openness of the heart and calmness of mind, nurture these attitudes: Kindness to those who are happy, Compassion for those who are less fortunate, Honor for those who embody noble qualities, Equanimity to those who actions oppose your values.” (The Secret Power of Yoga, -.77)

“The greatest challenge is to remember that we hold the keys to our own peace.” (p.78)