

Aparokṣānubhūti on Mūlabandhaḥ (114)

ओं यन्मूलं सर्वभूतानाम्
यन्मूलम् चित्तबन्धनम् ।
मूलबन्धः सदा सेव्यः
योगोसौ राजयोगिनाम् ॥
ओं

Om Yanmūlaṁ sarvabhūtānām
yanmūlam cittabandhanam
Mūlabandhaḥ sadā sevyah
yogo'sau rājayoginām
Om

That which is the root of all existence
and on which the restraint of the mind is based (linked)
is called mulabandha, this should always be adopted (practiced)
since it is fit for raja yogins.