

gorakṣa-śatakam

This version is taken from Swami Kuvalayananda and S. A. Shukla's critical edition (Lonavla: Kaivalya Dham, n.d.). Another edition of this text was published by George Weston Briggs in his *Gorakhnath and the Kanphata Yogis* (1939). Since this text contains significant differences, it is given separately as *Gorakṣa-śatakam 2*.

om̐ parama-gurave gorakṣanāthāya namaḥ |

om̐ gorakṣa-śatakam vaksye bhava-pāśa-vimuktaye |
ātma-bodha-karam puṁsām viveka-dvāra-kuñcikām ||1||
etat vimukti-sopānam etat kālasya vañcanam |
yad vyāvṛttam mano mohād āsaktam paramātmam ||2||
dviija-sevita-śākhasya śruti-kalpa-taroḥ phalam |
śamanam bhava-tāpasya yogam bhajati sajjanaḥ ||3||
āsanam prāṇa-saṁyamaḥ pratyāhāro'tha dhāraṇā |
dhyānam samādhir etāni yogāṅgāni bhavanti ṣaṭ ||4||
āsanāni tu tāvanti yāvatyo jiva-jātayaḥ |
eteṣām akhilān bhedaṁ vijānāti maheśvaraḥ ||5||
caturāśīti-lakṣaṇām ekam ekam udāhṛtam |
tataḥ śivena pīṭhānām ṣoḍeśānam śatam kṛtam ||6||
āsanebhyaḥ samastebhyo dvayam eva viśiṣyate |
ekam siddhāsanam proktam dvitīyam kamalāsanam ||7||

yoni-sthānakam aṅghri-mūla-ghaṭitam kṛtvā dṛḍham vinyasen
meḍhre pādān athaikam eva niyatam kṛtvā samam vighram |
sthānuḥ saṁyamitendriyo'cala-dṛśā paśyan bhruvor antaram
etan mokṣa-kavāṭa-bheda-janakam siddhāsanam procyate ||8||

vāmorūpari dakṣiṇam hi caraṇam saṁsthāpya vāmam tathā
dakṣorūpari paścimena vidhinā dhṛtvā karābhyām dṛḍham |
aṅguṣṭhau hṛdaye nidhāya cibukam nāsāgram ālokayed
etat-vyādhi-vikāra-hāri yaminām padmāsanam procyate ||9||

ādharāḥ prathamam cakram svādhiṣṭhānam dvitīyakam |

yoni-sthānaṃ dvayor madhye kāma-rūpaṃ nigadyate ||10||
ādhārākhye guda-sthāne pañkajaṃ yac caturdalam |
tan-madhye procyate yoniḥ kāmākhyā siddha-vanditā ||11||
yoni-madhye mahāliṅgaṃ paścimābhimukhaṃ sthitam |
mastake maṇivad bhinnaṃ yo jānāti sa yogavit ||12||
tapta-cāmīkarābhāsaṃ taḍil-lekheva visphurat |
caturasraṃ puraṃ vahner adho-meḍhram evābhidhīyate ||13||
sva-śabdena bhavet prāṇaḥ svādhiṣṭhānaṃ tad-āśrayaḥ |
svādhiṣṭhānākhyayā tasmān meḍhram evābhidhīyate ||14||
tantunā maṇivat proto yatra kandaḥ suṣumṇayā |
tan-nābhi-maṇḍalaṃ cakram procyate maṇi-pūrakam ||15||
ūrdhvaṃ meḍhrād adho nābheḥ kanda-yoniḥ sva-gāṇḍavat |
tatra nāḍyaḥ samutpannāḥ sahasrāṇi dvisaptatiḥ ||16||
teṣu nāḍi-sahasreṣu dvisaptatir udāhṛtāḥ |
prādhānyāt prāṇa-vāhinyo bhūyas tatra daśa smṛtāḥ ||17||
idā ca piṅgalā caiva suṣumṇā ca ṛtīyakā |
gāndhārī hasti-jihvā ca pūṣā caiva yaśasvinī ||18||
alambuṣā kuhūś caiva śaṅkhinī daśamī smṛtā |
etan nāḍi-mayaṃ cakram jñātavyaṃ yogibhiḥ sadā ||19||
idā vāme sthitā bhāge piṅgalā dakṣiṇe tathā |
suṣumṇā madhya-deśe tu gāndhārī vāma-cakṣuṣi ||20||
dakṣiṇe hasti-jihvā ca pūṣā karṇe ca dakṣiṇe |
yaśasvinī vāma-karṇe cāsane vāpy alambuṣā ||21||
kūhuś ca liṅga-deśe tu mūla-sthāne ca śaṅkhinī |
evaṃ dvāram upāśritya tiṣṭhanti daśa nāḍikāḥ ||22||
satataṃ prāṇa-vāhinyaḥ soma-sūryāgni-devatāḥ |
idā-piṅgalā-suṣumṇā ca tisro nāḍya udāhṛtāḥ ||23||
prāṇāpānau samānaś ca hy udāno vyāna eva ca |
nāgaḥ kūrmaś ca kṛkaro devadatto dhanañjayaḥ ||24||
nāgādyāḥ pañca vikhyātāḥ prāṇādyāḥ pañca vāyavaḥ |
ete nāḍi-sahasreṣu vartante jīva-rūpiṇaḥ ||25||
prāṇāpāna-vaśo jīvo hy adhaś cordhvaṃ ca dhāvati |
vāma-dakṣiṇa-mārgeṇa cañcalatvān na dṛśyate ||26||
ākṣipto bhuvī daṇḍena yathoccalati kandukaḥ |
prāṇāpāna-samākṣiptas tathā jīvo'nukṛṣyate ||27||
raju-baddho yathā śyeno gato'py ākṛṣyate |
guṇa-baddhas tathā jīvaḥ prāṇāpānena kṛṣyate ||28||

apānaḥ karṣati prāṇaḥ prāṇo'pānaṁ ca karṣati |
ūrdhvādhaḥ saṁsthitāv etau yo jānāti sa yogavit ||29||
kandordhve kuṇḍalī-śaktir aṣṭadhā kuṇḍalī-kṛtā |
brahma-dvāra-mukhaṁ nityaṁ mukhenāvṛtya tiṣṭhati ||30||
prabuddhā vahni-yogena manasā mārutā hatā |
prajāva-guṇam ādāya vrajaty ūrdhvaṁ suṣumṇayā ||31||
mahāmudrām namo-mudrām uḍḍiyānaṁ jalandharam |
mūla-bandhaṁ ca yo vetti sa yogī siddhi-bhājanam ||32||

vakṣo-nyasta-hanur nipīḍya suciraṁ yonim ca vāmānghriṇā
hastābhyāṁ avadhāritaṁ prasārtaṁ pādāṁ tathā dakṣiṇam |
āpūrya śvasanena kuṁkṣi-yugalaṁ baddhvā śanai recayed
eṣā pātaka-nāśiniṁ sumahatī mudrā nṛṇāṁ procyate ||33||

kapāla-kuhare jihvā praviṣṭā viparītagā |
bhruvor antargatā dṛṣṭir mudrā bhavati khecarī ||34||
ūrdhvaṁ meḍhrād adho nābher uḍḍiyānaṁ pracakṣate |
uḍḍiyāna-jayo bandho mṛtyu-mātaṅga-kesarī ||35||
jālandhare kṛte bandhe kaṇṭha-saṅkoca-lakṣaṇe |
na pīyūṣaṁ pataty agnau na ca vāyuh prakupyati ||36||
pārṣṇi-bhāgena sampīḍya yonim ākuñcayed gudam |
apānaṁ ūrdhvaṁ ākṛṣya mūla-bandho nigadyate ||37||
yataḥ kāla-bhayāt brahmā prāṇāyāma-parāyaṇaḥ |
yogino munayaś caiva tataḥ prāṇaṁ nibandhayet ||38||
cale vāte calaṁ sarvaṁ niścale niścalaṁ bhavet |
yogī sthāṇutvam āpnoti tato vāyuh nibandhayet ||39||
ṣaṭ-triṁśad-aṅgulaṁ haṁsaḥ prayāṇaṁ kurute bahiḥ |
vāma-dakṣiṇa-mārgeṇa tataḥ prāṇo'bhidhīyate ||40||
baddha-padmāsano yogī namaskṛtya guruṁ śivam |
nāsāgra-dṛṣṭir ekākī prāṇāyāmaṁ samabhyaset ||41||
prāṇo deha-sthito vāyur āyāmas tan-nibandhanam |
eka-śvāsa-mayī mātṛā tad yogī gaganāyate ||42||
baddha-padmāsano yogī prāṇaṁ candreṇa pūrayet |
dhārayitvā yathā-śakti bhūyaḥ sūryeṇa recayet ||43||
amṛtodadhi-saṅkāśaṁ kṣīroda-dhavaḥ-prabham |
dhyātvā candramayaṁ bimbaṁ prāṇāyāme sukhī bhavet ||44||
prāṇaṁ sūryeṇa cākṛṣya pūrayed udaraṁ śanaiḥ |

kumbhayitvā vidhānena bhūyaś candreṇa recayet ||45||
 prajvalaj-jvalana-jvālā-puñjam āditya-maṇḍalam |
 dhyātvā nābhi-sthitam yogī prāṇāyāme sukhī bhavet ||46||
 recakaḥ pūrakaś caiva kumbhakaḥ praṇavātmakaḥ |
 prāṇāyāmo bhavet tredhā mātrā dvādaśa-saṃyutaḥ ||47||
 dvādaśādhamake mātrā madhyame dviguṇās tataḥ |
 uttame triguṇā mātrāḥ prāṇāyāmasya nirṇayaḥ ||48||
 adhame ca ghano gharmaḥ kampo bhavati madhyame |
 uttiṣṭhaty uttame yogī baddha-padmāsano muhuḥ ||49||
 aṅgānām mardanam śastam śrama-saṃjāta-vāriṇā |
 kaṭv-amlā-lavaṇa-tyāgī kṣīra-bhojanam ācāret ||50||
 mandam mandam pibed vāyum mandam mandam viyojayet |
 nādhikam stambhayed vāyum na ca śīghram vimocayet ||51||
 ūrdhvam ākr̥ṣya cāpānam vātam prāṇe niyojayet |
 mūrdhānam nīyate śaktyā sarva-pāpaiḥ pramucyate ||52||
 prāṇāyāmo bhavaty evam pātakendhana-pātakāḥ |
 enombudhi-mahā-setuḥ procyate yogibhiḥ sadā ||53||
 āsanena rujo hanti prāṇāyāmena pātakam |
 vikāram mānasam yogī pratyāhāreṇa sarvadā ||54||
 candrāmṛta-mayīm dhārām pratyāhāreti bhāskaraḥ |
 tat-pratyāharaṇam tasya pratyāhāraḥ sa ucyate ||55||
 ekā strī bhujyate dvābhyām āgatā soma-maṇḍalāt |
 tṛtīyo yo bhavet tābhyām sa bhavaty ajarāmarāḥ ||56||
 nābhideśe bhavaty eko bhāskaro dahanātmakaḥ |
 amṛtātmā sthito nityam tālumūle ca candramāḥ ||57||
 varṣaty adhomukhaś candro grasaty ūrdhva-mukho raviḥ |
 jñātavyam karaṇam tatra yena pīyūṣam āpyate ||58||
 ūrdhva-nābhir adhas tālu ūrdhva-bhānur adhaḥ śaśī |
 karaṇam viparītākhyam guru-vaktreṇa labhyate ||59||
 tridhā baddho vṛṣo yatra rauravīti mahāsvanam |
 anāhatam ca tac cakram hṛdaye yogino viduḥ ||60||
 anāhatam atikramya cākramya maṇipūrakam |
 prāpte prāṇam mahāpadmam yogitvam amṛtāyate ||61||
 viśabdaḥ saṃsmṛto haṃso nirmalaḥ śuddha ucyate |
 ataḥ kaṅṭhe viśuddhākhye cakram cakra-vido viduḥ ||62||
 viśuddhe parame cakre dhṛtvā soma-kalā-jalam |
 māsenā na kṣayam yāti vañcayitvā mukham raveḥ ||63||

sampīḍya rasanāgreṇa rāja-danta-bilaṁ mahat |
dhyātvāmṛtamayīm devīm ṣaṅ-māseṇa kavir bhavet ||64||
amṛtāpūrṇa-dehasya yogino dvi-tri-vatsarāt |
ūrdhvaṁ pravartate reto'py aṇimādi-guṇodayaḥ ||65||
indhanāni yathā vahnis taila-varti ca dipakaḥ |
tathā somakalā-pūrṇaṁ dehī dehaṁ na muñcati ||66||
āsanena samāyuktaḥ prāṇāyāmena saṁyutaḥ |
pratyāhāreṇa saṁyukto dhāraṇām ca samabhyaset ||67||
hr̥daye pañca-bhūtānām dhāraṇām ca pṛthak pṛthak |
manaso nīscalatvena dhāraṇā ca vidhiyate ||68||

yā pṛthvī hari-tāla-deśa-rucirā pītā lakārānvitā
saṁyuktā kamalāsanena hi catuṣkoṇā hr̥di sthāyinī |
prāṇaṁ tatra vinīya pañca-ghaṭikāś cittānviṭaṁ dhārayed
eṣā stambhakarī sadā kṣitijayaṁ kuryād bhuvo dhāraṇā ||69||

ardhendu-pratimaṁ ca kunda-dhavalāṁ kaṇṭhe'mbu-tattvaṁ sthitaṁ
yat pīyūṣa-va-kāra-bīja-sahitaṁ yuktaṁ sadā viṣṇunā |
prāṇaṁ tatra vinīya pañca-ghaṭikāś cittānviṭaṁ dhārayed
eṣā durvaha-kāla-kūṭa-jaraṇā syād vāriṇī dhāraṇā ||70||

yat tāla-sthitaṁ indra-gopa-sadṛśaṁ tattvaṁ trikoṇojjvalaṁ
tejo-repha-mayaṁ pravāla-ruciraṁ rudreṇa yat saṅgataṁ |
prāṇaṁ tatra vinīya pañca-ghaṭikāś cittānviṭaṁ dhārayed
eṣā vahni-jayaṁ sadā vidadhate vaiśvānarī dhāraṇā ||71||

yad bhinnāñjana-puñja-sānnibham idaṁ tattvaṁ bhruvor antare
vṛttaṁ vāyumayaṁ ya-kāra-sahitaṁ yatreśvaro devatā |
prāṇaṁ tatra vinīya pañca-ghaṭikāś cittānviṭaṁ dhārayed
eṣā khe gamanaṁ karoti yaminām syād vāyavī dhāraṇā ||72||

ākāśaṁ suviśuddha-vāri-sadṛśaṁ yad brahma-randhre sthitaṁ
tatrādyena sadā-śivena sahitaṁ śāntaṁ ha-kārākṣaram |
prāṇaṁ tatra vinīya pañca-ghaṭikāś cittānviṭaṁ dhārayed
eṣā mokṣa-kavāṭa-pāṭana-paṭuḥ proktā nabho-dhāraṇā ||73||

stambhanī drāvaṇī caiva dahanī bhrāmaṇī tathā |

śoṣaṇī ca bhavanty evaṁ bhūtānām pañca dhāraṇāḥ ||74||
 karmaṇā manasā vācā dhāraṇāḥ pañca durlabhāḥ |
 vidhāya satataṁ yogī sarva-pāpaiḥ pramucyate ||75||
 sarvaṁ cintā-samāvartī yogino hr̥di vartate |
 yat tattve niścitaṁ cetasa tat tu dhyānaṁ pracakṣate ||76||
 dvidhā bhavati tad dhyānaṁ sa-guṇaṁ nirguṇaṁ tathā |
 sa-guṇaṁ varṇa-bhedena nirguṇaṁ kevalaṁ viduḥ ||77||
 ādhāraṁ prathamam cakraṁ tapta-kāñcana-sannibham |
 nāsāgre dr̥ṣṭim ādāya dhyātvā muñcati kilbiṣam ||78||
 svādhiṣṭhānaṁ dvitīyaṁ tu san-māṇikyā-suśobhanam |
 nāsāgre dr̥ṣṭim ādāya dhyātvā muñcati pātakam ||79||
 taruṇāditya-saṁkāśam cakraṁ ca maṇipūrakam |
 nāsāgre dr̥ṣṭim ādāya dhyātvā saṁkṣobhayeḥ jagat ||80||
 [verse missing]
 vidyut-prabhāvaṁ hr̥t-padme prāṇāyāma-vibhedanaḥ |
 nāsāgre dr̥ṣṭim ādāya dhyātvā brahma-mayo bhavet ||82||
 santataṁ ghaṅṭikā-madhye viśuddham cāmṛtodbhavam |
 nāsāgre dr̥ṣṭim ādāya dhyātvā brahma-mayo bhavet ||83||
 bhruvor madhye sthitaṁ devaṁ snigdha-mauktika-sannibham |
 nāsāgre dr̥ṣṭim ādāya dhyātvā nandamayo bhavet ||84||
 nirguṇaṁ ca śivaṁ śāntaṁ gagane viśvatomukham |
 nāsāgre dr̥ṣṭim ādāya dhyātvā duḥkhād vimucyate ||85||
 gudaṁ meḍhraṁ ca nābhiṁ ca hr̥t-padme ca tad-ūrdhvataḥ |
 ghaṅṭikāṁ lampikā-sthānaṁ bhrū-madhye parameśvaram ||86||
 nirmalaṁ gaganākāraṁ marīci-jala-sannibham |
 ātmānaṁ sarvagaṁ dhyātvā yogī yogam avāpnuyāt ||87||
 kathitāni yathaitāni dhyāna-sthānāni yoginām |
 upādhi-tattva-yuktāni kurvanty aṣṭa-guṇodayam ||88||
 upādhiś ca tathā tattvaṁ dvayam evam udāhṛtam |
 upādhiḥ procyate varṇas tattvam ātmābhidhīyate ||89||
 upādhir anyathā-jñānaṁ tattvaṁ saṁsthitam anyathā |
 samastopādhi-vidhvaṁsi sadābhyāsenā yoginām ||90||
 ātma-varṇena bhedena dr̥śyate sphāṭiko maṇiḥ |
 mukto yaḥ śakti-bhedena so'yam ātmā praśasyate ||91||
 nirātāṅkaṁ nirālambaṁ niṣprapañcaṁ nirāśrayam |
 nirāmayaṁ nirākāraṁ tattvaṁ tattvavido viduḥ ||92||
 śabdādyaḥ pañca yā mātrā yāvat karṇādiṣu smṛtāḥ |

tāvad eva smṛtaṁ dhyānaṁ tat-samādhir atah param ||93||

yadā samkṣīyate prāṇo mānaśaṁ ca vilīyate |

tadā sama-rasaikatvaṁ samādhir abhidhīyate ||94||

[verse missing]

dhāraṇāḥ pañca-nāḍyas tu dhyānaṁ ca ṣaṣṭhi-nāḍikāḥ |

dina-dvādaśakenaiva samādhiḥ prāṇa-samyamaḥ ||96||

na gandhaṁ na rasaṁ rūpaṁ na sparśaṁ na ca niḥsvanam |

ātmānaṁ na paraṁ vetti yogī yuktaḥ samādhinā ||97||

khādyate na ca kālena bādhyate na ca karmaṇā |

sādhyate na ca kenāpi yogī yuktaḥ samādhinā ||98||

nirmalaṁ niścalaṁ nityaṁ niṣkriyaṁ nirguṇaṁ mahat |

vyoma-vijñānam ānandaṁ brahma brahma-vido viduḥ ||99||

dugdhe kṣīraṁ dhṛte sarpir agnau vahnir ivārpitaḥ |

advayatvaṁ vrajen nityaṁ yogavit parame pade ||100||

bhava-bhaya-vane vahnir mukti-sopāna-mārgataḥ |

advayatvaṁ vrajen nityaṁ yogavit parame pade ||101||

gorakṣa-śatakaṁ samāptam |