

gorakṣa-śatakam

This is the version of the text found in Briggs' *Gorakhnath and the Kanphata Yogis* (1938), reprinted in 1989 by Motilal Banarsidass. (pp. 284-304). Another, quite different version of this text is found in another file (*Gorakṣa-śatakam 1*). The numbers of verses found in the other version are given in brackets. Many of the verses are from *Hatha-yoga-pradīpikā* and I would suspect that those not accounted for are taken from another text. It is hard to believe that this text is the original *Gorakṣa-śataka*. It looks more like someone was compiling verses from GS and HYP and other sources and never completed his mission.

om haṭha-yoga-gorakṣa-śataka-prārambhaḥ |

śrī-gurum paramānandaṁ vande svānanda-vigraham |
yasya saṁnidhya-mātreṇa cidānandāyate tanuḥ ||1||

antar-nīscalitātma-dīpa-kalikā-svādhāra-bandhādibhiḥ
yo yogī yuga-kalpa-kāla-kalanāt tvam jajegīyate |
jñānāmōda-mahodadhiḥ samabhavad yatrādināthaḥ svayam
vyaktāvyakta-guṇādhikam tam anīsam śrī-mīnanātham bhaje ||2||

namaskṛtya gurum bhaktyā gorakṣo jñānam uttamam |
abhīṣtam yoginām brūte paramānanda-kārakam ||3||
gorakṣaḥ śatakam vakti yoginām hita-kāmyayā |
dhruvam yasyāvabodhena jāyate paramam padam ||4||
etat vimukti-sopānam etat kālasya vañcanam |
yad vyāvṛttam mano mohād āsaktam paramātmani ||5|| (2)
dvija-sevita-śākhasya śruti-kalpa-taroḥ phalam |
śamanam bhava-tāpasya yogam bhajati sajjanaḥ ||6|| (3)
āsanam prāṇa-saṁyamaḥ pratyāhāro'tha dhāraṇā |
dhyānam samādhir etāni yogāṅgāni bhavanti ṣaṭ ||7|| (4)
āsanāni tu tāvanti yāvatyo jīva-jātayaḥ |
eteṣām akhilān bhedān vijānāti mahēśvaraḥ ||8|| (5)
caturāśīti-lakṣaṇām ekam ekam udāhṛtam |

tataḥ śivena pīṭhānām ṣoḍeśānam śatam kṛtam ||9|| (6)

āsanebhyaḥ samastebhyo dvayam eva viśiṣyate |

ekam siddhāsanam proktaṁ dvitīyaṁ kamalāsanam ||10|| (7)

yoni-sthānakam aṅghri-mūla-ghaṭitam kṛtvā dṛḍham vinyasen

medhre pādamaṁ athaikam eva niyatam kṛtvā samam vighram |

sthāṇuḥ samyamitendriyo'cala-dṛśā paśyan bhruvor antaram

etan mokṣa-kavāta-bheda-janakam siddhāsanam procyate ||11|| (8)

vāmorūpari dakṣiṇam hi caraṇam samsthāpya vāmam tathā

dakṣorūpari paścimena vidhinā dhṛtvā karābhyām dṛḍham |

aṅguṣṭhau hṛdaye nidhāya cibukam nāsāgram ālokayed

etad-vyādhi-vikāra-hāri yaminām padmāsanam procyate ||12|| (9)

ṣaṭ-cakraṁ ṣoḍaśādhāraṁ trilakṣam vyoma-pañcakam |

sva-dehe ye na jānanti katham sidhyanti yoginaḥ ||13||

eka-stambham nava-dvāraṁ gṛham pañcādhidaivatam |

sva-deham ye na jānanti katham sidhyanti yoginaḥ ||14||

caturdalam syād ādhāraḥ svādhiṣṭhānam ca ṣaṭ-dalam |

nābhau daśa-dalam padmam sūrya-saṅkhya-dalam hṛdi ||15||

kaṅthe syāt ṣoḍaśa-dalam bhrū-madhye dvidalam tathā |

sahasra-dalam ākhyātam brahma-randhre mahā-pathe ||16||

ādhāraḥ prathamam cakram svādhiṣṭhānam dvitīyakam |

yoni-sthānam dvayor madhye kāma-rūpaṁ nigadyate ||17|| (10)

ādhārākhyam guda-sthānam pañkajam ca catur-dalam |

tan-madhye procyate yoniḥ kāmākṣā siddha-vanditā ||18|| (11)

yoni-madhye mahā-liṅgam paścimābhimukham sthitam |

mastake maṇivad bimbam yo jānāti sa yogavit ||19|| (12)

taṭṭa-cāmīkarābhāsam taḍil-lekheva visphurat |

trikoṇam tat-puram vahner adho-medhrāt pratiṣṭhitam ||20|| (13)

yat samādhau param jyotir anantam viśvato-mukham |

tasmin dṛṣṭe mahā-yoge yātāyātam na vidyate ||21||

sva-śabdena bhavet prāṇaḥ svādhiṣṭhānam tad-āśrayaḥ |

svādhiṣṭhānāt padād asmān medhram evābhidhīyate ||22|| (14)

tantunā maṇivat proto yatra kandaḥ suṣumṇayā |

tan-nābhi-maṇḍalam cakram procyate maṇi-pūrakam ||23|| (15)

dvādaśāre mahā-cakre puṇya-pāpa-vivarjite |

tāvaj jīvo bhramaty eva yāvat tattvaṃ na vindati ||24||
ūrdhvaṃ meḍhrād adho nābheḥ kanda-yoniḥ khagāṇḍavat |
tatra nāḍyaḥ samutpannāḥ sahasrāṇām dvisaptatiḥ ||25|| (16)
teṣu nāḍi-sahasreṣu dvisaptatir udāhṛtāḥ |
pradhānaṃ prāṇa-vāhinyo bhūyas tatra daśa smṛtāḥ ||26|| (17)
idā ca piṅgalā caiva suṣumṇā ca ṛtīyakā |
gāndhārī hasti-jihvā ca pūṣā caiva yaśasvinī ||27|| (18)
alambuṣā kuhūś caiva śaṅkhinī daśamī smṛtā |
etan nāḍi-mayaṃ cakram jñātavyaṃ yogibhiḥ sadā ||28|| (19)
idā vāme sthitā bhāge piṅgalā dakṣiṇe tathā |
suṣumṇā madhya-deśe tu gāndhārī vāma-cakṣuṣi ||29|| (20)
dakṣiṇe hasti-jihvā ca pūṣā karṇe ca dakṣiṇe |
yaśasvinī vāma-karṇe cāsane vāpy alambuṣā ||30|| (21)
kuhūś ca liṅga-deśe tu mūla-sthāne ca śaṅkhinī |
evaṃ dvāram upāśritya tiṣṭhanti daśa-nāḍikāḥ ||31|| (22)
idā-piṅgalā-suṣumṇā ca tisro nāḍya udāhṛtāḥ |
satataṃ prāṇa-vāhinyaḥ soma-sūryāgni-devatāḥ ||32|| (23)
prāṇo'pānaḥ samānaś codāno vyānau ca vāyavaḥ |
nāgaḥ kūrmo'tha kṛkaro devadatto dhanañjayaḥ ||33|| (24)
hr̥di prāṇo vasen nityaṃ apāno guda-maṇḍale |
samāno nābhi-deśe syād udānaḥ kaṅṭha-madhyagaḥ ||34||
udgāre nāgākhyātāḥ kūrma unmilane smṛtāḥ |
kṛkaraḥ kṣuta-kṛj jñeyo devadatto vijṛmbhaṇe ||35||
na jahāti mṛtaṃ cāpi sarva-vyāpi dhanañjayaḥ |
ete sarvāsu nāḍiṣu bhramante jīva-rūpiṇaḥ ||36|| (25)
ākṣipto bhuja-daṇḍena yathoccalati kandukaḥ |
prāṇāpāna-samākṣiptas tathā jīvo na tiṣṭhati ||38|| (27)
prāṇāpāna-vaśo jīvo hy adhaś cordhvaṃ ca dhāvati |
vāma-dakṣiṇa-mārgeṇa cañcalatvān na dṛśyate ||39|| (26)
rajju-baddho yathā śyeno gato'py ākṛṣyate |
guṇa-baddhas tathā jīvaḥ prāṇāpānena kṛṣyate ||40|| (28)
apānaḥ karṣati prāṇaḥ prāṇo'pānaṃ ca karṣati |
ūrdhvādhaḥ saṃsthitāv etau saṃyojayati yogavit ||41|| (29)
ha-kāreṇa bahir yāti sa-kāreṇa viśet punaḥ |
haṃsa-haṃsety amuṃ mantraṃ jīvo japati sarvadā ||42||
ṣaṭ-ṣatānitvaho-rātre sahasrāṇy eka-vimśatiḥ |
etat saṅkhyānviṭaṃ mantra jīvo japati sarvadā ||43||

ajapā nāma gāyatrī yoginām mokṣa-dāyinī |
asyāḥ saṅkalpa-mātreṇa sarva-pāpaiḥ pramucyate ||44||
anayā sadṛśī vidyā anayā sadṛśo japaḥ |
anayā sadṛśam jñānam na bhūtam na bhaviṣyati ||45||
kundalinyāḥ samudbhūtā gāyatrī prāṇa-dhāriṇī |
prāṇa-vidyā mahā-vidyā yas tāṁ vetti sa yogavit ||46||
kandordhvaṁ kuṇḍalī śaktir aṣṭadhā kuṇḍalākṛti |
brahma-dvāra-mukhaṁ nityaṁ mukhenācchādyā tiṣṭhati ||47|| (30)
yena dvāreṇa gantavyaṁ brahma-sthānam anāmayam |
mukhenācchādyā tad-dvāraṁ prasuptā parameśvarī ||48||
prabuddhā vahni-yogena manasā mārutā hatā |
sūcivād guṇam ādāya vrajaty ūrdhvaṁ suṣumṇayā ||49|| (31)
prasphurad-bhujagākārā padma-tantu-nibhā śubhā |
prabuddhā vahni-yogena vratya ūrdhvaṁ suṣumṇayā ||50||
udghaṭayet kapātam tu yathā kuñcikayā haṭhāt |
kuṇḍalinyā tathā yogī mokṣa-dvāraṁ prabhedayet ||51||

kṛtvā sampuṭitau karau dṛḍhataraṁ baddhvā tu padmāsanam
gāḍham vakṣasi sannidhāya cibukam dhyātvā ca tat prekṣitam |
vāraṁ vāraṁ apānam ūrdhvaṁ anilaṁ proccārayet pūritaṁ
muñcan prāṇam upaiti bodham atulaṁ śakti-prabodhān naraḥ ||52||
(HYP 1.50)

aṅgānām mardanaṁ kuryāc chrama-jātena vāriṇā |
kaṭv-amlā-lavaṇa-tyāgī kṣīra-bhojanam ācāret ||53|| (50)
brahmacārī mitāhārī tyāgī yoga-parāyaṇaḥ |
abdād ūrdhvaṁ bhavet siddho nātra kāryā vicāraṇā ||54|| (HYP 1.59)
susnigdham madhurāhāraṁ caturthāmsa-vivarjitam |
bhujyate sura-samprītyai mitāhāraḥ sa ucyate ||55|| (HYP 1.60)
kandordhvaṁ kuṇḍalī śaktir aṣṭadhā kuṇḍalākṛtiḥ |
bandhanāya ca mūḍhānām yoginām mokṣadā smṛtā ||56|| (HYP 3.107)
mahāmudrām namo-mudrām uḍḍiyānam jalandharam |
mūla-bandham ca yo vetti sa yogī siddhi-bhājanam ||57|| (32)
śodhanam nāḍi-jālasya cālanam candra-sūryayoḥ |
rasānām śoṣaṇam caiva mahā-mudrābhidhīyate ||58||

vakṣo-nyasta-hanur nipīḍya suciram yonim ca vāmānghriṇā

hastābhyām avadhāritam prasāritam pādām tathā dakṣiṇam |
āpūrya śvasanena kuṣi-yugalam baddhvā śanai recayed
eṣā pātaka-nāśinī sumahatī mudrā nṛṇām procyate ||59|| (33)

candrāṅgena samabhyasya sūryāṅgenābhyaset punaḥ |
yāvat tulyā bhavet saṅkhyā tato mudrām visarjayet ||60|| (HYP 3.15)
na hi pathyam apathyam vā rasāḥ sarve'pi nīrasāḥ |
api muktaṁ viṣam ghoram pīyūsam api jīryate ||61|| (HYP 3.16)
kṣaya-kuṣṭha-gudāvarta-gulmājīrṇa-purogamāḥ |
tasya doṣāḥ kṣayam yānti mahāmudrām tu yo'bhyaset ||62|| (HYP 3.17)
kathiteyam mahāmudrā mahā-siddhi-karā nṛṇām |
gopaniyā prayatnena na deyā yasya kasyacit ||63|| (HYP 3.18)
kapāla-kuhare jihvā praviṣṭā viparītagā |
bhruvor antargatā dṛṣṭir mudrā bhavati khecarī ||64|| (34)
na rogo maraṇam tandrā na nidrā na kṣudhā tṛṣā |
na ca mūrccā bhavet tasya yo mudrām vetti khecarīm ||65|| (HYP 3.39)
pīdyate na sa rogeṇa lipyate na ca karmaṇā |
bādhyate na sa kālena yo mudrām vetti khecarīm ||66|| (HYP 3.40)
cittam carati khe yasmāḥ jihvā carati khe gatā |
tenaiṣā khecarī nāma mudrā siddhair nirūpitā ||67|| (HYP 3.41)
bindu-mūlam śarīram tu śirās tatra pratiṣṭhitāḥ |
bhāvayanti śarīram yā āpāda-tala-mastakam ||68||
khecaryā mudritam yena vivaram lambikordhvataḥ |
na tasya kṣarate binduḥ kāmīnyāliṅgitasya ca ||69||
yāvad binduḥ sthito dehe tāvat kāla-bhayam kutaḥ |
yāvad baddhā nabho-mudrā tāvad bindur na gacchati ||70||
calito'pi yadā binduḥ samprāptaś ca hutāśanam |
vrajaty ūrdhvam hṛtaḥ śaktyā niruddho yoni-mudrayā ||71|| (HYP 3.43)
sa punar dvividho binduḥ paṇḍuro lohitas tathā |
pāṇḍuram śukram ity āhur lohitaṁ tu mahārājaḥ ||72||
sindūra-drava-saṅkāśam ravi-sthāne sthitaṁ rajaḥ |
śāśi-sthāne sthito bindus tayor aikyam sudurlabham ||73||
binduḥ śivo rajaḥ śaktir bindum indū rajo raviḥ |
ubhayoḥ saṅgamād eva prāpyate paramam padam ||74||
vāyunā śakti-cāreṇa preritaṁ tu mahā-rajāḥ |
bindunaiti sahaikatvam bhaved divyam vapus tadā ||75||
śukram candreṇa saṁyuktaṁ rajaḥ sūryeṇa saṁyutam |

tayoḥ samarasaikatvaṁ yojānāti sa yogavit ||76||
uḍḍīnaṁ kurute yasmād aviśrāntaṁ mahā-khagaḥ |
uḍḍīyānaṁ tad eva syāt tava bandho'bhidhīyate ||77|| (HYP 3.56)
udarāt paścime bhāge hy adho nābher nigadyate |
uḍḍīyanasya bandho'yaṁ tatra bandho vidhīyate ||78||
badhnāti hi sirājālam adho-gāmi śiro-jalam |
tato jālandharo bandhaḥ kaṇṭha-duḥkhaugha-nāśanaḥ ||79|| (HYP 3.71)
jālandhare kṛte bandhe kaṇṭha-saṁkoca-lakṣaṇe |
pīyūṣaṁ na pataty agnau na ca vāyuḥ prakupyati ||80|| (36, HYP 3.72)
pārṣṇi-bhāgena sampīḍya yonim ākuñcayed gudam |
apānam ūrdhvam ākṛṣya mūla-bandho'bhidhīyate ||81|| (37, HYP 3.61)
apāna-prāṇayor aikyāt kṣayān mūtra-purīṣayoḥ |
yuvā bhavati vṛddho'pi satataṁ mūla-bandhanāt ||82|| (38, HYP 3.65)
padmāsanam samāruhya sama-kāya-śiro-dharaḥ |
nāsāgra-dṛṣṭir ekānte japed onkāram avyayam ||83||
bhūr bhuvaḥ svar ime lokāḥ soma-sūryāgni-devatāḥ |
yasyā mātrāsu tiṣṭhanti tat paraṁ jyotir om iti ||84||
trayaḥ kālās trayo vedās trayo lokās trayāḥ sverāḥ |
trayo devāḥ sthitā yatra tat paraṁ jyotir om iti ||85||
kriyā cecchā tathā jñānā brāhmī raudrī ca vaiṣṇavī |
tridhā śaktiḥ sthitā yatra tat paraṁ jyotir om iti ||86||
ākārās ca tatho-kāro ma-kāro bindu-saṁjñakaḥ |
tisro mātrāḥ sthitā yatra tat paraṁ jyotir om iti ||87||
vacasā taj jayed bījaṁ vapoṣā tat samabhyaset |
manasā tat smaren nityaṁ tat paraṁ jyotir om iti ||88||
śucir vāpy aśucir vāpi yo japed praṇavaṁ sadā |
lipyate na sa pāpena padma-patram ivāmbhasā ||89||
cale vāte calo bindur niścale niścalo bhavet |
yogī sthāṇutvam āpnoti tato vāyur nirodhayet ||90|| (39, HYP 2.2)
yāvad vāyuḥ sthito dehe tāvaj jīvanam ucyate |
maraṇam tasya niśkrāntis tato vāyur nirodhayet ||91|| (HYP 2.3)
yāvad baddho marud dehe yāvac cittaṁ nirākulam |
yāvad dṛṣṭir bhruvor madhye tāvat kāla-bhayaṁ kutaḥ ||92|| (HYP 2.40)
ataḥ kāla-bhayaḥ brahmā prāṇāyāma-parāyaṇaḥ |
yogino munayaś caiva tato vāyur nirodhayet ||93||
ṣaṭ-trimśad-aṅgulo hamsaḥ prayāṇam kurute bahiḥ |
vāma-dakṣiṇa-mārgena tataḥ prāṇo'bhidhīyate ||94|| (40)

śuddhim eti yadā sarvaṁ nāḍi-cakraṁ malākulam |
tadaiva jāyate yogī prāṇa-saṁgrahaṇe kṣamaḥ ||95||
baddha-padmāsano yogī prāṇaṁ candreṇa pūrayet |
dhārayitvā yathā-śakti bhūyaḥ sūryeṇa recayet ||96|| (43)
amṛtaṁ dadhi-saṅkāśaṁ go-kṣīra-rajatopamam |
dhyātvā candramaso bimbaṁ prāṇāyāmī sukhī bhavet ||97|| (44)
dakṣiṇo śvāsam ākṛṣya pūrayed udaraṁ śanaiḥ |
kumbhayitvā vidhānena puraś candreṇa recayet ||98|| (45)
prajvalaj-jvalana-jvālā-puñjam āditya-maṇḍalam |
dhyātvā nābhi-sthitaṁ yogī prāṇāyāme sukhī bhavet ||99|| (46)

prāṇaṁ codiḍayā piben parimitaṁ bhūyo'nyayā recayet
pītvā piṅgalayā samīraṇam atho baddhvā tyajed vāmayā |
sūrya-candramasor anena vidhinā bimba-dvayaṁ dhyāyataḥ
śuddhā nāḍi-gaṇā bhavanti yamino māsa-trayād ūrdhvataḥ ||100|| (HYP
2.10)

yatheṣṭhaṁ dhāraṇaṁ vāyor analasya pradīpanam |
nādābhivyaktir ārogyaṁ jāyate nāḍi-śodhanāt ||101||

iti gorakṣa-śatakaṁ sampūrṇam |