

haṭha-yoga-pradīpikā

(1)

prathamopadeśaḥ

śrī-ādi-nāthāya namo'stu tasmai
yenopadiṣṭā haṭha-yoga-vidyā |
vibhrājate pronnata-rāja-yogam
āroḍhum icchor adhirohiṇīva ||1||

praṇamya śrī-gurum nātham svātmārāmeṇa yoginā |
kevalam rāja-yogāya haṭha-vidyopadiśyate ||2||
bhrāntyā bahumata-dhvānte rāja-yogam ajānatām |
haṭha-pradīpikām dhatte svātmārāmaḥ kṛpākaraḥ ||3||
haṭha-vidyām hi matsyendra-gorakṣādyā vijānate |
svātmārāmo'thavā yogī jānīte tat-prasādataḥ ||4||
śrī-ādinātha-matsyendra-śāvarānanda-bhairavāḥ |
cauraṅgī-mīna-gorakṣa-virūpākṣa-bileśayāḥ ||5||
manthāno bhairavo yogī siddhir buddhaś ca kanthaḍiḥ |
koramṭakaḥ surānandaḥ siddhapādaś ca carpaṭiḥ ||6||
kānerī pūjyapādaś ca nitya-nātho nirañjanaḥ |
kapālī bindunāthaś ca kākacaṅḍīśvarāhvayaḥ ||7||
allāmaḥ prabhudevaś ca ghoḍā colī ca ṭimṭiṇiḥ |
bhānukī nāradevaś ca khaṇḍaḥ kāpālikas tathā ||8||
ity ādayo mahāsiddhā haṭha-yoga-prabhāvataḥ |
khaṇḍayitvā kāla-daṇḍam brahmāṇḍe vicaranti te ||9||
aśeṣa-tāpa-taptānām samāśraya-maṭho haṭhaḥ |
aśeṣa-yoga-yuktānām ādhāra-kamaṭho haṭhaḥ ||10||
haṭha-vidyā param gopyā yoginā siddhim icchatā |
bhaved vīryavatī guptā nirvīryā tu prakāśitā ||11||
surājye dhārmike deśe subhikṣe nirupadrave |
dhanuḥ pramāṇa-paryantam śilāgni-jala-varjite |
ekānte maṭhikā-madhye sthātavyam haṭha-yoginā ||12||

alpa-dvāram arandhra-garta-vivaram nātyucca-nīcāyatam
samyag-gomaya-sāndra-liptam amalām niḥśesa-jantūjjhitam |
bāhye maṇḍapa-vedi-kūpa-ruciram prākāra-samveṣṭitam
proktam yoga-maṭhasya lakṣaṇam idam siddhair haṭhābhyāsibhiḥ ||13||

evam vidhe maṭhe sthitvā sarva-cintā-vivarjitaḥ |
gurūpaḍiṣṭa-mārgeṇa yogam eva samabhyaset ||14||
atyāhāraḥ prayāsaś ca prajalpo niyamāgrahaḥ |
jana-saṅgaś ca laulyam ca ṣaḍbhir yogo vinaśyati ||15||
utsāhāt sāhasād dhairyāt tattva-jñānās ca niścayāt |
jana-saṅga-parityāgāt ṣaḍbhir yogaḥ prasiddhyati ||16||

atha yama-niyamāḥ

ahiṁsā satyam asteyam brahmacaryam kṣamā dhṛtiḥ |
dayārjavam mitāhāraḥ śaucam caiva yamā daśa ||17||
tapaḥ santoṣa āstikyam dānam īśvara-pūjanam |
siddhānta-vākya-śravaṇam hrīmatī ca tapo hutam |
niyamā daśa samproktā yoga-śāstra-viśāradaiḥ ||18||

atha āsanam

haṭhasya prathamāṅgatvād āsanam pūrvam ucyate |
kuryāt tad āsanam sthairyam ārogyam cāṅga-lāghavam ||19||
vaśiṣṭhādyaiś ca munibhir matsyendrādyaiś ca yogibhiḥ |
aṅgīkṛtāny āsanāni kathyante kānicin mayā ||20||
jānūrvor antare samyak kṛtvā pāda-tale ubhe |
ṛju-kāyaḥ samāsinaḥ svastikaṁ tat pracakṣate ||21||
savye dakṣiṇa-gulphaṁ tu pṛṣṭha-pārśve niyojayet |
dakṣiṇe'pi tathā savyam gomukhaṁ gomukhākṛtiḥ ||22||
ekam pādām tathaikasmin vinyased uruṇi sthiram |
itarasmimś tathā coruṁ vīrāsanam itīritam ||23||
gudaṁ nirudhya gulphābhyām vyutkrameṇa samāhitaḥ |
kūrmāsanam bhaved etad iti yoga-vido viduḥ ||24||
padmāsanam tu samsthāpya jānūrvor antare karau |
niveśya bhūmau samsthāpya vyomastham kukkuṭāsanam ||25||
kukkuṭāsana-bandha-stho dorabhyām sambadya kandharām |

bhaved kūrṃavad uttāna etad **uttāna-kūrṃakam** ||26||
 pādānguṣṭhau tu pāṇibhyāṃ gr̥hītvā śravaṇāvadhi |
 dhanur ākarṣaṇaṃ kuryād **dhanur-āsanam** ucyate ||27||
 vāmoru-mūlārpita-dakṣa-pādaṃ
 jānor bahir veṣṭita-vāma-pādam |
 pragr̥hya tiṣṭhet parivartitāṅgaḥ
śrī-matysanāthoditam āsanam syāt ||28||
 matsyendra-pīṭham jaṭhara-pradīptim
 praçaṇḍa-rug maṇḍala-khaṇḍanāstram |
 abhyāsataḥ kuṇḍalinī-prabodham
 candra-sthiratvaṃ ca dadāti puṃsām ||29||
 prasārya pāḍau bhuvī daṇḍa-rūpau
 dor̥bhyāṃ padāgra-dvitayaṃ gr̥hītvā |
 jānūparinyasta-lalāṭa-deśo
 vased idaṃ **paścimatānam** āhuḥ ||30||
 iti paścimatānam āsanāgryaṃ
 pavanaṃ paścima-vāhinaṃ karoti |
 udayaṃ jaṭharānalasya kuryād
 udare kārśyam arogatāṃ ca puṃsām ||31||
 dharāṃ avaṣṭabhya kara-dvayena
 tat-kūrpara-sthāpita-nābhi-pārśvaḥ |
 uccāsano daṇḍavad utthitaḥ khe
māyūram etat pravadanti pīṭham ||32||
 harati sakala-rogaṃ āśu gulmodarādīn
 abhibhavati ca doṣān āsanam śrī-mayūram |
 bahu kadaśana-bhuktaṃ bhasma kuryād aśeṣaṃ
 janayati jaṭharāgniṃ jārayet kāla-kūṭam ||33||
 uttānaṃ śabavad bhūmau śayanaṃ tac chavāsanam |
śavāsanam śrānti-haraṃ citta-viśrānti-kāraṃ ||34||
 caturaśīty āsanāni śivena kathitāni ca |
 tebhyaś catuṣkam ādāya sārabhūtaṃ bravīmy aham ||35||
 siddham padmaṃ tathā siṃham bhadrāṃ veti catuṣṭayam |
 śreṣṭham tatrāpi ca sukhe tiṣṭhet siddhāsane sadā ||36||

atha siddhāsanam—

yoni-sthānakam aṅghri-mūla-ghaṭitaṃ kṛtvā dṛḍham vinyaset
 meṇḍhre pādam athaikam eva hṛdaye kṛtvā hanuṃ susthiram |

sthāṇuḥ saṁyamitendriyo'cala-dṛśā paśyed bhruvor antaram
hy etan mokṣa-kapāṭa-bheda-janakam **siddhāsanam** procyate ||37||

meṇḍhrād upari vinyasya savyam gulpham tathopari |
gulphāntaram ca niṣṭipya siddhāsanam idam bhavet ||38||
etat siddhāsanam prāhur anye vajrāsanam viduḥ |
muktāsanam vadanty eke prāhur guptāsanam pare ||39||
yameṣv iva mitāhāram ahimsā niyameṣv iva |
mukhyam sarvāsaneṣv ekam siddhāḥ siddhāsanam viduḥ ||40||
caturaṣṭi-piṭheṣu siddham eva sadābhyaset |
dvāsaptati-sahasrāṇām nāḍinām mala-śodhanam ||41||
ātma-dhyāyī mitāhārī yāvad dvādaśa-vatsaram |
sadā siddhāsanābhyāsād yogī niṣpattim āpnuyāt ||42||
kim anyair bahubhiḥ piṭhaiḥ siddhe siddhāsane sati |
prāṇānile sāvadhāne baddhe kevala-kumbhake |
utpadyate nirāyāsāt svayam evonmanī kalā ||43||
tathaikāsminn eva dṛḍhe siddhe siddhāsane sati |
bandha-trayam anāyāsāt svayam evopajāyate ||44||
nāsanam siddha-sadṛśam na kumbhaḥ kevalopamaḥ |
na khecarī-samā mudrā na nāda-sadṛśo layaḥ ||45||

atha padmāsanam—

vāmorūpari dakṣiṇam ca caraṇam saṁsthāpya vāmarṁ tathā
dakṣorūpari paścimena vidhinā dhṛtvā karābhyām dṛḍham |
aṅguṣṭhau hṛdaye nidhāya cibukam nāsāgram ālokayet
etat vyādhi-vināśa-kāri yaminām **padmāsanam** procyate ||46||

uttānau caraṇau kṛtvā ūru-saṁsthau prayatnataḥ |
ūru-madhye tathottānau pāṇi kṛtvā tato dṛśau ||47||
nāsāgre vinyased rājad-anta-mūle tu jihvayā |
uttambhya cibukam vakṣasy utthāpy pavanam śanaiḥ ||48||
idam padmāsanam proktaṁ sarva-vyādhi-vināśanam |
durlabham yena kenāpi dhīmatā labhyate bhuvi ||49||

kṛtvā sampuṭitau karau dṛḍhataram baddhvā tu padmāsanam
gāḍham vakṣasi sannidhāya cibukam dhyāyamś ca tac cetasi |
vāram vāram apānam ūrdhvam anilam protsārayan pūritam

nyañcan prāṇam upaiti bodham atulaṁ śakti-prabhāvān naraḥ ||50||

padmāsane sthito yogī nāḍī-dvāreṇa pūritam |
mārutam dhārayed yas tu sa mukto nātra saṁśayaḥ ||51||

atha siṁhāsanam—

gulphau ca vṛṣaṇasyādhaḥ sīvanyāḥ pārśvayoḥ kṣipet |
dakṣiṇe savya-gulpham tu dakṣa-gulpham tu savyake ||52||
hastau tu jānvoḥ saṁsthāpya svāṅgulīḥ samprasārya ca |
vyātta-vaktro nirīkṣeta nāsāgram susamāhitaḥ ||53||
siṁhāsanam bhaved etat pūjitaṁ yogi-puṅgavaīḥ |
bandha-tritaya-sandhānam kurute cāsanottamam ||54||

atha bhadrāsanam—

gulphau ca vṛṣaṇasyādhaḥ sīvanyāḥ pārśvayoḥ kṣipte |
savya-gulpham tathā savye dakṣa-gulpham tu dakṣiṇe ||55||
pārśva-pādaḥ ca pāṇibhyāṁ drḍham baddhvā sunīścalam |
bhadrāsanam bhaved etat sarva-vyādhi-vināsanam |
gorakṣāsanam ity āhur idaṁ vai siddha-yoginaḥ ||56||

evam āsana-bandheṣu yogīndro vigata-śramaḥ |
abhyasen nāḍikā-śuddhiṁ mudrādi-pavanī-kriyām ||57||
āsanam kumbhakaṁ citraṁ mudrākhyam karaṇam tathā |
atha nādānusandhānam abhyāsānukramo haṭṭhe ||58||
brahmacārī mitāhārī tyāgī yoga-parāyaṇaḥ |
abdād ūrdhvaṁ bhavet siddho nātra kāryā vicāraṇā ||59||
susnigdha-madhurāhāraś caturthāṁśa-vivarjitaḥ |
bhujyate śiva-samprītyai mitāhāraḥ sa ucyate ||60||

kaṭvāmla-tikṣṇa-lavaṇoṣṇa-harīta-śāka-
sauvīra-taila-tila-sarṣapa-madya-matsyān |
ājādi-māṁsa-dadhi-takra-kulatthakola-
piṇyāka-hiṅgu-laśunādyam apathyam āhuḥ ||61||

bhojanam ahitaṁ vidyāt punar asyoṣṇī-kṛtaṁ rūkṣam |
atilavaṇam amla-yuktaṁ kadaśana-śākotkaṁ varjyam ||62||
vahni-strī-pathi-sevānām ādau varjanam ācāret ||63||

tathā hi gorakṣa-vacanam—
varjayed durjana-prāntam vahni-strī-pathi-sevanam |
prātaḥ-snānopavāsādi kāya-kleśa-vidhim tathā ||64||

godhūma-śāli-yava-śaṣṭika-śobhanānnaṁ
kṣīrājya-khaṇḍa-navanīta-siddhā-madhūni |
śuṅṭhī-paṭola-kaphalādika-pañca-śākaṁ
mudgādi-divyam udakaṁ ca yamīndra-pathyam ||65||

puṣṭam sumadhuram snigdham gavyam dhātu-prapoṣaṇam |
manobhilaṣitam योग्यां योगिं bhojanam ācaret ||66||
yuvo vṛddho'tivṛddho vā vyādrito durbalopi vā |
abhyāsāt siddhim āpnoti sarva-yogeṣv atandritaḥ ||67||
kriyā-yuktasya siddhiḥ syād akriyasya katham bhavet |
na śāstra-pāṭha-mātreṇa yoga-siddhiḥ prajāyate ||68||
na veśa-dhāraṇam siddheḥ kāraṇam na ca tat-kathā |
kriyaiva kāraṇam siddheḥ satyam etan na saṁsayah ||69||
pīṭhāni kumbhakās citrā divyāni karaṇāni ca |
sarvāny api haṭhābhyāse rāja-yoga-phalāvadhī ||70||

iti haṭha-pradīpikāyām prathamopadeśaḥ |

(2)

dvitīyopadeśaḥ

athāsane drdhe yogī vaśī hita-mitāśanaḥ |
gurūpadiṣṭa-mārgeṇa prāṇāyāmān samabhyaset ||1||
cale vāte calam cittam niścale niścalam bhavet ||
yogī sthāṇutvam āpnoti tato vāyum nirodhayet ||2||
yāvad vāyuh sthito dehe tāvaj jīvanam ucyate |
maraṇam tasya niśkrāntis tato vāyum nirodhayet ||3||
malākalāsu nāḍīṣu māruto naiva madhyagaḥ |
katham syād unmanībhāvaḥ kārya-siddhiḥ katham bhavet ||4||
śuddham eti yadā sarvam nāḍī-cakraṁ malākulam |
tadaiva jāyate yogī prāṇa-saṁgrahaṇe kṣamaḥ ||5||

prāṇāyāmaṁ tataḥ kuryān nityaṁ sāttvikayā dhiyā |
yathā suṣuṁṇā-nāḍīsthā malāḥ śuddhiṁ prayānti ca ||6||
baddha-padmāsano yogī prāṇaṁ candreṇa pūrayet |
dhārayitvā yathā-śakti bhūyaḥ sūryeṇa recayet ||7||
prāṇaṁ sūryeṇa cākṛṣya pūrayed udaraṁ śanaīḥ |
vidhivat kumbhakaṁ kṛtvā punaś candreṇa recayet ||8||
yena tyajet tena pītvā dhārayed atirodhataḥ |
recayec ca tato'nyena śanair eva na vegataḥ ||9||

prāṇaṁ ced iḍayā pīben niyamitaṁ bhūyo'nyathā recayet
pītvā piṅgalayā samīraṇam atho baddhvā tyajed vāmayā |
sūrya-candramasor anena vidhinābhyāsaṁ sadā tanvatām
śuddhā nāḍi-gaṇā bhavanti yaminām māsa-trayād ūrdhvataḥ ||10||

prātar madhyandine sāyam ardha-rātre ca kumbhakān |
śanair aśīti-paryantaṁ catur vāraṁ samabhyaset ||11||
kaṇīyasi bhaved sveda kampo bhavati madhyame |
uttame sthānam āpnoti tato vāyūṁ nibandhayet ||12||
jalena śrama-jātena gātra-mardanam ācaret |
dṛḍhatā laghutā caiva tena gātrasya jāyate ||13||
abhyāsa-kāle prathame śastaṁ kṣīrājya-bhojanam |
tato'bhyāse dṛḍhībhūte na tādrīn-niyama-grahaḥ ||14||
yathā simho gajo vyāghro bhaved vaśyaḥ śanaīḥ śanaīḥ |
tathaiva sevito vāyur anyathā hanti sādhakam ||15||
prāṇāyāmena yuktena sarva-roga-kṣayo bhavet |
ayuktābhyāsa-yogena sarva-roga-samudgamaḥ ||16||
hikkā śvāś ca kāśaś ca śīraḥ-karṇākṣi-vedanāḥ |
bhavanti vividhāḥ rogāḥ pavanasya prakopataḥ ||17||
yuktaṁ yuktaṁ tyajed vāyūṁ yuktaṁ yuktaṁ ca pūrayet |
yuktaṁ yuktaṁ ca badhnīyād evaṁ siddhim avāpnuyāt ||18||
yadā tu nāḍī-śuddhiḥ syāt tathā cihnāni bāhyataḥ |
kāyasya kṛśatā kāntiś tadā jāyate niścitam ||19||
yatheṣṭaṁ dhāraṇaṁ vāyor analasya pradīpanam |
nādābhivyaktir ārogyaṁ jāyate nāḍi-śodhanāt ||20||
meda-śleṣmādhikaḥ pūrvaṁ ṣaṭ-karmāṇi samācaret |
anyas tu nācaret tāni doṣāṇāṁ samabhāvataḥ ||21||
dhautir bastiś tathā netiś trāṭakaṁ naulikaṁ tathā |

kapāla-bhātīś caitāni ṣaṭ-karmāṇi pracakṣate ||22||
karma ṣaṭkam idaṁ gopyaṁ ghaṭa-śodhana-kāraṁ |
vicitra-guṇa-sandhāya pūjyate yogi-puṅgavaḥ ||23||

tatra **dhautiḥ**—

catur-aṅgula-vistāraṁ hasta-pañca-daśāyatam |
gurūpaḍiṣṭa-mārgeṇa siktaṁ vastraṁ śanair graset |
punaḥ pratyāharec caitad udiṭaṁ dhauti-karma tat ||24||
kāśa-śvāsa-plīha-kuṣṭhaṁ kapharogāś ca viṁśatiḥ |
dhauti-karma-prabhāveṇa prayānty eva na saṁśayaḥ ||25||

atha **bastiḥ**—

nābhi-daghna-jale pāyau nyasta-nālotkaṭāśanaḥ |
ādhārakuṅcanaṁ kuryāt kṣālanam basti-karma tat ||26||
gulma-plīhodaraṁ cāpi vāta-pitta-kaphodbhavāḥ |
basti-karma-prabhāveṇa kṣiyante sakalāmayāḥ ||27||
dhāntvadriyāntaḥ-karaṇa-prasādaṁ
dadhāc ca kāntim dahana-pradīptam |
aśeṣa-doṣopacayaṁ nihanyād
abhyasyamānaṁ jala-basti-karma ||28||

atha **netiḥ**—

sūtraṁ vitasti-susnigdham nāsānāle praveśayet |
mukhān nirgamayec caiśā netiḥ siddhair nigadyate ||29||
kapāla-śodhinī caiva divya-dṛṣṭi-pradāyinī |
jatrūrdhva-jāta-rogaugham netir āśu nihanti ca ||30||

atha **trāṭakam**—

nirīkṣen niścala-dṛśā sūkṣma-lakṣyaṁ samāhitaḥ |
āśru-sampāta-paryantam ācāryais trāṭakam smṛtam ||31||
mocanaṁ netra-rogaṇām tandādrīṇām kapāṭakam |
yatnatas trāṭakam gopyaṁ yathā hāṭaka-peṭakam ||32||

atha **nauliḥ**—

amandāvarta-vegena tundaṁ savyāpasavyataḥ |
natāṁso bhrāmayed eṣā nauliḥ siddhaiḥ praśasyate ||33||
mandāgni-sandīpana-pācanādi-

sandhāpikānanda-karī sadaiva |
aśeṣa-doṣa-maya-śoṣaṇī ca
haṭha-kriyā maulir iyaṁ ca nauliḥ ||34||

atha **kapālabhātiḥ**—

bhastrāval loha-kārasya reca-pūrau sasambhramau |
kapālabhātir vikhyātā kapha-doṣa-viśoṣaṇī ||35||

ṣaṭ-karma-nirgata-sthaulya-kapha-doṣa-malādikaḥ |
prāṇyāmam tataḥ kuryād anāyāsena siddhyati ||36||
prāṇyāmair eva sarve praśuṣyanti malā iti |
ācāryāṇām tu keṣāṁcid anyat karma na sammatam ||37||

atha **gaja-karaṇī**—

udara-gata-padārtham udvamanti
pavanam apānam udīrya kaṅṭha-nāle |
krama-paricaya-vaśya-nāḍi-cakrā
gaja-karaṇīti nigadyate haṭhajñaiḥ ||38||

brahmādayo'pi tridaśaḥ pavanābhyāsa-tatparāḥ |
abhūvann antaka-bhyāt tasmāt pavanam abhyaset ||39||
yāvad baddho marud dehe yāvac cittam nirākulam |
yāvad dṛṣṭir bhruvor madhye tāvat kāla-bhayaṁ kutaḥ ||40||
vidhivat prāṇa-samyāmair nāḍi-cakre viśodhite |
suṣumṇā-vadanam bhittvā sukhād viśati mārutaḥ ||41||

atha **manonmanī**—

mārute madhya-saṁcāre manaḥ-sthairyaṁ prajāyate |
yo manaḥ-susthirī-bhāvaḥ saivāvasthā manonmanī ||42||
tat-siddhaye vidhānajñās citrān kurvanti kumbhakān |
vicitra kumbhakābhyāsād vicitrām siddhim āpnuyāt ||43||

atha **kumbhaka-bhedāḥ**--

sūrya-bhedanam ujjāyī sītkārī śītalī tathā |
bhastrikā bhrāmārī mūrucchā plāvīṇīty aṣṭa-kumbhakāḥ ||44||
pūrakānte tu kartavyo bandho jālandharābhidhaḥ |
kumbhakānte recakādaḥ kartavyas tūḍḍiyānakaḥ ||45||

adhastāt kuñcanenāśu kaṇṭha-saṅkocane kṛte |
madhye paścima-tānena syāt prāṇo brahma-nāḍigaḥ ||46||
āpānam ūrdhvam utthāpya prāṇam kaṇṭhād adho nayet |
yogī jarā-vimuktaḥ san ṣoḍaśābda-vayā bhavet ||47||

atha sūrya-bhedanam—

āsane sukhade yogī baddhvā caivāsanam tataḥ |
dakṣa-nāḍyā samākṛṣya bahiḥstham pavanam śanaiḥ ||48||
ākeśād ānakhāgrāc ca nirodhāvadhi kumbhayet |
tataḥ śanaiḥ savya-nāḍyā recayet pavanam śanaiḥ ||49||
kapāla-śodhanam vāta-doṣa-ghnam kṛmi-doṣa-hṛt |
punaḥ punar idam kāryam sūrya-bhedanam uttamam ||50||

atha ujjāyī—

mukham saṁnyamya nāḍibhyām ākṛṣya pavanam śanaiḥ |
yathā lagati kaṇṭhāt tu hṛdayāvadhi sa-svanam ||51||
pūrvavat kumbhayet prāṇam recayed iḍayā tathā |
śleṣma-doṣa-haram kaṇṭhe dehānala-vivardhanam ||52||
nāḍī-jalodarādhātu-gata-doṣa-vināśanam |
gacchatā tiṣṭhatā kāryam ujjāyī akhyaṁ tu kumbhakam ||53||

atha sītkārī—

sītkām kuryāt tathā vaktre ghrāṇenaiva vijṛmbhikām |
evam abhyāsa-yogena kāma-devo dvitīyakaḥ ||54||
yoginī cakra-saṁmānyaḥ sṛṣṭi-saṁhāra-kāraḥ |
na kṣudhā na tṛṣṇā nidrā naivālasyaṁ prajāyate ||55||
bhavet sattvam ca dehasya sarvopadrava-varjitaḥ |
anena vidhinā satyam yogīndro bhūmi-maṇḍale ||56||

atha śītalī—

jihvayā vāyum ākṛṣya pūrvavat kumbha-sādhanam |
śanakair ghrāṇa-randhrābhyām recayet pavanam sudhīḥ ||57||
gulma-plīhādikān rogān jvaram pittaṁ kṣudhām tṛṣṇām |
viṣāṇi śītalī nāma kumbhikeyam nihanti hi ||58||

atha bhastrikā—

ūrvor upari saṁsthāpya śubhe pāda-tale ubhe |

padmāsanam bhaved etat sarva-pāpa-praṇāsanam ||59||
samyak padmāsanam baddhvā sama-grīvodaraḥ sudhīḥ |
mukham samyamyā yatnena prāṇam ghrāṇena recayet ||60||
yathā lagati hṛt-kaṇṭhe kapālāvadhi sa-svanam |
vegena pūrayec cāpi hṛt-padmāvadhi mārutam ||61||
punar virecayet tadvat pūrayec ca punaḥ punaḥ |
yathaiva lohakāreṇa bhastrā vegena cālyate ||62||
tathaiva sva-śarīra-stham cālayet pavanam dhiyā |
yadā śramo bhaved dehe tadā sūryeṇa pūrayet ||63||
yathodaram bhavet pūrṇam anilena tathā laghu |
dhārayen nāsikām madhyā-tarjanībhyām vinā dṛḍham ||64||
vidhivat kumbhakam kṛtvā recayed iḍayānilam |
vāta-pitta-śleṣma-haram śarīrāgni-vivardhanam ||65||
kuṇḍalī bodhakam kṣipram pavanam sukhadam hitam |
brahma-nāḍī-mukhe samstha-kaphādy-argala-nāsanam ||66||
samyag gātra-samudbhūta-granthi-traya-vibhedakam |
viśeṣeṇaiva kartavyam bhastrākhyam kumbhakam tv idam ||67||

atha **bhrāmari**—

vegād ghoṣam pūrakam bhṛṅga-nādam
bhṛṅgī-nādam recakam manda-mandam |
yogīndrāṇam evam abhyāsa-yogāc
citte jātā kācid ānanda-lilā ||68||

atha **mūrcchā**—

pūrakānte gāḍhataram baddhvā jālandharam śanaiḥ |
recayen mūrcchākhyeyam mano-mūrcchā sukha-pradā ||69||

atha **plāvinī**—

antaḥ pravartitodāra-mārutāpūritodaraḥ |
payasy agādhe'pi sukhāt plavate padma-patrat ||70||

prāṇyāmas tridhā prokto reca-pūraka-kumbhakaiḥ |
sahitaḥ kevalaś ceti kumbhako dvividho mataḥ ||71||
yāvat kevala-siddhiḥ syāt sahitaḥ tāvad abhyaset |
recakam pūrakam muktvā sukham yad vāyu-dhāraṇam ||72||
prāṇyāmo'yam ity uктаḥ sa vai kevala-kumbhakaḥ |

kumbhake kevale siddhe reca-pūraka-varjite ||73||
na tasya durlabham kimcit triṣu lokeṣu vidyate |
śaktaḥ kevala-kumbhena yatheṣṭam vāyu-dhāraṇāt ||74||
rāja-yoga-padam cāpi labhate nātra saṁsayah |
kumbhakāt kuṇḍalī-bodhaḥ kuṇḍalī-bodhato bhavet |
anargalā suṣumṇā ca haṭha-siddhiś ca jāyate ||75||
haṭham vinā rājayogo rāja-yogaṁ vinā haṭhaḥ |
na sidhyati tato yugmam āniṣpatteḥ samabhyaset ||76||
kumbhaka-prāṇa-rodhānte kuryāc cittam nirāśrayam |
evam abhyāsa-yogena rāja-yoga-padam vrajet ||77||

vapuḥ kṛṣatvam vadane prasannatā
nāda-sphuṭatvam nayane sunirmale |
arogatā bindu-jayo'gni-dīpanam
nāḍī-viśuddhir haṭha-siddhi-lakṣaṇam ||78||

iti haṭha-pradīpikāyām dvitīyopadeśaḥ |

ṭṛtīyopadeśaḥ

sa-śaila-vana-dhātrīṇām yathādhāro'hi-nāyakaḥ |
sarveṣām yoga-tantrāṇām tathādhāro hi kuṇḍalī ||1||
suptā guru-prasādena yadā jāgarti kuṇḍalī |
tadā sarvāṇi padmāni bhidyante granthayo'pi ca ||2||
prāṇasya śūnya-padavī tadā rājapathāyate |
tadā cittam nirālambam tadā kālasya vañcanam ||3||
suṣumṇā śūnya-padavī brahma-randhraḥ mahāpathaḥ |
śmaśānam śāmbhavī madhya-mārgaś cety eka-vācakāḥ ||4||
tasmāt sarva-prayatnena prabodhayitum īśvarīm |
brahma-dvāra-mukhe suptām mudrābhyāsam samācaret ||5||
mahāmudrā mahābandho mahāvedhaś ca khecarī |
uḍḍīyānam mūlabandhaś ca bandho jālandharābhidhaḥ ||6||
karaṇī viparītākhyā vajroli śakti-cālanam |
idam hi mudrā-daśakam jarā-maraṇa-nāśanam ||7||
ādināthoditam divyam aṣṭaiśvarya-pradāyakam |
vallabham sarva-siddhānām durlabham marutām api ||8||
gopaniyam prayatnena yathā ratna-karaṇḍakam |

kasyacin naiva vaktavyam kula-strī-suratam yathā ||9||

atha **mahā-mudrā**—

pāda-mūlena vāmena yonim sampīḍya dakṣiṇām |
prasāritam padam kṛtvā karābhyām dhārayed ḍṛḍham ||10||
kaṅṭhe bandham samāropya dhārayed vāyum ūrdhvataḥ |
yathā daṇḍa-hataḥ sarpo daṇḍākāraḥ prajāyate ||11||
rjvībhūtā tathā śaktiḥ kuṅḍalī sahasā bhavet |
tadā sā maraṇāvasthā jāyate dvipuṭāśrayā ||12||
tataḥ śanaiḥ śanair eva recayen naiva vegataḥ |
mahā-mudrām ca tenaiva vadanti vibudhottamāḥ ||13||
iyam khalu mahāmudrā mahā-siddhaiḥ pradarsitā |
mahā-kleśādayo doṣāḥ kṣīyante maraṇādayaḥ |
mahā-mudrām ca tenaiva vadanti vibudhottamāḥ ||14||
candrāṅge tu samabhyasya sūryāṅge punar abhyaset |
yāvat-tulyā bhavet saṅkhyā tato mudrām visarjayet ||15||
na hi pathyam apathyam vā rasāḥ sarve'pi nīrasāḥ |
api bhuktaṁ viṣam ghoram pīyūṣam api jīryati ||16||
kṣaya-kuṣṭha-gudāvarta-gulmājīrṇa-purogamāḥ |
tasya doṣāḥ kṣayam yānti mahāmudrām tu yo'bhyaaset ||17||
kathiteyam mahāmudrā mahā-siddhi-karā nṛṇām |
gopaniyā prayatnena na deyā yasya kasyacit ||18||

atha **mahā-bandhaḥ**—

pārṣṇim vāmasya pādasya yoni-sthāne niyojayet |
vāmorūpari samsthāpya dakṣiṇam caraṇam tathā ||19||
pūrayitvā tato vāyum hṛdaye cubukam ḍṛḍham |
niṣpīḍyam vāyum ākuñcyā mano-madhye niyojayet ||20||
dhārayitvā yathā-śakti recayed anilam śanaiḥ |
savyāṅge tu samabhyasya dakṣāṅge punar abhyaset ||21||
matam atra tu keṣāmcit kaṅṭha-bandham vivarjayet |
rāja-danta-stha-jihvāyā bandhaḥ śasto bhaved iti ||22||
ayam tu sarva-nāḍinām ūrdhvam gati-nirodhakaḥ |
ayam khalu mahā-bandho mahā-siddhi-pradāyakaḥ ||23||
kāla-pāsa-mahā-bandha-vimocana-vicakṣaṇaḥ |
triveṇī-saṅgamam dhatte kedāram prāpayen manaḥ ||24||
rūpa-lāvaṇya-sampannā yathā strī puruṣam vinā |

mahā-mudrā-mahā-bandhau niṣphalau vedha-varjitaḥ ||25||

atha mahā-vedhaḥ—

mahā-bandha-sthito yogī kṛtvā pūrakam eka-dhīḥ |
vāyūnām gatim āvṛtya nibhṛtaḥ kaṅṭha-mudrayā ||26||
sama-hasta-yugo bhūmau sphicau sanādayec chanaiḥ |
puṭa-dvayam atikramya vāyuh sphurati madhyagaḥ ||27||
soma-sūryāgni-sambandho jāyate cāmṛtāya vai |
mṛtāvasthā samutpannā tato vāyuh virecayet ||28||
mahā-vedho'yam abhyāsān mahā-siddhi-pradāyakaḥ |
valī-palita-vepa-ghnaḥ sevyate sādhakottamaiḥ ||29||
etat trayam mahā-guhyam jarā-mṛtyu-vināśanam |
vahni-vṛddhi-karam caiva hy aṇimādi-guṇa-pradam ||30||
aṣṭadhā kriyate caiva yāme yāme dine dine |
puṇya-sambhāra-sandhāya pāpauga-bhiduram sadā |
samyak-śikṣāvātām evam svalpaḥ prathama-sādhanam ||31||

atha khecarī—

kapāla-kuhare jihvā praviṣṭā viparītagā |
bhruvor antargatā dṛṣṭir mudrā bhavati khecarī ||32||
chedana-cālana-dohaiḥ kalām krameṇātha vardhayet tāvat |
sā yāvad bhrū-madhyam sprṣati tadā khecarī-siddhiḥ ||33||
snuhī-patra-nibham śastraḥ sutikṣṇam snigdha-nirmalam |
samādāya tatas tena roma-mātram samucchinet ||34||
tataḥ saindhava-pathyābhyām cūrṇitābhyām pragharṣayet |
punaḥ sapta-dine prāpte roma-mātram samucchinet ||35||
evam krameṇa ṣaṇ-māsam nityam yuktaḥ samācaret |
ṣaṇmāsād rasanā-mūla-śirā-bandhaḥ praṇaśyati ||36||
kalām parānmukhīm kṛtvā tripathe pariyojayet |
sā bhavet khecarī mudrā vyoma-cakram tad ucyate ||37||
rasanām ūrdhvagām kṛtvā kṣaṇārdham api tiṣṭhati |
viṣair vimucyate yogī vyādhi-mṛtyu-jarādibhiḥ ||38||
na rogo maraṇam tandrā na nidrā na kṣudhā tṛṣā |
na ca mūrccā bhavet tasya yo mudrām vetti khecarīm ||39||
pīdyate na sa rogeṇa lipyate na ca karmaṇā |
bādhyate na sa kālena yo mudrām vetti khecarīm ||40||
cittam carati khe yasmāj jihvā carati khe gatā |

tenaiṣā khecarī nāma mudrā siddhair nirūpitā ||41||
khecaryā mudritaṃ yena vivaraṃ lambikordhvataḥ |
na tasya kṣarate binduḥ kāmīnyāḥ śleṣitasya ca ||42||
calito'pi yadā binduḥ samprāpto yoni-maṇḍalam |
vrajaty ūrdhvaṃ hṛtaḥ śaktyā nibaddho yoni-mudrayā ||43||
ūrdhva-jihvaḥ sthiro bhūtvā somapānaṃ karoti yaḥ |
māsārdhena na sandeho mṛtyuṃ jayati yogavit ||44||
nityaṃ soma-kalā-pūrṇaṃ śarīraṃ yasya yoginaḥ |
takṣakeṇāpi daṣṭasya viṣaṃ tasya na sarpati ||45||
indhanāni yathā vahnīs taila-varti ca dipakaḥ |
tathā soma-kalā-pūrṇaṃ dehī dehaṃ na muñcati ||46||
gomānsaṃ bhakṣayen nityaṃ pibed amara-vāruṇīm |
kulīnaṃ tam ahaṃ manye cetare kula-ghātakāḥ ||47||
go-śabdenoditā jihvā tat praveśo hi tāluni |
go-mānsa-bhakṣaṇaṃ tat tu mahā-pātaka-nāśanam ||48||
jihvā-praveśa-sambhūta-vahninotpāditaḥ khalu |
candrāt sravati yaḥ sāraḥ sā syād amara-vāruṇī ||49||

cumbantī yadi lambikāgram anīsaṃ jihvā-rasa-syandinī
sa-kṣārā kaṭukāmla-dugdha-sadṛṣī madhvājya-tulyā tathā |
vyādhīnāṃ haraṇaṃ jarānta-karaṇaṃ śāstrāgamodīraṇaṃ
tasya syād amaratvam aṣṭa-guṇitaṃ siddhāṅganākarṣaṇam ||50||

mūrdhnaḥ ṣoḍaśa-patra-padma-galitaṃ prāṇād avāptaṃ haṭhād
ūrdhvāsyō rasanāṃ niyamyā vivare śaktiṃ parāṃ cintayan |
utkallola-kalā-jalaṃ ca vimalaṃ dhārāmayaṃ yaḥ piben
nirvyādhiḥ sa mṛṇāla-komala-vapur yogī ciraṃ jīvati ||51||

yat prāleyaṃ prahita-suṣiraṃ meru-mūrdhāntara-sthaṃ
tasmīns tattvaṃ pravadatai sudhīs tan-mukhaṃ nimnagānām |
candrāt sāraḥ sravati vapusas tena mṛtyur narāṇām
tad badhnīyāt sukaraṇam adho nānyathā kāya-siddhiḥ ||52||

suṣiraṃ jñāna-janakaṃ pañca-srotaḥ-samanvitaṃ |
tiṣṭhate khecarī mudrā tasmin śūnye nirañjane ||53||
ekaṃ sṛṣṭimayaṃ bījam ekā mudrā ca khecarī |
eko devo nirālamba ekāvasthā manonmanī ||54||

atha uḍḍiyāna-bandhaḥ—

baddho yena suṣumṇāyām prāṇas tūḍḍiyate yataḥ |
tasmād uḍḍiyanākhyo'yaṁ yogibhiḥ samudāhṛtaḥ ||55||
uḍḍīnaṁ kurute yasmād aviśrāntaṁ mahā-khagaḥ |
uḍḍiyānaṁ tad eva syāt tava bandho'bhidhīyate ||56||
udare paścimaṁ tānaṁ nābher ūrdhvaṁ ca kārayet |
uḍḍiyāno hy asau bandho mṛtyu-mātaṅga-kesarī ||57||
uḍḍiyānaṁ tu sahajaṁ guruṇā kathitaṁ sadā |
abhyaset satataṁ yas tu vṛddho'pi taruṇāyate ||58||
nābher ūrdhvaṁ adhaś cāpi tānaṁ kuryāt prayatnataḥ |
ṣaṇmāsam abhyasen mṛtyum jayaty eva na saṁśayaḥ ||59||
sarveṣāṁ eva bandhānāṁ uttamo hy uḍḍiyānakaḥ |
uḍḍiyāne ḍṛḍhe bandhe muktiḥ svābhāvikī bhavet ||60||

atha mūla-bandhaḥ—

pārṣṇi-bhāgena sampīḍya yonim ākuñcayed gudam |
apānaṁ ūrdhvaṁ ākṛṣya mūla-bandho'bhidhīyate ||61||
adho-gatim apānaṁ vā ūrdhvagaṁ kurute balāt |
ākuñcanena taṁ prāhur mūla-bandhaṁ hi yoginaḥ ||62||
gudaṁ pārṣṇyā tu sampīḍya vāyum ākuñcayed balāt |
vāraṁ vāraṁ yathā cordhvaṁ samāyāti samīraṇaḥ ||63||
prāṇāpānau nāda-bindū mūla-bandhena caikatām |
gatvā yogasya saṁsiddhiṁ yacchato nātra saṁśayaḥ ||64||
apāna-prāṇayor aikyaṁ kṣayo mūtra-purīṣayoḥ |
yuvā bhavati vṛddho'pi satataṁ mūla-bandhanāt ||65||
apāna ūrdhvage jāte prayāte vahni-maṇḍalam |
tadānala-sikhā dīrghā jāyate vāyunāhatā ||66||
tato yāto vahny-apānau prāṇam uṣṇa-svarūpakam |
tenātyanta-pradīptas tu jvalano dehajas tathā ||67||
tena kuṇḍalinī suptā santaptā samprabudhyate |
daṇḍāhatā bhujāṅgīva niśvasya ṛjutāṁ vrajet ||68||
bilaṁ praviṣṭeva tato brahma-nāḍyaṁ taram vrajet |
tasmān nityaṁ mūla-bandhaḥ kartavyo yogibhiḥ sadā ||69||

atha jalandhara-bandhaḥ—

kaṇṭham ākuñcya hṛdaye sthāpayec cibukaṁ ḍṛḍham |

bandho jālandharākhyo'yaṁ jarā-mṛtyu-vināśakaḥ ||70||
 badhnāti hi sirājālam adho-gāmi nabho-jalam |
 tato jālandharo bandhaḥ kaṅṭha-duḥkhaugha-nāśanaḥ ||71||
 jālandhare kṛte bandhe kaṅṭha-saṁkoca-lakṣaṇe |
 na piyūṣaṁ pataty agnau na ca vāyuḥ prakupyati ||72||
 kaṅṭha-saṁkocanenaiva dve nāḍyau stambhayed dṛḍham |
 madhya-cakram idaṁ jñeyam ṣoḍaśādhāra-bandhanam ||73||
 mūla-sthānam samākuñcyā udḍiyānam tu kārayet |
 idāṁ ca piṅgalāṁ baddhvā vāhayet paścime pathi ||74||
 anenaiva vidhānena prayāti pavano layam |
 tato na jāyate mṛtyur jarā-roḡādikaṁ tathā ||75||
 bandha-trayaṁ idaṁ śreṣṭham mahā-siddhaiś ca sevitaṁ |
 sarveṣāṁ haṭha-tantrāṇāṁ sādhanam yogino viduḥ ||76||
 yat kimcid sravate candrād amṛtaṁ divya-rūpiṇaḥ |
 tat sarvaṁ grasate sūryas tena piṅḍo jarāyutaḥ ||77||

atha viparīta-karaṇī mudrā—

tatrāsti karaṇam divyam sūryasya mukha-vañcanam |
 gurūpadeśato jñeyam na tu śāstrārtha-kotibhiḥ ||78||
 ūrdhva-nābher adhas tālor ūrdhvaṁ bhānur adhaḥ śaśī |
 karaṇī viparītākhā guru-vākyena labhyate ||79||
 nityam abhyāsa-yuktasya jaṭharāgni-vivardhanī |
 āhāro bahulas tasya sampādyah sādhakasya ca ||80||
 alpāhāro yadi bhaved agnir dahati tat-kṣaṇāt |
 adhaḥ-sirāś cordhva-pādaḥ kṣaṇam syāt prathame dine ||81||
 kṣaṇac ca kimcid adhikam abhyasec ca dine dine |
 valitaṁ palitaṁ caiva ṣaṇmāsordhvaṁ na dṛśyate |
 yāma-mātraṁ tu yo nityam abhyaset sa tu kālajit ||82||

atha vajrolī—

svecchayā vartamāno'pi yogoktair niyamair vinā |
 vajrolīm yo vijānāti sa yogī siddhi-bhājanam ||83||
 tatra vastu-dvayaṁ vakṣye durlabham yasya kasyacit |
 kṣīram caikam dvitīyam tu nārī ca vaśa-vartinī ||84||
 mehanena śanaḥ samyag ūrdhvākuñcanam abhyaset |
 puruṣo'py athavā nārī vajrolī-siddhim āpnuyāt ||85||
 yatnataḥ śasta-nālena phūtkāram vajra-kandare |

śanaḥ śanaḥ prakurvīta vāyu-saṁcāra-kāraṇāt ||86||
nārī-bhage padad-bindum abhyāsenordhvam āharet |
calitaṁ ca nijam bindum ūrdhvam ākṛṣya rakṣayet ||87||
evaṁ samrakṣayed bindum jayati yogavit |
maraṇam bindu-pātena jīvanam bindu-dhāraṇāt ||88||
sugandho yogino dehe jāyate bindu-dhāraṇāt |
yāvad binduḥ sthiro dehe tāvat kāla-bhayaṁ kutaḥ ||89||
cittāyattaṁ nṛṇāṁ śukraṁ śukrāyattaṁ ca jīvitam |
tasmāc chakraṁ manaś caiva rakṣaṇīyam prayatnataḥ ||90||
ṛtumatyā rajo'py evaṁ nijam bindum ca rakṣayet |
medhreṇākaraṣayed ūrdhvam samyag abhyāsa-yoga-vit ||91||

atha **sahajoliḥ**—

sahajoliś cāmarolir vajrolyā bheda ekataḥ |
jale subhasma nikṣipya dagdha-gomaya-sambhavam ||92||
vajrolī-maithunād ūrdhvam strī-puṁsoḥ svāṅga-lepanam |
āśinayoḥ sukhenaiiva mukta-vyāpārayoḥ kṣaṇāt ||93||
sahajolir iyam proktā śraddheyā yogibhiḥ sadā |
ayam śubha-karo yogo bhoga-yukto'pi muktidaḥ ||94||
ayam yogah puṇyavatām dhīraṇām tattva-darsinām |
nirmatsaraṇām vai sidhyen na tu matsara-śālinām ||95||

atha **amarolī**—

pittolbaṇatvāt prathamāmbu-dhārām
vihāya niḥsāratayānty adhārām |
niṣevyate śītala-madhya-dhārā
kāpālike khaṇḍamate'marolī ||96||

amarīm yaḥ piben nityam nasyam kurvan dine dine |
vajrolīm abhyaset samyak sāmarolīti kathyate ||97||
abhyāsān niḥsṛtām cāndrīm vibhūtyā saha miśrayet |
dhārayed uttamāṅgeṣu divya-dṛṣṭiḥ prajāyate ||98||
puṁso bindum samākuñcya samyag abhyāsa-pātavāt |
yadi nārī rajo rakṣed vajrolyā sāpi yoginī ||99||
tasyāḥ kimcid rajo nāsam na gacchati na saṁsayah |
tasyāḥ śarīre nādaś ca bindutām eva gacchati ||100||
sa bindus tad rajaś caiva ekībhūya svadehagau |

vajroly-abhyāsa-yogena sarva-siddhiṃ prayacchataḥ ||101||
rakṣed ākuñcanād ūrdhvaṃ yā rajaḥ sā hi yoginī |
atītānāgataṃ vetti khecarī ca bhaved dhruvam ||102||
deha-siddhiṃ ca labhate vajroly-abhyāsa-yogataḥ |
ayaṃ puṇya-karo yogo bhoge bhukte'pi muktidāḥ ||103||

atha śakti-cālanam—

kuṭilāṅgī kuṇḍalinī bhujāṅgī śaktir īsvarī |
kuṇḍaly arundhatī caite śabdāḥ paryāya-vācakāḥ ||104||
udghāṭayet kapātaṃ tu yathā kuṃcikayā haṭhāt |
kuṇḍalinyā tathā yogī mokṣadvāraṃ vibhedayet ||105||
yena mārgeṇa gantavyaṃ brahma-sthānaṃ nirāmayam |
mukhenācchādya tad vāraṃ prasuptā parameśvarī ||106||
kandordhve kuṇḍalī śaktiḥ suptā mokṣāya yoginām |
bandhanāya ca mūḍhānām yas tām vetti sa yogavit ||107||
kuṇḍalī kuṭilākārā sarpavat parikīrtitā |
sā śaktiś cālītā yena sa mukto nātra saṃśayaḥ ||108||
gaṅgā-yamunayor madhye bāla-raṇḍāṃ tapasvinīm |
balātkāreṇa gṛhṇīyāt tad viṣṇoḥ paramaṃ padam ||109||
iḍā bhagavatī gaṅgā piṅgalā yamunā nadī |
iḍā-piṅgalayor madhye bālaraṇḍā ca kuṇḍalī ||110||
pucche praḡrhya bhujāṅgīm suptām udbodhayec ca tām |
nidrām vihāya sā śaktir ūrdhvam uttiṣṭhate haṭhāt ||111||

avasthitā caiva phaṇāvātī sā
prātaś ca sāyam praharārdha-mātram |
prapūrya sūryāt paridhāna-yuktyā
praḡrhya nityaṃ paricālanīyā ||112||

ūrdhvaṃ vitasti-mātram tu vistāraṃ caturaṅgulam |
mṛdulaṃ dhavalaṃ proktaṃ veṣṭitāmbara-lakṣaṇam ||113||
sati vajrāsane pādaḥ karābhyāṃ dhārayed dṛḍham |
gulpha-deśa-samīpe ca kandaṃ tatra prapīḍayet ||114||
vajrāsane sthito yogī cālayitvā ca kuṇḍalīm |
kuryād anantaraṃ bhastrāṃ kuṇḍalīm āśu bodhayet ||115||
bhānor ākuñcanaṃ kuryāt kuṇḍalīm cālayet tataḥ |
mr̥tyu-vaktra-gatasyāpi tasya mr̥tyu-bhayaṃ kutāḥ ||116||

muhūrta-dvaya-paryantaṁ nirbhayaṁ cālanād asau |
 ūrdhvam ākr̥ṣyate kimcit suṣumṇāyāṁ samudgatā ||117||
 tena kuṇḍalinī tasyāḥ suṣumṇāyā mukhaṁ dhruvam |
 jahāti tasmāt prāṇo'yaṁ suṣumṇāṁ vrajati svataḥ ||118||
 tasmāt saṁcālayen nityaṁ sukha-suptāṁ arundhatīm |
 tasyāḥ saṁcālanenaiva yogī rogaiḥ pramucyate ||119||
 yena saṁcālitā śaktiḥ sa yogī siddhi-bhājanam |
 kim atra bahunoktena kālaṁ jayati līlayā ||120||
 brahmacarya-ratasyaiva nityaṁ hita-mitāśinaḥ |
 maṇḍalād dṛṣyate siddhiḥ kuṇḍaly-abhyāsa-yoginaḥ ||121||
 kuṇḍalīm cālayitvā tu bhastrām kuryād viśeṣataḥ |
 evam abhyasyato nityaṁ yamino yama-bhīḥ kutaḥ ||122||
 dvā-saptati-sahasrāṇāṁ nāḍīnāṁ mala-śodhane |
 kutaḥ prakṣālanopāyaḥ kuṇḍaly-abhyasanād ṛte ||123||
 iyaṁ tu madhyamā nāḍī dṛḍhābhyāseṇa yogināṁ |
 āsana-prāṇa-samyāma-mudrābhiḥ saralā bhavet ||124||
 abhyāse tu vinidrāṇāṁ mano dhṛtvā samādhinā |
 rudrāṇī vā parā mudrā bhadrām siddhiṁ prayacchati ||125||
 rāja-yogaṁ vinā pṛthvī rāja-yogaṁ vinā niśā |
 rāja-yogaṁ vinā mudrā vicitrāpi na śobhate ||126||
 mārutasya vidhiṁ sarvaṁ mano-yuktaṁ samabhyaset |
 itaratra na kartavyā mano-vṛttir manīṣiṇā ||127||
 iti mudrā daśa proktā ādināthena śambhunā |
 ekaikā tāsu yamināṁ mahā-siddhi-pradāyini ||128||
 upadeśaṁ hi mudrāṇāṁ yo datte sāmpradāyikam |
 sa eva śrī-guruḥ svāmī sāksād īśvara eva saḥ ||129||
 tasya vākya-paro bhūtvā mudrābhyāse samāhitaḥ |
 aṇimādi-guṇaiḥ sārdhaṁ labhate kāla-vañcanam ||130||

iti haṭha-pradīpikāyāṁ tṛtīyopadeśaḥ |

(4)

caturthopadeśaḥ

namaḥ śivāya gurave nāda-bindu-kalātmane |
 nirañjana-padaṁ yāti nityaṁ tatra parāyaṇaḥ ||1||

athedānīm pravakṣyāmi samādhikramam uttamam |
mṛtyughnaṁ ca sukhopāyaṁ brahmānanda-karaṁ param ||2||
rāja-yogaḥ samādhiś ca unmanī ca manonmanī |
amaratvaṁ layas tattvaṁ sūnyāśūnyaṁ paraṁ padam ||3||
amanaskaṁ tathādvaitaṁ nirālambaṁ nirañjanam |
jīvanmuktiś ca sahajā turyā cety eka-vācakāḥ ||4||
salile saindhavaṁ yadvat sāmyaṁ bhajati yogataḥ |
tathātma-manasor aikyaṁ samādhir abhidhīyate ||5||
yadā saṁkṣīyate prāṇo mānasaṁ ca pralīyate |
tadā samarasatvaṁ ca samādhir abhidhīyate ||6||
tat-samaṁ ca dvayor aikyaṁ jīvātma-paramātmanoḥ |
pranaṣṭa-sarva-saṅkalpaḥ samādhiḥ so'bhidhīyate ||7||
rāja-yogasya mähātmyaṁ ko vā jānāti tattvataḥ |
jñānaṁ muktiḥ sthitiḥ siddhir guru-vākyena labhyate ||8||
durlabho viṣaya-tyāgo durlabhaṁ tattva-darśanam |
durlabhā sahajāvasthā sad-guroḥ karuṇām vinā ||9||
vividhair āsanaiḥ kubhair vicitraiḥ karaṇair api |
prabuddhāyām mahā-śaktau prāṇaḥ sūnye pralīyate ||10||
utpanna-śakti-bodhasya tyakta-niḥśeṣa-karmaṇaḥ |
yoginaḥ sahajāvasthā svayam eva prajāyate ||11||
suṣumṇā-vāhini prāṇe sūnye viśati mānase |
tadā sarvāṇi karmāṇi nirmūlayati yogavit ||12||
amarāya namas tubhyaṁ so'pi kālas tvayā jitaḥ |
patitaṁ vadane yasya jagad etac carācaram ||13||
citte samatvam āpanne vāyau vrajati madhyame |
tadāmarolī vajrolī sahajolī prajāyate ||14||

jñānaṁ kuto manasi sambhavatīha tāvat
prāṇo'pi jīvati mano mriyate na yāvat |
prāṇo mano dvayam idaṁ vilayaṁ nayed yo
mokṣaṁ sa gacchati naro na kathaṁcid anyaḥ ||15||

jñātvā suṣumṇāsad-bhedam kṛtvā vāyum ca madhyagam |
sthitvā sadaiva susthāne brahma-randhre nirodhayet ||16||
sūrya-candramasau dhattaḥ kālam rātrindivātmakam |
bhoktrī suṣumṇā kālasya guhyam etad udāhṛtam ||17||
dvā-saptati-sahasrāṇi nāḍī-dvārāṇi pañjare |

suṣumṇā śāmbhavī śaktiḥ śeṣās tv eva nirarthakāḥ ||18||
vāyuh paricito yasmād agninā saha kuṇḍalīm |
bodhayitvā suṣumṇāyām praviśed anirodhataḥ ||19||
suṣumṇā-vāhini prāṇe siddhyaty eva manonmanī |
anyathā tv itarābhyāsāḥ prayāsāyaiva yoginām ||20||
pavano badhyate yena manas tenaiva badhyate |
manas ca badhyate yena pavanas tena badhyate ||21||
hetu-dvayam tu cittasya vāsanā ca samīraṇaḥ |
tayor vinaṣṭa ekasmin tau dvāv api vinaśyataḥ ||22||
mano yatra vilīyeta pavanas tatra līyate |
pavano līyate yatra manas tatra vilīyate ||23||

dugdhāmbuvat saṁmilitāv ubhau tau
tulya-kriyau mānasa-mārutau hi |
yato marut tatra manaḥ-pravṛttir
yato manas tatra marut-pravṛttiḥ ||24||

tatraika-nāśād aparasya nāśa
eka-pravṛtter apara-pravṛttiḥ |
adhvas tayoś cendriya-varga-vṛttiḥ
pradhvas tayor mokṣa-padasya siddhiḥ ||25||

rasasya manasāś caiva cañcalatvam svabhāvataḥ |
raso baddho mano baddham kim na siddhyati bhūtale ||26||
mūrccchito harate vyādhīn mṛto jīvayati svayam |
baddhaḥ khecaratām dhatte raso vāyuś ca pārvati ||27||
manaḥ sthairyam sthīro vāyus tato binduḥ sthīro bhavet |
bindu-sthairyāt sadā sattvam piṇḍa-sthairyam prajāyate ||28||
indriyāṇām mano nātho manonāthas tu mārutaḥ |
mārutasya layo nāthaḥ sa layo nādam āśritaḥ ||29||
so'yam evāstu mokṣākhyo māstu vāpi matāntare |
manaḥ-prāṇa-laye kaścid ānandaḥ sampravartate ||30||
pranaṣṭa-śvāsa-nīśvāsaḥ pradhvasta-viṣaya-grahaḥ |
niśceṣṭo nirvikāraś ca layo jayati yoginām ||31||
ucchinna-sarva-saṅkalpo niḥśeṣāśeṣa-ceṣṭitaḥ |
svāvagamyo layaḥ ko'pi jāyate vāg-agocaraḥ ||32||
yatra drṣṭir layas tatra bhūtendriya-sanātani |

sā śaktir jīva-bhūtānām dve alakṣye layam gate ||33||
layo laya iti prāhuḥ kīdṛṣam laya-lakṣaṇam |
apunar-vāsanotthānāl layo viṣaya-vismṛtiḥ ||34||
veda-śāstra-purāṇāni sāmānya-gaṇikā iva |
ekaiva śāmbhavī mudrā guptā kula-vadhūr iva ||35||

atha śāmbhavī—

antar lakṣyam bahir dṛṣṭir nimeṣonmeṣa-varjitā |
eṣā sā śāmbhavī mudrā veda-śāstreṣu gopitā ||36||

antar lakṣya-vilīna-citta-pavano yogī yadā vartate
dṛṣṭyā nīcala-tārayā bahir adhaḥ paśyann apaśyann api |
mudreyam khalu śāmbhavī bhavati sā labdhā prasādād guroḥ
śūnyāśūnya-vilakṣaṇam sphurati tat tattvam padam śāmbhavam ||37||

śrī-śāmbhavyāś ca khecaryā avasthā-dhāma-bhedataḥ |
bhavec citta-layānandaḥ śūnye cit-sukha-rūpiṇi ||38||
tāre jyotiṣi saṁyojya kimcid unnamayed bhruvau |
pūrva-yogam mano yuñjann unmanī-kāraḥ kṣaṇāt ||39||
kecid āgama-jālena kecin nigama-saṅkulaiḥ |
kecit tarkeṇa muhyanti naiva jānanti tārakam ||40||

ardhonmīlita-locanaḥ sthira-manā nāsāgra-dattekṣaṇas
candrārkāv api līnatām upanayan nispanda-bhāvena yaḥ |
jyotī-rūpam aśeṣa-bījam akhilaṁ dedīpyamānam param
tattvam tat-padam eti vastu paramam vācyam kim atrādhikam ||41||

divā na pūjayel liṅgam rātrau caiva na pūjayet |
sarvadā pūjayel liṅgam divārātri-nirodhataḥ ||42||

atha khecarī—

savya-dakṣiṇa-nāḍī-stho madhye carati mārutaḥ |
tiṣṭhate khecarī mudrā tasmin sthāne na saṁsayāḥ ||43||
idā-piṅgalayor madhye śūnyam caivānilam graset |
tiṣṭhate khecarī mudrā tatra satyam punaḥ punaḥ ||44||
sūrcyācandramasor madhye nirālambāntare punaḥ |
saṁsthitā vyoma-cakre yā sā mudrā nāma khecarī ||45||

somād yatroditā dhārā sāksāt sā śiva-vallabhā |
pūrayed atulām divyām suṣumṇām paścime mukhe ||46||
purastāc caiva pūryeta niścītā khecarī bhavet |
abhyastā khecarī mudrāpy unmanī samprajāyate ||47||
bhruvor madhye śiva-sthānaṁ manas tatra vilīyate |
jñātavyaṁ tat-padaṁ turyaṁ tatra kālo na vidyate ||48||
abhyaset khecarīm tāvad yāvat syād yoga-nidritaḥ |
samprāpta-yoga-nidrasya kālo nāsti kadācana ||49||
nirālambaṁ manaḥ kṛtvā na kimcid api cintayet |
sa-bāhyābhyantaraṁ vyomni ghaṭavat tiṣṭhati dhruvam ||50||
bāhya-vāyur yathā līnas tathā madhyo na saṁśayaḥ |
sva-sthāne sthīratām eti pavano manasā saha ||51||
evam abhyasyatas tasya vāyu-mārge divānīsam |
abhyāsāj jīryate vāyur manas tatraiva līyate ||52||
amṛtaiḥ plāvayed deham āpāda-tala-mastakam |
siddhyaty eva mahā-kāyo mahā-bala-parākramaḥ ||53||
śakti-madhye manaḥ kṛtvā śaktim mānasa-madhyagām |
manasā mana ālokya dhārayet paramaṁ padam ||54||
kha-madhye kuru cātmanam ātma-madhye ca khaṁ kuru |
sarvaṁ ca kha-mayaṁ kṛtvā na kimcid api cintayet ||55||
antaḥ sūnyo bahiḥ sūnyaḥ sūnyaḥ kumbha ivāmbare |
antaḥ pūrṇo bahiḥ pūrṇaḥ pūrṇaḥ kumbha ivārṇave ||56||
bāhya-cintā na kartavyā tathaivāntara-cintanam |
sarva-cintām parityajya na kimcid api cintayet ||57||

saṅkalpa-mātra-kalanaiva jagat samagraṁ
saṅkalpa-mātra-kalanaiva mano-vilāsaḥ |
saṅkalpa-mātra-matim utsrja nirvikalpam
āśritya niścayam avāpnuhi rāma śāntim ||58||

karpūram anale yadvat saindhavaṁ salile yathā |
tathā sandhīyamānaṁ ca manas tattve vilīyate ||59||
jñeyaṁ sarvaṁ pratītaṁ ca jñānaṁ ca mana ucyate |
jñānaṁ jñeyaṁ samaṁ naṣṭaṁ nānyaḥ panthā dvitīyakaḥ ||60||
mano-dṛśyam idaṁ sarvaṁ yat kimcit sa-carācaram |
manaso hy unmanī-bhāvād dvaitaṁ naivolabhyate ||61||
jñeya-vastu-parityāgād vilayaṁ yāti mānasam |

manaso vilaye jāte kaivalyam avaśiṣyate ||62||
evaṁ nānā-vidhopāyāḥ samyak svānubhavānvitāḥ |
samādhi-mārgāḥ kathitāḥ pūrvācāryair mahātmabhiḥ ||63||
suṣumṇāyai kuṇḍalinyai sudhāyai candra-janmane |
manonmanyai namas tubhyaṁ mahā-śaktyai cid-ātmane ||64||
aśakya-tattva-bodhānām mūḍhānām api sammatam |
proktaṁ gorakṣa-nāthena nādopāsanam ucyate ||65||

śrī-ādināthena sa-pāda-koṭi-
laya-prakārāḥ kathitā jayanti |
nādānusandhānakam ekam eva
manyāmahe mukhyatamaṁ layānām ||66||

muktāsane sthito yogī mudrām sandhāya śāmbhavīm |
śṛṇuyād dakṣiṇe karṇe nādam antāstham ekadhīḥ ||67||

śravaṇa-puta-nayana-yugala-
ghrāṇa-mukhānām nirodhanam kāryam |
śuddha-suṣumṇā-saraṇau
sphuṭam amalāḥ śrūyate nādaḥ ||68||

ārambhaś ca ghaṭaś caiva tathā paricayo'pi ca |
niṣpattiḥ sarva-yogeṣu syād avasthā-catuṣṭayam ||69||

atha ārambhāvasthā—
brahma-granther bhaved bhedo hy ānandaḥ sūnya-sambhavaḥ |
vicitraḥ kvaṇako dehe'nāhataḥ śrūyate dhvaniḥ ||70||
divya-dehaś ca tejasvī divya-gandhas tvarogavān |
sampūrṇa-hṛdayaḥ sūnya ārambhe yogavān bhavet ||71||

atha ghaṭāvasthā—
dviṭyāyām ghaṭīkrtya vāyur bhavati madhyagaḥ |
dṛḍhāsano bhaved yogī jñānī deva-samas tadā ||72||
viṣṇu-granthes tato bhedāt paramānanda-sūcakaḥ |
atisūnye vimardaś ca bherī-śabdāś tadā bhavet ||73||

atha paricayāvasthā—

tr̥tīyāyām tu vijñeyo vihāyo mardala-dhvaniḥ |
mahā-sūnyam tadā yāti sarva-siddhi-samāśrayam ||74||
cittānandaṁ tadā jītvā saha-jānanda-sambhavaḥ |
doṣa-duḥkha-jarā-vyādhi-kṣudhā-nidrā-vivarjitaḥ ||75||

atha niṣpatty-avasthā—

rudra-granthim yadā bhittvā śarva-pīṭha-gato'nilaḥ |
niṣpattaḥ vaiṇavaḥ śabdaḥ kvaṇad-viṇā-kvaṇo bhavet ||76||
ekībhūtaṁ tadā cittaṁ rāja-yogābhidhānakam |
sṛṣṭi-saṁhāra-kartāsau yogīśvara-samo bhavet ||77||
astu vā māstu vā muktir atraivākhaṇḍitaṁ sukham |
layodbhavam idaṁ saukhyaṁ rāja-yogād avāpyate ||78||
rāja-yogam ajānantaḥ kevalaṁ haṭha-karmaṇaḥ |
etān abhyāsino manye prayāsa-phala-varjitān ||79||
unmany-avāptaye śīghraṁ bhrū-dhyānaṁ mama saṁmatam |
rāja-yoga-padaṁ prāptuṁ sukhopāyo'ḥpa-cetasām |
sadyaḥ pratyaya-sandhāyī jāyate nādajo layaḥ ||80||

nādānusandhāna-samādhi-bhājām
yogīśvarāṇām ḥṛdi vardhamānam |
ānandaṁ ekaṁ vacasām agamyam
jānāti taṁ śrī-gurunātha ekaḥ ||81||

karṇau pidhāya hastābhyām yaḥ śṛṇoti dhvaniṁ muniḥ |
tatra cittaṁ sthīrikuryād yāvāt sthira-padaṁ vrajet ||82||
abhyasyamāno nādo'yaṁ bāhyam āvṛṇute dhvanim |
pakṣād vikṣepam akhilaṁ jītvā yogī sukhī bhavet ||83||
śrūyate prathamābhyāse nādo nānā-vidho mahān |
tato'bhyāse vardhamāne śrūyate sūkṣma-sūkṣmakaḥ ||84||
āḍau jaladhi-jīmūta-bherī-jharjhara-sambhavaḥ |
madhye mardala-śaṅkhotthā ghaṇṭā-kāhalajās tathā ||85||
ante tu kiṅkiṇī-vaiśā-viṇā-bhramara-niḥsvanāḥ |
iti nānāvidhā nādāḥ śrūyante deha-madhyagāḥ ||86||
mahati śrūyamāṇe'pi megha-bhery-ādike dhvanau |
tatra sūkṣmāt sūkṣmataraṁ nādam eva parāmṛṣet ||87||
ghanam utsṛjya vā sūkṣme sūkṣmam utsṛjya vā ghane |
ramamāṇam api kṣiptaṁ mano nānyatra cālayet ||88||

yatra kutrāpi vā nāde lagati prathamam manah |
tatraiva susthirībhūya tena sārddham vilīyate ||89||
makarandam piban bhrūgī gandham nāpekṣate yathā |
nādāsaktam tathā cittam viṣayān nahi kāṅkṣate ||90||
mano-matta-gajendrasya viṣayodyāna-cāriṇah |
samartho'yaṁ niyamane nināda-niśitāṅkuśah ||91||
baddham tu nāda-bandhena manah santyakta-cāpalam |
prayāti sutarām sthairyam chinna-pakṣah khago yathā ||92||
sarva-cintām parityajya sāvadhānena cetasā |
nāda evānusandheyo yoga-sāmrājyam icchatā ||93||
nādo'ntaraṅga-sāraṅga-bandhane vāgurāyate |
antaraṅga-kuraṅgasya vadhe vyādhāyate'pi ca ||94||
antaraṅgasya yamino vājinaḥ parighāyate |
nāadopāsti-rato nityam avadhāryā hi yoginā ||95||
baddham vimukta-cāṅcalyam nāda-gandhaka-jāraṇāt |
manah-pāradam āpnoti nirālambākhyā-khe'tanam ||96||
nāda-śravaṇataḥ kṣipram antaraṅga-bhujāṅgamam |
vismṛtaya sarvam ekāgraḥ kutracin nahi dhāvati ||97||
kāṣṭhe pravartito vahniḥ kāṣṭhena saha sāmyati |
nāde pravartitam cittam nādena saha liyate ||98||
ghaṅṭādināda-sakta-stabdhāntaḥ-karaṇa-hariṇasya |
praharaṇam api sukaram syāc chara-sandhāna-praviṇaś cet ||99||
anāhatasya śabdasya dhvanir ya upalabhyate |
dhvaner antargatam jñeyam jñeyasyāntargatam manah |
manas tatra layam yāti tad viṣṇoḥ paramam padam ||100||
tāvad ākāśa-saṅkalpo yāvac chabdaḥ pravartate |
niḥśabdaṁ tat-param brahma paramātetī gīyate ||101||
yat kimcin nāda-rūpeṇa śrūyate śaktir eva sā |
yas tattvānto nirākāraḥ sa eva parameśvaraḥ ||102||

iti nādānusandhānam

sarve haṭha-layopāyā rājayogasya siddhaye |
rāja-yoga-samārūḍhaḥ puruṣah kāla-vañcakah ||103||
tattvam bījam haṭhaḥ kṣetram audāsīnyam jalam tribhiḥ |
unmanī kalpa-latikā sadya eva pravartate ||104||
sadā nādānusandhānāt kṣīyante pāpa-saṁcayāḥ |

nirañjane vilīyete niścitaṃ citta-mārutau ||105||
śaṅkha-dundhubhi-nādaṃ ca na śṛṇoti kadācana |
kāṣṭhavaj jāyate deha unmanyāvasthayā dhruvam ||106||
sarvāvasthā-vinirmuktaḥ sarva-cintā-vivarjitaḥ |
mṛtavat tiṣṭhate yogī sa mukto nātra saṃśayaḥ ||107||
khādyate na ca kālena bādhyate na ca karmaṇā |
sādhyate na sa kenāpi yogī yuktaḥ samādhinā ||108||
na gandhaṃ na rasaṃ rūpaṃ na ca sparśaṃ na niḥsvanam |
nātmānaṃ na paraṃ vetti yogī yuktaḥ samādhinā ||109||
cittaṃ na suptaṃ nojāgrat smṛti-vismṛti-varjitaṃ |
na cāstam eti nodeti yasyāsau mukta eva saḥ ||110||
na vijānāti śītoṣṇaṃ na duḥkhaṃ na sukhaṃ tathā |
na mānaṃ nopamānaṃ ca yogī yuktaḥ samādhinā ||111||
svastho jāgrad avasthāyāṃ suptavad yo'vatiṣṭhate |
niḥśvāsocchvāsa-hīnaś ca niścitaṃ mukta eva saḥ ||112||
avadhyaḥ sarva-śastrāṇāṃ aśakyaḥ sarva-dehinām |
agrāhyo mantra-yantrāṇāṃ yogī yuktaḥ samādhinā ||113||

yāvan naiva praviśati caran māruto madhya-mārge
yāvad vidur na bhavati dṛḍhaḥ prāṇa-vāta-prabandhāt |
yāvad dhyāne sahaja-sadṛśaṃ jāyate naiva tattvaṃ
tāvaj jñānaṃ vadati tad idaṃ dambha-mithyā-pralāpaḥ ||114||

iti haṭha-yoga-pradīpikāyāṃ samādhi-lakṣaṇaṃ nāma
caturthopadeśaḥ |