

Input by Peter Thomi, edited by Peter Schreiner
Analytic text, BHELA conventions

Revisions:

- 2020-07-31: TEI encoding by mass conversion of GRETIL's Sanskrit corpus

Text

adisvaraya pranami tasmai \$
yenopadista hathayogavidya &
virajate pronnatarajayogam %
arodhum icchor adhirohiniva // GhS_1.0

ekada candakapalir gatva gherandakuttiram
pranamyā vinayad bhaktya gherandam pariṣcchati // GhS_1.1

ghatasthayogam yogesa tattvajñānasya karanam
idanīm srotum icchāmi yogesvara vada prabho // GhS_1.2

sadhu sadhu mahabaho yan mam tvam pariṣcchasi
kathayami hi te tattvam savadhano 'vadharaya // GhS_1.3

nasti mayasamah paso nasti yogat param balam
na hi jñānat paro bandhur nahamkarat paro ripuh // GhS_1.4

abhyasat kadivarnader yatha sastrani bodhayet
tatha yogam samasadya tattvajñānam ca labhyate // GhS_1.5

sukrtair duskrtair karyair jayate praninam ghatah
ghatad utpadyate karma ghatayantram yatha bhramet // GhS_1.6

urdhavadho bhramate yadvad ghatayantram gavam vasat
tadvat karmavasaj jivo bhramate janmamrtyuna // GhS_1.7

amakumbha ivambhahstho jiryamanah sada ghatah
yoganalena samdahya ghatasuddhim samacaret // GhS_1.8

sodhanam drdhata caiva sthairyam dhairyam ca laghavam
pratyaksam ca nirliptam ca ghatastham saptasadhanam // GhS_1.9

satkarmana sodhanam ca asanena bhaved drdham
mudraya sthirata caiva pratyaharena dhairyata // GhS_1.10

pranayamal laghavam ca dhyanat pratyaksam atmani
samadhina nirliptam ca muktir eva na samsayah // GhS_1.11

dhautir vastis tatha netir lauliki tratakam tatha
kapalabhatis caitani satkarmani samacaret // GhS_1.12

antardhautir dantadhautir hrddhautir mulasodhanam
dhautyas caturvidha prokta ghatam kurvanti nirmalam // GhS_1.13

vasasaram varisaram vahnisaram bahiskrtam
ghatasya nirmalarthaya hy antardhautis caturvidha // GhS_1.14

kakacañcuvad asyena pibed vayum sanaih sanaih

calayed udaram pascad vartmana recayec chanaih // GhS_1.15

vasaram param gopyam dehanirmalakarakam
sarvarogaksayakaram dehanalavivardhakam // GhS_1.16

akantham purayed vari vaktrena ca pibec chanaih
calayed udarenaiva codarad recayed adhah // GhS_1.17

varisaram param gopyam dehanirmalakarakam
sadhayed yah prayatnena devadeham prapadyate // GhS_1.18

varisaram param dhautim sadhayed yah prayatnatah
maladeham sodhayitva devadeham prapadyate // GhS_1.19

nabhigranthim meruprsthe satavaram ca karayet
udaramayajam tyaktva jatharagnim vivardhayet
vahnisaram iyam dhautir yoginam yogasiddhida // GhS_1.20

esa dhautih para gopya na prakasya kadacana
kevalam dhautimatrena devadeho bhaved dhruvam // GhS_1.21

kakimudram sadhayitva purayed udaram mahat
dharayed ardhayamam tu calayed adhavartmana
esa dhautih para gopya na prakasya kadacana // GhS_1.22

nabhimagnajale sthitva saktinadim vimarjayet
karabhyam ksalayen nadim yavan malavisarjanam // GhS_1.23

tavat praksalya nadim ca udare vesayet punah
idam praksalanam gopyam devanam api durlabham
kevalam dhautimatrena devadeho bhaved dhruvam // GhS_1.24

yam ardhadharanasaktim yavan na sadhayen narah
bahiskrtam mahadhauti tavan naiva tu jayate // GhS_1.25

dantamulam jihvamulam randhram ca karnayugmayoh
kapalarandhram pañceti dantadhautirvidhiyate // GhS_1.26

khadirena rasenatha mrttikaya ca suddhaya
marjayed dantamulam ca yavat kilbisam aharet // GhS_1.27

dantamulam para dhautir yoginam yogasadhane
nityam kuryat prabhate ca dantaraksaya yogavit
dantamulam dharanadikaryesu yoginam yatah // GhS_1.28

athatah sampravaksyami jihvasodhanakaranam
jaramaranarogadin nasayed dirghalambika // GhS_1.29

tarjanimadhyamanama angulitrayayogatah
vesayed galamadhye tu marjayel lambikamalam
sanaih sanair marjayitva kaphadosam nivarayet // GhS_1.30

marjayen navanitena dohayec ca punah punah
tadagram lauhayantrena karsayitva punah punah // GhS_1.31

nityam kuryat prayatnena raver udayake 'stake
evam krte tu nitye ca lambika dirghatam gata // GhS_1.32

tarjanyangulyagrayogan marjayet karnarandhrayoh
nityam abhyasayogena nadantaram prakasanam // GhS_1.33

vrddhangusthena daksena mardayed bhalarandhrakam
evam abhyasayogena kaphadosam nivarayet // GhS_1.34

nadi nirmalatam yati divyadrstih prajayate
nidrante bhojanante ca divante ca dine dine // GhS_1.35

hrddhautim trividham kuryad dandavamanavasasa // GhS_1.36

rambhadandam hariddandam vetradandam tathaiva ca
hrnmadhye calayitva tu punah pratyaharec chanaih // GhS_1.37

kaphapittam tatha kledam recayed urdhvavartmana
dandadhautividhanena hrdrogam nasayed dhruvam // GhS_1.38

bhojanante pibed vari akarnapuritam sudhah
urdhvadrstim ksanam krtva taj jalam vamayet punah
nityam abhyasayogena kaphapittam nivarayet // GhS_1.39

ekonavimsatih hastah pañcavimsati vai tatha
caturangulavistaram suksmavastram sanair graset
punah pratyahared etat procyate dhautikarmakam // GhS_1.40

gulmajvaraplihakusthakaphapittam vinasyati
arogyam balapustis ca bhavet tasya dine dine // GhS_1.41

apanakrurata tavad yavanmulam na sodhayet
tasmad sarvaprayatnena mulasodhanam acaret // GhS_1.42

pitamulasya dandena madhyamangulinapi va
yatnena ksalayed guhyam varina ca punah punah // GhS_1.43

varayet kothakathinyam amajirnam nivarayet
karanam kantipustyo ca dipanam vahnimandalam // GhS_1.44

jalavastih suskavastir vasti ca dvidvidhau smrtau
jalavastim jale kuryac chuskavastim ksitau sada // GhS_1.45

nabhimagnajale payunyastanalotkatasanah
akuñcanam prakasam ca jalavastim samacaret // GhS_1.46

prameham ca gudavartam kruravayum nivarayet
bhavet svacchandadehas ca kamadevasamo bhavet // GhS_1.47

vastim pascimatanena calayitva sanaih sanaih
asvinimudraya payum akuñcayet prakasayet // GhS_1.48

evam abhyasayogena kothadoso na vidyate
vivardhayej jatharagnim amavatam vinasayet // GhS_1.49

vitastimanam suksmasutram nasanale pravesayet

mukhan nirgamayet pascat procyate netikarmakam // GhS_1.50

sadhanan netikarmapi khecarisiddhim apnuyat
kaphadosa vinyasyanti divyadrstih prajayate // GhS_1.51

amandavegam tundam ca bhramayed ubharparsvayoh
sarvarogan nihantiha dehanalavivardhanam // GhS_1.52

nimesonmesakam tyaktva suksmalaksyam niriksayet
yavad asru nipatate tratakam procyate budhaih // GhS_1.53

evam abhyasayogena sambhavi jayate dhruvam
na jayate netrarogah divyadrstipradayakam // GhS_1.54

vamakramena vyutkramena sitkramena visesatah
bhalabhatim tridha kuryat kaphadosam nivarayet // GhS_1.55

idaya purayed vayum recayet pingala punah
pingalaya purayitva punas candrena recayet // GhS_1.56

purakam recakam krtva vegena na tu calayet
evam abhyasayogena kaphadosam nivarayet // GhS_1.57

nasabhyam jalam akrsya punar vaktrena recayet
payam payam prakurvams cec chlesmadosam nivarayet // GhS_1.58

sitkrtya pitva vaktrena nasanalair virecayet
evam abhyasayogena kamadevasamo bhavet // GhS_1.59

na jayate varddhakam ca jvaro naiva prajayate
bhavet svacchandadehas ca kaphadosam nivarayet // GhS_1.60

[[iti sri-gheranda-samhitayam gheranda-canda-samvade
ghata-stha-yoge sat-karma-sadhanam nama prathamopadesah //1//]]

asanani samastani yavanto jivajantavah
caturasiti laksani sivena kathitam pura // GhS_2.1

tesam madhye visistani sodasonam satam krtam
tesam madhye martyaloke dvatrimasad asanam subham // GhS_2.2

siddham padmam tatha bhadram muktam vajram ca svastikam
simham ca gomukham viram dhanurasanam eva ca // GhS_2.3

mrtam guptam tatha matsyam matsyendrasanam eva ca
goraksam pascimottanam utkatam samkatam tatha // GhS_2.4

mayuram kukkutam kurmam tatha uttanakurmakam
uttanamandukam vrksam mandukam garudam vrsam //
GhS_2.5

salabham makaram costram bhujangam ca yogasanam
dvatrimasad asanany eva martyaloke ca siddhida // GhS_2.6

yonisthanakam anghrimulaghatitam sampidya gulphetaram \$
medhropary atha samnidhaya cibukam krtva hrdis sthapitam &

sthanuh samyamidriyo 'caladrsa pasyan bhruvor antare %
etan moksakapatabhedanakaram siddhasanam procyate // GhS_2.7

vamor upari daksinam hi caranam samsthapya vamam tatha \$
daksor upari pascimena vidhina krtva karabhyam drdham &
angusthau hrdaye nidhaya cibukam nasagram alokayed %
etad vyadhivikaranasanakaram padmasanam procyate // GhS_2.8

gulphau ca vrsanasyadho vyutkramena samahitau
padangusthau karabhyam ca dhrtva ca prsthadesatah //
GhS_2.9

jalamdham samasadya nasagram avalokayet
bhadrasanam bhaved etat sarvavyadhivinasakam // GhS_2.10

payumule vamagulpham daksagulpham tathopari
sirogrivasame kaye muktasanam tu siddhidam // GhS_2.11

janghayor vajravat krtva gudaparsve padav ubhau
vajrasanam bhaved etad yoginam siddhidayakam // GhS_2.12

janurvora antare krtva yogi padatale ubhe
rjukayah samasinah svastikam tat pracaksate // GhS_2.13

gulphau ca vrsanasyadho vyutkramenordhvatam gatau
citimulau bhumisamsthau karau ca janunopari // GhS_2.14

vyattavaktro jalamdharma nasagram avalokayet
simhasanam bhaved etat sarvavyadhivinasakam // GhS_2.15

padau bhumau ca samsthapya prsthaparsve nivesayet
sthirakayam samasadya gomukham gomukhakrti // GhS_2.16

ekapadam athaikasmin vinyased urusamsthitam
itarasmims tatha pascad virasanam itiritam // GhS_2.17

prasarya padau bhuvu dandarupau \$
karau ca prstham dhrtapadayugmam &
krtva dhanustulyavivartitam %
nigadyate vai dhanurasanam tat // GhS_2.18

uttanam savavad bhumau sayanam tu savasanam
savasanam sramaharam cittavisrantikaranam // GhS_2.19

janurvora antare padau krtva padau ca gopayet
padaupari ca samsthapya gudam guptasanam viduh // GhS_2.20

muktapadmasanam krtva uttanasayanam caret
kurparabhyam siro vestya matsyasanam tu rogaha // GhS_2.21

udare pascimam tanam krtva tisthati yatnatah
namrangam vamapadam hi daksajanupari nyaset // GhS_2.22

tatra yamyam kurparam ca yamyakare ca vaktrakam
bhruvor madhye gata drstih pitham matsyendram ucyate // GhS_2.23

janurvora antare padau uttanau vyaktasamsthitau
gulphau cacchadya hastabhyam uttanabhyam prayatnatah // GhS_2.24

kanthasamkocanam krtva nasagram avalokayet
goraksasanam ity ahur yoginam siddhikaranam // GhS_2.25

prasarya padau bhuvī dandarupau \$
samnyastabhalam citiyugmamadhye &
yatnena padau ca dhrtau karabhyam %
yogendrapitham pascimatanam ahuh // GhS_2.26

angusthabhyam avastabhya dharam gulphau ca khe gatau
tatropari gudam nyased vijñeyam utkatasanam // GhS_2.27

vamapadaciter mulam samnyasya dharanitale
padadandena yamyena vestayed vamapadakam
januyugme karayugmam etat samkatam asanam // GhS_2.28

dharam avastabhya karadvayabhyam \$
tat kurpare sthapitanabhiparsvam &
uccasane dandavad utthitah khe %
mayuram etat pravadanti pitham // GhS_2.29

bahukadasanabhuktam bhasma kuryad asesam \$
janayati jatharagnim jarayet kalakutam &
harati sakalarogan asu gulmajvaradin %
bhavati vigatadosam hy asanam srimayuram // GhS_2.30

padmasanam samasadya janurvora antare karau
kurparabhyam samasino mañcasthah kukkutasanam // GhS_2.31

gulphau ca vrsanasyadho vyutkramena samahitau
rjukayasirogrivam kurmasanam itiritam // GhS_2.32

kukkutasanabandhastham karabhyam dhrtakandharam
khagakurmavad uttanam etad uttanakurmakam // GhS_2.33

padatalau prsthadesa angusthau dvau ca samsprset
januyugmam puraskrtya sadhayen mandukasanam // GhS_2.34

mandukasanabandhastham kurparabhyam dhrtam sirah
etat bhekavad uttanam etad uttanamandukam // GhS_2.35

vamorumuladesa ca yamyam padam nidhaya tu
tisthati vrksavad bhuma vrksasanam idam viduh // GhS_2.36

janghorubhyam dharam pidya sthirakayo dvijanuna
janupari karayugmam garudasanam ucyate // GhS_2.37

yamyagulphe payumulam vamabhage padetaram
viparitam sprsed bhumim vrsasanam idam bhavet // GhS_2.38

adhyasya sete padayugmavakse \$
bhumim avastabhya karadvayabhyam &

padau ca sunye ca vitasti cordhvam %
vadanti pitham salabham munindrah // GhS_2.39

adhyasya sete hrdayam nidhaya \$
bhumau ca padau pravisaryamanau &
siras ca dhrtva karadandayugme %
dehagnikaram makarasanam tat // GhS_2.40

adhyasya sete padayugmam astam \$
prsthe nidhayapi dhrtam karabhyam &
akuñcyā samyag ghy udarasyagandam %
ustram ca pitham yatayo vadanti // GhS_2.41

angusthanabhiparyantam adho bhumau ca vinyaset
karatalabhyam dharam dhrtva urdhvam sirsam phaniva hi //
GhS_2.42

dehagnir vardhate nityam sarvarogavinasanam
jagarti bhujagi devi sadhanad bhujamgasanam // GhS_2.43

uttanau caranau krtva samsthapya janunopari
asanopari samsthapya uttanam karayugmakam // GhS_2.44

purakair vayum akrsya nasagram avalokayet
yogasanam bhaved etad yoginam yogasadhane // GhS_2.45

[[iti sri-gheranda-samhitayam gheranda-canda-samvade
ghata-stha-yogae asana-prayogo nama dvitiyo1padesah //2//]]

mahamudra nabhomudra uddiyanam jalamdharma
mulabandham mahabandham mahavedhas ca khecari // GhS_3.1

viparitarani yonir vajroli sakticalani
tadagi manduki mudra sambhavi pañcadharana // GhS_3.2

asvini pasini kaki matangi ca bhujamgini
pañcavimsatimudras ca siddhida iha yoginam // GhS_3.3

mudranam patalam devi kathitam tava samnidhau
yena vijñatamatrena sarvasiddhih prajayate // GhS_3.4

gopaniyam prayatnena na deyam yasya kasyacit
pritudam yoginam caiva durlabham marutam api // GhS_3.5

payumulam vamagulphe sampidya drdhatnatah
yamyapadam prasaryatha karabhyam dhrtapadangulih // GhS_3.6

kanthasamkocanam krtva bhruvor madhye niriksayet
purakair vayum sampurya mahamudra nigadyate // GhS_3.7

valitam palitam caiva jaram mrtyum nivarayet
ksayakasam gudavartam plihajirnam jvaram tatha
nasayet sarvarogams ca mahamudrabhisevanat // GhS_3.8

yatra yatra sthito yogi sarvakaryesu sarvada

urdhvajihvah sthiro bhutva dharayet pavanam sada
nabhomudra bhaved esa yoginam rogasini // GhS_3.9

udare pascimam tanam nabher urdhvam tu karayet
uddinam kurute yasmad avisrantam mahakhagah
uddiyanam tv asau bandho mrtyumatamgakesari // GhS_3.10

samagrad bandhanad dhy etad uddiyanam visisyate
uddiyane samabhyaste muktih svabhaviki bhavet // GhS_3.11

kanthasamkocanam krtva cibukam hrdaye nyaset
jalamdhare krte bandhe sodasadharabandhanam
jalamdharamahamudra mrtyos ca ksayakarini // GhS_3.12

siddham jalamdharam bandham yoginam siddhidayakam
sanmasam abhyased yo hi sa siddho natra samsayah // GhS_3.13

parsnina vamapadasya yonim akuñcayet tatah
nabhigranthim merudande sampidya yatnatah sudhah // GhS_3.14

medhram daksinagulphena drdhabandham samacaret
nabher urdhvam adhas capi tanam kuryat prayatnatah
jaravinasini mudra mulabandho nigadyate // GhS_3.15

samsarasagaram tartum abhilasati yah puman
virale sugupto bhutva mudram etam samabhyaset // GhS_3.16

abhyasad bandhanasyasya marutsiddhir bhaved dhruvam
sadhayet yatnatah tarhi mauni tu vijitalasah // GhS_3.17

vamapadasya gulphena payumulam nirodhayet
daksapadena tad gulpham sampidya yatnatah sudhah // GhS_3.18

sanaih sanais calayet parsnim yonim akuñcayec chanaih
jalamdhare dharayet pranam mahabandho nigadyate // GhS_3.19

mahabandhah paro bandho jaramarananasanah
prasada asya bandhasya sadhayet sarvavañchitam // GhS_3.20

rupayauvanalavanyam narinam purusam vina
mulabandhamahabandhau mahavedham vina tatha // GhS_3.21

mahabandham samasadya uddanakumbhakam caret
mahavedhah samakhyato yoginam siddhidayakah // GhS_3.22

mahabandhamulabandhau mahavedhasamanvitau
pratyaham kurute yas tu sa yogi yogavittamah // GhS_3.23

na mrtyuto bhayam tasya na jara tasya vidyate
gopaniyah prayatnena vedho yam yogipungavaih // GhS_3.24

jihvadho nadim samchitya rasanam calayet sada
dohayen navanitena lauhayantrena karsayet // GhS_3.25

evam nityam samabhyasal lambika dirghatam vrajet

yavad gacched bhruvor madhye tada sidhyati khecari // GhS_3.26

rasanam talumadhye tu sanaih sanaih pravesayet
kapalakuphare jihva pravista viparitaga
bhruvor madhye gata drstir mudra bhavati khecari // GhS_3.27

na ca murccha ksudha trsna naivalasyam prajayate
na ca rogo jara mrtyur devadeham prapadyate // GhS_3.28

na cagnir dahate gatram na sosayati marutah
na deham kledayanty apo damsayen na bhujamgamah // GhS_3.29

lavanyam ca bhaved gatre samadhir jayate dhruvam
kapalavaktrasamyoge rasana rasam apnuyat // GhS_3.30

nanavidhisamudbhutam anandam ca dine dine
adau lvanaksaram ca tatas tiktakasayakam // GhS_3.31

navanitam ghrtam ksiram dadhitakramadhuni ca
draksarasam ca piyusam jayate rasanodakam // GhS_3.32

nabhimule vaset suryas talumule ca candramah
amrtam grasate suryas tato mrtyuvaso narah // GhS_3.33

urdhvam ca yojayet suryam candram ca adha anayet
viparitakari mudra sarvatantresu gopita // GhS_3.34

bhumau siras ca samsthapya karayugmam samahitah
urdhvapadah sthiro bhutva viparitakari mata // GhS_3.35

mudreyam sadhayen nityam jaram mrtyum ca nasayet
sa siddhah sarvalokesu pralaye 'pi na sidati // GhS_3.36

siddhasanam samasadya karnaksinasikamukham
angusthatarjanimadhyanamadibhis ca dharayet // GhS_3.37

kakibhih pranam samkrsya apane yojayet tatah
sat cakrani kramad dhrtva humhamsamanuna sudhih // GhS_3.38

caitanyam anayed devim nidrita ya bhujamgini
jivena sahitam saktim samutthapya parambuje // GhS_3.39

saktimayam svayam bhutva param sivena samgamam
nanasukham viharam ca cintayet paramam sukham // GhS_3.40

sivasaktisamayogad ekantam bhuvi bhavayet
anandamanaso bhutva aham brahmeti sambhavet // GhS_3.41

yonimudra para gopya devanam api durlabha
saktitadbhavasamsiddhah samadhisthah sa eva hi // GhS_3.42

brahmaha bhrunaha caiva surapo gurutalpagah
etaih papair na lipyate yonimudranibandhanat // GhS_3.43

yani papani ghorani upapapani yani ca
tani sarvani nasyanti yonimudranibandhanat

tasmad abhyasanam kuryad yadi muktim samicchati // GhS_3.44

dharam avastabhya karadvayabhyam \$
urdhvam ksipet padayugam sirah khe &
saktiprabodhaya cirajivanaya %
vajrolimudram munayo vadanti // GhS_3.45

ayam yogo yogasrestho yoginam muktikaranam
ayam hitaprado yogo yoginam siddhidayakah // GhS_3.46

etad yogaprasadena bindusiddhir bhaved dhruvam
siddhe bindau mahayatne kim na sidhyati bhutale // GhS_3.47

bhogena mahata yukto yadi mudram samacaret
tathapi sakala siddhis tasya bhavati niscitam // GhS_3.48

muladhare atmasaktih kundali paradevata
sayita bhujagakara sardhatrivalayanvita // GhS_3.49

yavat sa nidrita dehe tavaj jivah pasur yatha
jñanam na jayate tavat kotiyogam samabhyaset // GhS_3.50

udghatayet kavatam ca yatha kuñcikaya hathat
kundalinyah prabodhena brahmadvaram vibhedayet // GhS_3.51

nabhim brhadvestanam ca na ca nagnam bahih sthitam
gopaniyagrhe sthitva sakticalanam abhyaset // GhS_3.52

vitastipramitam dirgham vistare caturangulam
mrdulam dhavalam suksmavestanambaralaksanam
evam ambaram uktam ca katisutrena yojayet // GhS_3.53

bhasmana gatrasamliptam siddhasanam samacaret
nasabhyam pranam akrsya apane yojayed balat // GhS_3.54

tavad akuñcayed guhyam sanair asvinimudraya
yavad gacchet susumnayam vayuh prakasayed dhathat // GhS_3.55

tavad vayuprabhedena kumbhika ca bhujamgini
baddhasvasas tato bhutva ca urdhvamatram prapadyate
sabdadvayam phalaikam tu yonimudram ca calayet // GhS_3.56

vina sakticalanena yonimudra na sidhyati
adau calanam abhyasya yonimudram samabhyaset // GhS_3.57

iti te kathitam canda prakaram sakticalanam
gopaniyam prayatnena dine dine samabhyaset // GhS_3.58

mudreyam parama gopya jaramarananasini
tasmad abhyasanam karyam yogibhih siddhikanksibhih // GhS_3.59

nityam yo 'bhyasate yogi siddhis tasya kare sthita
tasya vighrasiddhih syad roganam samksayo bhavet // GhS_3.60

udare pascimam tanam krtva ca tadagakrti

tadagi sa para mudra jaramrtyuvinasini // GhS_3.61

mukham sammudritam krtva jihvamulam pracalayet
sanair grased amrtam tan mandukim mudrikam viduh // GhS_3.62

valitam palitam naiva jayate nityayauvanam
na kese jayate pako yah kuryan nitya mandukim // GhS_3.63

netrañjanam samalokya atmaramam niriksayet
sa bhavec chambhavi mudra sarvatantresu gopita // GhS_3.64

vedasastrapuranani samanyaganika iva
iyam tu sambhavi mudra gupta kulavadhur iva // GhS_3.65

sa eva adinathas ca sa ca narayanah svayam
sa ca brahma srstikari yo mudram vetti sambhavam // GhS_3.66

satyam satyam punah satyam satyam uktam mahesvara
sambhavam yo vijaniyat sa ca brahma na canyatha // GhS_3.67

kathita sambhavi mudra srnusva pañcadharanam
dharanani samasadya kim na sidhyati bhutale // GhS_3.68

anena naradehena svargesu gamanagamam
manogatir bhavet tasya khecaratvam na canyatha // GhS_3.69

yat tattvam haritaladesaracitam bhaumam lakaranvitam \$
vedasram kamalasanena sahitam krtva hrđi sthayinam &
pranam tatra viniya pañcaghatikas cittanvitam dharayed %
esa stambhakari sada ksitijayam kuryad adhodharana // GhS_3.70

parthividharanamudram yah karoti ca nityasah
mrtyumjayah svayam so 'pi sa siddho vicared bhuvı // GhS_3.71

sankhendupratimam ca kundadhavalam tattvam kilalam subham \$
tat piyusavakarabijasahitam yuktam sada visnuna &
pranam tatra viniya pañcaghatikas cittanvitam dharayed %
esa duhsahatapapaharini syad ambhasi dharana // GhS_3.72

ambhasim paramam mudram yo janati sa yogavit
jale ca gabhire ghore maranam tasya no bhavet // GhS_3.73

iyam tu parama mudra gopaniya prayatnatah
prakasat siddhihanı syat satyam vacmi ca tattvatah // GhS_3.74

yan nabhisthitam indra=gopasadsam bijatrikonanvitam \$
tattvam tejamayam pradiptam arunam rudrena yat siddhidam &
pranam tatra viniya pañcaghatikas cittanvitam dharayed %
esa kalagabhirabhitiharani vaisvanari dharana // GhS_3.75

pradipte jvalite vahnau yadi patati sadhakah
etanmudraprasadena sa jivati na mrtyubhak // GhS_3.76

yad bhinnañjanapuñjasamnıbham idam dhumravabhasam param \$
tattvam sattvamayam yakarasahitam yatresvaro devata &

pranam tatra viniya pañcaghatikas cittanvitam dharayed %
esa khe gamanam karoti yaminam syad vayavi dharana // GhS_3.77

iyam tu parama mudra jaramrtyuvinasini
vayuna mriyate napi khe ca gatipradayini // GhS_3.78

sathaya bhaktihinaya na deya yasya kasyacit
datte ca siddhihanah syat satyam vacmi ca canda te // GhS_3.79

yat sindhau varasuddhavarisadrsam vyomam param bhasitam \$
tattvam devasadasivena sahitam bijam hakaranvitam &
pranam tatra viniya pañcaghatikas cittanvitam dharayed %
esa moksakavatabhedanakari tu syan nabhodharana // GhS_3.80

akasadharanam mudram yo vetti sa ca yogavit
na mrtiyur jayate tasya pralaye navasidati // GhS_3.81

akuñcayed gudadvaram prakasayet punah punah
sa bhaved asvini mudra saktiprabodhakarini // GhS_3.82

asvini parama mudra guhyarogavinasini
balapustikari caiva akalamaranam haret // GhS_3.83

kanthaprste ksipet padau pasavad drdhabandhanam
sa eva pasini mudra saktiprabodhakarini // GhS_3.84

pasini mahati mudra balapustividhayini
sadhaniya prayatnena sadhakaih siddhikanksibhih // GhS_3.85

kakacañcuvad asyena pibed vayum sanaih sanaih
kaki mudra bhaved esa sarvarogavinasini // GhS_3.86

kakimudra para mudra sarvatantresu gopita
asyah prasadamatrena na rogi kakavad bhavet // GhS_3.87

kanthamagnajale sthitva nasabhyam jalam aharet
mukhan nirgamayet pascat punar vaktrena caharet // GhS_3.88

nasabhyam recayet pascat kuryad evam punah punah
matangini para mudra jaramrtyuvinasini // GhS_3.89

virale nirjane dese sthitva caikagramanasah
kuryan matanginim mudram matanga iva jayate // GhS_3.90

yatra yatra sthito yogi sukham atyantam asnute
tasmāt sarvaprayatnena sadhayen mudrikam param // GhS_3.91

vaktram kimcitsuprasarya calinam galaya pibet
sa bhaved bhujagi mudra jaramrtyuvinasini // GhS_3.92

yavac ca udare rogam ajirnadi visesatah
tat sarvam nasayed asu yatra mudra bhujamgini // GhS_3.93

idam tu mudrapatalam kathitam canda te subham
vallabham sarvasiddhanam jamarananasanam // GhS_3.94

sathaya bhaktihinaya na deyam yasya kasyacit
gopaniyam prayatna durlabham marutam api // GhS_3.95

rjave santacittaya gurubhaktiparaya ca
kulinaya pradatavyam bhogamuktipradayakam // GhS_3.96

mudranam patalam hy etat sarvavyadhivinasanam
nityam abhyasasilasya jatharagnivivardhanam // GhS_3.97

na tasya jayate mrtyur nasya jaradikam tatha
nagnijalabhayam tasya vayor api kuto bhayam // GhS_3.98

kasah svasah pliha kustham slesmarogas ca vimsatih
mudranam sadhanac caiva vinasyanti na samsayah // GhS_3.99

bahuna kim ihoktena saram vacmi ca canda te
nasti mudrasamam kimcit siddhidam ksitimandale // GhS_3.100

[[iti sri-gheranda-samhitayam gheranda-canda-samvade
ghata-stha-yoga-prakarane mudra-prayogo nama trtiyolpadesah //3//
]]

athatah sampravakasyami pratyaharakam uttamam
yasya vijñanamatreṇa kamadiripunasanam // GhS_4.1

yato yato niscarati manas cañcalam asthiram
tatas tato niyamyaitad atmany eva vasam nayet // GhS_4.2

yatra yatra gata drstir manas tatra pragacchati
tatah pratyahared etad atmany eva vasam nayet // GhS_4.3

puraskaram tiraskaram susravayam va bhayanakam
manas tasman niyamyaitad atmany eva vasam nayet // GhS_4.4

sitam vapi tatha cosnam yan manahsparsayogatah
tasmat pratyahared etad atmany eva vasam nayet // GhS_4.5

sugandhe vapi durgandhe ghranesu jayate manah
tasmat pratyahared etad atmany eva vasam nayet // GhS_4.6

madhuramlakatiktadirasam gatam yada manah
tasmat pratyahared etad atmany eva vasam nayet // GhS_4.7

sabdadisv anuraktani nigrhyaksani yogavit
kuryac cittanucarini pratyaharaparayanah // GhS_4.8

vasyata parama tena jayate 'ticalatmanam
indriyanam avasyais tair na yogi yogasadhakah // GhS_4.9

pranayamair dahed dosan dharanabhis ca kilbisam
pratyaharena visayan dhyanenanisvaran gunan // GhS_4.10

yatha parvatadhatunam dosa dahyanti dhamyatam
tathendriyakrta dosa dahyante prananigrahat // GhS_4.11

samah samasano bhutva samhrtya caranav ubhau

samvrtasyas tathaivoru samyag vistabhya cagratah // GhS_4.12

parsnibhyam lingavrsanav asprsan prayatah sthitah
kimcidunnamitasira dantair dantan na samsprset
sampasyan nasikagram svam disas canavalokayan // GhS_4.13

rajasa tamaso vrttim sattvena rajasas tatha
samchadya nirmale sattve sthito yuñjita yogavit // GhS_4.14

indriyanindriyarthebhyah pranadin mana eva ca
nighya samavayena pratyaharam upakramet // GhS_4.15

yas tu pratyaharet kaman sarvangan iva kacchapah
sadatmaratir ekasthah pasyaty atmanam atmani // GhS_4.16

sa bahyabhyantaram saucam nispadyakanthanabhithah
purayitva budho deham pratyaharam upakramet // GhS_4.17

tatha vai yogayuktasya yogino niyatatmanah
(sarve dosah pranasyanti svasthas caivopajayate) // GhS_4.18

[[iti sri-gheranda-samhitayam gheranda-canda-samvade
ghata-stha-yoge pratyahara-prayogo nama caturtho1padesah //4//]]

athatah sampravakasyami pranayamasya yadvidhim
yasya sadhanamatrena devatulyo bhaven narah // GhS_5.1

adau sthanam tatha kalam mitaharam tathaparam
nadisuddhim tatah pascad pranayamam ca sadhayet // GhS_5.2

duradese tatharanye rajadhanyam janantike
yogarambham na kurvita krtas cet siddhiha bhavet // GhS_5.3

avisvasam duradese aranye bhaksavarjitam
lokaranye prakasas ca tasmad trini vivarjayet // GhS_5.4

sudese dharmike rajye subhikse nirupadrave
tatraikam kutiram krtva praciraih parivestayet // GhS_5.5

vapikupatadagam ca praciramadhyavarti ca
natyuccam natinicam va kutiram kitavarjitam // GhS_5.6

samyaggomayaliptam ca kutiram randhravarjitam
evam sthane hi gupte ca pranayamam samabhyaset // GhS_5.7

hemante sisire grisme varsayam ca rtau tatha
yogarambham na kurvita krte yogo hi rogadoh // GhS_5.8

vasante saradi proktam yogarambham samacaret
tada yogo bhavet siddho rogan mukto bhaved dhruvam // GhS_5.9

caitradiphalgunte ca maghadiphalgunte
dvau dvau masau rtubhagau anubhavas catus catuh // GhS_5.10

vasantas caitravaisakhau jyesthasadhau ca grismakau
varsa sravanabhadrabhyam sarad asvinakartikau

margapausau ca hemantah sisiro maghaphalgunau // GhS_5.11

anubhavam pravaksyami rtunam ca yathoditam
maghadimadhavante hi vasantanubhavas catuh // GhS_5.12

caitradi casadhantam ca grismas canubhavas catuh
asadhadi casvinantam varsa canubhavas catuh // GhS_5.13

bhadradi margasirsantam sarado 'nubhavas catuh
kartikadimaghamasantam hemantanubhavas catuh
margadims caturo masañ sisiranubhavam viduh // GhS_5.14

vasante vapi saradi yogarambham tu samacaret
tada yogo bhavet siddho vinayasena kathyate // GhS_5.15

mitaharam vina yas tu yogarambham tu karayet
nanarogo bhavet tasya kimcid yogo na sidhyati // GhS_5.16

salyannam yavapindam va godhumapindakam tatha
mudgam masacanakadi subhram ca tusavarjitam // GhS_5.17

patolam panasam manam kakkolam ca sukasakam
dradhikam karkatim rambham dumbarim kantakantakam //
GhS_5.18

amarambham balarambham rambhadandam ca mulakam
vartakim mulakam rddhim yogi bhaksanam acaret // GhS_5.19

balasakam kala sakam tatha patolapatrakam
pañcasakam prasamsiyad vastukam hilmocikam // GhS_5.20

suddham sumadhuram snigdham udarardhavivarjitam
bhujyate surasampritya [surasam pritya] mitaharam imam viduh //
GhS_5.21

annena purayed ardhm toyena tu trtiyakam
udarasya turiyamsam samraksed vayucarane // GhS_5.22

katv amlam lavanam tiktam bhrstam ca dadhi takrakam
sakotkatam tatha madyam talam ca panasam tatha // GhS_5.23

kulattham masuram pandum kusmandam sakadandakam
tumbikolakapittham ca kantabilvam palasakam // GhS_5.24

kadambam jambiram bimbam lakucam lasunam visam
kamarangam piyalam ca hingusalmalikemukam // GhS_5.25

yogarambhe varjayec ca pathastrivahnisevanam // GhS_5.26

navanitam ghrtam ksiram gudam sarkaradi ceksavam
pakvarambham narikelam dadimbam asivasavam
draksam tu lavalim dhatrim rasam amlavivarjitam // GhS_5.27

elajatilavangam ca paurusam jambujambalam
haritakim kharjuram ca yogi bhaksanam acaret // GhS_5.28

laghupakam priyam snigdham tatha dhatupraposanam
manoabhilasitam yogyam yogi bhojanam acaret // GhS_5.29

kathinyam duritam putim usnam paryusitam tatha
atisitam cati cosnam bhaksyam yogi vivarjayet // GhS_5.30

pratahsnanopavasadikayaklesavidhim tatha
ekaharam niraharam yamante ca na karayet // GhS_5.31

evamvidhividhanena pranayamam samacaret
arambhe prathame kuryat ksiradyam nityabhojanam
madhyahne caiva sayahne bhojanadvayam acaret // GhS_5.32

kusasane mrgajine vyaghrajine ca kambale
sthulasane samasinah pranmukho vapyudanmukhah
nadisuddhim samasadya pranayamam samabhyaset // GhS_5.33

nadisuddhim katham kuryan nadisuddhis tu kidrsi
tat sarvam srotum icchami tad vadasva dayanidhe // GhS_5.34

malakulasu nadisu maruto naiva gacchati
pranayamah katham sidhyet tattvajñanam katham bhavet
tasmad adau nadisuddhim pranayamam tato 'bhyaset // GhS_5.35

nadisuddhir dvidha prokta samanur nirmanus tatha
bijena samanum kuryan nirmanum dhautikarmani // GhS_5.36

dhautikarma pura proktam satkarmasadhane yatha
srnusva samanum canda nadisuddhir yatha bhavet // GhS_5.37

upavisyasane yogi padmasanam samacaret
gurvadinyasanam krtva yathaiva gurubhasitam
nadisuddhim prakurvita pranayamavisuddhaye // GhS_5.38

vayubijam tato dhyatva dhumravarnam satejasam
candrena purayed vayum bijam sodasakaih sudhah // GhS_5.39

catuhsastya matraya ca kumbhakenaiva dharayet
dvatrimsanmatraya vayum suryanadya ca recayet // GhS_5.40

nabhimulad vahnim utthapya dhyayet tejo vaniyutam
vahnibijam sodasena suryanadya ca purayet // GhS_5.41

catuhsastya matraya ca kumbhakenaiva dharayet
dvatrimsanmatraya vayum sasinadya ca recayet // GhS_5.42

nasagre sasadhrg bimbam dhyatva jyotsnasamanvitam
tham bijam sodasenaiva idaya purayen marut // GhS_5.43

catuhsastya matraya ca [kumbhakenaiva] dharayet
amrtaplavitam dhyatva pranayamam samabhyaset // GhS_5.44

[vam bijam sodasenaiva suryanadya ca purayet]
dvatrimsenam lakarena drdham bhavyam virecayet // GhS_5.45

evamvidham nadisuddhim krtva nadim visodhayet
drdho bhutvasanam krtva pranayamam samacaret // GhS_5.46

sahitah suryabhedas ca ujjayi sitali tatha
bhastrika bhramari murccha kevali casta kumbhikah // GhS_5.47

sahitau dvividhau proktau pranayamam samacaret
sagarbho bijam uccarya nirgarbho bijavarjitah
pranayamam sagarbham ca prathamam kathayami te // GhS_5.48

sukhasane copavisya pranmukho vapy udanmukhah
dhyayed vidhim rajogunam raktavarnam avarnakam // GhS_5.49

idaya purayed vayum matraya sodasaih sudhah
purakante kumbhakadye kartavyas tuddiyanakah // GhS_5.50

sattvamayam harim dhyatva ukaraih suklavarnakaih
catuhsastya ca matraya anilam kumbhakam caret
kumbhakante recakadye kartavyam ca jalamdharam // GhS_5.51

rudram tamogunam dhyatva makaraih krsnavarnakaih
dvatrimsanmatraya caiva recayed vidhina punah // GhS_5.52

punah pingalayapurya kumbhakenaiva dharayet
idaya recayet pascad tadbijena kramena tu // GhS_5.53

anulomavilomena varam varam ca sadhayet
purakante kumbhakadye dhrtam nasaputadvayam
kanisthanamikangusthais tarjanimadhyame vina // GhS_5.54

pranayamam nigarbham tu vina bijena jayate
vamajanupari nyastavamapanitalam bhramet
matradisataparyantam purakumbhakarecanam // GhS_5.55

uttama vimsatir matra madhyama sodasi smrta
adhama dvadasi matra pranayamas tridha smrtah // GhS_5.56

adhamaj jayate gharma merukampas ca madhyamat
uttamac ca bhumityagas trividham siddhilaksanam // GhS_5.57

pranayamat khecaratvam pranayamad rogasanam
pranayamad bodhayec chaktim pranayaman manonmani
anando jayate citte pranayami sukhi bhavet // GhS_5.58

kathitam sahitam kumbham suryabhedanakam srnu
purayet suryanadya ca yathasakti bahirmarut // GhS_5.59

dharayed bahuyatnena kumbhakena jalamdharaih
yavat svedam nakhakesabhyam tavat kurvantu kumbhakam // GhS_5.60

prano 'panah samanas caudanavyanau ca vayavah
nagah kurmas ca krkaro devadatto dhanamjayah // GhS_5.61

hrdi prano vahan nityam apano gudamandale
samano nabhidese tu udanah kanthamadhyagah

vyano vyapya sarire tu pradhanah pañca vayavah // GhS_5.62

pranadyah pañca vikhyata nagadyah pañca vayavah
tesam api ca pañcanam sthanani ca vadamy aham // GhS_5.63

udgare naga akhyatah kurmas tunmilane smrtah
krkarah ksuttrse jñeyo devadatto vijrmbhane
na jahati mrte kvapi sarvavyapi dhanamjayah // GhS_5.64

nago grhnati caitanyam kurmas caiva nimesanam
ksuttrsam krkaras caiva jrmghanam caturthena tu
bhaved dhanamjayac chabdam ksanamatram na nihsaret // GhS_5.65

sarvam ca suryakam bhitva nabhimulat samuddharet // GhS_5.66

idaya recayet pascad dhairyenakhandavegatah
punah suryena cakrsya kumbhayitva yathavidhi // GhS_5.67

recayitva sadhayet tu kramena ca punah punah
kumbhakah suryabheda tu jaramrtyuvinasakah // GhS_5.68

bodhayet kundalim saktim dehanalavivardhanam
iti te kathitam canda suryabhedanam uttamam // GhS_5.69

nasabhyam vayum akrsya mukhamadhye ca dharayet
hrdgalabhyam samakrsya vayum vaktrena dharayet // GhS_5.70

mukham praphullam samrakasya kuryaj jalamdharam tatah
asakti kumbhakam krtva dharayed avirodhatah // GhS_5.71

ujjayikumbhakam krtva sarvakaryani sadhayet
na bhavet kapharogas ca kruravayur ajirnakam // GhS_5.72

amavatah ksayah kaso jvarapliha na jayate
jaramrtyuvinasaya cojjayim sadhayen narah // GhS_5.73

jihvaya vayum akrsya udare purayec chanaih
ksanam ca kumbhakam krtva nasabhyam recayet punah // GhS_5.74

sarvada sadhayed yogi sitalikumbhakam subham
ajirnam kaphapittam ca naiva tasya prajayate // GhS_5.75

bhastreva lohakaranam yathakramena sambhramet
tato vayum ca nasabhyam ubhabhyam calayec chanaih // GhS_5.76

evam vimsativaram ca krtva kuryac ca kumbhakam
tadante calayed vayum purvoktam ca yathavidhi // GhS_5.77

trivaram sadhayed enam bhastrikakumbhakam sudhih
na ca rogo na ca klesa arogyam ca dine dine // GhS_5.78

ardharatre gate yogi jantunam sabdavarjite
karnau nidhaya hastabhyam kuryat purakam uttamam // GhS_5.79

srnuyad daksine karne nadam antargatam sudhih
prathamam jhimjhinadam ca vamsinadam tatah param

meghaghargharabhramari ca ghantakamsyam tatah param // GhS_5.80

turibherimrdangadivinadadundubhih
evam nanavidho nado jayate nityam abhyasat // GhS_5.81

anahatasya sabdasya tasya sabdasya yo dhvanih
dhvaner antargatam jyotir jyotir antargatam manah // GhS_5.82

tasmims tu vilayam yati tad visnoh paramam padam
evam bhramarisamsiddhih samadhisiddhim apnuyat // GhS_5.83

mukhe ca kumbhakam krtva bhruvor antargatam manah
samtyajya visayan sarvan manomurccha sukhaprada // GhS_5.84

atmani manasamyogad anandam jayate dhruvam
evam nanavidhanando jayate nityam abhyasat
evam abhyasayogena samadhisiddhim apnuyat // GhS_5.85

bhujamginyah svasavasat ajapa jayate nanu
hamkarena bahir yati sahkarena viset punah // GhS_5.86

sat satani divaratrau sahasrany ekavimsatih
ajapam nama gayatrim jivo japati sarvada // GhS_5.87

muladhare yatha hamsas tatha hi hrdis pankaje
tatha nasaputadvandve trivenisamgamagamam // GhS_5.88

sannavatyangulimanam sariram karmarupakam
dehad bahirgato vayuh svabhavad dvadasangulih // GhS_5.89

sayane sodasangulyo bhojane vimsatis tatha
caturvimsangulih panthe nidrayam trimsadangulih
maithune sattrimsad uktam vyayame ca tato 'dhikam // GhS_5.90

svabhava 'sya gater nyune param ayuh pravardhate
ayuhksayo 'dhike prokto marute cantarad gate // GhS_5.91

tasmat prane sthite dehe maranam naiva jayate
vayuna ghatasambandhe bhavet kevalakumbhakah // GhS_5.92

yavajjivam japen mantram ajapasamkhyakevalam
adyavadhi dhrtam samkhyavibhramam kevalikrte // GhS_5.93

ata eva hi kartavyah kevalikumbhako naraih
kevali cajapasamkhyaya dviguna ca manonmani // GhS_5.94

nasabhyam vayum akrsya kevalam kumbhakam caret
ekadikacatuhsastim dharayet prathame dine // GhS_5.95

kevalim astadha kuryad yame yame dine dine
atha va pañcadha kuryad yatha tat kathayami te // GhS_5.96

pratara madhyahnasayahne madhyaratre caturthake
trisamdhyam atha va kuryat samamane dine dine // GhS_5.97

pañcavaram dine vrddhir varaikam ca dine tatha

ajapaparimane ca yavat siddhih prajayate // GhS_5.98

pranayamam kevalim nama tada vadati yogavit
kumbhake kevale siddhe kim na sidhyati bhutale // GhS_5.99

[[iti sri-gheranda-samhitayam gheranda-canda-samvade
ghata-stha-yoga-prakarane prana3yama-prayogo nama pañcamo1padesah
//5//]]

sthulam jyotis tatha suksmam dhyanasya trividham viduh
sthulam murtimayam proktam jyotis tejomayam tatha
suksmam bindumayam brahma kundali paradevata // GhS_6.1

svakiyahrdaye dhyayet sudhasagaram uttamam
tanmadhye ratnadvipam tu suratnavalukamayam // GhS_6.2

caturdiksi nipatarum bahupuspasamanvitam
nipopavanasamkulair vestitam parita iva // GhS_6.3

malatimallikajati\$kesarais campakais tatha &
parijataih sthalapadmair gandhamoditadinmukhaih // GhS_6.4

tanmadhye samsmared yogi kalpavrksam manoramam
catuhsakhacaturvedam nityapusphalanvitam // GhS_6.5

bhramarah kokilas tatra guñjanti nigadanti ca
dhyayettatra sthiro bhutva mahamanikyamandapam // GhS_6.6

tanmadhye tu smared yogi paryankam sumanoharam
tatrestadevatam dhyayed yaddhyanam gurubhasitam // GhS_6.7

yasya devasya yad rupam yatha bhusanavahanam
tad rupam dhyayate nityam sthuladhyanam idam viduh // GhS_6.8

sahasraramahapadme karnikayam vicintayet
vilagnasahitam padmam dvadasair dalasamyutam // GhS_6.9

subhravarnam mahatejo dvadasair bijabhasitam
sahaksamavalariyum hamsasaktim yathakramam // GhS_6.10

tanmadhye karnikayam tu akathadirekhatrayam
halaksakonasamyuktam pranavam tatra vartate // GhS_6.11

nadabindumayam pitham dhyayet tatra manoharam
tatropari hamsayugmam paduka tatra vartate // GhS_6.12

dhyayettatra gurum devam vibhujam ca trilocanam
svetambaradharam devam suklagandhanulepanam // GhS_6.13

suklapuspamayam malyam raktasaktisamanvitam
evamvidhagurudhyanat sthuladhyanam prasidhyati // GhS_6.14

kathitam sthuladhyanam tu tejudhyanam srnusva me
yaddhyanena yogasiddhir atmapratyaksam eva ca
muladhare kundalini bhujagakararupini // GhS_6.15

jivatma tisthati tatra pradipakalikakrtih
dhyayet tejomayam brahma tejudhyanam tad eva hi // GhS_6.16

nabhimule sthitam suryamandalam vahnisamyutam
dhyayet tejo mahad vyaptam tejudhyanam tad eva hi // GhS_6.17

bhruvor madhye manordhve ca yat tejah pranavatmakam
dhyayej jvalavaliyuktam tejudhyanam tad eva hi // GhS_6.18

tejudhyanam srutam canda suksmadhyanam vadamy aham
bahubhagyavasada yasya kundali jagrati bhavet // GhS_6.19

atmana saha yogena netrarandhrad vinirgata
vihared rajamarge ca cañcalatvan na drsyate // GhS_6.20

sambhavamudraya yogi dhyana-yogena sidhyati
suksmadhyanam idam gopyam devanam api durlabham // GhS_6.21

sthuladhyanac chataganam tejudhyanam pracaksate
tejudhyanal laksaganam suksmadhyanam paratparam // GhS_6.22

iti te kathitam canda dhyana-yogam sudurlabham
atma saksad bhaved yasmad dhyanam visisyate // GhS_6.23

[[iti sri-gheranda-samhitayam gheranda-canda-samvade
ghata-stha-yoge sapta-sadhane dhyana-yogo nama sastho'padesah //6//
]]

samadhya ca param tattvam bahubhagyena labhyate
guroh krpaprasadena prapyate gurubhaktitah // GhS_7.1

vidyapratitih svagurupratitir \$
atmapratitir manasah prabodhah &
dine dine yasya bhavet sa yogi %
susobhanabhyasam upaiti sadyah // GhS_7.2

ghatad bhinnam manah krtva aikyam kuryat paratmani
samadhya tam vijaniyan muktasamjño dasadibhih // GhS_7.3

aham brahma na canyo 'smi brahmaivaham na sokabhak
saccidanandarupo 'ham nityamuktah svabhavavan // GhS_7.4

sambhavya caiva khecarya bhramarya yonimudraya
dhyanam nadam rasanandam layasiddhis caturvidha // GhS_7.5

pañcadha bhaktiyogena manomurccha ca sadvidha
sadvidho 'yam rajayogah pratyekam avadharayet // GhS_7.6

sambhavam mudrikam krtva atmapratyaksam anayet
bindu brahmamayam drstva manas tatra niyojayet // GhS_7.7

khamadhye kuru catmanam atmamadhye ca kham kuru
atmanam khamayam drstva na kimcid api badhyate
sadanandamayo bhutva samadhistho bhaven narah // GhS_7.8

khecarimudrasadhanad rasana urdhvagata yada
tada samadhisiddhih syad dhitva sadharanakriyam // GhS_7.9

anilam mandavegena bhramarikumbhakam caret
mandam mandam recayed vayum bhrnganadam tato bhavet // GhS_7.10

antahstham bhramarinadam srutva tatra mano nayet
samadhir jayate tatra anandah so 'ham ity atah // GhS_7.11

yonimudram samasadya svayam saktimayo bhavet
susrngararaseñaiva viharet paramatmani // GhS_7.12

anandamayah sambhutva aikyam brahmani sambhavet
aham brahmeti cadvaitam samadhis tena jayate // GhS_7.13

svakiyahrdaye dhyayed istadevasvarupakam
cintayed bhaktiyogena paramahladapurvakam // GhS_7.14

anandasrupulakena dasabhavah prajayate
samadhih sambhavet tena sambhavec ca manonmani // GhS_7.15

manomurccham samasadya mana atmani yojayet
paratmanah samayogat samadhim samavapnuyat // GhS_7.16

iti te kathitam canda samadhir muktilaksanam
rajayogah samadhih syad ekatmany eva sadhanam
unmani sahajavastha sarve caikatmavacakah // GhS_7.17

jale visnuh sthale visnur visnuh parvatamastake
jvalamalakule visnuh sarvam visnumayam jagat // GhS_7.18

bhucarah khecaras cami yavanto jivajantavah
vrksagulmalatavallitnadya vari parvatah
sarvam brahma vijaniyat sarvam pasyati catmani // GhS_7.19

atma ghatasthacaitanyam advaitam sasvatam param
ghatad bhinnataram jñanam vitaragam vivasanam // GhS_7.20

evamvidhih samadhih syat sarvasamkalpavarjitah
svadehe putradaradibandhavesu dhanadisu
sarvesu nirmamo bhutva samadhim samavapnuyat // GhS_7.21

layamrtam param tattvam sivoktam vividhani ca
tesam samkseparam adaya kathitam muktilaksanam // GhS_7.22

iti te kathitas canda samadhir durlabhah parah
yam jñatva na punarjanma jayate bhumimandale // GhS_7.23

[[iti sri-gheranda-samhitayam gheranda-canda-samvade
ghata-stha-yoga-sadhane yogasya sapta-sare samadhi-yogo nama
saptamo lpadesah samaptah //7//]]