

Text

hatha-yoga-pradipika (1) prathamopadesah

sri-adi-nathaya namo'stu tasmai
yenopadista hatha-yoga-vidya /
vibhrajate pronnata-raja-yogam
arodhum icchor adhirohiniva // hyp_1.1 //

pranamyā sri-gurum natham svatmaramena yogina /
kevalam raja-yogaya hatha-vidyopadisyate // hyp_1.2 //

bhrantya bahumata-dhvante raja-yogam ajanatam /
hatha-pradipikam dhatte svatmaramah krpakarah // hyp_1.3 //

hatha-vidyam hi matsyendra-goraksadya vijanate /
svatmaramo'thava yogi janite tat-prasadatah // hyp_1.4 //

sri-adinatha-matsyendra-savarananda-bhairavah /
caurangi-mina-goraksa-virupaksa-bilesayah // hyp_1.5 //

manthano bhairavo yogi siddhir buddhas ca kanthadiah /
koramtakah suranandah siddhapadas ca carpatih // hyp_1.6 //

kaneri pujiyapadas ca nitya-natho nirañjanah /
kapali bindunathas ca kakacandisvarahvayah // hyp_1.7 //

allamah prabhudevas ca ghoda coli ca timtinih /
bhanuki naradevas ca khandah kapalikas tatha // hyp_1.8 //

ity adayo mahasiddha hatha-yoga-prabhavatah /
khandayitva kala-dandam brahmande vicaranti te // hyp_1.9 //

asesa-tapa-taptanam samasraya-matho hathah /
asesa-yoga-yuktanam adhara-kamatho hathah // hyp_1.10 //

hatha-vidya param gopya yogina siddhim icchata /
bhaved viryavati gupta nirvirya tu prakasita // hyp_1.11 //

surajye dharmike dese subhikse nirupadrave /
dhanuh pramana-paryantam silagni-jala-varjite /
ekante mathika-madhye sthatavyam hatha-yogina // hyp_1.12 //

alpa-dvaram arandhra-garta-vivaram natyucca-nicayatam
samyag-gomaya-sandra-liptam amalam nihsesa-jantujjhitam /
bahye mandapa-vedi-kupa-ruciram prakara-samvestitam
proktam yoga-mathasya laksanam idam siddhair hathabhyasibhih //
hyp_1.13 //

evam vidhe mathe sthitva sarva-cinta-vivarjitah /
gurupadista-margena yogam eva samabhyaset // hyp_1.14 //

atyaharah prayasas ca prajalpo niyamagrahah /

jana-sangas ca laulyam ca sadbhir yogo vinasyati // hyp_1.15 //

utsahat sahasad dhairyat tattva-jñanas ca niscayat /
jana-sanga-parityagat sadbhir yogah prasiddhyati // hyp_1.16 //

atha yama-niyamah

ahimsa satyam asteyam brahmacaryam ksama dhrtih /
dayarjavam mitaharah saucam caiva yama dasa // hyp_1.17 //

tapah santosa astikyam danam isvara-pujanam /
siddhanta-vakya-sravanam hrimati ca tapo hutam /
niyama dasa samprokta yoga-sastra-visaradaih // hyp_1.18 //

atha asanam

hathasya prathamangatvad asanam purvam ucyate /
kuryat tad asanam sthairyam arogyam canga-laghavam // hyp_1.19 //

vasisthadyais ca munibhir matsyendradysais ca yogibhih /
angikrtany asanani kathyante kanicin maya // hyp_1.20 //

janurvora antare samyak krtva pada-tale ubhe /
rju-kayah samasinah svastikam tat pracaksate // hyp_1.21 //

savye daksina-gulpham tu prstha-parsve niyojayet /
daksine'pi tatha savyam gomukham gomukhakrtih // hyp_1.22 //

ekam padam tathaikasmin vinyased uruni sthiram /
itarasmims tatha corum virasanam itiritam // hyp_1.23 //

gudam nirudhya gulphabhyam vyutkramena samahitah /
kurmasanam bhaved etad iti yoga-vido viduh // hyp_1.24 //

padmasanam tu samsthapya janurvora antare karau /
nivesya bhuma samsthapya vyomastham kukkutasanam // hyp_1.25 //

kukkutasana-bandha-stho dorbhyam sambadya kandharam /
bhaved kurmavad uttana etad uttana-kurmakam // hyp_1.26 //

padangusthau tu panibhyam grhitva sravanavadhi /
dhanur akarsanam kuryad dhanur-asanam ucyate // hyp_1.27 //

vamoru-mularpita-daksa-padam
janora bahir vestita-vama-padam /
pragrhya tisthet parivartitangah
sri-matysanathoditam asanam syat // hyp_1.28 //

matsyendra-pitham jathara-pradiptim
pracanda-rug mandala-khandanastram /
abhyasatah kundalini-prabodham
candra-sthiratvam ca dadati pumsam // hyp_1.29 //

prasarya padau bhuvii danda-rupau
dorbhyam padagra-dvitayam grhitva /

januparinyasta-lalata-deso
vased idam pascimatanam ahuh // hyp_1.30 //

iti pascimatanam asanagryam
pavanam pascima-vahinam karoti /
udayam jatharanalasya kuryad
udare karsyam arogatam ca pumsam // hyp_1.31 //

dharam avastabhya kara-dvayena
tat-kurpara-sthapita-nabhi-parsvah /
uccasano dandavad utthitah khe
mayuram etat pravadanti pitham // hyp_1.32 //

harati sakala-rogan asu gulmodaradin
abhibhavati ca dosan asanam sri-mayuram /
bahu kadasana-bhuktam bhasma kuryad asesam
janayati jatharagnim jarayet kala-kutam // hyp_1.33 //

uttanam sabavad bhumau sayanam tac chavasanam /
savasanam sranti-haram citta-visranti-karakam // hyp_1.34 //

caturacity asanani sivena kathitani ca /
tebhyas catuskam adaya sarabhutam bravimy aham // hyp_1.35 //

siddham padmam tatha simham bhadram veti catustayam /
srestham tatrapi ca sukhe tisthet siddhasane sada // hyp_1.36 //

atha siddhasanam-
yoni-sthanakam anghri-mula-ghatitam krtva drdham vinyaset
mendhre padam athaikam eva hrdaye krtva hanum susthiram /
sthanuh samyomitendriyo'cala-drsa pasyed bhruvor antaram
hy etan moksa-kapata-bheda-janakam siddhasanam procyate // hyp_1.37
//

mendhrad upari vinyasya savyam gulpham tathopari /
gulphantaram ca niksipyasiddhasanam idam bhavet // hyp_1.38 //

etat siddhasanam prahur anye vajrasanam viduh /
muktasanam vadanty eke prahur guptasanam pare // hyp_1.39 //

yamesv iva mitaharam ahimsa niyamesv iva /
mukhyam sarvasanesv ekam siddhah siddhasanam viduh // hyp_1.40
//

caturasiti-pithesu siddham eva sadabhyaset /
dvasaptati-sahasranam nadinam mala-sodhanam // hyp_1.41 //

atma-dhyayi mitahari yavad dvadasa-vatsaram /
sada siddhasanabhyasad yogi nispattim apnuyat // hyp_1.42 //

kim anyair bahubhih pithaih siddhe siddhasane sati /
prananile savadhane baddhe kevala-kumbhake /
utpadyate nirayasat svayam evonmani kala // hyp_1.43 //

tathaikasminn eva drdhe siddhe siddhasane sati /
bandha-trayam anayasat svayam evopajayate // hyp_1.44 //

nasanam siddha-sadrsum na kumbhah kevalopamah /
na khecari-sama mudra na nada-sadrso layah // hyp_1.45 //

atha padmasanam-
vamorupari daksinam ca caranam samsthapyam vamam tatha
daksorupari pascimena vidhina dhrtva karabhyam drdham /
angusthau hrdaye nidhaya cibukam nasagram alokayet
etat vyadhi-vinasa-kari yaminam padmasanam procyate // hyp_1.46 //

uttanau caranau krtva uru-samsthau prayatnatah /
uru-madhye tathottanau pani krtva tato drsau // hyp_1.47 //

nasagre vinyased rajad-anta-mule tu jihvaya /
uttambhya cibukam vaksasy utthapy pavanam sanaih // hyp_1.48 //

idam padmasanam proktam sarva-vyadhi-vinasanam /
durlabham yena kenapi dhimata labhyate bhuvih // hyp_1.49 //

krtva samputitau karau drdhataram baddhva tu padmasanam
gadham vaksasi sannidhaya cibukam dhyayams ca tac cetasi /
varam varam apanam urdhvam anilam protsarayan puritam
nyañcan pranam upaiti bodham atulam sakti-prabhavan narah //
hyp_1.50 //

padmasane sthito yogi nadi-dvarena puritam /
marutam dharayed yas tu sa mukto natra samsayah // hyp_1.51 //

atha simhasanam-
gulphau ca vrsanasyadhah sivanyah parsvayoh ksipet /
daksine savya-gulpham tu daksa-gulpham tu savyake // hyp_1.52 //

hastau tu janvoh samsthapyam svangulih samprasarya ca /
vyatta-vaktro nirikseta nasagram susamahitah // hyp_1.53 //

simhasanam bhaved etat pujitam yogi-pungavaih /
bandha-tritaya-sandhanam kurute casanottamam // hyp_1.54 //

atha bhadrasanam-
gulphau ca vrsanasyadhah sivanyah parsvayoh ksipte /
savya-gulpham tatha savye daksa-gulpham tu daksine // hyp_1.55 //

parśva-padau ca panibhyam drdham baddhva suniscalam /
bhadrasanam bhaved etat sarva-vyadhi-vinasanam /
goraksasanam ity ahur idam vai siddha-yoginah // hyp_1.56 //

evam asana-bandhesu yogindro vigata-sramah /
abhyasen nadika-suddhim mudradi-pavani-kriyam // hyp_1.57 //

asanam kumbhakam citram mudrakhyam karanam tatha /
atha nadanusandhanam abhyasanukramo hathe // hyp_1.58 //

brahmacari mitahari tyagi yoga-parayanah /
abdad urdhvam bhavet siddho natra karya vicarana // hyp_1.59 //

susnigdha-madhurahas caturthamsa-vivarjitah /
bhujyate siva-samprityai mitaharah sa ucyate // hyp_1.60 //

katvamla-tiksna-lavanasna-harita-saka-
sauvira-taila-tila-sarsapa-madya-matsyan /
ajadi-mamsa-dadhi-takra-kulatthakola-
pinyaka-hingu-lasunadyam apathyam ahuh // hyp_1.61 //

bhojanam ahitam vidyat punar asyosni-krtam ruksam /
atilavanam amla-yuktam kadasana-sakotkam varjyam // hyp_1.62 //
vahni-stri-pathi-sevanam adau varjanam acaret // hyp_1.63 //
tatha hi goraksa-vacanam-
varjayed durjana-prantam vahni-stri-pathi-sevanam /
pratah-snanopavasadi kaya-klesa-vidhim tatha // hyp_1.64 //

godhuma-sali-yava-sastika-sobhanannam
ksirajya-khanda-navanita-siddha-madhuni /
sunthi-patola-kaphaladika-pañca-sakam
mudgadi-divyam udakam ca yamindra-pathyam // hyp_1.65 //

pustam sumadhuram snigdham gavyam dhatu-prapovanam /
manobhilasitam योग्यं योगि भोजनं अकारं // hyp_1.66 //

yuvo vrddho'tivrdho va vyadhito durbalo'pi va /
abhyasat siddhim apnoti sarva-yogesv atandritah // hyp_1.67 //

kriya-yuktasya siddhih syad akriyasya katham bhavet /
na sastra-patha-matrena yoga-siddhih prajayate // hyp_1.68 //

na vesa-dharanam siddheh karanam na ca tat-katha /
kriyaiva karanam siddheh satyam etan na samsayah // hyp_1.69 //

pithani kumbhakas citra divyani karanani ca /
sarvany api hathabhyase raja-yoga-phalavadhi // hyp_1.70 //

iti hatha-pradipikayam prathamopadesah /

(2) dvitiyopadesah

athasane drdhe yogi vasi hita-mitsanah /
gurupadista-margena pranayaman samabhyaset // hyp_2.1 //
cale vate calam cittam niscala niscalam bhavet // hyp_2.yogi
sthanutvam apnoti tato vayum nirodhayet // hyp_2.2 //
yavad vayuh sthito dehe tavaj jivanam ucyate /
maranam tasya niskrantis tato vayum nirodhayet // hyp_2.3 //

malakalasu nadisu maruto naiva madhyagah /
katham syad unmanibhavah karya-siddhih katham bhavet // hyp_2.4 //

suddham eti yada sarvam nadi-cakram malakulam /
tadaiva jayate yogi prana-samgrahane ksamah // hyp_2.5 //

pranayamam tatah kuryan nityam sattvikaya dhiya /
yatha susumna-nadistha malah suddhim prayanti ca // hyp_2.6
//

baddha-padmasano yogi pranam candrena purayet /
dharayitva yatha-sakti bhuyah suryena recayet // hyp_2.7 //

pranam suryena cakrsya purayed udaram sanaih /
vidhivat kumbhakam krtva punas candrena recayet // hyp_2.8 //

yena tyajet tena pitva dharayed atirodhatah /
recayec ca tato'nyena sanair eva na vegatah // hyp_2.9 //

pranam ced idaya piben niyamitam bhuyo'nyatha recayet
pitva pingalaya samiranam atho baddhva tyajed vamaya /
surya-candramasor anena vidhinabhyasam sada tanvatam
suddha nadi-gana bhavanti yaminam masa-trayad urdhvatah //
hyp_2.10 //

pratar madhyandine sayam ardha-ratre ca kumbhakan /
sanair asiti-paryantam catur varam samabhyaset // hyp_2.11 //

kaniyasi bhaved sveda kampo bhavati madhyame /
uttame sthanam apnoti tato vayum nibandhayet // hyp_2.12 //

jalena srama-jatena gatra-mardanam acaret /
drdhata laghuta caiva tena gatrasya jayate // hyp_2.13 //

abhyasa-kale prathame sastam ksirajya-bhojanam /
tato'bhyase drdhibhute na tadrn-niyama-grahah // hyp_2.14 //

yatha simho gajo vyaghro bhaved vasyah sanaih sanaih /
tathaiva sevito vayur anyatha hanti sadhakam // hyp_2.15 //

pranayamena yuktena sarva-roga-ksayo bhavet /
ayuktabhyasa-yogena sarva-roga-samudgamah // hyp_2.16 //

hikka svasas ca kasas ca sirah-karnaksi-vedanah /
bhavanti vividhah roгах pavanasya prakopatah // hyp_2.17 //

yuktam yuktam tyajed vayum yuktam yuktam ca purayet /
yuktam yuktam ca badhniyad evam siddhim avapnuyat // hyp_2.18 //

yada tu nadi-suddhih syat tatha cihnani bahyatah /
kayasya krsata kantis tada jayate niscitam // hyp_2.19 //

yathestam dharanam vayor analasya pradipanam /
nadabhivyaktir arogyam jayate nadi-sodhanat // hyp_2.20 //

meda-slesmadhikah purvam sat-karmani samacaret /
anyas tu nacaret tani dosanam samabhavatah // hyp_2.21 //

dhautir bastis tatha netis tratakam naulikam tatha /
kapala-bhatis caitani sat-karmani pracaksate // hyp_2.22 //

karma satkam idam gopyam ghata-sodhana-karakam /
vicitra-guna-sandhaya pujiyate yogi-pungavaih // hyp_2.23 //

tatra dhautih-
catur-angula-vistaram hasta-pañca-dasayatam /
gurupadista-margena siktam vastram sanair graset /
punah pratyaharec caitad uditam dhauti-karma tat // hyp_2.24 //

kasa-svasa-pliha-kustham kapharogas ca vimsatih /
dhauti-karma-prabhavena prayanty eva na samsayah // hyp_2.25 //

atha bastih-
nabhi-daghna-jale payau nyasta-nalotkatasanah /
adharakuñcanam kuryat ksalanam basti-karma tat // hyp_2.26 //

gulma-plihodaram capi vata-pitta-kaphodbhavah /
basti-karma-prabhavena ksiyante sakalamayah // hyp_2.27 //

dhantvadriyantah-karana-prasadam
dadhac ca kantim dahana-pradiptam /
asesa-dosopacayam nihanyad
abhyasyamanam jala-basti-karma // hyp_2.28 //

atha netih-
sutram vitasti-susnigdham nasanale pravesayet /
mukhan nirgamayec caisa netih siddhair nigadyate // hyp_2.29 //

kapala-sodhini caiva divya-drsti-pradayini /
jatrurdhva-jata-rogaugham netir asu nihanti ca // hyp_2.30 //

atha tratakam-
niriksen niscala-drsta suksma-laksyam samahitah /
asru-sampata-paryantam acaryais tratakam smrtam // hyp_2.31 //

mocanam netra-roganam tandadrinam kapatakam /
yatnatas tratakam gopyam yatha hataka-petakam // hyp_2.32 //

atha naulih-
amandavarta-vegena tundam savyapasavyatah /
natamso bhramayed esa naulih siddhah prasasyate // hyp_2.33 //

mandagni-sandipana-pacanadi-sandhapikananda-kari sadaiva /
asesa-dosa-maya-sosani ca hatha-kriya maulir iyam ca naulih
// hyp_2.34 //

atha kapalabhatih-
bhastraval loha-karasya reca-purau sasambhramau /
kapalabhatir vikhyata kapha-dosa-visosani // hyp_2.35 //

sat-karma-nirgata-sthauilya-kapha-dosa-maladikah /
pranayamam tatah kuryad anayasena siddhyati // hyp_2.36 //

pranayamair eva sarve prasusyanti mala iti /
acaryanam tu kesamcid anyat karma na sammatam // hyp_2.37 //

atha gaja-karani-
udara-gata-padartham udvamanti
pavanam apanam udirya kantha-nale /
krama-paricaya-vasya-nadi-cakra
gaja-karaniti nigadyate hathajñaih // hyp_2.38 //

brahmadayo'pi tridasah pavanabhyasa-tatparah /
abhuvann antaka-bhyat tasmāt pavanam abhyaset // hyp_2.39 //

yavad baddho marud dehe yavac cittam nirakulam /
yavad drstir bhruvor madhye tavat kala-bhayam kutah // hyp_2.40 //

vidhivat prana-samyamair nadi-cakre visodhite /
susumna-vadanam bhittva sukhad visati marutah // hyp_2.41 //

atha manonmani-
marute madhya-samcare manah-sthairyam prajayate /
yo manah-susthiri-bhavah saivavastha manonmani // hyp_2.42 //

tat-siddhaye vidhanajñas citran kurvanti kumbhakan /
vicitra kumbhakabhyasad vicitram siddhim apnuyat // hyp_2.43 //

atha kumbhaka-bhedah--
surya-bhedanam ujjayi sitkari sitali tatha /
bhastrika bhramari murccha plavinity asta-kumbhakah // hyp_2.44
//

purakante tu kartavyo bandho jalandharabhidhah /
kumbhakante recakadau kartavyas tuddiyanakah // hyp_2.45 //

adhastat kuñcanenasu kantha-sankocane krte /
madhye pascima-tanena syat prano brahma-nadigah // hyp_2.46 //

apanam urdhvam utthapya pranam kanthad adho nayet /
yogi jara-vimuktah san sodasabda-vaya bhavet // hyp_2.47 //

atha surya-bhedanam-
asane sukhade yogi baddhva caivasanam tatah /
dakṣa-nadya samakṣya bahiṣṭham pavanam sanaih // hyp_2.48
//

akesad anakhagraḥ ca nirodhavadhi kumbhayet /
tatah sanaih savya-nadya recayet pavanam sanaih // hyp_2.49 //

kapala-sodhanam vata-dosa-ghnam kṛmi-dosa-hṛt /
punah punar idam karyam surya-bhedanam uttamam // hyp_2.50 //

atha ujjayi-
mukham samyamyā nadibhyam akṣya pavanam sanaih /
yatha lagati kanthat tu hrdayavadhi sa-svanam // hyp_2.51 //

purvat kumbhayet pranam recayed idaya tatha /
slesma-dosa-haram kanthe dehanala-vivardhanam // hyp_2.52 //

nadi-jalodaradhatu-gata-dosa-vinasanam /
gacchata tisthata karyam ujjay akhyam tu kumbhakam // hyp_2.53 //

atha sitkari-
sitkam kuryat tatha vaktre ghranenaiva vijrmbhikam /
evam abhyasa-yogena kama-devo dvitiyakah // hyp_2.54 //

yogini cakra-sammanyah srsti-samhara-karakah /
na ksudha na trsa nidra naivalasyam prajayate // hyp_2.55 //

bhaves sattvam ca dehasya sarvopadrava-varjitah /
anena vidhina satyam yogindro bhumi-mandale // hyp_2.56 //

atha sitali-
jihvaya vayum akrsya purvavat kumbha-sadhanam /
sanakair ghrana-randhrabhyam recayet pavanam sudhih // hyp_2.57 //

gulma-plihadikan rogan jvaram pittam ksudham trsam /
visani sitali nama kumbhikeyam nihanti hi // hyp_2.58 //

atha bhastrika-
urvor upari samsthapya subhe pada-tale ubhe /
padmasanam bhaved etat sarva-papa-pranasanam // hyp_2.59 //

samyak padmasanam baddhva sama-grivodarah sudhih /
mukham samyamyatnena pranam ghranena recayet // hyp_2.60 //

yatha lagati hrt-kanthe kapalavadhi sa-svanam /
vegena purayec capi hrt-padmavadhi marutam // hyp_2.61 //

punar virecayet tadvat purayec ca punah punah /
yathaiva lohakarena bhastra vegena calyate // hyp_2.62 //

tathaiva sva-sarira-stham calayet pavanam dhiya /
yada sramo bhaved dehe tada suryena purayet // hyp_2.63 //

yathodaram bhaves purnam anilena tatha laghu /
dharayen nasikam madhya-tarjanibhyam vina drdham // hyp_2.64 //

vidhivat kumbhakam krtva recayed idayanilam /
vata-pitta-slesma-haram sariragni-vivardhanam // hyp_2.65 //

kundali bodhakam ksipram pavanam sukhadam hitam /
brahma-nadi-mukhe samstha-kaphady-argala-nasanam // hyp_2.66 //

samyag gatra-samudbhuta-granthi-traya-vibhedakam /
visesenaiva kartavyam bhastrakhyam kumbhakam tv idam // hyp_2.67 //

atha bhramari-
vegad ghosam purakam bhrnga-nadam
bhrngi-nadam recakam manda-mandam /
yogindraniam evam abhyasa-yogac
citte jata kacid ananda-lila // hyp_2.68 //

atha murccha-

purakante gadhataram baddhva jalandharam sanaih /
recayen murcchakhyeyam mano-murccha sukha-prada // hyp_2.69 //

atha plavini-
antah pravartitodara-marutapuritodarah /
payasy agadhe'pi sukhat plavate padma-patratvat // hyp_2.70 //

pranayamas tridha prokto reca-puraka-kumbhakaih /
sahitah kevalas ceti kumbhako dvididho matah // hyp_2.71 //

yavat kevala-siddhih syat sahitam tavad abhyaset /
recakam purakam muktva sukham yad vayu-dharanam // hyp_2.72 //

pranayamo'yam ity uktah sa vai kevala-kumbhakah /
kumbhake kevale siddhe reca-puraka-varjite // hyp_2.73 //

na tasya durlabham kimcit trisu lokesu vidyate /
saktah kevala-kumbhena yathestam vayu-dharanat // hyp_2.74 //

raja-yoga-padam capi labhate natra samsayah /
kumbhakat kundali-bodhah kundali-bodhato bhavet /
anargala susumna ca hatha-siddhis ca jayate // hyp_2.75 //

hatham vina rajayogo raja-yogam vina hathah /
na sidhyati tato yugmam anispatteh samabhyaset // hyp_2.76 //

kumbhaka-prana-rodhante kuryac cittam nirasrayam /
evam abhyasa-yogena raja-yoga-padam vrajet // hyp_2.77 //

vapuh krsatvam vadane prasannata
nada-sphutatvam nayane sunirmale /
arogata bindu-jayo'gni-dipanam
nadi-visuddhir hatha-siddhi-laksanam // hyp_2.78 //

iti hatha-pradipikayam dvitiyopadesah /
trtiyopadesah

sa-saila-vana-dhatrinam yathadharo'hi-nayakah /
sarvesam yoga-tantranam tathadharo hi kundali // hyp_3.1 //

supta guru-prasadena yada jagarti kundali /
tada sarvani padmani bhidyante granthayo'pi ca // hyp_3.2 //

pranasya sunya-padavi tada rajapathayate /
tada cittam niralambam tada kalasya vañcanam // hyp_3.3 //

susumna sunya-padavi brahma-randhrah mahapathah /
smasanam sambhavi madhya-margas cety eka-vacakah // hyp_3.4 //

tasmāt sarva-prayatnena prabodhayitum isvarim /
brahma-dvara-mukhe suptam mudrabhyasam samacaret // hyp_3.5 //

mahamudra mahabandho mahavedhas ca khecari /
uddiyanam mulabandhas ca bandho jalandharabhidhah // hyp_3.6 //

karani viparitakhya vajroli sakti-calanam /
idam hi mudra-dasakam jara-marana-nasanam // hyp_3.7 //

adinathoditam divyam astaisvarya-pradayakam /
vallabham sarva-siddhanam durlabham marutam api // hyp_3.8 //

gopaniyam prayatnena yatha ratna-karandakam /
kasyacin naiva vaktavyam kula-stri-suratam yatha // hyp_3.9 //

atha maha-mudra-
pada-mulena varena yonim sampidya daksinam /
prasaritam padam krtva karabhyam dharayed drdham // hyp_3.10
//

kanthe bandham samaropya dharayed vayum urdhvatah /
yatha danda-hatah sarpo dandakarah prajayate // hyp_3.11 //

rjvibhuta tatha saktih kundali sahasa bhavet /
tada sa maranavastha jayate dviputasraya // hyp_3.12 //

tatah sanaih sanair eva recayen naiva vegatah /
maha-mudram ca tenaiva vadanti vibudhottamah // hyp_3.13 //

iyam khalu mahamudra maha-siddhah pradarsita /
maha-klesadayo dosah ksiyante maranadayah /
maha-mudram ca tenaiva vadanti vibudhottamah // hyp_3.14 //

candrange tu samabhyasya suryange punar abhyaset /
yavat-tulya bhavet sankhya tato mudram visarjayet // hyp_3.15 //

na hi pathyam apathyam va rasah sarve'pi nirasah /
api bhuktam visam ghoram piyusam api jiryati // hyp_3.16 //

ksaya-kustha-gudavarta-gulmajirna-purogamah /
tasya dosah ksayam yanti mahamudram tu yo'bhyaset // hyp_3.17 //

kathiteyam mahamudra maha-siddhi-kara nrnam /
gopaniya prayatnena na deya yasya kasyacit // hyp_3.18 //

atha maha-bandhah-
parsnim vamsya padasya yoni-sthane niyojayet /
vamorupari samsthapya daksinam caranam tatha // hyp_3.19 //

purayitva tato vayum hrdaye cubukam drdham /
nispidyam vayum akucya mano-madhye niyojayet // hyp_3.20 //

dharayitva yatha-sakti recayed anilam sanaih /
savyange tu samabhyasya daksange punar abhyaset // hyp_3.21 //

matam atra tu kesamcit kantha-bandham vivarjayet /
raja-danta-stha-jihvaya bandhah sasto bhaved iti // hyp_3.22 //

ayam tu sarva-nadinam urdhvam gati-nirodhakah /
ayam khalu maha-bandho maha-siddhi-pradayakah // hyp_3.23 //

kala-pasa-maha-bandha-vimocana-vicaksanah /
triveni-sangamam dhatte kedaram prapayen manah // hyp_3.24 //

rupa-lavanya-sampanna yatha stri purusam vina /
maha-mudra-maha-bandhau nisphalau vedha-varjitau // hyp_3.25 //

atha maha-vedhah-
maha-bandha-sthito yogi krtva purakam eka-dhah /
vayunam gatim avrtya nibhrtam kantha-mudraya // hyp_3.26 //

sama-hasta-yugo bhumau sphicau sanadayec chanaih /
puta-dvayam atikramya vayuh sphurati madhyagah // hyp_3.27 //

soma-suryagni-sambandho jayate camrtaya vai /
mrtavastha samutpanna tato vayum virecayet // hyp_3.28 //

maha-vedho'yam abhyasan maha-siddhi-pradayakah /
vali-palita-vepa-ghnah sevyate sadhakottamaih // hyp_3.29 //

etat trayam maha-guhyam jara-mrtyu-vinasanam /
vahni-vrddhi-karam caiva hy animadi-guna-pradam // hyp_3.30 //

astadha kriyate caiva yame yame dine dine /
punya-sambhara-sandhaya papaugha-bhiduram sada /
samyak-siksavatam evam svalpam prathama-sadhanam // hyp_3.31 //

atha khecari-
kapala-kuhare jihva pravista viparitaga /
bhruvor antargata drstir mudra bhavati khecari // hyp_3.32 //

chedana-calana-dohaih kalam kramenatha vardhayet tavat /
sa yavad bhru-madhyam sprasati tada khecari-siddhah // hyp_3.33 //

snuhi-patra-nibham sastram sutiksnam snigdha-nirmalam /
samadaya tatas tena roma-matram samucchinat // hyp_3.34 //

tatah saindhava-pathyabhyam curnitabhyam pragharsayet /
punah sapta-dine prapte roma-matram samucchinat // hyp_3.35 //

evam kramena san-masam nityam yuktah samacaret /
sanmasad rasana-mula-sira-bandhah pranasyati // hyp_3.36 //

kalam paranmukhim krtva tripathe pariyojayet /
sa bhavet khecari mudra vyoma-cakram tad ucyate // hyp_3.37 //

rasanam urdhvagam krtva ksanardham api tisthati /
visair vimucyate yogi vyadhi-mrtyu-jaradibhih // hyp_3.38 //

na rogo maranam tandra na nidra na ksudha trsa /
na ca murccha bhavet tasya yo mudram vetti khecarim // hyp_3.39 //

pidyate na sa rogena lipyate na ca karmana /
badhyate na sa kalena yo mudram vetti khecarim // hyp_3.40 //

cittam carati khe yasmaj jihva carati khe gata /

tenaisa khecari nama mudra siddhair nirupita // hyp_3.41 //

khecarya mudritam yena vivaram lambikordhvatah /
na tasya ksarate binduh kaminyah slesitasya ca // hyp_3.42 //

calito'pi yada binduh samprapto yoni-mandalam /
vrajaty urdhvam hrtah saktya nibaddho yoni-mudraya // hyp_3.43 //

urdhva-jihvah sthiro bhutva somapanam karoti yah /
masardhena na sandeho mrtyum jayati yogavit // hyp_3.44 //

nityam soma-kala-purnam sariram yasya yoginah /
taksakenapi dastasya visam tasya na sarpati // hyp_3.45 //

indhanani yatha vahnis taila-varti ca dipakah /
tatha soma-kala-purnam dehi deham na muñcati // hyp_3.46 //

gomamsam bhaksayen nityam pibed amara-varunim /
kulinam tam aham manye cetare kula-ghatakah // hyp_3.47 //

go-sabdenodita jihva tat praveso hi taluni /
go-mamsa-bhaksanam tat tu maha-pataka-nasanam // hyp_3.48 //

jihva-pravesa-sambhuta-vahninotpaditah khalu /
candrat sravati yah sarah sa syad amara-varuni // hyp_3.49 //

cumbanti yadi lambikagram anisam jihva-rasa-syandini
sa-ksara katukamla-dugdha-sadrasi madhvajya-tulya tatha /
vyadhinam haranam jaranta-karanam sastragamodiranam
tasya syad amaratvam asta-gunitam siddhanganakarsanam //
hyp_3.50 //

murdhnah sodasa-patra-padma-galitam pranad avaptam hathad
urdvhasyo rasanam niyamy vivare saktim param cintayan /
utkallola-kala-jalam ca vimalam dharamayam yah piben
nirvyadhah sa mrnala-komala-vapur yogi ciram jivati // hyp_3.51 //

yat praleyam prahita-susiram meru-murdhantara-stham
tasmims tattvam pravadatai sudhis tan-mukham nimnaganam /
candrat sarah sravati vapusas tena mrtyur naranam
tad badhniyat sukaranam adho nanyatha kaya-siddhih // hyp_3.52 //

susiram jñana-janakam pañca-srotah-samanvitam /
tisthate khecari mudra tasmin sunye nirañjane // hyp_3.53 //

ekam srstimayam bijam eka mudra ca khecari /
eko devo niralamba ekavastha manonmani // hyp_3.54 //

atha uddiyana-bandhah-
baddho yena susumnayam pranas tuddiyate yatah /
tasmad uddiyanakhyo'yam yogibhih samudahrtah // hyp_3.55 //

uddinam kurute yasmad avisrantam maha-khagah /
uddiyanam tad eva syat tava bandho'bhidhiyate // hyp_3.56 //

udare pascimam tanam nabher urdhvam ca karayet /
uddiyano hy asau bandho mrtyu-matanga-kesari // hyp_3.57 //

uddiyanam tu sahajam guruna kathitam sada /
abhyaaset satatam yas tu vrddho'pi tarunayate // hyp_3.58 //

nabher urdhvam adhas capi tanam kuryat prayatnatah /
sanmasam abhyasen mrtyum jayaty eva na samsayah // hyp_3.59 //

sarvesam eva bandhanam uttamo hy uddiyanakah /
uddiyane drdhe bandhe muktih svabhaviki bhavet // hyp_3.60 //

atha mula-bandhah-
parsni-bhagena sampidya yonim akuñcayed gudam /
apanam urdhvam akrsya mula-bandho'bhidhiyate // hyp_3.61 //

adho-gatim apanam va urdhvagam kurute balat /
akuñcanena tam prahur mula-bandham hi yoginah // hyp_3.62 //

gudam parsnya tu sampidya vayum akuñcayed balat /
varam varam yatha cordhvam samayati samiranah // hyp_3.63 //

pranapanau nada-bindu mula-bandhena caikatam /
gatva yogasya samsiddhim yacchato natra samsayah // hyp_3.64 //

apana-pranayor aikyam ksayo mutra-purisyoh /
yuva bhavati vrddho'pi satatam mula-bandhanat // hyp_3.65 //

apana urdhvage jate prayate vahni-mandalam /
tadanala-sikha dirgha jayate vayunahata // hyp_3.66 //

tato yato vahny-apanau pranam usna-svarupakam /
tenatyanta-pradiptas tu jvalano dehajas tatha // hyp_3.67 //

tena kundalini supta santapta samprabudhyate /
dandahata bhujangiva nisvasya rjutam vrajet // hyp_3.68 //

bilam pravisteva tato brahma-nadyam taram vrajet /
tasman nityam mula-bandhah kartavyo yogibhih sada // hyp_3.69 //

atha jalandhara-bandhah-
kantham akuñcya hrdaye sthapayec cibukam drdham /
bandho jalandharakhyo'yam jara-mrtyu-vinasakah // hyp_3.70 //

badhnati hi sirajalam adho-gami nabho-jalam /
tato jalandharo bandhah kantha-dukhkaugha-nasanah // hyp_3.71 //

jalandhare krte bandhe kantha-samkoca-laksane /
na piyusam pataty agnau na ca vayuh prakupyati // hyp_3.72 //

kantha-samkocanenaiva dve nadyau stambhayed drdham /
madhya-cakram idam jñeyam sodasadhara-bandhanam // hyp_3.73 //

mula-sthanam samakuñcya uddiyanam tu karayet /
idam ca pingalam baddhva vahayet pascime pathi // hyp_3.74 //

anenaiva vidhanena prayati pavano layam /
tato na jayate mrtyur jara-rogadikam tatha // hyp_3.75 //

bandha-trayam idam srestham maha-siddhais ca sevitam /
sarvesam hatha-tantranam sadhanam yogino viduh // hyp_3.76 //

yat kimcit sravate candrad amrtam divya-rupinah /
tat sarvam grasate suryas tena pindo jarayutah // hyp_3.77 //

atha viparita-karani mudra-
tatrasti karanam divyam suryasya mukha-vañcanam /
gurupadesato jñeyam na tu sastrartha-kotibhih // hyp_3.78 //

urdhva-nabher adhas talor urdhvam bhanur adhah sasi /
karani viparitakha guru-vakyena labhyate // hyp_3.79 //

nityam abhyasa-yuktasya jatharagni-vivardhani /
aharo bahulas tasya sampadyah sadhakasya ca // hyp_3.80 //

alpaharo yadi bhaved agnir dahati tat-ksanat /
adhah-siras cordhva-padah ksanam syat prathame dine // hyp_3.81
//

ksanac ca kimcid adhikam abhyasec ca dine dine /
valitam palitam caiva sanmasordhvam na drsyate /
yama-matram tu yo nityam abhyaset sa tu kalajit // hyp_3.82 //

atha vajroli-
svecchaya vartamano'pi yogoktair niyamair vina /
vajrolim yo vijanati sa yogi siddhi-bhajanam // hyp_3.83 //

tatra vastu-dvayam vaksye durlabham yasya kasyacit /
ksiram caikam dvitiyam tu nari ca vasa-vartini // hyp_3.84 //

mehanena sanaih samyag urdhvakuñcanam abhyaset /
puruso'py athava nari vajroli-siddhim apnuyat // hyp_3.85 //

yatnatah sasta-nalena phutkaram vajra-kandare /
sanaih sanaih prakurvita vayu-samcara-karanat // hyp_3.86 //

nari-bhage padad-bindum abhyasenordhvam aharet /
calitam ca nijam bindum urdhvam akrsya raksayet // hyp_3.87 //

evam samraksayed bindum jayati yogavit /
maranam bindu-patena jivanam bindu-dharanat // hyp_3.88 //

sugandho yogino dehe jayate bindu-dharanat /
yavad binduh sthiro dehe tavat kala-bhayam kutah // hyp_3.89 //

cittayattam nram sukram sukrayattam ca jivitam /
tasmac chukram manas caiva raksaniyam prayatnatah // hyp_3.90 //

rtumatya rajo'py evam nijam bindum ca raksayet /
medhrenakarsayed urdhvam samyag abhyasa-yoga-vit // hyp_3.91 //

atha sahajolih-

sahajolis camarolir vajrolya bheda ekatah /

jale subhasma niksipya dagdha-gomaya-sambhavam // hyp_3.92 //

vajroli-maithunad urdhvam stri-pumsah svanga-lepanam /

asinayoh sukhenaiiva mukta-vyaparayoh ksanat // hyp_3.93 //

sahajolir iyam prokta sraddheya yogibhih sada /

ayam subha-karo yogo bhoga-yukto'pi muktidah // hyp_3.94 //

ayam yogah punyavatam dhiranam tattva-darsinam /

nirmatsaranam vai sidhyen na tu matsara-salinam // hyp_3.95 //

atha amaroli-

pittolbanatvat prathamambu-dharam

vihaya nihsaratayanty adharam /

nisevyate sitala-madhya-dhara

kapalike khandamate'maroli // hyp_3.96 //

amarim yah piben nityam nasyam kurvan dine dine /

vajrolim abhyaset samyak samaroliti kathyate // hyp_3.97 //

abhyasan nihsrtam candrim vibhutyah saha misrayet /

dharayed uttamangesu divya-drstih prajayate // hyp_3.98 //

pumso bindum samakuñcyah samyag abhyasa-patavat /

yadi nari rajo raksed vajrolya sapi yogini // hyp_3.99 //

tasyah kimcid rajo nasam na gacchati na samsayah /

tasyah sarire nadas ca bindutam eva gacchati // hyp_3.100 //

sa bindus tad rajah caiva ekibhuyah svadehagau /

vajroly-abhyasa-yogena sarva-siddhim prayacchatah // hyp_3.101 //

raksed akuñcanad urdhvam ya rajah sa hi yogini /

atitanagatam veti khecari ca bhaved dhruvam // hyp_3.102 //

deha-siddhim ca labhate vajroly-abhyasa-yogatah /

ayam punya-karo yogo bhoge bhukte'pi muktidah // hyp_3.103 //

atha sakti-calanam-

kutilangi kundalini bhujangi saktir isvari /

kundaly arundhati caite sabdah paryaya-vacakah // hyp_3.104 //

udghatayet kapatam tu yatha kumcikaya hathat /

kundalinya tatha yogi moksadvaram vibhodayet // hyp_3.105 //

yena margena gantavyam brahma-sthanam niramayam /

mukhenacchadya tad varam prasupta paramesvari // hyp_3.106 //

kandordhve kundali saktih supta moksaya yoginam /

bandhanaya ca mudhanam yas tam veti sa yogavit // hyp_3.107 //

kundali kutilakara sarpavat parikirtita /

sa saktis calita yena sa mukto natra samsayah // hyp_3.108 //

ganga-yamunayor madhye bala-randam tapasvinim /
balatkarena grhniyat tad visnoh paramam padam // hyp_3.109 //

ida bhagavati ganga pingala yamuna nadi /
ida-pingalayor madhye balaranda ca kundali // hyp_3.110 //

pucche pragrhya bhujangim suptam udbodhayec ca tam /
nidram vihaya sa saktir urdhvam uttisthate hathat // hyp_3.111 //

avasthita caiva phanavati sa
pratas ca sayam praharardha-matram /
prapurya suryat paridhana-yuktya
pragrhya nityam paricalaniya // hyp_3.112 //

urdhvam vitasti-matram tu vistaram caturangulam /
mrdulam dhavalam proktam vestitambara-laksanam // hyp_3.113 //

sati vajrasane padau karabhyam dharayed drdham /
gulpha-desa-samipe ca kandam tatra prapidayet // hyp_3.114 //

vajrasane sthito yogi calayitva ca kundalim /
kuryad anantaram bhastram kundalim asu bodhayet // hyp_3.115 //

bhanor akuñcanam kuryat kundalim calayet tatah /
mrtyu-vaktra-gatasyapi tasya mrtyu-bhayam kutah // hyp_3.116 //

muhurta-dvaya-paryantam nirbhayam calanad asau /
urdhvam akrsyate kimcit susumnayam samudgata // hyp_3.117 //

tena kundalini tasyah susumnaya mukham dhruvam /
jahati tasmāt prano'yam susumnā vrajati svatah // hyp_3.118 //

tasmāt samcalayen nityam sukha-suptam arundhatim /
tasyah samcalanenaiva yogi rogaih pramucyate // hyp_3.119 //

yena samcalita saktih sa yogi siddhi-bhajanam /
kim atra bahunoktena kalam jayati lilaya // hyp_3.120 //

brahmācārya-ratasyaiva nityam hita-mitasinah /
mandalad drsyate siddhih kundaly-abhyasa-yoginah // hyp_3.121
//

kundalim calayitva tu bhastram kuryad visesatah /
evam abhyasyato nityam yamino yama-bhiih kutah // hyp_3.122 //

dva-saptati-sahasranam nadinam mala-sodhane /
kutah praksalanopayah kundaly-abhyasanad rte // hyp_3.123 //

iyam tu madhyama nadi drdhabhyasena yoginam /
asana-prana-samyama-mudrabhih sarala bhavet // hyp_3.124 //

abhyase tu vinidranam mano dhrtva samadhina /
rudrani va para mudra bhadrām siddhim prayacchati // hyp_3.125 //

raja-yogam vina prthvi raja-yogam vina nisa /

raja-yogam vina mudra vicitrapi na sobhate // hyp_3.126 //

marutasya vidhim sarvam mano-yuktam samabhyaset /
itaratra na kartavya mano-vrttir manisina // hyp_3.127 //

iti mudra dasa prokta adinathena sambhuna /
ekaika tasu yaminam maha-siddhi-pradayini // hyp_3.128 //

upadesam hi mudranam yo datte sampradayikam /
sa eva sri-guruh svami saksad isvara eva sah // hyp_3.129 //

tasya vakya-paro bhutva mudrabhyase samahitah /
animadi-gunaih sardham labhate kala-vañcanam // hyp_3.130 //

iti hatha-pradipikayam trtiyopadesah /

(4) caturthopadesah

namah sivaya gurave nada-bindu-kalatmane /
nirañjana-padam yati nityam tatra parayanah // hyp_4.1 //

athedanim pravaksyami samadhikramam uttamam /
mrtyughnam ca sukhopayam brahmananda-karam param // hyp_4.2 //

raja-yogah samadhis ca unmani ca manonmani /
amaratvam layas tattvam sunyasunyam param padam // hyp_4.3 //

amanaskam tathadvaitam niralambam nirañjanam /
jivanmuktis ca sahaja turya cety eka-vacakah // hyp_4.4 //

salile saindhavam yadvat samyam bhajati yogatah /
tathatma-manasor aikyam samadhir abhidhiyate // hyp_4.5 //

yada samksiyate prano manasam ca praliyate /
tada samarasatvam ca samadhir abhidhiyate // hyp_4.6 //

tat-samam ca dvayor aikyam jivatma-paramatmanoh /
pranasta-sarva-sankalpah samadhih so'bhidhiyate // hyp_4.7 //

raja-yogasya mahatmyam ko va janati tattvatah /
jñanam muktih sthithi siddhir guru-vakyena labhyate // hyp_4.8 //

durlabho visaya-tyago durlabham tattva-darsanam /
durlabha sahajavastha sad-guroh karunam vina // hyp_4.9 //

vividhair asanaih kubhair vicitrah karanair api /
prabuddhayam maha-saktau pranah sunye praliyate // hyp_4.10 //

utpanna-sakti-bodhasya tyakta-nihsesa-karmanah /
yoginah sahajavastha svayam eva prajayate // hyp_4.11 //

susumna-vahini prane sunye visati manase /
tada sarvani karmani nirmulayati yogavit // hyp_4.12 //

amaraya namas tubhyam so'pi kalas tvaya jitah /
patitam vadane yasya jagad etac caracaram // hyp_4.13 //

citte samatvam apanne vayau vrajati madhyame /
tadamaroli vajroli sahajoli prajayate // hyp_4.14 //

jñanam kuto manasi sambhavatiha tavat
prano'pi jivati mano mriyate na yavat /
prano mano dvayam idam vilayam nayed yo
moksam sa gacchati naro na kathamcid anyah // hyp_4.15 //

jñatva susumnasat-bhedam krtva vayum ca madhyagam /
sthitva sadaiva susthane brahma-randhre nirodhayet // hyp_4.16 //

surya-candramasau dhattah kalam ratrindivatmakam /
bhoktri susumna kalasya guhyam etad udahrtam // hyp_4.17 //

dva-saptati-sahasrani nadi-dvarani pañjare /
susumna sambhavi saktih sesas tv eva nirarthakah // hyp_4.18
//

vayuh paricito yasmad agnina saha kundalim /
bodhayitva susumnayam pravised anirodhatah // hyp_4.19 //

susumna-vahini prane siddhyaty eva manonmani /
anyatha tv itarabhyasah prayasayaiva yoginam // hyp_4.20 //

pavano badhyate yena manas tenaiva badhyate /
manas ca badhyate yena pavanas tena badhyate // hyp_4.21 //

hetu-dvayam tu cittasya vasana ca samiranah /
tayor vinasta ekasmin tau dvav api vinasyatah // hyp_4.22 //

mano yatra viliyeta pavanas tatra liyate /
pavano liyate yatra manas tatra viliyate // hyp_4.23 //

dugdhabuvat sammilitav ubhau tau
tulya-kriyau manasa-marutau hi /
yato marut tatra manah-pravrttir
yato manas tatra marut-pravrttih // hyp_4.24 //

tatraika-nasad aparasya nasa
eka-pravrtter apara-pravrttih /
adhvas tayos cendriya-varga-vrttih
pradhvas tayor moksa-padasya siddhah // hyp_4.25 //

rasasya manasas caiva cañcalatvam svabhavatah /
raso baddho mano baddham kim na siddhyati bhutale // hyp_4.26 //

murcchito harate vyadhin mrto jivayati svayam /
baddhah khecaratam dhatte raso vayus ca parvati // hyp_4.27 //

manah sthairyam sthiro vayus tato binduh sthiro bhavet /
bindu-sthairyat sada sattvam pinda-sthairyam prajayate // hyp_4.28
//

indriyanam mano natho manonathas tu marutah /

marutasya layo nathah sa layo nadam asritah // hyp_4.29 //

so'yam evastu moksakhyo mastu vapi matantare /
manah-prana-laye kascid anandah sampravartate // hyp_4.30 //

pranasta-svasa-nisvasah pradhvasta-visaya-grahah /
niscesto nirvikaras ca layo jayati yoginam // hyp_4.31 //

ucchinna-sarva-sankalpo nihsesasesa-cestitah /
svavagamyo layah ko'pi jayate vag-agocarah // hyp_4.32 //

yatra drstir layas tatra bhutendriya-sanatani /
sa saktir jiva-bhutanam dve alaksye layam gate // hyp_4.33 //

layo laya iti prahuh kidrsam laya-laksanam /
apunar-vasanotthanal layo visaya-vismrtih // hyp_4.34 //

veda-sastra-puranani samanya-ganika iva /
ekaiva sambhavi mudra gupta kula-vadhur iva // hyp_4.35 //

atha sambhavi-
antar laksyam bahir drstir nimesonmesa-varjita /
esa sa sambhavi mudra veda-sastresu gopita // hyp_4.36 //

antar laksya-vilina-citta-pavano yogi yada vartate
drstya niscala-taraya bahir adhah pasyann apasyann api /
mudreyam khalu sambhavi bhavati sa labdha prasada guroh
sunyasunya-vilaksanam sphurati tat tattvam padam sambhavam //
hyp_4.37 //

sri-sambhavyas ca kecharya avastha-dhama-bhedatah /
bhavec citta-layanandah sunye cit-sukha-rupini // hyp_4.38 //

tare jyotisi samyojya kimcid unnamayed bhruvau /
purva-yogam mano yuñjann unmani-karakah ksanat // hyp_4.39 //

kecid agama-jalena kecin nigama-sankulaih /
kecit tarkena muhyanti naiva jananti tarakam // hyp_4.40 //

ardhonmilita-locanah sthira-mana nasagra-datteksanas
candrarkav api linatam upanayan nispanda-bhavana yah /
jyoti-rupam asesa-bijam akhilam dedipyamanam param
tattvam tat-padam eti vastu paramam vacyam kim atradhikam // hyp_4.41
//

diva na pujayel lingam ratrau caiva na pujayet /
sarvada pujayel lingam divaratri-nirodhatah // hyp_4.42 //

atha kechari-
savya-daksina-nadi-stho madhye carati marutah /
tisthate kechari mudra tasmin sthane na samsayah // hyp_4.43 //

ida-pingalayor madhye sunyam caivanilam graset /
tisthate kechari mudra tatra satyam punah punah // hyp_4.44 //

surcyacandramasor madhye niralambantare punah /
samsthita vyoma-cakre ya sa mudra nama khecari // hyp_4.45 //

somad yatrodita dhara saksat sa siva-vallabha /
purayed atulam divyam susumnam pascime mukhe // hyp_4.46 //

purastac caiva puryeta niscita khecari bhavet /
abhyasta khecari mudrapy unmani samprajayate // hyp_4.47 //

bhruvor madhye siva-sthanam manas tatra viliyate /
jñatavyam tat-padam turyam tatra kalo na vidyate // hyp_4.48 //

abhyaset khecarim tavad yavat syad yoga-nidritah /
samprapta-yoga-nidrasya kalo nasti kadacana // hyp_4.49 //

niralambam manah krtva na kimcid api cintayet /
sa-bahyabhyantaram vyomni ghatavat tisthati dhruvam // hyp_4.50 //

bahya-vayur yatha linas tatha madhyo na samsayah /
sva-sthane sthiratam eti pavano manasa saha // hyp_4.51 //

evam abhyasyatas tasya vayu-marge divanisam /
abhyasaj jiryate vayur manas tatraiva liyate // hyp_4.52 //

amrtaih plavayed deham apada-tala-mastakam /
siddhyaty eva maha-kayo maha-bala-parakramah // hyp_4.53 //

sakti-madhye manah krtva saktim manasa-madhyagam /
manasa mana alokya dharayet paramam padam // hyp_4.54 //

kha-madhye kuru catmanam atma-madhye ca kham kuru /
sarvam ca kha-mayam krtva na kimcid api cintayet // hyp_4.55 //

antah sunyo bahih sunyah sunyah kumbha ivambare /
antah purno bahih purnah purnah kumbha ivarnave // hyp_4.56
//

bahya-cinta na kartavya tathaivantara-cintanam /
sarva-cintam parityajya na kimcid api cintayet // hyp_4.57 //

sankalpa-matra-kalanaiva jagat samagram
sankalpa-matra-kalanaiva mano-vilasah /
sankalpa-matra-matim utsrja nirvikalpam
asritya niscayam avapnuhi rama santim // hyp_4.58 //

karpuram anale yadvat saindhavam salile yatha /
tatha sandhivamanam ca manas tattve viliyate // hyp_4.59 //

jñeyam sarvam pratitam ca jñanam ca mana ucyate /
jñanam jñeyam samam nastam nanyah pantha dvitiyakah //
hyp_4.60 //

mano-drshyam idam sarvam yat kimcit sa-caracaram /
manaso hy unmani-bhavad dvaitam naivolabhyate // hyp_4.61 //

jñeya-vastu-parityagad vilayam yati manasam /
manaso vilaye jate kaivalyam avasisyate // hyp_4.62 //

evam nana-vidhopayah samyak svanubhavanvitah /
samadhi-margah kathitah purvacaryair mahatmabhih // hyp_4.63 //

susumnayai kundalinyai sudhayai candra-janmane /
manonmanyai namas tubhyam maha-saktyai cid-atmane // hyp_4.64 //

asakya-tattva-bodhanam mudhanam api sammatam /
proktam goraksa-nathena nadopasanam ucyate // hyp_4.65 //

sri-adinathena sa-pada-koti-
laya-prakarah kathita jayanti /
nadanusandhanakam ekam eva
manyamahe mukhyatamam layanam // hyp_4.66 //

muktasane sthito yogi mudram sandhaya sambhavim /
srnuyad daksine karne nadam antastham ekadhih // hyp_4.67 //

sravana-puta-nayana-yugala-
ghrana-mukhanam nirodhanam karyam /
suddha-susumna-saranau
sphutam amalah sruyate nadah // hyp_4.68 //

arambhas ca ghatas caiva tatha paricayo'pi ca /
nispattih sarva-yogesu syad avastha-catustayam // hyp_4.69 //

atha arambhavastha-
brahma-granther bhaved bhedo hy anandah sunya-sambhavah /
vicitrah kvanako dehe'nahatah sruyate dhvanih // hyp_4.70 //

divya-dehas ca tejasvi divya-gandhas tvarogavan /
sampurna-hridayah sunya arambhe yogavan bhavet // hyp_4.71 //

atha ghatavastha-
dvtiyayam ghatikrtya vayur bhavati madhyagah /
drdhasano bhaved yogi jñani deva-samas tada // hyp_4.72 //

visnu-granthes tato bheda paramananda-sucakah /
atisunye vimardas ca bheri-sabdah tada bhavet // hyp_4.73 //

atha paricayavastha-
trtiyayam tu vijñeyo vihayo mardala-dhvanih /
maha-sunyam tada yati sarva-siddhi-samasrayam // hyp_4.74 //

cittanandam tada jitva sahananda-sambhavah /
dosa-duhkha-jara-vyadhi-ksudha-nidra-vivarjitah // hyp_4.75 //

atha nispatty-avastha-
rudra-granthim yada bhittva sarva-pitha-gato'nilah /
nispattau vainavah sabdah kvanad-vina-kvano bhavet // hyp_4.76 //

//

ekibhutam tada cittam raja-yogabhidhanakam /
srsti-samhara-kartasau yogisvara-samo bhavet // hyp_4.77 //

astu va mastu va muktir atraivakhanditam sukham /
layodbhavam idam saukhyam raja-yogad avapyate // hyp_4.78 //

raja-yogam ajanantah kevalam hatha-karminah /
etan abhyasino manye prayasa-phala-varjitan // hyp_4.79 //

unmany-avaptaye sigham bhru-dhyanam mama sammatam /
raja-yoga-padam praptum sukhopayo'ipa-cetasam /
sadyah pratyaya-sandhayi jayate nadajo layah // hyp_4.80 //

nadanusandhana-samadhi-bhajam
yogisvaranam hrdis vardhamanam /
anandam ekam vacasam agamyam
janati tam sri-gurunatha ekah // hyp_4.81 //

karnau pidhaya hastabhyam yah srnoti dhvanim munih /
tatra cittam sthirikuryad yavat sthira-padam vrajet // hyp_4.82 //

abhyasyamano nado'yam bahyam avrute dhvanim /
paksad viksepam akhilam jitva yogi sukhi bhavet // hyp_4.83 //

sruyate prathamabhyase nado nana-vidho mahan /
tato'bhyase vardhamane sruyate suksma-suksmakah // hyp_4.84 //

adau jaladhi-jimuta-bheri-jharjhara-sambhavah /
madhye mardala-sankhottha ghanta-kahalajas tatha // hyp_4.85 //

ante tu kinkini-vamsa-vina-bhramara-nihsvanah /
iti nanavidha nadah sruyante deha-madhyagah // hyp_4.86 //

mahati sruyamane'pi megha-bhery-adike dhvanau /
tatra suksmat suksmataram nadam eva paramrset // hyp_4.87 //

ghanam utsrjya va suksme suksmam utsrjya va ghane /
ramamanam api ksiptam mano nanyatra calayet // hyp_4.88 //

yatra kutrapi va nade lagati prathamam manah /
tatraiva susthiribhuya tena sardham vilijate // hyp_4.89 //

makarandam piban bhrngi gandham napeksate yatha /
nadasaktam tatha cittam visayan nahi kanksate // hyp_4.90 //

mano-matta-gajendrasya visayodyana-carinah /
samartho'yam niyamane ninada-nisitankusah // hyp_4.91 //

baddham tu nada-bandhena manah santyakta-capalam /
prayati sutaram sthairyam chinna-paksah khago yatha // hyp_4.92 //

sarva-cintam parityajya savadhanena cetasa /
nada evanusandheyo yoga-samrajyam icchata // hyp_4.93 //

nado'ntaranga-saranga-bandhane vagurayate /

antaranga-kurangasya vadhe vyadhayate'pi ca // hyp_4.94 //

antarangasya yamino vajinah parighayate /
nadopasti-rato nityam avadharya hi yogina // hyp_4.95 //

baddham vimukta-cañcalyam nada-gandhaka-jaranat /
manah-paradam apnoti niralambakhya-khe'tanam // hyp_4.96 //

nada-sravanatah ksipram antaranga-bhujangamam /
vismrtaya sarvam ekagrah kutracin nahi dhavati // hyp_4.97 //

kasthe pravartito vahnih kasthena saha samyati /
nade pravartitam cittam nadena saha liyate // hyp_4.98 //

ghantadinada-sakta-stabdhantah-karana-harinasya /
praharanam api sukaram syac chara-sandhana-pravinas cet // hyp_4.99
//

anahatasya sabdasya dhvanir ya upalabhyate /
dhvaner antargatam jñeyam jñeyasyantargatam manah /
manas tatra layam yati tad visnoh paramam padam // hyp_4.100 //

tavad akasa-sankalpo yavac chabdah pravartate /
nihsabdam tat-param brahma paramateti giyate // hyp_4.101 //

yat kimcin nada-rupena sruyate saktir eva sa /
yas tattvanto nirakarah sa eva paramesvarah // hyp_4.102 //

iti nadanusandhanam

sarve hatha-layopaya rajayogasya siddhaye /
raja-yoga-samarudhah purusah kala-vañcakah // hyp_4.103 //

tattvam bijam hathah ksetram audasinyam jalam tribhiih /
unmani kalpa-latika sadya eva pravartate // hyp_4.104 //

sada nadanusandhanat ksiyante papa-samcayah /
nirañjane viliyete niscitam citta-marutau // hyp_4.105 //

sankha-dundhubhi-nadam ca na srnoti kadacana /
kasthavaj jayate deha unmanyavasthaya dhruvam // hyp_4.106 //

sarvavastha-vinirmuktah sarva-cinta-vivarjitah /
mrtavat tisthate yogi sa mukto natra samsayah // hyp_4.107 //

khadyate na ca kalena badhyate na ca karmana /
sadyate na sa kenapi yogi yuktah samadhina // hyp_4.108 //

na gandham na rasam rupam na ca sparsam na nihsvanam /
natmanam na param veti yogi yuktah samadhina // hyp_4.109 //

cittam na suptam nojagrat smrti-vismrti-varjitam /
na castam eti nodeti yasyasau mukta eva sah // hyp_4.110 //

na vijanati sitosnam na dukham na sukham tatha /
na manam nopamanam ca yogi yuktah samadhina // hyp_4.111 //

svastho jagrad avasthayam suptavad yo'vatisthate /
nihsvasocchvasa-hinas ca niscitam mukta eva sah // hyp_4.112 //

avadhyah sarva-sastranam asakyah sarva-dehinam /
agrahyo mantra-yantranam yogi yuktah samadhina // hyp_4.113 //

yavan naiva pravisati caran maruto madhya-marge
yavad vidur na bhavati drdhah prana-vata-prabandhat /
yavad dhyane sahaja-sadrsam jayate naiva tattvam
tavaj jñanam vadati tad idam dambha-mithya-pralapah // hyp_4.114 //

iti hatha-yoga-pradipikayam samadhi-laksanam nama
caturthopadesah /

— Svātmarāma: Hathayogapradīpikā (Academic edition — see source file header)