

Another edition of this text was published by George Weston Briggs in his Gorakhnath and the Kanphata Yogis (1939).

Since this text contains significant differences, it is given separately as Goraksa-satakam 2.

Input by ... (?)

TEXT WITH PADA MARKERS

Revisions:

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

Text

goraksa-satakam

om parama-gurave goraksanathaya namah

om goraksa-satakam vaksye bhava-pasa-vimuktaye
atma-bodha-karam pumsam viveka-dvara-kuñcikam // GorS_1

etad vimukti-sopanam etad kalasya vañcanam
yad vyavrttam mano mohad asaktam paramatmani // GorS_2

dvija-sevita-sakhasya sruti-kalpa-taroh phalam
samanam bhava-tapasya yogam bhajati sajjanah // GorS_3

asanam prana-samyamah pratyaharo'tha dharana
dhyanam samadhir etani yogangani bhavanti sat // GorS_4

asanani tu tavanti yavatyo jiva-jatayah
etesam akhilan bhedan vijanati mahesvarah // GorS_5

caturasiti-laksanam ekam ekam udahrtam
tatah sivena pithanam sodesanam satam krtam // GorS_6

asanebhyah samastebhyo dvayam eva visisyate
ekam siddhasanam proktam dvitiyam kamalasanam // GorS_7

yoni-sthanakam anghri-mula-ghatitam krtva drdham vinyasen
medhre padam athaikam eva niyatam krtva samam vigraham
sthanuh samyomitendriyo'cala-drsa pasyan bhruvor antaram etan
moksa-kavata-bheda-janakam siddhasanam procyate // GorS_8

vamorupari daksinam hi caranam samsthapyam vamam tatha
daksorupari pascimena vidhina dhrtva karabhyam drdham
angusthau hrdaye nidhaya cibukam nasagram alokayed
etad-vyadhi-vikara-hari yaminam padmasanam procyate // GorS_9

adharah prathamam cakram svadhisthanam dvitiyakam
yoni-sthanam dvayor madhye kama-rupam nigadyate // GorS_10

adharakhye guda-sthane pankajam yac caturdalam
tan-madhye procyate yonih kamakhya siddha-vandita // GorS_11

yoni-madhye mahalingam pascimabhimukham sthitam
mastake manivad bhinnam yo janati sa yogavit // GorS_12

tapta-camikarabhasam tadil-lekheva visphurat
caturasram puram vahner adho-medhram evabhidhiyate // GorS_13

sva-sabdena bhavet pranah svadhisthanam tad-asrayah
svadhisthanakhyaya tasman medhram evabhidhiyate // GorS_14

tantuna manivat proto yatra kanda susumnaya
tan-nabhi-mandalam cakram procyate mani-purakam // GorS_15

urdhvam medhrad adho nabbeh kanda-yonih sva-gandavat
tatra nadyah samutpannah sahasrani dvisaptatih // GorS_16

tesu nadi-sahasresu dvisaptatir udahrtah
pradhanyat prana-vahinyo bhuyas tatra dasa smrtah // GorS_17

ida ca pingala caiva susumna ca trtiyaka
gandhari hasti-jihva ca pusa caiva yavasvini // GorS_18

alambusa kuhus caiva sankhini dasami smrta
etan nadi-mayam cakram jñatavyam yogibhih sada // GorS_19

ida vame sthita bhage pingala daksine tatha
susumna madhya-dese tu gandhari vama-caksusi // GorS_20

daksine hasti-jihva ca pusa karne ca daksine
yavasvini vama-karne casane vapy alambusa // GorS_21

kuhus ca linga-dese tu mula-sthane ca sankhini
evam dvaram upasritya tisthanti dasa nadikah // GorS_22

satatam prana-vahinyah soma-suryagni-devatah
ida-pingala-susumna ca tisro nadya udahrtah // GorS_23

pranapanau samanasa ca hy udano vyana eva ca
nagah kurmas ca krkaro devadatto dhanañjayah // GorS_24

nagadyah pañca vikhyatah pranadyah pañca vayavah
ete nadi-sahasresu vartante jiva-rupinah // GorS_25

pranapana-vaso jivo hy adhas cordhvam ca dhavati
vama-daksina-margena cañcalatvan na drsyate // GorS_26

aksipto bhuvih dandena yathoccalati kandukah
pranapana-samakṣiptas tatha jivo'nukṣyate // GorS_27

rajju-baddho yatha syeno gato'py akṣyate(?)
guna-baddhas tatha jivah pranapanena kṣyate // GorS_28

apanah karsati pranah prano'panam ca karsati
urdhavadhah samsthitav etau yo janati sa yogavit // GorS_29

kandordhve kundali-saktir astadha kundali-krta
brahma-dvara-mukham nityam mukhenavṛtya tisthati // GorS_30

prabuddha vahni-yogena manasa maruta hata
prajiva-gunam adaya vrajaty urdhvam susumnaya // GorS_31

mahamudram namo-mudram uddiyanam jalandharam
mula-bandham ca yo vetti sa yogi siddhi-bhajanam // GorS_32

vakso-nyasta-hanur nipidya suciram yonim ca vamanghrina
hastabhyam avadharitam prasaritam padam tatha daksinam
apurya svasanena kuksi-yugalam baddhva sanai recayed esa
pataka-nasini sumahati mudra nram procyate // GorS_33

kapala-kuhare jihva pravista viparitaga
bhruvor antargata drstir mudra bhavati khecari // GorS_34

urdhvam medhrad adho nabher uddiyanam pracaksate
uddiyana-jayo bandho mrtyu-matanga-kesari // GorS_35

jalandhare krte bandhe kantha-sankoca-laksane
na piyusam pataty agnau na ca vayuh prakupyati // GorS_36

parsni-bhagena sampidya yonim akuñcayed gudam
apanam urdhvam akrsya mula-bandho nigadyate // GorS_37

yatah kala-bhayat brahma pranayama-parayanah
yogino munayas caiva tatah pranam nibandhayet // GorS_38

cale vate calam sarvam niscala niscalam bhavet
yogi sthanutvam apnoti tato vayum nibandhayet // GorS_39

sat-trimsad-angulam hamsah prayanam kurute bahih
vama-daksina-margena tatah prano'bhidhiyate // GorS_40

baddha-padmasano yogi namaskrtya gurum sivam
nasagra-drstir ekaki pranayamam samabhyaset // GorS_41

prano deha-sthito vayur ayamas tan-nibandhanam
eka-svasa-mayi matra tad yogi gaganayate // GorS_42

baddha-padmasano yogi pranam candrena purayet
dharayitva yatha-sakti bhuyah suryena recayet // GorS_43

amrtodadhi-sankasam ksiroda-dhavala-prabham
dhyatva candramayam bimbam pranayame sukhi bhavet // GorS_44

pranam suryena cakrsya purayed udaram sanaih
kumbhayitva vidhanena bhuyas candrena recayet // GorS_45

prajvalaj-jvalana-jvalapuñjam aditya-mandalam
dhyatva nabhi-sthitam yogi pranayame sukhi bhavet // GorS_46

recakah purakas caiva kumbhakah pranavatmakah
pranayamo bhavet tredha matra dvadasa-samyutah // GorS_47

dvadasadhamake matra madhyame dvigunas tatah
uttame triguna matrah pranayamasya nirnayah // GorS_48

adhame ca ghano gharmah kampo bhavati madhyame
uttisthaty uttame yogi baddha-padmasano muhuh // GorS_49

anganam mardanam sastam srama-samjata-varina
katv-amla-lavana-tyagi ksira-bhojanam acaret // GorS_50

mandam mandam pibed vayum mandam mandam viyojayet
nadhikam stambhayed vayum na ca sighram vimocayet // GorS_51

urdhvam akrsya capanam vatam prane niyojayet
murdhanam niyate saktya sarva-papaih pramucyate // GorS_52

pranayamo bhavaty evam patakendhana-patakah
enombudhi-maha-setuh procyate yogibhih sada // GorS_53

asanena rujo hanti pranayamena patakam
vikaram manasam yogi pratyaharena sarvada // GorS_54

candramrta-mayim dharam pratyaharati bhaskarah
tat-pratyaharanam tasya pratyaharah sa ucyate // GorS_55

eka stri bhujyate dvabhyam agata soma-mandalat
trtiyo yo bhavet tabhyam sa bhavaty ajaramarah // GorS_56

nabhidese bhavaty eko bhaskaro dahanatmakah
amrtatma sthito nityam talumule ca candramah // GorS_57

varsaty adhomukhas candro grasaty urdhva-mukho ravih
jñatavyam karanam tatra yena piyusam apyate // GorS_58

urdhva-nabhir adhas talu urdhva-bhanur adhah sasi
karanam viparitakhyam guru-vaktrena labhyate // GorS_59

tridha baddho vrso yatra rauraviti mahasvanam
anahatam ca tac cakram hrdaye yogino viduh // GorS_60

anahatam atikramya cakramya manipurakam
prapte pranam mahapadmam yogitvam amrtayate // GorS_61

visabdah samsmrto hamso nirmalah suddha ucyate
atah kanthe visuddhakhye cakram cakra-vido viduh // GorS_62

visuddhe parame cakre dhrtva soma-kala-jalam
masena na ksayam yati vañcayitva mukham raveh // GorS_63

sampidya rasanagrena raja-danta-bilam mahat
dhyatvamrtamayim devim san-masena kavir bhavet // GorS_64

amrtapurna-dehasya yogino dvi-tri-vatsarat
urdhvam pravartate reto'py animadi-gunodayah // GorS_65

indhanani yatha vahnis taila-varti ca dipakah
tatha somakala-purnam dehi deham na muñcati // GorS_66

asanena samayuktah pranayamena samyutah
pratyaharena samyukto dharanam ca samabhyaset // GorS_67

hrdaye pañca-bhutanam dharanam ca prthak prthak
manaso niscalatvena dharana ca vidhiyate // GorS_68

ya prthvi hari-tala-desa-rucira pita lakaranvita samyukta
kamalasanena hi catuskona hrđi sthayini
pranam tatra viniya pañca-ghatikas cittanvitam dharayed esa
stambhakari sada ksitijayam kuryad bhuvō dharana // GorS_69

ardhendu-pratimam ca kunda-dhavalam kanthe'mbu-tattavm sthitam yat
piyusa-va-kara-bija-sahitam yuktam sada visnuna
pranam tatra viniya pañca-ghatikas cittanvitam dharayed esa
durvaha-kala-kuta-jarana syad varini dharana // GorS_70

yat tala-sthitam indra-gopa-sadrsam tattvam trikonojjvalam
tejo-repha-mayam pravala-ruciram rudrena yat sangatam
pranam tatra viniya pañca-ghatikas cittanvitam dharayed esa
vahni-jayam sada vidadhate vaisvanari dharana // GorS_71

yad bhinnañjana-puñja-sannibham idam tattvam bhruvor antare vrttam
vayumayam ya-kara-sahitam yatresvaro devata
pranam tatra viniya pañca-ghatikas cittanvitam dharayed esa
khe gamanam karoti yaminam syad vayavi dharana // GorS_72

akasam suvisuddha-vari-sadrsam yad brahma-randhre sthitam
tatradhyena sada-sivena sahitam santam ha-karaksaram
pranam tatra viniya pañca-ghatikas cittanvitam dharayed esa
moksa-kavata-patana-patuh prokta nabho-dharana // GorS_73

stambhani dravani caiva dahani bhramani tatha
sosani ca bhavanty evam bhutanam pañca dharanah // GorS_74

karmana manasa vaca dharanah pañca durlabhah
vidhaya satatam yogi sarva-papaih pramucyate // GorS_75

sarvam cinta-samavarti yogino hrđi vartate
yat tattve niscitam cetastat tu dhyanam pracaksate // GorS_76

dvidha bhavati tad dhyanam sa-gunam nirgunam tatha
sagunam varna-bhedena nirgunam kevalam viduh // GorS_77

adharam prathamam cakram tapta-kañcana-sannibham
nasagre drstim adaya dhyatva muñcati kilbisam // GorS_78

svadhisthanam dvitiyam tu san-manikya-susobhanam
nasagre drstim adaya dhyatva muñcati patakam // GorS_79

tarunaditya-samkasam cakram ca manipurakam
nasagre drstim adaya dhyatva samksobhayej jagat // GorS_80

vidyut-prabhavam hrt-padme pranayama-vibhedanaih
nasagre drstim adaya dhyatva brahma-mayo bhavet // GorS_82

santatam ghanika-madhye visuddham camrtodbhavam
nasagre drstim adaya dhyatva brahma-mayo bhavet // GorS_83

bhruvor madhye sthitam devam snigdha-mauktika-sannibham
nasagre drstim adaya dhyatva'nandamayo bhavet // GorS_84

nirgunam ca sivam santam gagane visvatomukham
nasagre drstim adaya dhyatva duhkhad vimucyate // GorS_85

gudam medhram ca nabhim ca hrt-padme ca tad-urdhvatah
ghantikam lampika-sthanam bhru-madhye paramesvaram // GorS_86

nirmalam gaganakaram marici-jala-sannibham
atmanam sarvagam dhyatva yogi yogam avapnuyat // GorS_87

kathitani yathaitani dhyana-sthanani yoginam
upadhi-tattva-yuktani kurvanty asta-gunodayam // GorS_88

upadhis ca tatha tattvam dvayam evam udahrtam
upadhih procyate varnas tattvam atmabhidhiyate // GorS_89

upadhir anyatha-jñanam tattvam samsthitam anyatha
samastopadhi-vidhvamsi sadabhyasena yoginam // GorS_90

atma-varnena bhedena drsyate sphaṭiko manih
mukto yah sakti-bhedena so'yam atma prasasyate // GorS_91

niratankam niralambam nisrapaṅcam nirasrayam
niramayam nirakaram tattvam tattvavido viduh // GorS_92

sabdadyah pañca ya matra yavat karnadisu smrtah
tavad eva smrtam dhyanam tat-samadhir atah param // GorS_93

yada samksiyate prano manasam ca viliyate
tada sama-rasaikatvam samadhir abhidhiyate // GorS_94

dharanah pañca-nadyas tu dhyanam ca sasthi-nadikah
dina-dvadasakenaiva samadhih prana-samyamah // GorS_96

na gandham na rasam rupam na sparsam na ca nihsvanam
atmanam na param vetti yogi yuktah samadhina // GorS_97

khadyate na ca kalena badhyate na ca karmana
sadyate na ca kenapi yogi yuktah samadhina // GorS_98

nirmalam niscalam nityam niskriyam nirgunam mahat
vyoma-vijñanam anandam brahma brahma-vido viduh // GorS_99

dugdhe ksiram dhrte sarpir agnau vahnir ivarpitah
advayatvam vrajen nityam yogavit parame pade // GorS_100

bhava-bhaya-vane vahnir mukti-sopana-margatah
advayatvam vrajen nityam yogavit parame pade // GorS_101

goraksa-satakam samaptam