



# 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 matsyendradyaais 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-sadrsam 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 /  
bhujiyate 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 niyमितam 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 pujoyate 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 maular 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 //

bhavesattvam 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-padmadhadhi 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 bhavesattvam 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 bhuma 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 susumnasad-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 srutyate 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 srutyate dhvanih // hyp\_4.70 //

divya-dehas ca tejasvi divya-gandhas tvarogavan /  
sampurna-hridayah sunya arambhe yogavan bhavet // hyp\_4.71 //

atha ghatavastha-  
dvitriyayam 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-  
tritiyayam 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 dukkham 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)