

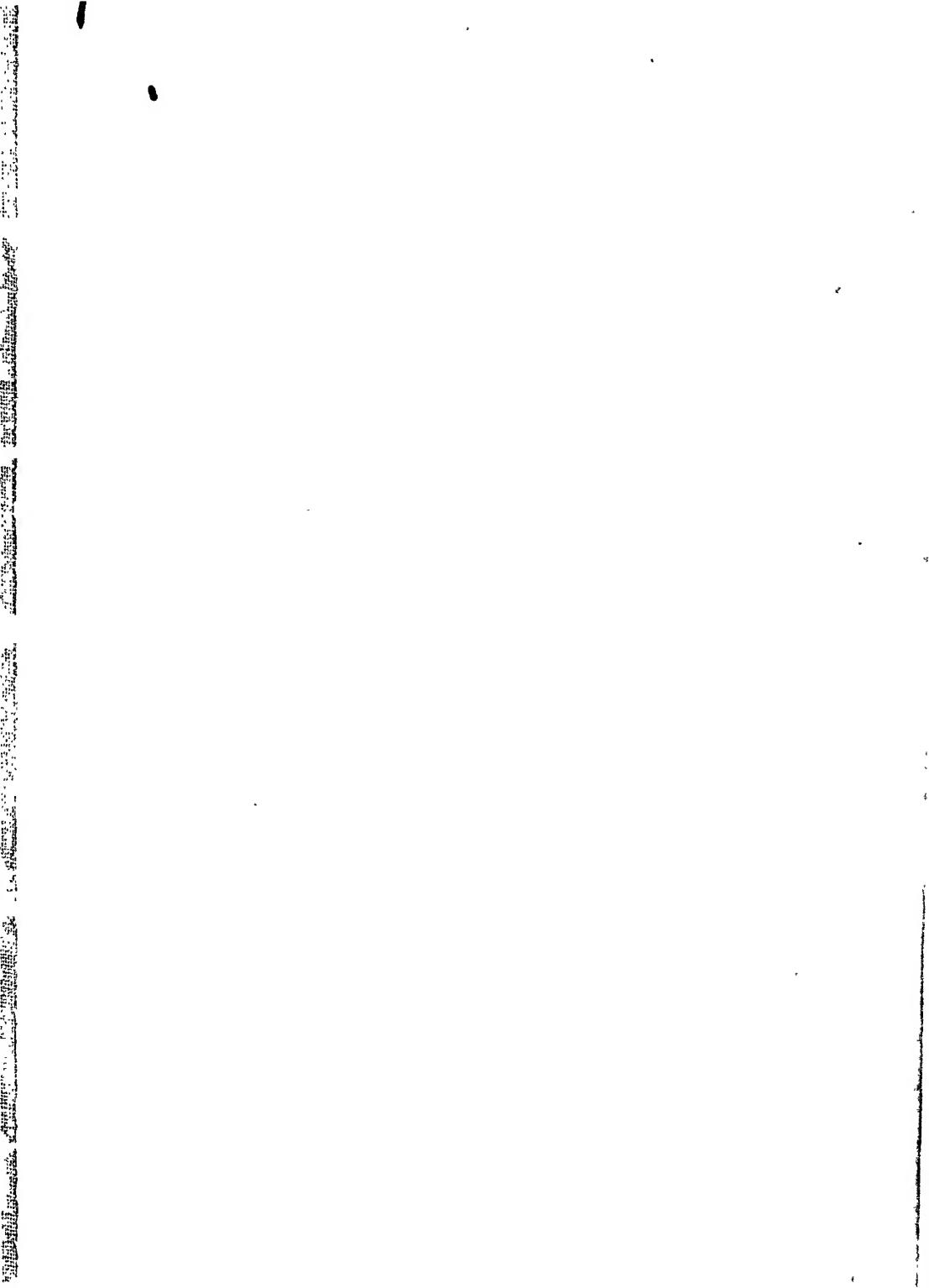
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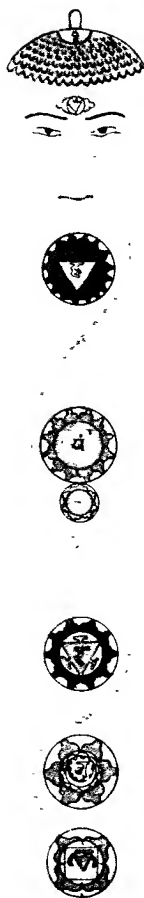
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THE SIX MAIN CENTRES OF THE SUBTLE BODY

ALAIN DANIELOU
[SHIVA SHARAN]

YOGA

The Method of Re-Integration

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AUTHOR'S NOTE

This short exposition of the principles and practice of yoga is a compilation both from the basic scriptures of yoga and from the teachings of a number of its living exponents. To all the yogis whose teachings and writings have been here condensed I offer my humble respect.

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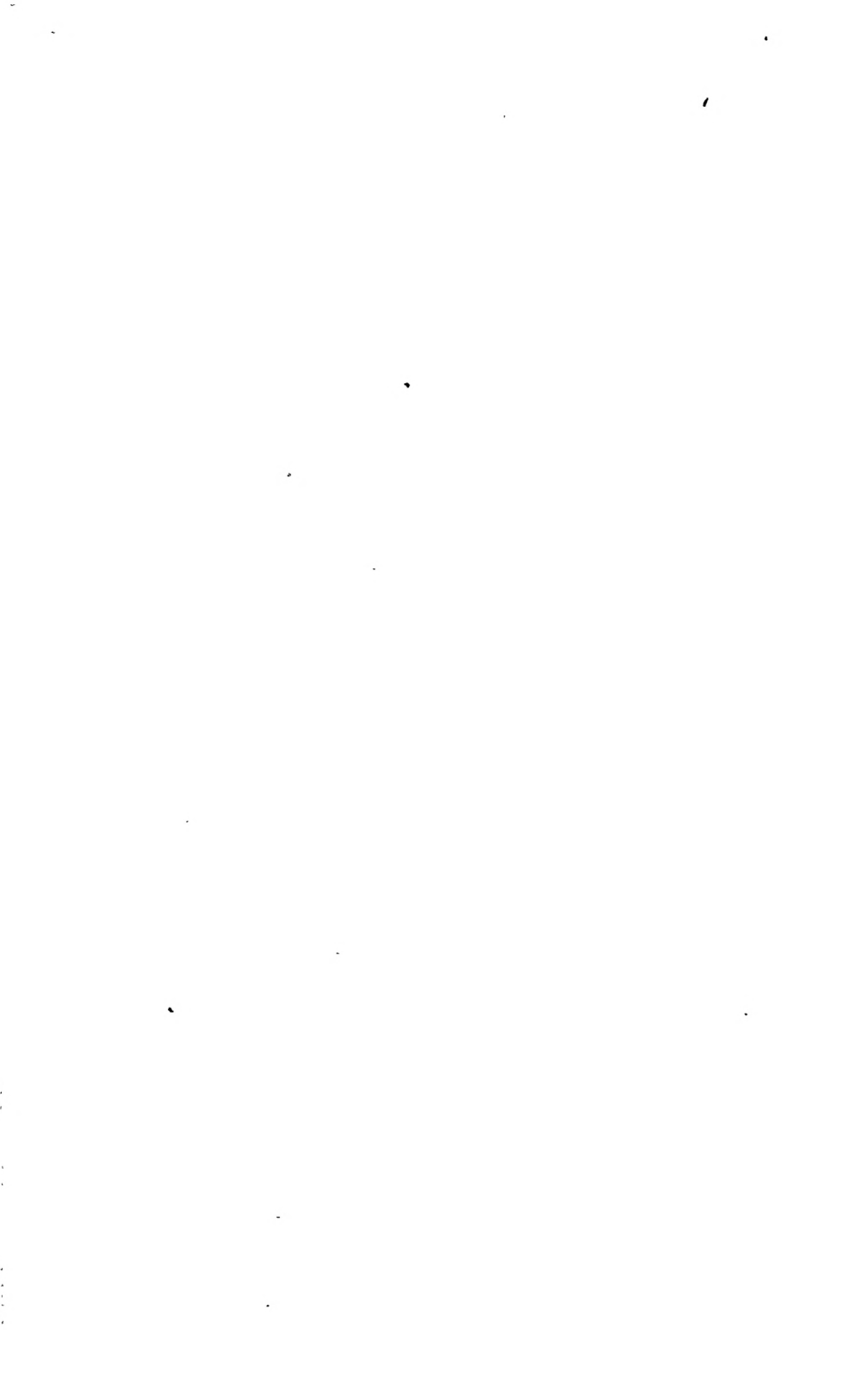
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PUBLISHERS' NOTE

Much of the information given in this book will be found to be couched in mandatory terms, but the majority of the exercises described are not for the amateur or the tyro. The warnings incorporated in the text to the effect that in some cases their practice would be harmful, even dangerous, if attempted without the guidance of a qualified teacher, must be emphasized.

The small numerals which follow the many quotations from Hindu Scriptures refer to the Sanskrit texts which are reproduced in the Appendix E.

Part I
INTRODUCTORY



THE MASTERING OF SENSORY IMPULSES

THE limits of the physical body can never be transgressed without knowing and thoroughly mastering the sensory impulses which govern the process of living.

The most vital impulses delude us the most, thus safely protecting vital functions from dangerous interferences. This is why the vital instincts and rhythms can only be acted upon and mastered through a very expert technique. It is this technique which is called Yoga. The adept of yoga, the yogi, like the psychiatrist, goes straight to the root of the most powerful instincts, those which more forcibly hold us within the dominion of matter, and he is able to control his vital functions by a thorough knowledge of the particular processes and emotive regions through which the vital instincts hold sway over the body and the mind.

Here the yogi profoundly differs from the moralist for he holds that to neglect or ignore certain psycho-physiological factors is a sure way of remaining within their grip. The network of the instincts binds the gross to the subtle body and keeps us imprisoned. The knots of this network are strong and complex and without the proper technique for undoing them, we can never escape from our physical envelope but are kept always on the path of the individual and social instincts by which the continuity of physical life is assured.

Yoga keeps aloof from emotional and sentimental impulses. It abides in cold logic and is interested only in the technical possibility of supra-human realization.

“O white Arjuna, this yoga, is not attained by him who eats too much, nor by him who abstains from food. Nor by him who oversleeps nor him who keeps awake.

“This yoga which destroys pain is achieved by him who eats and behaves as is proper, whose all actions are led by reason. whose sleep and wake are regulated.”¹ (Bhagavad Gitā 6, 16-17.)

YOGA, THE METHOD OF RE-INTEGRATION

अनेकशतसरूपाभिन्नकल्याकरणादिभिः ।
पतिनाः शास्त्रनालेषु प्रख्याते विद्योक्तिनाः ॥

“The hundreds of forms of philosophy, of arguments, of grammatical rules entrap the intellect in their nets and lead it astray from true knowledge.”

(YOGABIJA UPANISHAD, 8).

Basically, all physical and mental knowledge is, of necessity, an experience. A conception uncorroborated by experience remains a speculation and we can never be certain of its reality. The extent of our knowledge is therefore limited by the greater or lesser extension of our perceptions. If in any way we extend the field of our perceptions, new horizons immediately open up before our powers of knowing. In the field of sensory perceptions, the microscope, the telescope, the instruments sensitive to all kinds of vibrations have extended according to their power the horizons of scientific knowledge.

The means of investigation at the disposal of experimental science are, however, mostly limited to the extension of the senses outwards, to the pushing of their limits further afield. But, however powerful the instruments at our disposal, there will always be a limit to the extension they can give to the senses, and never will they be able to help us to grasp that which, by its very nature, is not within the field of sensory perception:

Hindu philosophers have asserted that all knowledge is built upon experience. But they maintain that an outward perception only is not a real knowing, and that the only way for us to know a thing completely, outwardly and inwardly, is to identify ourselves with it; only when we are one with it, can we know it in itself and not merely as it appears to be from an external point of view.

This is the meaning of the word *yoga*, which means, “identification”; identification with Divinity being “realization”.

By its very nature, sensory knowledge is limited to appearances. The Hindus speak of the world of appearance as the work of “*Mâyâ*”, the “Power of Illusion”, because its inner reality appears before us as if hidden by changing forms. Intellectual knowledge too is limited by form and is therefore also only an approximation. However deep our knowledge of a thing may be, however near we

Yoga, The Method of Re-integration

may be to it, so long as we remain distinct from it we cannot know it integrally. This is why the metaphysical part of revelation is merely called a "Nearest Approach", an Upanishad (from upa=near, nishad=seated). That which is really our own we are one with. Hence the human act of love is taken as the symbol of mystical experience, a passionate striving to become one.

On the eyes of a corpse an image forms like a reflection in water, but there is no faculty of Consciousness to seize it, no memory to take its imprint. That which really perceives is our faculty of Consciousness. It seizes upon the experience of the senses, which, were they separated from it, would be mere mirrors. If, therefore, the essential of our perceptions is not in the organ itself but in the faculties to which the sensory organ transmits its observations, it seems logical to question whether it is possible for our faculty of Consciousness directly to apprehend things without making use of the senses. But, since it is the union of the Conscious with the sense-organs which constitutes life, is there a process by which the conscious can act independently without causing instant death?

We can conceive of an Angel or subtle being which, free from a gross envelope, and not bound by its limitations, can perceive all things. Might there not be likewise for our Conscious some way by which it could cross the boundary of its bodily prison, know the freedom of limitlessness and see, in their fullness, all things of which, through the intermediary of the senses, it can know only limited fragments.

Hindu science asserts that this is possible, and even that it is the only true form of experience, the only absolute method of knowing. The realization of supra-sensory perception is one of the stages of that particular training which the Hindus call yoga. This training aims at the direct experience of all things through identification with them. Its method is a sort of physico-mental gymnastic, through which the Conscious, carried by the subtle body, is withdrawn from its physical envelope, without however destroying it, and, after having cognized all things, comes back into the physical envelope with its prodigious harvest.

The whole of Hindu civilization has from its very beginning been pervaded by this mode of knowledge, and one should realize this before trying to assess the value of Hindu Traditional knowledge and of the ancient Hindu sciences. All the Vedic scriptures are considered to have originated through this process and it is therefore only in yoga that their key is to be found.

Hence:

"Yoga is the guardian of Eternal Law, Yoga is the guardian of knowledge."²

Yoga

Without knowing the method of re-integration, no realization is possible:

“O goddess! how could knowledge without the method of re-integration (yoga) lead to Liberation.”³ (Yogabija Up. 18.)

“O beloved! However intent on learning, detached, knower of the law, self-restrained he may be, a God even cannot without yoga attain liberation.”⁴

Yoga is thus the technique of realization. It embraces all forms of religious experience all of which are based on yoga, knowingly or unknowingly. Every form of knowledge, too, is ultimately a form of yoga. Yoga is the means and the object of knowledge.

“It is through yoga that yoga can be known, through yoga that inclination towards yoga develops. He who through yoga becomes freed from passion delights endlessly in yoga.”⁵

THE WORD “YOGA”

According to the grammarians the word “yoga” comes from the sanskrit root “yuj” “to link, unite”, to which is added the suffix “ghan” indicating completion. (cf. the English “to yoke” which is from the same root).

“That which unites, (links together), is called yoga.”⁶

Pânini, in the classified roots of his grammar, gives three meanings to the word yoga. 1. Samyoga, “union”, 2. Samyamana, “to bind”, 3. Samâdhi, “identification”, (i.e. the dissolution of the individual into the total Being). The word “yoga” taken in the sense of link is therefore synonymous with the word “religion” which also means “the link”.

Grammarians explain that the way of identification (samâdhi) consists in चित्तवृत्तिनिरोधः “the silencing of (all) activities in the mind’s substance”. And Patanjali uses the very same words to define yoga (Yoga Darsh. 1, 2).

Vyasa too, in his commentary on Patanjali, takes re-integration (yoga) and identification (samâdhi) as synonymous योगः समाधिः ।

Shri Gadâ-dhara, the teacher of Logic (Nyâya), says:

“Re-integration means identification. It is of two kinds, conscious (samprajnâta) and unconscious (asamprajnâta).

“The union (samyoga) of some part of one’s being with any thing, whatever it may be, of which there is a desire to know the essential nature, even though it be beyond sensory perception, through a mind brought under control by an effort to remove its instability, is called “conscious identification” (samprajnâta samâdhi). “Unconscious identification” (asamprajnâta samâdhi) is that mental union (manah sanyoga) which arises in some part of

The Word "Yoga"

the Self but which, because of the absence of inward uplift and of perfected inward contemplation, remains uncoordinated."⁷

"Conscious identification is the state of full cognition. This means that in this state the object of contemplation is actually witnessed and the mind is fixed upon it. This is characterized by the silencing of all thought except that of the object contemplated. Hence Conscious identification is the silencing of mental activity with, as its result, the witnessing of the object of contemplation."⁸ (Yoga Sâra Sangraha, p. 4.)

"Since it is defined as a state in which nothing is cognized—all notions must be abolished in unconscious identification. In this state there remains therefore nothing of the mind except the traces left by its previous activities. If this were not so, consciousness could not arise again."⁹ (Yoga Sâra Sangraha, p. 5.)

All intuitive perceptions come within the realm of unconscious identification.

According to Vedanta, Yoga means supreme realization.

"Yoga is the re-union of the living self with the Supreme Self."¹⁰ (Yājñavalkya.)

According to the treatises of Yoga supreme realization is considered as the aim of all yogic practice. But the means of this realization as well as all intermediary stages are also taken to be included in the term yoga. The main obstacle to realization being the constant activity of the mind, yoga is thus defined:

"To silence the mind leaving all mental activity is yoga."¹¹ (Yoga Shâstra.)

"The silencing of the mind's activities which leads to the complete realization of the intrinsic nature of the Supreme Person is called yoga."¹² (Yoga Sâra Sangraha, p. 1 (Adyar ed.)).

"The word yoga can also be used by extension for knowledge, love, action, etc., since these are also means of liberation (Moksha), and are thus the instruments of re-integration (yoga)."¹³ (Yoga Sâra Sangraha, p. 2.)

"The activities of the mind are said to number five. These are ascertaining of facts (pramâna), false knowledge (viparyaya or knowledge contrary to facts), imagination (vikalpa), sleep (the experience of being unconscious) and memory (smṛiti)."¹⁴ (Yoga Sâra Sangraha, p. 2.)

"The modes of ascertaining the real nature of things are direct experience, deduction therefrom and the traditionally transmitted revelation."¹⁵ (id., p. 2.)

"The mental activity which through sensory perception leads to exact knowledge of things as they are constitutes the ascertaining of facts through direct evidence (Pratyaksha Pramâna)."¹⁶ (id., p. 2.)

Yoga

“Mental activity resulting from the generalization of categories is deduction (*anumāna*).”¹⁷ (id., p. 3.)

“Mental activity contrary to facts constitutes false knowledge and is the result of a defect [either in the perception or in the object].”¹⁸ (id., p. 3.)

“The mental activity of sleep is limited to the experience of happiness during sound sleep which gives rise to such memories as ‘I slept pleasantly’.”¹⁹ (id., p. 3.)

“Memory is exclusively the activity resulting from imprints left [upon the mind’s substance by former experiences].”²⁰ (id., p. 3.)

The Bhagavad Gītā preaches re-integration through the way of action (*karma-yoga*).

“O Dhananjaya, conqueror of wealth! Having removed all attachment and established oneself in the path of realization, one should remain in action, keeping an even mind, whether one’s actions bear fruit or not. It is this very equanimity of heart which is named *yoga*.”²¹ (Bhagavad Gītā 2, 48.)

According to the Purānas “That particular inclination of the mind which is accompanied by an active desire to know the Self and which leads to union with the Principle, is called *yoga*.”²² (Vishnu Purāna VI, 7, 3.)

In mathematics the word *yoga* means addition.

THE BOOKS ON YOGA

From the point of view of their ultimate significance all the Hindu scriptures, indeed the scriptures of all religions, may be said to be treatises of *yoga*. The aim of all religions is to bring man towards union with, or re-integration into the Supreme Being. Religious practices or moral disciplines are only preliminary stages in this process.

In most of the Hindu scriptures, such as the Eternal Wisdom (*Veda*), the “Compleitive Scriptures” (*Purānas*), the Epics (*Itihāsas*), the Moral Codes (*Dharma Shāstras*), the Rules of Terrestrial Knowledge (*Tantras*), etc., are found many important references to the different techniques of *yoga*. A certain number of ancient Sanskrit treatises however, deal exclusively with the principles the methods and the different systems of *yoga*.

The main treatises which form the basic scriptures of *yoga* are the following:

(1) The *Yoga Upanishads* which are part of the Vedic literature and which deal with all the aspects of *yoga*.

(2) The *Yoga Darshana* of Patanjali and its commentaries which form the basic treatise of *Rāja Yoga*.

The Place of Yoga in Hindu Philosophy

(3) The technical treatises of Hatha Yoga such as the Hatha Yoga pradipikâ, Gheranda Samhitâ, Shiva Samhitâ, etc.

A general list of the main Sanskrit treatises on yoga still available to-day is given in Appendix D.

THE PLACE OF YOGA IN HINDU PHILOSOPHY

Hindu philosophy considers that there exist several different methods of knowing. Everything in the Universe has different aspects and, according to the aspect we choose for our investigation, for our attempt to know, we may reach different conclusions. These may even appear contradictory in practice. Such contradictions, although often merely apparent, show the limitation of each mode of approach.

There are six main methods considered by Hindu philosophers as essential approaches to the problem of reality. It is through their opposition that we can realize something of the *impartible* Supreme Reality which, as a whole is beyond our grasp. We can only approach it by fragments, just as we look at a sculpture from different angles and thus form an idea of its whole which cannot be grasped by one approach only. This conception of different but equally real approaches to Reality gives rise to what is known as the six "Points of view" or philosophical systems. These should not however be viewed as separate and contradictory modes of thinking. They represent on the contrary an effort to co-ordinate the results reached through all the diverse modes of human experience.

These six "Points of view" (Darshana-s), are known as (1) the Cosmological point of view (Sânkhya), which has for its method intellectual knowledge.

(2) The Naturalistic or experimental point of view (Vaiśeṣika), to which pertains the atomistic theory, and which has for method sensorial experience.

(3) The point of view of Logic (Nyâya) which has for its method dialectics.

(4) The point of view of Re-integration (yoga) which is connected with supersensible perception and intuition, and has for its method mental control of the senses and inner faculties.

(5) The Ritualistic point of view (Mimâṃsa) has for its method the study of the Revealed Scripture.

(6) The Metaphysical point of view, or End of Wisdom (Vedânta) has for its method metaphysical speculation.

Each of these systems has thus its own method and can admit

only of such things as can be ascertained through it. This is how some happen to be atheistic like Vaisheshika or pantheistic like Sâmkhya, deistic like Mimânsa, non-dualistic like Vedânta, etc. Of these the two highest systems are, however, considered to be Vedanta and Yoga, because Vedânta depicts the ultimate object of knowing and Yoga shows the way to experiencing directly the principles which Vedânta defines.

THE METHOD OF YOGA

When, in the Supreme Unity, a differentiation takes place, dualism, the origin of all existence, appears as the first stage of manifestation. The further manifestation proceeds, the more we find multiplicity and complexity.

There is no one aspect of manifestation which does not imply all the others because of the fundamental, all-pervading unity. Hence the principle: "That which is here is everywhere, that which is not here is nowhere." The difference between the limited, powerless individual and the limitless, all-powerful Universal Being is one of partition: in the Universal Being all is oneness, in the individual being this oneness is fragmented into multiplicity. When we are able to weld together the separated elements which form our own being, we realize oneness, that is, we become identical with the Universal Being.

It is the first aim of the method of yoga to control our vital energies or prânas (so-called because the vital breath, prâna, is the most prominent and directly controllable of all the vital rhythms) by bringing under the control of our mental consciousness all our vital and emotive reactions. And this absorption of our submental energies by our mental consciousness gives us the power to leap into the supra-mental consciousness. The three thus merged constitute our own undivided individual consciousness, the which by its unity must be identical with the impartible Universal Consciousness.

Having first to conquer the sub-mental energies and then dissolve the united sub-mental and mental Conscious into the supra-mental, the yogi must at every stage follow a course distinct from that of the sensory perceptions and mental activities which are the normal field of human investigation. Leaving outward observation and silencing his mind, he turns his attention inwardly, and it is within himself that he experiences all the stages of re-integration from multiplicity towards unity. To each of these stages corresponds a subtle centre which the introspecting mind experiences as having a form resembling that of a lotus or a wheel (chakra).

The Method of Yoga

These centres appear as diagrams of geometrical forms, associated with numbers, forms, sounds and colours. They are the maps, so to speak, of the stages of this inner journey. Each of the centres of the subtle body thus corresponds to a stage of realization. The mind of the yogi concentrates one after the other on each of these centres; using their diagram as a mental guide, it follows their outline, stops on this or that detail, to the left or to the right, in an angle or in the centre, etc., just as if it were visiting the different quarters of an unknown city. But in each of these quarters it enters a different order of things, finds itself in a new world, discovers new aspects of reality and gains new powers.

Many definitions in Hindu sciences bear the mark of this method. Reaching physical forms through their subtle aspect, the Hindu theorist perceives the continuity between the different orders of things where outwardly only unrelated phenomena are seen. The Hindu will therefore speak indifferently of men or of subtle beings, he intermingles the geography of celestial worlds with that of terrestrial continents, and in this he sees no discontinuity but, on the contrary, a perfect coherence; for, to him, these worlds meet at many common points, and the passage from one to the other is easy for those who have the key. For instance, in medicine, the Hindu takes into account not only the effects of the drugs and foods on the physical organism, but also on the nervous centres and, through them, on the subtle body, character, mental faculties, etc., effects all too little known to the modern physician.

To the traditionalist Hindu physician his Western colleague often appears not to be aware of the effect his treatment may have on the subtle body or on the soul of his patient, the consequences of which treatment may prove of much greater importance than the rapid cure of a merely physical ailment.

The practices of yoga necessarily vary according to the state of development and stage of advancement of the seeker (*sadhaka*). For those least qualified, the training must gradually pass, "... through the eight stages of: abstinences, observances, sitting postures, breath-control, withdrawal [of the mind from outer objects], concentration, contemplation and identification (i.e. the dissolution of the mind into the object of its contemplation)." ²³ (*Yoga Darshana* 2, 29.)

"For those averagely qualified, the method is that of re-integration through the mode of action by practising austerities, study and surrender to God." ²⁴ (*Yoga Darsh.* 2, 1.)

For those already highly qualified, "the mind can be controlled through regular practice and detachment". ²⁵ (*Yoga Darsh.* 1, 12.)

"Or by total surrender of oneself to God." ²⁶ (*id.*, 1, 32.)

Yoga

The seeker (sâdhaka) at the different stages is given different names:

“He who practises the method of re-integration is called a ‘seeker of liberation’ (Mumukshu).”²⁷ (Vishnu Purâna, VI, 7, 3.)

“The man who no longer feels inclination towards the objects of the senses, nor towards action, and who has thus renounced all desire is said to be ‘riding on yoga’ (yoga-ârudha).”²⁸ (Bhagavad Gitâ, 6, 4.)

“The yogi who has conquered himself, whose inner peace is not disturbed by cold or heat, pain or pleasure, honours or insults, whose all being is set on the Supreme Self, whose inner faculties are satiated with knowledge and Transcendent Wisdom, without impulses, his sense mastered, looking to mud and gold with an equal eye is said to be ‘yoked’ (yukta).”²⁹ (Bhag. Gitâ 6, 7-8.)

“When the conquered mental faculties of the yogi like a lamp in a windless place, remain motionless in union with the Self, [he is said to be ‘in union’ (yunjana)].”³⁰ (id., 6, 19.)

“The yogi who has reached ‘accomplished identification’ (vinishpanna samâdhi) attains the Supreme Being.”³¹ (Vishnu Purâna VI, 7, 33.)

The Yoga Sâra Sangraha gives a slightly different definition of these stages, saying:

“Individuals qualified for the practice of yoga are of three types: low, medium and high. These are defined as:

- (a) Âruruksu (one desirous to ascend).
- (b) Yunjana (in union, i.e. one who is practising).
- (c) Yoga-ârudha (one who has ascended, who has realized, the aim of yoga).”³² (Yoga Sâra Sangraha, p. 22.)

THE DIFFERENT FORMS OF YOGA

The universe is throughout pervaded by the Supreme Being. There is, therefore, no aspect of the universe which cannot be used as a means for attaining realization of the divine, and, consequently, there are innumerable forms of the method of yoga.

The chief of these forms are variously classified: one of the common classifications is that found in the Bhagavad Gitâ namely: Re-integration through action, or Karma yoga, Re-integration through knowledge, or Jnâna yoga, Re-integration through Love or Bhakti yoga. Another classification is that into Sânkhya yoga, which is “Re-integration through intellectual knowledge” and Karma yoga, Re-integration through action.

Technically, yoga makes use of five main methods, each of

The Different Forms of Yoga

which has eight steps or stages. These five main methods are known as:

(1) Hatha yoga, Re-integration through strength, or through the sun-moon conjunction.*

(2) Râja yoga, the Royal way of re-integration.

(3) Mantra yoga, Re-integration by means of hermetic utterances.

(4) Laya yoga, Re-integration by mergence.

(5) Shiva yoga, Re-integration into the metaphysical principle, the Lord of Sleep, Shiva.

The last form is also known in the Scripture of Terrestrial Knowledge, the Tantra, as Râjâdhirâja yoga, or the King of Kings' Path to re-integration. The Sammohana Tantra yoga identifies Shiva yoga with Jnâna yoga or Re-integration through knowledge.

The Shiva Samhitâ acknowledges four stages of yoga and gives their order differently according to the degree of initiation necessary for their practice.

"There are four yogas—Mantra yoga, Hatha yoga, Laya yoga and the fourth Râja yoga in which no duality remains."³³ (Shiva Samhitâ 5, 14.)

* This term will be explained later.



Part II
THE FIVE-FOLD YOGA

CHAPTER I

HATHA YOGA (RE-INTEGRATION THROUGH STRENGTH)

नायमात्मा बलहीनेन चक्ष्यः ।

"The Self is not within the reach of the weak."

OBJECT AND METHOD

HATHA YOGA is the name given to the technical practices and disciplines by which the body and the vital energies can be brought under control. Although but one of the means of yoga, it is the first preparation towards the way of re-integration, essential for further realization. Only exceptional beings of surpassing development, which in itself implies the possession of all the "attainments" of Hatha yoga, can dispense with its rules and practices.

All treatises on yoga insist that the sole purpose of the physical practices of Hatha yoga is to suppress, physical obstacles on the Spiritual or Royal Path of re-integration Râja yoga; and Hatha yoga is therefore called "the ladder to Râja yoga".

"The science of Hatha yoga is the ladder up which those climb who wish to reach the higher regions of the Royal Path."³⁴ (Goraksha Samhitâ.)

The meaning of the word Hatha is explained in the Goraksha Samhitâ also quoted in the Hatha yoga pradipikâ (comment. 1, 1.)

"The syllable 'Ha' represents the sun, and the syllable 'tha' represents the moon, and the conjunction (yoga) of the sun and moon is therefore Hatha yoga."³⁵

The cosmic Principles which, in relation to the earth, manifest themselves in the planetary world as the sun and the moon are found in every aspect of existence. In man, they appear mainly under two forms, one in the subtle body, the other in the gross body. In the subtle body they appear as two channels along which our perceptions travel between the subtle centre at the base of the spinal chord and the centre at the summit of the head. These two channels are called Idâ and Pingalâ. Idâ situated on the left side, corresponds to the cold aspect or the moon, and Pingalâ on the right side, to the warm aspect or the sun.

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In the gross body, the lunar and solar principles correspond to the respiratory, cool and the digestive, warm, vital energies, and are called Prâna and Apâna*. It is by co-ordinating these two most powerful vital impulses that the yogi achieves his aim.

THE EIGHT STEPS (ANGA-S) OF HATHA YOGA

Hatha yoga is a process of control of the gross body which aims at freeing the subtle body.

There are eight main steps in this process which, according to Patanjali (quoted above) are: abstinences; observances, sitting postures, breath control, withdrawal of the mind from external objects, concentration, contemplation and identification. These are technically helped by the body gestures (mudrâ-s), the muscular contractions (bandha-s) and the six internal purifications called the "six actions" (shat-karma).

The eight steps of Hatha yoga are divided into two stages: (a) the "Outer stage" (Bahira-anga) which comprises abstinences, observances, sitting postures and breath control, and (b) the "Inner stage" (antara-anga), also spoken of as "the bound (samayama) stage", which comprises withdrawal, concentration, contemplation and identification.

Breath control, without which the withdrawal of the senses from their objects is in practice impossible, stands as the gateway leading from the Outer to the Inner stage.

Certain technical schools of yoga consider that the practice of the abstinences and observances is almost impossible in the present age and they replace them by the six internal purifications and the gestures; counting concentration and contemplation as one, they acknowledge only seven steps of yoga.

"The seven steps of Hatha yoga are the six purificatory actions, the sitting postures, the hand and body gestures, mental withdrawal, breath-control, contemplation and identification."

The effect of training in these respective steps of Hatha yoga is said to bring about cleanliness of the inner channels and arteries (Nâdi sanshodhana), independence from the effect of worldly contacts, (Nirliptatâ) and liberation (Mukti).

* When referring only to the movements of the breath, the cold air breathed in is spoken of as Prâna Vâyû and the warm air breathed out as Apâna Vâyû.

CHAPTER II

The Two First Steps of Hatha Yoga

THE FIVE ABSTINENCES OR YAMA-S

WHEN starting on the journey of yoga, it is first essential to bring the body and the mind to the highest possible peak of health and efficiency. The first stage of Hatha yoga is, therefore, the practice of the abstinenances and observances which eradicate all physical and mental ailments and create perfect physical and mental welfare.

According to Patanjali:

“The abstinenances are non-violence, truth, non-stealing, chastity and non-possession.”^{36*} (Yoga Darshana 2, 30.)

[1] *Non-Violence*, or ahimsâ: “To abstain from causing pain at any time, in any way however small, in mind, word, or body, to any living thing, including oneself, is non-violence.” All other abstinenances and observances lead up to it and have to be brought into action before full non-violence can be attained; it is said that they exist only for the sake of non-violence, and, further, that without non-violence, their practice is fruitless.

[2] *Truth*, or satya: “According to the testimony of the inner faculties and senses, to show things as they are with the aim of doing good, in friendly words and without deceit, is truth.”

[3] *Non-stealing*, or asteya: “Not to steal, take away or appropriate the possessions of another, in any way, by mind, word or body, is non-stealing.” But also, according to Vyâsa’s commentary (*Yoga Darshana* 2, 30) “non-stealing includes the non-acceptance of any kind of wealth, the acceptance of which is not permitted by the scriptures”. The acceptance of money by a sannyâsi, for example, who is not supposed to possess any, is considered stealing.

[4] *Chastity*, or brahmacharya:^{**} “The complete absence of erotic perturbation or emotion, in mind, senses or body is chastity.” In the Daksha Samhitâ it is stated that,

“The eight kinds of erotic action are: to think of it, to praise it,

* The Upanishads, however, speak of ten abstinenances. “The ten abstinenances are non-violence, truth, non-stealing, chastity, kindness, rectitude, forgiveness, endurance, temperance in food and purity.” 37 (Trishirh, Brâhmana Upanishad. 32-33).

** The word “brahmacharya” is also defined as “Wandering in the Eternal Wisdom, the Veda” (Brahma in that case means Vedâ), that is directing one’s power of enjoyment not towards the objects of the senses, but towards the enjoyment of Knowledge.

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to joke about it, to look with desire, to converse in private, to decide to do it, to attempt to do it and actual intercourse.”³⁸

The Anugitâ says:

“He who has reached beyond action and austerities and dwells only in the Supreme Principle, the Supreme Brahman, and like the Brahman himself wanders (châri) in the world is called a Brahmachari. The Brahman is his fuel, the Brahman his fire, the Brahman his ‘sacrificial’ seat, the Brahman his water (for purification), the Brahman his Teacher. He lives absorbed in the Brahman.”³⁹ (Also quoted in Yoga Sâra Sangraha, p. 23.)

The practice of chastity also implies regulation of diet, amusements, habits, thoughts, sleep and all other physical need.

[5] *Non-possession*, or aparigraha: “To abstain from accumulating in any way the means for enjoyment, whether they pertain to the field of word, touch, form, taste or smell, is non-possession.”

Concentration is the means of enlightenment; dispersion (vikshipta) of one’s interest is stupidity (mudhatâ); and all effort to accumulate, protect and display one’s possessions leads to dispersion. To possess, being a source of attachment, necessarily leads to violence, for one cannot possess without depriving others. *The Great Abstinence*, or mahâ-vrata: The observance of the above five abstinences “without any restriction of caste, country or time, in all circumstance is the great abstinence.”⁴⁰ (Yoga Darshana 2, 31.)

THE FIVE OBSERVANCES OR NIYAMA-S

The aim of the observances is to counteract such laws (dharma) of our nature as lead us towards attachments, while developing those which lead us to detachment and thus are the cause of liberation.

To avoid any form of suffering which might result from our actions, wise yogis practice the “observances”, which are five in number.

“The observances are purity, contentment, austerity, self-development and the constant thought of Divinity.”⁴¹ (Yoga Darshana 2, 32.)

I. PURITY OR SAUCHA

Purity is of two kinds, outward and inward. To cleanse one’s body, to eat pure food and to observe all rules of right-living, and even to act selflessly is outward purity.

In mantra yoga, the “method of re-integration through hermetic formulae”, purity is given great importance. Outward purity therein is of three kinds: of body, of place, of direction.

The Five Observances or Niyama-s

Bodily purity is obtained through bathing. There are seven actions considered as bathing.

(a) The rune bath (mantra snâna) is done by taking a ritual bath accompanied with hermetic utterances such as "Apavitra pavitro va. . . ."

(b) Solid (earthly) bath (bhauma snâna) consists in rubbing the body with a cloth.

(c) Fiery bath (âgneya snâna) consists in covering the body with ashes.

(d) Air bath (vâyavya snâna) is symbolically done by touching the dust raised by the hoofs of a cow.

(e) Celestial bath (divya snâna) consists in taking bath in the rain while looking at the sun.

(f) Watery bath (vârunya snâna) is done by immersing the body in a tank or a river.

(g) Mental bath (mânasa snâna) is done by immersing the mind in Divine contemplation.

Purity of place is obtained by plastering ground and wall with a mixture of earth and cow dung, or by mere sitting under one of the sacred trees, Banian, Pippal, Ashoka, Bilva, Anvala, etc.

Purity of direction consists in sitting facing East or North during the day and only North during the Night.

Inward purity is gained through the possession of the heavenly treasures (daivi sampatti) which are: control over the senses, absence of fear, contentment of mind, charity, ritual sacrifices, reading of the "Scripture of Eternal Wisdom" (the Veda)—and of other scriptures which conform with the beginningless religion—penance, simplicity, non-violence, truth, endurance, forgiveness, and abstaining from I-assertion, possessiveness, attachment, enmity, envy, greed, sensuality, anger, agitation, etc.

Food restrictions which avoid all elements that breed intoxication, anger and other passions are essential to the maintenance of purity. Friendship and kindness are a great help to inner purity.

2. CONTENTMENT, OR SANTOSHA

"To maintain a joyful and satisfied mind whether one meets with pleasure or pain, profit or loss, fame or contempt, success or failure, sympathy or hatred, is contentment."

The main means of contentment is to reduce one's needs and be satisfied with the bare necessities of life.

3. AUSTERITY OR TAPA

"Forbearance, the practice of fasts and other forms of abstinence, and the bearing of pain for the sake of controlling the mind

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and senses and of performing one's duty, is austerity." Austerity is of three kinds: physical, pertaining to words, and mental. The rules and restraints which lead to the bearing of hardships as well as ritual observances and modes of worship which purify the mind, come within the realm of physical austerity, likewise fasts and various forms of penance. To speak without passion kind and useful words and to use one's strength in study and to develop oneself is austerity of words (*vâk-maya tapa*). Inner silence, gladness of mind and concentration on the Self is mental austerity (*mânasa tapa*).

4. SELF DEVELOPMENT, OR SVÂDHYÂYA

"Self-development consists in the study of the revealed Scriptures, which are the source of human progress and happiness. Together with the practice of bead-telling or repetition (*japa*) of the name of that aspect of Divinity chosen for worship. It includes also the learning and the teaching of divine praise and commenting upon the divine qualities." To witness the Supreme Self is the aim of self-development. It is reached by study, teaching, listening, pondering and meditating.

The repetition of sacred syllables has a very great effect in self-development. All things whether conscious or unconscious are grasped through the sequence of "spoken sounds" (*Varna*). If, therefore, by constant practice of the rhythmic repetition of certain basic syllables while meditating on their meaning we are able to rouse and capture the energy latent in them, we can thereby gain knowledge of all that is expressed through sounds, all the sciences of this and other worlds.

5. THE CONSTANT THOUGHT OF DIVINITY OR ISHVARA PRANIDHÂNA

"The constant thought of Divinity is devotion (*bhakti*), it is a tendency of our whole being to act in mind, word and body in such a way as will lead us to God." This surrender of our being to Divinity by offering up all our actions and their results, and thus becoming without desire, is the most important of the five observances.

He whose thoughts are thus set on the Self is ever, "whether he sleep, sit or walk, in union with Him. The network of the opposing tendencies (violence, etc.) dissolves of itself, there is no need to fight. The world of appearances which rests on desires disappears and the seeker enjoys the ambrosia of immortality."⁴⁴

The Results of Abstinences and Observances

THE RESULTS OF ABSTINENCES AND OBSERVANCES

“The abstinences and observances each number five; by practising them for their given purpose they yield diverse results, by practising them without desire they lead to liberation.”⁴⁵ (Vishnu Purāna VI, 7, 38).

THE ABSTINENCES

(1) *The result of non-violence*: The result of non-violence is to eradicate feelings of hostility in any being or thing.

“Near him in whom non-violence has fully taken root, all beings renounce enmity.”⁴⁶ (Yoga Darshana 2, 35.)

(2) *The result of truth*: Words of a truth-teller have amazing power; not only is it impossible for anyone to doubt him, but even nature bends before him as before its own law.

“He in whom truth is fully rooted [his words must] bear fruit.”⁴⁷ (Yoga Darshana 2, 36.)

(3) *The result of non-stealing*: The tendency of Nature to veil her possessions disappears before him who practises non-stealing.

“Those who firmly practise non-stealing: all precious things come of themselves to them.”⁴⁸ (Yoga Darshana 2, 37.)

(4) *The result of chastity*: Chastity strengthens all the faculties, the chaste can conquer even the Self. Their body, mind and senses become capable of doing extraordinary feats.

“Those who practise full chastity gain great power.”⁴⁹ (Yoga Darshana 2, 38.)

(5) *The results of non-possession*: When the yogi has truly renounced possessiveness, the enigma of human destiny and success resolves itself. Nature no longer hides the secret of Fate.

“When non-possession is firmly established, [past, present and future] births become known.”⁵⁰ (Yoga Darshana 2, 39.)

THE OBSERVANCES

(1) *The result of purity*: Purification of the body, inward and outward, greatly helps towards purity of conduct. It eliminates disease, prolongs life and renders impure contacts displeasing.

“From outward purity arises contempt for one’s own limbs and dislike for contact with other bodies.”⁵¹ (Yoga Darshana 2, 40.)

“By purity of the inner faculties, the mind becomes happy and concentrated, the senses conquered and a man is qualified to witness the Self.”⁵² (Yoga Darshana 2, 41.)

(2) *The result of contentment*: Contentment makes any form of unhappiness impossible. Hence there can be no obstacle to perfect happiness.

“Through contentment incomparable happiness is achieved.”⁵³
(Yoga Darshana 2, 42.)

(3) *The result of austerity*: Austerity burns all impurities and leads to the achievement of great mental and sensory powers.

“Through austerity, impurity is destroyed and [supra-natural powers or] attainments (siddhis) are reached by the senses.”⁵⁴
(Yoga Darshana 2, 43.)

There are eight attainments, namely:

animâ—to become as small as an atom;

laghimâ—to have no weight or (according to the Mârkandeya Purâna) to have extreme speed;

prâpti—to transport oneself instantaneously anywhere (or, remaining where one is, be able to touch far distant objects such as the moon) or (Shiva Samhitâ) to have at hand all one wishes for; or (Mârkandeya Purâna) to obtain that after getting which nothing remains to be desired;

prâkâmya—to obtain all that one desires; or (Shiva Samhitâ) to be at will visible or invisible; or (Mârkandeya Purâna) to pervade all;

ishitâ—to have divine powers; or (Mârkandeya Purâna) “be like a god” or (Shiva Samhitâ) create, i.e. make things to live and die in the past or the future;

vashitâ—to have control over beings and the elements, “whether they belong to the past, present or future” (Shiva Samhitâ);

kânavasâyitâ—to feel ever satisfied.

For the last attainment, some authors substitute garimâ—to possess enormous weight. These and other attainments are described in Appendix II.

The secret of all attainments is always in concentrating on the contrary of the thing one wishes to defeat such as thinking of heat to defeat cold, of lightness to defeat weight etc.

“In order to conquer a thing, think of its opposite.”⁵⁵ (Yoga Darshana 2, 33.)

(4) *The result of self-development*:

“Through self-development an actual vision of the divine aspect worshipped is obtained.”⁵⁶ (Yoga Darshana 2, 44.)

(5) *The result of the constant thought of Divinity*:

“Through the constant thought of Divinity, identification (samâdhi) is reached.”⁵⁷ (Yoga Darshana 2, 45.)

CHAPTER III

The Third Step of Hatha Yoga

THE BODILY POSTURES OR ÂSANA-S

BEFORE mental concentration is attempted, the body must be placed in a favourable and comfortable position, and one in which it can remain for a long time unheeded and in which the different centres, or points where the gross and subtle bodies are joined, are placed in a definite relative position to one another. Each living species is characterized by a difference in the relative positions of these centres and this can be represented by a geometrical figure. If we deliberately place the centres of the body in a given relative position, creating the geometrical figure characteristic of a certain species, we enter into contact with the cosmic entity which manifests itself in that particular species. Many of the bodily postures are therefore associated with different beings or animals.

Although very great, the number of all possible relative positions of these centres is limited. The total number of possible species, according to this Hindu theory, is eighty-four times one hundred thousand. It is said that, in the beginning, Shiva by taking all the postures created the species.

The bodily postures help to strengthen the body and stabilize the mind. That posture in which a man can remain longest without effort is for him the best. The very word "âsana" means "easy, comfortable", and so the postures should be to have their full effect.

"To remain motionless for a long time without effort is an âsana."⁵⁸ (Yoga Darshana 2, 46.)

The aim of the bodily postures is secured when "the physical reactions of the body are eliminated and the mind dissolves into the Infinite."⁵⁹ (Yoga Darshana 2, 47.)

To feel its effect it is necessary to remain in one posture motionless for one watch (of three hours). Even adepts need usually no less than eight hours to reach the state of identification (Samâdhi).

"Then, one is no longer affected by all that goes by pairs. [i.e. heat and cold, pleasure and pain, etc.]"⁶⁰ (Yoga Darshana 2, 48.) and one gains mastery over all the elements. "He who masters the postures conquers the three worlds."⁶¹ (Trishikhi Brâhmana Up. 52.)

THE PRACTICE OF THE DIFFERENT POSTURES

During the practice of all the main sitting postures the spine, head and neck should be kept erect, the eyes either closed or fixed on the tip of the nose or in the middle of the brows.

Of the theoretical eighty-four times one hundred thousand postures, eighty-four only are generally known and specially important, and, of these, thirty-three only are said to give good results, and two only can be practised by anyone.

Different âsanas are described in detail in different books of yoga. The Hatha-yoga Pradipikâ describes 14, the Yoga Pradipa 21, the Gheranda Samhitâ 32, the Vishva Kosha 32, the Anubhava Prakâsha 50. All however agree that the number of the chief postures is 84, although there exist some technical differences in defining them. Four only of the asanas are very generally practised. They are the Posture of Attainment (siddha-âsana), the Lotus posture (padma-âsana), the Auspicious posture (svastika-âsana) and the Lion posture (simha-âsana). The Auspicious posture is sometimes replaced by the Posture of Prosperity (bhadrâ-âsana).

"Siddha, padma, simha and bhadrâ are the four main bodily postures. Best is he who ever sits without effort in Siddha-âsana."⁶² (Hatha-yoga Pradipikâ 1, 34.)

The Ishvara Gitâ (also quoted in *Yoga Sâra Sangraha*, p. 23) however says:

"The best postures are said to be the Auspicious posture, the Lotus posture and the Half-posture (ardha-âsana)."⁶³

And the *Shiva Samhitâ* (3, 100) gives as the four main postures: the posture of Attainment, the Lotus posture, the Fearful posture (Ugra-âsana) and the Auspicious posture.

Svastika—and Padma-âsanâs are more specially written about in connection with mantra yoga. In the *Bhagavad Gitâ*, âsana is ordained by Lord Krishna as follows:

"On a pure spot he shall set for himself a firm seat neither over-high nor over-low, made of kusha grass, with, above it, a deer-skin and a cloth. On this couch he shall seat himself, with thought intent, and, the workings of the mind and senses brought into control, he shall practise yoga, to purify his inner faculties. Firm, holding body, head and neck in unmoving equipoise, gazing on the end of his nose, and looking not round about him, his soul at peace, void of fear, abiding under the vow of chastity, careful, with mind restrained and thought set on me, so shall he sit given over to me."⁶⁴ (Chapter 6, 11-14.)

Description of the Main Postures

A similar injunction is given in the *Bhāgavata Purāna* (chapter 14).

The various postures have different effects according to the state of development of the individual who practises them. The postures should therefore be learned from a qualified teacher. There exist in different schools some variations in the definition of several of the postures. To have their full effect, they must be accompanied by hand-gestures (*mudrā-s*), (see below) breath control (*prānāyāma*) and the utterance of hermetic formulae (*mantrā-s*).

DESCRIPTION OF THE MAIN POSTURES

All the postures should be practised gradually lest the muscles be injured; some need to be practised from childhood. After some practice, most postures become easy and comfortable and no longer create pressure or tension which disturbs the blood circulation. The postures must always be practised on a soft carpet or fur rug, or thick mat of kusha grass.

In all the main postures, both knees should touch the ground and should appear to have the same weight when lifted with the hands.

A list of the eighty-four postures and their effect will be found in Appendix III. The main postures only are described below.

(1) THE POSTURE OF ATTAINMENT (*Siddha-āsana*): is considered the best of all the postures.

“In the posture of Attainment, he should sit motionless, the left heel hard-pressed against the yoni place (behind the testicles), the right heel placed upon the penis. The chin should be firmly pressed against the chest, the body kept erect, the senses withdrawn from perception, the eyes focused between the eye-brows. This opens the lock of the gate to liberation.”⁶⁵ (*Goraksha Samhitā* 1; 11.)

In this posture a man should be careful to avoid any discomfort to the sex organs. The toes of the left foot should rest between the thigh and the calf of the right leg, the big toe resting on the right leg while the right foot rest on the left leg.

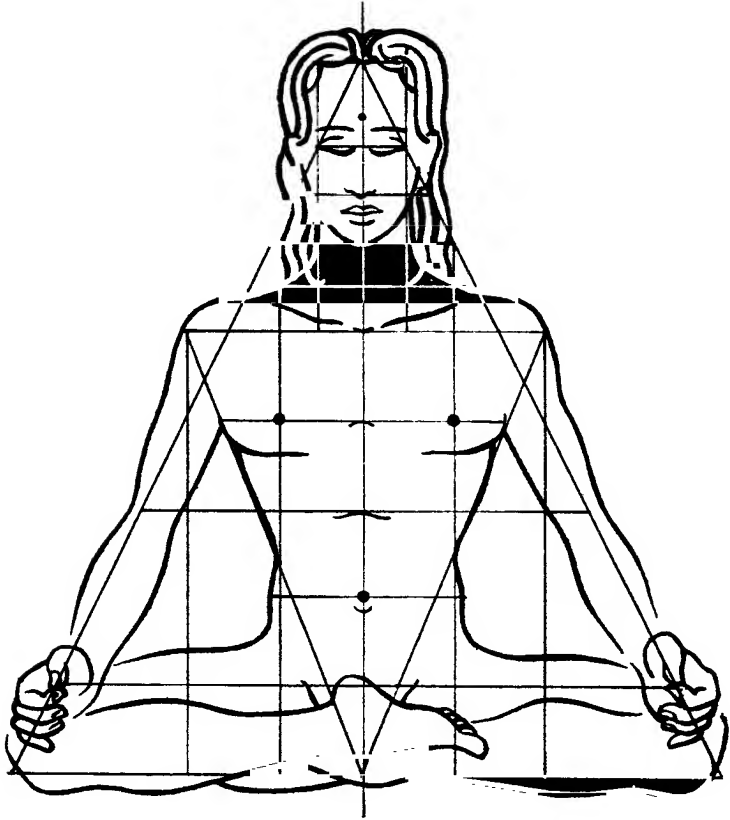
In this posture, the three main muscular contractions are used: the Net-holding-contraction (*Jālandhara bandha*), the Root-contraction (*Mula bandha*), and the Flying contraction (*Uddiyana bandha*) (see below).

If the practice is to last for more than an hour, the eyes should not be focused between the brows, since this would fatigue the

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muscles, but should be closed. Both the arms should be straight, the hands palms up resting on the knees. The small finger should be crooked to touch the root of the thumb and the other fingers slightly bent. This prevents the vital energy (prâna vâyu) from escaping through the finger tips.

The practice of this posture is said to bring rapid results. It is



THE POSTURE OF ATTAINMENT

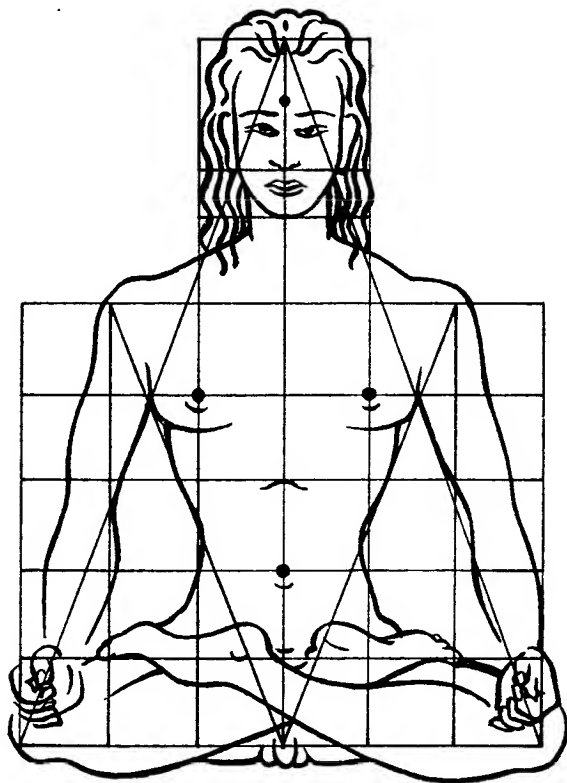
simple and comparatively easy, and, when perfected, is safe from ill-effects. It is, however, not to be recommended for married men, since it weakens the male organ; it is mostly recommended for wandering ascetics and those who have renounced the world.

Its rapid effect is due to the stimulus it gives in awakening the Centre of vital energy and its neighbouring Centre of coiled energy (kundalini). Circulation is activated, the nerves grow more sensitive, and magnetic energy circulates more freely in the body.

Description of the Main Postures

Amongst the immediate physical effects of this posture is the strengthening of the lungs and heart, breathing becomes deeper and slower, the digestive functions grow regular, and ailments such as colds, heart-diseases, fevers, nightmares, etc. are cured.

Even without breath-control or other means used in yoga, the practice of this posture alone for twelve years, keeping silent and



THE LOTUS POSTURE

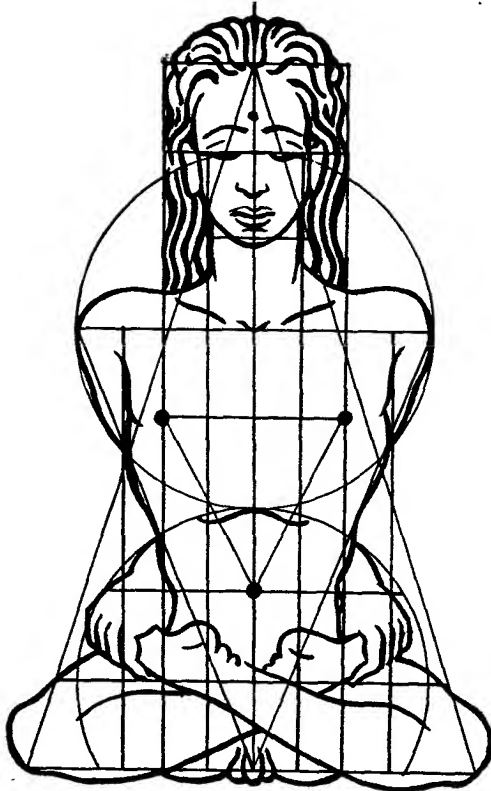
meditating on the Supreme Being, leads to the consummation of the aim of yoga, i.e. to the stilling of the movements in the mind's substance. If this posture is practised morning and evening, it will be possible within a year to sit thus for twelve hours on end. In this posture, the central artery of the subtle body (sushumnâ nâdi) is naturally straight and the vital energy easily takes the upward trend which allows the mind to be successfully controlled.

The posture of Attainment aims at reproducing by the relative position of the different Centres of the human body, that particular

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diagram, or combination of forces, which corresponds to the non-dual entity which is the beginning of all existence.

“This non-dual Principle, support of the spatial universe, by whose powers all beings originate, into whose powers consummate yogis dissolve, is himself called the Posture of Attainment.”⁶⁶ (Tejobindu Up. 1, 26.)



THE BOUND LOTUS POSTURE

(2) THE LOTUS POSTURE (*Padma-âsana*): is considered by some schools to be the best posture. It has two forms: free (*mukta*) and bound (*baddha*).

“When the two feet are placed soles up on the two thighs this is the lotus posture which cures all illnesses and poisoning.”⁶⁷ (Trishikhi Brâhmana Up. 39.)

“In the Bound Lotus posture, the right foot should be placed on the left thigh and the left foot on the right thigh. The arms should go round the back and catch hold of the toes. Press the

Description of the Main Postures

chin against the chest, and focus the eyes on the tip of the nose. This posture cures illnesses and disorders.”⁶⁸ (Goraksha samhitâ 1, 12.)

The *Shiva Samhitâ* (3, 106) adds that the tongue should touch the root of the teeth.

Thus, in the Free Lotus posture, the arms do not go round the back, but rest, palms up on the knees.

A very ancient tradition, however, explains that in both forms, bound and free, it is the left foot that should be placed first. There are therefore two variants of the Lotus postures and a man may, according to his temperament, choose the one he prefers. In all the forms the heels should be on either side of the navel and both knees touch the ground.

In this posture, the central artery of the subtle body remains naturally straight and respiration becomes rhythmical. It is therefore the best posture for breathing exercises.

Whilst practising the posture, the tip of the tongue should be turned backwards towards its root and enter the cavity behind the glottis; this forms the gesture of the “moving in the void” (khechhari mudrâ).

The Lotus posture cures almost all ailments; heart and lung diseases, digestive troubles, fevers, skin affections, etc. but for curative purposes, the tip of the tongue should be merely placed against the roots of the teeth. This posture also helps to conquer laziness, sleep, mental weaknesses and other defects. It awakens the coiled energy and thus leads to transcendental knowledge. Before and after practising the Lotus posture, much walking should be avoided.

(3) THE POSTURE OF PROSPERITY (*Bhadra-âsana*) OR COW-KEEPING POSTURE (*Go-raksha-âsana*): “Place both ankles below the testicles (against the yoni place) the left heel on the left, the right on the right of the seam. (In the Liberated posture, the feet are pointing forward, whereas in this posture they are turned backward); the two hands should take hold of the toes (which protrude at the back). This is the posture of prosperity.”⁶⁹ (Trishikhi Brâhmana Up. 45.)

The eyes should be focused on the tip of the nose. The feet become quickly supple in this posture and the Root contraction (*mula bandha*) is easy. This posture greatly aids in directing the digestive vital energy (*apâna tattva*) upward and cures many diseases.

(4) THE AUSPICIOUS POSTURE (*Svastika-âsana*): “In *svastika-âsana* the soles of both the feet are said to be placed upon the knees one after the other.”⁷⁰ (Trishikhi Brahmana Upanishad 35.)

The left foot should be underneath, the right foot on the top. When other postures are not advisable on account of a state of weak health, this posture is recommended.

(5) THE POSTURE OF RE-INTEGRATION (*Yoga-âsana*): "Pressing the anus with both ankles crossed and controlling all movements is known as the posture of re-integration by the adepts of yoga."⁷¹ (Trishikhi Brâhmana Upanishad 38.)

(6) THE LIBERATED POSTURE (*Mukta-âsana*): "In the Liberated Posture the right and left heels joined are placed pressing the 'seam' (between the anus and testicles) on both sides."⁷² (Trishikhi Brâhmana Upanishad 46.)

The rest of the posture, the Net-holding contraction, hand-gesture, sight etc. are as in the posture of Attainment.

In the beginning of the practice of this posture, the nerves of the feet feel as if drawn and the feet do not rest comfortably on the ground, but after some practice, these discomforts disappear. This posture supple the muscles and, if it be practised first, it is easy afterwards to practise the Lion posture, the posture of Prosperity and the Drawing back (West) posture. It is a very favourable posture for practising the Root contraction.

✓ (7) THE LION POSTURE (*Simha-âsana*): "Pressing the 'seam' with both ankles crossed and stretching the hands over the knees is the Lion's posture."⁷³ (Trishikhi Brâhmana Upanishad 44.)

Place the left ankle against the yoni place towards the right and cross the right ankle above it on the left. Keep the mouth open and the tongue hanging out, the eyes focused between the brows. The hands are stretched over the knees. The three muscular contractions (*bandha*) are easy in this posture. This is one of the best for making the muscles supple and, when the Net-holding contraction is incorrectly done, this posture helps to rectify it. It is also one of the best for awakening the coiled energy *kundalini*. It strengthens the faculties of knowing and gives excellent health.

(8) THE COW MUZZLE POSTURE (*Go-mukha-âsana*): "In the Cow-muzzle posture one should place the right ankle (on the ground) along the left side of the body and the left ankle along the right side so as to look like the muzzle of a cow."⁷⁴ (Trishikhi Brâhmana Up. 36.)

✓ (9) THE FEARFUL POSTURE (*Ugra-âsana*) OR DRAWING BACK (WEST) POSTURE (*Pashchimâtana-âsana*): "Stretch both legs joined and holding firmly the feet with the hands place the head on the knees.

Description of the Main Postures

This is called the Fearful posture (Ugra-âsana) which stimulates the fire of the life breath, it destroys death and is also known as the Drawing-back (Pashchimataana) posture. This is the best of postures which the wise should practise always so that the vital breath may flow through the Western (back) channels.”⁷⁵ (Shiva Samhitâ 3, 111, 113.)

“This posture should as far as possible be kept secret. (The reaction it produces in those who see it is harmful to them. No yogi is ever seen in this posture in a public place.) It should not be given to anyone. It gives a very great speed to the vital energies and destroys accumulated pain.”⁷⁶

It greatly improves blood circulation and increases digestive powers. When, as in this posture, the subtle life-breath rises through the central artery of the subtle body (sushumnâ) to the back of the head; it is said “to move up the back (West) way” (Pashchima mârga), whence the name of the posture. But when the subtle life-breath passes up to the Centre called the lotus of the thousand petals, at the summit of the head, through the subtle artery between the brows, it is called “the front (East) way (Purva mârga). In the posture of Attainment, both the back and front, West and East, arteries of the subtle body are equally important, whereas, in this posture, the back artery is given prominence. Moreover, when the subtle life-breath passes through one only of the two subtle arteries, much quicker results are achieved, and herein lies the special merit of this posture.

✓ (10) THE POSTURE OF THE THUNDERBOLT (*Vajra-âsana*): “Place the left heel below the bulb centre (between navel and sex organ) and throw the other over it with neck, head and body straight; this is said to be the posture of lightning (*Vajra-âsana*).”⁷⁷ (Yoga Kundali Up. 1, 6.)

Every posture when made very tense is also called Vajra, such as Vajra-padma-âsana.

✓ (11) THE HEAD POSTURE (*Shirsha-âsana*): There are several head postures, but the following one is the most important. On the ground place a soft cloth rolled round, and the head upon it. Then, placing both palms on the ground beside the head, raise the body erect. The three muscular contractions now take place automatically. This is also called the “Inverted gesture” (*Viparita Karani mudrâ*) or sometimes the “Skull gesture” (*Kapâli mudrâ*). In it, the subtle vital-breath first tries to escape through the main artery of the subtle body by way of the Root Centre (*mulâdhâra chakra*), but then returns and is carried by the movement of the blood in the direction of the head. This process automatically

awakens the coiled energy, kundalini; the Principal Sound, Nâda, arises very swiftly and the mind becomes concentrated.

This posture should be practised for only one or two minutes at first and then very gradually increased up to one hour. Several authors claim that this posture may be practised for three hours on end, but this can only be done by adepts and even then only providing that they are balanced, strong and young. For the maintenance of good health, one hour is all that is needed, although for the cure of diseases arising from unbalanced air, bile, or lymph and of all kinds of fever, practice up to three hours a day may be enjoined. While practising this posture, a man should be very careful to take large quantities of ghee and milk, otherwise it has deleterious effects. It should be practised in the morning before taking food: after food or at night it is harmful. It should also never be practised twice during the same morning. It is dangerous to wash the hands or face, to take a cold bath or walk in the open immediately after it. It should be practised neither before performing the natural functions nor after a bath; even after breathing exercises, it may be harmful. Other postures may however, be practised before it. This posture is prohibited for those weak in the head, or whose head is hot, who have red eyes or such ailments as lung affections, rapid heart, madness, insomnia, etc.

If, whilst practising the head postures, one feels suddenly hot, the practice must at once be stopped and milk and ghee taken, but nothing else; medicines must especially be avoided because all remedies for fever slow down the heart and reduce in this way the blood circulation, and this prevents the congested blood from flowing normally; it suffices to lie down in a comfortable position. If an elderly man practise the Head posture, within a year he will see his white hairs turn black once more, his feebleness disappear and his body become vigorous and healthy. Those not qualified to do breathing exercises can easily enter upon the Royal Path of re-integration by practising the Head posture.

(12) THE BOW POSTURE (*Dhanur-âsana*): Catching the big toes of both feet with the hands and drawing them to the ear much as a bow is drawn is said to be the Bow posture.⁷⁸ (*Trishikhi Brâhmana* Up. 43.)

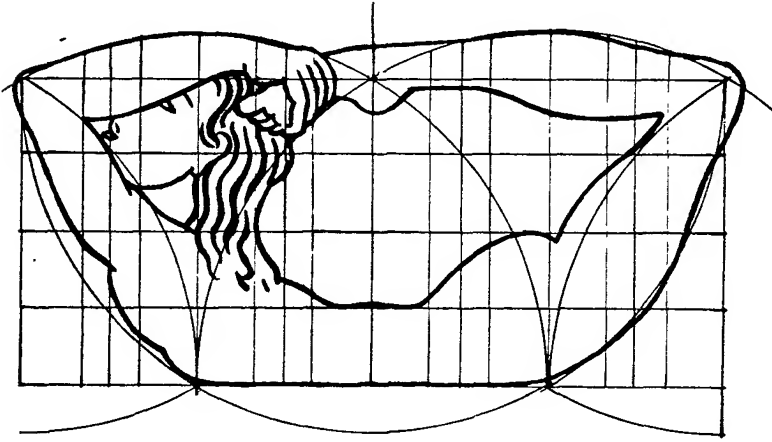
This is done lying on the belly and bending backward.

(13) THE POSTURE OF THE HIDDEN LIMB (*Gupta-anga-âsana*): For seekers (*Sâdhaka*) who have some abnormality, or ill-placed boils and cannot practise the posture of Attainment, the posture of the Hidden Limb is most useful, and it has practically the same advantages. The only difference between the two is that, in the

Description of the Main Postures

Hidden-Limb posture, the left ankle is placed in front of the sex organs while the right ankle rests on the left one. All the rest, position of the toes, chin, eyes, etc. is as in the posture of Attainment.

The right foot over the centre "Support of the Life breath" (*sva-adhishtâna chakra*) (above the sex organs) makes the Flying contraction easier, and its effects more readily obtainable than in the posture of Attainment. But, since there is no outward pressure on the Basic centre (*âdhâra chakra*), the lower part of the central



THE BOW POSTURE

artery of the subtle body from which the coiled energy arises, is not purified.

(14) THE CORPSE POSTURE (*Shava-âsana*): Lie on the ground like a corpse, keep the forepart of the feet touching one another, the arms lying along the body palms up and all muscles relaxed. (A small pillow should be below the neck.)

The aim of this posture is to give rest to the body. It should be taken every day for half an hour after practising other postures. In this posture, the blood circulation is easy, the muscles are not contracted; the vital breath rises towards the head and the mind is at peace. Some consider this the best of all postures.

(15) THE FISH POSTURE (*Matsya-asana*): "Placing the right foot at the root of the left thigh and covering the knee with the (right) hand and holding the main left toe with the left hand is the Fish posture."⁷⁹ (*Trishikhi Brâhmana Up.* 48-49.)

✓(16) THE POSTURE OF THE GREAT TEACHER MATSYENDRA (*Matsyendra-âsana*): This posture is to be practised on both sides.

- ✓ (a) Place the right foot on the left thigh, the heel near the navel; bring the left hand round the back and catch hold of the right leg three inches above the heel; the thumb of the hand should be towards the knee and the little finger towards the heel. Place the left foot in front of the right knee, the left knee touching the heart region and the toes of the left foot somewhat below the right knee. The face should be turned to the right and the eyes firmly focused between the brows.
- ✓ (b) Place the forepart of the left foot on the right thigh; passing the right hand round the back, catch hold of the left ankle from above. The right foot should then be placed in front of the left knee and the left hand passed behind the right foot to catch hold of its big toe. The face should be turned to the left with the eyes focused between the brows. This position is the exact opposite of the previous one, and both should be practised for an equal length of time.

(17) THE PEACOCK POSTURE (*Mayura-āsana*): "Place the palms of both hands side by side flat on the ground, with the elbows pressed on both sides of the navel and raise the head and feet straight like a peacock. This is the peacock posture."⁸⁰ (Trishikhi Brāhmana Up. 47-48.)

This posture should only be attempted after the muscles of the body have already been supplied by the practice of other postures. It is necessary to be careful to see that the bowels are empty before practising it otherwise it may cause pain and disease. It should be practised for seven or eight minutes before the Purificatory act of washing the bowels.*

(18) THE COCK POSTURE (*Kukkuta-āsana*): "If while seated in the Lotus posture one inserts the hands between thighs and calves and placing them on the ground raises the body in the air, this is the cock posture."⁸¹ (Trishikhi Brāhmana Up. 41.)

This posture eradicates night pollutions, and strengthens weak digestive organs. The mouth of the central artery of the subtle body opens and the digestive vital energy rises.

(19) THE RAISED TORTOISE POSTURE (*Uttāna Kurma-āsana*): "Remaining in the cock posture, if one firmly presses the neck with the two shoulders and stretches the body with the face upward like a tortoise this is the Raised-Tortoise posture."⁸² (Trishikhi Brāhmana Up. 42.)

(20) THE HERO POSTURE (*Vira-āsana*): "To remain motionless with one foot placed over the thigh of the other leg is known as the

* See the chapter on the Six Purificatory Acts.

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sin-destroying Hero-posture.”⁸³ (Trishikhi Brâhmana Up. 37.)

(21) THE COMFORTABLE POSTURE (*Sukha-âsana*): “Any posture in which one can remain still without discomfort is known as the Comfortable posture; such postures should be adopted by those unable (to practise the regular posture).”⁸⁴ (Trishikhi Brâhmana Up. 51-52.)

The Shiva Samhitâ however connects the Comfortable posture with the Auspicious posture (*svastika-âsana*) and adds:

“By this method the wise yogi does breathing exercise so that no disease can enter his body and he can control his breath. It is called the Comfortable posture (*sukha-âsana*). It suppresses all pain.”⁸⁵ (Shiva Samhitâ 3, 117-118.)

CHAPTER IV

The Muscular Contractions (Bandha-s)

AND

The Gestures (Mudrâ-s)

THE MUSCULAR CONTRACTIONS OR BANDHA-S

✓ IN most of the postures, certain muscular contractions are necessary to bring the vital energies under control. These muscular contractions are called "ties" (bandha), and the most important of them, three in number, are the Root contraction, or mula bandha, the Net-holding contraction or jalandhara bandha, and the Flying contraction or uddiyâna bandha. These contractions are sometimes counted amongst the Gestures (mudrâ-s) as is invariably a fourth, the Arch contraction (see "gestures").

Breathing exercises may be harmful when done without the muscular contractions.

- ✓ (1) THE ROOT-CONTRACTION (*Mula-bandha*) is the most important and should be maintained constantly during breathing exercises. It consists in powerfully contracting the upper part of the anus, drawing it inwards and releasing it periodically. This diverts the excreting energy, which dwells in the Basic Centre (*âdhâra chakra*) above the anus, from its downward trend and makes it the support of the vital breath for its upward motion. When the Root Contraction is defective, breathing exercises cause injury to the lungs. When practised almost continuously it brings perpetual youth.

"Close the anus by pressing it with the heel and strongly draw upwards the excreting (*apâna*) energy and bring it gradually to the upper region (i.e. the life breath (*prâna*) region). This is the Root-contraction which conquers old age and death."⁸⁶ (*Shiva Samhitâ* 4, 64-65.)

"By performing this contraction, the union of the excreting and respiratory vital energies (*apâna* and *prâna*) is realized and the *yoni* gesture is performed automatically."⁸⁷ (*id.* 4, 66.)

- ✓ (2) THE NET-HOLDING CONTRACTION (*Jâlandhara bandha*): "The chin should be pressed on the chest closing the net of arteries of

The Muscular Contractions

the neck; this is called the Net-holding contraction, difficult to achieve even for the gods. The purpose of this contraction is to prevent the ambrosia which flows from the lotus of a thousand petals at the summit of the head from being devoured by the digestive fire which dwells in the navel of all beings.”⁸⁸ (Shiva Samhitâ 4, 60-61.)

“By this contraction the wise yogi comes to drink himself the ambrosia and, gaining immortality, he wanders with delight through the three worlds.”⁸⁹ (Shiva Samhitâ 4, 62.)

The chin should be pressed against the triangular hollow at the join of the collar bones. This causes pressure on the Centre-of-Extreme-Purity (vishuddha chakra) which is in the neck. When properly done, this contraction obstructs the respiratory tracts and thus, when holding the breath (kumbhaka), it prevents the air from creating pressure above the glottis. The Centre-of-Extreme-Purity commands the network of the perception-transmitting nerves throughout the body, and is more particularly connected with sixteen points of special importance, namely, the toes, the calf of the leg, the knees, thighs, hip-joints, sex-organs, navel, heart, the throat below the Centre-of-Extreme-Purity, the neck above this Centre, the glottis, nose, brow, skull, the bumps behind the ears, and the Centre behind the forehead (Brahmar-andhra).

The centre of the perception-transmitting nerves is really in the head, but the nerves all pass first through the Centre-of-Extreme-Purity and it is through it also that the orders pass in response to the perceptions.

The Net-holding contraction protects the ends of the nerves from the brutal pressure of the air while holding the breath. If not properly done, many disorders appear in different parts of the body, particularly in the nose, the eyes, the head, the throat and even in the digestive tracts.

The Contraction is so-named because of its connection with the Centre-of-Extreme-Purity and the network of nerves that it commands.

At first, the Contraction should not be held for more than five minutes; later, its duration may be gradually increased. When the practice lasts too long, the muscles at the back of the neck begin to ache, in which case they should be massaged with ghee made from cow's milk mixed with eucalyptus oil.

✓ (3) THE FLYING CONTRACTION (*Uddiyâna bandha*): consists in strongly drawing in the belly at the level of the navel and then releasing it.⁹⁰ (Shiva Samhitâ 4, 72.) This gives support to the lungs during breathing exercises and has a beneficial effect on the

health by balancing the various elements of the body. Its defective practice weakens both lungs and digestive organs.

In breathing exercises, this Contraction is usually to be maintained while inhaling and exhaling, but relaxed while holding the breath. After holding the breath, at the moment of exhaling, relax the Net-holding Contraction and establish the Flying Contraction.

The Flying contraction is so called because "It causes the life breath to fly into the central artery of the subtle body."⁹¹ (Yoga Kundali Up. 1, 47.) Or "because it is the contraction by which a great bird soars up without effort, it is called the 'Flying contraction'; [and because it defeats death, it also goes by the name of] the 'Lion-which-masters-Death-the-Elephant' (Mṛityu-mâtanga-kesari)."⁹² (Yoga Chudâmani Up. 48.)

THE GESTURES OR MUDRÂ-S

To help and accelerate the effect of the postures, and breathing exercises, the science of Re-integration provides a certain number of technical psycho-physical processes, called "the Gestures".

"With the help of the Guru, after the sleeping coiled energy has awakened and pierced all the lotus-shaped subtle centres and their knots, then, to awaken Divinity sleeping at the Principial aperture (brahmarandhra), the Gestures should be practised intensively;"⁹³ (Shiva samhitâ 4, 22 23.)

There are many Gestures used in yoga and the three main muscular contractions described above, are usually included amongst them. Including them, the main Gestures are twenty-five in number:†

- †(1) The Arch gesture (mahâ mudrâ)
- (2) The Sphere-of-Space gesture (nabho mudrâ)
- ‡(3) The Arch-contraction (mahâ bandha)
- ‡(4) The gesture of Great-Perforation (mahâ vedha mudrâ)
- ‡(5) The gesture of Moving-in-the-Void (khechari mudrâ)
- ‡(6) The gesture of Inverted-Action (viparita karani mudrâ)
- (7) The Yoni gesture (yoni mudrâ)
- ‡(8) The gesture of the Thunderbolt (vajrali, or vajroli mudrâ)
- ‡(9) The Instigator-of-Energy gesture (shakti châlani or châlana mudrâ)
- (10) The Deep-Pool, or Beating gesture (tadâgi or tâdava mudrâ)
- (11) The Frog gesture (mânduki or mândavi mudrâ)
- (12) The gesture of the Giver-of-Happiness (shâmbhavi mudrâ)
- (13) The Horse gesture (ashvini mudrâ)
- (14) The gesture of the Noose-holder (pâshini mudrâ)

† The Shivâ Samhitâ gives only ten prominent mudrâ-s here shown with an †.

- (15) The She-Crow gesture (kâki mudrâ)
 (16) The She-Elephant gesture (mâtangi mudrâ)
 (17) The She-Snake gesture (bhujangini mudrâ)
 (18) to (22) The gestures of the Five-Holds (pancha dharana), i.e.
 (18) earthly (pârthiva)
 (19) watery (âmbhavi)
 (20) luminous, fiery (vaishvânari)
 (21) aerial (vâyavi)
 (22) ethereal (âkâshi)
 ‡(23) Root contraction (mula bandha)
 ‡(24) Net-Holding contraction (jâlandhara bandha)
 ‡(25) Flying contraction (uddiyâna bandha)

✓ (1) THE ARCH-GESTURE (*mahâ mudrâ*): "With the left heel press carefully the yoni place between the sex and the anus, following the instructions received from the guru. Then spread the right leg and hold the foot with both hands. Close the nine apertures of the body. Press the chin against the chest and, establishing the mind in the Supreme Consciousness, practise breath control. This Arch-gesture, according to all the Rules of Earthly Wisdom (Tantras), is to be kept secret. First it should be practised on the left side, then on the right. The yogi, keeping his mind under control, should practise this breathing exercise an equal number of times on both sides."⁹⁴ (Shiva Samhitâ 4, 27-30.)

"In this way even the less gifted yogi will realize his aim. Under the influence of this Arch-gesture all the inner channels will become active, semen will not flow and vitality will increase and all causes of decay will be destroyed. The coiled energy will then forcefully unfold; the life breath will reach the Principial aperture (Brahmarandhra) (behind the forehead), the fire of digestion will flare up and all diseases be destroyed. The body will then have a marvellous brilliance. Together with old age, death will be defeated and desired results easily gained. The senses will be controlled. All this with practice will of surety be attained by the adept (yogârudha) of yoga."⁹⁵ (Shiva Samhitâ 4, 31-34.)

Having placed the left heel on the "seam" (sivana), the space between the anus and the sex-organs, and extended the right leg, placing the two hands holding the foot (or sometimes the knee), with both nostrils do five air "rubbings" (gharshana), i.e. very rapid in and out breathing. Then, inhale through the left nostril, hold the breath and with both hands catch hold of the big toe of the extended leg and place, or try to place, the head on the knee. While doing this, bear in mind the idea "my coiled energy is awaking and I am making her rise to the Principial Centre (Brahmarandhra)." Having held the breath as long as possible, ex-

hale very slowly through the solar channel or right nostril. Perform as many of these Arch gestures on this side as desired, then, changing round all the positions, do exactly the same number on the opposite side. Be very careful when doing the Arch gesture on the right side that inhaling takes place through the right nostril and exhaling through the left, and that the right heel be on the "seam".

The practice of this gesture destroys the five troubles (klesha) of man: ignorance (avidyâ), sense of individual existence (asmîtâ= the subtle I-notion), attachment (râga), enmity (dvesha) and the fear of death (abhinivesha). It also cures phthisis, enlarged spleen, fistulas, leprosy and urinary diseases. It leads, further, to the eight Attainments. These Attainments, however, belong to the natural order and are the greatest obstacle of the yogi in his journey towards spiritual realization.

✓ (3) THE ARCH-CONTRACTION (*Mahâ bandha*): "Spreading the feet place the right foot on the left thigh, and contracting the anus and the yoni-place draw the excreting energy (apâna) upwards and bring it in contact with the digestive energy (Samâna). Then bring the vital breath downward. The wise yogi then binds to one another the breathing and excreting energies (prâna and apâna) and makes them rise up together.

This Arch-contraction leads one upon the path of attainments and the yogi thus brings the essence collected from all the channels to his forehead."⁹⁶ (Shiva Samhitâ 4, 37-40.)

"By practice the vital breath will become firmly set in the middle of the central artery of the subtle body and as a result of this Arch-contraction the body will be strengthened, its frame of bones as well as all its muscles will become more powerful. The heart of the yogi will brim with joy and he will live in happiness; having gained much by this Arch-contraction he will go on practising it and achieve all he wishes for."⁹⁷ (Shiva Samhitâ 4, 41-42.)

↓ The exact method of the Arch-contraction is usually given as follows:

After placing the left foot on the "seam" and the right foot on the left thigh at its root, do five air "rubbings" (gharshana) through the left nostril. Inhale through the same nostril, hold the breath and catch hold of the right knee with both hands interlocked and, fixing the mind on the central artery of the subtle body, think: "I am awakening the coiled energy and carrying her into my head to the Principial Centre." Hold the breath as long as possible before exhaling very slowly through the right nostril. Do as many of this contraction as desired and repeat the same number on the opposite side. Its effects are very similar to those of the "Arch-Gesture".

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The instructions for the practice of the Arch Contraction are given by some teachers under two other forms:

(a) Take the posture of Attainment and apply strongly and continuously the Root contraction. Then place both hands on the ground near the hips and do five air "rubbings"; after which, inhale through both nostrils and hold the breath. While holding the breath, think: "the coiled energy is waking up". Then lift the body slightly on the hands, and, as long as the breath can be held, brush the ground with the seat. Rest again on the ground and exhale very slowly.

(b) Take the Lotus posture and do five air "rubbings" through the left nostril only. Then inhale, also through the left nostril and hold the breath. Holding the breath, raise and swing the body (lola-âsana) as above, thinking: "I am waking up the coiled energy." Having held the breath for as long as possible, exhale very slowly through the right nostril. Repeat as many times on the right side as was done on the left.

(4) THE GESTURE OF GREAT PERFORATION (*Mahâ-Vedha*): "With concentrated mind the yogi seated in Mahâbandha breathes in. He stops the movement of the air with the Throat gesture (jâlandhara bandha) filling completely the two channels (Idâ and Pingalâ). This is known as Mahâ Vedha which the Realized (Siddha) ever practise."⁹⁸ (Yoga tattva Up. 115-117.)

"O goddess of the three worlds! Bringing together the breathing and excreting energies (Prâna and Apâna) the wise yogi seated in the Arch-contraction (mahâ-bandha) fills his belly with air creating pressure on both sides. This is called the Arch-perforation (mahâ-vedha)."⁹⁹ (Shiva Samhitâ 4, 43.)

"Directing the air with the help of this gesture of perforation through the central artery of the subtle body (sushumnâ) the powerful yogi then pierces through the Principal knot (Brahma-granthi)."¹⁰⁰ (Shiva Samhitâ 4, 44.)

"The deities which dwell in the middle of the subtle centres (chakras) are shaken under the pressure of air and the coiled energy (kundalini) which is the Arch-Power of Illusion (mahâ mâyâ) dissolves into Kailâsa (i.e. the Centre of a thousand petals at the summit of the head)."¹⁰¹ (Shiva Samhitâ 4, 46.)

(5) THE MOVING-IN-THE-VOID GESTURE (*Khecharî*): "The nectar (from the Centre of thousand petals) no longer flows into the fire (of the stomach) nor does the vital breath leap out when the tongue turned backwards enters the cavity of the cranium (behind the glottis). If the sight is then fixed between the brows this is known

as the Khechari (Moving in the void) gesture."¹⁰² (Dhyâna Bindu Up. 79-80.)

In the Yoga Kundali Upanishad, the training for Khechari is described as follows:

"Having drawn the tongue to the root of the palate the Knower of the Self should, for seven days, cleanse himself from all impurities according to the instructions of his guru.

"Then with a sharp, well-oiled and clean instrument resembling the leaf of the milk-hedge plant he should make a hair's breadth cut in the frenum of the tongue. Leaving all other work, he should treat the cut with yellow myrobolam and powdered salt well mixed together. After seven days he should again cut it a hair's breadth. He should thus practise this with great care for six months. After six months the frenum at the base of the tongue will have vanished. The yogi should then tie the tip of the tongue with a piece of cloth and draw it out, upwards, gradually, knowing the proper season, time and manner. O Sage! Thus pulled daily, within six months it will reach the middle of the brows and, to the sides, the ear holes. It will reach downwards to the root of the chin. In the course of three years it will without effort reach the limit of the hair on the forehead, the side of the hair tuft and the hollow of the neck. . . .

"Then pressing with the finger the Principial bolt (the Uvula) the yogi should thrust his tongue inward, and, within three years it will enter the Principial door.

"After entering the Principial door he should begin the practice of churning. . . . Constant churning is not good and should be done only once a month."¹⁰³ (Yoga Kundali Up. 2, 28-47.)

✓ The cutting of the frenum of the tongue can be replaced by the practices of "Dohana" (pulling the tongue out and massaging it with a gesture like that of milking) and "châlana" (pushing the tip of the tongue backward with the fingers).

"He is not troubled by disease nor soiled by action, he is not bound by Time, he who knows Khechari.

"This gesture in which the mind moves in the void (Khe) and the tongue moves in the void (the empty cavity of the cranium) is called 'Moving-in-the-Void' and is honoured by the Realized."¹⁰⁴ (Dhyâna Bindu Up. 81-83.)

"Whether he be pure or impure and whatever his condition may be, he who does perfectly the gesture of moving in the void is most certainly for ever purified."¹⁰⁵

"If the tongue of the yogi goes up but for one instant that instant is enough for all his ailments to be destroyed, for old age and death to become impossible."¹⁰⁶ (Shiva Samhitâ 3, 95.)

"He who practises yoga in this way becomes beautiful like

another God of love and never suffers from hunger, thirst, sleepiness, nor does he ever faint.”¹⁰⁷ (Shiva Samhitâ 3, 97.)

✓ (6) THE “INVERTED-INSTRUMENT GESTURE” (*Viparita-Karani-mudrâ*): Sit with both legs spread in front, the hands on the knees and do five air “rubbings”. Then breathe in through both nostrils and hold the breath for as long as possible, thinking: “I am waking up the coiled energy.” Then breathe out as slowly as possible.

This Act helps in withdrawing the senses from their external objects and facilitates the digestive functions.

The *Shiva Samhitâ*, however gives the Inverted-Instrument gesture action as a form of the head posture.

“Placing the head on the ground, raise both feet up in the air. this is the inverted action which all the makers of the rules of wisdom (tantra-s) keep secret.”¹⁰⁸ (Shiva Samhitâ 4, 69.)

“The great yogi who practises this gesture daily for one watch (three hours) conquers death and even at the time of universal destruction remains unharmed.”¹⁰⁹ (Shiva Samhitâ 4, 70.)

✓ (7) THE YONI GESTURE (*Yoni mudrâ*): is the contraction of the yoni place behind the male organ.

“First with the help of in-breathing (Puraka) draw in the mind with the breath to the basic Centre (Âdhâra) (and maintain it there firmly). Then try to contract the yoni place between the male organ and the anus.”¹¹⁰ (Shiva Samhitâ 4, 1.)

“Then concentrate on Lust (Kâma) which, in the shape of an arrow shining like a thousand suns but cool like a thousand moons, lies in the centre of the Principial yoni. Above it is a subtle tongue of light which is Consciousness, the Supreme Energy (Kalâ), and, in union with it is the one Supreme Self on whom one should meditate.”¹¹¹ (Shiva Samhitâ 4, 2-3.)

“Then, leaving [this Principial yoni, the living being rises] through the central artery (sushumnâ) of the subtle body and successively reaches the three emblems (lingas) (corresponding to the gross, subtle and causal shape). And in the heavenly, (the higher) region he drinks the divine ambrosia which is supreme bliss, white and red in colour, shining like a thousand suns, and cool as a thousand moons, which flows like a rain of nectar. And he then returns to the yoni.”¹¹² (Shiva Samhitâ 4, 3-5.)

“Whichever word, good or bad, the yogi utters, becomes a magic rune, a mantra, if the yoni gesture is done at the same time.”¹¹³ (Shiva Samhitâ 4, 13.)

(8) THE THUNDERBOLT (*Vajrolî*): “He who practises Khechari, his tongue in the hole above the glottis, and whose seed does not flow

even in the embrace of a desirable woman, who keeps his seed in his body, what fear has he of death? So long as the gesture of the Void is held, so long the seed cannot fall. If the seed happened to fall, then, when it reaches the womb it is drawn up again forcibly by the power of the yoni-mudrâ."¹¹⁴ (Dhyâna Bindu Up. 83-86.)

Shiva speaks

"For the sake of my devotees I shall briefly describe the Thunderbolt gesture which destroys the darkness of the world and is to be kept as the secret of secrets."¹¹⁵ (Shiva Samhitâ 4, 78.)

"Living according to his fancy and without practising the rules ordained by yoga, the householder can by the practice of Vajroli attain liberation."¹¹⁶ (id. 4, 79.)

"First the wise seeker should try to draw in, through the channel of the sex organ, the female seed from the yoni and bring it into his own body and he should move his sex organ without letting his own seed fall. If by chance the seed begins to move, then, through the yoni mudrâ it should be stopped and drawn upward and stored on the left side, then stopping for a moment the movement of the lingam and following the instructions given by his guru, the yogi, uttering repeatedly the syllables 'Hun', should again move his linga in the yoni. And forcibly drawing inward the Apâna air he should draw in the seed of the woman, this is known as Vajroli mudrâ."¹¹⁷ (Shiva Samhitâ 4, 84.)

"Knowing the male seed as the lunar principle and the woman seed as the solar principle one should make them enter united in one's body."¹¹⁸ (Shiva Samhitâ 4, 86.)

"If I who am the male seed and Shakti who is the female seed are united, then, when performing this practice, the yogi gains a divine body (i.e. his body becomes like that of the gods)."¹¹⁹ (Shiva Samhitâ 4, 87.)

"The falling of seed leads towards death the keeping of one's seed is life. Hence with all his power should a man hold his seed."¹²⁰ (id. 4, 88.)

"In this world all is born from seed and dies of seed. Knowing this the yogi should always keep his seed."¹²¹ (id. 4, 89.)

"By this practice even the man who indulges in worldly pleasures can attain realization, and all wished for results can in this world be achieved."¹²² (id. 4, 93.)

"There are two varieties of Vajroli named Sahajoli and Amaroli. The yogi should in any case try to avoid loosing his seed."¹²³ (id. 4, 95.)

"If by chance the sperm should suddenly fall and the union of moon and sun (male and female seed) take place, this is known as Amaroli. The united seeds should then be drawn up again through the linga."¹²⁴ (id. 4, 96.)

The Gestures or Mudrâ-s

“When his seed begins to move but the yogi is able through the yoni gesture to stop it, this is known as Sahajoli and is a most secret process in all the scriptures of earthly wisdom.”¹²⁵ (id. 4, 97.)

“At the time of giving out his urine he should strongly draw up the (apâna) air and giving out very little urine draw it up again according to the instructions of the guru. Practising this always will help in controlling the seed and lead to great attainment.”¹²⁶ (Shiva Samhitâ 4, 101, 102.)

(9) THE INSTIGATOR-OF-ENERGY GESTURE (*Shakti châlana*): “The wise yogi taking the help of the Apâna vital energy, vigorously drawn in, compels the sleeping coiled energy to move. This is the Instigator of Energy gesture which gives all powers.”¹²⁷ (Shiva Samhitâ 4, 105.)

(12) THE GIVER-OF-HAPPINESS GESTURE (*Shâmbhavi mudrâ*): For this the mind should be firmly established in the Centre of Command (âjnâchakra) and the eye-sight kept level, fixed on some beautiful imaginary object at a distance of at most a yard (2 cubits) and at least one span of the hand. And whether walking, moving, standing, sitting, sleeping, waking or working, the invisible (alakshya) should be made the object of sight (lakshya). No outside help is necessary for this, it suffices for the outward vision to be changed into the inward vision or introspection (antar-lakshya). This inward vision, by which the meaning of the spoken word is seen to be in accordance with its subtle substratum (madhyama), is called the shâmbhavi mudrâ, or “gesture of the Giver-of-Happiness” (Shambhu, i.e. Shiva). It is said to have been practised by Shiva himself. The Upanishad says: “When the mind dissolves into its inherent bliss this is the gesture of the Giver-of-Happiness. This is also called the Moving-in-the-Void gesture.”¹²⁸ (Mandala Brâhmana Up. 2, 18.)

Of the twenty-five Gestures, the Moving-in-the-Void and the Thunderbolt, together with the secondary gestures, the Beating (tâdava), the Wearing-of-Garment (paridhana), the Union (yukti) the Moving-Around (parichâlana) and the Moving Energy (shakti châlana),—should never be attempted without the guidance of a qualified teacher or guru.

For mental concentration in particular, the following gestures are used:

(1) The “Invisible gesture” (agochari) consists in keeping still with the mind concentrated on the tip of the nose.

(2) The “Wandering-on-the-Earth” (bhuchari) consists in fixing the mind on the empty space about four finger-breadths from the tip of the nose.

Yoga

(3) The Black-Bee (châchari), sometimes identified with the Moving-in-the-Void gesture, by which the mind is concentrated on the Centre of Command.

In breathing exercises, besides these gestures, the Intoxicated gesture (unmâdi mudrâ) and the Absolute chalice (Kēvala Kum-bhaka) are used.

In addition, there are certain ritual gestures, the Nyâsas, by which some part of the body or a certain thing, is consecrated to a particular deity. There are several of these which should be practised with breathing exercises, such as (1) the consecration of the hands, (2) the consecration of the different parts of the body, (3) the consecration of the letters of the alphabet, (4) the consecration of the seers, etc.

CHAPTER V

THE SIX PURIFICATORY ACTS (SHAT - KARMA)

IN the normal course of life, the nerves, arteries and all other channels of the body gradually harden and become obstructed by sediments and impurities, which are the cause of ageing and of most physical and mental ailments.

The first work in the practice of yoga is to remove these sediments through the purification and rejuvenation of, first, the grosser, then the subtler channels of the body. The chief means for purifying the body are rhythmical breathing accompanied with holding of the breath and the uttering of certain syllables called the "seed formulae" (bija mantra-s).

In addition, there are six acts (shat karma) which, when done systematically and with the assistance of the special muscular control gained by the training of yoga, have a remarkable effect in thoroughly disintoxicating and rejuvenating the organism.

"These six acts should be performed: washing out the stomach (dhauti), washing out the bowels (vasti), cleansing of the nose (neti), shaking the abdomen (nauliki), fixing with the eyes (trâtaka) and breathing bellows (kapâla bhâti)."¹²⁹ (Hatha Yoga Pradipikâ 2, 22.)

Some treatises, particularly the Bhakti Sâgara of Charana Dâsa, add to these: the Elephant act (gaja karani), the Air-pipe act (dhanu karani), the Tiger act (dhagi karani) and the Conch act (shankha pashâla).

Without these Six Acts, it is often difficult to find the physical strength and resistance necessary for the practice of yoga.

RULES FOR THE PERFORMANCE OF THE SIX ACTS

The rules for the performance of the Six Acts are very strict and relate to place and food, physical and mental behaviour. These rules must be observed.

The place for the performance of the Acts must be comfortable and undisturbed. The food must be well-regulated and include those aliments which develop the good tendencies in the mind; these include milk, ghee,* almonds, barley-sugar and other

* Clarified Butter.

nourishing but light foods. The correct behaviour for the performance of the Acts is a habit of detachment, forbearance, love of solitude and talking little.

But before practising any form of yoga a man should practise the rituals of worship which prepare him for it; through these, he will meet with less difficulty and fewer obstacles.

It may be necessary also to repeat here that no one of these practices should be attempted without the guidance of a qualified teacher. Without proper guidance they are likely to be unsuccessful and may even be harmful.

Although the methods given for the six acts in books composed more than two thousand years ago may seem to us now rather primitive one should not forget that the remarkable mastery over internal muscular movements they imply is of the utmost value in the attempt of the yogi to control every reaction and reflex of the physical body.

DESCRIPTION OF THE SIX ACTS

(1) THE SHAKING OF THE BELLY (*Nauliki*), (also called *nauli*, *naulika*, *nyoli* and *nala-kriya*).

“Stooping the shoulders, shake the belly rapidly from right to left like quivering water—adepts call this ‘*nauli*’.”¹³⁰ (*Hatha Yoga Pradipikâ* 2, 33.)

After performing the natural functions, bathing and performing the daily ritual (*sandhyâ*), feeling clean and light, take up either the Lotus posture, or the posture of Attainment or the Raised Lotus posture. Then, having exhaled the air from the lungs, try by power of will to make the belly shake from right to left. This should be practised morning and evening until perspiration begins. After some time, the belly will lose its inertia. The resulting sensation will be that of the belly being depressed on both sides and that there are vertical channels on either side, which unite to form a strong central pillar rising from the subtle Root Centre to the heart. When the sensation of the pillar grows strong the shaking of the belly is easy. Gradually, as the belly moves round with the shaking, the two main subtle channels on either side of the body begin to be felt in the chest, throat and forehead. Once the shaking is started it soon continues of its own accord. At first it causes loose motions. A well-built, not too heavy man should succeed in performing the shaking of the belly within a month.

Before, however, beginning this practice, it is as well to spend some time in the Drawing-back (West) posture or the Peacock

Description of the Six Acts

posture, and it should be noted that so long as the intestines adhere to the back, however slightly, they should be shaken carefully, otherwise various internal and seminal troubles will be apt to arise.

“The practice of nauli increases the digestive secretions and digests food. It always gives pleasure and dries up all kinds of disease. It is the best of the practices of yoga.”¹³¹ (Hatha Yoga Pradipikâ, 2, 34.)

When the practice of shaking the belly is mastered, all the Muscular Contractions are easy and it is therefore called the ladder to breath-control. While performing it, a very sweet taste is felt near the throat. Shaking the belly is a help in performing the other acts, particularly in the washing of the stomach and of the bowels, and in the Conch Act.

(2) THE WASHING OF THE BOWELS (*Vasti*)

The washing of the bowels is called *Vasti*, because *Vasti* is a centre, red in colour, in the lower abdomen near the Root Centre.

The practice, which cleanses the bowels, is of two kinds: cleansing by air and cleansing by water.

Air-cleansing consists in drawing air upwards into the intestines, by the shaking of the belly, and then, assuming the Peacock posture, letting the air go.

Water-cleansing consists in immersing the body in water and drawing in some of the water by shaking the belly. When the air cleansing has been completely successful, water-cleansing is easy because the air helps to draw in the water.

“*Vasti* practice consists in sitting in the Raised Lotus posture in water up to the navel with a tube in the anus and then to wash out the inner belly by drawing in water.”¹³² (Hatha Yoga Pradipikâ, 2, 26.)

The tube should preferably be of bamboo, six finger-breadths in length, well smeared with oil or ghee; its hole should be large enough for the small finger to enter. Two-thirds of this tube should be introduced into the rectum, then, pressing both heels hard together squat on the balls of the feet and contract the anus to draw in water. Having swilled this water inside by the shaking of the belly, it should be evacuated. This removes all inner residues, toxins, parasites, etc. and leaves the intestines thoroughly clean. Do the cleansing before taking food and take some light food immediately after it.

Some people, training themselves in air cleansing, do water cleansing standing in the water without the use of a tube, but this can have ill-effects.

When doing bowel cleansing in a river, there is always the risk of animalculae entering the intestines and doing harm there; a

piece of fine cloth, therefore, should be stretched over the mouth of the tube.

To let out the water, the Drawing-back posture should be used. Cool, but never cold water should be used for the cleansing of the bowels.

“By cleansing the bowels, all diseases of the spleen, liver and intestines, and disorders of wind, bile and lymph, single or combined, are eliminated.”¹³³ (Hatha Yoga Pradipikâ, 2, 27.)

(3) THE CLEANSING OF THE STOMACH (*Dhauti*)

“According to the instructions of the teacher, swallow a piece of cloth broad by four fingers, long by fifteen cubits and pull it up again. This is the washing.”¹³⁴ (Hatha Yoga Pradipikâ 2, 24.)

Dampen the cloth in warm water, slightly squeeze it out and begin the practice by swallowing one cubit of it, then two, then three and so on, until, in this way, the whole cloth can be absorbed after a week or ten days' practice. Leave about one cubit unswallowed, and clenching the teeth firmly upon it, shake the belly. Then, slowly, pull out the cloth. Before swallowing the cloth, it is advisable to drink a quantity of water which helps in the cleansing and in extracting the cloth. The cloth must be washed daily and kept very clean. A soft string is sometimes used instead of a cloth and some people enjoin the use of a red cloth. But commentators remark that it may appear from a distance as if the yogi took out his entrails to wash them, and, since this might be taken for a kind of deceit, they disapprove of it.

“Ailments such as coughs, enlarged spleen, leprosy and the twenty affections of the lymph undoubtedly disappear as a result of the practice of washing out the stomach.”¹³⁵ (Hatha Yoga Pradipikâ 2, 25.)

Those affected by certain disorders such as inflammation of the glottis, of the throat or bronchial tubes, dry cough, phthisis, hic-cough, nausea, irritation of the stomach, etc. should not wash out the stomach. Moreover, if done daily, without there being a necessity for it, it will take away the gastric juices, weaken the digestive process and lead to general weakness. If practised when bilious, the cloth may get caught between the stomach and the lesser intestine, and, if the upper part of the cloth be weak, it may get torn off, in which case hot water should be drunk and the cloth brought up with the help of a stick. Owing to the danger of this, the washing of the stomach is forbidden in bilious states.

(4) THE CLEANSING OF THE NOSE (*Neti*)

This is done in two ways, (a) with water (*jala neti*), (b) with a string (*sutra neti*).

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(a) *Water cleansing* of the nose is done in the morning after cleaning the teeth and should be practised before the string cleansing. Observe through which nostril the breathing is passing, close the other and draw water up. The water will flow down into the throat and at first there will be a feeling of itching and irritation in the whole of the back of the head, but this, with practice, will disappear. The water may either be ejected through the same nostril or through the other one. One or two quarts of water can thus be taken in at a practice. Having taken in through one nostril the process may be reversed and the water taken in through the other.

This practice greatly increases the strength and brilliance of the eyes, but where there is any acute affection of the eyes or a beginning of fever, the nose should not be cleansed. Many people drink water every day through the nose, but this is not considered good, for no water which has cleansed the nose should be swallowed.

(b) *String cleansing*: After practising the water cleansing of the nose, take a soft string of ten to fifteen strands, one cubit in length and without knots. Polish it with wax and soak it in water. Then introduce it into that nostril through which you are breathing at the moment; draw in the string by strong successive inhalations, keeping the other nostril closed with the finger. When the end of the string comes into the mouth, catch it firmly between the finger and thumb and draw it out through the mouth. After a few days' practice one end can be caught through the mouth and the other end held near the nose and the string pulled backwards and forwards, which is called "string rubbing" (gharshana-neti). Repeat the process through the other nostril. It is also possible to take the string in through one nostril by inhalation and out through the other by exhalation.

There are some who consider this practice wrong and avoid it, although there is nothing really to fear from it if it is done only every three days. The water cleansing may, however, be done, every day. If there is a tendency to sneeze during the practice, breathing should be stopped for a second or two before beginning.

"Neti purifies the head, it gives superhuman sight and quickly does away with all diseases affecting any organ situated above the elbows."¹³⁶ (Hatha Yoga Pradipikā 2, 30.)

Should there be any irritation or bleeding inside the nose, due to the cleansing, some cows' milk ghee should be sniffed up twice a day. Those affected with such troubles as jaundice, acidity, phthisis, yellow fever, pain in the nose or eyes; or red eyes, headache and affections due to biliousness, should not practise the cleansing of the nose. If, however, it is done, "string rubbing" must be avoided, at all costs.

(5) FIXING WITH THE EYES (*Trâtaka*)

"To fix with insistence the sight, without winking, on a minute object until the tears come to the eyes is known to the Great Teachers as *Trâtaka*."¹³⁷ (*Hatha Yoga Pradipikâ* 2, 31 and *Goraksha Samhitâ* 2, 9.)

The sight should fix a very small object such as a mustard seed or speck of dust or spot on a white wall. *Trâtaka* should be practised secretly.

"*Trâtaka* destroys eye troubles, it prevents sleepiness and laziness. *Trâtaka* deserves to be secretly treasured in the world like the chests of gold."¹³⁸ (*Hatha Yoga Pradipikâ* 2, 32 and *Goraksha Samhitâ* 2, 10.)

"A thing keeps its power when hidden, exposed it loses its power."¹³⁹

"Fixing" uses the same energy as that used for mesmerizing.

The treatises of *Hatha-yoga* speak of only one kind of *Trâtaka* but the *Upanishads* mention three different forms, the Inner, the Outer and the Intermediate *Trâtaka*.

(a) *The Inner "Fixing"*: consists in fixing the visual field of the closed eyes between the brows. It is usually done with the six-faced (*Shanmukhi*) gesture. Its practice closely resembles the process used in meditation (*Dhyâna*). In the beginning this practice may make the head ache and the pupils of the eyes restless, but after a few days, the sight again becomes steady.

(b) *The Outer "Fixing"*: consists in fixing the sight on certain far distant objects, the moon, constellations, peaks of distant hills not snow clad, for instance; not, however, upon the sun because the nature of solar light and of sight being the same, the sun will draw away the power of the sight, and, after a few months, the eyes will grow weak. If fixing the sun has to be done, then it should be the rising sun. Fixing the centre of the sun the discus gradually appears black and surrounded by a halo.

(c) *The Intermediate "Fixing"*: consists in concentrating the sight on the letter *AUM* written in ink on paper, on any spot or mark, on the image of a deity, a religious picture, on a lighted candle or the still flame of an oil lamp burning vegetable oil or cow ghee, on any object or image lit by a lamp, on the tip of one's nose or on any near object.

In the beginning the sight should not be concentrated between the brows for too long at a time; it might weaken the eye-muscles and produce myopia.

Not everyone is apt for all the three "Fixings". Those who are bilious by temperament, whose head, nose or heart are warm, who have swollen eyes or any disease are only qualified to do the outer Fixing; likewise those in whose constitution the air ele-

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ment predominates and who cannot see distant objects clearly, or have weak sexual powers.* Only those whose sight has no defect and whose temperament is predominantly lymphatic should do the Intermediate Fixing.

Fixing should never be done while under the influence of anxiety, anger, sorrow, or while studying; it is also forbidden to those who go much in the sun or any intense heat. Fixing can only be successfully accomplished if a restricted diet be followed; although many people practise Fixing who eat meat, drink alcohol and take drugs, this is fundamentally wrong and often sends them blind or insane. It is only after the body has been purified and made supple by following the Observances and Abstinenances and practising the Postures, that the practice of Fixing with the eyes is beneficial.

Since the practice of Fixing makes the eyes and head feel warm, the cleansing of the nose by water should be done after it, and every morning the eyes should be bathed with rose or "tri-phala-water".* The eating of anything which may increase the bile or cause constipation should be avoided. As soon as tears come to the eyes, "Fixing" should be stopped and not done again that day. The best time for practising it is from 2 to 5 a.m.; at that hour, all is peaceful and the mind easily concentrates.

After practising "Fixing" for about six months, the seeker sees his wishes materialize, the heart and motives of others become transparent to him and he begins to perceive and know things and events which are happening in far distant places.

(6) THE ELEPHANT ACT (*Gaja Karani*): consists in washing out the stomach by drinking large quantities of water and vomiting it up again like an elephant taking water through his trunk.

"Know the elephant act to be the drinking of water to one's fill and returning it and giving it out so that no illness may attack the body."¹⁴⁰ (Bhakti Sâgara.)

This Act must be done before taking any food, unless it is to get rid of any poison or unhealthy food eaten. It should be done every morning after cleaning the teeth; the water can be made to return by putting one's finger down the throat, but when the habit of vomiting it up is established, the water can be returned at will. While the water is in the stomach, it is useful to swill it round by the Shaking of the stomach act. When the water comes out clear, it means that no impurity remains in the stomach. This Act is particularly useful for bilious temperaments.

* Tri-phala-water is a decoction made from the dried fruits of the three Myrobolam trees boiled together in water.

ADDITIONAL ACTS

(1) THE BREATHING BELLOWS (*Kapāla bhāti*)

“Very rapidly breathe in and out lightly like the bellows of a blacksmith. This is known as kapāla bhāti and is said to cure lymph deficiencies.”¹⁴¹ (Hatha Yoga Pradipikā.)

When one has a cold or any mucous in the lungs and the cleansing of the nose with a cloth and washing out of the stomach with a cloth are inadvisable, then the practice of the Breathing Bellows is strongly recommended. It purifies the lungs, stimulates the functions of the head and stomach and clears the central artery of the subtle body. When in bad health, during rains or while travelling it should not be practised. When done too fast, it may injure the respiratory tracts, and if done with excessive pressure, it may affect the lungs which will lose their strength. This might also weaken the vital energy.

(2) CLEANSING OF THE DIGESTIVE TRACTS (*Shanka pishāli kriyā*):

This is a process of muscular control whereby a quantity of water taken by mouth and passing through the digestive tracts is immediately evacuated per rectum. This produces a thorough cleansing of the digestive system, and, by mixing certain herbal preparations with the water, a means of rapidly curing any intestinal infection. In this process the practice of shaking the stomach is very useful.

CHAPTER VI

The Fourth Step of Hatha Yoga

BREATH CONTROL OR PRÂNÂYÂMA

“**A**SSUMING the posture at first O Brâhmana! keeping his body erect, [his mind] alert, with his eyes fixed on the tip of the nose, the [upper] teeth not touching the [lower] teeth, the tongue adhering to the palate, the mind at ease, showing no nervousness, the head slightly inclined, the hands bound in the yoga gesture [of Chin-mudrâ, the yogi] should practise prânâyâma according to the prescribed rules.”¹⁴² (Trishikhi Brâhmana Up. 92-94.)

All the previous exercises of muscular and nerve control were but a preparation. The real technique of yoga begins with the control of the ten vital energies (prânas) and rhythms, of which breathing is the most important.

“The voluntary interruption of the movement of breathing in and out is prânâyâma.”¹⁴³ (Yoga Darshana 2, 49.)

“The concerted action of the respiratory and excretory energies, prâna and apâna,* is called prânâyâma.”¹⁴⁴

By controlling these vital energies, the mind is rapidly brought under control, mainly by the holding of the breath for a considerable time; this, to be effective, must be done without any feeling of discomfort and is really achieved only in Râjâdhirâja Yoga.

“The soul purified by prânâyâma realizes the Supreme Spirit, the Para Brahman, hence, according to the scripture of Prâncipal Revelation, the Shruti, there is nothing higher than prânâyâma.”¹⁴⁵ (Shankarâchârya Com. on 2, 7 of Shvetâshvatara Up.)

“The Lord of yoga, through breath-control, gains the eight superhuman powers. He crosses beyond the ocean of sin and virtue and freely wanders in the three worlds.”¹⁴⁶ (Shiva Samhitâ 3, 61.)

*The word “apâna” meaning “undrunk” or “unbreathed” air has an intentional dual meaning in yoga. It refers both to the external air not yet breathed in and to the excretory energy which drives digested aliments on their downward course. The union of prâna the vital breath and apâna therefore means sometimes the combination of the breathing with the excretory energies.

PURAKA, RECHAKA, KUMBHAKA

IN-BREATHING (*Puraka*):

“Even as a man sucks in water through the stem of a lotus even so should breath be drawn in. Such are the characteristics of in-breathing (*puraka*).”¹⁴⁷ (Amrita Nâda Up. 12.)

OUT-BREATHING (*Rechaka*): consists in giving out, through the nostrils, the impure air from the lungs.

“Blowing out the air which is not part of one’s body into the outside space and keeping to a state of emptiness, such are the characteristics of out-breathing (*Rechaka*).”¹⁴⁸ (Amrita Nâda Up. 11.)

HOLDING THE BREATH (*Kumbhaka*):

“To keep still without breathing in, nor breathing out, nor move any limb, such are the characteristics of the Chalice (*Kumbhaka*).”¹⁴⁹ (Amrita Nâda Up. 15.)

Holding the breath (*Kumbhaka*) or “Chalice” is of two kinds: (a) *The outward Chalice (bâhya kumbhaka)* consists in breathing out and then stopping the breath. The method usually adopted is to breathe in for the time it takes to repeat four times the sacred Syllable of Obeisance AUM, breathe out for the time it takes to repeat the syllable eight times, and stop breathing for the time it takes to repeat AUM sixteen times.

(b) *The inward Chalice (abhyantara kumbhaka)* consists in breathing in, then holding the breath before breathing out. The method usually adopted is to breathe in for four AUM-s, hold for sixteen AUM-s, and breathe out for eight AUM-s.

THE ABSOLUTE CHALICE (*kevala kumbhaka*), or STUPEFIED BREATHING (*stambhavritti prânâyâma*) consists in stopping the breath without effort at any point of in- or out-breathing. To do this, breathe regularly for some time, in-breathing for four AUM-s, and breathing out for eight AUM-s; then stop wherever convenient, and hold the breath for sixteen AUM-s.

“That breath control in which the breath is held without effort and without breathing in or out, everyone calls the Absolute Chalice, *kevala kumbhaka*.”¹⁵⁰

“He who is successful in the absolute chalice, without breathing in or out, finds nothing in the three worlds beyond his reach.”¹⁵¹ (*Vasishtha samhitâ*.)

“When, following the above method, the breath can be stopped

Location, Rhythm and Timing

for three ghatikâ-s (one hour and a quarter), the yogi can realize all the attainments he wishes for without doubt.”¹⁵² (Shiva Samhitâ 3, 62.)

LOCATION, RHYTHM AND TIMING

There are a great many varieties of breath-control.

“According to location, timing and rhythm, external, internal and ‘stupefied’ breathing are either deep (dirghâ) or light (sukshma).”¹⁵³ (Yoga Darshana 2, 50.)

That location is called “inner” when the breath travels from the navel through the chest and throat up to the interior of the nose; that location is called “outer” to which the air is expelled or from which it is drawn in, and which extends sixteen finger-breadths beyond the tip of the nose.

The seeker who draws in his breath down to the navel should feel, when breathing out, that he expels it for a distance of sixteen finger-breadths. When drawing in his breath to the heart only, he should expel it for twelve finger-breadths only. If he draws in the breath to the throat, he should expel it for eight finger-breadths, and if he draws it in only as far as the back of the nose, the breath should be expelled four finger-breadths only.

The longer breaths are called deep (dirgha) and the shorter ones light (sukshma).

Timing and rhythm are intimately connected. The counts of the syllable AUM used to measure the relative duration of the in- and out-breathings and Chalices are called the “numbering” (sankhyâ) or “time-units” (mâtrâ).

The actual duration of the rhythm is its timing (kâla) which can be expressed in seconds. The same rhythms are often practised in double, quadruple, etc., timings.

Commenting on *Yoga Darshana* II, 50, Vâchaspati gives the average unit of measure as “the time necessary for stroking the knee three times with a circular movement and then snapping the finger once (i.e. one and a half second).”

THE FOUR DEGREES OF BREATH CONTROL

(a) THE FIRST THREE DEGREES

The first three degrees of breath-control are measured according to the duration of the chalice, i.e. of the holding of the breath.

In the first degree, the small breath control, the chalice lasts about sixteen and a half seconds; in the second degree, the inter-

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mediate breath control, about thirty-three seconds; in the third degree, the higher breath control, it last about fifty seconds.

Thus, the duration of the more usual breath controls, in seconds, will be:

	<i>breathing in</i>	<i>inner chalice</i>	<i>breathing out</i>	<i>outer chalice</i>
small	4	16½	8	1
intermediate	6	33¼	10-12	2
higher	8	50	12-16	3

After perfecting the higher breath control, the duration of the chalice may be further increased by practising the Breathing Bellows. If the chalice lasts for more than five minutes, a good deal of air will have been assimilated and the breath may have to be drawn in a second time before breathing out. When the higher breath-control is perfected, the vital breath will be felt to rise through the central artery of the subtle body towards the head. At first, it climbs very slowly like an ant; then, as the artery becomes purified in the region of the three main Centres (granthi), it leaps up like a frog, and when, further, by practising the Breathing Bellows, the chalice has been increased in length and the Centres pierced, it flies upward like a bird and enters the Centre of the Thousand Petals at the top of the head.

Practising the chalice, the head at first grows heavy, but in a few days it clears and its powers of resistance increase to such an extent that no trace of pain is felt. In six weeks, the vital breath should move fast, the mind become concentrated and bliss be experienced.

(b) THE FOURTH DEGREE OF BREATH-CONTROL

“To transcend the outer and inner spheres of perception is the fourth degree.”¹⁵⁴ (Yoga Darshana 2, 51.)

By getting beyond the objects of both the outer senses and inner faculties, such as volition, discrimination, etc., the transcendent, fourth degree of breath-control is reached where complete cessation of movement takes place and where nothing remains measurable by time, space or number.

THE USE OF THE MUSCULAR CONTRACTIONS IN CONJUNCTION WITH BREATH-CONTROL

Breath-control should never be attempted without the muscular contractions (bandha-s), for, without them, breath-control cannot succeed and may even be harmful and injure the lungs.

The Different Types of Breath-Control

The following muscular contractions are used in the ordinary practice of breath-control :

during in- and out-breathing, the Root contraction and Flying contraction ;

during holding of the breath, Root contraction and the Net-holding contraction.

It will be thus seen that the Root contraction is held throughout.

It must be stressed that, in all breathing exercises, one must be very careful never to expel the air from the same nostril that breathes it in. If breathing in is done through both nostrils, then breathing out may be done either through both nostrils or through either one alternately. Except when otherwise specified, never breathe in and out through the mouth; breathing out through the mouth is particularly bad because it causes loss of strength.

After breath-control exercises, it is necessary to lie down for a while, taking the Corpse posture and listening to the "inner sound" (*nâda anusandhâna*); then bathe in tepid water. After the practice, only milk, first warmed, then cooled, may be taken. No food should be taken at night.

THE DIFFERENT TYPES OF BREATH-CONTROL

There are nine main types of breath-control, each having different effects.

- (1) The With-and-Against (*anuloma-viloma*, or *loma-viloma*)
- (2) The Piercing-of-the-Sun (*surya bhedana*)
- (3) The Victorious (*ujjâyi*)
- (4) The Cold-Maker (*shitakari*)
- (5) The Cooling (*shitali*)
- (6) The Bellows (*bhâstrikâ*)
- (7) The Rising (*murch'hâ*)
- (8) The Bee (*Bhrâmari*)
- (9) The Floating (*plâvini*)

(1) WITH-AND-AGAINST (*anuloma-viloma*): should always be practised first since it purifies both sides equally, strengthens the lungs and balances all the main elements of the body.

Take the posture of Attainment, or the Lotus posture, or the Auspicious posture, and apply the Root contraction. Keeping the head, body and neck in a straight line, expel the impure air from the lungs through the nostrils. Doing this, the belly is drawn in and should be held thus. Then, through the lunar channel (*chandra svara*), i.e. through the left nostril, breathe in for four,

eight or sixteen units of measure. Having done this, the belly is reinflated i.e. it returns to its normal condition. Next, apply the Net-holding contraction, pressing the chin against the cavity of the throat, hold the breath for sixteen, thirty-two or sixty-four units of measure, or as long as you can. Then breathe out for eight, sixteen or thirty-two units. While breathing out the belly draws in automatically and should be held thus while doing the Flying contraction. After breathing out, remain as long as possible without breathing. This is the Outer chalice. Next, with the same rhythm and timing, breathe in through the solar channel (*surya svara*), i.e. through the right nostril; hold the breath for as long as you can and slowly breathe out through the left nostril.

Thus one breath-control, *prânâyâma*, is completed.

At first, only ten such breath-controls should be done at a time, then daily increased by five; within a week, forty can easily be done, after which one should keep to that number or slightly increase it.

Within three months, this exercise will clean all the nerves, blood vessels and other inner channels. It gives resistance equally to heat or cold and can be practised all the year round.

While holding the breath, the name or rune of one's own chosen deity should be mentally repeated.

The body should remain relaxed, natural and motionless, the eyes closed, and, when breathing in or out through the right nostril, the little and fourth fingers of the right hand should press the left nostril to close it; when breathing through the left nostril, the thumb of the right hand should be used to close the right nostril.

If in the beginning the holding of the breath for sixteen and a half seconds proves too long, then less may be done and the time increased gradually. After a practice of three to four months, the seeker should be able to begin the Intermediate breath-control, and, after another three or four months, the Higher breath-control.

Having reached the degree of Higher breath-control, the gesture of Moving-in-the-Void (*khechari*) may be practised and this greatly facilitates the holding of the breath.

When the seeker has reached the stage of the small breath-control and the forty breath-controls a day have become a habit, the practice of the Arch gesture, the Arch contraction, and the gesture of the Great Perforation—particularly the last which is very important in making the vital energy rise—is recommended by some of the Great Teachers (*Âchâryas*). But these gestures should be practised only by the strong and healthy, they do harm to the weak.

Morning and evening practices should preferably be equal in

The Different Types of Breath-Control

length, but if one is tired, the evening practice may be cut short although not altogether dropped.

(2) THE PIERCING-OF-THE-SUN (*Surya bhedana*): Sitting as before in the posture of Attainment, the Lotus posture or the Auspicious posture, breathe through the right nostril and hold the breath as long as possible, before breathing out slowly through the same nostril. At first, repeat this ten to twenty times, then gradually increase the number.

This breath control generates heat and should, therefore, be practised in the winter or in cold climates. It also increases the production of bile in the body and cures all affections of the head and many other diseases.

(3) THE VICTORIOUS (*Ujjâyi*): Bend the head slightly. Take in only a little air through both nostrils. The air thus breathed in should produce a sound between the nose and throat. Hold the breath for four to five seconds, and breathe out through the left nostril. The inhaling, exhaling and holding of the breath are all short. In this form of breath-control there is no need of the muscular contractions, and it can be done even while sitting, walking or lying. When, for any reason of physical unfitness, other breath-controls are not possible, this form may be practised for about an hour.

Like the Piercing-of-the-Sun, the Victorious breath-control generates warmth and should for the most part be practised in the cold weather. It should be done at first some ten to twenty times only. It increases the span of life and cures respiratory affections, phthisis, intestinal troubles and oedema.

(4) THE COLD-MAKER (*Shitakari*): Pout out the lips as if for sipping, protrude the tongue from between the teeth to touch the lips, and, closing both nostrils, sip in the air with the tongue and lips. Hold the breath as long as possible before breathing out slowly through both nostrils. The muscular contractions are not necessary for this form of breath-control either.

Since this breath-control makes one cold, it should be practised preferably in the summer. It does away with every sort of heat, including fever, and cures most diseases. It also eliminates hunger, thirst, sleepiness and laziness.

Practising it one hundred times morning and evening for three years, it will destroy old age and restore youth. Poisons have no effect on those who practise it regularly.

The Victorious breath-control is said to have been performed by the mythical crow Bhushundi.

(5) THE COOLING (*Shitali*)

“Drawing the air in along the tongue, slowly fill the belly; hold the breath awhile and breathe out through both nostrils.”¹⁵⁵ (Gheranda Samhitâ 5, 72.)

Protrude the tongue one finger-breadth beyond the lips, giving it the shape of a crow’s beak. Close both nostrils, and suck in the air hard along the tongue, taking in all you can. Then close the mouth and hold the breath as long as possible, drawing it deep down into the belly: breathe out slowly through both nostrils.

At first, do only ten to twenty of these breath-controls, then increase to half an hour morning and evening. Some people, however, practise it for at least five to seven minutes three times a day.

This breath-control generates cold and has the same effects as the Cold-Maker, but it has also the special effect of increasing physical beauty and charm; it is said to give the body the beauty of Kâma Deva, the God of Love.

It is inadvisable to practise it when the weather is cold nor should phlegmatic temperaments do it.

“The yogi who night and day drinks the vital breath through the crow-beak is free from all disease and can hear from far, see from far and surely can perceive subtle things.”¹⁵⁶ (Shiva Samhitâ 3, 90.)

(6) THE BELLOWS (*Bhâstrikâ*): Take the Lotus posture, and do some ten rapid air “rubbings” through the left nostril; the eleventh time, breathe in by the same nostril, apply the Net-holding contraction and hold the breath as long as possible. Then breathe out slowly through the right nostril or solar channel, release the Net-holding contraction and apply the Flying contraction. Hold the breath for three to four seconds in outer chalice and then repeat ten rubbings, but this time through the right nostril. For the eleventh time, breathe in, hold the breath as long as possible, and breathe out slowly through the left nostril. Repeat from the beginning.

At first, do only five to ten of this breath-control. It counteracts equally heat and cold and can be practised all the year round. It also balances the humours of the body so that diseases have no hold. If practised for six months ten times morning and evening, it makes the coiled energy very powerful.

This breath-control greatly increases the capacity for holding the breath, but should be practised with moderation because it can injure the lungs.

Regular practice thoroughly cleanses the central artery of the subtle body and, with the speed of a bird, pierces through the three main Centres of the subtle body respectively ruled by

The Different Types of Breath-Control

Brahmâ the Creator, Vishnu the Preserver and Shiva the Destroyer, and reaches the thousand petalled Lotus of Principal Knowledge at the top of the head.

(7) THE RISING BREATH-CONTROL (*Murch'hâ*): also called the Six-faced gesture (*shanmukhi-mudrâ*).

Method (a) Take the posture of Attainment and, breathing in through both nostrils, apply the Net-holding contraction. Then, place the thumbs on the ears, the fore-fingers on the eyes, the third and fourth fingers on the nostrils and the little fingers on the mouth, and hold the breath for some six seconds. Relaxing only the third and fourth fingers, breathe out very slowly through both nostrils, without releasing the Net-holding contraction.

Method (b) Take the same posture as above, but apply both the Root as well as the Net-holding contractions throughout. Breathe in through the left nostril, hold the breath as long as possible and breathe out slowly through the right nostril.

This breath-control increases capacity for holding the breath. If the holding is prolonged, then the Flying contraction should be applied and the Net-holding contraction relaxed. It is possible, it is said, with this control to perceive with closed eyes and sight focused between the brows, the colours of the five principles of the elements which are yellow for earth, white for water, red for fire, green for air and blue for ether. It gives great mental concentration and silences the movements of mind.

(8) THE BEE (*Bhrâmarî*): is also done in several ways.

(a) The only difference between this breath-control and the "With-and-Against", is that at the time of breathing in and out a sound as of a bee is made.

(b) Take the posture of Attainment, close the eyes, concentrate between the brows and apply the Net-holding contraction which should be held throughout. Breathe in through both nostrils making the sound as of a bee. Hold the breath for three seconds, then slowly breathe out with the hum of a bee. Repeat this one hundred and forty-four times.

The "gestures" are often practised with the Bee breath-control which is then done in the following manner:

(a) with the Arch gesture: Take the posture of Attainment and breathe in as above. At the time of holding the breath, extend one leg in the Arch gesture, and after holding the breath for three seconds, return to the posture of Attainment and breathe out. The two legs should be extended alternately. This control can be done forty-eight to seventy times a day and after a year's practice

the forehead will easily reach half way between the knee and the ankle.

(c) With the Moving-in-the-Void gesture: This practice should be begun only after the one above has been perfected. Taking the posture of Attainment, breathe in as before and hold the breath for six seconds doing the moving in the void gesture. Then, turning the head to the left, apply the Net-holding contraction, and breathe out. This should be done one hundred and forty-four times. The head thus is turned one hundred and forty-four times. And when, with practice, the holding of the breath gradually increases in duration, the head remains turned longer. The turning of the head makes the vital energy active on all sides, the inner sound, *nâda*, resounds very strongly and mental concentration is rapidly achieved.

(9) THE FLOATING BREATH-CONTROL (*Plâvini*): Take the Lotus posture and stretch both arms straight upwards. Breathe in through both nostrils and lie down placing both hands clasped under the head as a pillow. As long as the breath can be held, keep in mind "my body is as light as a feather". Then, once more sitting in the first posture, breathe out slowly through both nostrils.

Continuous practice of this control enables one to float or even to walk upon water.

THE QUALIFICATIONS FOR BREATH-CONTROL

Any seeker of Liberation (*mumukshu*) who observes chastity, regulated diet and well regulated amusements, who speaks gently and speaks the truth, who is humble, without anger, patient, and who abstains from tobacco, hashish and other intoxicants, is qualified for the practice of breath-control. He should practise it, however, with an expert teacher, a guru.

Those who are unchaste, busy with worldly affairs, go about much in the sun, approach fire, work much, study grammar and other sciences, who are not independent or do not observe the Observances and Abstinenances, who are congenitally ill or have a weak heart, are not qualified for the practice of breath-control.

Breath-control may be practised at any age, although it is best to begin when one is young (from seven to forty), and a good circulation is necessary with no heart or lung defect.

Before beginning breath-control, at least one of the main sitting postures must be perfected so that one may without effort remain

The Number of Breath-Controls

motionless for two or three hours at a time. In warm countries the Spring or cold weather are the best for beginning the practice of breath-control. In the Spring, lymph is in natural ebullition, while in the winter, bile is effervescent which quickly remedies any deficiencies of lymph. But first, one's own temperament must be understood in order to avoid places, countries or practices which stimulate the lymph.

THE NUMBER OF BREATH-CONTROLS

Ancient authors enjoined the practice of breath-control four times a day: at dawn, midday, sunset and midnight.* The Yoga Kundali Upanishad says that beginning with ten breathings at a time and increasing daily by five breathings, by the end of a fortnight's practice eighty breathings at a time should be attained, that is three hundred and twenty a day.

To be done properly, these three hundred and twenty breathings take more than six hours, but this is beyond the capacity of present-day people who should therefore begin from the ten breathings and increase only up to forty breathings at a time, after which they should come back to daily average of only twenty-five at a time. If tired, one may do one of the practices nominally only, namely, only for a few times, but it should never be dropped entirely. For most people, however, it is best to practise breath-control only twice a day, once before sunrise after natural functions, purification and bath, and once two hours after sunset. When in bad health or tired, the night practice should be very short.

THE PLACE AND CONDITIONS FOR BREATH-CONTROL

Breath-control should be done in a place where there are no draughts, and which is clean and undisturbed; breath-control must never be practised in the open, for draughts prevent perspiring which is an essential element in the purification of the inner channels. Nor should the body be oiled, since this prevents impurities from being eliminated through the pores. The sweat coming out during the breath-control exercises should be rubbed over the body to soften it and prevent the vital energy from radiating out and away.

Breath-control must be practised quietly, without any stiffening

* "Four times, at dawn, mid-day, sunset and midnight, should the chalice be practised."¹⁵⁷ (Shiva Samhitā, 3, 27.)

of the straightened body. The lungs should be kept supple, they will be able to take in more air and the holding of the breath will last longer. The holding of the breath, however, should not be lengthened too quickly for fear of injury to the lungs. If the lungs get tired and the air comes out in sobs, the practice should be immediately stopped, and, for some days, the sitting postures, the Inverted gesture or the Head posture alone should be practised; this will strengthen the lungs. If the lungs do not allow of intensive practice of breath-control, one should aim at entering the Royal Way of Re-integration without breath-control, only by "listening-to-the-inner-sound" (nâda anusandhâna) and fixing-with-the-Eyes (trâtaka).

"The wise seeker does not practise just after food nor when hungry. It is advisable to take some milk and ghee before practice."¹⁵⁸ (Shiva Samhitâ 3, 44.)

THE RESULTS OF BREATH-CONTROL

"Then the veil over the Radiance is destroyed and the mind is capable of concentration."¹⁵⁹ (Yoga Darshana 2, 52, 53.)

Vyâsa, commenting on the above says:

"There is no austerity which leads higher than breath-control. It purifies all impurity and the flame of knowledge is kindled."¹⁶⁰

The first achievement from the holding of the breath is the awakening of the coiled energy Kundalini. This coiled energy constantly radiates through the body and its sphere extends outside to about nine inches beyond the nostrils. It continuously draws in outside energies and radiates out its own.

During the first stages of practice, the seeker cannot hold his breath long enough to be able to concentrate his mind on each of the energy-giving Centres of the subtle body. He can maintain the roused coiled energy high up in the central artery of the subtle body only so long as he can hold his breath. He has then perforce, each time, after tasting the ambrosia of bliss, to fall back again to earth, that is, to the Root Centre which corresponds to the element earth. Gradually, the coiled energy rises higher and higher and remains up longer and longer, until it remains altogether in the upper region, and the falling back to earth, the cause of rebirth, is removed, in the actual as well as in the figurative sense. This is what is meant by the saying of the tantras:

"Drinking and drinking, and again drinking and drinking, he falls onto the earth, but rising again and again, and drinking again and again, he knows not rebirth."¹⁶¹

"At first perspiration, comes in the body of the yogi; when per-

The Results of Breath-Control

spiration appears it should be rubbed in the body, otherwise the basic elements in the body of the yogi are destroyed.”¹⁶² (Shiva Samhitâ 3, 48-49.)

“At the second stage the body trembles, and at the third stage there is a tendency to leap like a frog (i.e. the seated yogi feels lifted from the ground and then again rests on it). By practising this the yogi can rise in the air.”¹⁶³ (Shiva Samhitâ 3, 50.)

“When the yogi seated in the Lotus posture leaves the ground and remains firm in the air he should know that he has attained mastery over that life-breath which destroys the darkness of the world.”¹⁶⁴ (Shiva Samhitâ 3, 51.)

When the holding of the breath has attained sufficient duration for the seeker to concentrate his mind upon each of the Centres of the subtle body, the coiled energy rises and unites with the lord of each of the Centres. And, when meditation on each Centre is finished, the seeker becomes the master of that element which corresponds with it. Gradually he conquers the five elements of the Centres, from the Root Centre to the Centre of Extreme Purity, and is freed from the bondage of the physical world. No passion has any hold on him who is now no longer slave to but master of all the elements.

CHAPTER VII

The Fifth Step of Hatha Yoga

THE WITHDRAWAL OF THE SENSES FROM EXTERNAL OBJECTS (PRATYĀHĀRA)

“WHEN the senses have withdrawn from their objects and transmuted themselves into the modes of consciousness, this is called ‘the Withdrawal’, *pratyāhāra*.”¹⁶⁵ (Yoga Darshana 2, 54.)

Having withdrawn his senses, the seeker no longer maintains any sort of external perception.

The process of withdrawal consists in disentangling the senses, sight, hearing, etc., from the objects of their natural perception always linked with the opposing tendencies of attachment and aversion. This Withdrawal is attained by power of discernment which deprives the senses of their unworthy food and masters the movements of the mind’s substance.

The best way of achieving this, according to the *Yājñyavalkya Samhitā*, is based on a thorough understanding of the “ascent” and “descent” (*āroha-avaroha*) of the life-breath, to be gained only while living near a qualified teacher, a guru.

Whenever the activity of the mind is interrupted, the withdrawal of the senses takes place automatically.

“The adept in yoga gives himself up to ‘Withdrawal’ and stops the traffic of the senses with their objects which are word, sight, etc., to which they are invariably attached. He then makes his senses work for his Conscious and the ever-agitated senses are controlled. No yogi can achieve the aim of yoga without controlling his senses.”¹⁶⁶ (*Vishnu Purāna* 6, 7, 43–44.)

It is through “Withdrawal” that complete control over the senses is gained. It purifies the mind, increases austerity (*tapas*) gives self-confidence, freedom from illness and the mental qualification for final identification (*samādhi*).

“Let him hold all the senses under control and, concentrating the mind, surrender to me, for he who has his senses under his sway has knowledge abidingly set.”¹⁶⁷ (*Bhagavad Gitā* 2, 61.)

The chief methods used for “Withdrawal” are:

(1) To take the Lotus posture and, stopping all motion of the breath, to remain in the “absolute” chalice (*Kevala kumbhaka*).

The Withdrawal of the Senses from External Objects

(2) To take the posture of Attainment, fix the sight, without blinking, on the forehead (trikuti) or on the tip of the nose.

(3) To practise the Rising (Murch'hâ) breath-control.

(4) To repeat (japa) twelve thousand times, with a quiet mind, the Syllable of Obeisance AUM.

(5) To do the "Inverted gesture".

(6) To concentrate the attention on that point where the in- and out-breaths arise and into which they dissolve.

CHAPTER VIII

The Last Three Steps or Inner Stage of Hatha Yoga

THE SIXTH STEP CONCENTRATION (DHRĀNA)

HAVING gone through the outer stage, i.e. the process by which the body and all the physical and mental obstacles are controlled, the yogi is now ready for the "inner stage", the inner journey towards re-integration.

"To maintain the mind fixed on one spot is called concentration."¹⁶⁸ (Yoga Darshana 3, 1.)

The object of the concentration may be anything, gross or subtle, external or internal, although it is said that a worthy object is to be preferred to whichever world it pertains, abstract, subtle or sensorial (âdhyâtika, âdhidaivika, âdhibhautika).

It is through concentration that the movements of the mind are stilled. Preparation for concentration is through practice and detachment. The gestures that help concentration most are the Invisible (Agochari) gesture, the Wandering-on-Earth (Bhuchari) gesture, the Black-Bee (Châchari) gesture and the Giver-of-Happiness (Shambhavi) gesture.

THE SEVENTH STEP CONTEMPLATION (DHYĀNA)

"To keep the mind solely on one object is contemplation."¹⁶⁷ (Yoga Darshana 3, 2.)

Contemplation is that state in which the tendencies of the concentrated mind begin to flow around one single notion like an uninterrupted stream of oil, and the mental faculties (manas) remain without any outward object.

Contemplation is of three kinds: material (sthula dhyâna), luminous (jyotir-dhyâna) and subtle (sukshma-dhyâna).

(a) In "material contemplation", the image of a deity or one's guru is thought of.

Themes of Contemplation

(b) In "luminous contemplation", the radiance of Divinity or of Nature (Prakriti) is pondered.

(c) In "subtle contemplation", the mind is concentrated on the point-limit (bindu) where the unmanifest becomes manifest, or on the basic coiled energy, kundalini.

"Contemplation is of two kinds, subtle (sukshma) and gross (sthula). Subtle or supersensible contemplation is that of Thy body of runes (mantra-maya-deham), material contemplation is contemplation of Thine image represented with hands and feet. Thy subtle form (sukshma rupa) is the body of Nature which is made of Knowledge (jnâna maya). O Arch-Goddess! The mind reaches the supersensible with difficulty, and therefore the seeker's mind should first be concentrated on a material form which will help him to attain Liberation."¹⁷⁰ (Yâmala tantra.)

"Contemplation is of two kinds, either on a perceptible form (sa-rupa) or without a perceptible form (a-rupa). Contemplation without a perceptible form is beyond the grasp of words and mind, it belongs to the unmanifest, is all-pervading and cannot be pointed to as 'this' or 'that'. It is only through a long process of identification that yogis can cognize it. I explain material contemplation to you to this end alone, that the seeker in his desire for subtle contemplation may practise it, concentrating his mind to attain the object of his desire."¹⁷¹ (Mahânirvâna tantra.)

Material contemplation is usually practised as a mental form of worship in which the seeker creates in his mind a world of delight around his chosen form of Divinity. There is for the form of each deity a theme for contemplation or a description in Sanskrit couplets, and this theme is the support on which the imagination works to create a world which later it will transcend in order to realize the inner significance of the particular aspect of Divinity he thus worships.

THEMES OF CONTEMPLATION OF SOME OF THE DEITIES

"Meditate in the heart's lotus with mind concentrated on Shiva, the three-eyed one, the Transcendent Lord of Sleep, the Supreme Self of all, upholding the three fundamental qualities, the destroyer of the three impurities (of substance, of form, and of nature), with the all-auspicious shining goddess Umâ seated, beautiful, on his left knee. Imagine accessories as given below and worship him with them.

"Peace of mind is the water to anoint him; the notion of all-pervasiveness is this vesture, intrinsic shape is the perfumed unguent, extreme mercifulness is the unhusked rice, purified

devotion the flowers, the four inner faculties (mind, intellect, I-ness and the substratum of memory) are the incense, the mass of sensorial qualities is the lamp, the intrinsic shape of the Self beyond pleasure or pain is the food offering, the three fundamental qualities of Nature (sattva-rajās-tamas) are the rice, the life-breath is the obeisance.

“In this way should the Supreme Giver of Happiness (Shankara) be worshipped with mental accessories.”¹⁷²

THE EIGHTH STEP IDENTIFICATION (SAMĀDHI)

“When alone the object of contemplation remains and one’s own form is annihilated, this is known as ‘identification’.”¹⁷³ (Yoga Darshana 3, 3.)

In contemplation three elements are present: he who contemplates, the fact of contemplating and the object of contemplation. In identification, these three elements cease to be distinct.

The practice of the method of identification with a material object or with a subtle entity gives superhuman powers, but these powers are hindrances on the path of spiritual realization. Identification with the Supreme Reality alone leads to liberation.

“That which we call experience, is but a limited experience subject to error and delusion. The only genuine experience is the mystical experience which gives total knowledge of subtle causes and is beyond the limitations of space and time.”¹⁷⁴ (Yoga-trayānanda, Shiva archana tattva, p. 33.)

Only by identification can we perceive the subtle (ādhi-daivika) and abstract (ādhyātmika) aspect of things.

“The knot of the heart is untied; all doubts are pierced. In this vision all past deeds are dissolved.”¹⁷⁵ (Yoga Shikha-Upanishad 5, 45.)

“The light of knowledge, which shines when the impurity of ignorance is dissolved by practise of the steps of yoga, is called the radiance of discernment (viveka).”¹⁷⁶ (Yoga Darshana 2, 28.)

Then only can supreme reality be witnessed.

There are two degrees in this supreme identification: it can take place with or without the maintenance of individual consciousness, and is thus called samprajñāta (with consciousness) or asamprajñāta (without consciousness).

“Identification ‘while retaining [individual] consciousness’ is the cause of Liberation in that, by witnessing the Essence of things, pleasure and pain cease to exist.

The Eighth Step, Identification

“And identification without retaining individual Consciousness is also a means of liberation because it destroys all the traces left by mental activity and allows a man to cross beyond his past.”¹⁷⁷ (Yoga Sâra Sangraha, p. 2.)

Identification with individual consciousness is also called “with thought” (sa-vikalpa), or “with root” (sa-mula). In this form the faculties dissolve into the shape of the non-dual principle and there remains no perceived difference between knower and known, although the notion of an individual existence and of the fact of knowing clearly remain.

This conscious identification is further divided into four stages, representing identification on the respective planes of—the reasoning faculty (vitarka-anugama), the thinking faculty (vichâra-anugama), the experience of joy (ânanda-anugama) and the notion of existence (asmitâ-anugama).

The second degree of identification is identification without individual consciousness, also called “without seed” (nir-bija) or without thought (nir-vikalpa). At this stage there remains no place for either an individualized knower or for a particularized knowledge. As salt in water becomes part of the water so the movements of the mind dissolve into the non-dual Principle, the Brahman, and nothing but the Brahman remains to be perceived. This identification without individual consciousness is itself of two kinds: either with the notion of experience (bhava-pratyaya), or, with the notion of a process (upâyav-pratyaya). At this stage there remains no individual support and all mental movements are stilled. This is the “motionless” state (viruddha avasthâ), to be reached through transcendent detachment. The mark of the knowing faculty is no longer discernible and it ends with the complete destruction of the mind in “identification with the Cloud of the Law” (dharma-megha-samâdhi). This stage is also called the “witnessing of the Self” (Atma-sâkshâtkāra); it is the ultimate aim of existence and its fulfilment.

CHAPTER IX

RĀJA YOGA OR THE ROYAL WAY TO RE-INTEGRATION

पयिन्वा दतुरो वेदान् सर्वशास्त्राणि चैव हि ।
साम्स्तु योगिभिः पानम्नकं पिवति परिदतः ॥

“The re-integrated being, the yogi, having churned the four Wisdoms (Veda-s) and all Scriptures, enjoy their cream, their essence. The learned get only the butter milk.”
(JNĀNASANKALINI TANTRA 51.)

THE movements of the mind are the cause of man’s bondage, the action of his intellect is the instrument of his freedom. That particular mode of action by which the intellect stills the movements of the mind is known as The Royal Way to re-integration. This is the highest form of yoga, all other forms being preparatory.

When the agitation of the mind is stilled, supra-mental perceptions or visions appear, and with them comes the perception of the fundamental unity of all that exists; consequently, all things are perceived to be, in their nature, aspects of this unity. If following any river we go down to the ocean in which all rivers unite, we can then go up any river we choose; similarly, if we dive down, into ourselves to that point where all beings are one, we can thereafter enter into the most secret heart of all beings or things of the differentiated world.

THE AIMS OF RĀJA YOGA

The aims of Rāja Yoga are the ultimate ones of every religion. Between different religions, however, there are differences in regard to outward practices.

“He who witnesses the Principle, the Brahman, on the three planes (outer, intermediary and inner) or in whom all mental movements are abolished, is the knower of Rāja yoga.”¹⁷⁸

Having thoroughly understood the nature of the body, the mind and the Self, and having established himself in his own immensity,

The Method of Râja Yoga

the râja yogi, being the ruler of his senses, becomes master of the moving universe, or physical world. He has control over the body, the inner and the outer senses, and making them work according to the divine will, he shines resplendent as the king of the liberated. He now learns to distinguish the Self from the non-Self, the coiled energy reveals herself to him as the pure form of Nature (Prakriti) and leads him to the Lord of Lords who is qualified Divinity (sa-guna Ishvara). There he becomes identified beyond distinction with the Lord Himself.

The only purpose of Hatha yoga is to render Râja yoga possible and, except in very exceptional cases, Râja yoga cannot be successfully achieved without the preliminary training of Hatha yoga, by which, alone, the subtle machinery of our subconscious instincts can be controlled.

“For the sake of Râja yoga alone is Hatha yoga taught.”¹⁷⁹ (Hatha yoga Pradipikâ.)

The Yoga Sutras divide the process of the Royal Way of re-integration into four stages (pâda): that of identification (samâdhi pâda), that of practice (sâdhana pâda), that of attainment (siddhi pâda) and that of supreme realization (kaivalya pâda).

THE METHOD OF RÂJA YOGA

Like the method of Hatha yoga, that of Râja yoga comprises eight main steps which bear the same names as those of Hatha yoga, but, although they are their equivalents, they are very different, being on another plane. These eight steps are sometimes further sub-divided to make fifteen.

With the help of these steps, the mind is bound (sanyama) to different parts of the body resulting in different forms of knowledge such as knowledge of the spheres (bhuvana jnana), knowledge of the stellar hosts (târâ-vyuha-jnâna), knowledge of the arrangement of the component parts of the body (kâyâ-vyuhajnâna), and also freedom from hunger or thirst (kshut-pipâsâ nivritti) and transcendent sight (siddha darshana). They also lead to the same powers or attainments (siddhis) as Hatha yoga, namely, to be able to grow very small, large, light, heavy, etc. But these powers are considered, especially in Râja yoga, as great obstacles to further progress.

THE FIFTEEN STEPS (ANGA-S) OF RĀJA
YOGA

(1) ABSTINENCE (*yama*)

“Abstinance is the bringing of the senses under control through the knowledge that ‘all is the Brahman.’ This abstinance should constantly be practised.”¹⁸⁰ (Tejo-bindu Upanishad 1, 17.)

“Abstinance is detachment from the body and senses, say the Sages.”¹⁸¹ (Trishikhi Brāhmana Upanishad 28.)

(2) OBSERVANCE (*niyama*)

“To direct the mental current towards the basic unity of all things and to divert it from the observation of differences is ‘Observance’; therein lies transcendent bliss. It should be practised regularly by the wise.”¹⁸² (Tejo-bindu Upanishad 1, 18.)

The instrument of this Observance is meditation on the arch-formula “I am the principle of all things, the Brahman”. (Aham Brahma-asmi.)

“This constant inclination towards the Supreme Essence is traditionally known as the ‘Observance’.”¹⁸³ (Trishikhi Brāhmana Upanishad 29.)

(3) RENUNCIATION (*tyāga*)

“Renunciation of all manifest forms through the contemplating of the Self which is Existence and Bliss is the mode of worship of the great. It smoothly leads them towards liberation.”¹⁸⁴ (Tejo-bindu Upanishad 1, 19.)

(4) SILENCE (*mauna*)

“That Silence which ever dwells in inanimate things and whence words and mind fall back having no grasp, should be sought by the yogis. Who can express that which words cannot seize? How can the world be told about that for which there is no word? The Principle, the Brahman, is ever spoken of as ‘Silence’ because all things are known through their inherent qualities. Not to speak is the silence of children. Other is that of the Knowers of Supreme Reality.”¹⁸⁵ (Tejo-bindu Upanishad 1, 20–22.)

From the negative description, “neither this nor that” (*neti neti*), given of him by the scriptures, we see that nothing different from the Self-of-all has reality. It is the complete assurance of this in the mind which is called Silence.

(5) SOLITUDE (*vijana*)

“That place which is everywhere at all times present (being the basis of all that evolves) and in which, in the beginning, at the end

The Fifteen Steps of Râja Yoga

or in the middle, there is no living creature, that place [which is their own Self, the yogis] call 'Solitude'."¹⁸⁶ (Tejo-bindu Upanishad 1, 23.)

(6) TIME (*kâla*)

"By the word Time (*kâla*) is meant [the succession] of instants through which the Creator Brahmâ and all other beings are conceived within the non-dual indivisible Supreme bliss."¹⁸⁷ (Tejo-bindu Upanishad 1, 24.)

(7) POSTURE (*âsana*)

"That (state) in which, without effort, constant meditation on the Principle of all, the Brahman, is possible is called 'âsana'; any change in it destroys the experience of joy."¹⁸⁸ (Tejo-bindu Upanishad 1, 25.)

"The feeling of indifference towards all things is said to be the highest âsana."¹⁸⁹ (Trishikhi Brâhmana Upanishad 29.)

THE POSTURE OF ATTAINMENT

"Through 'attainment' can be (reached) the origin of all existence, the non dual support of the spatial Universe. The Realized, who have reached this attainment, are known by the term of Siddha-âsana (the posture of Attainment)."¹⁹⁰ (Tejo-bindu Upanishad 1, 26.)

(8) THE ROOT CONTRACTION (*mula-bandha*)

"That (Self) which is the root of all worlds and which is the root of the control of the mind should always be sought by yogis, seekers of the Principle. This is called the Root contraction."¹⁹¹ (Tejo-bindu Upanishad 1, 27.)

(9) THE STRAIGHTENING OF THE BODY (*Deha sâmya*)

"Looking upon all the steps of yoga as equal, dissolve them equally in the Brahman. Without this, to try to straighten the waist or limbs is as (useless as) if they were (the branches of) a dead tree."¹⁹² (Tejo-bindu Upanishad 1, 28.)

(10) SIGHT (*drishti*)

"When seen with the sight of knowledge, the Universe appears filled with the Principle, the Brahman. It is that sight which uplifts, not the looking at the tip of one's nose."¹⁹³ (Tejo-bindu Upanishad 1, 29.)

"Or, one should look to that place where seer, seen and sight are no more distinct, not merely at the tip of one's nose."¹⁹⁴ (Tejo-bindu Upanishad 1, 30.)

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(11) BREATH-CONTROL (*prānāyāma*)

“When in the mind and in all perceptions, the single notion of the Principle, the Brahman, persists and all movements are stilled, this is called ‘breath-control’.”¹⁹⁵ (Tejo-bindu Upanishad 1, 31.)

“To see the illusory character of the world is called breath-control.”¹⁹⁶ (Trishikhi Brāhmana Upanishad 30.)

“Certainty of the unreality of the world is called breathing-out. The constantly recurrent notion ‘I am the Principle, the Brahman’, is called ‘breath-in’. This notion, become rigidly fixed in the mind is the chalice or holding of the breath. Such is the breath-control of the enlightened, controlling the breath by pressing the nostrils is that of the ignorant.”¹⁹⁷ (Tejo-bindu Upanishad 1, 32-33.)

(12) WITHDRAWAL (*pratyāhāra*)

“Seeing Divinity in all perceptible forms brings delight to the mind and its faculties. Know this as the ‘withdrawal’ which should be practised every moment.”¹⁹⁸ (Tejo-bindu Upanishad 1, 34.)

“To direct the mental faculties inwards is the withdrawal, O Best of men!”¹⁹⁹ (Trishikhi Brāhmana Upanishad 30.)

(13) CONCENTRATION (*dhāranā*)

“Wherever the mind goes, it sees only the Brahman. This attitude of mind is considered the transcendent concentration.”²⁰⁰ (Tejo-bindu Upanishad 1, 35.)

“To hold the mind motionless is known as concentration.”²⁰¹ (Trishikhi Brāhmana Up. 31.)

Concentration is said to be of two kinds: that on any part of the manifest universe is concentration on Nature (Prakriti Dhāranā), and that on the unmanifest is concentration on the Principle (Brahma-dhāranā).

(14) CONTEMPLATION (*dhyāna*)

“The one changeless thought ‘I am the Principle, the Brahman’, with no other notion, is known under the name of ‘contemplation’ and is the giver of supreme bliss.”²⁰² (Tejo-bindu Up. 1, 36.)

“The exclusive, unmixed thought ‘I am He’, pure Consciousness, is called ‘contemplation’.”²⁰³ (Trishikhi Brāhmana Up. 31.)

There are three stages of contemplation, according to the degree of development of the seeker. They are the religious, mystical and abstract stages. Religious contemplation is contemplation of Divinity manifest (*virāt dhyāna*). Mystical contemplation is contemplation of Causal or Ruling Divinity (*Isha dhyāna*). Abstract contemplation is contemplation of the Unmanifest Principle beyond cause and effect (*Brahma-dhyāna*).

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(15) IDENTIFICATION (*samādhi*)

“After the changeless, non-dual thought of the Principial shape (Brahma-ākāra) has filled the whole being, and all notion even of thought is forgotten, this stage is called ‘identification’.”²⁰⁴ (Tejo-bindu Up. 1, 37.)

“When the very notion of contemplation is forgotten, this is known as ‘identification’.”²⁰⁵ (Trishikhi Brāhmana Up. 32.)

According to the object with which the conscious identifies itself, there are four degrees of identification, namely: Where the object is the principle of material existence (*sthula bhuta*) the identification is said to be ‘of the reasoning faculty’ (*vitarka*); Where the object is the principle of subtle existence (*sukshma bhuta*) the identification is said to be ‘of the thinking faculty’ (*vichāra*); Where the object is the principle of sensorial perception (*indriya*) identification is with ‘the experience of joy’ (*ānanda*); Where the object is the principle of individual existence, i.e. the Supreme Person (*purusha*), identification is said to be with the I (*aham-kāra*), or with the notion of existence (*asmitā*).

The Yoga Sāra Sangraha describes the four degrees of identification as follows:

(a) VITARKA

“The (seeker) practises concentration, contemplation and identification in relation to the gross form of the object [of his meditation]. He thus can witness all the gross particularities past, future or present, whether near or remote and the qualities and defects of this object, even those which are unheard of or unthought of. This constitutes *Vitarka*, the identification on the plane of the reasoning faculty.”²⁰⁶ (Yoga Sāra Sangraha, p. 10.)

(b) VICHĀRA

“Now, after having witnessed the gross form of the object of his meditation, [the seeker] leaves aside the point of view of the gross form and gradually rises to the Nature of the object and, as before, through the three stages of concentration, contemplation and identification he witnesses the subtle shape of the object. This constitutes *Sa-Vichāra*, identification on the plane of the thinking faculty.”²⁰⁷ (Yoga Sāra Sangraha, p. 10.)

(c) ĀNANDA

“Then after witnessing the subtle shape of the object of meditation the seeker again abandons that point of view and, through the three stages of concentration, contemplation upon and identification with the aim of human existence, which is the experience of the intrinsic nature of joy and which dwells in the twenty-four

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elemental principles (tattvas), he witnesses the 'shape of joy'. This is called the state of the experience of 'joy' (ânanda) because of the supposed identity of cognition and its object."²⁰⁸ (Yoga Sâra Sangraha, p. 11.)

(d) ASMITÂ

"Having thus gone through the different stages and found the gross, subtle and joy shapes imperfect and having consequently given them up, the seeker attains, in the very same object of his meditation the changeless all-pervading pure consciousness and through it the very nature of the Self. This is known as identification with the notion of Existence (Asmitâ), so named because it appears in the form of the perception "I am distinct from all bodies etc." Since, after cognizing the Self, nothing remains to be cognized, identification with Existence is the final stage. At its highest level this witnessing of the Self is called identification with the cloud of the Law (Dharma megha Samâdhi). And when it arises it appears in the form of a satiation, as regards all cognition, and from the total detachment so engendered arises Un-conscious identification."²⁰⁹ (Yoga Sâra Sangraha, p. 12.)

CHAPTER X

MANTRA YOGA OR RE-INTEGRATION THROUGH HERMETIC FORMULAE

“THERE are many ways of concentrating the mind; some concentrate it by constantly calling upon my name, their voices flow incessingly like a stream of oil.”²¹⁰ (Ādhyâtma-Râmâyana 10, 22.)

“Seated on the ground on a mat made of Darbha grass, comfortable and free from all flaws, mentally guarded [against evil influences] repeating the cart and the wheel (i.e. the syllable of Obeisance AUM and the Vyahritis) correctly taking the Lotus posture or the Auspicious posture or even the posture of Prosperity, facing North, closing the nostril with one finger, he should, by drawing in the breath, maintain the Fire [in the triangle formed by the plexus of the Root Centre] and think only of the sound (AUM).”²¹¹ (Amrita Nâda Up. 17-19.)

Every concrete aspect of the manifest world is but name and shape. The reality of the underlying cause, which is permanent, is greater, although less manifest, than its transient more manifest effect. Thus, ether is more real than the visible elements which are but temporary states of polarized ether. The man who falls however, does not grasp ether but the earth. Similarly, in his effort towards liberation man must first take the help of the manifest aspects of Divinity as seen in forms and names. It is with the help of the Divine names and of the principal Word represented by the hermetic formulae, the mantras, as well as by the principal forms represented by mystic diagrams, the yantras, that man can bring under control the mental agitation that hides Supreme Reality from him.

Mantra yoga is usually practised in the form of rhythmic repetition, which is called japa, of certain hermetic formulae, with the help of a rosary.

“To gain liberation, the mantra-yogi, seeker of re-integration through hermetic formulae, should repeat the rune of one syllable (AUM), that of two syllables ‘soham’ (=sah aham, He is I) or ‘hansah’ (=aham sah, ‘I am He’), that of six syllables (AUM, Namah Shivâya), or that of eight letters (AUM, Hram, Hrim, namah Shivâya).”²¹²

THE DIFFERENT MANTRA-S

There are many kinds of mantras, the repetition of which yields most diverse results. The four chief categories are: siddha (achieved), sâdhya (instrumental), sasiddha (with achievement), ari or ripu (enemy).

(1) The "achieved" (siddha) mantras are regarded as friends and said to bring desired results within a specified time.

(2) The "instrumental" (sâdhya) mantras are compared with faithful servants and are said to bring results after a long time.

(3) The mantras "with achievement" (sasiddha) are compared with temporary help and bear fruit only according to one's merit.

(4) The "enemy" (ari or ripu) mantras act as enemies and destroy one's achievements or merits.

"If a shudra (a man of the lowest caste) receive the initiation (vidyâ) from the lips of another shudra, he is doomed to hell in the next world and to suffer constant misery in this one." (Shâktânanda Tarangini.)

The mantras were composed by a special process by the seers of ancient times who knew the secrets of the power of sounds. Mantras are made by joining together symbolic syllables in accordance with certain laws laid down in the Revealed Scripture of Hermetic Formulae, the Mantra Shâstra. The meaning is always multiple and profound, and when the mantras are connected with their origin by an unbroken link of initiation, they are infallible, but a mantra obtained from a book has usually little or no effect.

There are mantras related to all kinds of purposes, the Mantras most prevalent in the present age being those whose enunciation is easy, whose meaning is quickly understood and whose use is not restricted by difficult rules.

The greatest of the mantras is the Syllable of Obeisance AUM which represents the highest, the most abstract aspect of Divinity. Whilst repeating it, its meaning is gradually grasped and realization is attained. Patanjali, as well as Manu, recognize it as the supreme mantra and as the root of the Eternal Wisdom, the Veda.

Next in importance to the Syllable of Obeisance come the Vedic verses of Gâyatri, which are the mantra of the Eternal Wisdom the Veda and to utter which only the twice-born are qualified.

All the results obtained through other forms of yoga are said to be in the present age, more easily gained, through mantra yoga. By merely repeating the mantra relating to a certain Deity, this Deity appears. Rhythmic repetition of a mantra is called japa.

The Different Kinds of Japa

“Compared with that of other ritual practices, the effect of the ritual of japa is ten times as great. If done in secret, without outward sound, the effect is one hundred times as great. If done purely mentally a thousand times as great. The four kinds of fire-ritual* and, hence, ritual sacrifices (karma-yajna) are not equal to even one-sixteenth of the merits of the ritual of repeating hermetic formulae, japa-yajna.”²¹³ (Manu 2, 85-86.)

THE DIFFERENT KINDS OF JAPA

(1) The daily (nitya) japa is done morning and evening a fixed number of times with the mantra given by the teacher.

(2) The circumstantial (naimittika) japa is done only on festival days or special occasions.

(3) The japa of desired results (kâmya) is done to obtain certain desired results.

(4) The forbidden (nishiddha) japa is the repetition of a mantra done according to one's fancy without method or observance of rules; it also includes the inaccurate enunciation of mantras, the repetition of mantras obtained from an unqualified teacher, the worship of one deity with the mantra relating to another, the mixing up of mantras, their enunciation without proper knowledge of their meaning or of the method for repeating them, or lack of proper respect while uttering them. A forbidden japa always brings evil results.

(5) The japa of penance (prâyashchitta japa) is done as penance for one's faults or pride.

(6) The unmoving (achala) japa requires a proper seat and accessories. It can be done only by the healthy and strong. This japa brings out the hidden energies and brings deities into one's power. It enables one to help others and is mostly meant for that purpose.

The seat should be a tiger or deer-skin upon which one sits after taking a ritual bath. Mind must concentrate on place and time, and, after doing the contraction of the “Four Directions” (dik bandha), begin the repetition of the appropriate mantra, the number of the repetitions being decided beforehand. The body must remain motionless and the rule of silence be observed.

(7) The moving (chala) japa can be done at all times, whether coming or going, standing or sitting, acting or bearing, giving or taking, sleeping or waking, during sexual acts or performance of

* Vaishvadeva, the oblation to all deities performed before meals; Bali-karma, the sacrifice of living creatures; the daily sacrifice to ancestors (nitya-shrâddha); and the honouring of visitors (atithi-pujana).

other functions—without shyness, by uttering the name of God. All can do it. It knows no limits, or rule. It purifies the voice and gives it great strength. But those who do this japa must avoid speaking lies, nor should they condemn others, speak harsh words, talk nonsense, or too much. This japa brings success and makes the mind always glad, it leaves no room for worry, annoyance, sorrow, pain, ups and downs. He who does this japa is always protected, he makes the pilgrimage of life without effort and reaches supreme reality. All his actions are a ritual, the mind is detached and he knows no fear, being always near God. The Lord himself is the vehicle on this the safest path of yoga.

There is no need for a rosary for this japa, but the adept keeps hidden in his clothing some small objects as reminders in case his mind becomes distracted. These reminders must not be seen by others, nor should his lips move, for this yoga must be kept secret or it loses its power.

(8) The voiced (*vâchika*) japa is said loudly enough for others to hear. It is sometimes discarded as inferior, although it has great merits. This is the first and the easiest method of the yoga of utterance.

In the centres of the subtle body are to be found the seeds of the letters connected with the arch-formulae. By repetition of these arch-formulae, the energies connected with the seed-letters arise and this leads to the "voice attainment" by which great deeds can be performed in the world. This japa is therefore fruitful for worldly interests as well as for the attainment of Supreme Reality.

(9) The whispered (*Upâṁshu*) japa follows the "voiced japa". The lips move and the mouth enunciates the sounds, but so low that no one can hear them but oneself. The mental movements are turned inwards and the mind enters into trance. The limbs grow hot, sight becomes blurred and the mind's movements are blunted as if in a state of intoxication. In this way, the seeker gradually leaves the gross for the subtle world, and the virtues of sounds become apparent. This practice leads to undeviating concentration.

(10) The bee (*bhramara*) japa is murmured like the hum of a bee. It is easy to learn after seeing and hearing someone do it. The lips and tongue need not move and the eyes should be closed. The murmur seems to be located between the brows. This japa makes the breath subtle and produces natural chalice. Breathing becomes slow and feeble, in-breathing is quick and out-breathing very slow. The utterance begins with the in-breathing and one soon learns to say the mantra several times in one breath. It should not be spoken aloud, but should move round in the mind repeatedly like the sound of a flute sustained by the breath. In this

The Different Kinds of Japa

way, the rhythm of the long and short syllables is produced by the breath which begins to act rhythmically from the depths of the basic Centre of the subtle body. This awakens all the Centres. It makes the hair stand on end and one becomes conscious of certain phenomena in the regions of the navel, heart, throat, palate and centre of the brows. The head feels light, memory increases together with the power to grasp ideas. A sort of heat develops in the forehead and skull. An inner illumination appears and outward desires are stupefied like a snake by the charmer's flute. The mind soon dissolves in sound.

There is no better way than the bee japa to produce rapid concentration of the mind. It should be done in quiet surroundings and easily leads to mystic trance. The inner flame increases, divine visions appear and the heavenly world becomes visible.

(11) The mental (mânasa) japa is the very soul of japa. The mantra is not uttered aloud at all, but remains revolving in the mind. The eyes are closed. Meditation on the meaning of the mantra predominates over all other thoughts.

Each formulae has one or several outward meanings to the syllables, but also concealed meanings (kuta-artha). By knowing these, the shapes of the deities worshipped can be made to appear.

First, the japa should be performed by meditating on the qualified aspects of the deity invoked, afterwards on its unmanifest aspects. At the same time, the "inner sound" can also be listened to. This japa leads to great attainments.

(12) The uninterrupted (akhanda) japa is meant for those who have renounced the world. Setting apart only such times as is necessary for food and other functions indispensable for life, the japa should be done continuously.

"When tired of japa, meditate; when tired of meditation, do japa; tired of both, think of the Supreme Self."²¹⁴

(13) The non-uttered (a-japa) japa is easy, but requires some care. It can be done in many ways and Saints practise it. It requires no rosary.

"His divine form without disguise can be seen pervading all things. 'I am He', 'I am He' (Aham-sah) (the mantra of identification) abides in the body of all beings, at the place where the inward and outward breath (prâna-apâna) unite. It is called the non-uttered repetition (A-japa) [of His name]. Every day, 21,600 times this utterance I am He, He I am (Hamsah—so-aham) rises and falls [with the life-breath]."²¹⁵ (Brahma-Vidyâ Up. 78-79.)

The results of this japa take place when, after long practice, the meaning of the mantra has been integrated within oneself and is thus always present in the mind.

(14) *The circumambulatory* (pradakshina) japa. Hold a rosary

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of rudrāksha or tulasi beads and repeating a mantra, walk around a sacred fig-tree (pippala) or a garden, a temple or holy place, keeping the Supreme Being in mind. This japa brings great attainments and fulfills desires.

THE SIXTEEN STEPS (ANGA-S) OF MANTRA YOGA

Like all forms of yoga, the method of Mantra yoga has several steps; some of these steps are common to the other forms and some have different implications.

Sixteen steps of Mantra yoga is the number usually given, namely:

(1) DEVOTION (*bhakti*) is the first step, the most pertinent and the easiest form of spiritual achievement for the present age of darkness. Its method has nine stages which will be given in a separate chapter on Bhakti yoga.

(2) PURITY (*shuddhi*) is of two kinds, outward and inward (as described in Hatha yoga). Inward purity is the most important in Mantra yoga.

(3) POSTURE (*āsana*) has been described under Hatha yoga, but only the Lotus posture and the Auspicious posture are, as a rule, mentioned in connection with Mantra Yoga.

(4) OBSERVANCE OF THE CALENDAR (*pañchāṅga sevana*). The Hindu calendar is based entirely on astronomical data, and great importance is therefore attached to certain days of the solar and lunar cycles, to eclipses, to the passage of the sun into new signs of the zodiac, etc. Such dates define the days of rejoicing or of fasts and must be strictly observed.

(5) THE WAYS OF CONDUCT (*āchāra*) are three, according to the fundamental qualities of nature. Angelic conduct (*divya-āchāra*) is for the seeker in whom the ascending tendency predominates; the right-hand way (*dakshina-āchāra*) or way of good actions is for the seeker in whom the expanding tendency predominates; while the left-hand way (*vāma-āchāra*), or the way which makes use of the senses as the means of transgressing them, is the way for those in whom the descending tendency predominates. This last way, although very efficient, is, however, always full of danger and as such is not recommended except in special cases. Its technique is explained in the Tantras.

(6) CONCENTRATION (*dhāranā*) is of two kinds, outward and inward. Outward concentration is on an external object, a picture, image, symbol, etc. Inward concentration is on the inner world

The Sixteen Steps (Anga-s) of Mantra Yoga

within one's mind. When evoked through concentration, the deity worshipped appears embodied and grants to the worshipper the boons desired.

(7) THE SEARCH FOR DIVINE COUNTRIES (*divya-desha-sevana*). There are sixteen divine countries. These inner countries are the abodes of the deities worshipped and appear to the mind when concentration has borne fruit.

(8) BREATH-CONTROL (*prāna kriyā*) helps to control the movements of the mind; it has been already described under Hatha yoga. When accompanied by the repetition of a mantra, breath-control is of great help in mantra yoga.

(9) GESTURE (*mudrā*). There are gestures to represent each deity which should be practised with the corresponding mantras (see Hatha yoga : Gestures).

(10) WATER OFFERING (*tarpana*) pleases deities and after having offered water to one's chosen deity, water should also be offered to all the divine beings, to the seers and to the Forefathers (pitris). To obtain the fulfilment of particular desires, other substances than water may be offered.

(11) FIRE OFFERING (*havana*) is a means of pleasing the gods and obtaining desired results. Offerings should be poured sixteen times into the fire, uttering the mantra appropriate to one's chosen deity. Then offering should be made to other deities.

(12) RITUAL SACRIFICE (*bali*) appeases the anger of the deities. Preferably, the best of fruits should be sacrificed, but when it is in accordance with the rites prevailing in a man's community, the sacrifice of living creatures, goats, birds, etc., is allowed by certain forms of Hindu ritual. Non-violent sacrifice is, however, always to be preferred. The greatest sacrifice is that of one's own pride, only after it comes that of lust, anger, and the other real enemies of man. These are the higher sacrifices, the sacrifice of life is meant only for those incapable of the higher forms.

(13) RITUAL WORSHIP (*yajna*) is of two kinds, outward and inward. In ritual worship of a deity, whether inward or outward, five, ten, sixteen or twenty-one ingredients are used.

The five ingredients used are : scents, flowers, incense, lamp and food

The ten ingredients used are the above five plus water for washing the feet, (pādya), for aspersion (arghya), for bathing (snāna) and to rinse the mouth (âchamaniya), and honey mixture (madhuparka) to honour a guest on arrival.

The sixteen ingredients are, leaving out the honey mixture, the above plus: invocation (âvâhana), vesture (vastra), sacred thread (upavita), ornaments (bhushana), betel (tâmbula), light (ârati) and prostration (pranâma).

The twenty-one ingredients are the above sixteen plus: welcome (svâgata), posture (âsana), instalment (sthâpana), garlanding (mâlya), saluting (namaskâra) and taking leave (visarjana).

There are other forms of ritual worship, of which one is the "Principal ritual worship" (Brahma yajna) which consists in the study of the Scriptures, and another the ritual of worship of the living which consists in giving food, clothing, water to all who possess life.

Those who perform these yajnas gain boundless happiness in this and other worlds.

(14) REPETITION (*japa*) is the repetition of mantras and we have already seen its different forms.

According to the deity worshipped, rosaries are of different materials. The rosary of tulasi seeds is used by devotees of Vishnu, whereas rosaries of rudrâksha seeds are used by devotees of Shiva. The greatness of the tulasi rosary is given in the Shri Agastya Samhitâ, Chapter 6, and that of the rudrâksha rosary in the Rudrâksha-jâbala-Upanishad.

(15) CONTEMPLATION (*dhyâna*) consists in witnessing within one's mind the shape of the chosen deity.

(16) IDENTIFICATION (*samâdhi*). When the meaning of the mantra has been realized, then the mind dissolves into the deity the mantra represents; there remains no notion of a separate seeker, search and sought. With identification the seeker has fulfilled his aim.

CHAPTER XI

LAYA YOGA, OR RE-INTEGRATION BY MERGENCE

ACCORDING to the principle that the individual being and the universal being (vyashti-samashti) are one, all that exists in the universe must also exist in the individual body. All manifestation is based on a fundamental dualism: a male principle, known as the Person (Purusha), and a female principle known as Nature (Prakriti). The Centre in the body where the Person lies is the Lotus-of-a-thousand-petals; the Centre in which Nature-energy, which pervades the universe, is located is the Root Centre at the base of the spine where it lies as if in sleep coiled three and a half times and known consequently as Kundalini, the Coiled.

Laya yoga is that process by which the Nature-energy is awakened and made to rise through the six centres along the central artery of the subtle body from the Root centre at the base of the spinal chord to the Lotus-of-a-thousand-petals at the top of the head where it merges into the supreme Person.

The adept, being freed from the snare of desires and from imagination and volition (Sankalpa-Vikalpa), attains peace in his mind, now freed from all inclination. And to his purified intellect, the ever-realized, self-illuminated, non-dual Essence appears of itself.

“The seeker of re-integration merges his mind, his mental faculties and the breath of life into the object of his contemplation, or into the inner sound.”²¹⁶

As we have seen, the inner sound can be made manifest by the practice of breath-control.

“The mind is the master of the senses, the life-breath is the master of the mind, the master of the life-breath is its mergence. The merging of the mind is achieved by [listening to] the inner sound.”²¹⁷ (Hatha Yoga Pradipikâ 4, 29.)

THE FORMS OF LAYA YOGA

“Shiva the Eternal (Sadâ Shiva) spoke of one hundred and fifty thousand forms of Laya Yoga which exist in the world.”²¹⁸ (Yoga Târâvali.)

Yoga

The four most current practices of Laya yoga consist in listening to the inner sound with the help of four different gestures.

“The attainments of Laya yoga are of four kinds, contemplation with the gesture of the Giver-of-Peace (Shâmbhavi mudrâ), hearing of the inner sound with the Bee gesture (Bhrâmari mudrâ) enjoying the flow of nectar (rasa) with the Moving-in-the-Void gesture (Khechhari mudrâ), and enjoying bliss with the Yoni gesture.”²¹⁹ (Gheranda Samhitâ.)

Of the methods used to reach the merging of the mind, the most important are listening to the inner sound, seeing the light of the Self, and the arousing of the coiled energy. But this last is fraught with danger and must be learnt only from a qualified guide.

The most usual practice of Laya yoga is to listen to the inner sound after midnight, while making the Six-faced gesture (Shanmukhi mudrâ), i.e. closing the ears, eyes, nose and mouth with the fingers.

THE STEPS OF LAYA YOGA

The steps of Laya yoga are: abstinences (yama), observances (niyama), physical action (sthula-kriyâ), subtle action (sukshma-kriyâ), withdrawal (pratâyhâra), concentration (dhâranâ), contemplation (dhyâna), merging action (laya-kriyâ) and identification (samâdhi).

Physical action consists in the practice of sitting postures, gestures, etc. which are, in Laya yoga, identical to those of Hatha yoga.

Subtle action is connected with the rhythm of breathing through the right and left nostrils (svara). Two only of the many kinds of breath-controls given in Hatha yoga are said to be used in Laya yoga.

Withdrawal is connected with the perception of the inner sound.

Concentration is connected with the piercing of the six centres, and the arousing of the coiled energy (kundalini).

The two main instruments of Laya yoga are the hearing of the inner sound (nâda) and the vision of the light of the Self (Âtmajyoti-darshana).

The hearing of the inner sound (Nâda-anusandhâna vidhi). After performing the inward and outward purifications, enter the place of practice and take one of the postures, facing North if spiritual attainment is desired, East if worldly achievements are wished for. Sit on a prepared seat, used exclusively for the purpose, and keep the head, neck and back straight. Then, concentrating the sight on the region of the navel, remain for some time without blinking. As the breathing decreases, the mind will be-

The Steps of Laya Yoga

come still. After a few days of this practice, the mind will be silent. This is the easiest way of controlling the mind.

“Seated in the Posture of Attainment and keeping the gesture of the Pervader (Vaishnavi mudrâ) (i.e. keeping the eyes wide open without twinkling) the yogi should constantly listen to the inner sound with his right ear. This sound when constantly practised will cover all the outer sounds. [The yogi], with the help of that which is his own, conquers all that is external to him, and reaches the fourth (unmanifest) stage. At first many great sounds are heard, but, with practice, more and more subtle sounds are perceived. At first the sounds are like those produced by the ocean, or by a cloud, a drum, a water fall; then like the sound of a small drum, that of a bell, or of a musical instrument; finally it becomes like the tinkling of bells, a flute, a lute, or a bee.

“Thus are the many sounds heard growing subtler and subtler. Even when the louder sounds, like that of the big drum, are heard, the yogi should keep listening to the subtler ones. The mind should not be allowed to abandon the grosser sounds for the subtler ones or the subtler for the grosser ones, even if it finds it pleasant. It should stick to the sound which pleased it first and dissolve with it. The mind lost in that sound forgets everything outward, and merges itself into the sound, as milk mixes with water, finally to dissolve with it in the ether of consciousness. Controlling his mind, the yogi, by constant practice, becomes indifferent to everything else and is attracted by such sounds as transport him beyond the mind. Leaving all thoughts and all efforts, meditating on sound alone his mind merges into sound.”²²⁰ (Nâda-bindu Up. 31-41.)

When the mind is stilled, even if breathing remains slightly active, the inner sound soon begins to be heard.

The mind can similarly be controlled by the practice of “fixing with the eyes” (trâtaka), but this presents some risk because wrong practice causes eye-diseases and may even ruin the sight.

“Into the navel and the basic Centre, which is the sixth [Centre] the vital breath should be brought, whereupon the inner sound will of itself arise and, from the inner sound, liberation.”²²¹ (Yoga svarodaya.)

These sounds can be hair-raising. The head grows giddy, the mouth fills with saliva. But the adept, unheeding proceeds on his way. Like the bee who, entranced by the honey, cares no longer for the fragrance which had attracted it, so the adept soon forgets the inner sound which surrounds him and merges into the Principle of Word (shabda). Then a sound never heard before rises in the heart and pervades all.

THE VISION OF THE LIGHT OF THE SELF

The adept closing his eyes, contemplates the motionless light on the top of the arrow, emblem of Shiva the Lord of Sleep, which is in the heart's centre where the "unstruck" sound (anâhata) dwells. That light appears like the flame of a lamp which no breeze ever disturbed.

Gradually, from this contemplation in the midst of the unstruck sound, the vision of light rises.

"First to resound is the unstruck Word, and within the sound a light appears, and in that light is the mind."²²² (Goraksha Samhitâ.)

Thus the mind of the adept unites to the principle of light (jyotir-maya Brahma) and then merges into the supreme shape, Vishnu the Principal Pervader. The sound then dies away and the mind unites with the Self. Freed from all pain, the adept, united with the supreme light, knows incomparable bliss.

CHAPTER XII

SHIVA YOGA OR RÂJÂDHIRÂJA-YOGA

ALTHOUGH there are no real differences between the last stages of the different forms of yoga, yet the higher yoga, where all external forms and practices are abolished, when considered separately, is spoken of as the "King of Kings" way of re-integration (Râja-adhirâja-yoga) or as Shiva yoga, Re-integration into the Lord of Sleep.

Shiva speaks

"This is called the Arch-yoga (Mahâ-yoga) where thou perceivest the Supreme Self, which is eternal joy, in whom there is no deceit, and who is but I, the one Supreme Divinity. Other methods of re-integration spoken of by yogis in extensive treatises do not, taken all together, amount to one digit (Kalâ, 1/16th) of this Essential yoga.

"That yoga in which the Liberated being can contemplate the Lord of the Universe is supreme among all yogas."²²³ (Kurma Purâna II, 11, 7-9, also quoted in Yoga Sâra Sangraha, p. 14.)

The rules of Shiva Yoga are few and simple.

"In a lovely hermitage far from all people, worshipping his guru with assiduity, (the Seeker) should sit in the Auspicious posture (svastika âsana) and meditate."²²⁴ (Shiva Samhitâ 5, 204.)

"By knowing the Principles of the End of Wisdom (Vedânta) the living being becomes liberated. His mind too is freed and thus the wise yogi remains without thought."²²⁵ (id. 5, 205.)

"Thus concentrating, he reaches the great Attainment and having freed his mind from all its activities he becomes himself the Total Shape."²²⁶ (id. 5, 206.)

"Ever practising this, the yogi knows no desire. The word 'I' does not exist for him who always sees the Self."²²⁷ (id. 5, 208.)

"What is bondage and what Liberation for him who constantly perceives the fundamental unity. He is most certainly ever Liberated. He is the true devotee whom all the world worships."²²⁸ (id. 5, 208.)

"He thinks I am equally the Living Self and the Supreme Self; leaving all notion of I or Thou he meditates upon the one impartible principle the Brahman. Stripped of all contacts, the yogi then takes shelter in that Seed (i.e. that point limit) in which all attribution and all restriction dissolve."²²⁹ (id. 5, 209-210.)

"In their inner implications there is no difference between Râja

yoga, the Royal way of Re-integration, and Shiva yoga, the way of re-integration into the Lord of Sleep, the abstract principle. Yet for the worshippers of Shiva, the Lord of Sleep, to enlighten their understanding, these two forms are spoken of separately.”²³⁰

“It is necessary for the sake of the worshippers of Shiva to say that such difference exists. Having understood this, the seekers of liberation should begin to practise Shiva yoga.”²³¹

The “triad-which-leads-across” (târaka-traya) is the name given to the understanding and witnessing of the three fundamental qualities, the ascending, expanding and descending tendencies, which are the substance of Nature (Prakriti).

The Shiva âgamas, however, say that the “triad-which-leads-across” refers to the three degrees of devotion to the Lord of Sleep in whom all knowledge of thought form (vritti jnana) should merge until the Shiva principle, the ultimate unmanifest principle, which pervades all things, alone remains.

“Shiva yoga has five parts: knowledge of Shiva, devotion to Shiva, contemplation of Shiva, observance of the austerities connected with Shiva, and ritual worship of Shiva.”²³²

“There is no doubt that the man who does not worship Shiva is an animal and remains endlessly wandering in the cycle of existences.”²³³

“The worship of Shiva is of two kinds, outward and inward. The inner worship is the more important but arises from the outer worship.”²³⁴

“Just as the larva which associates with the bee, itself in the end becomes a bee, so the man who realizes unity with Shiva through Shiva yoga himself becomes one with Shiva.”²³⁵

“The living being, who is freed from the defects of lust, anger, fear, error, greed, passion, birth, death, cupidity, melancholy, laziness, hunger, thirst, desire, shyness, fear, pain, temper, and excessive gladness is called Shiva.”²³⁶ (Yoga Shikhâ Up. 10-11.)

Part III

OTHER FORMS OF YOGA



CHAPTER XIII

KARMA YOGA OR RE-INTEGRATION THROUGH ACTION

“**T**HINKING that proper action is a duty, the constant application of the mind to the actions ordained [by the scriptures] is Karma yoga, Re-integration through action.”²³⁷ (Trishikhi Brâhmana Up. 25-26.)

“Worshipping Him with his proper actions, a man attains realization.”²³⁸ (Bhagavad Gitâ 18, 46.)

The outward aspect of all religion, that is, its moral and ritual aspects, are based upon right action. Although from the point of view of transcendent knowledge no action can in itself be considered as right or wrong, and, to attain illumination, all action must in the end be abandoned, yet so long as we remain living beings we are bound to some form of action even if only functional. “For no man, even for one instant remains without acting; all beings, born of Nature and ruled by the three fundamental tendencies are bound to action.”²³⁹ (Bhagavad Gitâ 3, 5.)

We have to maintain a distinction between the actions that lead us towards the goal of re-integration, which may be termed right actions, and those actions which lead us away from the goal, and which may be termed wrong, and the indifferent actions.

Actions have both immediate visible results and results that are not immediately perceptible; it is therefore only by a complete understanding of human destinies in this and other worlds that we can determine which action is ultimately right. To determine this is the object of all those religious scriptures which explain both in the field of morals and ritual the ultimate results of actions.

“Actions, good, bad or indifferent, are determined in the Eternal Wisdom, the Veda, and not by worldly wisdom, for the Eternal Wisdom sprang from Divinity and to understand it is beyond the capacity of the most learned.”²⁴⁰ (Bhâgavata Purâna 11, 3, 13.)

Although the greater part of revealed and traditional Hindu scriptures deal with right or wrong action, one small part of them is considered to contain the essence of Karma yoga; and this is the Bhagavad Gitâ, in which the Lord Krishna himself explains the necessity of right action without regard or desire for immediate results. The receiver of this message is Arjuna, the royal knight,

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who, having to face a fratricidal war, is tempted to renounce action and leave the world to its fate.

The secret of re-integration through action is in the performance of right action for its own sake, i.e. namely without caring about its immediate or apparent results.

“Thus shalt thou be released from the bonds of actions, fair or foul of fruits; and, liberated by means of the method of re-integration which is renunciation of action, thou shalt attain Me.”²⁴¹ (Bhagavad Gitâ 9, 28.)

“Know Yoga to be an insentient state where the mind dissolves without pretence. Firmly set in this yoga thou mayest perform actions, but not if thou hast no liking for them.”²⁴² (Akshi-Up. 2, 3.)

CHAPTER XIV

JNĀNA YOGA OR RE-INTEGRATION THROUGH KNOWLEDGE

“IN the method of re-integration through Knowledge the mind is ever bound to the ultimate end of existence which is Liberation. This method leads to all attainments and is ever auspicious.”²⁴³ (Trishikhi Brāhmana Up. 26–27.)

In this way of re-integration, the seeker starts from the gross body and lower mind and by the process of understanding passes successively through the subtle, causal, arch-causal, supra-arch-causal (ati-mahâ-kâraṇa) planes until he realizes the Supreme Self as distinct and aloof from all forms, and merges into it.

“What is there to be known apart from Him by whom all that exists is known?”²⁴⁴ (Yoga Pradīpa 3, 17.)

To know the supersensible and spiritual (ādhidaivika and ādhyātmika) shape of things, identification is the only means. Hence the way of knowledge is closely bound to that of Identification.

“When the knot of ignorance breaks in their hearts, all doubts vanish, and, witnessing Him, all their actions from beginningless time are dissolved.”²⁴⁵ (Yoga Shikhā Up. 5, 45.)

For adepts of the way of Knowledge

“identification is their ritual of purification,

identification is their repetition of Divine names (japa),

identification is their ritual sacrifice,

identification is their practice of austerities.”²⁴⁶

(Rāma Gitā 8, 46.)

for identification is the only way to true knowledge.

THE SEVEN STAGES OF KNOWLEDGE

The process of this realization is through the seven stages (bhūmi) of knowledge.

Whilst passing through these seven stages of Jnāna yoga, four states of mind and four obstacles have to be faced. The four states of mind are: the dispersed state (vikshiptatā), the past approach (gatāyatā), the grasped state (shlishtatā) and the merging state (sulīnatā). The four obstacles are: inactivity (laya), dispersion (vikshepa), dullness (kashāya) and enjoyment of the practice (rasāsavadana).

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Knowledge is of two kinds: with, or without object (*sa-vishaya-a-vishaya*). That which binds the mind and prevents its flight towards Divinity is the "object" (*vishaya*) (from the root "si" to bind). When the nature of "objects" has been understood, one turns towards Divinity and then comes knowledge without objects.

"The arch-seers have spoken of seven stages (*bhumis*) of knowledge. Of these, the first stage is known as good-will (*shubha-ich'hâ*), the second as reflection (*vichârana*), the third as subtlety of mind (*tanu-mânasâ*); the fourth is the perception of reality (*sattva-âpatti*), the fifth is freedom from leaning towards the world (*asansakti*), the sixth is the disappearance of visible forms (*padârtha-abhâvani*), and the seventh is the entering into the fourth state, the unmanifest, (*tureyagâ*)."²⁴⁷ (*Vedânta Siddhânta darshana* 190-192.)

(1) GOOD-WILL (*shubha-ich'hâ*)

"That desire for liberation which appears as a result of the discrimination between the permanent and the impermanent and lasts until the result is attained, is 'good-will'."²⁴⁸

(2) REFLEXION (*vichârana*)

"Inclination of the inner faculties to hear and ponder near a true guide (*guru*) the words of the Transcendent Wisdom, the Vedânta, is 'reflexion'."²⁴⁹

(3) SUBTLETY OF MIND (*tanu mânasâ*)

"Concentrating the mind by regular practice of meditation, and by this means rendering it capable of grasping subtle things, is 'subtlety of mind'."²⁵⁰

At this stage, the subtle nature of things is grasped as well as the impermanence of the five elements.

In these first three stages of the way of Knowledge the living being and the Supreme Principle are clearly perceived to be distinct. These stages are therefore spoken of as the instrumental stages (*sâdhana bhumi*), and the yogi in these stages is called the seeker or *sâdhaka*.

"In these three stages, only qualification for knowledge to arise is acquired, but knowledge itself is not attained."²⁵¹ Yet, since these preliminary stages are essential for the approach to knowledge, they are not spoken of as forms of ignorance, but are already counted as stages of knowledge.

"At this stage the seeker does not acquire qualification for any form of action other than knowledge, but is qualified for knowledge alone."²⁵²

The Seven Stages of Knowledge

(4) PERCEPTION OF REALITY (*sattva-âpatti*)

“The actual experience, without a shadow of doubt of oneness with the Self, the Principle of all, is the ‘perception of reality’.”²⁵³

At this stage, the world is still perceived and all the functions of the body and the inner faculties still remain at work, but the world which the man in the power of illusion (*mâyâ*) sees as reality now appears to him illusory.

This stage is compared with the state of dream. The adept at this stage is called “knower of the Principle” (*brahmavit*). The arch-formula representing this stage is “*Aham Brahma-asmî*” “I am the Principle, the Brahman.”

(5) FREEDOM FROM LEANINGS TOWARDS THE WORLD (*asansakti*)

“Through the silencing of the mind brought about by the practice of conscious (with thought, *savikalpa*) identification, the state of unconscious (without thought, *nirvikalpa*) identification is attained. This is known as the state of ‘freedom from leanings towards the world’.”²⁵⁴

Because the feeling of not being different from the Principle, the Brahman, appears at this stage, it is known as the stage of sleep (*sushupti bhumi*). The manifest world is forgotten, yet from time to time the adept awakens and, if asked for it, is able to give advice. He also performs the actions necessary for the maintenance of the body.

“The yogi at this stage still awakens by himself.”²⁵⁵ He is then known as the “greater knower of the Principle” (*Brahma-vidvara*).

(6) THE DISAPPEARANCE OF VISIBLE FORMS (*padârtha abhâvani*)

“Long oblivion of the throbbing of the universe resulting from aptitude gained by the practice of the ‘freedom from leanings towards the world, is called the ‘disappearance of visible forms’.”²⁵⁶

In this stage all individual mental activities dissolve. It is said to be the stage of profound sleep (*gâdha sushupti*). The yogi now no longer wakes by himself nor does he perform the actions necessary for the maintenance of life. But still

“at this stage, the yogi wakes when instigated by others”,²⁵⁷ if food be placed in his mouth, his teeth and tongue go through the action of eating. The adept is then known as the “greatest knower of the Principle” (*Brahma-vidvariyan*).

(7) THE ENTERING OF THE FOURTH, THE UNMANIFEST STAGE (*turyagâ*)

“Immersed in knowledge of the Principle, the Brahman, no longer is there notion of any other thing.”²⁵⁸

“From this stage the yogi never wakes, either of his own accord

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or at another's instigation. He remains for ever wandering in the delight of the knowledge of the Absolute."²⁵⁹

At this stage the adept is known as the supreme knower of the Principle (Brahma-vidvâishtha).^{*} He is neither alive nor dead. His body is then immured in a seated posture in a small chapel where it usually remains for many years without decaying.

^{*} These seven stages are described with more details in the Akshi Upanishad (4 to 42).

CHAPTER XV

BHAKTI YOGA OR RE-INTEGRATION THROUGH LOVE

“**W**ITHOUT loving a thing, that is, making it the sole object of one’s devotion, one cannot really know it. Hence the whole world constantly worships—the scientist worships, the philosopher, the artist, all constantly worship. The heart which does not worship that which deserves worship is called ignorant.”²⁶⁰ (Yogatrayânanda, Shivârçhana tattva, p. 89.)

“O Son of Kunti! Whatever be thy work, whatever thine eating, thy rituals of sacrifice, thy charities, thy austerities, make thou of it an offering to me.”²⁶¹ (Bhagavad Gitâ 9, 27.)

“It is not through the scriptures of Eternal Wisdom (Veda) nor through austerities nor through almsgiving, nor through sacrificial rites that thou mayest reach me. But through unswerving devotion alone, O Arjuna of great austerities! I may be known and seen in essence, and entered.”²⁶² (Bhagavad Gitâ 11, 53–54.)

“He who exists beyond the created world, beyond the reach of the mind, is gained through devotion.”²⁶³ (Angirasa Daiva Mimânsa Darshana, Rasa pada, sutra 5.)

“It is devotion which leads to liberation.”²⁶⁴ (id., sutra 22.)

“Even the last-born (the lowest beings) are qualified for the way of Love, all are equal for initiation into it.”²⁶⁵ (id., sutra 36.)

“Devotion, even though not very steady, brings a man to the heaven of the deity worshipped.”²⁶⁶ (id., sutra 38.)

“Love is the easiest means for spiritual realization.”²⁶⁷ (Shri Târada bhakti sutra 58.)

“Devotion leads to liberation. The supreme Person (purusha) is in the power of the devotee.”²⁶⁸ (Mâthar shruti.)

“The man who serves me with undistracted effort of Bhakti yoga, crosses beyond the qualities and attains principal identity.”²⁶⁹

“Having attained principal identity, his soul is immersed in joy; he knows neither anxiety nor doubt, he sees all beings with an equal eye and achieves transcendent love towards me.”²⁷⁰

THE NINE STEPS OF LOVE

The method of re-integration through love, Bhakti yoga, is considered a part of the re-integration through hermetic formulae, Mantra yoga. Its nine steps are given in the Vishnu purâna by Prahlâda, the greatest of devotees. The steps are: (1) listening (*shravanam*), (2) singing of praise (*kirtanam*), (3) meditation (*smaranam*), (4) worship of the feet (*pâda sevanam*), (5) ritual worship (*archanam*), (6) obeisance (*vandanam*), (7) to be a slave (*dâsyam*), (8) to be a friend (*sakhyam*), (9) self-surrender (*âtma-nivedanam*).

“The way of love follows successive steps and is like a ladder.”²⁷¹ (Angirasa Daiva mimânsa, sutra 11.)

(1) LISTENING (*shravanam*): is the first step on the Way of Love.

“Burning fire reduces to ashes the pyre of wood, love for the Supreme Essence completely destroys the sins of the adept. The name of Krishna the charming enters the ear of his lovers. Shaking the lotus of the heart he purifies it from all sins as the cool season makes the water pure.”²⁷²

(2) SINGING OF PRAISE (*kirtanam*)

“I dwell not in the supreme heaven, nor yet in the heart of yogis, but there, where devotees of me sing my praise, do I dwell.”²⁷³

(3) MEDITATION (*smaranam*)

“For the adept ever re-integrated, who with no other thought always and everlastingly remembers me, I am easy to win, O Son of Kunti.”²⁷⁴ (Bhagavad Gitâ 8, 14.)

(4) WORSHIP OF THE FEET (*pâda sevanam*)

“Like the waters of the Ganges which spring from the divine feet, the ever-rising desire to worship His feet cleanses in one instant the dirt accumulated through endless births in the mind of the doers of penance.”²⁷⁵

(5) RITUAL WORSHIP (*archanam*), (6) OBEISANCE (*vandanam*), (7) TO BE A SLAVE (*dâsyam*), (8) TO BE A FRIEND (*sakhyam*) and (9) SELF-SURRENDER (*âtma nivedanam*)

“In the state of love and self-dedication, the mind surrenders itself to the divine feet, speech to the singing of his praise, the hands surrender to the cleaning of his temple, the ears to listening to divine tales, the eyes to contemplation of his image, the limbs to contact with his devotees; smell surrenders to the incense before

The Way of Transcendent Love

his lotus feet, the tongue in tasting of the offerings; the feet surrender in pilgrimages to his sacred places, the head surrenders in bowing before his feet and all desires surrender to being his slave.”²⁷⁶ (Shrimad Bhâgavata 9, 4, 18–20.)

There are two further forms of Bhakti yoga: the way of passionate attachment (*râga-âtmikâ-bhakti*) and the way of transcendent love (*parâbhakti yoga*).

THE WAY OF PASSIONATE ATTACHMENT (*râga-âtmikâ-bhakti*)

“That form of devotion which makes use of emotions and brings joy and peace is called the Way of Passionate Attachment.”²⁷⁷ (Angirasa daiva mimânsa, sutra 12.)

“Ever meditating and proclaiming Hari* the Remover of pain, who removes the burden of sin, each hair of the body of the devotees rises in an ecstasy of love.”²⁷⁸ (Shrimad Bhâgavata 11, 3, 31.)

“Meditating on the Supreme Shape, lovers of the supernatural will laugh and cry, will be filled with delight, they will recite, talk, sing, dance, or play the divine tales, or, lost in the delight of seeing His shape, they will be silent.”²⁷⁹ (Shrimad Bhâgavata 11, 3, 32.)

In the process of passionate attachment there are eight “pure signs of emotion” (*sâttvika bhâva*). These are: Stupor (*stambha*), perspiration (*sveda*), hair-raising (*romanca*), difficulty in speaking (*svara bhanga*), trembling (*kampa*), change of colour (*vaivar-nya*), tears (*ashru*) and fainting (*pralaya*).

THE WAY OF TRANSCENDENT LOVE (*parâ bhakti yoga*)

All methods of re-integration lead to the same one result in the higher spheres, and “transcendent love” is therefore the same as “knowledge of the intrinsic shape” (*svarupa-jnâna*). “Motionless identification” (*nirvikalpa samâdhi*) and “transcendent detachment” (*parâ-vairâgya*) also refer to the same stage.

At this stage, the devotee sees the whole universe animate or inanimate, as pervaded by Divinity. It is at this stage that he experiences the reality of the arch-formulae “Thou art that” (*tat-tvamasi*), “All this is but the Principle, the Brahman” (*sarvam khalu-idam Brahma*), and so on.

* Vishnu.

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“He who with his whole being sees Divinity in all existing things and all things in Divinity, stands highest among the devotees of the Lord.”²⁸⁰ (Shrimad Bhâgavata.)

“Re-integrated into the Self, he who perceives the common essence in all things, beholds the Self in all things and all things in the Self.”²⁸¹ (Bhagavad Gitâ 6, 29.)

There are four degrees of realization through love: Residing in the same world as the Beloved (sâlokyâ), Being near to the Beloved (sâmpyâ), Having the same shape as the Beloved (sârupyâ) and Being one with the Beloved (sâ-yujyâ).

CHAPTER XVI

KUNDALINI YOGA

THE method of re-integration through the awakening of the “coiled energy” is explained in the tantras, the “Rules of Earthly Wisdom” and also in part, as we have seen, in the treatises of Hatha yoga.

Kundalini yoga uses the eight steps of yoga: observances, abstinences, etc., but adds seven further steps, namely, purification (shodhana), courage (dhriti), steadiness (sthiratâ), endurance (dhairya), subtlety (lâghava), direct evidence (pratyaksha) and thought-less identification (nirvikalpa samâdhi).

ASPARSHA YOGA

“The method of re-integration through non-touching, asparsha, is difficult for all yogis to understand. The yogis who fear this from which no fear is to be had are afraid of it.”²⁸² (Gaudapadiya kârikâ, 39.)

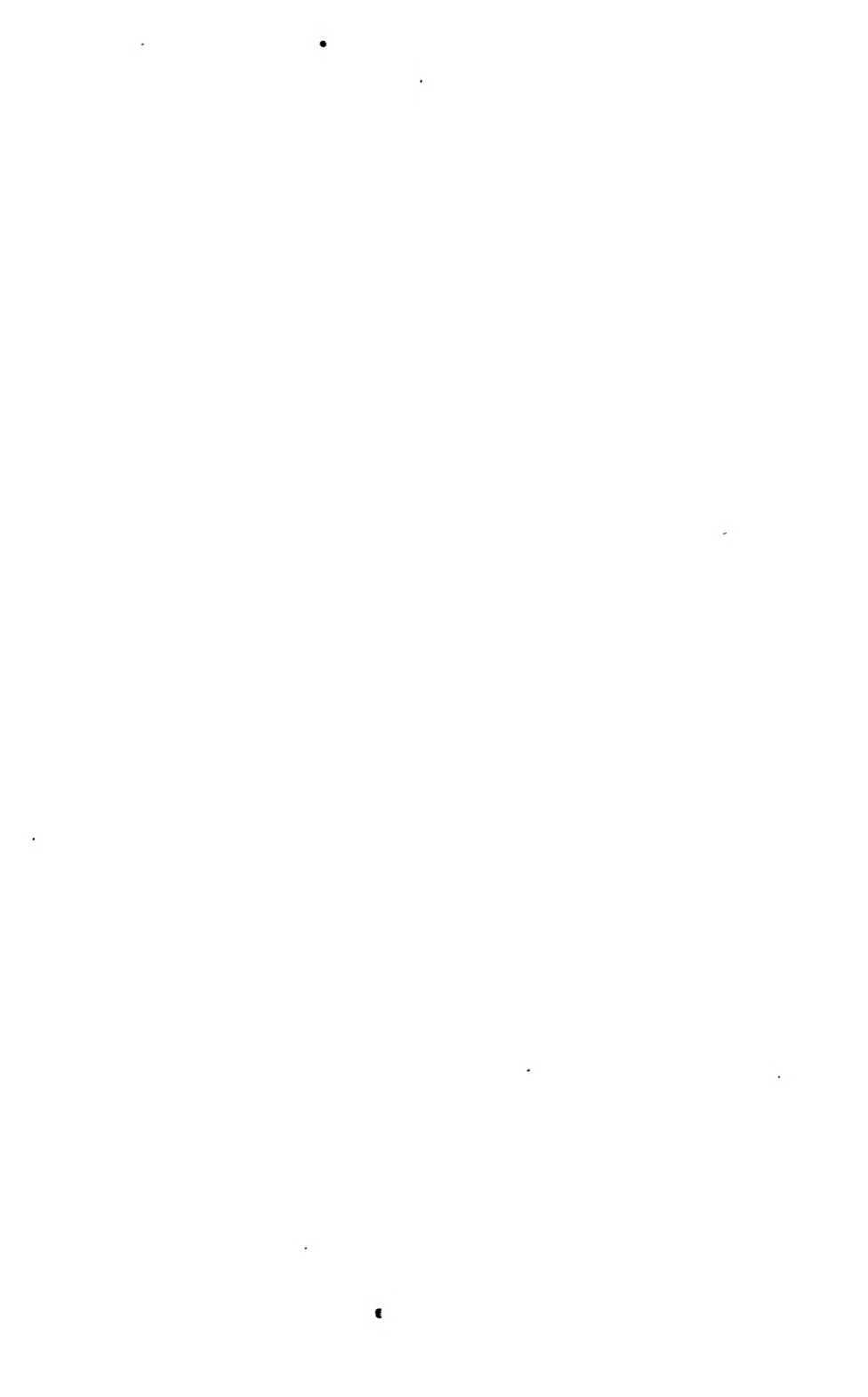
Shankarâchârya in his commentary on this verse says: “This method of re-integration through non-touching is the name given to the practice of remaining aloof from all contacts, that is, from all ties. It is well-known in the Upanishads and has been described in many places. For him who is not conversant with the knowledge obtained through the Vedânta, ‘the End of knowledge’, this is hard to understand (durdarshah).”

This re-integration through non-touching is free from all fear and yet yogis are afraid of it. They fear that through the practice of this yoga, they may destroy their own self. But it is a lack of discernment in these yogis that makes them wrongly believe that by uniting with the non-dual Essence, their own self will be destroyed.

The principle of untouchability is given a great place in the life of Hindus. Contact with things and people is said to affect, pollute or purify our being. One should avoid contact not only with people of unclean habits and professions but even at certain times or circumstances with people of one’s own family. The adept of the method of re-integration through non-touching avoids contact with any living being.

“The pleasures which are based on touch are the source of suffering, they have a beginning and an end, O Son of Kunti! hence the wise do not delight in them.”²⁸³ (Bhagavad Gitâ V, 22.)

Yogis remain aloof from them, using non-touching as a means. Then only can they rise above virtue and vice, witness the Self and be freed from fear.



Part IV

**INITIATION—MODE OF LIVING—
OBSTACLES**



CHAPTER XVII

THE GUIDE (GURU) AND INITIATION

A GUIDE is essential at every stage of the practice of yoga. He alone can distinguish real from illusory experience and avert accidents which may happen when the senses are withdrawn from external perception. In several forms of yoga, he is also the giver of initiation and is like the spark which changes the wick and oil into a living flame.

Although from one point of view the true guide is ultimately God himself, and, from another point of view, every man is his own guide, yet, except in rare cases, a true guide incarnated as a distinct human being yet connected with the seers of the first ages by an unbroken chain of initiation is essential for the attainment of knowledge. Only a man who has himself realized identification (samâdhi) and witnessed the real nature of the Abstract Principle spoken of as the Giver of Happiness (Shankara=Shiva), and who has thus come to know all things and all modes of knowledge, can be a true guide.

In re-integration by merging, Laya yoga, as taught by the tantras it is only through the kindness of the guide that the coiled energy is able to awaken. First the guide gives the initiation by touch (sparsha dikshâ), and, later only, the divine (divya) initiation to his disciple. When the disciple receives the initiation, he sees instantaneously the coiled energy awaken and his body become resplendent. The guide, having performed the "descent of the energy" (shakti pâta) touches the invisible eye of the centre of extreme purity between the brows, and the disciple experiences illumination.

Knowledge which at great pains is gained through the patient practice of Hatha yoga, may be experienced in a flash by the grace of a true guide.

The *Advaya târaka Upanishad* 14-18 defines the guide as follows:

"The teacher is he who knows the Eternal Wisdom, the Veda, who is devoted to the All-Pervader Vishnu, who knows not arrogance, who knows the method of yoga, ever stands upon yoga and has become yoga itself; who is pure, who is devoted to his teachers and who has witnessed the Supreme Person, Purusha. He who possesses all these virtues is called a 'dispeller of darkness', a guru."

"The syllable 'gu' means darkness, the syllable 'ru' means

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dispeller; he is therefore called a 'guru' because he dispells darkness."

"The guru is the Supreme Cause, the guru is the ultimate destiny, the guru is transcendent sapience, the guru is the supreme resort, the guru is the final limit, the guru is the supreme wealth. Because he teaches 'That' (the Supreme Essence) the guru is most great."²⁸⁴

"Only that knowledge which issues from the lips of the guru is alive; other forms are barren, powerless, and the cause of suffering."²⁸⁵ (Shiva Samhitâ 3, 11.)

"Those who worship knowledge try to please their guru. Knowledge so gained at once yields results."²⁸⁶ (id. 3, 12.)

"The guru is one's father, one's mother, one's deity, of this there is no doubt. Hence one should serve him in actions, mind and words. From the guru is obtained all that is good for one self. Hence should a man ever serve the guru. Nothing worth while can be gained by other means."²⁸⁷ (id. 3, 13-14.)

Initiation is given by degrees. The form of yoga for which a man is qualified depends upon his development.

"For those desirous to ascend (Ârurukshu), the ways of Ritual action and of Knowledge are advisable; for those who have ascended upon the tree of yoga (yoga-ârudha) the ways of Knowledge and Renunciation."²⁸⁸ (Garuda purâna.)

"Yogis are of three kinds, the worldly (Bhautika), the intellectual (Sânkhya) and the ascetic (Antyâ-shramin, 'taking shelter in the Ultimate', i.e. Supreme Discernment=Parama-hansa) who has realized the higher aspect of yoga.

"The first contemplates the gross elements, the second contemplates the Imperishable (Akshara) [aspect of Divinity] and the third has been said to contemplate the Supreme Divinity (Parama Ishvari)."²⁸⁹ (Matsya and Kurma Purânas, quoted also in Yoga Sâra Sangraha p. 13.)

THE DIFFERENT TYPES OF SEEKERS

(Sâdhaka-s)

There are four kinds of seekers, the feeble, the average, the superior and even the supreme one. This last, the highest, is alone able to cross beyond the ocean [of the manifest world]."²⁹⁰ (Shiva Samhitâ 5, 15.)

(1) THE FEEBLE SEEKER (*Mridu Sâdhaka*)

"The feeble seekers are those who lack in enthusiasm, are stupid, criticize their teacher, are rapacious, inclined to bad

The Different Types of Seekers

actions, eat much, are in the power of women, unstable, cowardly, ill, dependent, harsh in words, of weak character or lack in virility.

“The guru should know that they are qualified for Mantra yoga only, and that, with much effort, they can reach attainment in twelve years.”²⁹¹

(2) THE AVERAGE SEEKER (*Madhyama Sâdhaka*)

“Of even mind capable of bearing hardship, wishing to perfect his work, speaking gently, moderate in all circumstances, such is the average seeker. Having recognized him, the guru should teach him Laya yoga which gives Liberation.”²⁹²

(3) THE SUPERIOR SEEKER (*Adhimâtra Sâdhaka*)

“Of stable mind, capable of Laya yoga, independent, virile, noble, merciful, forgiving, truthful, brave, young, respectful, worshipper of the feet of his teacher, intent on the practice of yoga, such a one should be known to be a ‘superior seeker’.

“He will reach attainment after six years of practice. The guru should teach this forceful man Hatha yoga with all its limbs.”²⁹³

(4) THE SUPREME SEEKER (*Adhimâtratama Sâdhaka*)

“Of great virility and enthusiasm, good looking, courageous, learned in the scriptures, studious, sane of mind, not melancholy, keeping young, regular in food, having his senses under control, free from fear, clean, skilful, generous, helpful to all, qualified, firm, intelligent, independent, forgiving, of good conduct and character, keeping his good deeds secret, of gentle speech, believer in the scriptures, worshipper of gods and his guru. Having no desire for other people’s company, free from serious disease, such a one should be the supreme seeker qualified for all the forms of yoga. He will reach attainment within three years, without a doubt.”²⁹⁴ (Shiva Samhitâ 5, 23–27.)

CHAPTER XVIII

RULES RELATING TO FOOD AND MODE OF LIVING

THE yogi should be freed from household worries. He should therefore preferably beg his food. Yet he must be very cautious that this food is pure and conforms with the rules of yoga. Hence "the best way of sustaining his body is for the yogi to beg his food from the highest kind of householders, i.e. the yogi must only go to the home of those who are believers, humble, of controlled mind, learned in the scriptures and saintly."²⁹⁵ (Mârkandeya Purâna 41, 8-9.)

Eating for the yogi, is an important ritual.

"Rice-gruel, butter-milk, milk, barley, fruits, roots, saffron, porridge, oil cakes and raw gram flour (sattu): these foods are good for the yogi and lead to Attainments. Hence they should be eaten with concentrated mind and devoted care."²⁹⁶ (Mârk. Purâna 41, 11-12.)

Each morsel of food should be dedicated to one of the five main vital energies.

"Having first drunk water once, keeping silent and with mind concentrated, the first [morsel should be eaten] as an offering to the Life breath, [by uttering 'Prânâya svâhâ' 'In oblation to the Life-breath']. Similarly, the second [morsel is offered] to the Excreting vital energy, Apâna, [by uttering 'Apânâya svâhâ' 'In oblation to the Excreting vital energy']. The third [morsel is offered] to the Digesting vital energy, Samâna, [by uttering 'Samânâya svâhâ' 'In oblation to the Digesting vital energy']. The fourth [morsel is offered] to the Coughing vital energy, Udâna, [by uttering 'Udânâya svâhâ' 'In oblation to the Coughing vital energy']. And the fifth [morsel is offered] to the Circulation vital energy, Vyâna [uttering 'Vyânâya svâhâ' 'In oblation to the Circulation vital energy'].

"In this way, bowing respectively [to the five vital energies] one after another, he should eat all the food. Then, drinking water again and cleansing his mouth, he should touch his heart."²⁹⁷ (Mârk. Purâna 41, 13-15.)

The Yogi must always lead a moderate and regulated life.

"He should eat ghee, milk, sweets, betel leaves, prepared without lime, camphor, cardamum. He should speak gently without hard words, dwell in a lovely place, wear little clothing but of fine

Rules Relating to Food and Mode of Living

quality. Ever listening to metaphysics (Vedânta) he should live in a house but without attachment, ever singing the Divine name and hearing musical sounds. He should be courageous, forgiving, ascetic, clean, observing the rules of modesty, serving his guru, ever living a well-regulated life.”²⁹⁸ (Shiva Samhitâ 3, 40-42.)

CHAPTER XIX

THE MAIN OBSTACLES

समार्था क्रियमाणे तु विघ्नान्वायान्ति वै बलात् ।

"In the process of identification powerful obstacles arise."
(YOGA DARSHANA)

THE only aim of yoga is total re-integration; any other aim or tendency, be it worldly, religious, moral or intellectual, is therefore an obstacle to yoga.

The obstacles to yoga are classified into three main categories as pertaining to the three main sources of attachments in man and being, therefore, the causes of his bondage; these three classes of obstacles are connected with Enjoyment, Religion and Knowledge.

(1) THE OBSTACLES OF ENJOYMENT

"Women, couches, comfortable seats, clothes, wealth or its pretence, betel-eating, carriages, the splendour and magnificence of kings, gold, silver and copper even, jewels, fragrant woods, cows, learning, theological discussions, dancing, songs and ornaments, flutes, lutes and drums, riding elephants and horses, all these are the obstacles of enjoyment."²⁹⁹ (Shiva Samhitâ 5, 3-5.)

"Ritual purifications, worship, sacrificial rites, mystical ecstasy, fasts and observances, silence, control of the senses, objects of meditation and meditation itself, sacred formulae, charities, fame, building of cisterns, wells, tanks, temples and parks [to gain merit], ritual sacrifices, long periods of penance (chândrâyana)* mortifications, pilgrimages: all these are obstacles under the garb of religion."³⁰⁰ (Shiva Samhitâ 5, 6-8.)

"Desire for the society of saints, attempts to avoid the sinful, making the life-breath to penetrate where it does not normally enter, counting the long or short timings of breathing exercises, thinking of the shape which dwells in the body, and of the Shapeless in that shape, and thinking further that in the Shapeless dwells the Principle, the Brahman, and thus silence the heart. All these are but obstacles in the form of Knowledge."³⁰¹ (Shiva Samhitâ 5, 12-13.)

In the practice of yoga nine main obstacles are envisaged which are those which directly disturb the mind.

* A sort of fast lasting for a month.

The Main Obstacles

“The obstacles which distract the mind are: ill-health, material difficulties, lack of conviction, irregular life, laziness, lack of enthusiasm, wrong ideas, lack of success and instability.”³⁰² (Yoga Darshana 1, 30.)

(1) ILL-HEALTH (*vyādhi*) is due to the excess or scarcity of some of the constituent elements of the body. When the body is in such a state, the main tendencies of all the faculties is to recreate a balance and they cannot then be fully oriented towards the aims of yoga.

(2) MATERIAL DIFFICULTIES (*styāna*) is that obstacle when the mind, although it has a real desire for the practice of yoga, is yet unable to undertake it because of the thought that the time or place are not suitable.

(3) LACK OF CONVICTION (*sanshaya*) consists in feeling uncertain as to whether the claims of yoga are justified and whether its practice leads to salvation or to something else, etc.

(4) IRREGULAR LIFE (*pramāda*) consists in practising yoga without paying proper attention to the rules, without proper knowledge or carelessly.

(5) LAZINESS (*ālasya*) is that state when the body is made heavy by excess of lymph, or when the mind is weighed down by the descending tendency (*tāmasa*) and one does not feel inclined to the practice of yoga.

(6) LACK OF ENTHUSIASM (*avirati*) is that state when, living in contact with the objects of the senses, one forgets their evil qualities and feels attracted towards them and towards pleasure.

(7) WRONG IDEAS (*bhrānti darshana*) OR WRONG KNOWLEDGE (*viparyaya jñāna*) arise when one begins to think that the means taught by the true guide, the sat-guru, or by the scriptures of yoga are not the proper means.

(8) LACK OF SUCCESS (*alabdha bhūmikatva*) is when the seeker is for some reason or other unable to succeed in reaching a particular stage of yoga in spite of apparently doing the proper practice.

(9) LACK OF STABILITY (*anavasthitva*) is to have succeeded in reaching a certain stage of yoga, and to fail to be able to maintain oneself there for a given time on account of surprise or inadvertance, ignorance or forgetfulness.

THE SECONDARY OBSTACLES

There are also five secondary obstacles (upavighna).

“Physical pain, melancholy, unsteady limbs, irregular in- and out-breathing, are the companions of the distractions of the mind.”³⁰³ (Yoga Darshana 1, 31.)

In addition to the above obstacles, the following are also counted; unregulated eating and sleeping, breaking the rules of chastity, having an impostor as guide, disregard of one’s true guide, atheism, a desire for physical Attainments, the belief that the gain of a few Attainments means full realization, having rituals performed by others, pretension to being oneself a guide.

The yogi has always to beware of the presence of these obstacles. The yoga Vâshishtha says that:

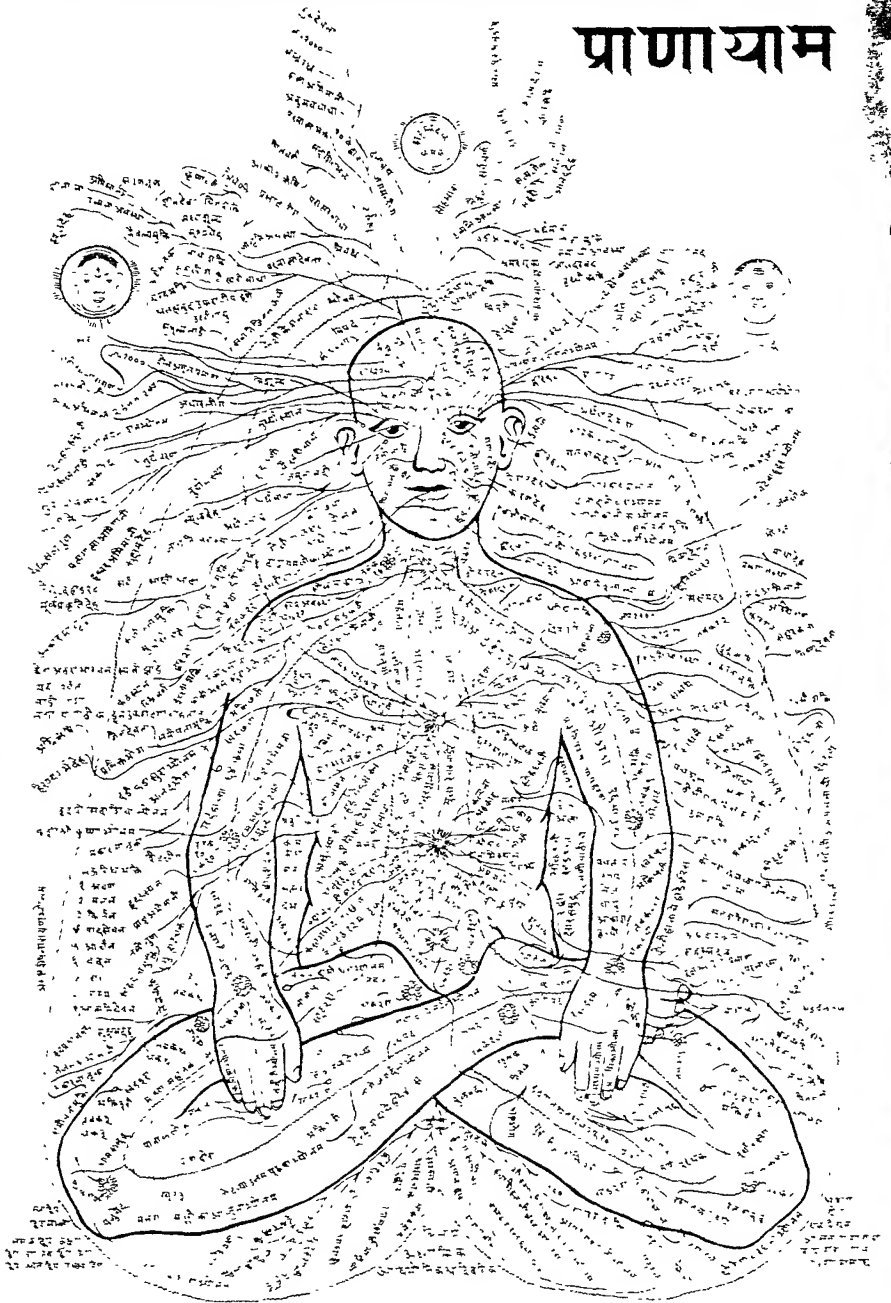
“Until, by steady practise of one of the methods (tattva), the mind has not fully been conquered, desires dance in the heart like ghosts at midnight.”³⁰⁴

Besides

“The yogi should give up completely the eating of acid, astringent, pimented, salty, mustardy or bitter foods, as well as much moving about, early morning bath, oil burning, stealing, violence, hostility to people, pride, lack of straightforwardness, fasts, speaking lies, passion, causing pain, sexual intercourse with women, approaching or using fire, speaking much sweet or harsh words and eating too much.”³⁰⁵ (Shiva Samhitâ 3, 36–38.)

Part V
APPENDICES

प्राणायाम



THE SUBTLE CENTRES AND CHANNELS OF THE BODY

With permission from "Kalyan" Corakhour.

APPENDIX A

THE SUBTLE BODY

The division of the human being into a body and a soul is quite insufficient to explain the structure of the human being. The Hindus consider that three main elements contribute to the formation of a living being. They are the Self or spirit, the subtle body and the gross body.

The Individual Self, or Atman is a fragment of the Total Being, indivisible and undifferentiated. Just as the space enclosed within a pitcher is in no way really differentiated from the rest of space, so likewise the fragment of the Universal Self enclosed within the human being remains the indivisible part of the Total Self.

This fragment of the Total Self is enclosed within seven sheaths, six of which pertain to the subtle body, the seventh being the gross body.

The subtle or transmigrating body is the essential part of the human individuality; made of seventeen elements, it remains when the body is destroyed and lives through the lengthy cycle of births and deaths until its dissolution at the time the living being reaches its aim of final liberation.

The subtle body is generally considered to be made of seventeen elements: five senses of perception, five senses of action, five vital energies, mind (manas) and intellect (Buddhi, which includes the "notion of I-ness", Ahamkara).

Just as the relation of the chrysalis to the butterfly, so the subtle body is inverted in regard to the gross body. Their relation is sometimes symbolized by two interwoven inverted triangles. This is why the most abstract state of subtle manifestation is found in the Root-centre, the Mulâdhâra chakra.

The subtle body is connected with the gross body at several points. These are called the knots or Centres and are sometimes represented as lotuses. In these Centres the subtle nerves and arteries of the subtle body are connected to the physical nerves through which they receive the perception of the sense organs and through which they communicate to the body the reaction of the subtle body and the orders of the Conscious.

Only the outer nerves of the subtle centres can be seen physically and their convergence observed.

THE STRUCTURE OF THE SUBTLE BODY

“In the middle of the body is the seat of fire, lustrous like molten gold; triangular in shape in the case of bipeds, quadrangular in the case of quadrupeds, circular in the case of birds, hexagonal in the case of snakes, octagonal in the case of insects, and bright like a lamp.”³⁰⁶ (Trish. Brah. Up. 56-57.)

“Above the sex organs and below the navel there is the bulb-shaped centre (Kanda-yoni) resembling the egg of a bird.”³⁰⁷ (Yoga Chudamani Up. 1, 14.)

“In the case of human beings the bulb-shaped centre (Kanda) of the subtle body is nine finger breadths from the centre of the body, with a height of four finger breadths, and a lateral width of four finger breadths. It is oval-shaped. In the case of birds and quadrupeds, it is in the middle of the belly and in its centre is the navel.”³⁰⁸ (Trish. Brah. Up. 58-59.)

“There lies a twelve-spoked Chakra (plexus). In those (spokes) dwell Vishnu and the other gods, and I (i.e. Divinity Ishvara), standing there, cause the plexus to move round with my own power of Illusion (Mâyâ), O best of the Twice-born! The living being whirls among these spokes, one after the other. Like the spider in the middle of its web, the living being moves perched on the vital breath. Without it he does not exist.”³⁰⁹ (Trish. Brâh. Up. 60-62.)

“As a ball thrown by the forearm moves onwards so too the living being thrown up and down by the respiratory and excretory energies (prâna and apâna) knows no respite. In the power of prâna and apâna, it runs up and down and because of its restlessness can be seen neither on the right nor the left.”³¹⁰ (Yoga Chudâmani Up. 27-28.)

“Above it (the bulb-shaped centre) is the place of the coiled energy (kundalini), at the level of the navel and above. It is composed of eight different constituents and is a spiral of eight coils; ever having its place around and by the side of the knot of the navel, always regulating the vital energies (prâna and apâna) and the onward passage of water, food and the like. It covers with its mouth, the orifice leading to the Principal Aperture (behind the forehead) and is gleaming in the ether of the heart in the form of a serpent intensely shining. When roused by the vital air, it mingles with fire at the time of yoga-practice.”³¹¹ (Trish. Brâh. Up. 62-65.)

“Looking like a snake, she is asleep illumined by her own light, standing like a serpent at the centre, she is the Deity of Speech

The Main Arteries of the Subtle Body

(Vâk-devi) spoken of as the Seed [of the Universe].”³¹² (Shiva Samhitâ 5, 77.)

“She is known as the Energy of the Pervader (Vishnu), immaculate, glowing like molten gold. She is the progenitor of the three qualities (Sattva, Rajas, Tamas).”³¹³ (Shiva Samhitâ 5, 78.)

“There is said to dwell the Seed of Lust (Kâma-bija), red like a Bandhuka flower, its shape is that of letters, it shines like molten gold, and the yogis who have attained Unity perceive it through the power of yoga.”³¹⁴

THE MAIN ARTERIES OF THE SUBTLE BODY

It is in the Root centre that all the subtle arteries are rooted. From it, seventy-two thousand subtle arteries spread throughout the body. Among these, three are most prominent; extending upwards Idâ is on the left, Pingalâ is on the right and Sushumnâ in the centre. Idâ is said to correspond to the lunar principle, Pingalâ to the solar and Sushumnâ to the combined qualities of sun, moon and fire.

“In the middle of the body there is firmly established the Sushumnâ artery (nâdi) in a state of stupor starting from the bulbous centre and resembling the fine fibre of a lotus-stalk. Shaped like a tube, it proceeds straight upwards to the Principial aperture (the Brahma-randhra). Bright as a streak of lightning, this artery has Vishnu as its presiding deity and leads to the Principial Heaven (Brahma-loka) and also towards final dissolution. The two subtle arteries Idâ and Pingalâ stand to its right and left. Taking its origin from the bulbous centre, Idâ ends in the left nostril, while Pingalâ, having its origin from the same (bulb), terminates in the right nostril. Two other subtle arteries Gandhâri and Hasti-Jihvâ are also found there, in the front and rear of the Sushumnâ, proceeding towards the left and right eyes. The Pushâ and Yashasvini arteries, taking their origin from the same (knot) reach the left and right ears. The Alambusâ, reaches the root of the arms; the Shubhâ nâdi going downwards stretches to the tip of the sex organ. Starting from the bulb and proceeding downwards and stretching as far as the big toes is the Kaushiki artery. Arteries which originate from the bulb are thus said to be of ten different kinds. Various (other) arteries and channels, big and small also originate from it. The big and small arteries are seventy-two thousand in number. Those branching out of the big ones, each having its own multiple course, cannot be counted, even as the big and small nâdis spreading out in the leaf of the Ashvattha (sacred fig tree).”³¹⁵ (Trish. Brâh. Up. 67-76.)

Along the central artery, sushumnâ nâdi, lie the six Centres or knots through which the central artery passes and in doing so is strangled at each. The main object of the practice of Laya Yoga is, as we have seen, to undo these knots so that the basic energy may rise freely through the central artery.

Idâ and Pingalâ are, on the other hand, curved to go round the six knots.

The three arteries, starting together from the life-breath Centre (svâdhishthâna chakra)* unite once more above the middle of the brows in what is known as the Principial Aperture or Brahma-randhra. The place of their reunion is named Triveni, the triple confluence.

"Idâ is the Ganges of the lower world, Pingalâ the river Yamunâ and between Idâ and Pingalâ is Sushumnâ, the subtle river Saraswati."³¹⁶

The yogi who by the power of his yoga can bathe in this triple confluence attains liberation.

"It is said that to bathe in the confluence of the three rivers leads to the Great Result (liberation)."³¹⁷

"When, in the body of the embodied being, the life-breath reaches the junction of Idâ (the lunar artery) and Pingalâ (the solar artery) then it is the new moon [when the living self and the Supreme Self are united]."³¹⁸ (Jâbâla Upanishad.)

"The Idâ artery on the left is white and corresponds to the lunar principle. She is the goddess or female principle whose form is energy and which is the embodiment of the true ambrosia (of immortality).

On the right is the Pingalâ artery, the male shape, the solar principle. Here the Arch-goddess appears as the Lord of Tears (Rudra=Shiva) of shining red, like the filaments of a pomegranate flower."³¹⁹ (Sanmohana Tantra. Also quoted in the commentary of the Shat chakra Nirupanam, 1.)

THE TEN VITAL ENERGIES

"The ten vital energies, the vital breath (Prâna) and others, which circulate in the ten arteries, are called Prâna, Apâna, Samâna, Udâna, Vyâna, Nâga, Kurma, Krikara, Deva-datta and Dhanam-jaya. Of these, the five beginning from Prâna are important and of these, again the first two. The Prâna alone being the most important as it bears the living being."³²⁰, (Trishikhi Brâhmana Up. 77-79.)

* "By the word 'sva' is indicated the life-breath (Prâna), the Sva-adhishthâna Centre is the abode of that life-breath." (Yoga Chudâmani Up. 1, 11.)

The Ten Vital Energies

In order to locate the ten vital energies, they are usually associated with certain of the physical functions and reflexes such as breathing (prâna), excreting (apâna), circulation (vyâna), coughing (udâna), digesting (samâna), eructation (nâga), blinking (kurma), sneezing (krikara), yawning (deva-datta) and assimilation (dhanam-jaya).

The vital energies, however, are subtle energies, the coughing vital energy for instance is not merely related to the cough reflex but is an essential vital energy which, originating in the throat, is directed upward and controls the reflexes of the face and the faculties of the subtle body. Similarly, the digestive energy, samâna, is a vital energy of fiery nature, located in the region of the navel from where it spreads equally on all sides, regulating all living functions as well as the balance of the body.

“The middle of the mouth and the nose, the heart, the navel region, the big toes of the feet, those are, O best of Brâhmanas! the abode of the vital breath (Prâna). The excretory energy (Apâna) circulates, O Brâhmana! in the anus, the sex organs, the thighs and the knees. The Samana has its habitat in the entire body, pervading it all. The Udâna is located in all the joints of the legs and hands. The Vyâna is in the two ears, the thighs, the hip and the ankles, the shoulders and the throat. The Nâga and other five vital airs, are placed in the skin, bones, etc. The water, food and other liquids in the belly are assimilated. The vital breath that has reached the middle of the belly should separate them (into the several constituents of the body). The vital breath (Prâna) does these and other actions itself remaining unaffected. The Apâna air does the evacuation of urine and other things. The actions of the Prâna and Apâna and such like are carried out by the Vyana. By the Udâna air, anything remaining in the body is carried upward. The Samâna always does the work of nourishing the body and the like. The Nâga does the work of belching and the like. The kurma does the work of closing the eyes and the like. The krikara does the work of the blinking of the eyelids. The Datta attends to the work of sleep. The swelling and the like of the dead body may be cited as the work of Dhanam-jaya.”³²¹ (Trishikhi Brâhmana Up. 79-87.)

“The colours of the five prânas are in order. Prâna is of the colour of a blood-red gem. Apâna in the middle of [the body], is of the colour of the Indra-Kopa insect. Samâna, between these two, is milk-white and shining. Udâna is pale white, and Vyâna bright like a flame.”³²² (Amrita Nâda Up. 35-37.)

THE CENTRES, LOTUSES, KNOTS
OR CHAKRA-S

An adequate knowledge of the form, position, colour and working of the subtle centres has, so far, been obtained solely by inward sight as practised by yogis. This need not, however, be the only way to attain this knowledge. These centres or knots are not abstractions but actual subtle centres of energy which it may well be possible to detect by some kind of physical apparatus. Indeed, some such experiments have been begun recently.

The subtle centres have forms and colours which can be seen by the yogi in his introspective mental investigation. These forms and colours are real and produce most definite results, for the reality of which there is physical evidence. But it is only when the coiled energy rises that the centres or lotuses are lit up and their colours clearly perceived. Alone those who have attained to supra-human sight can visualize all the colours and letters found in all the centres, but it is possible by concentration for others to perceive them in any one particular centre.

As we have already seen in "the method of yoga", the diagrams representing the centres are the maps of the regions which the yogi visits in his inner journey. Each detail of the diagrams is the starting point of a particular mode of experience. The shapes attributed to them are, however, only analogical and must be understood as such. It is only when the seeker concentrates his mental faculties inwards that he can realize the reality and great accuracy of the diagrams.

It should be noted that, according to the modes of realization, the descriptions of all the centres are given in slightly varying form in the different tantras; these differences are, however, only superficial.

(1) THE ROOT CENTRE (*Mulâdhâra Chakra*)

The first centre, or lotus, or chakra, lies above the anus below the root of the sex organs.

"This is the Root lotus of which the yoni is the heart. The centre is most resplendent, with four petals bearing the four characters V. Sh(palatal), Sh(cerebral), S."³²³ (*Shiva Samhitâ* 5, 83.)

In it opens the end of the central artery, Sushumnâ. Yellow in colour, this centre has four red petals which are the four aspects of the vital breath, prâna shakti. These four petals are linked with the Coiled Energy, Kundalini, lying at the base of the spinal chord. When the Coiled Energy dissolves, the four petals vanish. The characters on the four petals are golden and represent the aspects

The Centres, Lotuses, Knots or Chakra-s

of the Coiled Energy lying in the state of sleep. In the centre of the Root lotus is the Upholding Seed (Dharâ-bija) i.e. the magic character "LANG", carried on the elephant Airāvata.

The Root centre is connected with the square, the element Earth, the colour yellow, the sense of smell, the feet (organ of action) and the phenomenon of accumulation. By meditating on it the achievements of speech, poetry, skill and organization are obtained. Its deity is the "Lord of Vastness", Brahmâ the Creator, riding on the swan.

"This centre is called kula (the womb) and shines like gold; there is found the Self-born symbol (Svayambhu linga). There is found the Realized Being (Siddha) named the Double-egged (Dviranda). The presiding deity of this centre is Dâkini (the Witch). In the middle of the lotus is the yoni, and in it lies the Coiled Energy. Above it, the shining Seed of Lust (Kâma-bija) wanders like a flame. The wise man who ever meditates on this Root-centre realizes the 'Dârduri' (the frog), the Attainment which enables one to wander through space."³²⁵ (Shiva Samhitâ 5, 84-86.)

(2) THE CENTRE "SUPPORT-OF-THE-LIFE-BREATH" (*sva-adhishthâna chakra*)

"The second centre called 'Support-of-the-life-breath' (Svâd-hishthâna) is at the root of the penis. [White in colour], it has six red petals bearing the characters B, Bh, M, Y, R, L. There dwells the Realized Being called the Arrow (bâna). The Presiding Deity is Râkini."³²⁶ (Shiva Samhitâ 5, 98-99.)

In this centre is the "Lord of the Water's seed" (Varuna-bija) i.e. the magic character "Vang" carried on the Sea-monster Makara.

This centre is connected with the crescent, the element Water, the colour white, the sense of taste, the hand (organ of action) and the phenomenon of contraction. Its deity is Vishnu, the Pervader, riding on the bird Wings of Speech, Garuda.

(3) THE LOTUS OF THE NAVEL (*nâbhi padma*)

"The third centre, the Jewel-city (manipura), is located in the region of the navel. It has ten golden petals adorned with the letters D, Dh and N (cerebral), T, Th, D, Dh and N (dental), P, Ph. Here dwells the Realized Being, giver of all auspicious things, named Rudra (Lord of Tears). The Presiding Deity of the centre is the Supremely Virtuous goddess Lâkini."³²⁷ (Shiva Samhitâ 5, 104-105.)

This centre is red in colour. Herein lies the Realized Symbol called "the eye of the Lord of Tears" (rudra-aksha-siddha linga)

which gives all felicities. Here is the Seed of Fire (Vahni-bija), i.e. the magic character "Rang" carried on a ram.

This centre is connected with the triangle, the element Fire, the sense of sight, the anus (organ of action) and the phenomenon of expansion. Its deity is the Lord of Tears (Rudra) riding on a bull.

"The seeker who ever meditates on this Manipura chakra, gains the Pâtâla attainment, giver of all other attainments. Pain and disease are destroyed, all desires fulfilled and Time defeated, and the Seeker can enter into other peoples' bodies. He gains the power of making gold and other precious substances. He knows medicinal plants and can also discover treasures."³²⁸ (Shiva Samhitâ 5, 106-108.)

(4) THE CENTRE OF THE UNSTRUCK SOUND (*Anâhata chakra*)

"In the heart is the fourth Lotus, called the centre of the Unstruck sound (Anâhata). It has twelve spokes or petals of flaming red bearing the letters K, Kh, G, Gh, N (gutteral), Ch, Chh, J, Jh, N (palatal), T and Th (cerebral). This is the place where dwells in delight the 'Seed of Wind' (Vâyû-bija), (i.e. it is the springing place of the vital breath)."³²⁹ (Shiva Samhitâ 5, 109.)

"The radiant light which dwells in this lotus is known as the arrow-symbol (Bâna-linga); by mere thought of it the Seeker gains visible and invisible results (in this and other worlds)."³³⁰ (Shiva Samhitâ 5, 110.)

"There dwells the Realized Being called Pinâki, the Trident Holder. The presiding deity is Kâkini (the She-crow). Near the seeker who ever concentrates on this lotus of the heart crowd seductive women and divine Apsarâ-s (i.e. the manifest and unmanifest possibilities)."³³¹ (Shiva Samhitâ 5, 111.)

"In the Seeker's mind knowledge beyond compare arises. He sees past, present and future, has power to hear from afar and to see subtle and distant things. He can at will wander through space."³³² (Shiva Samhitâ 5, 112.)

"It is there that the life-breath dwells, adorned with desires, mixed with beginningless past deeds and united to the notion of I-ness."³³³ (id. 3, 2.)

The Vishva-sâra Tantra says that the unstruck sound produced in this centre corresponds to Shiva the Eternal (Sadâ-Shiva). It is here that the Syllable of Obeisance AUM is manifested, here that the Living Self (jivâtma) stands like a lamp in a windless spot. Here, too, the notion of I-ness and possessiveness dwells which forms the knot of the heart and which is untied by the grace of the guru. Here dwells the Seed of Air (Pavana bija), i.e. the magic character YANG carried on a black antelope.

The Centres, Lotus, Knots or Chakra-s

This centre is connected with the hexagon, the element air, the sense of touch, the penis (organ of action) and the phenomenon of motion. By meditating upon the symbol of the arrow (*bâna linga*) which is found in it, auspicious results are obtained in this and other worlds. Its deity is the Supreme Ruler (*Isha*).

(5) THE CENTRE OF "GREAT PURITY" (*Vishuddha chakra*)

"In the throat region is the fifth lotus named Great Purity (*Vishuddha*) glowing like good gold, (although some say smoke-coloured). It has sixteen letters, which are the vowels A, Aa, I, Ii, U, Uu, Ri, Rii, Lri, Lrii, E, Ae, O, Ao, An, Ah. Here is the Realized Being named *Chhagalânda* (the goat's egg). The presiding goddess is *Shkiniâ* (the Leafed)." ³³⁴ (*Shiva Samhitâ* 5, 116.)

Here dwells, in its hermaphroditic form, the Lord of Dance, *Nateshvara*, half white, half golden. This centre is the door of liberation and, by meditating upon it, the Adept comes to know past, present and future. Here dwells the Seed of Ether (*Ambara-bija*), i.e. the magic character "HANG" carried on a white elephant.

It is connected with the spiral or circle, the element Ether, the sense of hearing, the mouth (organ of action) and the phenomenon of space. Its deity is the Lord who upholds Illusion (*Mâyâdhisha*) or *Shiva the Eternal* (*Sadâ Shiva*).

"The man who ever concentrates on this centre becomes a scholar in the Sacred Knowledge, and a prince amongst yogis. In this lotus of Great Purity he witnesses the four Scriptures of Eternal Wisdom (the Vedas) with their secret meaning like an ocean of Treasures." ³³⁵ (*Shiva Samhitâ* 5, 117.)

"If the anger of the yogi who has established himself in this centre is aroused then most certainly the three worlds tremble." ³³⁶ (*Shiva Samhitâ* 5, 118.)

Shiva speaks:

"In this place is found the third *linga*, the emblem of the Fourth Stage which is my own self, the giver of Liberation. By merely concentrating on it, the Lord of yogis becomes identified with me." ³³⁷ (*Shiva Samhitâ* 5, 125.)

(5a) THE CENTRE OF DALLIANCE (*lalanâ chakra*)

This secondary centre lies above the centre of Great Purity and below the sixth centre or Centre of Command. It is sometimes called the "centre of craft", *kalâ chakra*. It has twelve petals which are connected with the following tendencies: faith (*shraddhâ*), satisfaction (*santoshâ*), disregard (*aparâdhâ*), repression (*dama*), honour (*mâna*), tenderness (*sneha*), purity (*shuddhatâ*), enmity (*arati*, i.e. detachment *vairâgya*); wandering (*sambhrama*, i.e.

mental agitation), and distress (urmi, which is of six kinds: sorrow, error, old-age, hunger, thirst and death).

(6) THE CENTRE OF COMMAND (*Ainâ chakra*)

“Between the brows is the Centre of Command (Âjnâ chakra) with two petals bearing the letters h and ksh. It is white in colour. There dwells the Realized Being named Arch-Time (Mahâ-Kalâ). Its presiding deity is Hakini.”

“Like the Moon of the cool season the resplendent Lunar-seed (i.e. the cerebral letter Than) is here splendidly established. Realizing it the man of Supreme discernment (Parama hamsa purusha) is ever freed from pain. Its deity, is the Supreme Light hidden in all the ‘Rules of Wisdom’ (Tantras). Concentrating on it, Supreme Realization is most surely attained.”³³⁸ (Shiva Samhitâ 5, 122-123.)

“This centre is called the centre of command, its deity is the Supreme Lord (Maheshvara=Shiva). The experts in yoga tell that three sacred places stand above it which are (1) the Principial vibration (Nâda), (2) the Point limit between the unmanifest and the manifest (Bindu) and (3) Energy (Shakti), dwelling on this beautiful lotus.”³³⁹ (Shiva Samhitâ 5, 138.)

“He who, keeping it secret, ever meditates on the Centre of Command sees all the results of his actions in previous births destroyed without difficulty. For the yogi who ever dwells there, any form of image-worship or repetition of hermetic utterances (japa) is purposeless. Genii (Yaksha-s), Demons (Rakshasa-s), Celestial musicians (Gandharvas) and Celestial beauties (Apsarâs) as well as the horse-headed Kinnaras, etc., serve him with respect and all are in his power.”³⁴⁰ (id. 5, 139-141.)

“The wise yogi who, at the time of death, meditates on this centre, when the life-breath leaves him, dissolves into the Supreme Self.”³⁴¹ (id. 5, 146.)

“The yogi who meditates on this is without any doubt qualified for the Royal way of Re-integration (Râja yoga), by his own power he frees himself from all bounds. No one can ever express the greatness of meditation on this two-petalled centre. Brahma, the Creator, and the other gods learnt something about it from me.”³⁴² (Shiva Samhitâ 5, 146-149.)

This sixth centre takes its name from the fact that it is here that the orders are received emanating from the Guru who dwells in the Lotus of a Thousand Petals at the crown of the head. Also in this centre we find the yoni triangle, said to be the symbol of the “other side” (Itar linga) or nether-world (pâtâla). In the triangle are found together the principles manifested as Sun, Moon and Fire, and also Universal Intellect (mahat-tattva) and Nature

The Centres, Lotus, Knots or Chakra-s

(Prakriti-tattva). Its deity is the Divinity-whose-nature-is-Light (Jyoti-svarupa-Ishvara) or the Giver of Peace, Shambhu.

This centre is connected with the mind, with the Arch-principle of existence, (Mahat, i.e. the Universal Intellect) and with the Universal subtle body (Hiranyagarbha). As the unmanifest Syllable of Obeisance (Avyakta Pranava), the Self dwells in this centre.

Holding the breath, yogis, at the time of the Great Journey (mahâ prayâna), enter into this place and merge with the Person of the Ancient-One (Purâna Purusha).

Above these six centres further lie the Principial Aperture, two centres, seven causal forms and two more centres.

THE PRINCIPIAL APERTURE (*Brahmarandhra*)

Above the Centre of Command lies the Principial Aperture where the three subtle arteries Idâ, Pingalâ and Sushumnâ unite. This place is known as the Sacred City of Prayâga. By bathing mentally in the triple confluence, liberation is attained.

“Above the Centre of Command, at the root of the palate, is the Lotus of a thousand petals. There, in the hole of the root (of the Brahmarandhra), ends Sushumnâ, the central artery of the subtle body.”³⁴³ (Shiva Samhitâ 5, 150.)

THE MIND CENTRE (*manas chakra*)

Near the Command Centre is the Mind Centre. It has six petals. Five represent the five forms of sensation (vishaya) and the sixth is the world of dream, or illusory knowledge (sambhrama jnâna).

THE CENTRE OF OFFERING (*soma chakra*)

Above the Mind Centre lies the Centre of Offering. It has sixteen petals. It is the City of Freedom, Niralamba puri, where dwells the Unmanifest, beyond the fourth stage. It is here that the yogi experiences the Principle whose substance is Light (Tejo-maya Brahma).

THE SEVEN CAUSAL-FORMS (*Kârana-rupa*)

The seven Causal-forms lie near the Command centre. They surround the individual self and are the origin of its causal, subtle and gross envelopes. They are named; the Moon (indu), Intellection (bodhini), Causal-Vibration (nâda), Arch-Causal-Vibration (mahâ nâda), Partibility (kalâ) (the shape of which is sun-moon-fire), Undifferentiated Energy (Samani) and Dispelling [of mental attachment] (unmani).

“The Moon (Indu, i.e. the point limit (bindu) between the

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Unmanifest and the Manifest) is in the region of the forehead. Above it stands Intellection (bodhini) itself.

Above it shines the Casual Vibration (Nadâ)* transcendent, shaped like the crescent moon.

Above is the Arch-Casual-Vibration (Mahâ-nâda), flaming, shaped like a plough.

Above is said to be Partibility (kalâ) (the Pervasive Energy) (Vyâpika Shakti) which is crooked (Anji, i.e. beyond the grasp of the mind) and is the beloved of yogis.

And above lies the Dispelling [of mental attachment], (Unmani) after reaching which there is no return.³⁴⁴ (Sanmohana Tantra.)

Below Unmani lies the "Undifferentiated Energy" Samani which is but an aspect of the Supreme Energy (Parâ Shakti).

"Next comes the Pervasive Energy (i.e. Kalâ) which people know as the Crooked (Anji). Above is the Undifferentiated Energy (Samani, i.e. Consciousness-Bliss).

"And above this Undifferentiated Energy is the Supreme Detachment, Unmani, This Supreme Detachment stands above all."³⁴⁵ (Bhuta Shuddhi; quoted in Shat-chakra-Nirupanam, comm. on 40.)

When the living being has reached Unmani, he does not return to the world of forms, i.e. the possibility of dependence is destroyed and, even if voluntarily a body is entered, the full memory of the shape of the Self remains.

THE CENTRE OF THE JEWELLED ALTAR (*mani pitha chakra*)

According to certain yogis, above the seven envelopes lies the centre of the Jewelled Altar. It has twelve petals. In it is a triangle within which is the sacred altar of Jewels (mani-pitha). Here lies the Jewel-Island (mani-dvipa) surrounded on all sides by the Ocean of Ambrosia (amrita-arnava). At the apex of the triangle is the point-limit, the bindu, whence manifestation begins, and below it stands the Transcendent Lord of Sleep, Parama Shiva together with the Eros digit (kâma kalâ). In the two other angles of the triangle are respectively the sun and the moon which have together sixteen digits. The seventeenth digit is the Life digit (jivanâkalâ).

THE LOTUS OF A THOUSAND PETALS (*sahasrâra*)

At the crown of the head and rising four finger-breadths above it lies the Lotus of a Thousand Petals. Here dwells the Lord and Lady of Love, Kâma-Nâtha and Kâma-Ishvari. Here the sandal of the guide (guru padukâ) is worshipped, and here the Self is

* Bindu is said to be the Supreme Principle, Shiva Bodhini is Energy, (Shakti). Nada is the result of their union, i.e. Action.

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realized. The petals correspond to the hundred possible articulate sounds (*mâtrikâs*), each of which becomes ten-fold from the imprint of the ten senses, five of action, five of perception.

Another name for this centre is Kailasa, the Pleasure Mountain, where, eternally present, the God of Gods, the Arch-Lord, the Supreme Shiva dwells.

"Above the palate is the divine Lotus of a Thousand Petals, This lotus, giver of Liberation, stands outside the body which is spoken of as the Universe. It is called Kailasa, the Pleasure decrease."³⁴⁶ (Shiva Samhitâ 5, 186-187.)

"There, in this place called Kailâsa, dwells the swan [emblem of supreme discernment]. The seeker who fixes his mind on the Thousand Petalled Lotus sees all his sufferings disappear. Being freed from death, he becomes immortal."³⁴⁷ (Shiva Samhitâ 5, 189.)

"When the mental activities dissolve into Supreme Divinity known as the womb-less (*Akula*) then the process of identification becomes smooth and steady."³⁴⁸ (id. 5, 190.)

"Constantly meditating, the existence of the world is forgotten, and it is then that the yogi acquires strange powers."³⁴⁹ (id. 5, 191.)

"The yogi constantly drinks the ambrosia flowing from this [Lotus of a Thousand Petals]. Having conquered Death and the womb of Nature he becomes immortal. It is here in this lotus that the coiled energy, Kundalini Shakti, also called the Womb (*kula*), dissolves. Then the fourfold creation is resorbed into the Supreme Self."³⁵⁰ (id. 5, 192-193.)

THE FIVE STATES OF THE MIND

Physical control is but the necessary preparation for control of the mind; it is only when mental agitation has been subdued that the process of identification really begins.

According to the state of development of the seeker the process of control differs.

There are five main states of mind described by Bhoja in his commentary on the Yoga Sutras.

- (1) The state of dispersion (*kshipta-avasthâ*).
- (2) The state of confusion, or stupidity (*mudha-avasthâ*).
- (3) The state of imperfect stability (*vikshipta-avasthâ*).
- (4) The concentrated state (*ekâgra-avasthâ*).
- (5) The motionless state (*nirodha-avasthâ*).

The five states are characterized by a difference in proportion between the three basic tendencies or qualities (*gunas*) ascending,

expanding and descending (sattva, rajas and tamas), generally represented as enlightenment, activity and obscuration-inertia, which are the intrinsic nature of all things.

(1) The state of dispersion is that in which the mental substance (chitta), although by its nature predominantly ascending (sattva), is yet impregnated with the other two tendencies; it is completely unstable, constantly thrown from one thing to another; it is thus attracted to the objects of the five senses, sound, form, taste, etc. and has a desire for the marvellous powers called the "attainments" (siddhis). This is the mental state of Genii (Dānavas) and Daimons (Daityas).

(2) The state of confusion, or stupidity, is created when in the predominantly ascending mental substance only the opposite descending tendency, tamas, is mixed. It is stupidity because tamas creates inertia or drowsiness (nidrā-vritti). The mental substance of Evil Spirits (Pishāchas) and Demons (Rākshasas) is of this state.

(3) The state of imperfect stability is that in which the predominantly ascending mental substance is mixed with a certain amount of the expanding tendency only; this creates a certain amount of instability and the mind becomes inclined toward "conformity with eternal law" (dharma), towards knowledge, detachment, and divine glory (aishvarya). The "Embryo of Splendour" (Hiranyagarbha) and other Cosmic Entities, Deities or Angels pertain to this state.*

(4) When the descending and expanding tendencies no longer remain even partially, but alone the ascending tendency stands, then only is the mental substance in its state of origin, or true state; this is the "concentrated state", also known as conscious identification (samprajnāta-samādhi). In the scriptures of yoga it is called the state of "discriminate illumination" (vivekakhyaṭi). In this state the real nature of things is perceived, the five troubles (klesha-s) of man, ignorance, I-conceit, attachment, enmity and fear of death, disappear. All ties are loosened and the mind is prepared for the motionless state.

(5) When the mind realizes that the power of Consciousness (chittashakti) is without change, pure and limitless, and looks at discriminate illumination as to a yet changing, impure, limited state, then this state, freed from all bondage, is known as the motionless state (nirodha avasthā), in which the seed even of a delimited form of conscious no longer exists. This state is known to yoga as the state of "seedless identification" (Nir-bija samādhi).

APPENDIX B

THE SIDDHIS OR ATTAINMENTS

Gradually through the training of yoga, the adept transcends the elements of appearance, conquers the laws of Nature and is able to perform extraordinary feats. The supra-human powers he thus acquires are called the "Attainments", the Siddhis.

These Attainments are of two kinds:

(i) Those which are connected with the apparent laws of Nature are called the "Physical Attainments" or the "Attainments of Illusion" (Mâyâ) for they belong to the physical world which is but the display of the Divine power of Illusion. These Attainments are the greatest obstacles of the adept in his journey towards re-integration. Nature herself, in a final effort to keep the adept within her bonds yields him magic powers; if he uses them for any worldly end, he is apt to fall back into the arms of worldly enjoyments. All true seekers, therefore, are careful not to perform miracles except in very special circumstances.

(ii) Those Attainments which are not of physical nature, but refer to spiritual realization, are called the "Attainments of the 'intrinsic form' (svarupa siddhis)", and are the stages through which the individual being travels on his way towards re-integration.

THE EIGHT PHYSICAL ATTAINMENTS

There are eight main Physical Attainments, or supra-human powers gained through the practice of yoga. They appear in full as soon as breath-control is perfected, but may appear in part even earlier.

These eight Attainments are:

(1) ANIMĀ, TO BECOME SMALL AS AN ATOM. The word "animâ" comes from the word "anu" an atom, which represents the limit of the divisibility of space. According to the Hindu theory, the laws of space, as we know them, are no longer valid inside the atom. Through this attainment of "animâ", the adept can become as small as he likes, that is, he can see things of the smallest size, even the inner structure of an atom, as clearly as he can see things of human size.

(2) LAGHIMĀ, TO HAVE NO WEIGHT: is the control of the effect of

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the earth's attraction on the body by developing in each cell the opposite (centrifugal) tendency. This is considered to be fairly easy to do and is used for the frequently performed act of levitation. According to the Mārkaṇḍeya Purāna, Laghimā means "to have an extreme speed".

(3) MAHIMĀ, TO BE IMMENSELY LARGE: enables the adept to see enormously vast things, the functioning of the solar systems or that of universes.

According to the Mārkaṇḍeya Purāna, Mahimā means "to be honoured by all beings".

(4) GARIMĀ, TO BE VERY HEAVY: is the contrary of Laghimā and enables the adept to make his body or any object as heavy as a mountain and as impossible to move.

Some treatises omit Garimā, and speak instead of *Kāmasāyitā*, *Complete Satisfaction*, which is the mental attainment of always, in every way, feeling perfect satisfaction.

(5) PRĀPTI, TO BE TRANSPORTED ANYWHERE: the adept can at will transport himself to any place in any world at any time; or (*Śhiva Samhitā*) he finds all he wishes for always at hand; or (Mārkaṇḍeya Purāna) he obtains that after getting which nothing remains to be desired.

(6) PRĀKĀMYA, TO SEE ONE'S WISHES FULFILLED: merely by wishing, the adept sees his desire immediately fulfilled; or (*Śhiva Samhitā*) he becomes at will visible or invisible; or (Mārkaṇḍeya Purāna) he pervades all things.

(7) VASHITVA, TO CONTROL ALL CREATURES AND ELEMENTS: by which the adept can make any creature of the three worlds act as he wishes "whether it belongs to the past, present or future" (*Śhiva Samhitā*) and he can also control wind, rain and other elements. "He holds every one in his power" (Mārkaṇḍeya Purāna).

(8) ISHITVA, LORDSHIP: by which the adept rules over all things and enjoys unrivalled glory. He has power over the formation, subsistence and dissolution of all things and beings, and can thus make new beings or things appear, live and disappear in the past, the present and the future" (*Śhiva Samhitā*). "He appears like a god" (Mārkaṇḍeya Purāna).

THE BODILY PERFECTIONS

Besides the above eight attainments the adept gains "the bodily

The Thirty Subsidiary Attainments

perfections of: appearance (rupa), charm (lāvanya), strength (bala) and firmness (sanhanana)”.³⁵¹ His body acquires such divine beauty that god, man and beast are charmed.

THE THIRTY SUBSIDIARY ATTAINMENTS

In addition to the eight main Attainments, there are thirty subsidiary ones which are gained through simple processes of concentration.

(1) THE ATTAINMENT OF THE RESULT OF MENTAL CONTROL (*nirodha parinâma siddhi*) is the fruit of self-control and of concentration on the three kinds of results, those due to natural laws (dharma), to particularities (lakshana) and to conditions (avasthâ). With this Attainment the adept knows the past, the present and the future.

(2) THE ATTAINMENT OF WORDS AND THEIR MEANING. Words, meanings and knowledge of them are the three aspects of an indivisible entity. By concentrating on them separately, the adept understands the language of all creatures.

(3) THE KNOWLEDGE OF PREVIOUS BIRTHS is attained by concentrating on the marks they have left on our being.

(4) THOUGHT-READING is done by concentrating on the faculty of knowing.

(5) TO BE INVISIBLE. By concentrating on the form of the body, the radiance by which it is perceived becomes dulled and the light emanating from the eyes of others can no longer establish contact with the body of the adept. The same is true for the other senses.

(6) THE KNOWLEDGE OF DEATH. By concentrating on the nature of the actions which yield immediate results and that of those which give results later, the adept understands the nature of death and its process.

(7) THE POWER OF THE SOUL (*âtma bala*) OR, OF THE WHOLE MIND (*purna mano bala*) is obtained by concentrating on the power of friendship, of enjoyment, of pity, of detachment. By this attainment the powers connected with these are obtained.

(8) ACQUIRING THE PHYSICAL POWER OF ALL CREATURES is obtained by concentrating on their power.

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(9) TO KNOW THINGS SUBTLE, HIDDEN, FAR AWAY, is attained by attracting the light of Nature to subtle things and concentrating on it.

(10) KNOWLEDGE OF THE HEAVENLY WORLD. By concentrating on the sun, one comes to know the secret nature of the physical as well as of the heavenly worlds.

(11) KNOWLEDGE OF THE PLANETS. By concentrating on the moon, one comes to know the nature of the whole array of planetary worlds.

(12) KNOWLEDGE OF THE MOVEMENTS OF THE STARS is gained by concentrating on the Polar Star. All stars are in motion, they only appear to us motionless because of their great distance from us.

(13) KNOWLEDGE OF THE BODY AND ALL ITS COMPONENT PARTS is gained by concentrating on the navel.

(14) FREEDOM FROM HUNGER AND THIRST is gained by concentrating on the hollow of the neck.

(15) STILLNESS OF BODY AND MIND is gained by concentrating on the main artery (kurma) near the hollow of the neck.

(16) VISION OF SUPER-NATURAL BEINGS is gained by concentrating on the light which radiates from the subtle Centre above the brow, the Brahmarandhra.

(17) KNOWLEDGE OF ALL THINGS is attained by concentrating on the star of divination (pratibhâ) which appears in the mind when the adept has succeeded in completely stilling his mind.

(18) KNOWLEDGE OF CONSCIOUSNESS is attained by concentrating on the heart.

(19) VISUALIZING THE INTRINSIC FORM OF THE COSMIC BEING. When the state of true consciousness devoid of all notion of I-ness and other mental delusions has been attained, concentrating on that state, the adept sees the intrinsic form of the Cosmic Being. When he realizes this supreme Attainment, he gains at the same time the power of divination and the five sense-Attainments:

(a) DIVINATION (*pratibhâ*) by which he knows past, present and future, and also distant, subtle and secret things.

(b) ATTAINMENT OF HEARING (*shravana*) by which he gains in

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full the divine knowledge of hearing, and experiences the sound of the Syllable of Obeisance AUM.

(c) ATTAINMENT OF FEELING (*vedana*) through which he gains in full the divine knowledge of touch.

(d) id. SEEING (*ādarsha*) through which he gains the divine knowledge of sight.

(e) id. TASTING (*āsvādana*) through which he gains the divine knowledge of taste.

(f) id. SMELLING (*vārtā siddhi*) through which he gains the divine knowledge of odours.

All these six Attainments are great obstacles in the way of Identification (*samādhi*).

(20) LEAVING AND RE-ENTERING THE BODY. By concentrating on the subtle body, the links which bind it to the gross body are weakened and the adept can then either leave his body, re-enter it or enter any other body.

(21) TO BE BEYOND CONTACT. When the adept concentrates on the vital energy of the cough (*udāna*)—that is, on the vital energy which, originating from the throat, is directed upwards to the head and there controls the reflexes of the face and the subtle body—neither water, mud, nor thorns, nor any other thing, can touch him, nor even death itself have any hold over him.

(22) TO CONTROL THE FIERY ENERGY (*samāna*). The fiery, digestive, vital energy spreads from the navel on all sides equally. It regulates the functions of life, and the balance of the body depends upon it. By concentrating on this fiery energy, the body of the yogi becomes radiant like a glowing fire.

(23) DIVINE HEARING. By concentrating on the sense of hearing and its relation to its medium Ether, the yogi gains divine hearing. He can hear the subtlest, most hidden, or the remotest of sounds, natural or supernatural.

(24) LEVITATION. By concentrating on the relation of the body to the all-pervading Ether, and, thinking of small and light objects such as the fibres of cotton-wool, the yogi is able to travel through space.

(25) FREE WANDERING OF THE MIND OUTSIDE THE BODY (*mahāvīdeha dhārana*). By concentrating on the idea of the free wandering of the mind the yogi sees the envelope of light, which imprisons the mind, fade away. The wanderings of the mind remain “imagin-

ary" so long as these are bound to the body by the notion of I-ness. But by concentrating on I-ness, its power to bind is weakened and the mind becomes free to roam afield; the inner faculties no longer knowing any bounds, the mind travels where it wills for long periods at a time without maintaining any contact with the body: These wanderings are called "non-imaginary" (akalpita) and through them alone can the intellect reach its full development and the adept be freed from suffering and from the results of his actions which are bound up with I-ness.

(26) THE CONQUEST OF NATURE. The five elements have each five states: gross (sthula), formal (sva-rupa), subtle (sukshma), conditioning (anvaya) and causal (arthavattva).

The gross state is that which is visible; the formal state is still physical though not visible; the subtle state refers to the elemental principles (tanmâtrâ-s); the conditioning state is that of the relative pervasion of the three fundamental qualities the ascending, expanding and descending tendencies; the causal state is that of which things are the result. Concentrating on these five states, the adept gradually conquers the five elements and Nature, of her own accord, comes under his sway.

(27) THE VICTORY OVER THE FIVE PRINCIPLES OF SENSORY PERCEPTION. The five senses by which the five elements are grasped have likewise five states; these are the grasping state (grahana), the formal state (sva-rupa), the notion of individual existence (asmitâ), the conditioning state (anvaya) and the causal state (arthavattva).

All perceived objects are "grasped" by a grasper. The motion of the senses to perceive is the "grasping". When, without previous thought, an object is perceived, the first notion which appears in the mind is its "form". The relation which establishes itself between the form of the object and the I-ness of the grasper is the "notion of the individual existence" of the object. When this same form is taken hold of by the intellect which discusses its reality or unreality, its similarities or particularities, this is the "Conditioning state of the senses" and the causal state of the senses is the notion of I-ness which pervades all the senses, directs their motion and illumines all perception.

By concentrating on these five states of sensory perception they are brought under complete control.

The results of this Attainment of "Victory over the Sensory Perceptions" are that the yogi automatically gains the Attainments of "translevitation" (manojavitva), "bodiless perception" (vikarana-bhâva) and "conquest of Nature" (Pradhâna jaya). The "power of translevitation" is to be able to transport oneself bodily

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at will to any distance. By its means, the body, with the speed of thought, can be transported anywhere. The power of bodiless perception is to perceive through the senses anywhere at any time without the body being present. The "conquest of Nature", which gives power over all processes of development, is to get to the root of the evolution of Nature.

(28) THE KNOWLEDGE OF ALL THINGS. When he attains the knowledge of the difference which exists between the "seen", which is the universal intellect (buddhi), immanent cause of the universe, and the "seer" who is the Cosmic Being or Person (Purusha), efficient cause of the universe, the yogi gains mastery over all that is, and over the process of knowing. Then the inner faculties are purified and the pure light of the Supreme Self illumines them, and the yogi becomes Lord of all that exists and the knower of all things.

(29) THE KNOWLEDGE OF TIME. The time during which an atom, the limit of divisibility of space, moves its own length is the "time-atom", or "instant" (kshana). Its uninterrupted flow is known as "sequence" (krama). By concentrating on it, discernment (viveka) and the knowledge attained through experience (anubhava siddha jñāna) arise.

Since each instant arises from the previous one and that previous one from the one before, the manifestation of the whole universe must have arisen as a result of one first instant. By concentrating on the nature of this instant and its sequence, faultless knowledge is gained. Through understanding the instants, the yogi can visualize the full nature of things and know the past, present and future.

(30) THE TRANSCENDENT ATTAINMENT (*parā-siddhi*). The Attainments so far were not transcendent, they pertained to the world of forms, but, through detachment born of the light of discernment, the yogi can see the seed of evil destroyed and can attain unfettered Liberation.

THE SPIRITUAL ATTAINMENTS

Beyond the physical or subtle are the inner or spiritual Attainments which bear the same names and are but higher aspects of the same process.

(1) ANIMĀ, THE ATTAINMENT OF THE MOST SUBTLE. The senses are

more subtle than the body, mind more subtle than the senses, intellect more subtle than the mind, the Self than the intellect. Thus the Self is the limit of subtleness and Ânimâ, the Attainment of the most subtle, implies the Attainment of the Self. This takes the form of realizing that "I am Ânimâ, the most subtle is present in me, I am not distinct from the most subtle".

(2) LAGHIMÂ, THE ATTAINMENT OF THE MOST LIGHT. The lightest of all things is the Self. The experience that "the supremely light dwells in me" is Laghimâ, the Attainment of the most light.

(3) MAHIMÂ, THE ATTAINMENT OF THE MOST VAST. Space and Time are the measures of vastness, yet they only exist as emanations from the Cosmic Intellect, the Arch-principle of existence (mahat-tattva), itself greater than Time and Space. The Cosmic Intellect or Arch-principle of existence is itself in its turn but a radiation from the Self which is therefore still more vast. Thus "the most vast" is but another name for the Self.

The vastness of space-time is perceived as distinct from the individual self, even the vastness, the pervasiveness, of the Cosmic Intellect or Arch-Principle of existence, is perceived as distinct from one's self; but the greatness of the Self, whose form is undifferentiated being, is perceived as ever present beyond all differentiation.

Without the reality of the Self, not even the Arch-principle of existence, the Universal Intellect, has reality. Supreme Vastness is, therefore, only in the Self. The experience of this Vastness is Mahimâ, the Attainment of the most Vast.

(4) PRÂPTI, PERVASIVENESS. Prâpti is the experience "I am existence itself, I am all that exists". "I am the Self, the giver of that vibration which is existence." "If I do not radiate this vibration, nothing exists."

(5) PRÂKÂMYA, THE FULFILMENT OF DESIRES. The yogi who has conquered existence sees that nothing exists but desire. It is desire which is the supreme ruler of all creation, subsistence and destruction. Desire is the Self manifest in the form of the "I".

"She is the resplendent goddess who dwells in all beings in the form of desire."³⁵²

But, possess desire itself and no object of desire remains to be desired. Such is Prâkâmya, the Attainment of desire.

(6) VASHITVA, MASTERY OVER ALL is the experience that "all that appears as individual beings or forms of outward existence exists only because I am. I am their basis, they spring from my radiation."

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(7) ISHITVA, LORDSHIP. All that can be grasped belongs to three orders, gross, subtle and causal. Lordship, Ishitva, is the capacity for fully distinguishing between these three orders. This Attainment is a development of the previous one, Vashitva. The realization: "I am the ruler of all that exists gross or subtle, through fear of me the sun rises, the fire burns, at my behest the wind blows", is the Attainment of Lordship.

(8) KÂMA-AVASÂYITA, COMPLETE SATISFACTION. When the final goal of desire is reached and nothing remains to be wished for, to be seen or had, and one realizes that "I have reached the root of my own nature and nothing remains for me to have or to know", this state is the Attainment of complete satisfaction. It is the knowledge of the Self, for only by knowing the Self can desire come to an end.

APPENDIX C

THE EIGHTY-FOUR POSTURES AND THEIR EFFECTS

THE EIGHTY-FOUR POSTURES

NOTE.—There are eighty-four postures of which only a few have been described in Chapter III. A complete list is given below; only their most immediate effects are described here.

- (1) THE POSTURE OF ATTAINMENT (*siddha-âsana*): purifies the seventy-two thousand arteries and veins of the body and infuses them with new blood. It greatly increases the power of the mind to grasp ideas, delusions decrease, and the mind inclines towards Divinity and Liberation.
- (2) THE POSTURE OF CELEBRATED-ATTAINMENT (*prasiddha siddha-âsana*): destroys physical ailments and makes a man humble.
- (3) THE LOTUS POSTURE (*padma-âsana*): brings all desired results and inclines the mind towards spiritual experience.
- (4) THE BOUND-LOTUS POSTURE (*baddha padma-âsana*): gives peace.
- (5) THE RAISED-LOTUS POSTURE (*utthita padma-âsana*): gives super-human sight (*divyadrishti*), opens the heart's centre and cures respiratory disorders.
- (6) THE HIGH-LOTUS POSTURE (*urddhva padma-âsana*): strengthens the spinal chord and stimulates blood circulation.
- (7) THE SLEEPING-LOTUS POSTURE (*supta padma-âsana*): cures digestive ailments.
- (8) THE POSTURE OF PROSPERITY (*bhadra-âsana*): makes the mind alert and interested in all works.
- (9) THE AUSPICIOUS POSTURE (*svastika-âsana*): has the virtues of its name.
- (10) THE POSTURE OF RE-INTEGRATION (*yoga-âsana*): stabilizes the mind's substance (*chitta*), leads to the eight Attainments and cures disorders of sleep.
- (11) THE LIFE-BREATH POSTURE (*prâna-âsana*), OR BREATH-CONTROL (*prânâyâma*): purifies the mind's substance as well as the blood and all the nervous and circulatory systems.
- (12) THE LIBERATED POSTURE (*mukta-âsana*): leads to all the Attainments (*siddhis*).
- (13) THE FREE-FROM-WIND POSTURE (*pavana mukta âsana*): facilitates the inner functions.

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- (14) THE SOLAR POSTURE (*surya-âsana*): increases the fiery element.
- (15) THE PIERCING-OF-THE-SUN POSTURE (*surya-bhedana-âsana*): cures eye diseases.
- (16) THE POUCH POSTURE (*bhastrika-âsana*): regulates the temperature of the body, eliminates all kinds of fevers, regulates digestion and cleanses the blood.
- (17) THE POSTURE OF IDENTIFICATION-WITH-THE-SOLAR-RHYTHM (*sâvitri samâdhi*): gives brilliance, strength and memory.
- (18) THE POSTURE OF THE INCONCEIVABLE (*achintaniya-âsana*): develops the power of consciousness.
- (19) THE POSTURE OF THE DRIVING-HOOK-OF-THE-ELEPHANT "PRINCIPAL-FEVER" (*brahma-jvara-ankusha*): masters all diseases.
- (20) THE DRAWING-OUT POSTURE (*uddhâraka-âsana*): strengthens the lower part of the digestive tracts.
- (21) THE POSTURE OF SPLITTING-DEATH (*mrityu bhanjaka-âsana*): masters the air element in the body.
- (22) THE POSTURE OF SELF-DELIGHT (*âtmârama-âsana*): gets rid of worries. It is said to have been the first (*âdi*) of all the postures, to be indestructible (*alopa*) and to lead to spiritual realization.
- (23) THE POSTURE OF THE FEARFUL-SHIVA (*Bhairava-âsana*): makes restless the basic coiled energy (*kundalini*); the subtle centres, or lotuses, open of themselves; all troubles of heart and spleen are cured.
- (24) THE POSTURE OF WINGS-OF-SPEECH (*Garuda-âsana*): makes people enterprising and swift.
- (25) THE LION POSTURE (*simha-âsana*): strengthen intellectual faculties.
- (26) THE COW-MUZZLE POSTURE (*go-mukha-âsana*): cures diseases of the face.
- (27) THE HORSE POSTURE (*vâtâyana-âsana*): brings speedy progress.
- (28) THE PEARL-STRING-OF-ATTAINMENT POSTURE (*siddha mukta-avali-âsana*): makes one feel happy.
- (29) THE WATER-INHALING POSTURE (*neti-âsana*): makes one feel clean.
- (30) THE PAST, OR EAST POSTURE (*purva-âsana*): makes one remember past events.
- (31) THE DRAWING IN, OR WESTWARD, POSTURE (*pashchima-uttana-âsana* or *pashchimâtâna*): destroys internal parasites, cures weak digestion.
- (32) THE ARCH-GESTURE POSTURE (*mahâ-mudrâ*): makes the digesting possible of all substances whether edible or not. It reduces suffering at death, cures tuberculosis, leprosy, enlargement of the spleen and chronic ailments of the bowels.
- (33) THE THUNDERBOLT POSTURE (*vajra-âsana*): lengthens life and does away with minor ailments.

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- (34) THE WHEEL POSTURE (*chakra-âsana*): soothes the basic coiled energy.
- (35) THE FOETUS POSTURE (*garbha-âsana*): gives energy to bear pain.
- (36) THE HEAD POSTURES (*Shirsha-âsana-s*): of ten kinds, they increase health, beauty, strength, sexual powers, swiftness, activity and arch-energy (mahâ shakti).
- (37) THE ALL-LIMBS-RAISED POSTURE (*sarva-anga-uttâna-âsana*): brings independence and self-control.
- (38) THE HAND-AND-TOE POSTURE (*hasta pada-angushtha-âsana*): strengthens the neck, waist, nose and stomach.
- (39) THE TOE POSTURE (*pada-angushtha-âsana*): strengthens sight.
- (40) THE RAISED-FEET POSTURE (*uttâna-pada-âsana*): purifies the life-breath.
- (41) THE TOUCHING-OF-THE-KNEE POSTURE (*janulagna-âsana*): purifies the life-breath.
- (42) THE ONE-FOOT-TO-THE-HEAD POSTURE (*eka-pada-shirsha-âsana*): gives a perfect figure.
- (43) THE TWO-FEET-TO-THE-HEAD POSTURE (*dvi-pada-shirsha-âsana*): gives pleasure.
- (44) THE ONE-HAND POSTURE (*eka-hasta-âsana*): prevents intercostal pain.
- (45) THE HAND-TO-FEET POSTURE (*pada-hasta-âsana*): increases strength.
- (46) THE ROOT-POSTURE COVERING-THE-EARS (*karna-pida-mula-âsana*): increases digestive powers.
- (47) THE ANGLE POSTURE (*korna-âsana*): purifies the digestive organs.
- (48) THE TRIANGULAR POSTURE (*trikona-âsana*): cures lumbago.
- (49) THE QUADRANGULAR POSTURE (*chatushkona-âsana*): increases mental power.
- (50) PRESSING THE BULB (THE CENTRE BELOW THE NAVEL) POSTURE (*kanda pida*): opens the knot of the marrow.
- (51) THE BALANCE POSTURE (*tulita-âsana*): gives balance and stability.
- (52) THE BEATING-SWING, OR TREE POSTURE (*lola toda, or Vriksha-âsana*): strengthens the nerves.
- (53) THE BOW POSTURE (*dhanusha-âsana*): develops heroism courage and endurance; cures laziness and helps in the practice of visual concentration (trâtaka).
- (54) THE POSTURE OF SEPARATION (*vivyoga-âsana*): cures enlarged spleen.
- (55) THE INVERTED POSTURE (*viloma-âsana*): cures prolonged illnesses.
- (56) THE YONI POSTURE (*yoni-âsana*): strengthens the lower orifices of the body.

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- (57) THE POSTURE OF THE SECRET PARTS (*gupta-āṣana*): cures secret diseases.
- (58) THE RAISED POSTURE (*utkata-āṣana*): increases the strength of the feet.
- (59) THE SORROW POSTURE (*shoka-āṣana*): cures epilepsy.
- (60) THE POSTURE OF SUFFERING (*sankata-āṣana*): cures lumbago.
- (61) THE BLIND POSTURE (*andha-āṣana*): removes night-blindness and other visual defects.
- (62) THE HEADLESS POSTURE (*runda-āṣana*): makes a man fearless.
- (63) THE CORPSE POSTURE (*shava-āṣana*): makes the inner organs function freely.
- (64) THE BULL POSTURE (*vrisha-āṣana*): prevents the flow of semen.
- (65) THE COW-TAIL POSTURE (*go puch'ha-āṣana*): purifies from sin.
- (66) THE CAMEL POSTURE (*ushtra-āṣana*): helps a man bear heat and cold.
- (67) THE MONKEY POSTURE (*markata-āṣana*): improves the nerves and blood vessels of the navel region.
- (68) THE FISH POSTURE (*matsya-āṣana*): gives firmness.
- (69) THE POSTURE OF THE GREAT TEACHER MATSYENDRA (LORD OF FISHES (*matsyendra-āṣana*): increases virility.
- (70) THE SEA-MONSTER POSTURE (*makara-āṣana*): increases strength.
- (71) THE TORTOISE POSTURE (*kach'ha-āṣana* or *Kurma āṣana*): renders the mind unswerving.
- (72) THE FROG POSTURE (*manduka-āṣana*): renders the body invisible.
- (73) THE RAISED-FROG POSTURE (*uttāna manduka-āṣana*): gives power to cross into the world beyond (*tārana shakti*).
- (74) THE SWAN POSTURE (*hamsa-āṣana*): gives peace.
- (75) THE CRANE POSTURE (*baka-āṣana*): helps a man to bear the shock of water.
- (76) THE PEACOCK POSTURE (*mayura-āṣana*): helps a man to hear a long way and cures diseases of the liver, spleen and intestines.
- (77) THE COCK POSTURE (*kukkuta-āṣana*): calms erotic impulses.
- (78) THE PHODIA(?)* POSTURE (*phodya-āṣana*): cures nose and gum bleeding.
- (79) THE LOCUST POSTURE (*shalabha-āṣana*): increases physical strength.
- (80) THE SCORPION POSTURE (*vrishchika-āṣana*): makes a man feared.
- (81) THE SERPENT POSTURE (*sarpa-āṣana*): cures weak digestion.
- (82) THE PLOUGH POSTURE (*hala-āṣana*): makes a man powerful.
- (83) THE HERO POSTURE (*vira-āṣana*): gives courage.
- (84) THE PEACE-LOVING POSTURE (*shānti priya-āṣana*): brings all kinds of happiness.

* The meaning of this term is not known.

APPENDIX D

THE MAIN SANSKRIT TREATISES ON YOGA

HATHA YOGA

THE DARSHANA UPANISHAD (*Sâma Veda*).

THE SHÂNDILYA UPANISHAD (*Atharva Veda*).

THE YOGA KUNDALI UPANISHAD (*Krishna Yajur-Veda*).

THE HATHA-YOGA PRADIPIKÂ, which comprises 393 couplets, is a technical treatise of the practical method of physico-mental training called Hatha-yoga. It was composed by Svâtmânâma Yogindra at a very early date. The main commentary on it is the Jyotsnâ of Brahmânanda.

THE GORAKSHA SAMHITÂ is a technical treatise on Hatha yoga by Gorakshâ Nathâ.

THE SHIVA SAMHITÂ is a technical treatise on Hatha yoga and Râja-yoga.

THE GHERANDA SAMHITÂ contains the answers of the yogi Gheranda to the questions of the seeker Chandakâpâli, and is a general technical treatise on Hatha yoga.

YOGA DIPIKÂ of Nârâyana.

THE YOGA PRADIPA.

THE PAVANA VIJAYASVARODAYA.

THE YOGA YAJNAVALKYA.

YOGI YÂJNAVALKYA SAMHITÂ.

THE BHAKTI SÂGARA (in Hindi) of Charana Dâsa.

THE ANUBHAVA PRAKÂSHA.

RÂJA YOGA

YOGA CHUDÂMANI UPANISHAD (*Sâma Veda*).

THE YOGA DARSHANA (the philosophy of re-integration) comprises the Yoga Sutras (Aphorisms on Yoga) of Patanjali and the commentary of Vyâsa. Patanjali, the grammarian, celebrated for his "Great commentary" (Mahâbhâshya) on Pânini's Grammar is also the author of a famous work on medicine better known under the name of Charaka. The date of Patanjali is usually believed by modern scholarship to have been about the third century B.C., but many Hindus consider him to have lived much earlier and there are very strong arguments to support this view.

The Yoga Darshana comprises a series of about 200 aphorisms

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divided into four chapters. These aphorisms are in a very condensed form and require lengthy commentaries to elucidate them properly. The authority of the Commentary of Vyâsa, called *Sâmkhya Pravachana*, is acknowledged by all. The lengthy gloss of Vâchaspati Mishra and the commentary of Bhoja clarify the difficulties found in Vyâsa's commentary.

THE ADVAYA TÂRAKA UPANISHAD (*Shukla Yajur-Veda*).

TRISHIKHI BRÂHMANA UPANISHAD (*Shukla Yajur-Veda*).

MANDALA BRÂHMANA UPANISHAD (*Shukla Yajur-Veda*).

AMRITA NÂDA UPANISHAD (*Krishna Yajur-Veda*).

AMRITA BINDU UPANISHAD (*Krishna Yajur-Veda*).

KSHURIKA UPANISHAD (*Krishna Yajur-Veda*).

TEJO BINDU UPANISHAD (*Krishna Yajur-Veda*).

DHYÂNA BINDU UPANISHAD (*Krishna Yajur-Veda*).

YOGA TATTVA UPANISHAD (*Krishna Yajur-Veda*).

YOGA SHIKHÂ UPANISHAD (*Krishna Yajur-Veda*).

THE SHRI JÂBÂLA UPANISHAD.

THE YOGA-SÂRA SANGRAHA (of *Vijnâna Bhikshu*) is mainly a compilation from older texts, but gives precious and extensive definitions of the terms used in Râja yoga.

MANTRA YOGA

THE HAMSA UPANISHAD (*Shukla Yajur-Veda*).

THE BRAHMA VIDYÂ UPANISHAD (*Krishna Yajur-Veda*).

THE NÂDA BINDU UPANISHAD (*Rik Veda*).

THE PÂSHUPATA BRÂHMANA UPANISHAD (*Atharva Veda*).

THE MAHÂ VÂKYA UPANISHAD (*Atharva Veda*).

DIFFERENT ASPECTS OF YOGA

THE AKSHI UPANISHAD (*Krishna Yajur-Veda*) deals with Jnâna yoga.

THE VARÂHA UPANISHAD (*Krishna Yajur-Veda*) deals with Jnâna yoga.

THE BRIHAD ÂRANYAKA UPANISHAD partly deals with yoga.

THE SHAT CHAKRA-NIRUPANA and the PÂDUKÂ-PANCHAKA are tantrik texts dealing mainly with Laya-yoga, (edited with English translation in Arthur Avallon's "Serpent Power").

THE BHAGAVAD GITÂ deals essentially with Karma yoga.

THE 11TH PART OF THE BHÂGAVATA PURÂNA deals with different aspects of Karma, Bhakti and Râja yoga.

MÂRKANDEYA PURÂNA, Chap. 39 to 42 deal mainly with Mantra yoga.

Yoga

NÂRADA PURÂNA Chap. 33 deals with Karma and Jnâna yoga, Chap. 34 with Bhakti yoga.

DEVI BHÂGAVATA PURÂNA (7, 35 and 11, 8) description of the chakras. etc.

LINGA PURÂNA (1, 75) describes chakras.

AGNI PURÂNA (Ch. 23) deals with Mantras and meditation on the centres.

SAURA PURÂNA (Ch. 12) deals with different aspects of yoga.

THE GAUDAPADA KÂRIKÂ in part deals with different aspects of yoga.

THE SHIVA SVARODAYA is a dialogue between Shiva and Pârvati which treats mostly of what is called the astrology of the microcosm (pinda Jyotisha) and predicts events through the study of the vital breath.

THE KURMA, MATSYA, GARUDA and NÂRADIYA PURÂNAS contain important passages relating to yoga.

THE MAHÂBHARÂTA has several passages dealing with different aspects of yoga.

THE JIVAN-MUKTI VIVEKA (of Vidyâranya) deals with the higher aspects of Râja yoga.

YOGA TARÂVALI.

AMANASKA KHANDA.

APPENDIX E

SANSKRIT TEXTS QUOTED

1. नात्यभ्रतस्तु योगोऽस्ति न चैकान्तमनभ्रतः ।
न चातिस्वप्नशीलस्य जाग्रतो नैव चार्जुन ॥
युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।
युक्तस्ननावबोधस्य योगो भवति दुःस्वप्ना ॥
2. योगेन रक्ष्यते धर्मो विद्या योगेन रक्ष्यते ।
3. योगहीनं कथं ज्ञानं भोक्षद् भवतीरवरि ! ।
4. ज्ञाननिष्ठो विरक्तो वा धर्मज्ञोऽपि जितेन्द्रियः ।
विना योगेन देवोऽपि न भोक्षं ऋषते विषे ! ॥
5. योगेन योगज्ञातव्यो योगो योगात्मवर्तते ।
योऽभ्यस्यतु योगेन स योगे रमते चिरम् ॥
6. युज्यतेऽसौ योगः,
7. योगः समाधिः, स द्विविधः संभ्रमातोऽसंभ्रमातश्च
संभ्रमातो चारकेन प्रयत्नेन क्वचिदात्म्यदेशे बशीकृतस्य
मनसः तच्च बुद्धत्साविशिष्टेनात्मना संयोगः । असंभ्रमातश्च
बशीकृतस्य मनसो निरभिसन्धि निरभ्युत्थानात्क्वचिदात्म-
मदेशे संयोगः ।
8. यत्र सम्यक् प्रज्ञापते साक्षात्क्रियते ध्येयमस्मिन्नित्येव इति
संभ्रमातो ध्येयवितरिक्तवृत्तिनिरोधविशेषः ।
तथा च ध्येयसाक्षात्कारारूपकलोपहितनिरोधत्वं संभ्रमा-
तत्वम् ।
9. न किञ्चित्संभ्रमायतेऽस्मिन्निति म्युत्यत्या असंभ्रमात-
प्रयोगः सर्ववृत्तिनिरोधः । तदा संस्कारमात्रशेषं चिच्छं
तिष्ठति, अन्यथा न्युत्थानानुवचयेः ।
10. संयोगो योग इत्युक्तो जीवात्मपरमात्मनोः ।
11. सर्वचिन्तापरित्यागो निश्चिन्तो योग उच्यते ।
12. पुरुषस्थात्यन्तकल्पस्वरूपावस्थितेर्हेतुश्चिच्छिन्नचित्तिरोधो योग
इति ।
13. योगाङ्गेषु ज्ञानमतिकर्मादिषु च योगशब्दो योगसाधन-
त्वान्नोक्षोपायत्वाच्च मौख्य इति ।
14. प्रमाद्यविपर्ययविकल्पनिद्रास्यूतश्च इति पञ्चविधाश्चित्त-
वृत्तयः ।
15. यत्र शब्दज्ञानानुमानाः प्रमाद्यनि ।
16. इन्द्रियद्वारा वा बुद्धेर्यथायां वृत्तिः सा मन्यसं प्रमाणम् ।
17. लिङ्गजन्या वृत्तिरनुमानं प्रमाणम् ।
18. विपर्ययवृत्तिश्च पिथ्याज्ञानं दोषजन्यम् ।
19. निद्रावृत्तिश्च 'सुषुप्तपरमस्वाप्सम्' इत्यादिस्पृष्टविहेतुरनुभवः
सुषुप्तिकाशीनः सुप्तादिविषयः ।
20. स्पृष्टिश्च संस्कारमात्रजन्या वृत्तिः ।
21. योगस्यः क्लृप्त कर्माणि सङ्गं त्यक्त्वा धनञ्जय ।
सिद्धयसिद्धयोः समो भूत्वा समत्वं योग उच्यते ॥
22. आत्मप्रयत्नसाधेया विशिष्टा या मनोगतिः ।
तस्या ब्रह्मणि संयोगो योग इत्यभिधीयते ॥
23. यमनियमासनवासायामप्रत्याहारधारणध्यानसमाधयोऽ-
ष्टाङ्गानि ।
24. तपःस्वाध्यायेश्वरप्रणिधानानि क्रियायोगः ।
25. अभ्यासवैराग्याभ्यां तन्निरोधः ।
26. ईश्वरप्रणिधानाद्वा ।
27. यस्य योगस्य वै योगी बुधुधुरभिधीयते ।
28. यदा हि नेन्द्रियार्थेषु न कर्मस्वनुचिञ्जते ।
सर्वसंकल्पसंन्यासी योगारूढस्तदोच्यते ॥
29. जितात्मनः प्रज्ञानस्व परमात्मा समाहितः ।
शीतोष्णसुखदुःस्तेषु तथा भानापरमानयोः ॥
ज्ञानविज्ञानतृप्तात्मा क्लृप्तस्यो विजितेन्द्रियः ।
युक्त इत्युच्यते योगी समलोष्टायमकाञ्चनः ॥
30. यथा दीपो निरातस्यो नेहते सोपमा स्मृता ।
योगिनो यथाश्चित्तस्य युञ्जते योगमात्मनः ॥
31. विनिश्चयसमाधिस्तु परं ब्रह्मोपलभ्यमानम् ।
32. तत्र मन्द्रमध्योत्तमभेदेन त्रिविधा योगाधिकारिणो-
भवन्त्यावस्थयुञ्जानयोगारूढरूपाः ।

33. यन्त्रबोधो इन्द्रचैव लययोगस्तुतीयकः ।
चतुर्षो राजयोगः स्वास्त द्विधाभाषकर्मितः ॥
34.इवयोगविद्या विराभते मोक्षतराजयोगपारोदुष्पिच्छो-
रधिरोरिणीष ।
35. हकारः कीर्तितः सूषष्टकारधन्द् उच्यते ।
सूर्याचन्द्रमसोर्योगाद्दृष्योगो निमगते ॥
36. अहिंसासत्यास्तेयब्रह्मचर्याऽपरिग्रहा यथाः ।
37. अहिंसा सत्यमस्तेयं ब्रह्मचर्यं दयाऽऽर्जवम् ।
समा धृतिर्मिताहाराः शौचं चेति यथा दृश्य ॥
38. स्मरलं कीर्तनं केलिः प्रेक्षलं गुह्यभाषणम् ।
संकल्पोऽध्यवसायश्च क्रिया निहृतिरेव च ॥
एतन्मैयुनपष्टांश्च भवदति मनीषिणः ।
39. अपेतद्रतकर्मा तु केवलं ब्रह्मणि स्थितः ।
ब्रह्मभूतधैर्यलोकं ब्रह्मपारोति कल्पते ॥
ब्रह्मैव समिपस्सस्य ब्रह्मानिन्नं ह्यविद्वरः ।
आपो ब्रह्म गुह्यं ह्यं स ब्रह्मणि समाहितः ॥
40. जाविदेशकालसमयानवच्छिन्नाः सार्वभौमा महाप्रतम् ।
41. शौचसन्तोषतपःस्वाध्यायेऽवप्रप्रथिधानानि नियमाः ।
42. तपसस्तनुष्टिरास्तिक्यं दानभाराधनं हरेः ।
वेदान्ध्रवणं चैव द्वीर्षित्विष जपो व्रतम् ॥
43. अपवित्रः पवित्रो वा सर्वारिष्यां गतोऽपि वा ।
यः स्मरेत् पुण्डरीकाक्षं स वाद्ब्रह्मन्तरे शुचिः ॥
44. ऋत्यासनस्थोऽथ पथि व्रजन वा ह्यस्यः परिशील्य वितर्कनालः
संसारवीजस्रवणोऽथ साधुः स्वाध्याययुक्तोऽष्टनभोगभागी ॥
45. एते यथास्तनियमाः पञ्च पञ्च च कीर्तिताः ।
विशिष्टकल्पाः काम्यानिष्कामाणां विशुद्धिदा ॥
46. अहिंसाप्रतिष्ठायां तत्सन्धिषौ वैरत्यागः ।
47. सत्यप्रतिष्ठायां क्रियाकलाभप्रतम् ।
48. अस्तेयप्रतिष्ठायां सर्वरत्नोपस्थानम् ।
49. ब्रह्मचर्यप्रतिष्ठायां दीर्घलाभः ।
50. अपरिग्रहस्त्वैवं जन्मकृन्दासम्भोगः ।
51. शौचात्स्वाङ्गुपुष्पा परैरसंसर्गः ।
52. सत्तन्मुद्दिशोयनस्यैकाग्रवेन्द्रिभववात्पदर्शनयोगवस्तानि च ।
53. सन्नोषादनुचमसुखलाभः ।
54. कायेन्द्रियसिद्धिरुद्दिशवाचरसः ।
55. तितर्कचानने प्रतिपन्नभावनम् ।
56. स्वाध्यायगद्विद्देवतासंभोगः ।
57. सभाधिसिद्धिरीश्वरप्रथिधानात् ।
58. स्थिरसुस्थानसन्म ।
59. यत्नवेष्टिस्थानन्तसभाधिसिद्ध्याम् ।
60. तयो इन्द्रानधिधातः ।
61. आसनं विजितं तेन जितं तेन अमत्त्वम् ।
62. सिद्धं यत् तदा सिद्धं भद्रं चेति चतुष्टयम् ।
श्रेष्ठं तत्रापि च सुखे विद्वेत्सिद्धासने तथा ॥
63. आसनं स्थितिकं मोक्षं पञ्चपर्यासनं तथा ।
आसनानां तु सर्वेषामेवदासनमुत्तमम् ॥
64. शुचौ देशे प्रतिष्ठाप्य स्थिरमासनमात्मनः ।
नात्युच्छ्रितं नातिनीचं चैलाजिनकृशोचरम् ॥
तत्रैकाग्रं मनः कृत्वा यतचित्प्रियक्रियः ।
उपविश्यासने युञ्ज्याद्योगमात्मविशुद्धये ॥
समं कायशिरोग्रीवं धारयन्नचलं स्थिरः ।
समेष्ट्य नासिकाग्रं स्वं दिश्यान्वन्तलोकधनुः ॥
मशान्तात्सा विगतभीर्ब्रह्मचारिभवे स्थितः ।
यनः संयम्य मच्चित्तो युक्त आसीत मत्परः ॥
65. योनिस्थानकपङ्कजमूलपरितं कृत्वा दृढं धिन्यसेत्
मेढ्रं पादपर्येकमेव हृदये कृत्वा समं विग्रहम् ॥
स्वाधुः संयमितेन्द्रियोऽचलदृष्टा परमन्' श्रु बोरन्तरं ।
चैतन्यास्त्र' कपाटभेदजनकं सिद्धासनं मोच्यते ॥
(1. हनुं) (2 सुस्थिरम्) (3. परमेष्ठ) (4. श्वेतमोक्ष)
66. मन्दिपे सर्वभूतादि विरवाधिष्ठानमद्वयम् ।
यस्मिन् सिद्धिं गताः सिद्धास्तसिद्धासनमुच्यते ॥
67. ऊर्वोश्परि वै चचे यदा पादतले उभे ।
पञ्चासनं भवेदेतत्सर्वस्याधिधिषापहम् ॥
68. बाभोरूपरि दक्षिणं हि' चरुणं संस्थाप्य नामं तथा
दक्षोरूपरि चैव न्यनविधिं' कृत्वा कराभ्यां हृदम् ।
तत्पुष्टे' हृदये निवाप चिबुक् त्रासाभ्रपालोकभेदे
एतद् व्याधिविकाररिनाशनकरं पञ्चासनं मोच्यते ॥
(1. च) (2 पश्चिमेन विधिना कृत्वा) (3. अन्त्युष्टौ) ॥
69. गुल्फौ च हृषणस्याधः सीकिन्मुभवापरर्वयोः ।
निवेश्य पादौ हस्ताभ्यां बद्ध्वा भद्रासनं भवेत् ॥
70. बर्षेते स्वस्तिर्कं पादतलपोऽभयोरपि ।
पूर्वोचरे जानुनो द्वे कृत्वाऽऽसनमुदीरितम् ॥
71. गुदं निवप्य गुल्फाभ्यां व्युत्क्रमेण समाहितः ।
योगासनं भवेदेतदिति योगविदो विदुः ॥
72. सीवनीपार्वर्षुपयं गुल्फाभ्यां व्युत्क्रमेण तु ।
निधील्याऽऽसनमेतच्च युक्तासनमुदीरितम् ॥
73. सीवनीं गुल्फदेशेभ्यो निधीक्य व्युत्क्रमेण तु ।
यसार्धं आनुनोर्हस्तावासनं सिद्धकम् ॥

74. सन्धे दक्षिणयुक्तं तु पृष्ठपार्श्वे निषोभयेत् ।
दक्षिणेष्वपि तथा सन्धं मेषुलं गोह्वलं तथा ॥
75. प्रसार्य चरलद्वन्द्वं परस्परसंयुतम् ।
स्वपाणिभ्यां हृदं धृत्वा ज्ञानुपरि शिरो न्यसेत् ॥
आसनोन्नमिदं शोकं भवेदन्तिलदीपनम् ।
देहाकसानहरणं पथिमोषानसङ्गकम् ॥
य एतदासनं शीघ्रं प्रत्यहं साधयेत् सुधीः ।
बाधुः पथिमभागेल तस्य सञ्चरति ध्रुवम् ॥
76. गोपनीयं भवत्यनेन न देवं यस्य कस्यचित् ।
येन शीघ्रं मरुत्सिद्धिर्भवेद् दुःखीपनाशिनी ॥
77. वामाक्षिमूलं कन्द्याभ्यः शन्यं तदुपरि सिषेत् ।
सद्यश्रीचक्षिरःकायो बजासनमितीरितम् ॥
78. पादाङ्गुली तु पाणिभ्यां शृटीत्या श्वकलावधि ।
धुराकरुणकाकण्ठं धुरासनमीरितम् ॥
79. वामोन्मूले दक्षाङ्घ्रिजान्धोर्ह्रितपाणिना ।
वामेन वामाङ्गुष्ठं तु शृटीतं मत्स्यपीठकम् ॥
80. अथष्टभ्य परां सम्यकलाभ्यां हस्तयोर्दयोः ।
कूर्परी नाभिपार्श्वे तु स्वापयित्वा मयूरवत् ॥
सद्यश्वतशिरःपादौ मयूरसनमिष्यते ।
81. पद्मासनं सुसंस्थाप्य जानुवोरन्तरे कुरी ॥
निवेश्य ध्यावाविष्टेद् व्योमस्यः कुक्कुटासनम् ॥
82. कुक्कुटासनबन्धस्यो दोष्यां संबध्य कन्धरम् ।
श्वेतं कूर्मवदुद्यान एतदुद्यानकूर्मकम् ॥
83. एकं चरलमन्यस्मिन्पूरावारोप्य निश्रलः ।
आस्ते यद्विदयेनोन् वीरासनम्यदीरितम् ॥
84. येन केन प्रकारेण सुलं पार्श्वं जायते ।
तत्सुलासनेमित्युक्तमशकस्तस्माचरेत् ॥
85. अनेन विधिना योगी मार्त्तं साधयेत् सुधीः ।
देरेन क्रमते न्याषितस्य बाधुश्च सिद्धयति ॥
सुलासनमिदं शोकं सर्वदुःखप्रशाशनम् ॥
86. पादमूलेन संपीठ्य गुदाभागेषु यन्त्रितम् ।
बलादपानमाहृष्य क्रमादूर्ध्वं सुचारवत् ॥
कल्पितोऽयं मूलबन्धो भ्रमपरछानाशनः ।
87. अपानप्राणभोरैकं प्रकरोत्वधिकल्पितम् ।
बन्धेनानेन सुतरां योनिमुद्रा प्रसिद्धयति ॥
88. बद्ध्या गलशिरानालं हृदये चिबुकं न्यसेत् ।
बन्धो जालन्धरः शोको देवानामपि दुर्लभः ॥
नाभिस्त्वर्द्धिर्नन्दानां सस्रकमलच्युतम् ।
पिबेत्पीपुविस्तारं तदर्थं बन्धयेदियम् ॥
89. बन्धेनानेन पीपुषं स्वयं पिबति बुद्धिमान् ।
अपरत्वं च सम्प्राप्य भवेद्देव ह्रुवनत्रये ॥
90. नाभेरूर्ध्वमथवापि तानं पथिमभाचरेत् ।
उक्त्यानबन्ध एव स्यात्***
91. सुषुम्णायां प्राणस्तृदीयते यतः ।
92. श्रोत्र्यालं कुल्ले बन्धाद्विभ्रातं महासगः ।
श्रोत्रियालं तदेवं स्यान्त्युपातङ्गकेसरी ॥
93. सुप्ता गुरुभसादेन यदा जागर्ति कुण्डली ।
तदा सर्वाणि पत्रानि पिथन्ते ग्रन्थयोऽपि च ॥
तस्मात् सर्वस्यत्नेन प्रबोधयितुमीश्वरीम् ॥
ब्रह्मरन्ध्रयुले सुप्तौ मुद्राभ्यासं समाचरेत् ॥
94. अपसव्येन संपीठ्य पादमूलेन सादरम् ।
गुरुपदेशतो योनिं गुदपेद्रान्तरालाम् ॥
सन्धं प्रसारितं पादं धृत्वा पाण्डियुगेन वै ।
नवद्वाराणि संयम्य चिबुकं हृदयोपरि ॥
चित्तं चित्तपथे दत्त्वा प्रभवेद्वायुसाधनम् ।
महामुद्रा भवेद्देहा सर्वतन्त्रेषु गोपिता ॥
वायुज्ञेन समभ्यस्य दक्षाङ्गेनाभ्यसेत्पुनः ।
प्राणापार्श्वं समं कृत्वा योगी नियतमानसः ॥
95. अनेन विधिना योगी पन्ध्याभ्योऽपि सिद्धयति ।
सर्वासामेव नादीनां चालनं विन्दुमारकम् ॥
जीवनं तु कषायस्य पातकानां विनाशनम् ।
कुण्डलीतोपान वायोत्रं सन्ध्यवेशनम् ॥
सर्वरोगप्रशमनं जठराग्निविवर्धनम् ।
वपुषा कान्तिमथलां जराहृत्युचिनाशनम् ॥
वाञ्छितार्थफलं सौर्यमिन्द्रियाणाञ्च कारम् ॥
एतदुक्तानि सर्वाणि योगारूढस्य योगिनः ॥
96. ततः प्रसारितः पादौ विन्यस्य तद्वरुपरि ।
गुदयोनिं समाकुञ्च्य कृत्वा चापानमूर्ध्वगम् ॥
योगयित्वा समानेन कृत्वा प्राणमधोमुखम् ।
बन्धयेदूर्ध्वगत्यर्थं प्राणापानेन यः सुधीः ॥
कथितोऽयं महाबन्धः सिद्धिमागमदायकः ।
नादीनालाद्रसम्युद्धो धृष्यां वान्ति योगिनः ॥
97. भवेदभ्यासतो बाधुः सुषुम्णायाश्चसङ्गवः ।
अनेन वपुषः पुष्टिर्हृदबन्धोऽस्त्विषञ्चरे ॥
सम्पूर्णहृदयो योगी भवत्येतानि योगिनः ।
बन्धेनानेन योगीन्द्रः साधयेत्सर्वपीप्सितम् ॥
98. महाबन्धस्थितो योगी कृत्वा पूरकपेक्षीः ।
वायूनां गतिपाटव्यं नियुतं कण्ठमुद्रया ॥
पुटद्वयं समाक्रम्य बाधुः स्फुरति सत्वरम् ।
अयमेव महाबन्धः सिद्धैरभ्यस्तोऽनिरुम् ॥

99. ज्ञानभाषणधोरैक्यं कृत्वा विह्वलनेत्वरि ।
यदावे (? चर) चरित्येवो योगी कृष्णिपूर्वं वायुना ॥
स्किचो संताडयेदीमात्र वेचोऽयं कीर्तितो मया ।
100. वेपेनानेन संविष्य वायुना योगियुक्त्वः ।
त्रन्विं सुपुट्टनामार्गेण ब्रह्मत्रन्विं भिनत्स्यसौ ॥
101. चक्रमध्ये स्थिता देवाः कल्पन्ति वायुताडनात् ।
कुण्डल्यधि महाभाषा कैलासे सा विधीयते ॥
102. न पीयूषं पतत्वन्मौ न च वायुः मयावति ।
कपालकुहरे जिहा प्रविष्टा विपरीतया ॥
ब्रु वोरत्सर्गता दृष्टिद्वारा भवति सेचरी ।
103. दाह्यमूलं समुत्कृष्य सप्तभासरयात्पवित्र ।
स्वगुरुचतमकारेण मलं सर्वं विप्रोषयेत् ॥
स्तुतिप्रनिर्भं शशं सुतीक्ष्णं स्निग्धनिर्मलम् ।
समादाय ततस्तेन लोभभावं समुच्चिन्देत् ॥
दित्वा सैन्धवपथ्याभ्यां नृषिंताभ्यां प्रकर्षयेत् ।
पुनः समृद्धिने मासे रोमभावं समुच्चिन्देत् ॥
एवं क्रमेण चाण्णसं नित्योयुक्तः समाचरेत् ।
पाण्णसाद्रसनामूलं सिराचन्द्रं मलययति ॥
अथ नाभीश्चरीषाम शिरोवस्त्रेण वेष्टयेत् ।
मनैककर्षयेयोगी कालवेलाविधानवित् ॥
पुनः पाण्णसमात्रेण नित्यं संवर्षलान्मुने ।
ब्रू ष्ण्यावधि चाप्येति तिर्यक् कर्षाजिलावधि ॥
अथश्चुबुक्तं मूलं प्रयाति क्रमचारिता ।
पुनः संनस्ताराणां तु तृतीयादेव लीलाया ॥
केशान्तमूर्ध्वं क्रमतिरिष्यकशासाऽवधिर्भुने ।
अथस्तात्कण्डकूपान्तं पुनर्वर्षत्रयेण तु ॥
..... यदा ब्रह्मार्गेण
अरुगुण्यग्रेण संवृष्य जिहाभात्रं निवेशयेत् ॥
एवं वर्षत्रयं कृत्वा ब्रह्मद्वारं प्रविश्यति ।
ब्रह्मद्वारे प्रविष्टे तु सम्पूरुष्ययनाचरेत् ॥
.....
न सदा यपनं शस्तं मासे मासे समाचरेत् ॥
104. पीत्यते न च रोगेण लिप्यते न च कर्षणा ।
वध्यते न च कालेन यस्य शुद्धाऽस्ति सेचरी ॥
चिचं चरतिसे यस्याजिहा भवति स्नेहता ।
तेनैषा सेचरी नाम शुद्धा सिद्धनयस्करता ॥
105. अथविदः पवित्रो वा सर्ववेस्यां गवोऽपि वा ।
सेचरी यस्य शुद्धा तु स शुद्धो नात्र संशयः ॥
106. रसनामूर्द्ध्वगां कृत्वा सण्णार्द्धं यदि तिष्ठति ।
क्षणेन मुच्यते योगी व्यापिमृत्युजरादिभिः ॥
107. एवमभ्यासयोगेन कामदेवो द्वितीयकः ।
न क्षुधा न तृषा निद्रा नैव मूर्धा प्रजायते ॥
108. यूलसे स्वशिरों दत्त्वा स्वे नयेचरखडयम् ।
विपरीतकृतिरचैषा सर्वानन्देभु गोपिता ॥
109. एतद् यः कृते नित्यमभ्यासं यावमात्रवः ।
शुत्युं जयति योगीशः मन्त्रे नापि सीदति ॥
110. आदौ पूरकयोगेन स्वाधारे पूरयेन्मनः ।
मुदभेद्भान्तरे मोनित्वामाकुञ्च्य भवतेत् ॥
111. ब्रह्मयोगिनमतं ध्यात्वा कामं कन्दुकसन्धियम् ।
सूर्यकोटिमतीकाशं चन्द्रकोटिसुशीतलम् ॥
वस्योर्ध्वं तु शिखा क्षुत्वा चिद्रूपा परया कला ।
तथा सङ्घिद्रयात्मानमेकैभ्युत् विचिन्त्येत् ॥
112. मच्छति ब्रह्मार्गेण लिङ्गत्रयक्रमेण वै ।
सूर्यकोटिमतीकाशं चन्द्रकोटिसुशीतलम् ॥
अमृतं तद्धि स्वर्गस्थं परमानन्दलक्षणम् ।
श्वेतरक्तं तेजसाढ्यं शुभाषाराप्रवर्षिलम् ॥
पीत्वा कुलाश्रुतं दिव्यं पुनरेत विभेत्कुलम् ॥
113. नयदुन्धरते योगी धन्वर्कं शुभाशुभम् ।
वत्सिद्धिं समभाष्येति योगिशुद्रानिचन्यताम् ॥
114. सेचकां शुद्रया यत्प विनरं क्षमिकोर्ध्वतः ।
चिन्दुः सरति नो यत्प कामिन्यालिङ्गितस्य च ॥
याचद् चिन्दुः स्थितो देहे तावन्पुस्तुभयं कुतः ।
याचद् चद्वा नभोशुद्रा याचद् चिन्दुनं गच्छति ॥
गलिगोऽपि यदा चिन्दुः सम्प्राप्तो योगिमण्डले ।
ब्रह्मपूष्यं हठाच्छक्त्या निबद्धो योगिशुद्रया ।
115. बज्रैर्षी कषापिण्याभि संसाध्यान्वनाशिनोम् ।
स्वपन्नेभ्यः समासेन युक्ताद्ब्रह्मतामपि ॥
116. स्त्रेच्छया वर्तमानोऽपि योगोक्तनियमैर्विना ।
मुक्तो भवति माहैस्यो बज्रोत्यप्यासयोगतः ॥
117. आदौ रजः क्षिपो योग्याः पलेन विचिचत्सुयीः ।
आकुञ्च्य लिङ्गनालेन स्वशरीरे प्रवेशयेत् ॥
स्वकं चिन्दुञ्च सम्पन्थ्य लिङ्गचालनमाचरेत् ।
देवाञ्चलति चेदूर्ध्वं निबद्धो योगिशुद्रया ॥
चायमार्गेऽपि तदुचिन्दुं नीत्वा लिङ्गं निवारयेत् ।
क्षणभात्रं योनितो यः पुर्णालनमाचरेत् ॥
गुरुपदेशयो योगी हुंकारेण योनिवः ।
अपाननायुमाकुञ्च्य बलादाकृष्य तद्वनः ॥
118. चिन्दुविभ्रुभयो ज्ञेयो रजः सूर्यमयस्तथा ।
उभयोर्ध्विलनं कार्यं स्वशरीरे प्रवेशयेत् ॥
119. अहं चिन्दुरजः शक्तिरभयोर्ध्विलनं यदा ।
योगिनं साधनावस्था भवेद्विष्यं वपुस्तदा ॥
120. मरणं चिन्दुभातेन जीवनं चिन्दुधारणे ।
तस्मादादिमथत्लेन कृते चिन्दुधारणम् ॥
121. जायते क्षियते लोके चिन्दुना नात्र संशयः ।
एतच्छात्वा सदा योगी चिन्दुधारणमाचरेत् ॥

122. अभ्यासात्सिद्धिर्भासति भोगयुक्तोऽपि मानवः ।
सकलः साधितार्थेऽपि सिद्धो भवति भूतले ॥
123. सहस्रोत्पथोऽपि च बन्धोऽपि भेदतो भवेत् ।
येन केन प्रकारेण चिन्दुं योगी प्रचारयेत् ॥
124. दैवाच्चलति चेद्वेगे सेलनं चन्द्रसूर्ययोः ।
अमरोत्तरियं भोक्ता लिङ्गनालेन शोषयेत् ॥
125. गतं चिन्दुं स्वकं योगी बन्धयेद्योगिभ्युद्रया ।
सहस्रोत्तरियं भोक्ता सर्वतन्त्रेषु गोपिता ॥
126. स्वभूतोत्सर्गकाले यो बलादाकृष्य वायुना ।
स्तोकं स्तोकं त्यजेन्मूत्रमूर्ध्वमाकृष्य तत्पुनः ॥
गुरुपदिष्टमार्गेणा मन्वहं यः समाचरेत् ।
चिन्दुसिद्धिर्भवेत्स्य महासिद्धिप्रदायिका ॥
127. आचारकथले सुप्तां चालयेत्कृष्णदलीं दृढाम् ।
अपानवायुनाऽऽकृष्य बलादाकृष्य बुद्धिमान् ॥
शक्तिचालनमुद्रेषं सर्वशक्तिप्रदायिनी ।
128. एवं सहस्रानन्दे यदा मनो लोपते तदा शोभनी भवति ।
तामेव खेचरीमाहुः ॥
129. धौतिर्भस्मस्तथा नेतिर्नौलिकी त्राटकं तथा ।
रूपालभातिरश्चेतानि षट् कर्माणि समाचरेत् ॥
130. अमन्दावर्तवेगेन तुन्दं सन्यापसम्पद्यतः ।
न तां सो भ्रामयेद्देया नीलिः सिद्धैः प्रचक्षते ॥
131. मन्दाग्निस्न्दीपनपाचनादि-सन्ध्यापिकानन्दकरी सदैव ।
अज्ञेयदोषामयशोपणी च हृत्क्रियामौलिरियं च नीलिः ॥
132. नाभिद्रगले पाशं न्यस्तनीलोत्कटासनः ।
आधाराकुम्भं कुर्यात् क्षालनं चस्तिर्कर्म तत् ॥
133. गुण्यप्लीहोदरं चापि वातपित्तकफोद्भवाः ।
वस्तिर्कर्मप्रभावेण क्षीयन्ते सकलामयाः ॥
134. चतुरङ्गुलविस्तारं हस्तप्रज्ञदशायाम् ।
गुरुपदिष्टमार्गेण सितं वस्त्रं कनैर्ब्रूमेत् ॥
पुनः प्रत्याहरेत्चैतदुदितं धौतिकं तत् ।
135. कासश्वासप्लीहकुष्ठं कफरोगाश्च विंशतिः ।
धौतिकर्मप्रभावेण प्रथान्येव न संशयः ॥
136. कपालशोधिनी चैव दिव्यदृष्टिप्रदायिनी ।
जत्रूर्ध्वनातरोर्गोपं नेतिराशु निहन्ति च ॥
137. निरीक्षेन्निलहरा मूषपलस्यं समाहितः ।
अभ्रुसम्पातपर्यन्तवाचायैश्चाटकं स्मृतम् ॥
138. मोचनं नेत्ररोगालं तन्नादीनां कपाटकम् ।
यत्नतस्नाटकं गोप्यं यथा हाटकपेटकम् ॥
139. भवेद्दोषवतो गुप्ता निर्वीर्या तु प्रकाशिता ।
140. गन्धकं हि जानीये पिये पेट भरि नीर ।
फेरी युक्तियौ कादिये, रोग न होय शरीर ॥
141. भस्वातल्लोहकारस्य रेचण्यं समम्भ्रमी ।
कपालभातिर्विख्याता कफदोषविशोषिणी ॥
142. बद्ध्वा प्राणानं विप्र ऋजुकायः समाहितः ।
नासाग्रन्यस्तनयनो दन्तैर्दन्तानसंभ्रूयन् ॥
रसानां ताडुनि न्यस्य स्वस्थचित्तो निरामयः ।
आकुञ्चितशिराः किञ्चिन्नियन्त्रयोगमुद्रया ।
हस्तौ यथोक्तविधिना प्राणायामं समाचरेत् ।
143. तस्मिन् सति श्वाःसप्रश्वासयोगितिविच्छेदः प्राणायामः ।
144. प्राणायामसमायोगः प्राणायाम इतीरितः ।
145. प्राणायामविशुद्धान्या यस्मात्प्रयति तत्परम् ॥
तस्मान्नातः परं किञ्चित् प्राणायामादिति श्रुतिः ॥
146. प्राणायामेन योगीन्द्रो लब्धैर्यथाष्टकानि वै ।
पापपुण्योदधि तीर्त्वा त्रैलोक्यचरतामियात् ॥
147. बध्नेऽप्येत्सलनालेन तोयमाकर्षयेत्परः ।
एवं वायुर्ब्रूहीत्यः पूरकस्येति लक्षणम् ॥
148. उत्सिष्य वायुमाकाशे शून्यं कृत्वा निरान्यकम् ।
शून्यभावे नियुञ्जीयादचक्रस्येति लक्षणम् ॥
149. नोच्छ्वसनेषु च निश्वासेषु नैव गन्तव्यं चालयेत् ।
एवं भावं नियुञ्जीयादङ्गुलकस्येति लक्षणम् ॥
150. रेचकं पूरकं न्यक्तवा सुखं यद्वायुधारणम् ।
प्राणायामोऽप्यभिन्युक्तं स वै केवलकुम्भकः ॥
151. केवले कुम्भके सिद्धे रेचपूरकवर्जिते ।
न तस्य दुर्लभं किञ्चित् त्रिषु लोकेषु विद्यते ॥
152. ततोऽभ्यासक्रमेणैव पटिकाव्रितयं भवेत् ।
येन स्यात्सकला सिद्धिर्गोपिनः स्वेप्सिता ध्रुवम् ॥
153. बाह्याभ्यन्तरमभ्यष्टिर्देशकालसंख्याभिः परिदृष्टो
दीर्घसूत्रः ।
154. बाह्याभ्यन्तरविषयासेपी चतुर्भिः ।
155. त्रिदया वायुमाकृष्य उदरे पूरयेच्छनैः ।
क्षणं च कुम्भकं कृत्वा नासाभ्यां रेचयेत्पुनः ॥
156. अर्हनिशं पियेयोगी काकचञ्जला विचक्षणः ।
पियेन्प्राणानिलं तन्म्य रोगाणां संशयो भवेत् ॥
दूरभ्रुनिर्दृष्टिह्यन्वा स्यादर्शनं खलु ॥
157. मानः काले च मथ्याहो मथ्याहो चार्धगात्रके ।
कुर्याद्वै चतुर्वारं कालेष्वेतेषु कुम्भकान् ॥

158. सयो भुक्तोऽपि भुषिते नाभ्यासः क्रियते बुधैः ।
अभ्यासकाले प्रथमं कुपात् संसारभ्योभयम् ॥
- 159 ततः शीघ्रेण प्रकाशावरणम् । धारणासु च योग्यता मनसः ।
160. तपो न परं प्राणयायात् । ततो विद्युद्विर्भलानां दीप्तिश्च ज्ञानस्य ।
161. पीत्वा पीत्वा पुनः पीत्वा पीत्वा पतति भूतले ।
उत्तरया च पुनः पीत्वा पुनर्जन्म न विद्यते ॥
- 162 स्वेदः संजायते देहे योगिनः प्रथमोऽयम् ।
षटा संजायते स्वेदो मर्दनं कारयेत्सुधीः ॥
अन्यथा विग्रहे धातुनष्टे भवति योगिनः ।
- 163 द्वितीये हि भवेत् कर्मो दाहुरीदृ मध्यमे मतः ।
ततोऽधिकतराभ्यासाद्गमने चरसाधकः ॥
- 164 योगी यन्नासनस्थोऽपि शुभमुत्सृज्य वर्तते ।
बाधुसिद्धिस्तदा ज्ञेया संसारव्याजनाशिनी ॥
165. स्वविषयासंयोगे चित्तरूपानुकार इवेन्द्रियाणां प्रत्याहारः ।
166. शब्दादिष्वनुरक्तानि निरुद्धाशीलि योगिन् ।
कुपाच्चिदानुकारीण मन्वाहारपरायणः ॥
व्ययता परया तेन जायतेऽतिचञ्चलात्मनाम् ।
इन्द्रियाणामवग्रयस्तेन योगी योगसाधकः ॥
167. तानि सर्वाणि संयम्य युक्त आसीत प्रत्परः ।
वशे हि यथेन्द्रियाणि तस्य प्रज्ञा प्रतिष्ठिता ॥
168. देशान्ध्विचिन्स्य धारणा ।
169. तत्र प्रत्ययैकतानता ध्यानम् ।
170. स्थूलसूक्ष्मविभेदेन ध्यानन्तु द्विविधं भवेत् ।
सूक्ष्मं मन्त्रमयं देहं स्थूलं विग्रहचिन्तनम् ॥
करपादोदरस्यापि रूपं यत् तत् स्थूलविग्रहम् ।
सूक्ष्मञ्च प्रकृते रूपं परं ज्ञानमयं सूक्ष्मम् ॥
सूक्ष्मध्यानं ग्रहेशानि कदाचिच्च हि जायते ।
स्थूलध्यानं मदेष्टानि कृत्वा मोक्षपदानुयात् ॥
171. ध्यानन्तु द्विविधं शोक्तं सरूपारूपभेदतः ।
अरूपं तत्र यद् ध्यानमपाक्यमनसगोचरम् ॥
अव्यक्तं सर्वतो व्याप्तमिदमित्यं विचरितम् ।
अगम्यं योगिभिर्मन्यं कृत्स्नैर्बहुसमाधिभिः ॥
मनसो धारणाश्चापि शीघ्रं स्वाभीष्टसिद्धये ।
सूक्ष्मध्यानं पुरोडाय स्थूलध्यानं वदामि ते ॥
172. विनेत्रं त्रिगुणाधारं त्रिमलप्रकारणम् ।
सर्वमङ्गलदा देव्यां निजवाभाङ्गशोभितम् ॥
परं शिवं हृदि ध्यान्ता निश्चलीभूतमानसः ।
कनेदाभ्यन्तरद्व्यैस्वधानेन तत्पया ।
श्रमान्भूपरिषेचनं सकलपूर्णभावाभ्यं
त्रिशक्तिगुणसंयुतं विदितयज्ञसूत्रं तथा ।
इतंसंविदुल्लेपनं समपिकातुक्कमाश्रितान्

- स्तिवाच विनिवेदयेत् मकटभक्ति पुष्पाणि च ॥
भूपयान्तरचतुष्टयेन तदीयमिन्द्रियगुणोत्करेण तु ॥
कल्पयेच्च सुखदुःखवर्जितं शोभरूपमुपहारमान्तरं ॥
रजसप्रसन्नगुणत्रयात्पताम्बूलकं भाषणपरकृति च ।
इत्येवमाभ्यन्तरसुखपूजादप्यालि सम्पाद्य शंकराय ॥
173. तदेवार्थमात्रनिर्भासं स्वरूपशून्यमिव समाधिः ।
174. 'प्रत्यक्ष' शब्द का साधारणतः जिस अर्थ में प्रयोग होता है... वह प्रत्यक्ष परिलिख प्रत्यक्ष है... अग्ररहित नहीं... अत्यज्ञान का कारण नहीं है... समाधि ही पूर्णतत्त्व ज्ञान का लाभ का एकमात्र उपाय है। अतीत और अनागत उस प्रत्यक्ष का परीक्ष नहीं है, वह लोकालोकदर्शी है ।
175. भिद्यते हृदयग्रन्थिरिहयने सवसशयाः ।
श्रीयने चारय कर्माणि तस्मिन् दृष्टे परावरे ॥
176. योगाङ्गानुष्ठानाददशुद्धिष्वे ज्ञानदीप्तौना विवेकस्याते—
- 177 तत्र सम्प्रज्ञातात्मयोगस्य शोभतेतत्त्वं तन्नासाभाक्कारद्वारा
केश्याद्युच्छेदकत्वात् । असप्रज्ञातयोगस्य चासिल्लष्टपि-
संस्कारदाहद्वारा प्रारब्धस्याप्यतिक्रमेणेति ।
178. त्रिषु लक्ष्येषु यो ब्रह्मसाक्षात्कारं गमिष्यति ।
ज्ञाते वाच मनोहृत्चिरहितो रामयोगिन् ॥
179. केवलं राजयोगाय इदंविद्योदिरत्येते ।
- 180 सर्वं ब्रह्मेति विज्ञानादित्रिगुणप्रामसंयमः ।
ययोऽवधिपति सम्भोक्तोऽभ्यसनीषो सुदुःखः ॥
- 181 देहेन्द्रियेषु वैराग्यं यम इत्युच्यते बुधैः ।
182. सजातीयप्रवाहश्च विजातीयतिरस्कृतिः ।
नियमो हि परानन्दो नियमात्क्रियते बुधैः ॥
183. अनुरक्तिः परे तन्ने सततं नियमः स्मृतः ।
- 184 त्यागो हि महतो पूर्यः सयो मोक्षप्रदायकः ।
- 185 यस्माद्वाचो निर्वर्तने अमाप्य मनसा सह ।
यन्मनो योगिभिर्मन्यं तद्भवेत्सर्वदा अदः ॥
वाचो यस्यास्मिन्ननेने तद्दुक्तं केन शक्यते ।
प्रपञ्चो यदि वक्तव्यः सोऽपि शब्दविषयितः ॥
इति वा तद्भवेन्मनो मवं सहस्रसंज्ञितम् ।
गिरो यानं तु बालामानमपुक्तं ब्रह्मज्ञानिनाम् ॥
186. आटाकने च मध्ये च जनेो यस्मिन् विद्यते ।
येनेदं सततं व्याप्तं स देशो विजानः स्मृतः ॥
187. कल्पना सर्वभूतानां ब्रह्मादीनां निषेधतः ।
कालशब्देन निर्दिष्टं ह्यस्यदानन्त्यद्वयम् ॥
188. सुवेनेन भवेद्यस्मिन्नसं ब्रह्मचिन्तनम् ।
आसनं तद्विजानीयादन्त्यसुखविभ्रमणम् ॥

189. सर्ववस्तुन्युदासीनभाषासनमुच्यते ।
190. सिद्धये सर्वश्रेयादि विरवाधिष्ठानमद्वयम् ।
तस्मिन्सिद्धिं मताः सिद्धास्तसिद्धासनमुच्यते ॥
191. यन्मूलं सर्वलोकानां यन्मूलं चित्तवर्णनम् ।
मूलवन्धः सदा सेव्यो योग्योऽसौ ब्रह्मवादिनाम् ॥
192. अज्ञानां समता विद्यात्मये ब्रह्मणि लीयते ।
नोचेन्नैव समानत्वमुत्तुलं शुष्कदृश्यते ॥
193. हृष्टिं ज्ञानमयीं कृत्वा परपदे ब्रह्मयमं जगत् ।
सा हृष्टिः परमोदारारं न नासात्रावलोकिनी ॥
194. इन्द्रदर्शनहरयानां विरामो यत्र वै भवेत् ।
हृष्टिस्तत्रैव कर्तव्या न नासात्रावलोकिनी ॥
195. चिवादि सर्वभावेषु ब्रह्मत्वेनैव भावनात् ।
निरोधः सर्वदृवीनां प्राणायामः स उच्यते ॥
196. जगत्सर्वमिदं मिथ्या मनीतिः प्राणसंयमः ।
197. निषेधेन मयश्चस्य रेचकाल्म्यः समीरितः ।
ब्रह्मवासीति या वृत्तिः पूरको वायुरुच्यते ॥
ततस्तद्वृत्तिनिश्चल्यं क्रम्यकं प्राणसंयमः ।
अयं चापि मनुद्गानामज्ञानं प्राणपीडनम् ॥
198. विषयेष्वात्मतां दृष्ट्वा मनसश्चित्तरञ्जकम् ।
मन्याहारः स विज्ञेयोऽप्यसनयोः सुदुभुङ्क्ते ॥
199. चित्तस्थान्तर्मुखीभावः मन्याहारस्तु सचय ।
200. यत्र सर्वं मनो याति ब्रह्मणस्तत्र दर्शनात् ।
मनसा धारणं चैव धारणा सा परा मता ॥
201. चित्तस्य निश्चलीभावो धारणा धारणं विदुः ।
202. ब्रह्मवासीति सद्वृत्त्या निरात्म्यतया स्थितिः ।
ध्यानशब्देन विलम्बतः परमानन्ददायकः ॥
203. सोऽहं चिन्मात्रमेवेति चिन्तनं ध्यानमुच्यते ।
204. निर्विकारतया हृत्त्या ब्रह्माकारतया पुनः ।
हृत्चिन्मिस्मरणं सम्यक् समाधिरभिधीयते ॥
205. ध्यानस्य विस्मृतिः सम्यक् समाधिरभिधीयते ।
206. तत्राऽऽत्मन्वने प्रथमं स्थूलाकारधारणाध्यानसमाधिभिर्भ्यः
स्थूलगताश्लेषविशेषाणामतीतानागतवत्तमानन्व्यवहितविप्र-
कृष्टानां गुणदोषरूपाणामधुनामतानां साक्षात्कारः सवि-
तर्क इत्युच्यते ।
207. तत्रैवालम्बने स्थूलाकारसाक्षात्कारानन्तरं स्थूलाकारहृष्टि
स्वकत्वा क्रमेण मन्त्रनिर्घणन्तस्थूलाकारधारणादित्रयेण
यः पूर्ववदशेषतस्तत्स्थूलाकारमासात्कारः स विचार
इत्युच्यते ।
208. तत्रैवालम्बने स्थूलाकारसाक्षात्कारानन्तरं तामपि हृष्टि
स्वकत्वा चतुर्विंशतितन्वात्रुगते सुस्वरूपपुरुषार्थे धारणादि-
त्रयेण यः पूर्ववदशेषविशेषतः सुखाकारसाक्षात्कारः स
आनन्द इत्युच्यते । ज्ञानज्ञेयधारभेदोपचारात् ।
209. एवं भूमिकाक्रमेण स्थूलमूल्यानन्दानां स्वरूपाणि दोष-
बहुलानि साक्षात्कृत्य तेषां विरज्य तत्रैवालम्बे यः कूट-
स्थविद्युचिन्मात्रत्वादिरूपतेषां विवेकत आन्याकारसा-
क्षात्कारः सोऽस्मिनेत्युच्यते, 'देहादिभिर्भोऽस्मि' इत्येता-
वन्मात्राकारत्वात् । आन्यज्ञानानन्तरं च ज्ञानव्यं नास्ती-
त्यनोऽस्मिता चरमभूमिका भवति अयमेव चान्यमासात्का-
रस्य परा काष्ठा धर्ममेषसमाधित्युच्यते, यस्यादये
ज्ञानेऽप्यलंघ्यस्वरूपेण परवैराग्येण असंप्रज्ञानयोगो
जायत इति ।
210. साधनानि बहुन्याहुश्चित्काशया केचन ।
तैलधारापिवाच्छिन्नं ममानां कीर्तनं परे ॥
211. भूयो दर्भासने रम्ये सर्वदोषविचरिने ।
कृन्ता मनोरथी रसां जपत्वा वै रथपडले ॥
पञ्चकं स्वस्तिकं वापि भद्रासनमथापि वा ।
वदन्ता योगासनं सम्यक् उत्तराभिमुखस्त्वितः ॥
नासिकापुटमङ्गुल्या पिशाचैरेतं धारणम् ।
आकृष्य धारयेदग्निं शब्दमेव विचिन्त्येत् ॥
212. एकाक्षर इधक्षर वा षडक्षरमथापि वा ।
अष्टाक्षरं वा मोक्षाय मन्त्रयोगी जेत् सदा ॥
213. विधियज्ञाज्यो यज्ञो विशिष्टो दशभिर्गुणैः ।
उपांशुः स्याच्छतगुणः साहस्रो मानसः स्मृतः ॥
ये षाक्यज्ञाश्चत्वारो विधियज्ञसमन्विताः ।
सर्वे ते जपयज्ञस्य कलां नार्हन्ति षोडशीम् ॥
214. जपच्छान्तः पुनर्ध्यायेद् ध्यानाच्छान्तः पुनर्जपेत् ।
जपध्यानपरिश्रान्तं आत्मानं च विचारयेत् ॥
215. हरयं तं दिव्यरूपेण सर्वन्यापी निरञ्जनः ।
हंस हंस वदेद्वाक्यं प्राणिनां देहमाश्रितः ।
स प्राणायानयोग्योऽन्यजनेत्यभिधीयते ।
सहस्रमेकं इत्युक्तं पद्भ्यां चैव सर्वदा ॥
उच्चरन्त्यनो हंसः साऽहमिच्छतिधीयते ॥
216. यस्य चित्तं निजःश्रेये मनसा मरुता सह ।
लीनं भवति नाटे वा लययोगी स एव हि ॥
217. इन्द्रियाणां मनो नाशो मनोनाशस्तु भास्तः ।
मारुतस्य लघो नायः स लथो नादाप्रश्रितः ॥
218. सदाशिवोक्तानि मयादलललयान्वानानि वसन्ति लोके ।
219. शम्भव्या चैव श्रामयां लेचर्वा योनिवृद्धया ।
ध्यानं नादं रमानन्दं लयमिद्विभ्रतुर्विषा ॥

220. सिद्धासनस्थितो योगी मुद्रां सन्धाद्य वैष्णवीम् ।
शुश्रुषाद्दिशि कल्ले नादयन्मर्गतं सदा ॥
अन्धस्वप्नानो नादोऽयं बाह्यमाह्वये ध्वनिम् ।
पश्चाद्दिग्दर्शनं नित्यं तुषेपदं ज्ञेयम् ॥
श्रुयते मथयाभ्यासे नादो नानाविधो महान् ॥
संभ्रानस्तथाभ्यासे भ्रूयते सूक्ष्मश्रवणः ॥
आदौ क्लृप्तिभोग्युत्प्रेरीतिर्भरसंभवः ।
कल्पे मद्दलकम्पादौ फेटाकाहलजस्तथा ॥
अन्ते तु किञ्चिच्छेषोपशमप्रयत्नस्वनः ।
इति नानाविधा नादाः श्रूयन्ते सूक्ष्म सूक्ष्मतः ॥
महति श्रूयमाणे तु महाभेदादिकृष्णतौ ।
तत्र सूक्ष्मं सूक्ष्मतरं नादयं पराशुभेत् ॥
धनशुभस्य च सूक्ष्मे क्षान्तशुभस्य च धने ।
रमणामपि सिद्धं मनो नान्यत्र चाक्षयेत् ॥
यत्र कुत्रापि वा नादे स्मृति प्रथमं मनः ।
तत्र यत्र स्थितो भूत्वा तेन सार्धं विलीयते ॥
विस्तृत्य सकलं बाह्यं नादे दृग्प्राप्त्युत्थनः ।
एकीभूयाद्य सहस्रां चिदाकाशे विलीयते ॥
उदासीनस्तथैव सूत्रा सदाऽभ्यासेन संयमी ।
जन्मनीकारकं सद्यो नादभेदावधारयेत् ॥
सर्वचिन्तां सशुद्धस्य सर्वभेदाविवर्जितः ।
नादभेदाशुसन्ध्याभादे चित्तं विलीयते ॥
221. नाभ्याधारो भवेत् षष्ठस्तत्र भाष्णं सभ्रमसेत् ।
स्वयशुत्वयते नादो नादयो शुक्तिरन्ततः ॥
222. अनाहतस्य (नादस्य) तस्य रुन्दस्य यो ध्वनिः ।
ध्वनेरन्तर्गतं ज्योतिष्वाविरन्तर्गतं मनः ॥
223. यत्र परमसि चाऽऽप्तानं नित्यानन्दं निरञ्जन्म् ।
यामिकं स महायोगी भाषितः पारमेथरः ॥
ये चान्ये योगिनां योगाः श्रूयन्ते श्रान्तवित्तरे ।
सर्वे ते ब्रह्मयोगस्य कलां नार्हन्ति षोडशीम् ॥
यत्र साम्राट् भ्रपरयन्ति विद्युका विरयमिभरम् ।
सर्वेषामेव योगानां स योगः परमो मतः ॥
224. स्वस्तिकञ्चाऽऽसनं कृत्वा सुपते अन्तुवर्जिते ।
गुरुं संश्रूय यत्नेन ध्यानभेदतसमाचरेत् ॥
225. निराह्वयं धनेज्जीवं शाल्वा वेदान्तयुक्तिवः ।
निराह्वयं मनः कृत्वा न किञ्चिच्चिन्तयेत्सुधीः ॥
226. एकदधानान्याहासिद्धिर्भवेत्येव न संशयः ।
उपिहीनं मनः कृत्वा पूर्णरूपं स्वयं भवेत् ॥
227. साधयेत्सततं यो वै स योगी विगतसूहाः ।
अहं नाम न कोऽस्ति सर्वदाऽऽस्तेव विद्यते ॥
228. को बन्धः कस्य वा भोग एकं परयेत्सदा हि सः ।
एतत्करोति यो नित्यं स युक्तो नाम संशयः ॥
स एव योगी बद्धकः सर्वलोकेषु पूजितः ॥
229. अहमस्मीति रन्तत्या भीमात्मपरमात्मनोः ।
अहं त्वभेददुर्गं त्यज्जथा स एहं विचिन्तयेत् ॥

- अभ्यारोपाभ्यादाभ्यां यत्र सर्वं विलीयते ।
वद् बीजवाक्ययोगी सर्वसङ्गविवर्जितः ॥
230. न भेदः शिवयोगस्य रामयोगस्य तत्ततः ।
शिवार्थिनां तथाऽप्येकमुक्तो बुद्धेः मद्भवेत् ॥
231. शक्तिपाद्यस्त्वयोर्भेदस्तथा शिवरावात्मनाम् ।
तस्मान्मनीषिभिराहः शिवयोगस्तु केवलम् ॥
232. ज्ञानं शिवमयं भक्तिः जैवोभ्यानां शिवात्मकम् ।
जैवत्रयं शैवायेति शिवयोगो हि पञ्चधा ।
233. शिवार्चनविहीनो यः पशुत्रेव न संशयः ।
स तु संसारचक्रेऽप्यिहमत्सं परिवर्तते ॥
234. अन्तर्बोहो बहिर्बोहो द्विविधं तच्चिदार्चनम् ।
शुक्ला चाभ्यन्तरी पूजा सा च बाह्यार्चनादिना ॥
235. कीटो भ्रमरयोगेन भ्रमरो भवति ध्रुवम् ।
पान्थः शिवयोगेन शिवो भवति केवलम् ॥
236. कामक्रोधमयं चापि मोहलोभमयो रजः ।
अन्म शून्यत्र कार्पण्यं शोकस्तन्मद्रा धृष्टा वृथा ॥
तृष्णा लज्जा मयं दुःखं विषादो हर्ष एव च ।
एभिर्दोषैर्विनिर्मुक्तः स जीवः शिव उच्यते ॥
237. कर्म कर्तव्यमित्येव विहितेष्वेव कर्मसु ।
बन्धनं धनसो नित्यं कर्मयोगः स उच्यते ॥
238. स्वरूपेणा तपश्चर्यं सिद्धिं विन्दति पान्थः ।
239. नहि कश्चित्कणमपि जातु तिष्ठत्यकर्मकृतु ।
कार्यते ह्यन्यः कर्मः सर्वः बहुतिजैगुणैः ॥
240. कर्माकर्मविकर्मैति वेदवादो न लौकिकः ।
वेदस्य चेश्वररात्मत्वाच्च मुसन्ति सूरयः ॥
241. शुभाशुभकलैरेवं गोचरते कर्मबन्धनैः ।
संन्यासयोगयुक्तात्मा विमुक्तो मायुपैत्यसि ॥
242. अवेदनं विदुषां चिद्यज्ञस्य बहुविधम् ।
योगस्यः कुरुकर्माणि नीरस्ता वाद्य वा कुब ॥
243. यत्तु चित्तस्य सततपर्यं श्रेयसि बन्धनम् ।
ज्ञानयोगी स विज्ञेयः सर्वसिद्धिकरः शिवः ॥
244. येनेदं जानते सर्वं तत्केनान्येन जानताम् ।
245. विद्यते हृदयग्रन्थिविद्यन्ते सर्वसंशयाः ।
श्रेयन्ते चारण कर्माणि तस्मिन् दृष्टे पराचरे ॥
246. समाधिर्विदुषां ज्ञानं समाधिर्विदुषां जयः ।
समाधिर्विदुषां यज्ञः समाधिर्विदुषां तपः ॥
247. शून्यमः सङ्घ वदन्त्युज्ञानस्योका महाधिभिः ।
शुभेच्छा नतु तत्राऽऽद्या ज्ञानयुधिः भक्तीतिवा ॥
विचारणा द्वितीया तु तृतीया तनुमानसा ।

Sanskrit Texts Quoted

- सत्त्वापचिभ्रतुर्था स्यादसंसक्तिय पञ्चमी ॥
पदार्थाभावनी षष्ठी सप्तमी चाथ तुर्यमा ।
248. नित्यानित्यवस्तुविवेकादिपुरस्सरा फलपर्यवसायिनी
मोसेच्छा शुभेच्छा ।
249. गुम्भुपष्टत्य वेदान्तवाक्यविचारार्थकभ्रवणपननाम्निका
द्विचिः सुविचारणा ।
250. निदिध्यासन्नाभ्यासेन मनस एकाग्रतया ह्यस्मवस्तुग्रहण-
योग्यता तनुमानसा ।
251. एतस्मिन्नवस्थात्रये ज्ञानोत्पादनयोग्यतामात्रं सम्पद्यते; न
च ज्ञानमुत्पद्यते ।
252. ज्ञानभूमिकात्वं तु ज्ञानेतरकर्माद्यनधिकारित्वे सति
ज्ञानस्वैवाधिकारित्वात् ।
253. निर्बिकल्पकब्रह्मात्मैक्यसाक्षात्कारः सत्त्वापत्तिः ।
254. सविकल्पकसमाध्यव्यासेन निरुद्धे मनसि निर्बिकल्पक-
समाध्यव्यासाऽसंसक्तिः ।
255. अस्वाम्यवस्थायां योगी स्वबन्धेन व्युत्तिष्ठते ।
256. असंसक्तभूमिकाभ्यासपाटवाच्चिरं मयापारिस्फूर्त्य-
वस्था पदार्थाभावनी ।
257. अस्वाम्यवस्थायां परमपत्नेन योगी व्युत्तिष्ठते ।
258. ब्रह्मज्ञानावस्थस्य पुनः पदार्थान्तरापरिस्फुत्तिस्तुरीया ।
259. अस्वाम्यवस्थायां योगी न स्वतो नापि परकीयपत्नेन
व्युत्तिष्ठते केवलं ब्रह्मीभूत एव भवति ।
260. यथार्थरूपसे पूजा न करते से कोई किसी विषयका
पूर्णज्ञान लाभ नहीं कर सकता । "वैज्ञानिक पूजा करते
हैं, दार्शनिक पूजा करते हैं । शिल्पी पूजा करते हैं और
एक शब्द में कहा जाय तो विरव-जगत् पूजा करता है ।
...जिस हृदय में पूज्य पूजित नहीं होते, वह हृदय
ब्रह्म है ।
261. बत्करोषि यदरनासि बज्जुहोषि ददामि यत् ।
यत्पश्यसि कौन्तेय तच्छुभ्य मदपणम् ॥
262. नाहं वेदेन तपसा न दानेन न वेज्यया ।
शक्य एवंप्रियो द्रष्टुं दृष्टवानसि मां यथा ॥
भक्त्या त्वनन्यया शक्य ब्रह्मेवंप्रियेऽनुज ।
ज्ञातुं द्रष्टुं च तत्त्वेन भवेत्तु च परतप ॥
263. सृष्टेरतीतो बुद्धेश्च परः स भक्तिब्रह्मः ।
264. तद्भक्तिनिश्रेयसकरोम् ।
265. भक्त्यनयोनिरप्यधिक्रियते "पारम्पर्यात् सामान्यम् ।
266. अविषकभावाद्भि तत्सालोचयम् ।
267. अन्वयमात् सौलभ्यं भक्तौ ।
268. भक्तिरेवैनं नयति भक्तिवशाः पुरुषः ।
269. मां च योऽभ्यभिचारेण भक्तियोगेन सेवते ।
स गुणान् समतीत्यैतान् ब्रह्मभूयाथ कल्पते ॥
270. ब्रह्मभूतः प्रसवात्या न शंभति न कारुष्यति ।
समः सर्वेषु भूतेषु यद्भक्ति लभते पराम् ॥
271. विधिसाध्यमाना वैश्री सोपानरूपा ।
272. बर्वाग्निः सुसम्हृदाग्निः करोत्येषांसि भस्मसात् ।
तथा तद्विषया भक्तिः करोत्येषांसि कुन्तनशः ॥
प्रविष्टः कर्त्तारश्रेणे स्वानां भावसरोरुहम् ।
धुनोति शम्भलं कृष्णः सलिलस्य यथा शरत् ॥
273. नाहं वसामि वैकुण्ठे योगिनां हृदयेऽपि वा ।
यद्भक्त्या यत्र मायन्ति तत्र तिष्ठामि नारद ॥
274. अनन्यचेताः सततं यो मां स्मरति नित्यशः ।
तस्याहं सुलभः पार्थे नित्ययुक्तस्य योगिनः ॥
275. पादसेवनाभिर्बिन्दुपस्त्रिनामशेषजन्मोपचिन्तं मलं प्रियः ।
सद्यः शिष्योत्पन्नमेधतो सती यथा पदार्कगुणैर्विनिःसृता सरित् ॥
276. स वै धनः कृष्णपदारविन्द्यावर्चांसि वैकुण्ठगुणानुवर्णनं ।
करोति हरेर्मन्दिरार्जुनादिपुश्रुतिं चकाराच्युतसन्कषाद्ये ॥
शुक्लन्दलित्कालपदर्शने दृशां तद्भ्रुव्यगात्रस्पर्शेऽङ्गसङ्गम् ।
प्राणं च तपपादसरोजसार्थमे शोभन्तुलस्यां रसनां तदर्पिते ॥
पादौ हरेः सेवपदासुसर्पणे शिरां हृषीकेशपदाभिवन्दने ।
कामं च दास्ये नतु कामकाम्यया ययोत्तमश्लोकजनाश्रया रतिः ॥
277. रसानुभाषिकानन्दशान्तिदा रागान्मिका ।
278. स्मरन्तः स्मारयन्तश्च मिथोऽयौघरं हरिम् ।
भक्त्या संजातया भक्त्या विभ्रन्त्युत्तुलकां तनुम् ॥
279. क्वचिद्दुन्दन्यच्युतचिन्तया क्वचिद्भसन्ति नन्दन्ति वदन्त्यलौकिकाः ।
गायन्ति नृत्यन्त्यनुशीलयन्त्यजं भवन्ति तूर्ण्यां परमेत्य निर्हृताः ॥
280. सर्वभूतेषु यः पश्येद्भगवद्भावमानसम् ।
भूतानि भगवन्तात्मन्येव भागवतोत्सवः ॥
281. सर्वभूतस्थपात्यानं सर्वभूतानि चाऽऽनयि ।
ईक्षते योगयुक्तान्ता सर्वत्र सपदर्शनः ॥
282. अस्पर्शभोगो वै नाम दुर्दर्शः सर्वयोगिभिः ।
योगिनो विभ्यति ब्रह्माद्यभये भयदर्शिनः ॥
283. ये हि संस्पर्शना भोगा दुःखयोनय एव ते ।
आयन्तवन्तः कौन्तेय न तेषु रमते बुधः ॥
284. आचार्यो वेदसंपन्नो विष्णुभक्ता विनमरः ।
योगज्ञो योगनिष्ठश्च सदा योगात्मकः शुचिः ॥
गुरुभक्तिसमायुक्तः पुरुषज्ञो विशेषतः ।

- एवं लक्षणसम्प्रज्ञो गुरुत्वविधीयते ॥
गुरुन्दस्त्वन्प्रकारः स्थातुं श्यन्दस्त्वानिरोधकः ।
अन्प्रकारनिरोधित्वात् गुरुत्वविधीयते ॥
गुरवेव परं ब्रह्म गुरवेव परा मतिः ।
गुरवेव परा विद्या गुरवेव परायणम् ॥
गुरवेव परा काष्ठा गुरवेव परं धनम् ।
यस्माच्छुद्धप्रेष्टाऽसौ तस्माद् गुरुतरो गुरुः ॥ इति ।
285. भवेद्दीर्घवैवी विद्या गुरुत्वस्यस्युदाहा ।
अन्प्रथा कलहोना स्यात्विधीयोपनिदुःसदा ॥
286. गुहं संतोष्य यत्नेन ये वै विद्यासुपासते ।
अविज्ञानेन विद्यायास्तस्याः फलप्रवाप्नुयुः ॥
287. गुरुः पिता गुरुर्माता गुरुर्देवो न संशयः ।
कर्मणा मनसा वाचा तस्मात् सर्वैः प्रसेच्यते ॥
गुरुमसादतः सर्वं लभ्यते शुभमात्मनः ।
तस्मात् सेव्यां गुरुर्नित्यमन्प्रथा न श्रुयं भवेत् ॥
288. आरक्ष्युर्पतीनां च कर्मज्ञाने उदाहृते ।
आरक्ष्योनेष्टाशां ज्ञानत्यागो परां मतां ॥
289. योगी च त्रिविधो ज्ञेयो भौतिकः सांख्य एव च ।
तृतीयोऽन्प्राश्नवी शोको योगशुचमयास्थितः ॥
प्रथमा भावना पूर्वं सांख्ये त्प्रहरणायना ।
तृतीयो चान्तिना मोक्षा भावना धारयेत्करी ॥
290. चतुर्था साधको ज्ञेयो बुद्धिमत्प्राध्यायकः ।
अध्यायान्नयमः श्रेष्ठो यथाभी लङ्घनक्षयः ॥
291. मन्दोत्साही सुखमूढो व्याधिस्यो गुरुद्वेषकः ।
सोमी पापपरिरक्षेव बहारी चनिताश्रयः ॥
चपलः कातरां रोगी पराधीनोऽर्तनिन्दुरः ।
मन्दाचारो मन्दबोधी ज्ञातव्यो बुद्ध्यात्मनः ॥
ज्ञादशास्त्रे भवेन्सिद्धिरेतस्य यत्नतः परम् ।
मन्प्रयोगाधिकारी स ज्ञातव्यो गुरुणा ध्रुवम् ॥
292. समबुद्धिः क्षमायुक्तः पुष्टवाकाऽक्षी मियंवदः ।
मध्यस्थः सर्वकार्येषु सामान्यः स्थात्र संशयः ॥
एतच्छास्त्रैव गुरुविधीयते शुक्तितो लयः ।
293. स्थिरबुद्धिरूपे युक्तः स्वाधीनो वीर्यवानपि ।
महाशयो दयाशुक्तः क्षमावान् सत्यवानपि ॥
शूरो बलवान् ब्रह्मानात् गुण्यादाऽन्प्रवृत्तः ।
योगाभ्यासरतश्चैव ज्ञातव्यथाध्यायकः ॥
इतस्य सिद्धिः षड्वर्षैर्भवेद्भ्यासायोगतः ।
एतस्यै दीप्तते श्रीरो इत्येवमेव साङ्गतः ॥
294. महावीर्योऽन्निनोत्साही मनोज्ञः शौर्यवानपि ।
शास्त्रज्ञोऽभ्यासशीलश्च निर्मोक्ष निराकुलः ॥
नवर्यान्नसंपन्नो पिताहारी जितेन्द्रियः ।
निर्भयश्च शुचिर्देसां दाता सर्ववनाश्रयः ॥
295. मैत्र्यं चरेद् गृहस्थेषु यायावरगुरेषु च ।
श्रेष्ठो तु प्रथमां चैति हृत्चिरस्योपदिरवते ॥
अथ नित्यं गृहस्थेषु शालीनेषु चरेद् यतिः ॥
अप्रधानेषु दानेषु श्रियेषु महात्मसु ॥
296. मैत्र्यं यवान् लक्ष वा पयो पावकमेव वा ।
फलं मूलं विषयं वा कल्पयिष्याकसक्तवः ॥
इत्येते च शुभाहारो योगिनः सिद्धिकारकाः ॥
तत्त्वयुञ्ज्यान्मुनिर्भक्त्या परम्येण समाधिना ॥
297. अथः पूर्वं सकृत् शरयं तृष्णीं धृत्वा समाहितः ।
आध्यायेति ततन्मस्य प्रथमा ह्यह्नुतिः स्यूता ॥
मत्प्रानाप द्वितीया तु समाध्यायेति चापरा ।
उदानाय चतुर्थी स्याद् व्यानारयेति च पञ्चमी ॥
शास्त्राध्यायैः पृथक् कृत्वा ज्ञेयं बुद्धीत कायतः ।
अथः पुनः सकृत् शरयं आचम्य हृद्यं स्यूयेत् ॥
298. श्रुतं शीरं च मिष्टाश्च ताम्बूलं च्यवनजितम् ।
कपूरं निष्ठुरं क्वथिं सुयवं शस्यन्मूलकम् ॥ (अनिस्तृती ?)
सिद्धान्मन्त्रवर्णं नित्यं वैराग्यमृष्टसेवितम् ।
नायसकोर्तनं निष्णोः मुनादश्रवणं परम् ॥
धृतिः क्षमा तपः शौचं हौर्मनिगुरुमेव नम् ।
सदेतांश्च परं योगी निययथैव समाचरेत् ॥
299. नारी शय्यासनं बलं धनवस्य विदम्बनम् ।
ताम्बूलभक्षयानानि राज्यैश्चर्पयितृत्तयः ॥
हैमं रोप्यं तथा ताश्च रत्नं चागुरुमेव नः ।
पाण्डित्यं वेदशास्त्राणि द्रव्यं भीतं विभूषणम् ॥
बन्दी बीणा बुद्धिश्च गजेन्द्रशारववाहनम् ।
भोगरूपा इमे विघ्नाः —
300. स्नानं पूजाविधिर्होमं तथा मोक्षधनी स्थितिः ।
ब्रतीपचासनिषया मौनमिन्द्रियनिग्रहः ॥
ध्येयो ध्यानं तथा धनो धानं त्प्रातिर्दिशाम् च ।
बाणिकूपतदाग्निभासादातामकल्पना ॥
यश्च चान्द्रायणं कृच्छ्रं तीर्थानि विविधानि च ।
एरथ्यते च इमे विघ्ना धर्मरूपेण सत्स्थिताः ॥
301. संगमं गच्छ सायुजो संकोचं भ्रज दुर्जनात् ।
प्रवेशनिर्मये बायोमुदलसं विलोकयेत् ॥
पिएदस्यं रूपसंस्थं च रूपस्यं रूपचरितम् ।
ब्रह्मैतस्मिन्मतावस्था हृदयं च प्रशाम्यति ॥
इत्येते कश्चिदा विघ्ना ज्ञानरूपे षडवस्थिताः ॥

302. व्याधिस्त्यानसंशयमपादास्त्यविरतिप्रान्तिदर्शनालक्ष्य-
भूमिकल्पानेवस्थितत्वानि विश्वविशेषास्तेऽन्तरायाः ।
303. दुःखदौर्गन्धस्याङ्गमेवयन्त्रयवासमग्रवासा वित्तेपसहस्रवृत् ।
304. तावन्निशीथवेत्ताला वयन्ति हृदि वासनाः ।
एकतन्त्रदद्याभ्यासायावत्तौ विजितं मनः ॥
305. आम्बलं रुधं तथा तीक्ष्णं लज्जं सार्पं कटुम् ।
बहुलं भ्रमणं प्रातः स्नानं तैलविट्टाहकम् ॥
स्तेयं हिंसां जनद्वेषं चार्हकारमनाजं वम् ।
उपवाससप्तचञ्च मोहञ्च भालपीठनम् ॥
श्लैसङ्गमग्निसेवाञ्च बवालापं पिषामियम् ।
अतीव भोजनं योगी त्यजेद्वैतानि निश्चिन्तम् ॥
306. देहमध्ये शिखिस्थानं तज्जाम्बूनदधम् ।
त्रिकोणं द्विपदाम्बुच्यतुरधं चतुष्पदाम् ॥
दृवं विहङ्गमानां तु पदधं सर्पकम्बनाम् ॥
अष्टाश्रं स्वेदजानां तु तस्मिन् दीपवदुज्ज्वलम् ॥
307. ऊर्ध्वं मेदादयो नाभेः कन्दबोनिः लग्नादवत् ।
308. कन्दस्थानं मनुष्याणां देहमध्ये नवाङ्गुलम् ।
चतुरङ्गुलस्येधं चतुरङ्गुलमायतम् ॥
अष्टाङ्गुलं तिरश्चां च द्विजानां च चतुष्पदाम् ।
तुन्दमध्ये हृदिहृत् द्वे तन्मध्ये नाभिरित्यने ॥
309. तत्र चक्रं द्वादशारं नेपु विष्णव्यादिमूर्त्युषः ।
अहं तत्र स्थितश्चक्रं ब्राम्हणाय स्तम्भायवा ॥
अरेषु भ्रमते जीवः क्रमेण द्विजसत्तम ।
तन्तुपञ्जरमध्यस्था यथा भ्रमति लुतिका ॥
प्राणापिकृष्टश्वरति जीवस्तेन विना नहि ।
310. आसिप्तो बुद्धदग्देन यथोत्चलति कन्दुकः ।
प्राणपानसमाप्तिमस्तथा जीवो न तिष्ठति ॥
प्राणपानवशो जीवोऽप्यशोर्ध्वं च धावति ।
बाहदक्षिणभागान्भ्यां चञ्चलताञ्च हरयते ॥
311. तस्योर्ध्वं कुण्डली स्थानं नाभेस्तिर्यगधोर्ध्वतः ।
अष्टपङ्क्तिरूपा सा चाष्टया कुण्डली कृतः ॥
यथाबद्धायुसंचारं जलात्नादि च नित्ययाः ।
परितः कन्दपायवें तु निरुच्यैव सदा स्थिता ॥
सुलेनैव समाप्रेक्ष्य ब्रह्मरन्ध्रमूलं तथा ।
योगकालेन यस्ता साग्निना बोधिता सती ॥
स्फुरिता हृदयाकाशे नागरूपा यथोज्ज्वला ।
312. सुप्तानागोपया द्वेषा स्फुरन्ती प्रथया स्वया ।
अदिवत् सन्निधिसंस्थाना वाग्देवी बीजसंज्ञिका ॥
313. द्वेषा शक्तिरियं विष्णोर्निर्मला स्वर्णभाम्बरा ।
सत्त्वं रजस्तमसचेति गुणत्रयमयतिका ॥
311. तत्र बन्धुपुण्यां कामवीजं प्रकीर्तितम् ।
कलहेमसमं योगे प्रयुक्ताक्षररूपिणम् ॥
315. चतुष्पकारद्वययुते देहमध्ये सुषुम्नया ।
कन्दमध्ये स्थिता नादी सुषुम्ना शुचतिष्ठिता ॥
पञ्चसूत्रप्रतीकाया क्रुजुरुर्ध्वमवर्तिनी ।
ब्रह्मलो विरं यावद्विद्युदाभासनालक्षम् ॥
वैष्णवी ब्रह्मनादी च निर्वाणप्राप्तियुतः ।
इहा च पिङ्गला चैव तस्याः सन्धेतेरे स्थिते ॥
इहा समुत्थिता कन्द्याद्यनासापुटावधिः ।
पिङ्गला चोत्थिता तस्माद्दक्षनासापुटावधिः ॥
गान्धारी हस्तिजिहा च द्वे चान्धे नाडिके स्थिते ॥
पुरतः पृष्ठतस्तस्याः नाभेतरदशी षटि ।
पृष्ठाशक्तिनीनाड्यां तस्मादेव समुत्थिते ॥
सन्धेतरश्रुत्ववधि पायुमूलावल्गुम्बना ।
अयोगता शुभा नादी मेदान्तावधिरायाता ॥
पादाङ्गुल्युष्टावधिः कन्द्यादयो यावा च कौशिकी ।
दशमकारभूतास्ताः कथिताः कन्दसंभवाः ॥
तन्मूला नहो नाड्यः स्पृक्षाः धृस्वाथ नाडिकाः ।
हासप्रतिसहस्राणि स्पृक्षाः धृस्वाथ नाड्यः ॥
संख्यातुं नैव शक्यन्ते स्थूलमूलाः पृष्ठावधिः ।
यथाऽऽकचदले धृष्णाः स्पृक्षाश्च वितान्तरथा ॥
316. इहा भोगवती गङ्गा पिङ्गला यमुना नदी ।
इहापिङ्गलपोर्ध्वे सुषुम्ना च सरस्वती ॥
317. त्रिवेणीधोगः सा शोका तत्र स्नानं महाफलम् ।
318. इहापिङ्गलयोः सन्धिं यदा प्राणः समागतः ।
अभावस्था तदा शोका देहे देहमृतौ वयम् ॥
319. बायगा या इहा नादी, शुक्ला चन्द्रस्वरूपिणी ।
शक्तिरूपा हि सा देवी साक्षादप्रतिब्रह्मा ॥
दत्ते तु पिङ्गला नाम पंरूपा सूर्यविग्रहा ।
रौद्रात्मिका महादेवी दाहिनीकेसरयथा ॥
320. प्राणापानौ समान्श्च उदानौ ध्यान एव च ।
नागः कूर्पथ कुरो देवदत्तो धनञ्जयः ॥
चरन्ति दक्षनादीश्च दश प्राणादिबायवः ।
प्राणादिपञ्चकं तेषु प्रधानं तत्र च द्वयम् ॥
प्राण एवायथा ज्येष्ठो जीवात्मानं विभर्ति वः ।
321. आस्यनासिकयोर्ध्वं हृदयं नाभियएदहलम् ।
पादाङ्गुल्युष्टमिति प्राणस्थानानि द्विजसत्तम ॥
अपानश्वरति ब्रह्मन् गुदमेदाङ्गानुषु ।
समानः सर्वगात्रेषु सर्वव्यापी व्यवस्थितः ॥
उदानः सर्वसन्धिस्वः पादयोर्हस्तयोरपि ।
न्यानः श्रोत्रोरुदर्यां च गुल्फकम्बगलेषु च ॥
नागादिबायवः पञ्च स्वयस्पादित्पु संस्थिताः ।
तुन्दमध्ये जलमथं च रसादि च समीकृतम् ॥
तुन्दमध्येगतः प्राणस्तानि कुर्वाण्युषकृष्यक् ।
इत्यादिचेष्टां प्राणः करोति च पृथक् स्थितः ॥
अपानाद्युग्मदेः करोति च विसर्जनम् ।
प्राणापानादिचेष्टादि क्रियते ध्याननायुना ॥
उज्जीर्यते शरीरस्वयुदानेन नभस्तथा ।
पौषलादि शरीरस्व समानः कुले सदा ॥

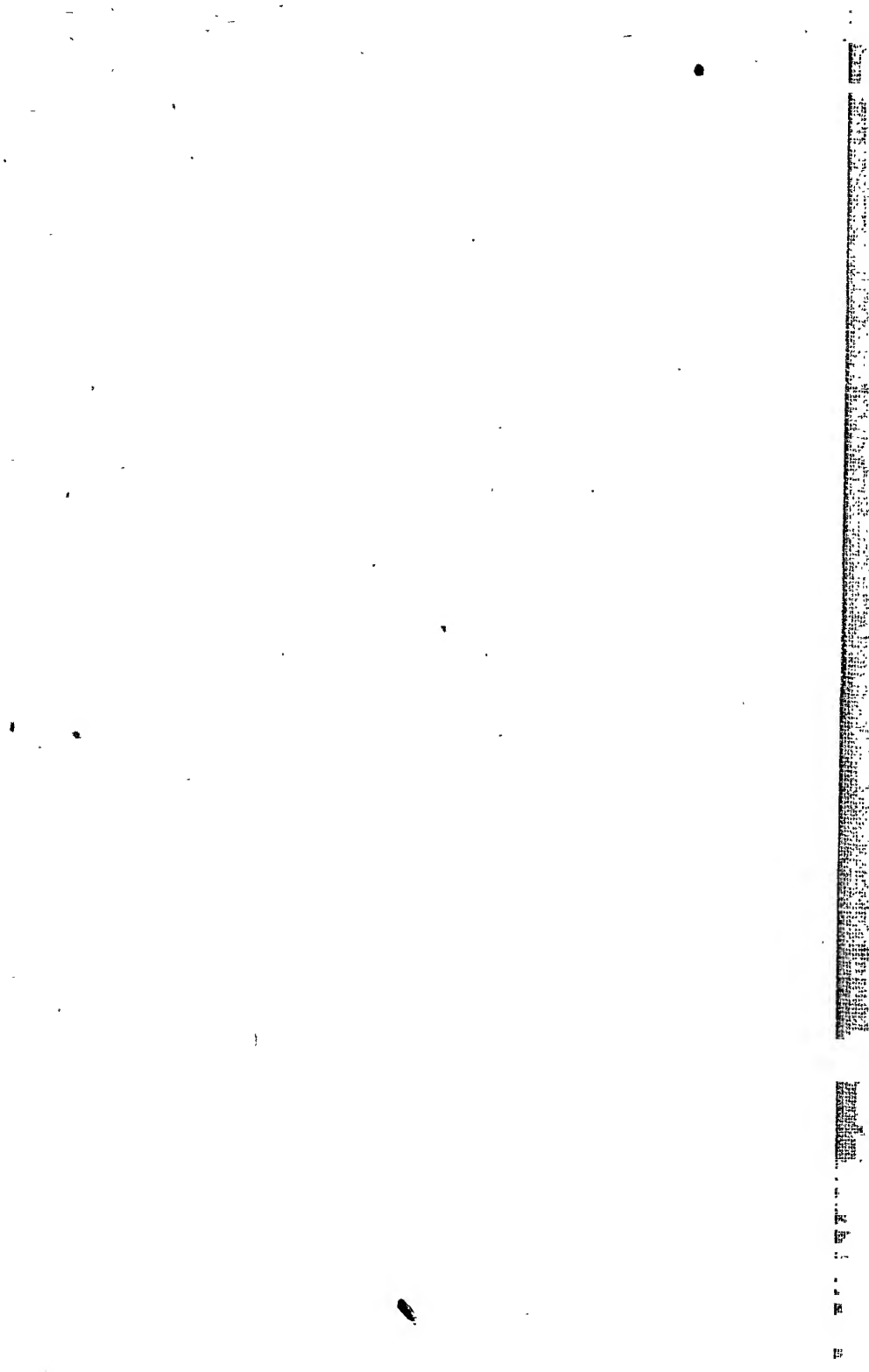
- उद्गारादिक्रियो नागः कूर्मोऽम्बादिन्मीलकः ।
 कुकरः श्वयोः कर्वा दृषो निद्रादिर्धर्मकृत् ॥
 श्वत्मात्रस्य शोभादिं जनकं उदाहृतः ॥
322. अथ वर्णास्तु पञ्चानां शाखादीमपस्तुक्रमात् ।
 रक्तवर्णं मथिलवर्णः शाखायाः श्वीर्दितः ॥
 अथानस्तस्य मध्ये तु इन्द्रकोपसममगः ।
 समानस्तु इवोर्मध्ये गोक्षीरपवत्रमगः ।
 आषाढर उदानश्च ध्यानो ह्यचित्तमगमः ॥
323. आषाढपञ्चमेतद्दिं योनिर्वंश्यास्ति कन्दतः ।
 परिस्फुरत् मादिसान्त्वचतुर्वर्षं चतुर्दशम् ॥
324. श्वीं ।
325. शुक्लामिषं सुवर्णमिषं स्वयम्भुविक्रमस्रजम् ।
 हिरण्ये यत्र सिद्धोऽस्ति हाकिनी यत्र देवता ॥
 तत्तत्पथस्यमा शोभितस्तत्र कुश्रदक्षिनी श्विता ।
 तस्या ऊर्ध्वे स्फुरचेनः कामवीर्यं ज्ञयन्वतम् ॥
 यः करोति सदा ध्यानं मूलाधारे विचक्षणः ।
 तस्य स्वाहादुरी सिद्धिर्भूयिष्यान्मक्रमेण वै ॥
326. द्वितीयस्तु सरोजं च लिङ्गवत् स्पर्शस्वितम् ।
 बादिनान्तं च चतुर्वर्षं परिभास्वरपद्मम् ॥
 स्वाधिष्ठानामिषं तत्तु पञ्चमं शोळकपकम् ।
 बाष्पात्मो यत्र सिद्धोऽस्ति देवो यत्रास्ति राक्षिणी ॥
327. तृतीयं पञ्चमं नाभौ मण्डिपूरकसंज्ञकम् ।
 दशारखदादिकान्तालं शोभिषं शेषवर्षकम् ॥
 क्द्रात्मो यत्र सिद्धोऽस्ति सर्वमङ्गलदायकः ।
 वज्रस्या हाकिनीनाम्नी देवी परमार्थमिच्छ ॥
328. तस्मिन् ध्यानं सदा योगी करोति मण्डिपूरके ।
 तस्य पातालासिद्धिः स्वाभिरन्तरमुलावहा ॥
 ईप्सितं च भवेत्सोके दुःसुरोगविनाशनम् ।
 कालस्य वञ्चनं चापि परदेशवेशनम् ॥
 जाम्बूनदादिकरणं सिद्धानां दर्शनं भवेत् ।
 श्रौषधीदर्शनं चापि निषीनां दर्शनं भवेत् ॥
329. हृदयेऽनाहतं नाम चतुर्वर्षं पञ्चमं भवेत् ।
 कादिगन्तासंस्वानं हादशारसमन्वितम् ॥
 अतिशोभं वायुवीर्यं मसादस्वानमीरितम् ।
330. पञ्चमं तत्परं तेषां बाष्पलिङ्गं श्वीर्दितम् ।
 तस्य स्मरख्मात्रेण दृष्टादृष्टकलं लभेत ॥
331. सिद्धः पिनाकी वज्रास्ते हाकिनी यत्र देवता ।
 एतस्मिन् सततं ध्यानं हृत्पाशोमे करोति यः ॥
 ब्रुध्मन्ते तस्य कान्ता वै शायार्वा दिव्यशोषिणः ।
332. ज्ञानं चाप्रतिमं तस्य विष्कालविषयं भवेत् ।
 दूरभ्रुतिर्दूररष्टिः स्नेहक्या सगतां व्रजेत् ॥
333. प्राणो वसति तत्रैव वासनाधिरलंकृतः ।
 अनादिर्धर्मसंरिक्तः शास्त्रार्थकारसंयुगः ॥
334. कण्ठस्वानन्वितं यत्र विद्वद् नाम पञ्चमम् ।
 सुरेश्यामं स्वरोपेवं चोद्यस्वस्वसंयुक्तम् ॥
 जनताएदोऽस्ति सिद्धोऽत्र हाकिनी शार्थिदेवता ।
335. ध्यानं करोति यो नित्यं स योगीश्वरपरिदत्तः ।
 किन्तस्य योनिोऽन्वत्र विद्वदात्मने सरोके ॥
 चतुर्वेदा विभासन्ते सरहस्या निषेतिव ।
336. इह स्थाने स्थितो योगी यदा क्रोधपशो भवेत् ।
 तदा समस्तं त्रैलोक्यं कल्पते नात्र संशयः ॥
337. सुरीषं त्रिवर्षं लिङ्गं उदाहं ह्युकिदायकः ।
 ध्यानमात्रेण योगीन्द्रो मत्सोमे भवति ब्रुवम् ॥
338. आशापञ्चं भू योर्मध्ये हस्तेपेवं द्विपत्रकम् ।
 शुक्लमं तन्महाकालः सिद्धो देव्यत्र हाकिनी ॥
 शरत्पञ्चमनिमं तत्रास्त्राचीमं विद्वुम्भितम् ।
 पुमान् परमहंसोऽयं वज्राज्ञा नाकसीदति ॥
 तत्र देवः परं तेजः सर्वतन्त्रेषु मन्त्रिणः ।
 चिन्तयित्वा परं सिद्धिं लभते नात्र संशयः ॥
339. आशापञ्चमिदं मोक्तं यत्र देवो बहुरवरः ।
 पीठत्रयं ततथोर्ध्वं निष्कलं योगचिन्तकैः ॥
 तद्विन्दुन्मदशतपाल्यं भास्वर्षे स्पर्शस्वितम् ॥
340. यः करोति सदा ध्यानमाशापञ्चस्य गोपितम् ।
 पूर्वकल्पकृतं कर्म निरपेदविशेषतः ॥
 इह स्थितः सदा योगी ध्यानं कुर्वान्भिरन्तरम् ।
 तदा करोति प्रतिमां प्रतिआपमनर्षकम् ॥
 यश्चास्सगान्तायचो अस्सुरोगखकिधराः ।
 सेवन्ते चरन्तौ तस्य सर्वं तस्य वशाजुषाः ॥
341. शाल्यवाणसमये तत्पञ्चं यः स्मरन्तुषीः ।
 त्यजेत्यालं स्वपर्वात्ता परमात्मनि लीयते ॥
342. राजयोगाधिकारी स्वादेतच्चिन्तनतो सुवम् ।
 योमी बन्वाहिनिसुक्तः स्वीयया मथया स्वयम् ॥
 द्विदलध्यानमाहात्म्यं कथितुं नैव शक्यते ।
 महादिदेवतायवैव किंचिन्मयो विदन्ति ते ॥
343. अथ ऊर्ध्वं ताड्युक्ते सहस्रारं सरोरुम् ।
 अस्ति यत्र सुप्रम्याया भूलं सविनरं स्थितम् ॥
344. इन्द्रुर्लसायदेवे च तूर्ध्वे योमिनी स्वयम् ।
 तूर्ध्वे भाषि मादोऽसाकर्षचन्द्राकृतिः परः ॥
 तूर्ध्वे च महानादो साङ्गसाकृतिस्त्रयः ।
 तूर्ध्वे च कला-योक्ता आशीति योमिबन्धया ॥
 उन्मनी तु तूर्ध्वे च यद् मत्ता न निवर्तते ।
345. तयो हि स्वापिका कृत्स्नराशीति यां विदुर्जनाः ।
 समनीयूर्ध्ववत्सस्या उन्मनीस्तु तूर्ध्वतः ॥

Sanskrit Texts Quoted

346. अत ऊर्ध्वं दिव्यरूपं सहस्रारं सरोरुहम् ।
ब्रह्माण्डारूपस्य देशस्य चाग्रे तिष्ठति बुक्तिदम् ॥
कैलासो नाम तस्यैव परेशो यत्र तिष्ठति ।
अकुलारूपोऽविनाशी च क्षयद्विद्विवर्जितः ॥
347. स्थाने परे इंसन्वासयुते कैलासनाम्नीह निविष्टचेताः ।
योगी हृतव्याधिरधःकृताधिर्यायुश्चरं जीवति शून्यमुक्तः ॥
348. चित्तवृत्तिर्यदा बीनाऽकुलारूपे परमेश्वरे ।
तदा समाधिसाम्येन योगी निश्चलतां व्रजेत् ॥
349. निरन्तरकृते ध्वाने जगद्विस्मरणं भवेत् ।
तदा विचित्रसामर्थ्यं योगिनो भवति ध्रुवम् ॥
350. तस्माद्भक्तिवशीषुषं पित्रेद्योगी निरन्ताम् ।
शून्यार्थं त्वं विधायाश्च कुलं जित्वा सरोरुहे ॥
अत्र कुण्डलिनी शक्तिर्लयं यानि कुलामिषा ।
तदा चतुर्विधा सृष्टिर्लायते परमान्यनि ॥
351. कायसंपच्च रूपतावण्यबलवत्तसंजनन्तानि ।
352. या देवी सर्वभूतेषु इच्छारूपेण संस्थिता ।

समाप्तः

THE END



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