

gorakṣa-śatakam

http://ignca.nic.in/sanskrit/goraksa_satakam_2.pdf

This is the version of the text found in Briggs' *Gorakhnath and the Kanphata Yogis* (1938), reprinted in 1989 by Motilal Banarsidass. (pp. 284-304). Another, quite different version of this text is found in another file (*Gorakṣa-śatakam 1*). The numbers of verses found in the other version are given in brackets. Many of the verses are from *Haṭha-yoga-pradīpikā* and I would suspect that those not accounted for are taken from another text. It is hard to believe that this text is the original *Gorakṣa-śataka*. It looks more like someone was compiling verses from GS and HYP and other sources and never completed his mission.

om haṭha-yoga-gorakṣa-śataka-prārambhaḥ |

*śrī-guruṃ paramānandaṃ vande svānanda-vigrahaṃ |
yasya saṃnidhya-mātreṇa cidānandāyate tanuḥ ||1||*

*antar-nīscalitātma-dīpa-kalikā-svādhāra-bandhādibhiḥ
yo yogī yuga-kalpa-kāla-kalanāt tvaṃ jajegīyate |
jñānāmōda-mahodadhiḥ samabhavad yatrādināthaḥ svayaṃ
vyaktāvyakta-guṇādhikaṃ tam anīsaṃ śrī-mīnanāthaṃ bhaje ||2||*

*namaskṛtya guruṃ bhaktyā gorakṣo jñānam uttamam |
abhīṣṭaṃ yoginām brūte paramānanda-kāraṃ ||3||
gorakṣaḥ śatakam vakti yoginām hita-kāmyayā |
dhruvaṃ yasyāvabodhena jāyate paramaṃ padam ||4||
etaḍ vimukti-sopānam etaḥ kālasya vañcanam |
yad vyāvṛttaṃ mano mohād āsaktaṃ paramātmam ||5|| (2)
dvija-sevita-śākhasya śruti-kalpa-taroḥ phalam |
śamanaṃ bhava-tāpasya yogaṃ bhajati sajjanaḥ ||6|| (3)
āsanam prāṇa-saṃnyāmaḥ pratyāhāro'tha dhāraṇā |
dhyānam samādhir etaṇi yogāṅgāni bhavanti ṣaṭ ||7|| (4)
āsanāni tu tāvanti yāvatyō jīva-jātayaḥ |
eteṣāṃ akhilān bhedaṃ vijānāti maheśvaraḥ ||8|| (5)
caturāṣīti-lakṣṇāṃ ekam ekam udāhṛtam |
tataḥ śivena pīṭhānām ṣoḍaśānam śataṃ kṛtam ||9|| (6)
āsanebhyaḥ samastebhyo dvayam eva viśiṣyate |
ekaṃ siddhāsanam proktaṃ dvitīyam kamalāsanam ||10|| (7)*

*yoni-sthānakam aṅghri-mūla-ghaṭitaṃ kṛtvā dṛḍham vinyasen
medhṛe pādamaṃ athaikam eva niyataṃ kṛtvā samam vighrahaṃ |
sthānuḥ saṃnyamitendriyo'cala-dṛṣā paśyan bhruvor antaram
etan mokṣa-kavāṭa-bheda-janakaṃ siddhāsanam procyate ||11|| (8)*

*vāmorūpari dakṣiṇam hi caraṇam saṃsthāpya vāmaṃ tathā
dakṣorūpari paścimena vidhinā dhṛtvā karābhyāṃ dṛḍham |
aṅguṣṭhau hṛdaye nidhāya cibukam nāsāgram ālokayed
etaḍ-vyādhi-vikāra-hāri yaminām padmāsanam procyate ||12|| (9)*

*ṣaṭ-cakraṃ ṣoḍaśādhāraṃ trilakṣam vyoma-pañcakam |
sva-dehe ye na jānanti katham sidhyanti yoginaḥ ||13||
eka-stambham nava-dvāraṃ gṛham pañcādhidaivatam |*

sva-deham ye na jānanti katham sidhyanti yoginah ||14|
 caturdalam syād ādhārah svādhiṣṭhānam ca ṣaṭ-dalam |
 nābhau daśa-dalam padmam sūrya-saṅkhya-dalam hṛdi ||15||
 kaṅthe syāt ṣoḍaśa-dalam bhrū-madhye dvidalam tathā |
 sahasra-dalam ākhyātam brahma-randhre mahā-pathe ||16||
 ādhārah prathamam cakram svādhiṣṭhānam dvitīyakam |
 yoni-sthānam dvayor madhye kāma-rūpam nigadyate ||17|| (10)
 ādhārākhyam guda-sthānam paṅkajam ca catur-dalam |
 tan-madhye procyate yoniḥ kāmākṣā siddha-vanditā ||18|| (11)
 yoni-madhye mahā-liṅgam paścimābhimukham sthitam |
 mastake maṇivad bimbam yo jānāti sa yogavit ||19|| (12)
 tapta-cāmīkarābhāsam taḍil-lekheva visphurat |
 trikoṇam tat-puram vahner adho-meḍhrāt pratiṣṭhitam ||20|| (13)
 yat samādhau param jyotir anantam viśvato-mukham |
 tasmin dṛṣṭe mahā-yoge yātāyātam na vidyate ||21||
 sva-śabdena bhavet prāṇaḥ svādhiṣṭhānam tad-āśrayaḥ |
 svādhiṣṭhānāt padād asmān meḍhram evābhidhīyate ||22|| (14)
 tantunā maṇivat proto yatra kandaḥ suṣumṇayā |
 tan-nābhi-maṅḍalam cakram procyate maṇi-pūrakam ||23|| (15)
 dvādaśāre mahā-cakre puṇya-pāpa-vivarjite |
 tāvaj jīvo bhramaty eva yāvat tattvam na vindati ||24||
 ūrdhvam meḍhrād adho nābheḥ kanda-yoniḥ khagāṅḍavat |
 tatra nāḍyaḥ samutpannāḥ sahasrāṇām dvisaptatiḥ ||25|| (16)
 teṣu nāḍi-sahasreṣu dvisaptatir udāhṛtāḥ |
 pradhānam prāṇa-vāhinyo bhūyas tatra daśa smṛtāḥ ||26|| (17)
 idā ca piṅgalā caiva suṣumṇā ca tṛtīyakā |
 gāndhārī hasti-jihvā ca pūṣā caiva yaśasvinī ||27|| (18)
 alambuṣā kuhūs caiva śaṅkhinī daśamī smṛtā |
 etan nāḍi-mayam cakram jñātavyam yogibhiḥ sadā ||28|| (19)
 idā vāme sthitā bhāge piṅgalā dakṣiṇe tathā |
 suṣumṇā madhya-deśe tu gāndhārī vāma-cakṣuṣi ||29|| (20)
 dakṣiṇe hasti-jihvā ca pūṣā karṇe ca dakṣiṇe |
 yaśasvinī vāma-karṇe cāsane vāpy alambuṣā ||30|| (21)
 kuhūs ca liṅga-deśe tu mūla-sthāne ca śaṅkhinī |
 evam dvāram upāśritya tiṣṭhanti daśa-nāḍikāḥ ||31|| (22)
 idā-piṅgalā-suṣumṇā ca tisro nāḍya udāhṛtāḥ |
 satatam prāṇa-vāhinyaḥ soma-sūryāgni-devatāḥ ||32|| (23)
 prāṇo'pānaḥ samānaś codāno vyānau ca vāyavaḥ |
 nāgaḥ kūrmo'tha kṛkaro devadatto dhanañjayaḥ ||33|| (24)
 hṛdi prāṇo vasen nityam apāno guda-maṅḍale |
 samāno nābhi-deśe syād udānaḥ kaṅtha-madhyagaḥ ||34||
 udgāre nāgākhyātaḥ kūrma unmīlane smṛtaḥ |
 kṛkaraḥ kṣuta-kṛj jñeyo devadatto vijṛmbhaṇe ||35||
 na jahāti mṛtam cāpi sarva-vyāpi dhanañjayaḥ |
 ete sarvasu nāḍiṣu bhramante jīva-rūpiṇaḥ ||36|| (25)
 ākṣipto bhujā-daṇḍena yathoccalati kandukaḥ |
 prāṇāpāna-samākṣiptas tathā jīvo na tiṣṭhati ||38|| (27)
 prāṇāpāna-vaśo jīvo hy adhaś cordhvam ca dhāvati |
 vāma-dakṣiṇa-mārgeṇa cañcalatvān na dṛṣyate ||39|| (26)
 rajju-baddho yathā śyeno gato'py ākṛṣyate |
 guṇa-baddhas tathā jīvaḥ prāṇāpānena kṛṣyate ||40|| (28)
 apānaḥ karṣati prāṇaḥ prāṇo'pānam ca karṣati |
 ūrdhvādhaḥ saṁsthitāv etau saṁyojayati yogavit ||41|| (29)

ha-kāreṇa bahir yāti sa-kāreṇa višet punaḥ |
 haṁsa-haṁsety amuṁ mantraṁ jīvo japati sarvadā ||42||
 ṣaṭ-ṣatānītvaho-rātre sahasrāṇy eka-vimśatiḥ |
 etat saṅkhyānīvitāṁ mantra jīvo japati sarvadā ||43||
 ajapā nāma gāyatrī yogināṁ mokṣa-dāyinī |
 asyāḥ saṅkalpa-mātreṇa sarva-pāpaiḥ pramucyate ||44||
 anayā sadṛśī vidyā anayā sadṛśo japaḥ |
 anayā sadṛśaṁ jñānaṁ na bhūtaṁ na bhaviṣyati ||45||
 kundalinyāḥ samudbhūtā gāyatrī prāṇa-dhāriṇī |
 prāṇa-vidyā mahā-vidyā yas tāṁ vetti sa yogavit ||46||
 kandordhvaṁ kuṇḍalī śaktir aṣṭadhā kuṇḍalākṛti |
 brahma-dvāra-mukhaṁ nityaṁ mukhenācchādya tiṣṭhati ||47|| (30)
 yena dvāreṇa gantavyaṁ brahma-sthānaṁ anāmayam |
 mukhenācchādya tad-dvāraṁ prasuptā parameśvarī ||48||
 prabuddhā vahni-yogena manasā mārutā hatā |
 sūcīvad guṇam ādāya vrajaty ūrdhvaṁ suṣumṇayā ||49|| (31)
 prasphurad-bhujagākārā padma-tantu-nibhā śubhā |
 prabuddhā vahni-yogena vratya ūrdhvaṁ suṣumṇayā ||50||
 udghaṭayet kapātaṁ tu yathā kuṅcikayā haṭhāt |
 kuṇḍalinyā tathā yogī mokṣa-dvāraṁ prabhedayet ||51||

kṛtvā sampuṭitau karau dṛḍhataraṁ baddhvā tu padmāsanam
 gādham vakṣasi sannidhāya cibukam dhyātvā ca tat prekṣitam |
 vāraṁ vāraṁ apānam ūrdhvaṁ anilam proccārayet pūritam
 muñcan prāṇam upaiti bodham atulam śakti-prabodhān naraḥ ||52||
 (HYP 1.50)

aṅgānām mardanaṁ kuryāc chrāma-jātena vāriṇā |
 kaṭv-amlā-lavaṇa-tyāgī kṣīra-bhojanam ācaret ||53|| (50)
 brahmacārī mitāhārī tyāgī yoga-parāyaṇaḥ |
 abdād ūrdhvaṁ bhavet siddho nātra kāryā vicāraṇā ||54|| (HYP 1.59)
 susnigdham madhurāhāraṁ caturthāṁśa-vivarjitam |
 bhujyate sura-sampṛīyai mitāhāraḥ sa ucyate ||55|| (HYP 1.60)
 kandordhvaṁ kuṇḍalī śaktir aṣṭadhā kuṇḍalākṛtiḥ |
 bandhanāya ca mūḍhānām yogināṁ mokṣadā smṛtā ||56|| (HYP 3.107)
 mahāmudrām namo-mudrām udḍiyānaṁ jalandharam |
 mūla-bandham ca yo vetti sa yogī siddhi-bhājanam ||57|| (32)
 śodhanaṁ nāḍi-jālasya cālanam candra-sūryayoḥ |
 rasānām śoṣaṇam caiva mahā-mudrābhidhīyate ||58||

vakṣo-nyasta-hanur nipīḍya suciram yonim ca vāmānghriṇā
 hastābhyām avadhāritam prasaritam pādām tathā dakṣiṇam |
 āpūrya śvasanena kuṅṣi-yugalam baddhvā śanai recayed
 eṣā pātaka-nāsinī sumahatī mudrā nṛṇām procyate ||59|| (33)

candrāṅgena samabhyasya sūryāṅgenābhyaset punaḥ |
 yāvat tulyā bhavet saṅkhyā tato mudrām visarjayet ||60|| (HYP 3.15)
 na hi pathyam apathyam vā rasāḥ sarve'pi nīrasāḥ |
 api muktaṁ viṣam ghoram pīyūṣam api jīryate ||61|| (HYP 3.16)
 kṣaya-kuṣṭha-gudāvarta-gulmājirṇa-purogamāḥ |
 tasya doṣāḥ kṣayaṁ yānti mahāmudrām tu yo'bhyaaset ||62|| (HYP 3.17)
 kathiteyam mahāmudrā mahā-siddhi-karā nṛṇām |
 gopānīyā prayatnena na deya yasya kasyacit ||63|| (HYP 3.18)

kapāla-kuhare jihvā praviṣṭā viparītagā |
 bhruvor antargatā dṛṣṭir mudrā bhavati khecarī ||64|| (34)
 na rogo maraṇam tandrā na nidrā na kṣudhā tṛṣā |
 na ca mūrccā bhavet tasya yo mudrām vetti khecarīm ||65|| (HYP 3.39)
 pīdyate na sa rogeṇa lipyate na ca karmaṇā |
 bādhyate na sa kālena yo mudrām vetti khecarīm ||66|| (HYP 3.40)
 cittam carati khe yasmāj jihvā carati khe gatā |
 tenaiṣā khecarī nāma mudrā siddhair nirūpitā ||67|| (HYP 3.41)
 bindu-mūlam śarīram tu śirās tatra pratiṣṭhitāḥ |
 bhāvayanti śarīram yā āpāda-tala-mastakam ||68||
 khecaryā mudritam yena vivaram lambikordhvataḥ |
 na tasya kṣarate binduḥ kāmīnyālingitasya ca ||69||
 yāvad binduḥ sthito dehe tāvat kāla-bhayaṁ kutaḥ |
 yāvad baddhā nabho-mudrā tāvad bindur na gacchati ||70||
 calito'pi yadā binduḥ samprāptaś ca hutāśanam |
 vrajaty ūrdhvam hṛtaḥ śaktyā niruddho yoni-mudrayā ||71|| (HYP 3.43)
 sa punar dvididho binduḥ paṇḍuro lohitas tathā |
 paṇḍuram śukram ity āhur lohitaṁ tu mahārājaḥ ||72||
 sindūra-drava-saṅkāśam ravi-sthāne sthitaṁ rajaḥ |
 śaśi-sthāne sthito bindus taylor aikyaṁ sudurlabham ||73||
 binduḥ śivo rajaḥ śaktir bindum indū rajo raviḥ |
 ubhayoḥ saṅgamād eva prāpyate paramaṁ padam ||74||
 vāyunā śakti-cāreṇa preritaṁ tu mahā-rajāḥ |
 bindunaiti sahaikatvaṁ bhaved divyaṁ vapus tadā ||75||
 śukram candreṇa saṁyuktaṁ rajaḥ sūryeṇa saṁyutam |
 tayor samarasaikatvaṁ yojānāti sa yogavit ||76||
 uḍḍīnam kurute yasmād aviśrāntam mahā-khagaḥ |
 uḍḍīyānam tad eva syāt tava bandho'bhidhīyate ||77|| (HYP 3.56)
 udarāt paścime bhāge hy adho nābher nigadyate |
 uḍḍīyanasya bandho'yaṁ tatra bandho vidhīyate ||78||
 badhnāti hi sirājālam adho-gāmi śiro-jalam |
 tato jālandharo bandhaḥ kaṅṭha-duḥkhaugha-nāśanaḥ ||79|| (HYP 3.71)
 jālandhare kṛte bandhe kaṅṭha-saṁkoca-lakṣaṇe |
 pīyūṣam na pataty agnau na ca vāyuh prakupyati ||80|| (36, HYP 3.72)
 pārṣṇi-bhāgena sampīḍya yonim ākuñcayed gudam |
 apānam ūrdhvam ākṛṣya mūla-bandho'bhidhīyate ||81|| (37, HYP 3.61)
 apāna-prāṇayor aikyāt kṣayān mūtra-purīṣayoḥ |
 yuvā bhavati vṛddho'pi satatam mūla-bandhanāt ||82|| (38, HYP 3.65)
 padmāsanam samāruhya sama-kāya-śiro-dharaḥ |
 nāsāgra-dṛṣṭir ekānte japed onkāram avyayam ||83||
 bhūr bhuvāḥ svar ime lokāḥ soma-sūryāgni-devatāḥ |
 yasyā mātrāsu tiṣṭhanti tat param jyotir om iti ||84||
 trayāḥ kālās trayo vedās trayo lokās trayāḥ sverāḥ |
 trayo devāḥ sthitā yatra tat param jyotir om iti ||85||
 kriyā cecchā tathā jñānā brāhmī raudrī ca vaiṣṇavī |
 tridhā śaktiḥ sthitā yatra tat param jyotir om iti ||86||
 ākārās ca tatho-kāro ma-kāro bindu-saṁjñakaḥ |
 tisro mātrāḥ sthitā yatra tat param jyotir om iti ||87||
 vacasā taj jayed bījam vapuṣā tat samabhyaset |
 manasā tat smaren nityam tat param jyotir om iti ||88||
 śucir vāpy aśucir vāpi yo japet praṇavam sadā |
 lipyate na sa pāpena padma-patram ivāmbhasā ||89||
 cale vāte calo bindur niṣcale niṣcalo bhavet |

yogī sthāṇutvam āpnoti tato vāyurṁ nirodhayet ||90|| (39, HYP 2.2)
yāvad vāyurṁ sthito dehe tāvaj jīvanam ucyate |
maraṇam tasya niṣkrāntis tato vāyurṁ nirodhayet ||91|| (HYP 2.3)
yāvad baddho marud dehe yāvac cittam nirākulam |
yāvad dṛṣṭir bhruvor madhye tāvat kāla-bhayam kutaḥ ||92|| (HYP 2.40)
ataḥ kāla-bhayād brahmā prāṇyāma-parāyaṇaḥ |
yogino munayaś caiva tato vāyurṁ nirodhayet ||93||
ṣaṭ-trimśad-aṅgulo haṁsaḥ prayānam kurute bahiḥ |
vāma-dakṣiṇa-mārgeṇa tataḥ prāṇo'bhidhīyate ||94|| (40)
śuddhim eti yadā sarvam nāḍi-cakram malākulam |
tadaiva jāyate yogī prāṇa-saṁgrahaṇe kṣamaḥ ||95||
baddha-padmāsano yogī prāṇam candreṇa pūrayet |
dhārayitvā yathā-śakti bhūyaḥ sūryeṇa recayet ||96|| (43)
amṛtam dadhi-saṅkāsam go-kṣīra-rajatopamam |
dhyātvā candramaso bimbam prāṇyāmī sukhī bhavet ||97|| (44)
dakṣiṇo śvāsam ākṛṣya pūrayed udaram śanaiḥ |
kumbhayitvā vidhānena puraś candreṇa recayet ||98|| (45)
prajvalaj-jvalana-jvālā-puñjam āditya-maṇḍalam |
dhyātvā nābhi-sthitam yogī prāṇyāme sukhī bhavet ||99|| (46)

prāṇam codiḍayā piben parimitam bhūyo'nyayā recayet
pītvā piṅgalayā samīraṇam atho baddhvā tyajed vāmayā |
sūrya-candramasor anena vidhinā bimba-dvayam dhyāyataḥ
śuddhā nāḍi-gaṇā bhavanti yamino māsa-trayād ūrdhvataḥ ||100|| (HYP 2.10)

yatheṣṭham dhāraṇam vāyor analasya pradīpanam |
nādābhivyaktir ārogyam jāyate nāḍi-śodhanāt ||101||

iti gorakṣa-śatakam sampūrṇam |

