

śrīḥ
śrīmatē rāmānujāya namaḥ
śrīmatē nigamāntamahādēśikāya namaḥ

śrīmadbhāgavatē uddhavagītāsu
॥ *daśamō'dhyāyaḥ* ॥

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Sunder Kidāmbi

with the blessings of

śrī raṅgarāmānuja mahādēśikan

His Holiness śrīmad āṇḍavan śrīraṅgam

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śrībhagavānuvāca
jitēndriyasya yuktasya jitaśvāsasya yōginah |
mayi dhārayataścēta upatiṣṭhanti siddhayaḥ || 10.1 ||

śrīuddhava uvāca
kayā dhāraṇayā kāsvit kathaṃsvit siddhiracyuta |
kati vā siddhayō brūhi yōgināṃ siddhidō bhavān || 10.2 ||

śrībhagavānuvāca
siddhayō'sṭādaśa prōktā dhāraṇāyōgapāragaiḥ |
tāsāmaṣṭau matpradhānā daśaiva guṇahētavaḥ || 10.3 ||

aṇimā mahimā mūrtērlaghimā prāptirindriyaiḥ |
prākāmyaṃ śrutadrṣṭeṣu śaktiprēraṇamīsitā || 10.4 ||

guṇeṣvasaṅgō vaśitā yatkāmastadavasyati |
ētā mē siddhayaḥ saumya aṣṭāvautpattikā matāḥ || 10.5 ||

anūrmimattvaṃ dēhē'smin dūraśravaṇadarśanam |
manōjavaḥ kāmarūpaṃ parakāyapravēśanam || 10.6 ||

svacchandamṛtyurdēvānāṃ sahakrīḍānudarśanam |
yathāsaṅkalpasam siddhirājñāpratihatā gatiḥ || 10.7 ||

trikārajñatvamadvandvaṃ paracittādyabhijñatā |
agnyarkāmbuviṣādīnāṃ pratiṣṭambhō'parājayaḥ || 10.8 ||

ētāścōddēśataḥ prōktā yōgadhāraṇasiddhayaḥ |
yayā dhāraṇayā yā syād yathā vā syānnibōdha mē || 10.9 ||

bhūtasūkṣmātmani mayi tanmātraṃ dhārayēnmanaḥ |
aṇimānamavāpnōti tanmātrōpāsakō mama || 10.10 ||

mahatyātmanmayi parē yathāsaṃsthaṃ manō dadhat |
mahimānamavāpnōti bhūtānāṃ ca pṛthak pṛthak || 10.11 ||

paramāṇumayē cittaṃ bhūtānāṃ mayi rañjayan |
kālasūkṣmārthatāṃ yōgī laghimānamavāpnuyāt || 10.12 ||

dhārayan mayyahanantattvē manō vaikārikē'khilam |
sarvēndriyāṇāmātmatvaṃ prāptiṃ prāpnōti manmanāḥ || 10.13 ||

mahatyātmani yaḥ sūtrē dhārayēnmayi mānasam |
prākāmyaṃ pāramēṣṭhyaṃ mē vindatē'vyaktajanmanaḥ || 10.14 ||

viṣṇau tryadhīśvarē cittaṃ dhārayēt kālavigrahē |
sa īśitvamavāpnōti kṣētrakṣētraññacōdanām || 10.15 ||

nārāyaṇē turīyākhyē bhagavacchabdaśabditē |
manō mayyādadhad yōgī maddharmā vaśitāmiyāt || 10.16 ||

nirguṇē brahmaṇi mayi dhārayan viśadaṃ manaḥ |
paramānandamāpnōti yatra kāmō'vasīyatē || 10.17 ||

śvētadvīpapatau cittaṃ śuddhē dharmamayē mayi |
dhārayañchvētatāṃ yāti ṣaḍūrmirahitō naraḥ || 10.18 ||

mayyākāśātmani prāṇē manasā ghōṣamudvahan |
tatrōpalabdhā bhūtānāṃ haṃsō vācaḥ śṛṇōtyasau || 10.19 ||

cakṣustvaṣṭari saṃyōjya tvaṣṭāramapi cakṣuṣi |
māṃ tatra manasā dhyāyan viśvaṃ paśyati sūkṣmadṛk || 10.20 ||

manō mayi susaṃyōjya dēhaṃ tadanu vāyunā |
maddhāraṇānubhāvēna tatrātmā yatra vai manaḥ || 10.21 ||

yadā mana upādāya yad yad rūpaṃ bubhūṣati |
tattad bhavēnmanōrūpaṃ madyōgabalamāśrayaḥ || 10.22 ||

parakāyaṃ viśan siddha ātmānaṃ tatra bhāvayēt |
piṇḍaṃ hitvā viśēt prāṇō vāyubhūtaḥ ṣaḍaṅghrivat || 10.23 ||

pārṣṇyā'pīḍya gudaṃ prāṇaṃ hṛduraḥkaṇṭhamūrdhasu |
ārōpya brahmarandhrēṇa brahma nītvōtsṛjēttanum || 10.24 ||

vihariṣyan surākrīḍē matsthaṃ sattvaṃ vibhāvayēt |
vimānēnōpatiṣṭhanti sattvavṛttīḥ surastriyaḥ || 10.25 ||

yathā saṅkalpayēd buddhyā yadā vā matparaḥ pumān |
mayi satyē manō yuñjaṃstathā tat samupāśnutē || 10.26 ||

yō vai madbhāvamāpanna īśiturvaśituḥ pumān |
kutaścinna vihanyēta tasya cājñā yathā mama || 10.27 ||

madbhaktyā śuddhasattvasya yōginō dhāraṇāvidaḥ |
tasya traikālikī buddhirjanmamṛtyūpabr̥ṃhitā || 10.28 ||

agnyādibhirna hanyēta munēryōgamayaṃ vapuḥ |
madyōgaśāntacittasya yādasāmudakaṃ yathā || 10.29 ||

madvibhūtīrabhidhyāyan śrīvatsāstravibhūṣitāḥ |
dhvajātapatravyajanaiḥ sa bhavēdaparājitaḥ || 10.30 ||

upāsakasya māmēvaṃ yōgadhāraṇayā munēḥ |
siddhayaḥ pūrvakathitā upatiṣṭhantyaśēṣataḥ || 10.31 ||

jitēndriyasya dāntasya jitaśvāsātmanō munēḥ |
maddhāraṇāṃ dhārayataḥ kā sā siddhiḥ sudurlabhā || 10.32 ||

antarāyān vadantyētā yuñjatō yōgamuttamam |
mayā sampadyamānasya kālakṣapaṇahētavaḥ || 10.33 ||

janmauṣadhitapōmantrairyāvatīriha siddhayaḥ |
yōgēnāpnōti tāḥ sarvā nānyairyōgagatiṃ vrajēt || 10.34 ||

sarvāsāmapī siddhīnāṃ hētuh patirahaṃ prabhuḥ |
ahaṃ yōgasya sāṅkhyasya dharmasya brahmavādinām || 10.35 ||

ahamātmā'ntarō bāhyō'nāvṛtaḥ sarvadēhinām |
yathā bhūtāni bhūtēṣu bahirantaḥ svayaṃ tathā || 10.36 ||

|| iti uddhavagītāsu daśamō'dhyāyaḥ samāptaḥ ||