

śrīḥ
śrīmatē rāmānujāya namaḥ
śrīmatē niḡamāntamahādēśikāya namaḥ
ōṃ namō bhagavatē vāsudēvāya

maharṣi vēdavyāsapraṇītaṃ śrīmadbhāgavatamahāpurāṇam
॥ tṛtīyaskandhē aṣṭāviṃśō'dhyāyaḥ ॥

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His Holiness śrīmad āṇḍavan śrīraṅgam

śrīḥ
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śrībhagavānuvāca

yōgasya lakṣaṇaṃ vakṣyē sabījasya nṛpātmajā |
manō yēnaiva vidhinā prasannaṃ yāti satpatham || 1 ||

svadharmācaraṇaṃ śaktyā vidharmācca nivartanam |
daivāllabdhēna santōṣa ātmaviccaraṇārcanam || 2 ||

grāmyadharmanivṛttiśca mōkṣadharमारतistathā |
mitamēdhyādanaṃ śaśvadviviktakṣēmasēvanam || 3 ||

ahiṃsā satyamastēyaṃ yāvadarthaparigrahaḥ |
brahmacaryaṃ tapaḥ śaucaṃ svādhyāyaḥ puruṣārcanam || 4 ||

maunaṃ sadā'sanajaya sthairyam prāṇajayaḥ śanaiḥ |
pratyāhāraścēndriyāṇāṃ viṣayānmanasā hṛdi || 5 ||

svadhiṣṇyānāmēkadēśē manasā prāṇadhāraṇam |
vaikuṇṭhalīlābhidhyānaṃ samādhānaṃ tathā'tmanaḥ || 6 ||

ētairanyaiśca pathibhirmanō duṣṭamasatpatham |
buddhyā yuñjīta śanakairjitaprāṇō hyatandritaḥ || 7 ||

śucau dēśē pratiṣṭhāpya vijitāsana āsanam |
tasmin svasti samāsīna ṛjukāyaḥ samabhyasēt || 8 ||

prāṇasya śōdhayēnmārgam pūrakumbhakarēcakaiḥ |
pratikūlēna vā cittam yathā sthiramacañcalam || 9 ||

manō'cirātsyādvirajam jitaśvāsasya yōginaḥ |
vāyvagribhyām yathā lōham dharmātam tyajati vai malam || 10 ||

prāṇāyāmaidahēddōṣāndhāraṇābhiśca kilbiṣān |
pratyāhārēṇa saṃsargāndhyānēnānīśvarān guṇān || 11 ||

yadā manaḥ svam virajam yōgēna susamāhitam |
kāṣṭhām bhagavatō dhyāyētsvanāsāgrāvalōkanaḥ || 12 ||

prasannavadanāmbhōjam padmagarbhāruṇēkṣaṇam |
nīlōtpaladalasyāmaḥ śaṅkhacakraḡadādharam || 13 ||

lasatpaṅkajakiṅjalkapītakauśēyavāśasam |
śrīvatsavakṣaṇam bhrājatkaustubhāmuktakandharam || 14 ||

mattadvirēphakalayā parītam vanamālayā |
parārdhyahāravalayakirīṭāṅgadanūpuram || 15 ||

kāñcīguṇōllasacchrōṇim hṛdayāmbhōjaviṣṭaram |
darśanīyatamaḥ śāntam manōnayanavardhanam || 16 ||

apīcyadarśanam śaśvatsarvalōkanamaskṛtam |
santam vayasi kaiśōrē bhrītyānugrahaḡātaram || 17 ||

kīrtanyatīrthayaśasam puṇyaślōkayaśaskaram |
dhyāyēddēvam samagrāṅgam yāvanna cyavatē manaḥ || 18 ||

sthitam vrajantamāsīnam śayānam vā guhāśayam |
prēkṣaṇīyēhitam dhyāyēcchuddhabhāvēna cētasā || 19 ||

tasmin labdhapadam cittam sarvāvayavasamsthitam |
vilakṣyaikatra samyujyādaṅgē bhagavatō muniḥ || 20 ||

sañcintayēdbhagavataścaraṇāravindam
vajrāṅkuśadhvajasarōruhalāñchanāḍhyam |
uttuṅgaraktavilasannakhacakravāla -
jyōtsnābhirāhatamahaddhṛdayāndhakāram || 21 ||

yacchaucaniḥsṛtasaritpravarōdakēna
tīrthēna mūrdhnyadhikṛtēna śivaḥ śivō'bhūt |
dhyāturmanahśamalaśailanisṛṣṭavajram
dhyāyēcchiram bhagavataścaraṇāravindam || 22 ||

jānudvayam jalajalōcanayā jananyā
lakṣmyākhilasya suravanditayā vidhātuḥ |
ūrvōrnidhāya karapallavarōciṣā yat
saṃlālitaṃ hṛdi vibhōrabhavasya kuryāt || 23 ||

ūrū suparṇabhujayōradhiśōbhamānā -
vōjōnidhī atasikākusumāvabhāsau |
vyālabhipītavaravāsasi vartamāna -
kāñcīkalāpaparīrambhi nitambabimbam || 24 ||

nābhihradam bhuvanakōśaguhōdarastham
yatrātmayōnidhiṣaṇākhilalōkapadmam |
vyūḍham harinmaṇivṛṣastanayōramuṣya
dhyāyēd dvayam viśadahāramayūkhagauram || 25 ||

vakṣō'dhivāsamṛṣabhasya mahāvibhūtēḥ
 puṃsāṃ manōnayanānirvṛtimādadhānam |
 kaṇṭhaṃ ca kaustubhamaṇēradhibhūṣaṇārthaṃ
 kuryānmanasyakhilalōkanamaskṛtasya || 26 ||

bāhūṃśca mandaragirēḥ parivartanēna
 nirṇiktabāhuvalayānadhilōkapālān |
 sañcintayēddaśaśatāramasahyatējāḥ
 śaṅkhaṃ ca tatkarasarōruharājahaṃsam || 27 ||

kaumōdakīm bhagavatō dayitām smarēta
 digdhāmarātibhaṭaśōṇitakardamēna |
 mālām madhuvratavarūthagirōpaghuṣṭām
 caityasya tattvamamalam maṇimasya kaṇṭhē || 28 ||

bhr̥tyānukampitadhiyēha gr̥hītamūrtēḥ
 sañcintayēdbhagavatō vadanāravindam |
 yadvisphuranmakarakuṇḍalavalgitēna
 vidyōtitāmalakapōlamudāranāsam || 29 ||

yacchr̥ṇikētamalibhiḥ parisēvyamānam
 bhūtyā svayā kuṭīlakuntalavṛndajuṣṭam |
 mīnadvayāśrayamadhikṣipadabjanētraṃ
 dhyāyēnmanōmayamatandrita ullasadbhru || 30 ||

tasyāvalōkamadhikaṃ kṛpayātighōra -
 tāpatrayōpaśamanāya nisṛṣṭamakṣṇōḥ |
 snigdhasmitānuguṇitaṃ vipulaprasādam
 dhyāyēcciraṃ vipulabhāvanayā guhāyām || 31 ||

hāsaṃ harēravanatākḥilalōkatīvra -
 śōkāśrusāgaraviśōṣaṇamatyudāram |
 sammōhanāya racitaṃ nijamāyayāsyā
 bhrūmaṇḍalaṃ munikṛtē makaradhvajasya || 32 ||

dhyānāyanam prahasitaṃ bahulādharōṣṭha -
 bhāsāruṇāyitatanudvijakundapaṅkti |
 dhyāyētsvadēhakuharē'vasitasya viṣṇō -
 rbhaktyā'rdrayārpitamanā na pṛthagdidṛkṣēt || 33 ||

ēvaṃ harau bhagavati pratilabdhabhāvō
 bhaktyā dravaddhṛdaya utpulakaḥ pramōdāt |
 autkaṇṭhyabāṣpakalayā muhurardyamāna -
 staccāpi cittabaḍiśaṃ śanakairviyuṅktē || 34 ||

muktāśrayaṃ yarhi nirviṣayaṃ viraktaṃ
 nirvāṇamṛcchati manaḥ sahasā yathārciḥ |
 ātmānamatra puruṣō'vyavadhānamēka -
 manvīkṣatē pratinivṛttaguṇappravāhaḥ || 35 ||

sō'pyētayā caramayā manasō nivṛtṭyā
 tasminmahimnyavasitaḥ sukhaduḥkhabāhyē |
 hētutvamapyasati kartari duḥkḥayōryat
 svātman vidhatta upalabdhaparātmakāṣṭhaḥ || 36 ||

dēhaṃ ca taṃ na caramaḥ sthitamutthitaṃ vā
 siddhō vipaśyati yatō'dhyagamatsvarūpam |
 daivādupētamatha daivavaśādapētaṃ
 vāsō yathā parikṛtaṃ madirāmadāndhaḥ || 37 ||

dēhō'pi daivavaśagaḥ khalu karma yāvat
 svārambhakaṃ pratisamīkṣata ēva sāsuḥ |
 taṃ saprapañcamadhirūḍhasamādhiyōgaḥ
 svāpnaṃ punarna bhajatē pratibuddhavastuḥ || 38 ||

yathā putrācca vittācca pṛthañmartyaḥ pratīyatē |
 apyātmatvēnābhimatāddēhādēḥ puruṣastathā || 39 ||

yathōlmukādisphuliṅgāddhūmādvāpi svasambhavāt |
 apyātmatvēnābhimatādyathāgniḥ pṛthagulmukāt || 40 ||

bhūtēndriyāntaḥkaraṇātpradhānājīvasaṃjñitāt |
 ātmā tathā pṛthagdraṣṭā bhagavān brahmasaṃjñitaḥ || 41 ||

sarvabhūtēṣu cātmānaṃ sarvabhūtāni cātmani |
 īkṣētānanyabhāvēna bhūtēṣviva tadātmatām || 42 ||

svayōniṣu yathā jyōtirēkaṃ nānā pratīyatē |
 yōnīnāṃ guṇavaiṣamyāttathā'tmā prakṛtau sthitaḥ || 43 ||

tasmādimāṃ svāṃ prakṛtiṃ daivīm sadasadātmikām |
 durvibhāvyāṃ parābhāvya svarūpēṇāvatiṣṭhatē || 44 ||

|| iti śrīmadbhāgavatē mahāpurāṇē pāramahaṃsyāṃ saṃhitāyāṃ
 tṛtīyaskandhē kāpilēyē sādhanānuṣṭhānaṃ nāmāṣṭāviṃśō'dhyāyaḥ ||