

śrīḥ
śrīmatē rāmānujāya namaḥ
śrīmatē nigamāntamahādēśikāya namaḥ
ōṃ namō bhagavatē vāsudēvāya

maharṣi vēdavyāsapraṇītaṃ śrīmadbhāgavatamahāpurāṇam
॥ tṛtīyaskandhē aṣṭāviṃśō'dhyāyaḥ ॥

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His Holiness śrīmad āṇḍavan śrīraṅgam

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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'sanajayaḥ 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 |
vāyvagñibhyām yathā lōham dharmātam tyajati vai malam || 10 ||

prāṇāyāmairdahēddōṣān dhāraṇābhiśca kilbiṣān |
pratyāhārēṇa saṃsargān dhyānēnānīśvarān guṇān || 11 ||

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

prasannavadanāmbhōjam padmagarbhāruṇēkṣaṇam |
nīlōtpaladalaśyāmaḥ śaṅkhacakraḡadādharam || 13 ||

lasatpaṅkajakiṅjalkapītakaśyāvāsasam |
śrīvatsavakṣasam bhrājatkaustubhāmuktakandharam || 14 ||

mattadvirēphakalayā parītam vanamālayā |
parārdhyahāravalayakirīṭāṅḡadanūpuram || 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 vibhōrabhavyasya kuryāt || 23 ||

ūrū suparṇabhujayōradhiśōbhamānā -
vōjōnidhī atasikākusumāvabhāsau |
vyālambi pītavaravāsasi vartamāna -
kāñcīkalāpaparīrambhi nitambabimbam || 24 ||

nābhihṛadam bhuvanakośaguhōdarastham
yatrātmayōnidhiṣaṇākhilalōkapadmam |
vyūḍham harinmaṇivṛṣastanayōramuṣya
dhyāyēd dvayam viśadahāramayūkhagauram || 25 ||

vakṣō'dhivāsamṛṣabhasya mahāvibhūtēḥ
 puṃsāṃ manōnayanānirvṛtimādadhānam |
 kaṇṭham ca kaustubhamāṇēradhibhūṣaṇārtham
 kuryānmanasyakhilalōkanamaskṛtasya || 26 ||

bāhūṃśca mandaragirēḥ parivartanēna
 nirṇiktabāhuvalayānadhilōkapālān |
 sañcintayēddaśaśatāramasahyatējah
 śaṅkham ca tatkarasarōruharājahaṃsam || 27 ||

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

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

yacchr̥ṇīkētamalibhiḥ parisēvyamānam
 bhūtyā svayā kuṭīlakuntalavṛndajuṣṭam |
 mīnadvayāśrayamadhikṣipadabjanētram
 dhyāyēnmanōmayamatandrita ullasadbhru || 30 ||

tasyāvalōkamadhikam kṛpayātighōra -
 tāpatrayōpaśamanāya nisṛṣṭamakṣṇōḥ |
 snigdhasmitānuguṇitam vipulaprasādam
 dhyāyēcciram 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 ||

bhūtēndriyāntaḥkaraṇātpradhānājjīvasaṃjñitāt |
 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 ||