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śrīmatē rāmānujāya namaḥ

śrīmatē nigamāntamahādēśikāya namaḥ

ōṃ namō bhagavatē vāsudēvāya

maharṣi vēdavyāsapraṇītaṃ śrīmadbhāgavatamahāpurāṇam

॥ *tṛtīyaskandhē aṣṭāviṃśō'dhyāyaḥ* ॥

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Sunder Kidāmbi

with the blessings of

śrī raṅgarāmānuja mahādēśikan

His Holiness śrīmad āṇḍavan śrīraṅgam

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॥ *tṛtīyaskandhē aṣṭāviṃśō'dhyāyaḥ* ॥

śrībhagavānuvāca
yōgasya lakṣaṇaṃ vakṣyē sabījasya nṛpātmajē ।
manō yēnaiva vidhinā prasannaṃ yāti satpatham ॥ **1** ॥

svadharmācaraṇaṃ śaktyā vidharmācca nivartanam ।
daivāllabdhēna santōṣa ātmaviccaraṇārcanam ॥ **2** ॥

grāmyadharmanivṛttiśca mōkṣadharmaratistathā ।
mitamēdhyādanaṃ śaśvadviviktakṣēmasēvanam ॥ **3** ॥

ahiṃsā satyamastēyaṃ yāvadarthaparigrahaḥ ।
brahmacaryaṃ tapaḥ śaucaṃ svādhyāyaḥ puruṣārcanam ॥ **4** ॥

maunaṃ sadā''sanajayaḥ sthairyaṃ 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 śōdhayēnmārgaṃ pūrakumbhakarēcakaiḥ ।
pratikūlēna vā cittaṃ yathā sthiramacañcalam ॥ **9** *॥*

manō'cirātsyādvirajaṃ jitaśvāsasya yōginaḥ ।
vāyvagnibhyāṃ yathā lōhaṃ dhmātaṃ tyajati vai malam ॥ **10** *॥*

prāṇāyāmairdahēddōṣān dhāraṇābhiśca kilbiṣān ।
pratyāhārēṇa saṃsargān dhyānēnānīśvarān guṇān ॥ **11** *॥*

yadā manaḥ svaṃ virajaṃ yōgēna susamāhitam ।
kāṣṭhāṃ bhagavatō dhyāyētsvanāsāgrāvalōkanaḥ ॥ **12** *॥*

prasannavadanāmbhōjaṃ padmagarbhāruṇēkṣaṇam ।
nīlōtpaladalaśyāmaṃ śaṅkhacakragadādharam ॥ **13** *॥*

lasatpaṅkajakiñjalkapītakauśēyavāsasam ।
śrīvatsavakṣasaṃ bhrājatkaustubhāmuktakandharam ॥ **14** *॥*

mattadvirēphakalayā parītaṃ vanamālayā ।
parārdhyahāravalayakirīṭāṅgadanūpuram ॥ **15** *॥*

kāñcīguṇōllasacchrōṇiṃ hṛdayāmbhōjaviṣṭaram ।
darśanīyatamaṃ śāntaṃ manōnayanavardhanam ॥ **16** *॥*

apīcyadarśanaṃ śaśvatsarvalōkanamaskṛtam ।
santaṃ vayasi kaiśōrē bhṛtyānugrahakātaram ॥ **17** *॥*

kīrtanyatīrthayaśasaṃ puṇyaślōkayaśaskaram ।
dhyāyēddēvaṃ samagrāṅgaṃ yāvanna cyavatē manaḥ ॥ **18** *॥*

sthitaṃ vrajantamāsīnaṃ śayānaṃ vā guhāśayam ।
prēkṣaṇīyēhitaṃ dhyāyēcchuddhabhāvēna cētasā ॥ **19** *॥*

tasmin labdhapadaṃ cittaṃ sarvāvayavasaṃsthitam ।
vilakṣyaikatra saṃyujyādaṅgē bhagavatō muniḥ ॥ **20** *॥*

sañcintayēdbhagavataścaraṇāravindaṃ
vajrāṅkuśadhvajasarōruhalāñchanāḍhyam ।
uttuṅgaraktavilasannakhacakravāla -
jyōtsnābhirāhatamahaddhṛdayāndhakāram ॥ **21** *॥*

yacchaucaniḥsṛtasaritpravarōdakēna
tīrthēna mūrdhnyadhikṛtēna śivaḥ śivō'bhūt ।
dhyāturmanaḥśamalaśailanisṛṣṭavajraṃ
dhyāyēcciraṃ bhagavataścaraṇāravindam ॥ **22** *॥*

jānudvayaṃ jalajalōcanayā jananyā
lakṣmyākhilasya suravanditayā vidhātuḥ ।
ūrvōrnidhāya karapallavarōciṣā yat
saṃlālitaṃ hṛdi vibhōrabhavasya kuryāt ॥ **23** *॥*

ūrū suparṇabhujayōradhiśōbhamānā -
vōjōnidhī atasikākusumāvabhāsau ।
vyālambi pītavaravāsasi vartamāna -
kāñcīkalāpaparirambhi nitambabimbam ॥ **24** *॥*

nābhihradaṃ bhuvanakōśaguhōdarasthaṃ
yatrātmayōnidhiṣaṇākhilalōkapadmam ।
vyūḍhaṃ harinmaṇivṛṣastanayōramuṣya
dhyāyēd dvayaṃ viśadahāramayūkhagauram ॥ **25** *॥*

vakṣō'dhivāsamṛṣabhasya mahāvibhūtēḥ
puṃsāṃ manōnayananirvṛtimādadhānam ।
kaṇṭhaṃ ca kaustubhamaṇēradhibhūṣaṇārthaṃ
kuryānmanasyakhilalōkanamaskṛtasya ॥ **26** *॥*

bāhūṃśca mandaragirēḥ parivartanēna
nirṇiktabāhuvalayānadhilōkapālān ।
sañcintayēddaśaśatāramasahyatējaḥ
śaṅkhaṃ ca tatkarasarōruharājahaṃsam ॥ **27** *॥*

kaumōdakīṃ bhagavatō dayitāṃ smarēta
digdhāmarātibhaṭaśōṇitakardamēna ।
mālāṃ madhuvratavarūthagirōpaghuṣṭāṃ
caityasya tattvamamalaṃ maṇimasya kaṇṭhē ॥ **28** *॥*

bhṛtyānukampitadhiyēha gṛhītamūrtēḥ
sañcintayēdbhagavatō vadanāravindam ।
yadvisphuranmakarakuṇḍalavalgitēna
vidyōtitāmalakapōlamudāranāsam ॥ **29** *॥*

yacchrīnikētamalibhiḥ parisēvyamānaṃ
bhūtyā svayā kuṭilakuntalavṛndajuṣṭam ।
mīnadvayāśrayamadhikṣipadabjanētraṃ
dhyāyēnmanōmayamatandrita ullasadbhru ॥ **30** *॥*

tasyāvalōkamadhikaṃ kṛpayātighōra -
tāpatrayōpaśamanāya nisṛṣṭamakṣṇōḥ ।
snigdhasmitānuguṇitaṃ vipulaprasādaṃ
dhyāyēcciraṃ vipulabhāvanayā guhāyām ॥ **31** *॥*

hāsaṃ harēravanatākhilalōkatīvra -
śōkāśrusāgaraviśōṣaṇamatyudāram ।
sammōhanāya racitaṃ nijamāyayāsya
bhrūmaṇḍalaṃ munikṛtē makaradhvajasya ॥ **32** *॥*

dhyānāyanaṃ 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 pratinivṛttaguṇapravāhaḥ ॥ **35** *॥*

sō'pyētayā caramayā manasō nivṛttyā
tasminmahimnyavasitaḥ sukhaduḥkhabāhyē ।
hētutvamapyasati kartari duḥkhayōryat
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 pṛthaṅmartyaḥ pratīyatē ।
apyātmatvēnābhimatāddēhādēḥ puruṣastathā ॥ **39** ॥

yathōlmukādvisphuliṅgāddhūmādvāpi 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 daivīṃ sadasadātmikām ।
durvibhāvyāṃ parābhāvya svarūpēṇāvatiṣṭhatē ॥ **44** ॥

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