*śrīḥ*

*śrīmatē rāmānujāya namaḥ*

*śrīmatē nigamāntamahādēśikāya namaḥ*

*ōṃ namō bhagavatē vāsudēvāya*

*maharṣi vēdavyāsapraṇītaṃ śrīmadbhāgavatamahāpurāṇam*

# ॥ *ēkādaśaskandhē pañcadaśō'dhyāyaḥ* ॥

*This document has been prepared by*

*Sunder Kidāmbi*

*with the blessings of*

***śrī raṅgarāmānuja mahādēśikan***

*His Holiness śrīmad āṇḍavan śrīraṅgam*

*śrīḥ*

*śrīmatē rāmānujāya namaḥ*

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# ॥ *ēkādaśaskandhē pañcadaśō'dhyāyaḥ* ॥

*śrībhagavānuvāca*
*jitēndriyasya yuktasya jitaśvāsasya yōginaḥ ।*
*mayi dhārayataścēta upatiṣṭhanti siddhayaḥ* ॥ **1** ॥

*uddhava uvāca*
*kayā dhāraṇayā kāsvit kathaṃsvit siddhiracyuta ।*
*kati vā siddhayō brūhi yōgināṃ siddhidō bhavān* ॥ **2** ॥

*śrībhagavānuvāca*
*siddhayō'ṣṭādaśa prōktā dhāraṇāyōgapāragaiḥ ।*
*tāsāmaṣṭau matpradhānā daśaiva guṇahētavaḥ* ॥ **3** ॥

*aṇimā mahimā mūrtērlaghimā prāptirindriyaiḥ ।*
*prākāmyaṃ śrutadṛṣṭēṣu śaktiprēraṇamīśitā* ॥ **4** ॥

*guṇēṣvasaṅgō vaśitā yatkāmastadavasyati ।*
*ētā mē siddhayaḥ saumya aṣṭāvautpattikā matāḥ* ॥ **5** ॥

*anūrmimattvaṃ dēhē'smin dūraśravaṇadarśanam ।*
*manōjavaḥ kāmarūpaṃ parakāyapravēśanam* ॥ **6** ॥

*svacchandamṛtyurdēvānāṃ sahakrīḍānudarśanam ।*
*yathāsaṅkalpasaṃsiddhirājñāpratihatāgatiḥ ॥* **7** *॥*

*trikālajñatvamadvandvaṃ paracittādyabhijñatā ।*
*agnyarkāmbuviṣādīnāṃ pratiṣṭambhō'parājayaḥ ॥* **8** *॥*

*ētāścōddēśataḥ prōktā yōgadhāraṇasiddhayaḥ ।*
*yayā dhāraṇayā yā syād yathā vā syānnibōdha mē ॥* **9** *॥*

*bhūtasūkṣmātmani mayi tanmātraṃ dhārayēnmanaḥ ।*
*aṇimānamavāpnōti tanmātrōpāsakō mama ॥* **10** *॥*

*mahatyātmanmayi parē yathāsaṃsthaṃ manō dadhat ।*
*mahimānamavāpnōti bhūtānāṃ ca pṛthak pṛthak ॥* **11** *॥*

*paramāṇumayē cittaṃ bhūtānāṃ mayi rañjayan ।*
*kālasūkṣmārthatāṃ yōgī laghimānamavāpnuyāt ॥* **12** *॥*

*dhārayan mayyahantattvē manō vaikārikē'khilam ।*
*sarvēndriyāṇāmātmatvaṃ prāptiṃ prāpnōti manmanāḥ ॥* **13** *॥*

*mahatyātmani yaḥ sūtrē dhārayēnmayi mānasam ।*
*prākāmyaṃ pāramēṣṭhyaṃ mē vindatē'vyaktajanmanaḥ ॥* **14** *॥*

*viṣṇau tryadhīśvarē cittaṃ dhārayēt kālavigrahē ।*
*sa īśitvamavāpnōti kṣētrakṣētrajñacōdanām ॥* **15** *॥*

*nārāyaṇē turīyākhyē bhagavacchabdaśabditē ।*
*manō mayyādadhad yōgī maddharmā vaśitāmiyāt ॥* **16** *॥*

*nirguṇē brahmaṇi mayi dhārayan viśadaṃ manaḥ ।*
*paramānandamāpnōti yatra kāmō'vasīyatē ॥* **17** *॥*

*śvētadvīpapatau cittaṃ śuddhē dharmamayē mayi।*
*dhārayañchvētatāṃ yāti ṣaḍūrmirahitō naraḥ ॥* **18** *॥*

*mayyākāśātmani prāṇē manasā ghōṣamudvahan।*
*tatrōpalabdhā bhūtānāṃ haṃsō vācaḥ śṛṇōtyasau ॥* **19** *॥*

*cakṣustvaṣṭari saṃyōjya tvaṣṭāramapi cakṣuṣi।*
*māṃ tatra manasā dhyāyan viśvaṃ paśyati sūkṣmadṛk ॥* **20** *॥*

*manō mayi susaṃyōjya dēhaṃ tadanu vāyunā।*
*maddhāraṇānubhāvēna tatrātmā yatra vai manaḥ ॥* **21** *॥*

*yadā mana upādāya yad yad rūpaṃ bubhūṣati।*
*tattad bhavēnmanōrūpaṃ madyōgabalamāśrayaḥ ॥* **22** *॥*

*parakāyaṃ viśan siddha ātmānaṃ tatra bhāvayēt।*
*piṇḍaṃ hitvā viśēt prāṇō vāyubhūtaḥ ṣaḍaṅghrivat ॥* **23** *॥*

*pārṣṇyā"pīḍya gudaṃ prāṇaṃ hṛduraḥkaṇṭhamūrdhasu।*
*ārōpya brahmarandhrēṇa brahma nītvōtsṛjēttanum ॥* **24** *॥*

*vihariṣyan surākrīḍē matsthaṃ sattvaṃ vibhāvayēt।*
*vimānēnōpatiṣṭhanti sattvavṛttīḥ surastriyaḥ ॥* **25** *॥*

*yathā saṅkalpayēd buddhyā yadā vā matparaḥ pumān।*
*mayi satyē manō yuñjaṃstathā tat samupāśnutē ॥* **26** *॥*

*yō vai madbhāvamāpanna īśiturvaśituḥ pumān।*
*kutaścinna vihanyēta tasya cājñā yathā mama ॥* **27** *॥*

*madbhaktyā śuddhasattvasya yōginō dhāraṇāvidaḥ।*
*tasya traikālikī buddhirjanmamṛtyūpabṛṃhitā ॥* **28** *॥*

*agnyādibhirna hanyēta munēryōgamayaṃ vapuḥ ।*
*madyōgaśrāntacittasya yādasāmudakaṃ yathā ॥* **29** *॥*

*madvibhūtīrabhidhyāyan śrīvatsāstravibhūṣitāḥ ।*
*dhvajātapatravyajanaiḥ sa bhavēdaparājitaḥ ॥* **30** *॥*

*upāsakasya māmēvaṃ yōgadhāraṇayā munēḥ ।*
*siddhayaḥ pūrvakathitā upatiṣṭhantyaśēṣataḥ ॥* **31** *॥*

*jitēndriyasya dāntasya jitaśvāsātmanō munēḥ ।*
*maddhāraṇāṃ dhārayataḥ kā sā siddhiḥ sudurlabhā ॥* **32** *॥*

*antarāyān vadantyētā yuñjatō yōgamuttamam ।*
*mayā sampadyamānasya kālakṣapaṇahētavaḥ ॥* **33** *॥*

*janmauṣadhitapōmantrairyāvatīriha siddhayaḥ ।*
*yōgēnāpnōti tāḥ sarvā nānyairyōgagatiṃ vrajēt ॥* **34** *॥*

*sarvāsāmapi siddhīnāṃ hētuḥ patirahaṃ prabhuḥ ।*
*ahaṃ yōgasya sāṅkhyasya dharmasya brahmavādinām ॥* **35** *॥*

*ahamātmā"ntarō bāhyō'nāvṛtaḥ sarvadēhinām ।*
*yathā bhūtāni bhūtēṣu bahirantaḥ svayaṃ tathā ॥* **36** *॥*

*॥ iti śrīmadbhāgavatē mahāpurāṇē pāramahaṃsyāṃ*
*saṃhitāyāṃ ēkādaśaskandhē pañcadaśō'dhyāyaḥ ॥*