



Comment by the unknown contributor:

Another, quite different version of this text is found in another file (Goraksa-satakam 1). The numbers of verses found in the other version are given

in brackets. Many of the verses are from Hatha-yoga-pradipika and I would suspect that those not accounted for are taken from another text.

It is hard to believe that this text is the original Goraksa-sataka.

It looks more like someone was compiling verses from GS and HYP and other sources and never completed his mission.

TEXT WITH PADA MARKERS

## Revisions:

- 2020-07-31: TEI encoding by mass conversion of GRETIL's Sanskrit corpus

# Text

goraksa-satakam

om hatha-yoga-goraksa-sataka-prarambhah

sri-gurum paramanandam vande svananda-vigraham  
yasya samnidhya-matrena cidanandayate tanuh // GorS\_1

antar-niscalitatma-dipa-kalika-svadhara-bandhadibhih yo yogi  
yuga-kalpa-kala-kalanat tvam jajegiyate  
jñanamoda-mahodadhih samabhavat yatradinathah svayam  
vyaktavyakta-gunadhikam tam anisam sri-minanatham bhaje //  
GorS\_2

namaskrtya gurum bhaktya gorakso jñanam uttamam  
abhistam yoginam brute paramananda-karakam // GorS\_3

goraksah satakam vakti yoginam hita-kamyaya  
dhruvam yasyavabodhena jayate paramam padam // GorS\_4

etat vimukti-sopanam etat kalasya vañcanam  
yad vyavrttam mano mohad asaktam paramatmani // GorS\_5  
n=(=1|2)

dvija-sevita-sakhasya sruti-kalpa-taroh phalam  
samanam bhava-tapasya yogam bhajati sajjanah // GorS\_6 (=1|3)

asanam prana-samyamah pratyaharo'tha dharana  
dhyanam samadhir etani yogangani bhavanti sat // GorS\_7 (=1|4)

asanani tu tavanti yavatyo jiva-jatayah  
etesam akhilan bhedan vijanati mahesvarah // GorS\_8 (=1|5)

caturasiti-laksanam ekam ekam udahrtam  
tatah sivena pithanam sodesanam satam krtam // GorS\_9  
(=1|6)

asanebhyah samastebhyo dvayam eva visisyate  
ekam siddhasanam proktam dvitiyam kamalasanam // GorS\_10 (=1|7)

yoni-sthanakam anghri-mula-ghatitam krtva drdham vinyasen  
medhre padam athaikam eva niyatam krtva samam vigraham  
sthanuh samyamidriyo'cala-drse pasyan bhruvor antaram etan  
moksa-kavata-bheda-janakam siddhasanam procyate // GorS\_11 (=1|8)

vamorupari daksinam hi caranam samsthapyam vamam tatha  
daksorupari pascimena vidhina dhrtva karabhyam drdham  
angusthau hrdaye nidhaya cibukam nasagram alokayed  
etad-vyadhi-vikara-hari yaminam padmasanam procyate // GorS\_12 (=1|9)

sat-cakram sodasadharam trilaksam vyoma-pañcakam  
sva-dehe ye na jananti katham sidhyanti yoginah // GorS\_13 (=1|10)

eka-stambham nava-dvaram grham pañcadhidaivatam  
sva-deham ye na jananti katham sidhyanti yoginah // GorS\_14

caturdalam syad adharah svadhisthanam ca sat-dalam  
nabhau dasa-dalam padmam surya-sankhya-dalam hrdis // GorS\_15

kanthe syat sodasa-dalam bhru-madhye dvidalam tatha  
sahasra-dalam akhyatam brahma-randhre maha-pathe // GorS\_16

adharah prathamam cakram svadhisthanam dvitiyakam  
yoni-sthanam dvayor madhye kama-rupam nigadyate // GorS\_17

adharakhyam guda-sthanam pankajam ca catur-dalam  
tan-madhye procyate yonih kamaksa siddha-vandita // GorS\_18 (=1|11)

yoni-madhye maha-lingam pascimabhimukham sthitam  
mastake manivad bimbam yo janati sa yogavit // GorS\_19 (=1|12)

tapta-camikarabhasam tadil-lekheva visphurat  
trikonam tat-puram vahner adho-medhrat pratisthitam // GorS\_20  
(=1|13)

yat samadhau param jyotir anantam visvato-mukham  
tasmin drste maha-yoge yatayatam na vidyate // GorS\_21 (=1|14)

sva-sabdena bhavet pranah svadhisthanam tad-asrayah  
svadhisthanat padad asman medhram evabhidhiyate // GorS\_22

tantuna manivat proto yatra kandah susumnaya  
tan-nabhi-mandalam cakram procyate mani-purakam // GorS\_23 (=1|15)

dvadasare maha-cakre punya-papa-vivarjite  
tavaj jivo bhramaty eva yavat tattvam na vindati // GorS\_24 (=1|16)

urdhvam medhrad adho nabbeh kanda-yonih khagandavat  
tatra nadyah samutpannah sahasranam dvisaptatih // GorS\_25

tesu nadi-sahasresu dvisaptatih udahrtah  
pradhanam prana-vahinyo bhuyas tatra dasa smrtah // GorS\_26  
(=1|17)

ida ca pingala caiva susumna ca tritrayika

gandhari hasti-jihva ca pusa caiva yasasvini // GorS\_27 (=1|18)

alambusa kuhus caiva sankhini dasami smrta  
etan nadi-mayam cakram jñatavyam yogibhih sada // GorS\_28 (=1|19)

ida vame sthita bhage pingala daksine tatha  
susumna madhya-dese tu gandhari vama-caksusi // GorS\_29 (=1|20)

daksine hasti-jihva ca pusa karne ca daksine  
yasasvini vama-karne casane vapy alambusa // GorS\_30 (=1|21)

kuhus ca linga-dese tu mula-sthane ca sankhini  
evam dvaram upasritya tisthanti dasa-nadikah // GorS\_31 (=1|22)

ida-pingala-susumna ca tisro nadya udahrtah  
satatam prana-vahinyah soma-suryagni-devatah // GorS\_32 (=1|23)

prano'panah samanah ca udano vyanau ca vayavah  
nagah kurmo'tha krkaro devadatto dhanañjayah // GorS\_33 (=1|24)

hrdi prano vasen nityam apano guda-mandale  
samano nabhi-dese syad udanah kantha-madhyagah // GorS\_34 (=1|25)

udgare nagakhyatah kurma unmilane smrtah  
krkarah ksuta-krj jñeyo devadatto vijrmbhane // GorS\_35

na jahati mrtam capi sarva-vyapi dhanañjayah  
ete sarvasu nadisu bhramante jiva-rupinah // GorS\_36

akripto bhujā-dandena yathoccalati kandukah  
pranapana-samakṣiptas tatha jivo na tisthati // GorS\_38 (=1|27)

pranapana-vaso jivo hy adhas cordhvam ca dhavati  
vama-daksina-margena cañcalatvan na drsyate // GorS\_39 (=1|26)

rajju-baddho yatha syeno gato'py akrsyate(?)  
guna-baddhas tatha jivah pranapanena krsyate // GorS\_40 (=1|28)

apanah karsati pranah prano'panam ca karsati  
urdhvadhah samsthitav etau samyojayati yogavit // GorS\_41 (=1|29)

ha-karena bahir yati sa-karena viset punah  
hamsa-hamsety amum mantram jivo japati sarvada // GorS\_42 (=1|30)

sat-satanitvaho-ratre sahasrany eka-vimsatih  
etat sankhyāvitam mantra jivo japati sarvada // GorS\_43

ajapa nama gayatri yoginam moksa-dayini  
asyah sankalpa-matrena sarva-papaih pramucyate // GorS\_44

anaya sadrsi vidya anaya sadrso japah  
anaya sadrsam jñanam na bhutam na bhavisyati // GorS\_45

kundalinyah samudbhuta gayatri prana-dharini  
prana-vidya maha-vidya yas tam veti sa yogavit // GorS\_46

kandordhvam kundali saktir astadha kundalakrti  
brahma-dvara-mukham nityam mukhenacchadya tisthati // GorS\_47

yena dvarena gantavyam brahma-sthanam anamayam  
mukhenacchadya tad-dvaram prasupta paramesvari // GorS\_48 (=1|31)

prabuddha vahni-yogena manasa maruta hata  
sucivad gunam adaya vrajaty urdhvam susumnaya // GorS\_49

prasphurad-bhujagakara padma-tantu-nibha subha  
prabuddha vahni-yogena vratya urdhvam susumnaya // GorS\_50 (=HYP 1.50)

udghatayet kapatam tu yatha kuñcikaya hathat  
kundalinya tatha yogi moksa-dvaram prabhedayet // GorS\_51

krtva samputitau karau drdhataram baddhva tu padmasanam  
gadham vaksasi sannidhaya cibukam dhyatva ca tat preksitam  
varam varam apanam urdhvam anilam proccarayet puritam muñcan  
pranam upaiti bodham atulam sakti-prabodhan narah // GorS\_52

anganam mardanam kuryac chrama-jatena varina  
katv-amla-lavana-tyagi ksira-bhojanam acaret // GorS\_53 (=1|50)

brahmacari mitahari tyagi yoga-parayanah  
abdad urdhvam bhavet siddho natra karya vicarana // GorS\_54 (=HYP  
1.59)

susnigdham madhuraharam caturthamsa-vivarjitam  
bhujyate sura-samprityai mitaharah sa ucyate // GorS\_55 (=HYP 1.60)

kandordhvam kundali saktir astadha kundalakrtih  
bandhanaya ca mudhanam yoginam moksada smrta // GorS\_56 (=HYP  
3.107)

mahamudram namo-mudram uddiyanam jalandharam  
mula-bandham ca yo vetti sa yogi siddhi-bhajanam // GorS\_57 (=1|32)

sodhanam nadi-jalasya calanam candra-suryayoh  
rasanam sosanam caiva maha-mudrabhidhiyate // GorS\_58 (=1|33)

vakso-nyasta-hanur nipidya suciram yonim ca vamanghrina  
hastabhyam avadharitam prasaritam padam tatha daksinam  
apurya svasanena kuksi-yugalam baddhva sanai recayed esa  
pataka-nasini sumahati mudra nram procyate // GorS\_59

candrangena samabhyasya suryangenabhyaset punah  
yavat tulya bhavet sankhya tato mudram visarjayet // GorS\_60 (=HYP  
3.15)

na hi pathyam apathyam va rasah sarve'pi nirasah  
api muktam visam ghoram piyusam api jiryate // GorS\_61 (=HYP 3.16)

ksaya-kustha-gudavartagulmajirna-purogamah  
tasya dosah ksayam yanti mahamudram tu yo'bhyaset // GorS\_62

(=HYP 3.17)

kathiteyam mahamudra maha-siddhi-kara nram  
gopaniya prayatnena na deya yasya kasyacit // GorS\_63 (=HYP 3.18)

kapala-kuhare jihva pravista viparitaga  
bhruvor antargata drstir mudra bhavati khecari // GorS\_64 (=1|34)

na rogo maranam tandra na nidra na ksudha trsa  
na ca murccha bhavet tasya yo mudram vetti khecarim // GorS\_65 (=HYP  
3.39)

pidyate na sa rogena lipyate na ca karmana  
badhyate na sa kalena yo mudram vetti khecarim // GorS\_66 (=HYP 3.40)

cittam carati khe yasmaj jihva carati khe gata  
tenaisa khecari nama mudra siddhair nirupita // GorS\_67 (=HYP 3.41)

bindu-mulam sariram tu siras tatra pratisthitah  
bhavayanti sariram ya apada-tala-mastakam // GorS\_68 (=HYP 3.43)

khecarya mudritam yena vivaram lambikordhvatah  
na tasya ksarate binduh kaminyalingitasya ca // GorS\_69

yavad binduh sthito dehe tavat kala-bhayam kutah  
yavad baddha nabho-mudra tavat bindur na gacchati // GorS\_70

calito'pi yada binduh sampraptas ca hutasanam  
vrajaty urdhvam hrtah saktya niruddho yoni-mudraya // GorS\_71

sa punar dvividho binduh panduro lohitas tatha  
panduram sukram ity ahur lohita tu maharajah // GorS\_72 (=HYP  
3.56)

sindura-drava-sankasam ravi-sthane sthitam rajah  
sasi-sthane sthito bindus tayor aikyam sudurlabham // GorS\_73

binduh sivo rajah saktir bindum indu rajo ravih  
ubhayoh sangamad eva prapyate paramam padam // GorS\_74

vayuna sakti-carena preritam tu maha-rajah  
bindunaiti sahaikatvam bhaved divyam vapus tada // GorS\_75

sukram candrena samyuktam rajah suryena samyutam  
tayoh samarasaikatvam yojanati sa yogavit // GorS\_76

uddinam kurute yasmad avisrantam maha-khagah  
uddiyanam tad eva syat tava bandho'bhidhiyate // GorS\_77

udarat pascime bhage hy adho nabher nigadyate  
uddiyanasya bandho'yam tatra bandho vidhiyate // GorS\_78 (=HYP 3.71)

badhnati hi sirajalam adho-gami siro-jalam  
tato jalandharo bandhah kantha-dukhkaugha-nasanah // GorS\_79

jalandhare krte bandhe kantha-samkoca-laksane

piyusam na pataty agnau na ca vayuh prakupyati // GorS\_80 (=1|36, HYP  
3.72)

parsni-bhagena sampidya yonim akuñcayed gudam  
apanam urdhvam akrsya mula-bandho'bhidhiyate // GorS\_81 (=1|37, HYP  
3.61)

apana-pranayor aikyat ksayan mutra-purisyoh  
yuva bhavati vrddho'pi satatam mula-bandhanat // GorS\_82 (=1|38, HYP  
3.65)

padmasanam samaruhya sama-kaya-siro-dharah  
nasagra-drstir ekante japed onkaram avyayam // GorS\_83 (=1|39, HYP  
2.2)

bhur bhuvah svar ime lokah soma-suryagni-devatah  
yasya matrasu tisthanti tat param jyotir om iti // GorS\_84

trayah kalas trayo vedas trayo lokas trayah sverah  
trayo devah sthita yatra tat param jyotir om iti // GorS\_85

kriya ceccha tatha jñana brahmi raudri ca vaisnavi  
tridha saktih sthita yatra tat param jyotir om iti // GorS\_86

akaras ca tatho-karo ma-karo bindu-samjñakah  
tisro matrah sthita yatra tat param jyotir om iti // GorS\_87

vacasa taj jayed bijam vapusa tat samabhyaset  
manasa tat smaren nityam tat param jyotir om iti // GorS\_88

sucir vapy asucir vapi yo japed pranavam sada  
lipyate na sa papena padma-patram ivambhasa // GorS\_89

cale vate calo bindur niscala niscalo bhavet  
yogi sthanutvam apnoti tato vayum nirodhayet // GorS\_90

yavad vayuh sthito dehe tavaj jivanam ucyate  
maranam tasya niskrantis tato vayum nirodhayet // GorS\_91 (=HYP 2.3)

yavad baddho marud dehe yavac cittam nirakulam  
yavad drstir bhruvor madhye tavat kala-bhayam kutah // GorS\_92  
(=HYP 2.40)

atah kala-bhayad brahma pranayama-parayanah  
yogino munayas caiva tato vayum nirodhayet // GorS\_93 (=1|40)

sat-trimsad-angulo hamsah prayanam kurute bahih  
vama-daksina-margena tatah prano'bhidhiyate // GorS\_94

suddhim eti yada sarvam nadi-cakram malakulam  
tadaiva jayate yogi prana-samgrahane ksamah // GorS\_95 (=1|43)

baddha-padmasano yogi pranam candrena purayet  
dharayitva yatha-sakti bhuyah suryena recayet // GorS\_96

amrtam dadhi-sankasam go-ksira-rajatopamam  
dhyatva candramaso bimbam pranayami sukhi bhavet // GorS\_97 (=1|44)

daksino svasam akrsya purayed udaram sanaih  
kumbhayitva vidhanena puras candrena recayet // GorS\_98 (=1|45)

prajvalaj-jvalana-jvalapuñjam aditya-mandalam  
dhyatva nabhi-sthitam yogi pranayame sukhi bhavet // GorS\_99  
(=1|46)

pranam codidaya piben parimitam bhuyo'nyaya recayet pitva  
pingalaya samiranam atho baddhva tyajed vamaya  
surya-candramasor anena vidhina bimba-dvayam dhyayatah suddha  
nadi-gana bhavanti yamino masa-trayad urdhvatah // GorS\_100 (=HYP  
2.10)

yathestham dharanam vayor analasya pradipanam  
nadabhivyaktir arogyam jayate nadi-sodhanat // GorS\_101

iti goraksa-satakam sampurnam

— (= Gorakhnath): Goraksasataka (Academic edition — see source file header)