



Based on Torella, Raffaele: "The Svabodhodayamañjari, or How to Suppress the Mind with No Effort". IN:  
R. Tsuchida and A. Wezler: Haranandalahari. Studies in Honour of Prof. Minoru Hara on His Seventieth Birthday.  
Reinbeck : 2000, pp. 387-410.  
Input by Daniele Cuneo  
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## Revisions:

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

# Text

vamanadatta: svabodhodayamañjari

samyagbodhavicarena bhavanam asvabhavatah /  
labdhabodhadayanandam vande samsthanam atmanah // 1 //

rupadipañcavargo 'yam visvam etavad eva hi /  
grhyate pañcabhis tac ca caksuradibhir indriyaih // 2 //

caksuh sarvasv avasthasu dehinam manasi sthitam /  
tat pralinam bhaved yasya tasya sarvam praliyate // 3 //

tasyaiva vilayopayah pradisto gurubhih pura /  
tadagamaparibhramsabhayat spastikrto maya // 4 //

jatyadikalpanarupavyavaharo manahsthitah /  
vastuto na tu tah santi niscityaitac chamam vrajet // 5 //

sukrasonitasamslesakale nasti manah kvacit /  
na budbude na pesyam va na sarire kvacit sthitam // 6 //

sariram garbhavasantah kaumare yauvane tatha /  
ksanaksayi vinasantam tac ca naivopalabhyate // 7 //

prthag nama prthag rupam lomadinam prthak sthitih /  
prthak sarvam yatha drstam kva sariram tada sthitam // 8 //

evam eva vicaryokta jatis tathaiva badhyate /  
na ca sa vastuto yukta kasyacid vavabhasate // 9 //

nama pitra krtam mithya kriya na niyata yatah /  
guni yadi bhavet kascid bhavanti bahavo gunah // 10 //

ittham mithyavikalpotthavaśanabhir abhiplutam /  
cañcalam manaso rupam niscityaitan nirodhayet // 11 //

purvair nirodho kathito vairagyabhyasaypogatah /  
ayatnena nirodho 'yam asmabhir upadisyate // 12 //

grahyam yac ca bhavet kiñcit tat tal linam tada bhavet /  
anyasyagrahanac cittam svatmany eva prasamyati // 13 //

yatha ghanasvane sandre kramena vilayam gate /

tadasrayavasac cittam tasmin ksine prasamyati // 14 //

yad yan manoharam kimcic chrutigocaram agatam /  
ekagram bhavayet tavad yaval linam nirodhakrt // 15 //

rupadinam tathaivettham bhavayed ramaniyatam /  
vilinani smaret pascad atamabhavopabrmhitah // 16 //

evam grahyasamavesan nirodhah kathito maya /  
grahanad eva purvo 'yam idanim sampradrsyate // 17 //

grahananindriyaniha samaniti prabodhayet /  
samatvam ragahaneh syad dvesasyopaksayat tatha // 18 //

sarvaragat sahanih syat sarvadvesat tathaiva ca /  
baddhvat sarvaragi syat sarvadvesta ca bhairavah // 19 //

agrahyam indriyam sunyam svatmany eva praliyate /  
pralinendriyavrttes tu kaivalyabhyudayodayah // 20 //

tasmac cittam samadaya sunye sankalpavarjite /  
nistabdhendriyavrttes tu nirodhah samprajayate // 21 //

jrbhmanasya satatam ksudhavistasya yoginah /  
dhyayato va kim apy antah pratyante kevalam bhavet // 22 //

apralinamanovrtter nidram asrayatah sanaih /  
visayagrahanat sarvanirodhah samprajayate // 23 //

dhavatah padaviksepaprayatnanavadharanat /  
nihsamkalpamanovrtteh paramatma prakasate // 24 //

asane 'py upavistasya kva me cittam avasthitam /  
vicaryaivam prayatnena niradhare prasamyati // 25 //

vayuna spandanadini sarirasya karomy aham /  
na ca citte sthito vayur na vayau cittam asthitam // 26 //

evam vimrsato bhavan na kvacit samsthitam manah /  
mithaiva vrttayas tasya sarvatha kevalam sthitam // 27 //

yatra yatra bhaved vañcha bhojanadisu vastusu /  
purayet tam yathasakti bhavet purno nirasrayah // 28 //

vañchitam gaditam kiñcid akasmad yadi vismrtam /  
punas tasyanusandhanat ksanat kaivalyam apnuyat // 29 //

sthanuh syat puruso veti durad drsye vikalpate /  
suniscitamateh ksipram nirodhah samprajayate // 30 //

drsyaiah padarthair drastaram pasyed buddhya yato drsah /  
tam drstva moksam apnoti yo na tadvat sa badhyate // 31 //

alambya samvidam yatnat samvedyam na svabhavatah /  
tasmac samviditam sarvam iti samvinmayo bhavet // 32 //

punar vised apanena hrdayam pravikasayet /  
tathaiva ksinavrttih syad apane vilayam gate // 33 //

susumnapatham asritya prasadhvanibodhatah /  
bindusatkaparityagac chantabodhah ksanad bhavet // 34 //

vamadaksinasañcarabindudvayanigharsanat /  
dvadasante mahasantih siddhair ukta mukhagame // 35 //

urdhvam akramato vayor udgatante samo bhavet /  
puryastakavibhede 'pi tathaiva manaso layah // 36 //

vivaryasyam ksanam sthitva nihsandigdham anakulam /  
stambhitapranavrttes tu nirodhah samprajayate // 37 //

nabhimedhrantare cittam suratante viniksipet /  
liyamane ratanande nistarangah ksanam bhavet // 38 //

duragatasuhrdbandhuparisvanganisevitam /  
anandanirbharam cittam nivrttim labhate ksanat // 39 //

durad uccarite sabde sabdarthanavadharanat /  
savadhanasya tajjñanam ksinarodhah prajayate // 40 //

[...] padabhyangaparisvangac cittarodhah ksanam bhavet // 41  
//

rucyanam sadavadinam svalolagre sthitim kuru /  
ksiyamane rasanande kaivalyam upajayate // 42 //

malatyadisu gandhams ca tathaiva paribhavayet /  
tadasrayavasac cittam tesu linesu liyate // 43 //

ittham pratiksanam yasya cittam atmani liyate /  
sa labdhabodhasadbhavo jivanmukto 'bhidhiyate // 44 //

mimamsavanasimhasya harsadattasya sununa /  
krta vamanadattena svabodhodayamañjari // 45 //