# gorakṣa-śatakam

This is the version of the text found in Briggs’ *Gorakhnath and the Kanphata Yogis* (1938), reprinted in 1989 by Motilal Banarsidass. (pp. 284-304). Another, quite different version of this text is found in another file (*Gorakṣa-śatakam* 1). The numbers of verses found in the other version are given in brackets. Many of the verses are from *Haṭha-yoga-pradīpikā* 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 *Gorakṣa-śataka*. It looks more like someone was compiling verses from GS and HYP and other sources and never completed his mission.

oṁ haṭha-yoga-gorakṣa-śataka-prārambhaḥ |

śrī-guruṁ paramānandaṁ vande svānanda-vigraham |

yasya saṁnidhya-mātreṇa cidānandāyate tanuḥ ||1||

antar-niścalitātma-dīpa-kalikā-svādhāra-bandhādibhiḥ

yo yogī yuga-kalpa-kāla-kalanāt tvaṁ jajegīyate |

jñānāmoda-mahodadhiḥ samabhavad yatrādināthaḥ svayaṁ

vyaktāvyakta-guṇādhikaṁ tam aniśaṁ śrī-mīnanāthaṁ bhaje ||2||

namaskṛtya guruṁ bhaktyā gorakṣo jñānam uttamam |

abhīṣṭaṁ yogināṁ brūte paramānanda-kārakam ||3||

gorakṣaḥ śatakaṁ vakti yogināṁ hita-kāmyayā |

dhruvaṁ yasyāvabodhena jāyate paramaṁ padam ||4||

etad vimukti-sopānam etat kālasya vañcanam |

yad vyāvṛttaṁ mano mohād āsaktaṁ paramātmani ||5|| (2)

dvija-sevita-śākhasya śruti-kalpa-taroḥ phalam |

śamanaṁ bhava-tāpasya yogaṁ bhajati sajjanaḥ ||6|| (3)

āsanaṁ prāṇa-saṁyāmaḥ pratyāhāro’tha dhāraṇā |

dhyānaṁ samādhir etāni yogāṅgāni bhavanti ṣaṭ ||7|| (4)

āsanāni tu tāvanti yāvatyo jīva-jātayaḥ |

eteṣām akhilān bhedān vijānāti maheśvaraḥ ||8|| (5)

caturāśīti-lakṣāṇāṁ ekam ekam udāhṛtam |

tataḥ śivena pīṭhānāṁ ṣoḍeśānaṁ śataṁ kṛtam ||9|| (6)

āsanebhyaḥ samastebhyo dvayam eva viśiṣyate |

ekaṁ siddhāsanaṁ proktaṁ dvitīyaṁ kamalāsanam ||10|| (7)

yoni-sthānakam aṅghri-mūla-ghaṭitaṁ kṛtvā dṛḍhaṁ vinyasen

meḍhre pādam athaikam eva niyataṁ kṛtvā samaṁ vigraham |

sthāṇuḥ saṁyamitendriyo’cala-dṛśā paśyan bhruvor antaram

etan mokṣa-kavāṭa-bheda-janakaṁ siddhāsanaṁ procyate ||11|| (8)

vāmorūpari dakṣiṇaṁ hi caraṇaṁ saṁsthāpya vāmaṁ tathā

dakṣorūpari paścimena vidhinā dhṛtvā karābhyāṁ dṛḍham |

aṅguṣṭhau hṛdaye nidhāya cibukaṁ nāsāgram ālokayed

etad-vyādhi-vikāra-hāri yamināṁ padmāsanaṁ procyate ||12|| (9)

ṣaṭ-cakraṁ ṣoḍaśādhāraṁ trilakṣaṁ vyoma-pañcakam |

sva-dehe ye na jānanti kathaṁ sidhyanti yoginaḥ ||13||

eka-stambhaṁ nava-dvāraṁ gṛhaṁ pañcādhidaivatam |

sva-dehaṁ ye na jānanti kathaṁ sidhyanti yoginaḥ ||14|

caturdalaṁ syād ādhāraḥ svādhiṣṭhānaṁ ca ṣaṭ-dalam |

nābhau daśa-dalaṁ padmaṁ sūrya-saṅkhya-dalaṁ hṛdi ||15||

kaṇṭhe syāt ṣoḍaśa-dalaṁ bhrū-madhye dvidalaṁ tathā |

sahasra-dalam ākhyātaṁ brahma-randhre mahā-pathe ||16||

ādhāraḥ prathamaṁ cakraṁ svādhiṣṭhānaṁ dvitīyakam |

yoni-sthānaṁ dvayor madhye kāma-rūpaṁ nigadyate ||17|| (10)

ādhārākhyaṁ guda-sthānaṁ paṅkajaṁ ca catur-dalam |

tan-madhye procyate yoniḥ kāmākṣā siddha-vanditā ||18|| (11)

yoni-madhye mahā-liṅgaṁ paścimābhimukhaṁ sthitam |

mastake maṇivad bimbaṁ yo jānāti sa yogavit ||19|| (12)

tapta-cāmīkarābhāsaṁ taḍil-lekheva visphurat |

trikoṇaṁ tat-puraṁ vahner adho-meḍhrāt pratiṣṭhitam ||20|| (13)

yat samādhau paraṁ jyotir anantaṁ viśvato-mukham |

tasmin dṛṣṭe mahā-yoge yātāyātaṁ na vidyate ||21||

sva-śabdena bhavet prāṇaḥ svādhiṣṭhānaṁ tad-āśrayaḥ |

svādhiṣṭhānāt padād asmān meḍhram evābhidhīyate ||22|| (14)

tantunā maṇivat proto yatra kandaḥ suṣumṇayā |

tan-nābhi-maṇḍalaṁ cakraṁ procyate maṇi-pūrakam ||23|| (15)

dvādaśāre mahā-cakre puṇya-pāpa-vivarjite |

tāvaj jīvo bhramaty eva yāvat tattvaṁ na vindati ||24||

ūrdhvaṁ meḍhrād adho nābheḥ kanda-yoniḥ khagāṇḍavat |

tatra nāḍyaḥ samutpannāḥ sahasrāṇāṁ dvisaptatiḥ ||25|| (16)

teṣu nāḍi-sahasreṣu dvisaptatir udāhṛtāḥ |

pradhānaṁ prāṇa-vāhinyo bhūyas tatra daśa smṛtāḥ ||26|| (17)

iḍā ca piṅgalā caiva suṣumṇā ca tṛtīyakā |

gāndhārī hasti-jihvā ca pūṣā caiva yaśasvinī ||27|| (18)

alambuṣā kuhūś caiva śaṅkhinī daśamī smṛtā |

etan nāḍi-mayaṁ cakraṁ jñātavyaṁ yogibhiḥ sadā ||28|| (19)

iḍā vāme sthitā bhāge piṅgalā dakṣiṇe tathā |

suṣumṇā madhya-deśe tu gāndhārī vāma-cakṣuṣi ||29|| (20)

dakṣiṇe hasti-jihvā ca pūṣā karṇe ca dakṣiṇe |

yaśasvinī vāma-karṇe cāsane vāpy alambuṣā ||30|| (21)

kuhūś ca liṅga-deśe tu mūla-sthāne ca śaṅkhinī |

evaṁ dvāram upāśritya tiṣṭhanti daśa-nāḍikāḥ ||31|| (22)

iḍā-piṅgalā-suṣumṇā ca tisro nāḍya udāhṛtāḥ |

satataṁ prāṇa-vāhinyaḥ soma-sūryāgni-devatāḥ ||32|| (23)

prāṇo’pānaḥ samānaś codāno vyānau ca vāyavaḥ |

nāgaḥ kūrmo’tha kṛkaro devadatto dhanañjayaḥ ||33|| (24)

hṛdi prāṇo vasen nityaṁ apāno guda-maṇḍale |

samāno nābhi-deśe syād udānaḥ kaṇṭha-madhyagaḥ ||34||

udgāre nāgākhyātaḥ kūrma unmīlane smṛtaḥ |

kṛkaraḥ kṣuta-kṛj jñeyo devadatto vijṛmbhaṇe ||35||

na jahāti mṛtaṁ cāpi sarva-vyāpi dhanañjayaḥ |

ete sarvāsu nāḍīṣu bhramante jīva-rūpiṇaḥ ||36|| (25)

ākṣipto bhuja-daṇḍena yathoccalati kandukaḥ |

prāṇāpāna-samākṣiptas tathā jīvo na tiṣṭhati ||38|| (27)

prāṇāpāna-vaśo jīvo hy adhaś cordhvaṁ ca dhāvati |

vāma-dakṣiṇa-mārgeṇa cañcalatvān na dṛśyate ||39|| (26)

rajju-baddho yathā śyeno gato’py ākṛṣyate |

guṇa-baddhas tathā jīvaḥ prāṇāpānena kṛṣyate ||40|| (28)

apānaḥ karṣati prāṇaḥ prāṇo’pānaṁ ca karṣati |

ūrdhvādhaḥ saṁsthitāv etau saṁyojayati yogavit ||41|| (29)

ha-kāreṇa bahir yāti sa-kāreṇa viśet punaḥ |

haṁsa-haṁsety amuṁ mantraṁ jīvo japati sarvadā ||42||

ṣaṭ-śatānitvaho-rātre sahasrāṇy eka-viṁśatiḥ |

etat saṅkhyānvitaṁ mantra jīvo japati sarvadā ||43||

ajapā nāma gāyatrī yogināṁ mokṣa-dāyinī |

asyāḥ saṅkalpa-mātreṇa sarva-pāpaiḥ pramucyate ||44||

anayā sadṛśī vidyā anayā sadṛśo japaḥ |

anayā sadṛśaṁ jñānaṁ na bhūtaṁ na bhaviṣyati ||45||

kundalinyāḥ samudbhūtā gāyatrī prāṇa-dhāriṇī |

prāṇa-vidyā mahā-vidyā yas tāṁ vetti sa yogavit ||46||

kandordhvaṁ kuṇḍalī śaktir aṣṭadhā kuṇḍalākṛti |

brahma-dvāra-mukhaṁ nityaṁ mukhenācchādya tiṣṭhati ||47|| (30)

yena dvāreṇa gantavyaṁ brahma-sthānam anāmayam |

mukhenācchādya tad-dvāraṁ prasuptā parameśvarī ||48||

prabuddhā vahni-yogena manasā mārutā hatā |

sūcīvad guṇam ādāya vrajaty ūrdhvaṁ suṣumṇayā ||49|| (31)

prasphurad-bhujagākārā padma-tantu-nibhā śubhā |

prabuddhā vahni-yogena vratya ūrdhvaṁ suṣumṇayā ||50||

udghaṭayet kapātaṁ tu yathā kuñcikayā haṭhāt |

kuṇḍalinyā tathā yogī mokṣa-dvāraṁ prabhedayet ||51||

kṛtvā sampuṭitau karau dṛḍhataraṁ baddhvā tu padmāsanaṁ

gāḍhaṁ vakṣasi sannidhāya cibukaṁ dhyātvā ca tat prekṣitam |

vāraṁ vāram apānam ūrdhvam anilaṁ proccārayet pūritaṁ

muñcan prāṇam upaiti bodham atulaṁ śakti-prabodhān naraḥ ||52||

(HYP 1.50)

aṅgānāṁ mardanaṁ kuryāc chrama-jātena vāriṇā |

kaṭv-amla-lavaṇa-tyāgī kṣīra-bhojanam ācaret ||53|| (50)

brahmacārī mitāhārī tyāgī yoga-parāyaṇaḥ |

abdād ūrdhvaṁ bhavet siddho nātra kāryā vicāraṇā ||54|| (HYP 1.59)

susnigdhaṁ madhurāhāraṁ caturthāṁśa-vivarjitam |

bhujyate sura-samprītyai mitāhāraḥ sa ucyate ||55|| (HYP 1.60)

kandordhvaṁ kuṇḍalī śaktir aṣṭadhā kuṇḍalākṛtiḥ |

bandhanāya ca mūḍhānāṁ yogināṁ mokṣadā smṛtā ||56|| (HYP 3.107)

mahāmudrāṁ namo-mudrām uḍḍiyānaṁ jalandharam |

mūla-bandhaṁ ca yo vetti sa yogī siddhi-bhājanam ||57|| (32)

śodhanaṁ nāḍi-jālasya cālanaṁ candra-sūryayoḥ |

rasānāṁ śoṣaṇaṁ caiva mahā-mudrābhidhīyate ||58||

vakṣo-nyasta-hanur nipīḍya suciraṁ yoniṁ ca vāmāṅghriṇā

hastābhyām avadhāritaṁ prasaritaṁ pādaṁ tathā dakṣiṇam |

āpūrya śvasanena kukṣi-yugalaṁ baddhvā śanai recayed

eṣā pātaka-nāśinī sumahatī mudrā nṝṇāṁ procyate ||59|| (33)

candrāṅgena samabhyasya sūryāṅgenābhyaset punaḥ |

yāvat tulyā bhavet saṅkhyā tato mudrāṁ visarjayet ||60|| (HYP 3.15)

na hi pathyam apathyaṁ vā rasāḥ sarve’pi nīrasāḥ |

api muktaṁ viṣaṁ ghoraṁ pīyūṣam api jīryate ||61|| (HYP 3.16)

kṣaya-kuṣṭha-gudāvarta-gulmājīrṇa-purogamāḥ |

tasya doṣāḥ kṣayaṁ yānti mahāmudrāṁ tu yo’bhyaset ||62|| (HYP 3.17)

kathiteyaṁ mahāmudrā mahā-siddhi-karā nṝṇām |

gopanīyā prayatnena na deyā yasya kasyacit ||63|| (HYP 3.18)

kapāla-kuhare jihvā praviṣṭā viparītagā |

bhruvor antargatā dṛṣṭir mudrā bhavati khecarī ||64|| (34)

na rogo maraṇaṁ tandrā na nidrā na kṣudhā tṛṣā |

na ca mūrcchā bhavet tasya yo mudrāṁ vetti khecarīm ||65|| (HYP 3.39)

pīḍyate na sa rogeṇa lipyate na ca karmaṇā |

bādhyate na sa kālena yo mudrāṁ vetti khecarīm ||66|| (HYP 3.40)

cittaṁ carati khe yasmāj jihvā carati khe gatā |

tenaiṣā khecarī nāma mudrā siddhair nirūpitā ||67|| (HYP 3.41)

bindu-mūlaṁ śarīraṁ tu śirās tatra pratiṣṭhitāḥ |

bhāvayanti śarīraṁ yā āpāda-tala-mastakam ||68||

khecaryā mudritaṁ yena vivaraṁ lambikordhvataḥ |

na tasya kṣarate binduḥ kāminyāliṅgitasya ca ||69||

yāvad binduḥ sthito dehe tāvat kāla-bhayaṁ kutaḥ |

yāvad baddhā nabho-mudrā tāvad bindur na gacchati ||70||

calito’pi yadā binduḥ samprāptaś ca hutāśanam |

vrajaty ūrdhvaṁ hṛtaḥ śaktyā niruddho yoni-mudrayā ||71|| (HYP 3.43)

sa punar dvividho binduḥ paṇḍuro lohitas tathā |

pāṇḍuraṁ śukram ity āhur lohitaṁ tu mahārājaḥ ||72||

sindūra-drava-saṅkāśaṁ ravi-sthāne sthitaṁ rajaḥ |

śaśi-sthāne sthito bindus tayor aikyaṁ sudurlabham ||73||

binduḥ śivo rajaḥ śaktir bindum indū rajo raviḥ |

ubhayoḥ saṅgamād eva prāpyate paramaṁ padam ||74||

vāyunā śakti-cāreṇa preritaṁ tu mahā-rajaḥ |

bindunaiti sahaikatvaṁ bhaved divyaṁ vapus tadā ||75||

śukraṁ candreṇa saṁyuktaṁ rajaḥ sūryeṇa saṁyutam |

tayoḥ samarasaikatvaṁ yojānāti sa yogavit ||76||

uḍḍīnaṁ kurute yasmād aviśrāntaṁ mahā-khagaḥ |

uḍḍīyānaṁ tad eva syāt tava bandho’bhidhīyate ||77|| (HYP 3.56)

udarāt paścime bhāge hy adho nābher nigadyate |

uḍḍīyanasya bandho’yaṁ tatra bandho vidhīyate ||78||

badhnāti hi sirājālam adho-gāmi śiro-jalam |

tato jālandharo bandhaḥ kaṇṭha-duḥkhaugha-nāśanaḥ ||79|| (HYP 3.71)

jālandhare kṛte bandhe kaṇṭha-saṁkoca-lakṣaṇe |

pīyūṣaṁ na pataty agnau na ca vāyuḥ prakupyati ||80|| (36, HYP 3.72)

pārṣṇi-bhāgena sampīḍya yonim ākuñcayed gudam |

apānam ūrdhvam ākṛṣya mūla-bandho’bhidhīyate ||81|| (37, HYP 3.61)

apāna-prāṇayor aikyāt kṣayān mūtra-purīṣayoḥ |

yuvā bhavati vṛddho’pi satataṁ mūla-bandhanāt ||82|| (38, HYP 3.65)

padmāsanaṁ samāruhya sama-kāya-śiro-dharaḥ |

nāsāgra-dṛṣṭir ekānte japed oṅkāram avyayam ||83||

bhūr bhuvaḥ svar ime lokāḥ soma-sūryāgni-devatāḥ |

yasyā mātrāsu tiṣṭhanti tat paraṁ jyotir om iti ||84||

trayaḥ kālās trayo vedās trayo lokās trayaḥ sverāḥ |

trayo devāḥ sthitā yatra tat paraṁ jyotir om iti ||85||

kriyā cecchā tathā jñānā brāhmī raudrī ca vaiṣṇavī |

tridhā śaktiḥ sthitā yatra tat paraṁ jyotir om iti ||86||

ākārāś ca tatho-kāro ma-kāro bindu-saṁjñakaḥ |

tisro mātrāḥ sthitā yatra tat paraṁ jyotir om iti ||87||

vacasā taj jayed bījaṁ vapuṣā tat samabhyaset |

manasā tat smaren nityaṁ tat paraṁ jyotir om iti ||88||

śucir vāpy aśucir vāpi yo japet praṇavaṁ sadā |

lipyate na sa pāpena padma-patram ivāmbhasā ||89||

cale vāte calo bindur niścale niścalo bhavet |

yogī sthāṇutvam āpnoti tato vāyuṁ nirodhayet ||90|| (39, HYP 2.2)

yāvad vāyuḥ sthito dehe tāvaj jīvanam ucyate |

maraṇaṁ tasya niṣkrāntis tato vāyuṁ nirodhayet ||91|| (HYP 2.3)

yāvad baddho marud dehe yāvac cittaṁ nirākulam |

yāvad dṛṣṭir bhruvor madhye tāvat kāla-bhayaṁ kutaḥ ||92|| (HYP 2.40)

ataḥ kāla-bhayād brahmā prāṇāyāma-parāyaṇaḥ |

yogino munayaś caiva tato vāyuṁ nirodhayet ||93||

ṣaṭ-triṁśad-aṅgulo haṁsaḥ prayāṇaṁ kurute bahiḥ |

vāma-dakṣiṇa-mārgeṇa tataḥ prāṇo’bhidhīyate ||94|| (40)

śuddhim eti yadā sarvaṁ nāḍī-cakraṁ malākulam |

tadaiva jāyate yogī prāṇa-saṁgrahaṇe kṣamaḥ ||95||

baddha-padmāsano yogī prāṇaṁ candreṇa pūrayet |

dhārayitvā yathā-śakti bhūyaḥ sūryeṇa recayet ||96|| (43)

amṛtaṁ dadhi-saṅkāśaṁ go-kṣīra-rajatopamam |

dhyātvā candramaso bimbaṁ prāṇāyāmī sukhī bhavet ||97|| (44)

dakṣiṇo śvāsam ākṛṣya pūrayed udaraṁ śanaiḥ |

kumbhayitvā vidhānena puraś candreṇa recayet ||98|| (45)

prajvalaj-jvalana-jvālā-puñjam āditya-maṇḍalam |

dhyātvā nābhi-sthitaṁ yogī prāṇāyāme sukhī bhavet ||99|| (46)

prāṇaṁ codiḍayā piben parimitaṁ bhūyo’nyayā recayet

pītvā piṅgalayā samīraṇam atho baddhvā tyajed vāmayā |

sūrya-candramasor anena vidhinā bimba-dvayaṁ dhyāyataḥ

śuddhā nāḍi-gaṇā bhavanti yamino māsa-trayād ūrdhvataḥ ||100|| (HYP 2.10)

yatheṣṭhaṁ dhāraṇaṁ vāyor analasya pradīpanam |

nādābhivyaktir ārogyaṁ jāyate nāḍi-śodhanāt ||101||

iti gorakṣa-śatakaṁ sampūrṇam |