

śrīḥ
śrīmate nigamāntamahādeśikāya namaḥ
śrīmān veṅkaṭanāthāryaḥ kavītārkikakesarī
vedāntācāryavāryō me sannidhattāṃ sadā hr̥di ॥

॥ *uddhava gītā - daśamo'dhyāyaḥ* ॥

This document has been prepared by*

Sunder Kidāmbi

with the blessings of

śrī raṅgarāmānujamahādeśikan

His Holiness *śrīmad āṇḍavan* of *śrīraṅgam*

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śrīḥ
śrīmate rāmānujāya namaḥ

॥ uddhava gītā - daśamo'dhyāyaḥ ॥

śrībhagavānuvāca

jitendriyasya yuktasya jitaśvāsasya yoginaḥ |
mayi dhārayataśceta upatiṣṭhanti siddhayaḥ || 10.1 ||

śrī·uddhava uvāca

kayā dhāraṇayā kāsvit kathaṃsvit siddhiracyuta |
kati vā siddhayo brūhi yogināṃ siddhido bhavān || 10.2 ||

śrībhagavānuvāca

siddhayo'ṣṭādaśa proktā dhāraṇāyogapāragaiḥ |
tāsāmaṣṭau matpradhānā daśaiva guṇahetavaḥ || 10.3 ||

aṇimā mahimā mūrterlaghimā prāptirindriyaiḥ |
prākāmyaṃ śrutadrṣṭeṣu śaktipreraṇamīśitā || 10.4 ||

guṇeṣvasaṅgo vaśitā yatkāmastadavasyati |
etā me siddhayaḥ saumya aṣṭāvautpattikā matāḥ || 10.5 ||

anūrmimattvaṃ dehe'smin dūraśravaṇadarśanam |
manojavaḥ kāmarūpaṃ parakāyapraveśanam || 10.6 ||

svacchandamṛtyurdevānāṃ sahakrīḍānudarśanam |
yathāsaṅkalpasamṣiddhirājñāpratihatā gatiḥ || 10.7 ||

trikālaññatvamadvandvaṃ paracittādyabhijñatā |
agnyarkāmbuviṣādīnāṃ pratiṣṭambho'parājayaḥ || 10.8 ||

etāścoddeśataḥ proktā yogadhāraṇasiddhayaḥ |
yayā dhāraṇayā yā syād yathā vā syānnibodha me || 10.9 ||

*bhūtasūkṣmātmani mayi tanmātraṃ dhārayenmanaḥ |
aṇimānamavāpnoti tanmātropāsako mama || 10.10 ||*

*mahatyātmanmayi pare yathāsaṃsthaṃ mano dadhat |
mahimānamavāpnoti bhūtānāṃ ca pṛthak pṛthak || 10.11 ||*

*paramāṇumaye cittaṃ bhūtānāṃ mayi rañjayan |
kālasūkṣmārthatāṃ yogī laghimānamavāpnuyāt || 10.12 ||*

*dhārayan mayyahantattve mano vaikārike'khilam |
sarvendriyāṇāmātmatvaṃ prāptiṃ prāpnoti manmanāḥ || 10.13 ||*

*mahatyātmani yaḥ sūtre dhārayenmayi mānasam |
prākāmyaṃ pārameṣṭhyaṃ me vindate'vyaktajanmanaḥ || 10.14 ||*

*viṣṇau tryadhīśvare cittaṃ dhārayet kālavigrahe |
sa īśitvamavāpnoti kṣetrakṣetrajñacodanām || 10.15 ||*

*nārāyaṇe turīyākhye bhagavacchabdaśabdite |
mano mayyādadhādh yogī maddharmā vaśitāmiyāt || 10.16 ||*

*nirguṇe brahmaṇi mayi dhārayan viśadaṃ manaḥ |
paramānandamāpnoti yatra kāmo'vasīyate || 10.17 ||*

*śvetadvīpapatau cittaṃ śuddhe dharmamaye mayi |
dhārayaṅchvetatāṃ yāti śaḍūrmirahito naraḥ || 10.18 ||*

*mayyākāśātmani prāṇe manasā ghoṣamudvahan |
tatropalabdhā bhūtānāṃ haṃso vācaḥ śṛṇotyasaḥ || 10.19 ||*

*cakṣustvaṣṭari saṃyojya tvaṣṭāramapi cakṣuṣi |
māṃ tatra manasā dhyāyan viśvaṃ paśyati sūkṣmadṛk || 10.20 ||*

*mano mayi susaṃyojya dehaṃ tadanu vāyunā |
maddhāraṇānubhāvena tatrātmā yatra vai manaḥ || 10.21 ||*

yadā mana upādāya yad yad rūpaṃ bubhūṣati |
tattad bhavenmanorūpaṃ madyogabalamāśrayaḥ || 10.22 ||

parakāyaṃ viśan siddha ātmānaṃ tatra bhāvayet |
piṇḍaṃ hitvā viśet prāṇo vāyubhūtaḥ ṣaḍaṅghrivat || 10.23 ||

pārṣṇyā''pīḍya gudaṃ prāṇaṃ hr̥duraḥ kaṇṭhamūrdhasu |
āropya brahmarandhreṇa brahma nītvotsṛjettanum || 10.24 ||

vihariṣyan surākrīḍe matsthaṃ sattvaṃ vibhāvayet |
vimānenopatiṣṭhanti sattvavṛttīḥ surastriyaḥ || 10.25 ||

yathā saṅkalpayed buddhyā yadā vā matparaḥ pumān |
mayi satye mano yuñjamaṣṭathā tat samupāśnute || 10.26 ||

yo vai madbhāvamāpanna īśiturvaśituḥ pumān |
kutaścinna vihanyeta tasya cājñā yathā mama || 10.27 ||

madbhaktyā śuddhasattvasya yogino dhāraṇāvidaḥ |
tasya traikālikī buddhirjanmamṛtyūpabr̥ṃhitā || 10.28 ||

agnyādibhirna hanyeta muneryogamayaṃ vapuḥ |
madyogaśāntacittasya yādasāmudakaṃ yathā || 10.29 ||

madvibhūtīrabhidhyāyan śrīvatsāstravibhūṣitāḥ |
dhvajātapatravyajanaiḥ sa bhavedaparājitāḥ || 10.30 ||

upāsakasya māmevaṃ yogadhāraṇayā muneḥ |
siddhayaḥ pūrvakathitā upatiṣṭhantyaśeṣataḥ || 10.31 ||

jitendriyasya dāntasya jitaśvāsātmano muneḥ |
maddhāraṇāṃ dhārayataḥ kā sā siddhiḥ sudurlabhā || 10.32 ||

antarāyān vadantyetā yuñjato yogamuttamam |
mayā sampadyamānasya kālakṣapaṇahetavaḥ || 10.33 ||

*janmauṣadhitapomantrairyāvātīriha siddhayaḥ |
yogenāpnoti tāḥ sarvā nānyairiyogagatiṃ vrajet || 10.34 ||*

*sarvāsāmapi siddhīnām hetuḥ patirahaṃ prabhuḥ |
ahaṃ yogasya sāṅkhyasya dharmasya brahmavādinām || 10.35 ||*

*ahamātmā'ntaro bāhyo'nāvṛtaḥ sarvadehinām |
yathā bhūtāni bhūteṣu bahirantaḥ svayaṃ tathā || 10.36 ||*

|| iti daśamo'dhyāyaḥ ||