

## ॥ aparokṣānubhūtiḥ ॥

śrī hariṁ param-ānandam upadeṣṭāram īśvaram ।  
vyāpakam sarva-lokānām kāraṇam taṁ namāmyaham ॥ 1 ॥

aparokṣānubhūtir-vai procyate mokṣa-siddhaye ।  
sadbhireṣā prayatnena vīkṣaṇīyā muhur-muhur ॥ 2 ॥

sva-varṇāśrama-dharmaṇa tapasā haritoṣaṇāt ।  
sādhanam prabhavet puṁsām vairāgyādi catuṣṭayam ॥ 3 ॥

brahmādisthāvarānteṣu vairāgyam viṣayeṣvanu ।  
yathaiva kāka-viṣṭhāyām vairāgyam taddhi nirmalam ॥ 4 ॥

nityam ātma-svarūpam hi dṛśyam tad viparītagam ।  
evam yo niścayaḥ samyag viveko vastunaḥ sa vai ॥ 5 ॥

sadaiva vāsanā-tyāgaḥ śamo'yam iti śabditaḥ ।  
nigraho bāhya-vṛttinām dama ityabhidhīyate ॥ 6 ॥

viṣayebhyaḥ parāvṛttiḥ paramoparatir-hi sā ।  
sahanam sarva-duḥkhānām titikṣā sā śubhā matā ॥ 7 ॥

nigamācārya-vākyeṣu bhaktiḥ śraddheti viśrutā ।  
cittaikāgryam tu sallakṣye samādhānam iti smṛtam ॥ 8 ॥

saṁsāra-bandhanir-muktiḥ katham syānme dayānidhe ।  
iti yā sudṛḍhā buddhir-vaktavyā sā mumukṣutā ॥ 9 ॥

ukta-sādhana-yuktena vicāraḥ puruṣeṇa hi ।  
kartavyo jñāna-siddhyartham ātmanaḥ śubham icchatā ॥ 10 ॥

notpadyate vinā jñānam vicāreṇānya-sādhanaḥ ।  
yathā padārthabhānam hi prakāśena vinā kvacit ॥ 11 ॥

ko'ham katham idaṁ jātam ko vai kartā'sya vidyate ।  
upādānam kim astīha vicāraḥ so'yam īdṛśaḥ ॥ 12 ॥

nāham bhūtagaṇo deho nāham cākṣagaṇas-tathā ।  
etad vilakṣaṇaḥ kaścīd vicāraḥ so'yam īdṛśaḥ ॥ 13 ॥

ajñāna-prabhavam sarvam jñānena pravilīyate ।  
saṅkalpo vividhaḥ kartā vicāraḥ so'yam īdṛśaḥ ॥ 14 ॥

etayor-yad-upādānam ekaṁ sūkṣmaṁ sadavyayam |  
yathaiva mṛd-ghaṭḍādīnām vicāraḥ so'yam īdṛśaḥ || 15 ||

aham eko'pi sūkṣmaś-ca jñātā sākṣī sad avyayaḥ |  
tad aham nātra sandeho vicāraḥ so'yam īdṛśaḥ || 16 ||

ātmā viniṣkalo hyeko deho bahubhir-āvṛtaḥ |  
tayor-aikyaṁ prapaśyanti kim ajñānam ataḥ param || 17 ||

ātmā niyāmakaścāntar-deho bāhyo niyamyakaḥ |  
tayor-aikyaṁ prapaśyanti kim ajñānam ataḥ param || 18 ||

ātmā jñānamayaḥ puṇyo deho mām samayo'suciḥ |  
tayor-aikyaṁ prapaśyanti kim ajñānam ataḥ param || 19 ||

ātmā prakāśakaḥ svaccho dehas-tāmasa ucyate |  
tayor-aikyaṁ prapaśyanti kim ajñānam ataḥ param || 20 ||

ātmā nityo hi sadrūpo deho'nityo hyasanmayaḥ |  
tayor-aikyaṁ prapaśyanti kim ajñānam ataḥ param || 21 ||

ātmanas-tat-prakāśatvaṁ yat-padārthāva-bhāsanam |  
nāgnyādi-dīptivad-dīptir-bhavatyāndhyaṁ yato niśi || 22 ||

deho'ham ityayaṁ mūḍho matvā tiṣṭhatyaho janaḥ |  
mamāyamityapi jñātvā ghaṭa-draṣṭeva sarvadā || 23 ||

brahmaivāhaṁ samaḥ śāntaḥ sac-cid-ānanda-lakṣaṇaḥ |  
nāhaṁ deho hyasad-rūpo jñānam ityucyate budhaiḥ || 24 ||

nirvikāro nirākāro niravadyo'ham avyayaḥ |  
nāhaṁ deho hyasad-rūpo jñānam ityucyate budhaiḥ || 25 ||

nirāmayo nirābhāso nirvikalpo'ham ātataḥ |  
nāhaṁ deho hyasad-rūpo jñānam ityucyate budhaiḥ || 26 ||

nirguṇo niṣkriyo nityo nitya-mukto'ham acyutaḥ |  
nāhaṁ deho hyasad-rūpo jñānam ityucyate budhaiḥ || 27 ||

nirmalo niścalo'nantaḥ śuddho'ham ajaro'maraḥ |  
nāhaṁ deho hyasad-rūpo jñānam ityucyate budhaiḥ || 28 ||

svadehaṁ śobhanaṁ tyaktvā puruṣākhyam ca saṁmatam |

kiṁ mūrkhā sūnyam ātmānaṁ dehātītaṁ karoṣi bhoḥ || 29 ||

svātmānaṁ śṛṇu mūrkhā tvaṁ śrutyā yuktyā ca pūruṣam |  
dehātītaṁ sadākāraṁ sudur-darśaṁ bhavādṛśāṁ || 30 ||

ahaṁ śabdena vikhyāta eka eva sthitaḥ paraḥ |  
sthūlas-tvanekatām prāptaḥ kathaṁ syād dehakaḥ pumān || 31 ||

ahaṁ draṣṭṛtayā siddho deho dṛśyatayā sthitaḥ |  
mamāyam iti nirdeśāt kathaṁ syād dehakaḥ pumān || 32 ||

ahaṁ vikārahīnas-tu deho nityaṁ vikāravān |  
iti pratīyate sāksāt kathaṁ syād dehakaḥ pumān || 33 ||

yasmāt param iti śrutyā tayā puruṣa-lakṣaṇam |  
vinirṇītaṁ viśuddhena kathaṁ syād dehakaḥ pumān || 34 ||

sarvaṁ puruṣa eveti sūkte puruṣa-saṁjñite |  
apyucyate yataḥ śrutyā kathaṁ syād dehakaḥ pumān || 35 ||

asaṅgaḥ puruṣaḥ prokto bṛhad-āraṇyake'pi ca |  
anantaṁ alasaṁ sṛṣṭaḥ kathaṁ syād dehakaḥ pumān || 36 ||

tatraiva ca samākhyātaḥ svayaṁ-jyotir-hi pūruṣaḥ |  
jādaḥ paraprakāśyo'yaṁ kathaṁ syād dehakaḥ pumān || 37 ||

prokto'pi karma-kāṇḍena hyātmā dehād vilakṣaṇaḥ |  
nityaś-ca tat-phalaṁ bhūṅkte dehapātād-anantaram || 38 ||

liṅgaṁ cāneka-saṁyuktaṁ calaṁ dṛśyaṁ vikāri ca |  
avyāpakam asad-rūpaṁ tat kathaṁ syāt pumān ayam || 39 ||

evaṁ dehadvayād anya ātmā puruṣa īśvaraḥ |  
sarvātmā sarva-rūpaśca sarvātīto'ham avyayaḥ || 40 ||

ityātmā-dehabhānena prapañcasyaiva satyatā |  
yathoktā tarka-śāstreṇa tataḥ kiṁ puruṣārthatā || 41 ||

ityātmā-dehabhedena dehātmatvaṁ nivāritam |  
idānīm deha-bhedasya hyasattvaṁ sphuṭam ucyate || 42 ||

caitanyaśaika-rūpatvād-bhedo yukto na karhicit |  
jīvatvaṁ ca mṛṣā jñeyaṁ rajjvām sarpa-graho yathā || 43 ||

rajvājñānāt-kṣaṇenaiva yadvadrajjurhi sarpiṇī |  
bhāti tad-vaccitiḥ sāksād viśvākāreṇa kevalā || 44 ||

upādānaṃ prapañcasya brahmaṇo'nyanna vidyate |  
tasmāt sarva-prapañco'yaṃ brahmaivāsti na catarat || 45 ||

vyāpyavyāpakatā mithyā sarvam ātmeti śāsanāt |  
iti jñāte pare tattve bhedasyāvasaraḥ kutaḥ || 46 ||

śrutyā nivāritaṃ nūnaṃ nānātvaṃ svamukhena hi |  
kathaṃ bhāso bhaved anyāḥ sthite cādvaya-kāraṇe || 47 ||

doṣo'pi vihitaḥ śrutyā mṛtyor-mṛtyuṃ sa gacchati |  
iha paśyati nānātvaṃ māyayā vañcito naraḥ || 48 ||

brahmaṇaḥ sarva-bhūtāni jāyante param-ātmanaḥ |  
tasmād etāni brahmaiva bhavantīty-avadhārayet || 49 ||

brahmaiva sarva-nāmāni rūpāṇi vividhāni ca |  
karmāṇyapi samagrāṇi bibhartīti śrutir-jagau || 50 ||

suvarṇājāyā-mānasya suvarṇatvaṃ ca śāśvatam |  
brahmaṇo jāyā-mānasya brahmatvaṃ ca tathā bhavet || 51 ||

svalpam apyantaraṃ kṛtvā jīvātma-paramātmanoḥ |  
yo'vatiṣṭhati mūḍhātmā bhayaṃ tasyābhibhāṣitam || 52 ||

yatrājñānād bhaveddvaitam itaras-tatra paśyati |  
ātmatvena yadā sarvaṃ netaras-tatra caṇvapi || 53 ||

yasmin sarvāṇi bhūtāni hyātmatvena vijānataḥ |  
na vai tasya bhaven-moho na ca śoko'dvitīyataḥ || 54 ||

ayam ātmā hi brahmaiva sarvātma-katayā sthitaḥ |  
iti nirdhāritaṃ śrutyā bṛhad-āraṇya-saṃsthayā || 55 ||

anubhūto'pyayaṃ loko vyavahāra-kṣamo'pi san |  
asadrūpo yathā svapna uttara-kṣaṇabādhataḥ || 56 ||

svapno jāgaraṇe'līkaḥ svapne'pi jāgaro na hi |  
dvayam eva laye nāsti layo'pi hyubhayorna ca || 57 ||

trayam evaṃ bhaven-mithyā guṇa-traya-vinirmitam |  
asya draṣṭā guṇātīto nityo hyekaścid-ātmakaḥ || 58 ||

yadvan-mṛḍi ghaṭa-bhrāntim śuktau vā rajatasthitim ।  
tadvad-brahmaṇi jīvatvaṁ bhrāntyā paśyati na svataḥ ॥ 59 ॥

yathā mṛḍi ghaṭo nāma kanake kuṇḍalābhidhā ।  
śuktau hi rajata-khyātir-jīva-śabdā-tathā pare ॥ 60 ॥

yathaiva vyomni nīlatvaṁ yathā nīraṁ marusthale ।  
puruṣatvaṁ yathā sthāṇau tadvad-viśvaṁ cidātmani ॥ 61 ॥

yathaiva śūnye vetālo gandharvāṇām puraṁ yathā ।  
yathākāśe dvicandratvaṁ tadvatsatye jagat-sthitiḥ ॥ 62 ॥

yathā taraṅga-kallolair-jalam eva sphuratyalam ।  
pātra-rūpeṇa tāmraṁ hi brahmāṇḍaughais-tathātmatā ॥ 63 ॥

ghaṭa-nāmnā yathā pṛthvī paṭa-nāmnā hi tantavaḥ ।  
jagan-nāmnā cidābhāti jñeyaṁ tat-tad-abhāvataḥ ॥ 64 ॥

sarvo'pi vyavahārustu brahmaṇā kriyate janaiḥ ।  
ajñānāna vijānanti mṛdeva hi ghaṭādikam ॥ 65 ॥

kārya-kāraṇatā nityam āste ghaṭamṛdoryathā ।  
tathaiva śruti-yuktibhyām prapañca-brahmaṇor-ihā ॥ 66 ॥

gṛhyamāṇe ghaṭe yadvan-mṛttikā'yāti vai balāt ।  
vikṣyamāṇe prapañce'pi brahmaivābhāti bhāsuram ॥ 67 ॥

sadaivātmā viśuddho'pi hyaśuddho bhāti vai sadā ।  
yathaiva dvividhā rajjur-jñānino'jñānino niśi ॥ 68 ॥

yathaiva mṛṇmayāḥ kuṁbhas-tadvad deho'pi cinmayaḥ ।  
ātmānātma-vibhāgo'yaṁ mudhaiva kriyate'budhaiḥ ॥ 69 ॥

sarpatvena yathā rajjū rajatatvena śuktikā ।  
vinirṇītā vimūḍhena dehatvena tathātmatā ॥ 70 ॥

ghaṭatvena yathā pṛthvī paṭatvenaiva tantavaḥ ।  
vinirṇītā vimūḍhena dehatvena tathātmatā ॥ 71 ॥

kanakaṁ kuṇḍalatvena taraṅgatvena vai jalam ।  
vinirṇītā vimūḍhena dehatvena tathātmatā ॥ 72 ॥

puruṣatvena vai sthāṇur-jalatvena marīcikā ।

vinirṇītā vimūḍhena dehatvena tathātmatā ॥ 73 ॥

gṛhatvenaiva kāṣṭhāni khaḍgatvenaiva lohatā ।  
vinirṇītā vimūḍhena dehatvena tathātmatā ॥ 74 ॥

yathā vṛkṣa-viparyāso jalād bhavati kasyacit ।  
tadvad ātmani dehatvaṃ paśyaty-ajñāna-yogataḥ ॥ 75 ॥

potena gacchataḥ puṃsaḥ sarvaṃ bhātīva cañcalam ।  
tadvad ātmani dehatvaṃ paśyaty-ajñāna-yogataḥ ॥ 76 ॥

pītatvaṃ hi yathā śubhre doṣād bhavati kasyacit ।  
tadvad ātmani dehatvaṃ paśyaty-ajñāna-yogataḥ ॥ 77 ॥

caḥṣurbhyāṃ bhrama-śīlābhyāṃ sarvaṃ bhāti bhramātmakam ।  
tadvad ātmani dehatvaṃ paśyaty-ajñāna-yogataḥ ॥ 78 ॥

alātaṃ bhramaṇenaiva vartulaṃ bhāti sūryavat ।  
tadvad ātmani dehatvaṃ paśyaty-ajñāna-yogataḥ ॥ 79 ॥

mahattve sarva-vastūnām aṇutvaṃ hyatidūrataḥ ।  
tadvad ātmani dehatvaṃ paśyaty-ajñāna-yogataḥ ॥ 80 ॥

sūkṣmatve sarva-vastūnām sthūlatvaṃ copanetrataḥ ।  
tadvad ātmani dehatvaṃ paśyaty-ajñāna-yogataḥ ॥ 81 ॥

kācabhūmau jalatvaṃ vā jalabhūmau hi kācatā ।  
tadvad ātmani dehatvaṃ paśyaty-ajñāna-yogataḥ ॥ 82 ॥

yadvad agnau maṇitvaṃ hi maṇau vā vahnitā pumān ।  
tadvad ātmani dehatvaṃ paśyaty-ajñāna-yogataḥ ॥ 83 ॥

abhreṣu satsu dhāvatsu dhāvanniva yathā śaśī ।  
tadvad ātmani dehatvaṃ paśyaty-ajñāna-yogataḥ ॥ 84 ॥

yathaiva dig-viparyāso mohād bhavati kasyacit ।  
tadvad ātmani dehatvaṃ paśyaty-ajñāna-yogataḥ ॥ 85 ॥

yathā śaśī jale bhāti cañcalatvena kasyacit ।  
tadvad ātmani dehatvaṃ paśyaty-ajñāna-yogataḥ ॥ 86 ॥

evam ātmanyavidyāto dehād hyāso hi jāyate ।  
sa evātma-pari-jñānāl-līyate ca parātmani ॥ 87 ॥

sarvam-ātmatayā jñātaṁ jagat-sthāvara-jaṅgamam |  
abhāvāt-sarva-bhāvānāṁ dehatā cātmanaḥ kutaḥ || 88 ||

ātmānāṁ satataṁ jānan kālāṁ naya mahāmate |  
prārabdham akhilarāṁ bhuñjan nodvegaṁ kartum arhasi || 89 ||

utpanne'pyātma-vijñāne prārabdham naiva muñcati |  
iti yacchrūyate śāstre tan-nirākriyate'dhunā || 90 ||

tattva-jñānodayād ūrdhvaṁ prārabdham naiva vidyate |  
dehādīnāṁ asatyatvāt yathā svapnaḥ prabodhataḥ || 91 ||

karma janmāntarīyaṁ yat prārabdham iti kīrtitam |  
tattu janmāntarābhāvāt puṁso naivāsti karhicit || 92 ||

svapna-deho yathādhyastās-tathaiṅgāyaṁ hi dehakaḥ |  
adhyas-tasya kuto janma janmābhāve sthitiḥ kutaḥ || 93 ||

upādānaṁ prapañcasya mṛd-bhāṅḍasyeva kathyate |  
ajñānaṁ caiva vedāntais-tasmin naṣṭe kva viśvatā || 94 ||

yathā rajjuṁ pari-tyajya sarpaṁ gṛhṇāti vai bhramāt |  
tadvat satyam avijñāya jagat paśyati mūḍhadhīḥ || 95 ||

rajju-rūpe pari-jñāte sarpa-khaṅḍaṁ na tiṣṭhati |  
adhiṣṭhāne tathā jñāte prapañcaḥ śūnyatāṁ vrajet || 96 ||

dehasyāpi prapañcatvāt prārabdhāvasthitiḥ kutaḥ |  
ajñāni-jana-bodhārthaṁ prārabdham vakti vai śrutiḥ || 97 ||

kṣīyante cāsya karmāṇi tasmin drṣṭe parāvare |  
bahutvaṁ tan-niṣedhārthaṁ śrutyā gītaṁ ca yat sphuṭam || 98 ||

ucyate'jñair-balāc-caitat tadānārtha-dvayāgamaḥ |  
vedānta-mata-hānaṁ ca yato jñānam iti śrutiḥ || 99 ||

tripañcāṅgānyato vakṣye pūrvoktasyaiva siddhaye |  
taiśca sarvaiḥ sadā kāryaṁ nididhyāsanam eva tu || 100 ||

nityābhyāsādṛte prāptir-na bhavet sac-cid-ātmanaḥ |  
tasmād brahma nididhyāsej-jijñāsuḥ śreyase ciram || 101 ||

yamo hi niyamas-tyāgo maunaṁ deśaś-ca kālataḥ |  
āsanāṁ mūlabandhaś-ca dehasāmyaṁ ca drk-sthitiḥ || 102 ||

prāṇa-saṁyamanam caiva pratyāhāraś-ca dhāraṇā |  
ātma-dhyānam samādhiś-ca proktānyaṅgāni vai kramāt || 103 ||

sarvam brahmeti vijñānād indriya-grāma-saṁyamaḥ |  
yamo'yam iti samprokto'bhyasanīyo muhur muhuḥ || 104 ||

sajātīya-pravāhaś-ca vijātīya-tiraskṛtiḥ |  
niyamo hi parānando niyamāt kriyate budhaiḥ || 105 ||

tyāgaḥ prapañca-rūpasya cid-ātmatvāvalokanāt |  
tyāgo hi mahatām pūjyaḥ sadyo mokṣamayo yataḥ || 106 ||

yato vāco nivartante aprāpya manasā saha |  
yan-maunam yogibhir-gamyam tad bhajet sarvadā budhaḥ || 107 ||

vāco yasmān-nivartante tad vaktum kena śakyate |  
prapañco yadi vaktavyaḥ so'pi śabda-vivarjitaḥ || 108 ||

iti vā tad bhaven-maunam satām sahaja-samjñitam |  
girām maunam tu bālānām prayuktaḥ brahma-vādibhiḥ || 109 ||

ādāvante ca madhye ca jano yasminna vidyate |  
yenedam satatam vyāptam sa deśo vijanaḥ smṛtaḥ || 110 ||

kalanāt sarvabhūtānām brahmādīnām nimeṣataḥ |  
kāla-śabdena nirdiṣṭo hyakhaṇḍānandako'dvayaḥ || 111 ||

sukhenaiva bhaved yasminn-ajasram brahma-cintanam |  
āsanam tad vijānīyān-netarat sukhanāśanam || 112 ||

siddham yat sarva-bhūtādi viśvādhiṣṭhānam avyayam |  
yasmin siddhāḥ samāviṣṭās-tad vai siddhāsanam viduḥ || 113 ||

yan-mūlam sarva-bhūtānām yan-mūlam citta-bandhanam |  
mūla-bandhaḥ sadā sevyo yogyo'sau rāja-yoginām || 114 ||

aṅgānām samatām vidyātsame brahmaṇi līnatām |  
no cennaiva samānatvam ṛjutvam śuśka-vṛkṣavat || 115 ||

dṛṣṭim jñānamayīm kṛtvā paśyed brahma-mayam jagat |  
sā dṛṣṭiḥ paramodārā na nāsāgrāvalokinī || 116 ||

draṣṭṛdarśana-dṛśyānām virāmo yatra vā bhavet |



dr̥ṣṭis-tatraiva kartavyā na nāsāgrāvalokinī ॥ 117 ॥

cittādi-sarvabhāveṣu brahmatvenaiva bhāvanāt ।  
nirodhaḥ sarva-vṛttinām prāṇāyāmaḥ sa ucyate ॥ 118 ॥

niṣedhanaṁ prapañcasya recakākhyāḥ samīraṇaḥ ।  
brahmaivāsmīti yā vṛttiḥ pūrako vāyurīritaḥ ॥ 119 ॥

tatas-tad-vṛttinaiścalyam kumbhakaḥ prāṇa-saṁyamaḥ ।  
ayam cāpi prabuddhānām ajñānām ghrāṇa-pīḍanam ॥ 120 ॥

viṣayeṣvātmatām dr̥ṣṭvā manasaś-citi majjanam ।  
pratyāhāraḥ sa vijñeyo'bhyasanīyo mumukṣubhiḥ ॥ 121 ॥

yatra yatra mano yāti brahmaṇas-tatra darśanāt ।  
manaso dhāraṇam caiva dhāraṇā sā parā matā ॥ 122 ॥

brahmaivāsmīti sad-vṛtṭyā nirāmbatayā sthitiḥ ।  
dhyāna-śabdena vikhyātā paramānanda-dāyinī ॥ 123 ॥

nirvikāratayā vṛtṭyā brahmākāratayā punaḥ ।  
vṛtti-vismaraṇam samyak-samādhir-jñāna-samjñakaḥ ॥ 124 ॥

evañcākṛtrimānandaṁ tāvat-sādhu samabhyaset ।  
vaśyo yāvat-kṣaṇātpuṁsaḥ prayuktaḥ san bhavetsvayam ॥ 125 ॥

tataḥ sādhananirmuktaḥ siddho bhavati yogirāt ।  
tatsvarūpaṁ na caikasya viṣayo manaso girām ॥ 126 ॥

samādhau kriyamāṇe tu vighnānyāyānti vai balāt ।  
anusandhānarāhityamālasyaṁ bhogalālasam ॥ 127 ॥

layastamaśca vikṣepo rasāsvādaśca śūnyatā ।  
evam yad-vighnabāhulyam tyājyaṁ brahmavidā śanaiḥ ॥ 128 ॥

bhāva-vṛtṭyā hi bhāvatvaṁ śūnya-vṛtṭyā hi śūnyatā ।  
brahma-vṛtṭyā hi pūrṇatvaṁ tathā pūrṇatvam abhyaset ॥ 129 ॥

ye hi vṛttim jahatyenām brahmākhyām pāvanīm parām ।  
vṛthaiḥ te tu jīvanti paśubhiś-ca samā narāḥ ॥ 130 ॥

ye hi vṛttim vijānanti jñātvāpi vardhayanti ye ।  
te vai sat-puruṣā dhanyā vandyāste bhuvana-traye ॥ 131 ॥

yeṣām vṛttiḥ samāvṛddhā paripakvā ca sā punaḥ |  
te vai sad-brahmatām prāptā netare śabda-vādiṇaḥ || 132 ||

kuśalā brahma-vārtāyām vṛtti-hīnāḥ surāgiṇaḥ |  
te'pyajñānatayā nūnaṁ punar āyānti yānti ca || 133 ||

nimeṣārdham na tiṣṭhanti vṛttiṁ brahma-mayīm vinā |  
yathā tiṣṭhanti brahmādyāḥ sanakādyāḥ śukādayaḥ || 134 ||

kārye kāraṇatāyātā kāraṇe na hi kāryatā |  
kāraṇatvaṁ svato gacchet kāryābhāve vicārataḥ || 135 ||

atha śuddham bhaved vastu yadvai vācām agocaram |  
draṣṭavyaṁ mṛdghaṭenaiva dṛṣṭāntena punaḥ punaḥ || 136 ||

anenaiva prakāreṇa vṛttir-brahmātmikā bhavet |  
udeti śuddha-cittānām vṛtti-jñānaṁ tataḥ param || 137 ||

kāraṇaṁ vyatir-ekēṇa pumānādau vilokayet |  
anvayena punas-taddhi kārye nityaṁ prapaśyati || 138 ||

kārye hi kāraṇaṁ paśyet paścāt kāryaṁ visarjayet |  
kāraṇatvaṁ svato naśyed avaśiṣṭaṁ bhaven-muniḥ || 139 ||

bhāvitaṁ tīvra-vegena yad vastu niścayātmanā |  
pumāns-taddhi bhavec-chīghraṁ jñeyaṁ bhramara-kīṭavat || 140 ||

adr̥śyaṁ bhāva-rūpaṅca sarvam etat cidātmakam |  
sāvadhānatayā nityaṁ svātmānaṁ bhāvayed budhaḥ || 141 ||

dṛśyaṁ hyadr̥śyatām nītvā brahmākāreṇa cintayet |  
vidvān-nitya-sukhe tiṣṭhed dhiyā cidrasa-pūrṇayā || 142 ||

ebhir-aṅgaiḥ samāyukto rāja-yoga udāhṛtaḥ |  
kiñcit pakvakaṣāyāṇām haṭha-yogena saṁyutaḥ || 143 ||

paripakvaṁ mano yeṣām kevalo'yaṁ ca siddhidaḥ |  
guru-daivata-bhaktānām sarveṣām sulabho javāt || 144 ||