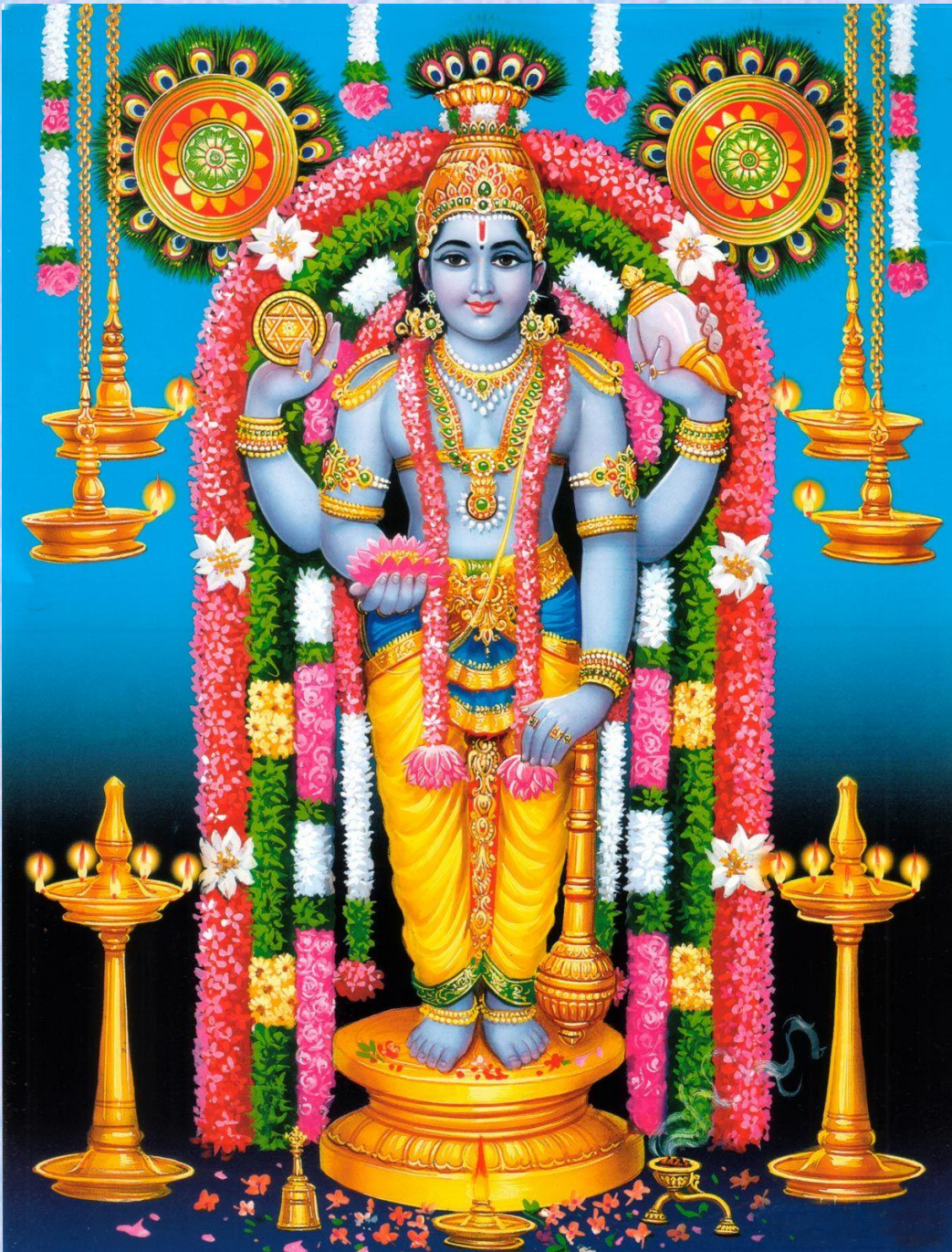


श्रीमन्नारायणीयम्  
चतुर्थो दशकम्  
(अष्टाङ्गयोगवर्णनं योगसिद्धिवर्णनं च)

Shriman Narayaneeyam  
Dasakam 4

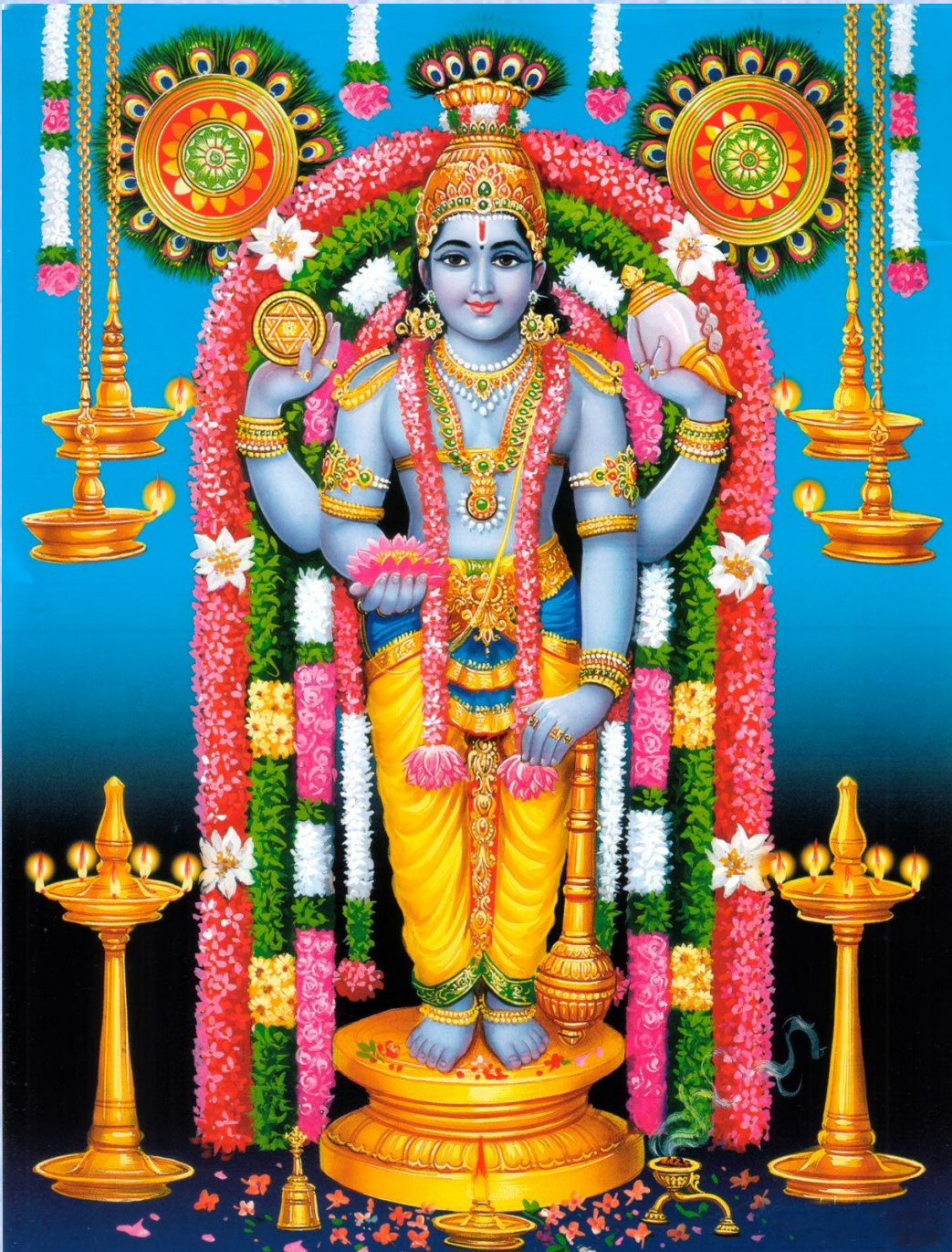
(Ashtangayogavarnanam Yogasiddhivarnanam ca)



कल्यतां मम कुरुष्व तावतीं कल्यते भवदुपासनं यया ।  
स्पष्टमष्टविधयोगचर्यया पुष्टयाशु तव तुष्टिमाप्नुयाम् ॥ ४ - १ ॥

kalyataaM mama kuruShva taavatiim kalyate bhavadupaasanaM yayaa  
spaShTamaShTavidhayOgacharyayaa puShTayaashu tava  
tuShTimaapnuyaam || 4 - 1 ||

*O Lord! Bestow on me just that much of health necessary to  
worship Thee. Then I shall practice the eight-limbed yoga  
(Ashtanga Yoga) and earn Thy grace*

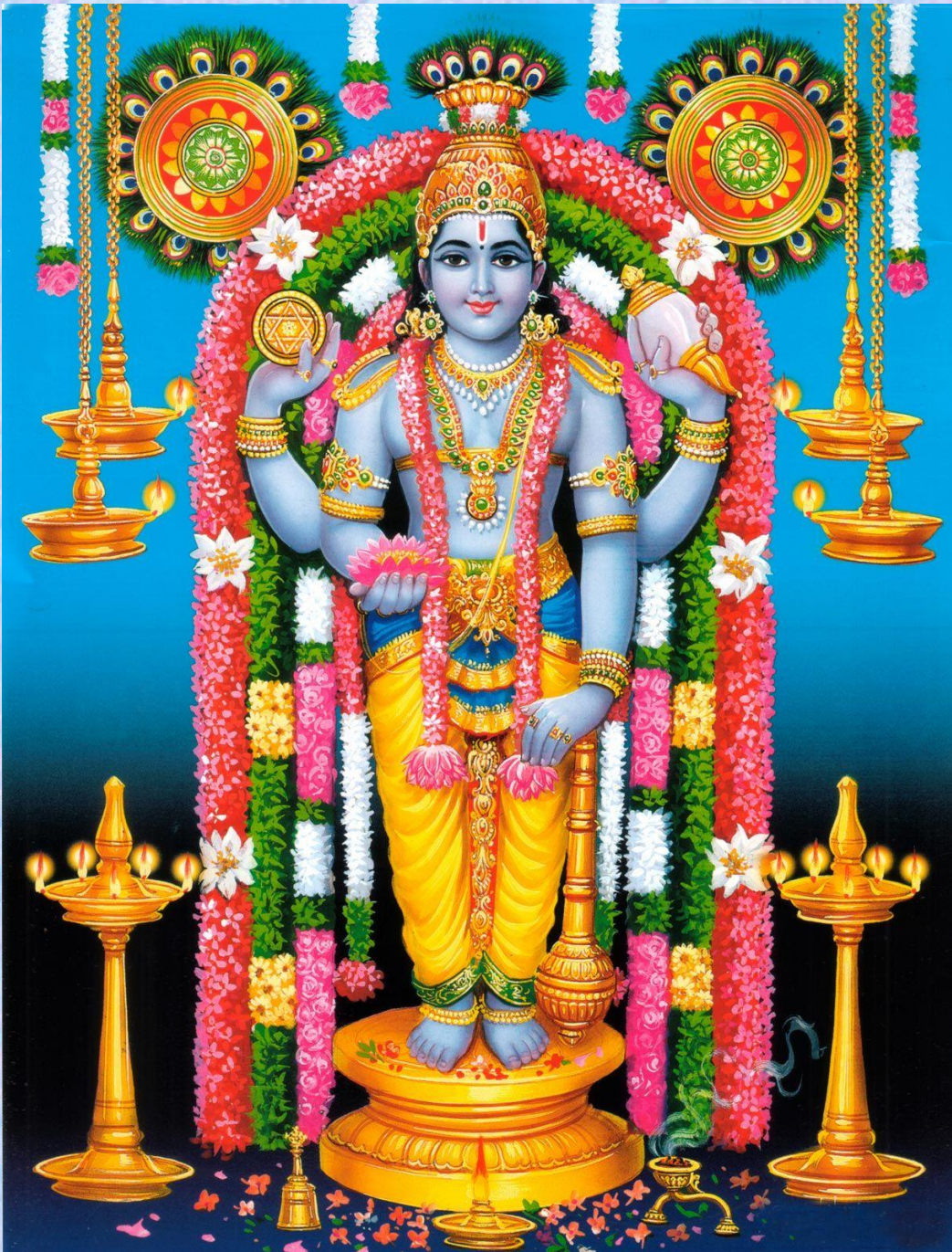


ब्रह्मचर्यदृढतादिभिर्यमैराप्लावादिनियमैश्च पाविताः ।

कुर्महे दृढममी सुखासनं पङ्कजाद्यमपि वा भवत्पराः ॥ ४ - २ ॥

brahmacharya dRiDhataadibhiryamairaaplavaadi niyamaishcha paavitaah |  
kurmahe dRiDhamamii sukhaasanaM pankajaadyamapi vaa bhavatparaaH || 4 - 2 ||

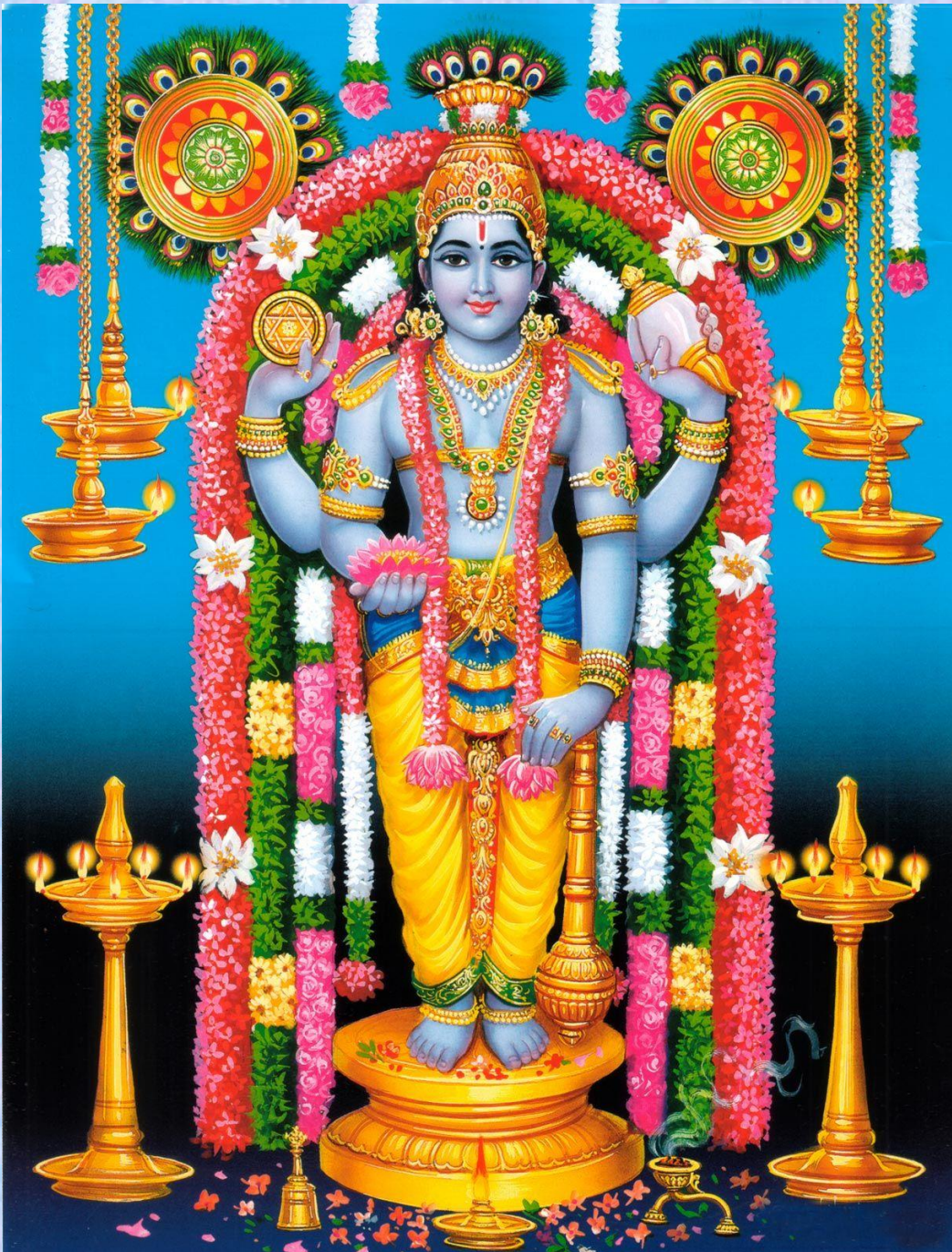
*O Lord! I (we all (the devotees) will strictly follow the discipline of Yama (self control) by practice of Brahmcharya etc. and also the discipline of Niyama (rules of right conduct) through routines of daily bath etc. and attain purity of body and mind. I (we) will then practice steady postures (Asanaa) like Sukhaasanaa and Padmaasanaa etc. for meditating on Thee.*



तारमन्तरनुचिन्त्य सन्ततं प्राणवायुमभियम्य निर्मलाः ।  
इन्द्रियाणि विषयादथापहृत्यास्महे भवदुपासनोन्मुखाः ॥ ४ - ३ ॥

taaramantaranuchintya santataM praaNavaayumabhiyamy nirmalaaH |  
indriyaaNi viShayaadathaapahRityaasmahe bhavadupaasanOnmukhaaH || 4 - 3 ||

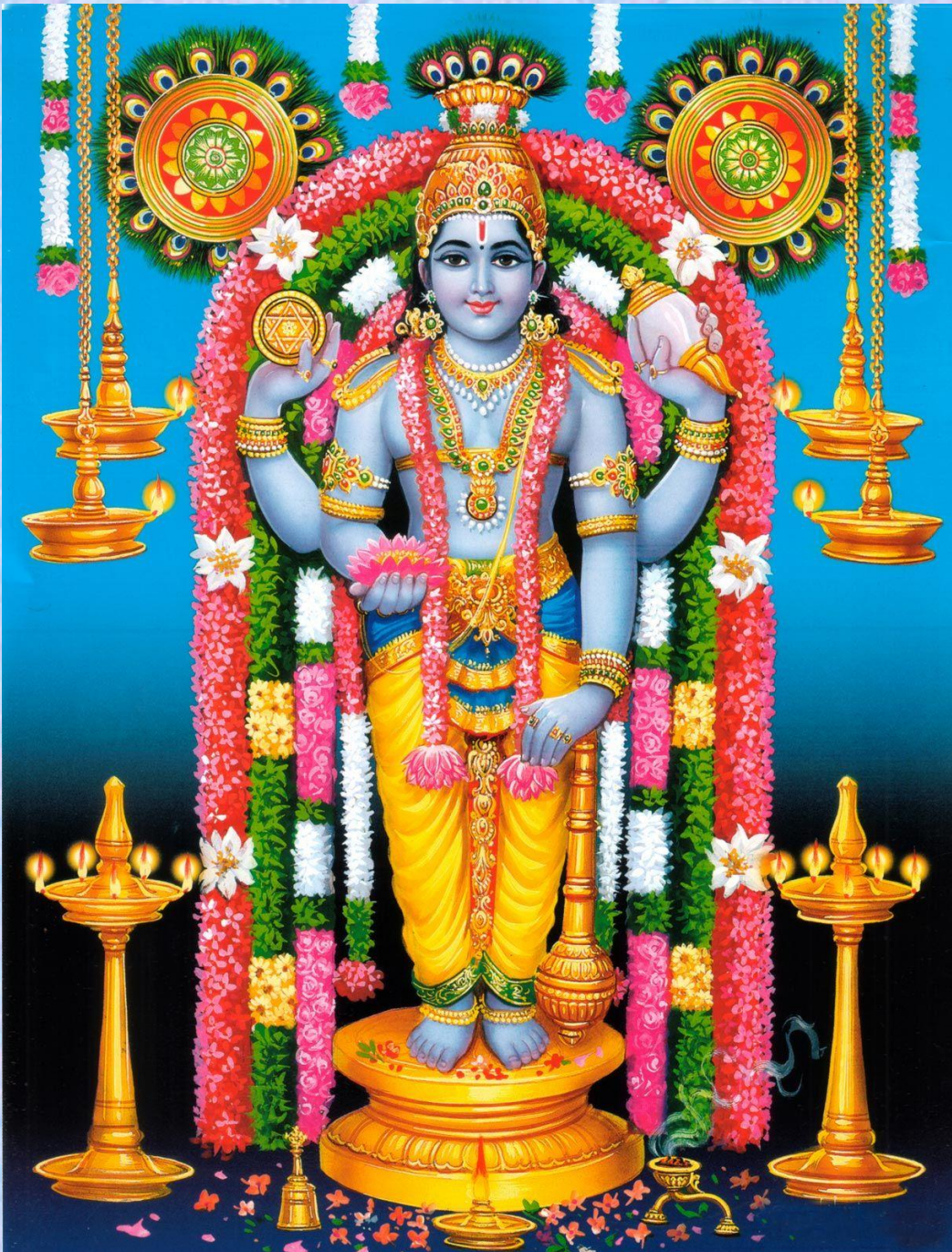
*O Lord! by regulating my breath through Pranayama and having purified myself I will continuously chant the Pranava (Om) mantra mentally. Thus, withdrawing my senses from the sense objects, and being purified, I will prepare myself for meditation on Thee.*



अस्फुटे वपुषि ते प्रयत्नतो धारयेम धिषणां मुहुर्मुहुः ।  
तेन भक्तिरसमन्तरार्द्रतामुद्वहेम भवदङ्घ्रिचिन्तका ॥ ४ - ४ ॥

asphuTe vapuShi te prayatnatO dhaarayema dhiShaNaaM muhurmuHuH  
tena bhaktirasamantaraardrataamudvahema bhavadanghrichintakaaH || 4 - 4 ||

*O Lord! I will then start meditating on Thee. Initially with great effort I shall try to fix my mind on Thy form, which will be vague in the beginning. Practicing thus again and again I shall attain bliss of devotion and tenderness of heart.*

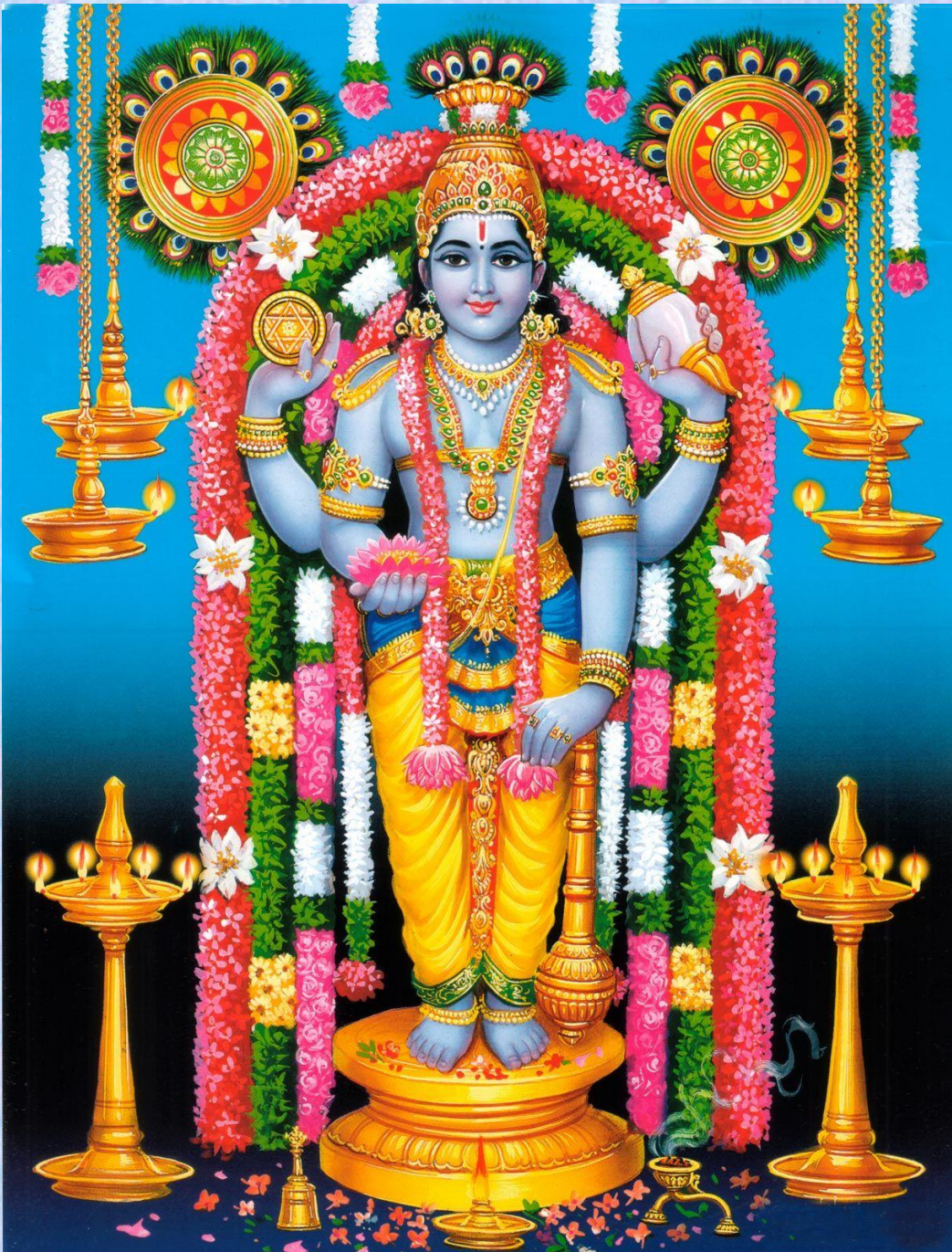


विस्फुटावयवभेदसुन्दरं त्वद्वपुः सुचिरशीलनावशात् ।

अश्रमं मनसि चिन्तयामहे ध्यानयोगनिरतास्त्वदाश्रयाः ॥ ४ - ५ ॥

visphuTaavayavabhedasundaraM tvadvapuH suchirashiilanaavashaat |  
ashramaM manasi chintayaamahe dhyaanayOganirataastvadaashrayaaH || 4 - 5 ||

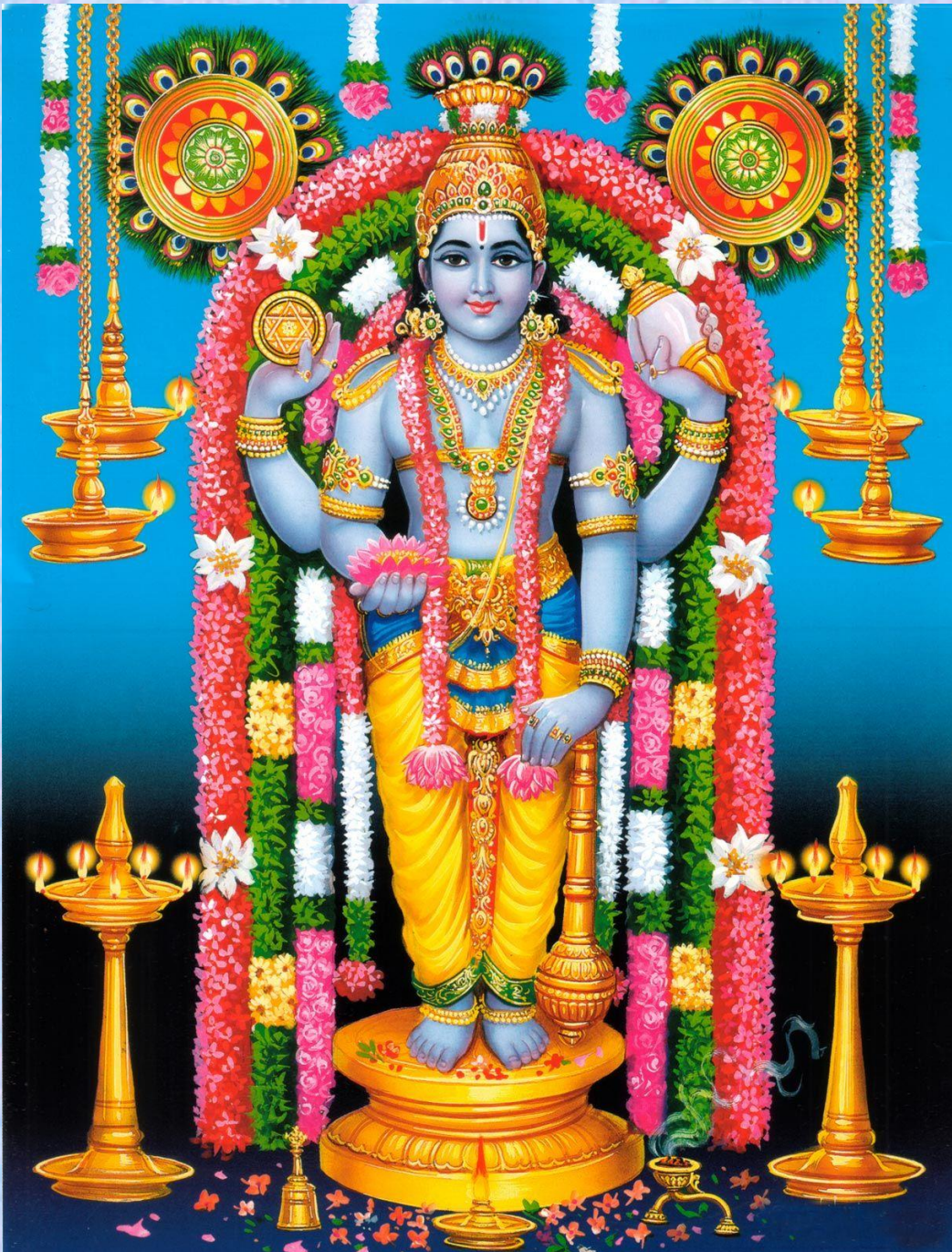
*O Lord! I, Thy devotee, by long practice will be able to visualize in my mind Thy beautiful form with all limbs clear and vivid. So I will devote myself to meditation, without any effort, always surrendering to Thee.*



ध्यायतां सकलमूर्तिमीदृशीमुन्मिषन्मधुरताहृतात्मनाम् ।  
सान्द्रमोदरसरूपमान्तरं ब्रह्म रूपमयि तेऽवभासते ॥ ४ - ६ ॥

dhyaayataaM sakala muurtimiidRishiiM unmiShanmadhurataa hRitaatmanaam |  
saandramOda rasa ruupamaantaraM brahmaruupamayi tevabhaasate || 4 - 6 ||

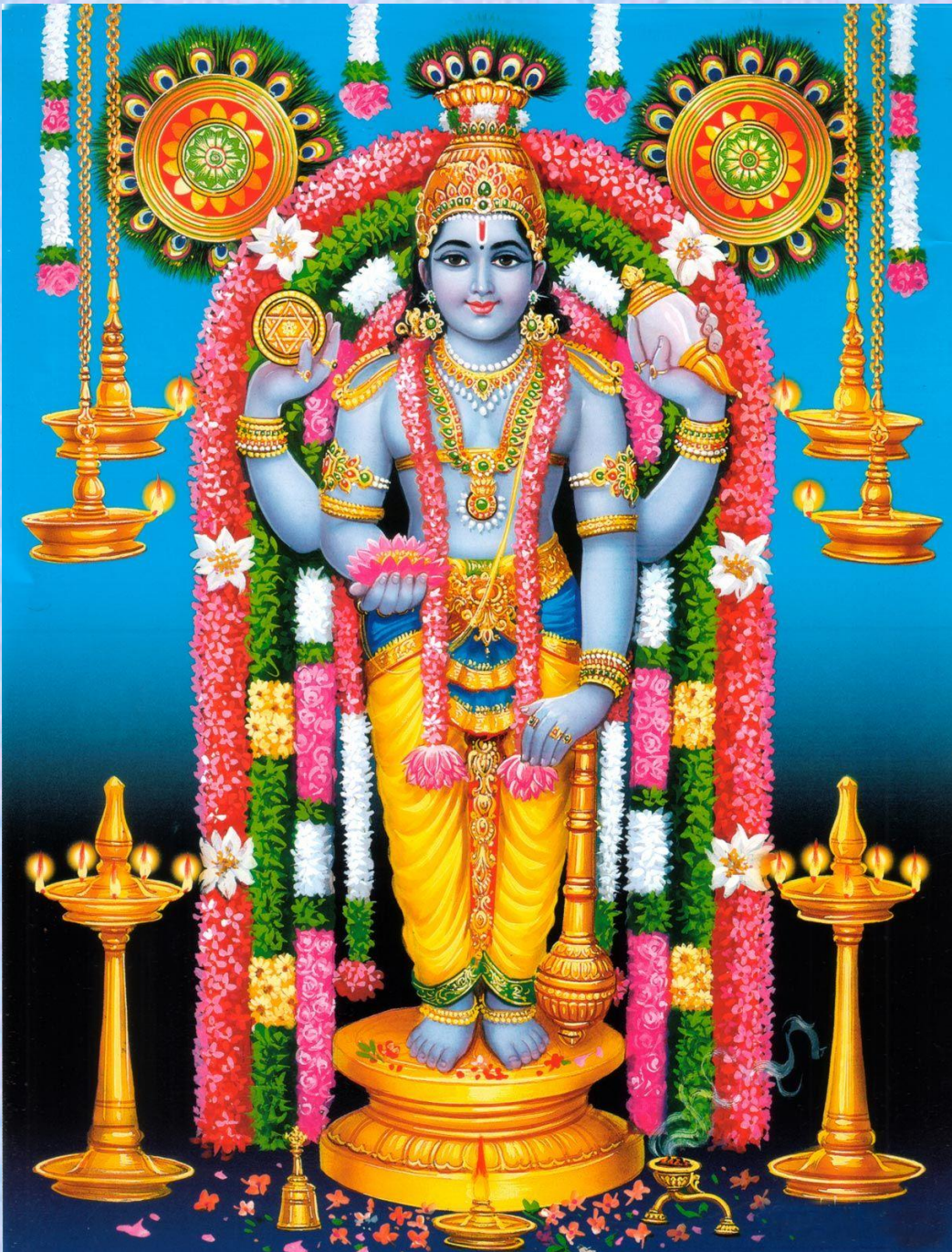
*O Lord! By thus performing dhyaana on Thee and getting captivated by the sweetness of Thy formful aspect (Saguna), I shall enjoy the concentrated bliss of Thy impersonal aspect (Nirguna), which shines as the Brahman.*



तत्समास्वदनरूपिणीं स्थितिं त्वत्समाधिमयि विश्वनायक ।  
आश्रिताः पुनरतः परिच्युतावारभेमहि च धारणादिकम् ॥ ४ - ७ ॥

tatsamaasvadanaruupiNiiM sthitiM tvatsamaadhimayi vishvanaayaka  
aashritaaH punarataH parichyutaavaarabhemahi cha dhaaraNaadikam || 4 - 7 ||

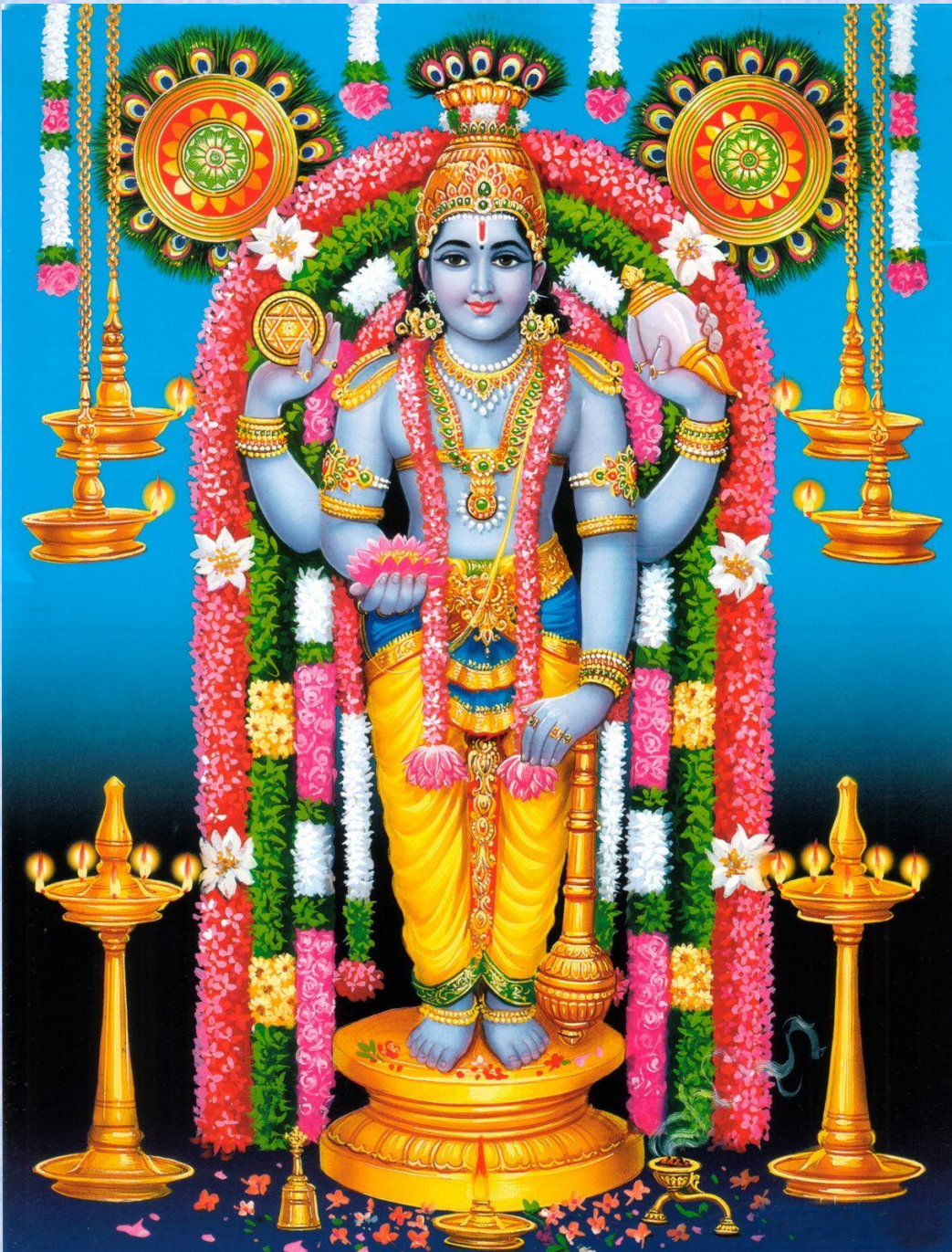
*O Lord of the Universe! When I have attained that state of experiencing Thee as the Brahman, i.e. Nirvikalpa Samaadhi, if I slip down from that state, I shall again start the meditation process from Dhaarana onwards.*



इत्थमभ्यसननिर्भरोल्लसत्त्वत्परात्मसुखकल्पितोत्सवाः ।  
मुक्तभक्तकुलमौलितां गताः सञ्चरेम शुकनारदादिवत् ॥ ४ - ८ ॥

itthamabhyasana nirbharollasat tvatparaatmasukha kalpitOtsavaaH |  
muktabhaktakulamaulitaaM gataaH sa~ncharema shukanaaradaadivat || 4 - 8 ||

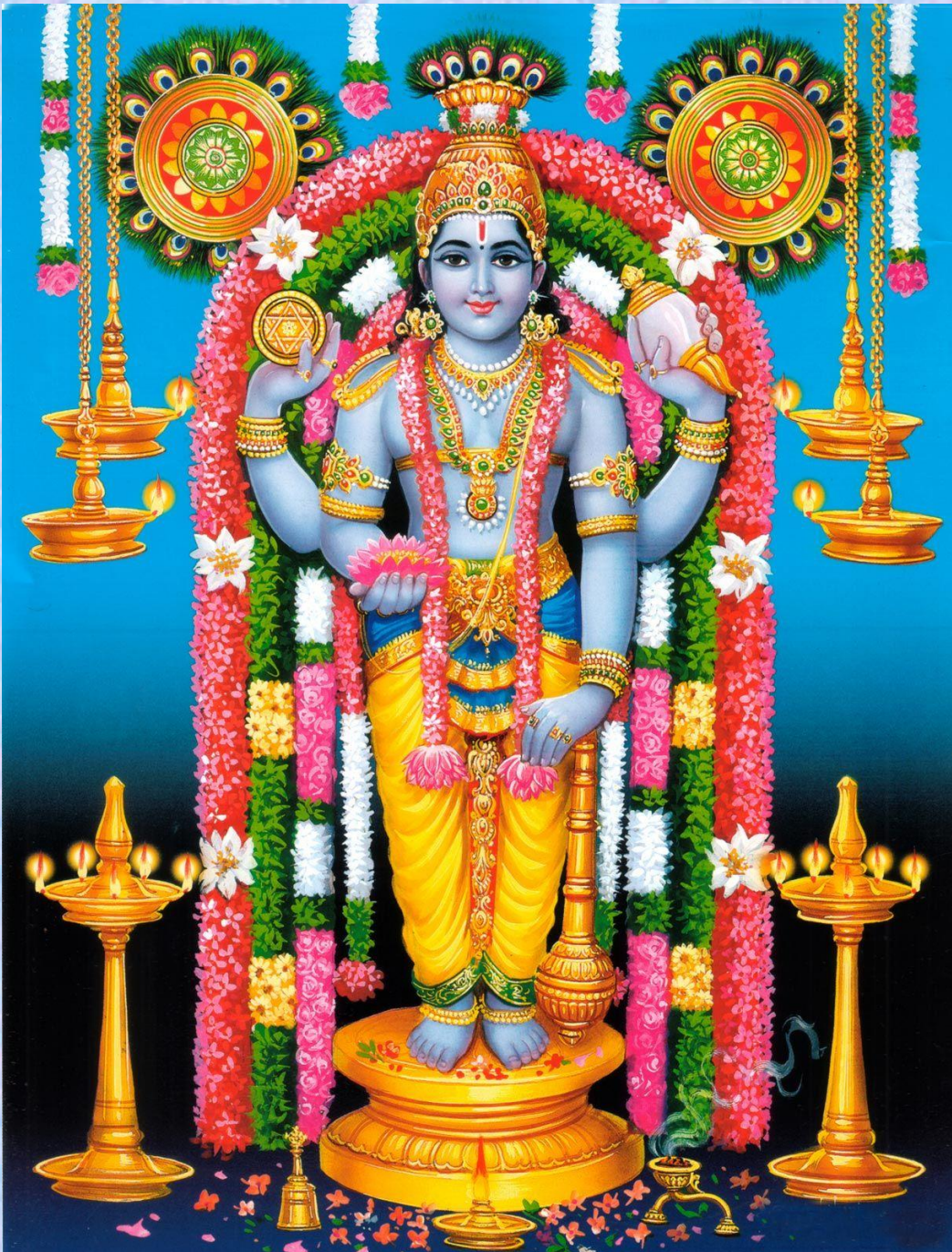
*Thus having attained the joy of experiencing Thy Supreme Blissful state, O Lord! May I be the foremost of the liberated devotees and move about freely like Sri Shuka, Naarada and others.*



त्वत्समाधिविजये तु यः पुनर्मङ्क्षु मोक्षरसिकः क्रमेण वा ।  
योगवश्यमनिलं षडाश्रयैरुन्नयत्यज सुषुम्नया शनैः ॥ ४ - ९ ॥

tvatsamaadhivijaye tu yaH punarmaNkshu mOksharasikaH krameNa vaa  
yOgavashyamanilaM ShaDaashrayairunnayatyaaja suShumnayaa shanaiH || 4 - 9 ||

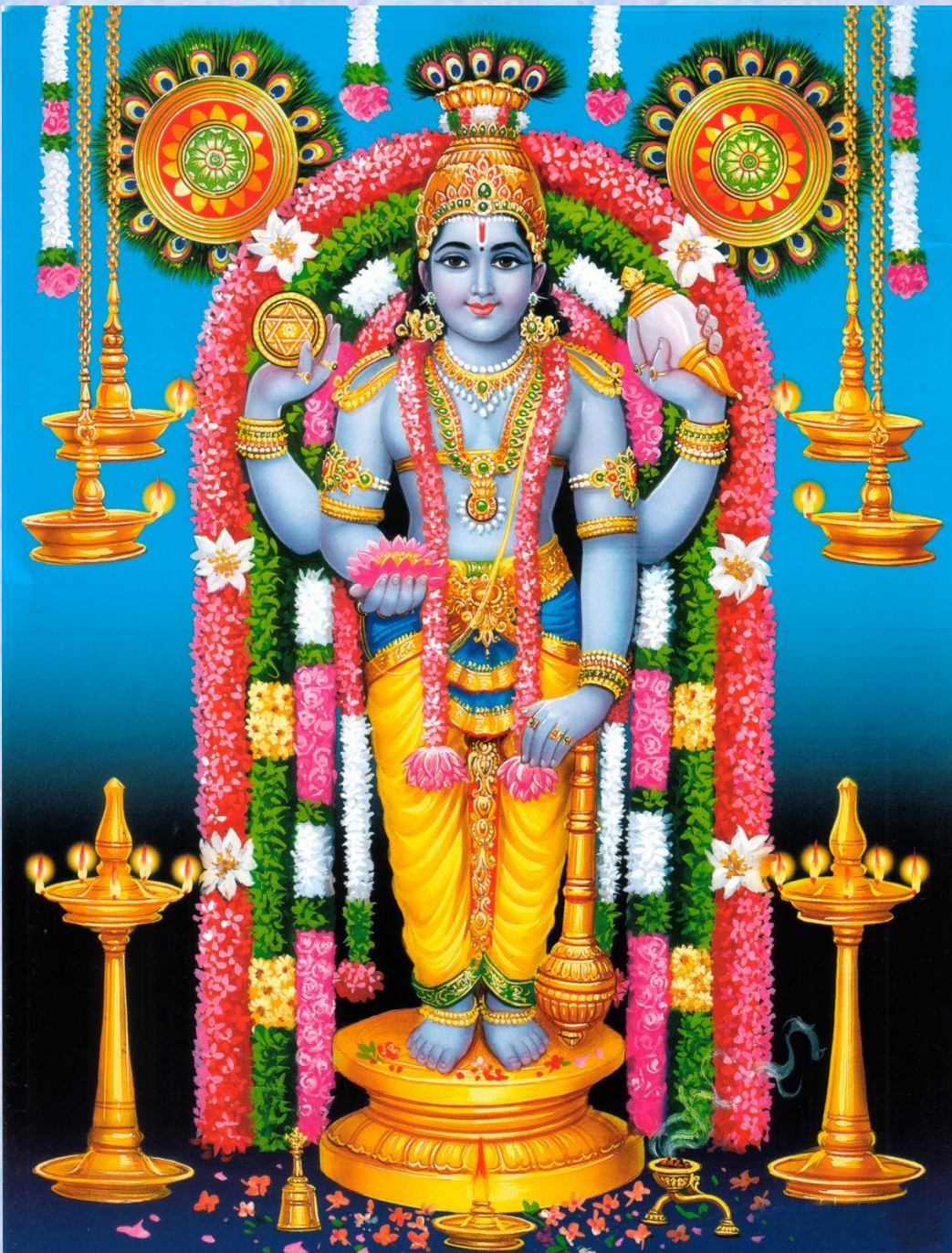
*O Birthless Lord! After one achieves Thee in Samaadhi, he can opt for immediate liberation or gradual liberation. Accordingly through the power of yoga he raises up his vital breath through the six centres along the Sushumnaa Naadi.*



लिङ्गदेहमपि सन्त्यजन्नथो लीयते त्वयि परे निराग्रहः ।  
ऊर्ध्वलोककुतुकी तु मूर्धतः सार्धमेव करणैर्निरीयते ॥ ४ - १० ॥

lingadehamapi santyajannathO liiyate tvayi pare niraagrahaH  
uurdhvalOkakutukii tu muurdhataH saardhameva karaNairniriyate || 4 - 10 ||

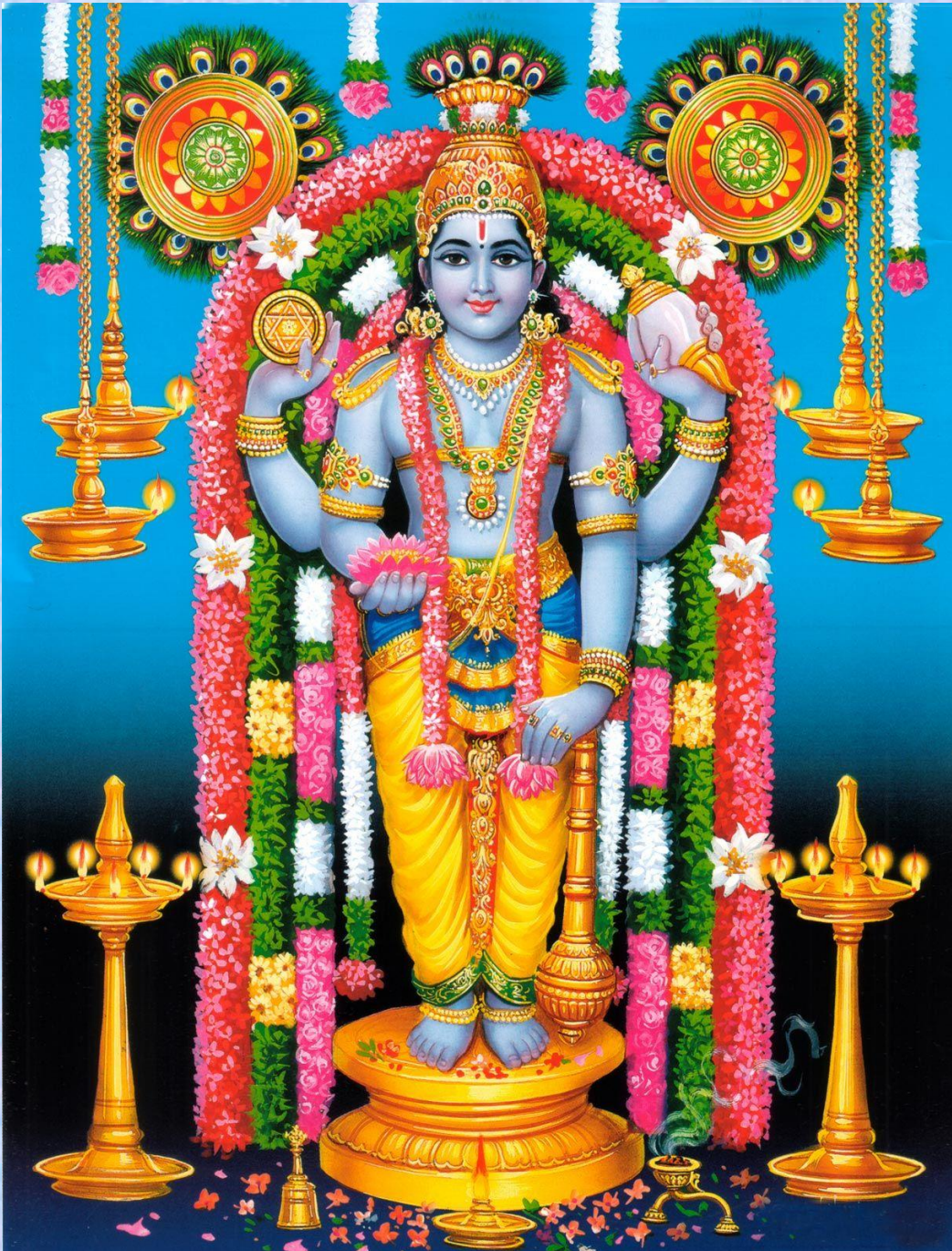
*One who is desireless of visiting the other heavenly worlds, gives up (through his Agyaa chakra) his gross body as well as the subtle bodies and merges in Thee. The one who desires to visit the heavenly regions before attaining liberation, goes out through the orifice in the crown of the head ( the Brahmarandhra).*



अग्निवासरवलर्क्षपक्षगैरुत्तरायणजुषा च दैवतैः ।  
प्रापितो रविपदं भवत्परो मोदवान् ध्रुवपदान्तमीयते ॥ ४ - ११ ॥

agnivaasaravalarkshapakshagair uttaraayaNajuShaa cha daivataiH  
praapitO ravipadaM bhavatparO mOdavaan dhruvapadaantamiiyate || 4 - 11 ||

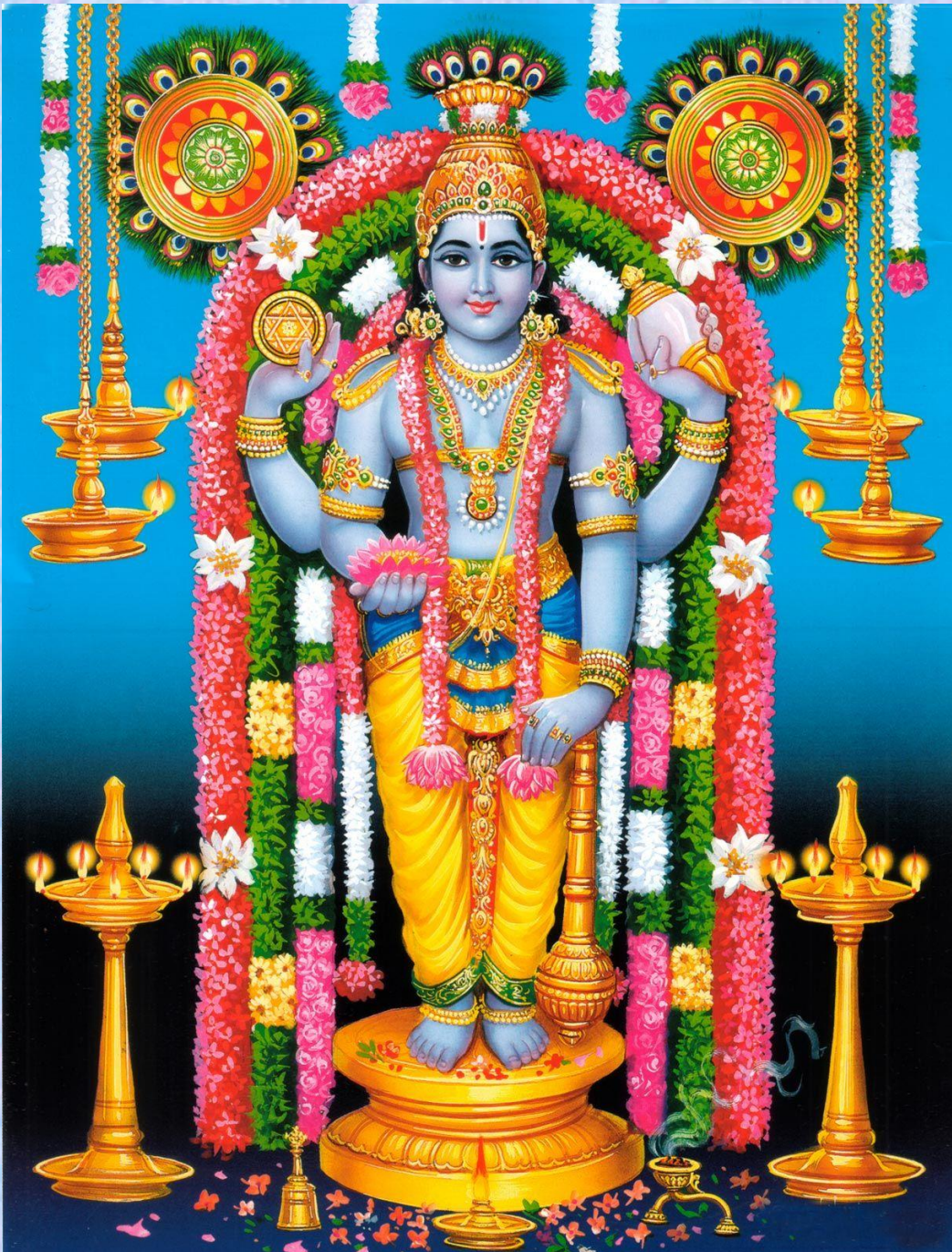
*O Lord! Thy devotee who follows the Krama Mukti path is led by the presiding deities of fire, day time, the bright fortnight, and Uttaraayana to the plane of the sun and enjoying in each of these spheres reaches the realm of Dhruva.*



आस्थितोऽथ महारालये यदा शेषवक्रदहनोष्मणार्द्यते ।  
ईयते भवदुपाश्रयस्तदा वेधसः पदमतः पुरैव वा ॥ ४ - १२ ॥

aasthitOtha maharaalaye yadaa sheShavaktradahanOShmaNaardiyate  
iiyate bhavadupaashrayastadaa vedasaH padamataH puraiva vaa || 4 - 12 ||

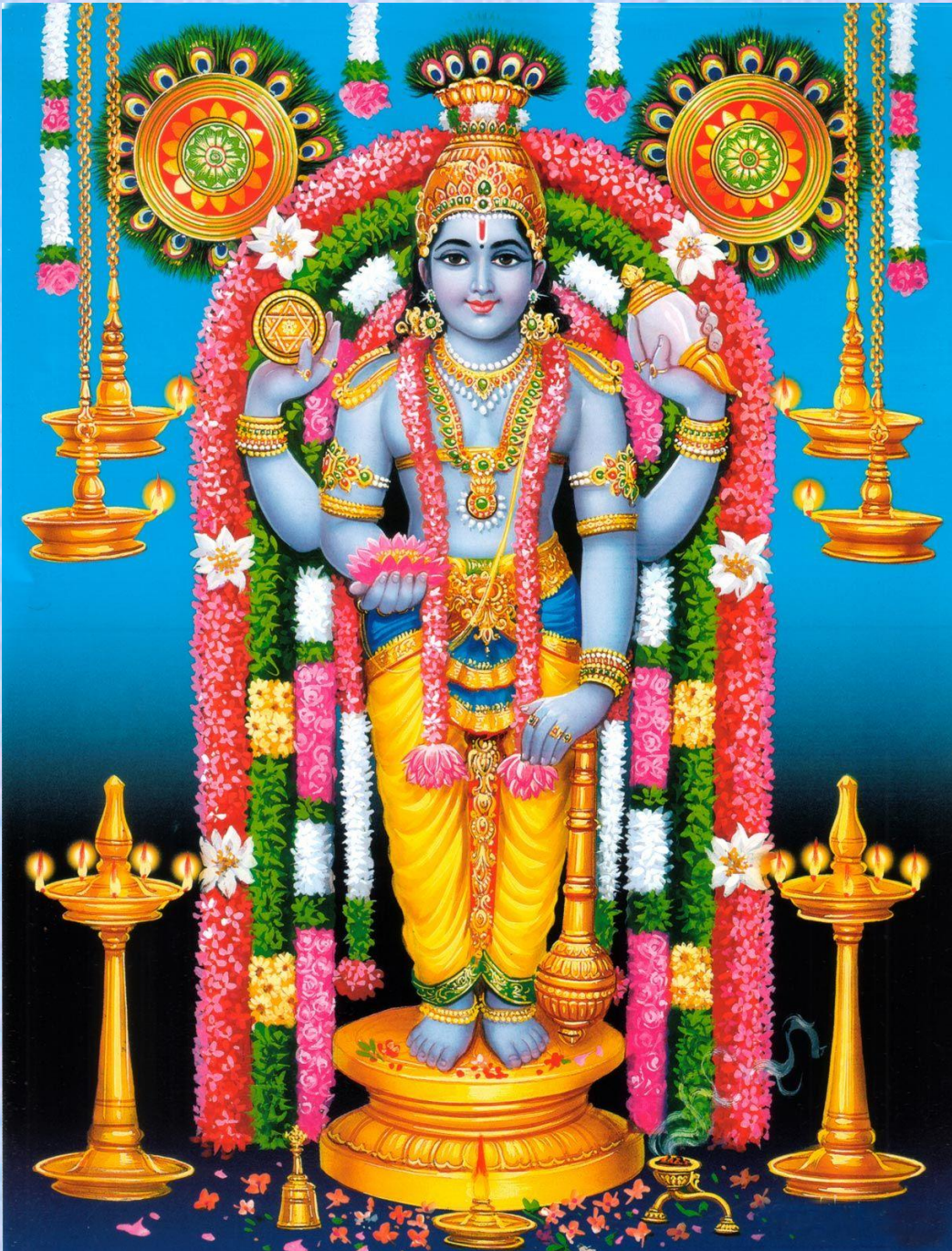
Reaching the abode of Dhruva, he proceeds to Maharloka. When, at the approach of cosmic dissolution, fire emanates from the mouth of Aadishesh, and when he is tormented by the fire, he takes refuge in Thee and goes to the world of Brahma. He may choose to go to the world of Brahma even before the fire starts.



तत्र वा तव पदेऽथवा वसन् प्राकृतप्रलय एति मुक्तताम् ।  
स्वेच्छया खलु पुरा विमुच्यते संविभिद्य जगदण्डमोजसा ॥ ४ - १३ ॥

Tatra va tava padethava vasan praakritapralaya eti muktatam  
svechChayaa khalu puraa vimuchyate sanvibhidya jagadaNDamOjasaa || 4 - 13 ||

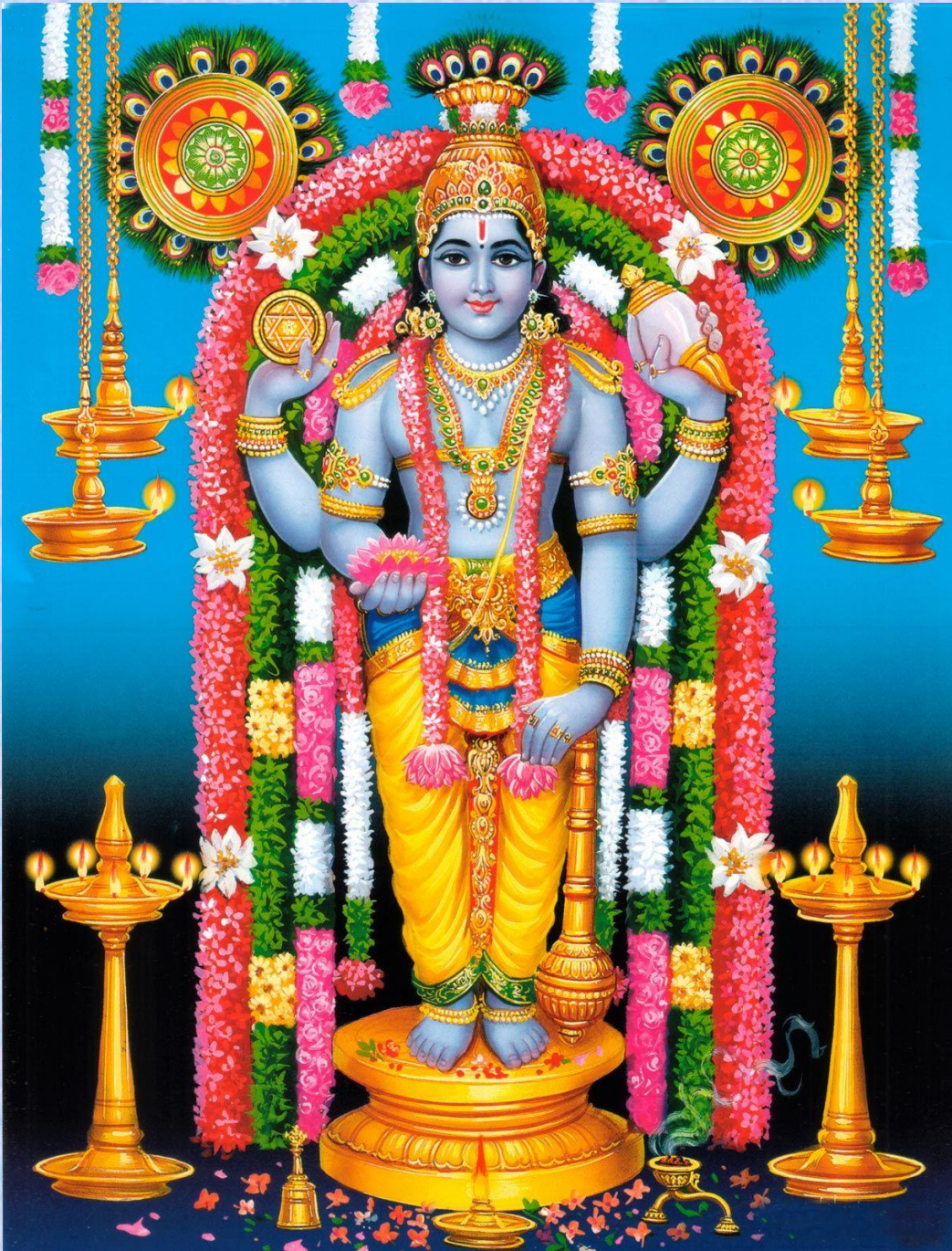
*Residing there in BrahmaloKa or in Thy abode, Vaikuntha, he is liberated at the time of Maha Pralaya. Or, if he so desires, he is liberated even earlier by piercing through the Brahmaanda and releasing himself by his yogic power.*



तस्य च क्षितिपयोमहोऽनिलद्योमहत्प्रकृतिसप्तकावृतीः ।  
तत्तदात्मकतया विशन् सुखी याति ते पदमनावृतं विभो ॥ ४ - १४ ॥

tasya cha kshitipayO mahOniladyOmahatprakRiti saptakaavRitiiH  
tattadaatmakatayaa vishan sukhii yaati te padamanaavRitaM vibhO || 4 - 14 ||

*O All Pervading Lord! Thy devotee enters each of the seven sheaths of the cosmic sphere, i.e. earth, water, fire, air, space, the cosmic intelligence, and primordial nature. He enjoys the bliss thereof and transcends them to reach Thy unobstructed state -the merger in Thee, The Supreme Brahman.*



अर्चिरादिगतिमीदृशीं व्रजन् विच्युतिं न भजते जगत्पते ।  
सच्चिदात्मक भवत् गुणोदयानुच्चरन्तमनिलेश पाहि माम् ॥ ४ - १५ ॥

सदा सर्वत्र गोविन्द नाम सङ्कीर्तनं गोविन्दा गोविन्दा ।  
नारायणा अखिल गुरो भगवन् नमस्ते ॥

archiraadigatimiidRishiiM vrajan vichyutiM na bhajate jagatpate  
sachchidaatmaka bhavadguNOdayaanuchcharantamanilesha paahi maam || 4 - 15 ||

Sada Sarvathra Govinda Naama Sankeerthanam Govinda Govinda  
Narayana Akhila Guru Bhagavan Namaste ||

*O Lord of the Universe! The devotee who thus goes through the luminous path does not fall any more to the netherworlds. O Lord of Guruvaayur! The embodiment of pure consciousness absolute, please protect me, Thy devotee, who is ever singing Thy glories.*