



Narayaneeyam - Dashakam 4

Yogaabhyaasaha Tatha Yoga Siddhihi

kalyatām mama kuruṣva tāvatīm kalyatē bhavadu pāsanam yayā
|

spa ṣṭa m aṣṭa vidha yōgacharyayā puṣṭayāśu tava tuṣṭi
māpnuyām ||1||

brahmacharya dṛḍhatādibhiryamaihi āplavādi niyamaiścha
pāvitāḥ |

kurmahē dṛḍhamamī sukhāsanam paṅkajādyamapi vā
bhavatparāḥ ||2||

tāramanta ranuchintya santatam prāṇavāyumabhi yamya
nirmalāḥ |

indriyāṇi viṣayā dathā pahṛty āsmahē bhavadu pāsanōnmukhāḥ
||3||

asphuṭē vapuṣi tē prayatnatō dhārayēma dhiṣaṇām muhurmuḥuḥ
|

tēna bhaktirasa mantarārdratām udvahēma bhavadaṅghri
chintakā ||4||

visphuṭāvayava bhēdasundaram tvadvapuḥ suchiraśīlanā vaśāt |
aśramam manasi chintayāmahē dhyana yōganiratās tvadāśrayāḥ
||5||



dhyāyatāṃ sakalamūrti mīdrśīm unmiṣan madhuratā hṛtātmanām
I

sāndramōda rasarūpamāntaraṃ brahma rūpamayi tē'vabhāsatē
॥6॥

tat samāsvadana rūpiṇīm sthitim tvatsamādhimayi viśvanāyaka I
āśritāḥ punarataḥ parichyau āvārabhēmahi cha dhāraṇādikam
॥7॥

ittham abhyasana nirbharōl lasat tvat parātma sukhakalpi
tōtsavāḥ I
mukta bhakta kulamaulitāṃ gatāḥ sañcharēma śukanāradādivat
॥8॥

tvat samādhi vijayē tu yaḥ punar mañkṣu mōkṣa rasikaḥ kramēṇa
vā I
yōgavaśyam anilaṃ ṣaḍāśrayaihi unnayatya ja suṣumnayā śanaiḥ
॥9॥

liṅga dēhamapi santya jannathō līyatē tvayi parē nirāgrahaḥ I
ūrdhvalōka kutukī tu mūrdhataḥ sārddhamēva karaṇairnirīyatē
॥10॥

agnivāsara valarkṣapakṣagaihi uttarāyaṇajuṣā cha daivataiḥ I
prāpitō ravipadaṃ bhavatparaha mōdavān dhruva padāntamīyatē
॥11॥



āsthitō'tha maharālayē yadā śēṣavaktra dahanōṣ maṇārdyatē |
īyatē bhavadupāśrayas tadā vēdhasaḥ padamataḥ puraiva vā
॥12॥

tatra vā tava padē'thavā vasan prākṛta pralaya ēti muktatām |
svēchChayā khalu purā vimuchyatē saṁvibhidya
jagadaṇḍamōjasā ॥13॥

tasya cha kṣiti payō mahō'nilad yō mahat prakṛti saptakāvr̥tīḥ |
tatta dāt makatayā viśan sukhī yāti tē padamanāvr̥taṁ vibhō ॥14॥

archirādi gati mīdṛśīṁ vrajan vichyutiṁ na bhajatē jagatpatē |
sachchidātmaka bhavat guṇōdayān uchcharanta manilēśa pāhi
mām ॥15॥

॥ sadaa sarvatra govinda naama sankeerthanam govinda
govinda ॥

॥ shree guruvayoorappa sharanam ॥ shree haraye namaha ॥