



Narayaneeyam Dashakam – 95

Dhyana Yogam

ādaḥ hairaṇya garbhīm tanum avikala jīvātmikām āsthitastvaṃ
jīvatvaṃ prāpya māyā guṇa gaṇa khachitō vartasē viśvayōnē |
tatrōd vṛddhēna sattvēna tu guṇa yugalaṃ bhakti bhāvaṃ gatēna
Chitvā sattvaṃ cha hitvā punaranupahitō vartitāhē tvamēva ||1||

sattvōnmēṣāt kadāchit khalu viśaya rasē dōṣa bōdhē'pi bhūman
bhūyō'pyēṣu pravṛttis satamasi rajasi prōddhatē durnivārā |
chittaṃ tāvad guṇāścha grathitamihā mithas tāni sarvāṇi rōddhum
turyē tvayyēka bhaktiś śaraṇamiti bhavān haṃsarūpī nyagādīt
||2||

santi śrēyāṃsi bhūyāṃsyapi ruchibhidayā karmināṃ nirmitāni
kṣudrā nandāścha sātā bahuvidhā gatayaḥ kṛṣṇa tēbhya
bhavēyuh |

tvam chāchakhyātha sakhyē nanu mahitatamāṃ śrēyasāṃ
bhaktimēkām
tvad bhaktyānanda tulyaḥ khalu viśayajuṣāṃ sammadaḥ kēna vā
syāt ||3||

tvat bhaktyā tuṣṭa buddhēḥ sukhamihā charatō vichyutāśasya
chāśāḥ
sarvāḥ syuh saukhyamayyaḥ salila kuharagas yēva
tōyaikamayyaḥ |
sō'yaṃ khalvindralōkaṃ kamalajabhavanaṃ yōgasiddhīścha



hr̥dyāḥ
nākāṅkṣatyētaḍāstāṃ svayamanu patitē mōkṣasaukhyē'pyanīhaḥ
॥4॥

tvadbhaktō bādhyamānō'pi cha viṣayarasair indriyāśāntihētōho
bhaktyai vākramyamāṇaiḥ punarapi khalu tair durbalair
nābhijayyaḥ ।
saptārchir dīpitārchir dahati kila yathā bhūri dāruprapañchaṃ
tvadbhaktyōghē tathaiva pradahati duritaṃ durmadaḥ
kvēndriyāṇām ॥5॥

chittādrībhāvamuchchair vapuṣi cha pulakaṃ harṣavāṣpaṃ cha
hitvā
chittaṃ śuddhyētkathaṃ vā kimu bahutapasā vidyayā vītabhaktēḥ
।
tvad gāthāsvāda siddhāñjana satatamarī mṛjyamānō'yam ātmā
chakṣurvāt tattva sūkṣmaṃ bhajati na tu tathā'bhyastayā tarka
kōṭyā ॥6॥

dhyānaṃ tē śīlayēyaṃ samatanu sukha baddhāsanō nāsikāgra-
nyastākṣaḥ pūrakādyair jita pavana pathaś chitta padmaṃ
tvavāñchaṃ ।
ūrdhvāgraṃ bhāvayitvā ravividhu śikhinaḥ saṃ vichintyōpa riṣṭāt
tatrasthaṃ bhāvayē tvāṃ sajala jaladhara śyāmalaṃ
kōmalāṅgam ॥7॥



ānīlaślakṣṇa kēśaṃ jvalita makarasat kuṇḍalaṃ mandahāsa-
syandārdraṃ kaustubhaśrī parigata vanamālōru hārābhirāmam ।
śrīvatsāṅkaṃ subāhuṃ mṛdula sadudaraṃ kāñchanachChāya
chēlaṃ
chāru snigdhōru mambhōruha lalita padaṃ bhāvayē'haṃ
bhavantam ॥8॥

sarvāṅgēṣvaṅga raṅgat kutuka miti muhur dhārayannīśa chittaṃ
tatrāpyēkatra yuñjē vadana sarasijē sundarē mandahāsē
tatrālīnaṃ tu chētaḥ parama sukhachida dvaita rūpē vitanvan
anyannō chintayēyaṃ muhuriti samupā rūḍhayōgō bhavēyam
॥9॥

itthaṃ tvad dhyana yōgē sati punaraṇimā dyaṣṭa
saṃsiddhayastāḥ
dūra śrutyādayō'pi hyaham ahamikayā sampatēyur murārē ।
tvat samprāptau vilambāvaham akhilaṃidaṃ nādriyē
kāmayē'haṃ
tvāmē vānanda pūrṇaṃ pavana purapatē pāhi māṃ sarvatāpāt
॥10॥

॥ sadaa sarvatra govinda naama sankeerthanam govindaa
govindaa ॥

॥ shree guruvayoorappa sharanam ॥ shree haraye namaha ॥