

## CHAPTER 6: SECOND STAGE OF YOGIC FLYING

vasiṣṭha uvāca ,  
aṅutāṃ sthūlatāṃ vāpi yathā gacchati yoginām  
deho nāma tathā samyagvakṣyamāṇamidam śṛṇu 1  
hṛdyabjacakrakośordhvaṃ praspuratyānalaḥ kaṇaḥ  
hemabhramaravatsāndhyavidyullava ivāmbude 2  
sa pravardhanasaṃvittiyā vātyayevāśu vardhate  
saṃvidrūpatayā nūnamarkavadyāti codayam 3  
saṃdhyābhraphrathamārkābho vṛddhimabhyāgataḥ  
kṣaṇāt  
gālayatyakhilam sāṅgam deham hema yathānalaḥ 4  
jalasparśāsaho yuktyā galayetprapadādapi  
bāhya evānalasparśātsvānte vastuviśeṣataḥ 5  
sa śarīradvayaṃ paścādvidhūya kvāpi liyate  
vikṣobhitena praṇena nīhāro vātyayā yathā 6  
ādharanāḍṇīrinhīnā vyomasthaivāvaśiṣyate  
śaktiḥ kuṇḍalinī vahnerdhūmalekheva nirgatā 7  
kroḍīkṛtamanobuddhimayajivādyahaṃkṛtiḥ  
antaḥsphuraccamatkāra dhūmalekheva nāgarī 8  
bise śaile tṛṇe bhittāvupale divi bhūtale  
sā yathā yojyate yatra tena niryātyalam tathā 9  
saṃvittiḥ saiva yātyaṅga rasādyantaṃ yathākramam  
rasenāpūrṇatāmeti tantrībhāra ivāmbunā 10  
rasāpūrṇā yamākāraṃ bhāvayatyāśu tattathā  
dhatte citrakṛto buddhau rekhā rāma yathā kṛtim 11  
dṛḍhabhāvavaśādantarasthīnyāpnoti sā tataḥ  
mātrgarbhaniṣaṅgeṣu susūkṣmevāṅkurasthitiḥ 12  
yathābhimatamākāraṃ pramāṇam vetti rāghava

jivaśaktiravāpnoti sumervādi tṛṇādi ca 13  
śrutam tvayā yogasādhyamaṇimādyarthasādhanam  
jñānasādhyamidāniṃ tvaṃ śṛṇu śravaṇabhūṣaṇam 14  
ekaṃ cinmātramastiha śuddham saumyamalakṣitam  
sūkṣmātsūkṣmataram śantaṃ na jaganna jagatkriyā 15  
taccinotyātmanātmānaṃ saṃkalponmukhatāṃ gatam  
yadā tadā jīva iti proktamāvilatāṃ gatam 16  
asatyameva saṃkalpabhrameṇedaṃ śarīrakam  
jīvaḥ paśyati mūḍhātmā bālo yakṣamivoddhatam 17  
yadā tu jñānadīpena samyagāloka āgataḥ  
saṃkalpamoho jīvasya kṣīyate śaradabhavat 18  
śāntimāyānti deho'yaṃ sarvasaṃkalpasamkṣayāt  
tadā rāghava niḥśeṣaṃ dipastailakṣaye yathā 19  
nidrāvyaṇapagame janturyathā svapnaṃ na paśyati  
jīvo hi bhāvite satye tathā dehaṃ na paśyati 20  
atattve tattvabhāvena jīvo dehāvṛtaḥ sthitaḥ  
nirdeho bhavati śrīmān sukhī tattvaikabhāvanāt 21  
anātmāni śarīrādāvātmabhāvanamaṅga yat  
sūryādyālokadurbhedaṃ hārdaṃ taddāruṇaṃ tamaḥ 22  
ātmanyevātmabhāvena sarvavyāpi nirañjanam  
cinmātramamalo'smīti jñānādityena naśyati 23  
anye ca viditātmāno bhāvayanti yathaiḥ yat  
tattathaivāśu paśyanti dṛḍhabhāvanayā tayā 24  
dṛḍhabhāvānusamdhānādvimūḍhā api rāghava  
viṣaṃ nayantyaṃṛtatāmamṛtaṃ viṣatāmapi 25  
evaṃ yathā yadeveha bhāvayate dṛḍhabhāvanāt  
bhūyate hi tadevāśu tadityālokitam muhuḥ 26

CHAPTER 6: SECOND STAGE OF YOGIC FLYING

satyabhāvanadr̥ṣṭo'yaṃ deho deho bhavatyalam  
dr̥ṣṭastvasatyabhāvena vyomatām yāti dehakaḥ 27  
aṇimādipadaprāptau jñānayuktiriti śrutā  
bhavatā sādhunā rāma yuktimanyāmimāṃ śṛṇu 28  
recakābhyāsayogena jīvaḥ kuṇḍalinigr̥hāt  
uddhr̥tya yojyate yāvadāmodaḥ pavanādiva 29  
tyajyate virataspando deho'yaṃ kāṣṭhaloṣṭavat  
dehe'pi jīve'pi matāvāsecaka ivādaraḥ 30  
sthāvare jaṃgame vāpi yathābhimatayecchayā  
bhoktuṃ tatsaṃpadaṃ samyagjīvo'ntarviniveśyate 31  
iti siddhiśriyaṃ bhuktvā sthitaṃ cettadvapuḥ punaḥ  
praviśyate svamanyadvā yadyattāta virocate 32  
dehādayastathā bimbānvyaṅgavatyākhlānatha  
saṃvidā jagadāpūrya saṃpūrṇaṃ sthīyate'thava 33  
jñātvā sadābhyuditamujjhitasamīśo  
yadyadyathā samabhivāñchati citprakāśaḥ  
prāpnoti tattadacireṇa tathaiva rāma  
samyakpadaṃ viduranāvaraṇatvameva 34  
ityārṣe śrīvāsiṣṭhamahārāmāyaṇe vālmikīye  
mokṣopāyeṣu nirvāṇaprakaraṇe  
aṇimādilābhayogopadeśo nāma  
dvyā-śītitaṃ sargaḥ 82