

Yogāñjalisāram

1. gr̥ṇu gopālam smara turagāsyam bhaja guruvaryam mandamate
śuṣke rakte kṣiṇe dehe nahi nahi rakṣati kaliyugaśikṣā
2. piba yogāñjalisāram nityam viśa yogāsanam amṛtam geham
sthāpaya vāyum prāṇāyāmāt hṛdaye sudṛḍham sadayam satatam
3. rakṣa prathamam cakṣuḥ śrotram nāsām jihvām tadanu tvām ca
hṛdayam tundaṃ nābhiṃ yoniṃ tatastu rakṣet sakalam gātram
4. mā svapa mā svapa kalye samaye mā kuru lāpam piśunaiḥ puruṣaiḥ
saṃsmara nityam harimabjākṣam stuhi savitāram hiraṇyavarṇam
5. dṛṣṭvā smṛtvā sprṣṭvā viṣayam bāhyam moham mā kuru manasi
jñātvā sarvam bāhyam anityam niścinu nityam pṛthagātmānam
6. nāḍ īgranthiṣu jananam labdhvā māṃse kośe vṛddhiṃ gatvā
sandhiṣu līlā naṭanam kṛtvā yogo rogān naśyati hā hā
7. nṛtyati yogi hṛdaye dhṛtvā sundaravapuṣam lakṣmīkāntam
jagadādhāram paramātmānam nandati nandati nandatyeva

8. ye nādhītā śrautī vāṇī naiva kadācit sukṛtā sandhyā
sa tu vasudhājīvanabhāgyaṃ dharmam nindati nindatyeva
9. rāgo bhogo yogastyāgaḥ catvāraste puruṣārthā hi
bālastaruṇo vṛddho jīrṇaḥ catvārastān bahu manyante
10. ātmikadaihikamānasabhedāt trividhaṃ vihitam yogābhyasanam
sakalam yacchati vāñcita suphalaṃ nahi nahi yogābhyasanam viphalam
11. aṣṭaṅgākhyam yogābhyasanam muktiṃ bhuktiṃ pradadātyanaghām
yadi gurupadaviṃ anugatamathavā cittam bhagavatpadayorlagnam