

॥श्रीः ॥

॥ Bhāvanopaniṣad Prayogavidhi ॥

॥ Mahāyāga Kramah ॥

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॥ श्रीः ॥

Śiva śakti samārambhām bhāskarācārya madhyamām ।  
Asmat śrī nātha paryantām vande guru paramparām ॥



Śrī Vimarśānandanāthaṃ Satyāmbāsaḥitaṃ gurum ।  
hṛtpadmakarṇikā madhye bhāvayet sarvasiddhaye ॥  
Śrī Prakāśānandanāthaṃ Vimarśāmbāyutaṃ gurum ।  
hṛtpadmakarṇikā madhye bhāvayet sarvasiddhaye ॥  
Śrī Rāmānanda nāthaṃ Rāmāmbā saḥitaṃ gurum ।  
hṛtpadmakarṇikā madhye bhāvayet sarvasiddhaye ॥

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## Bhāvanopaniṣad Prayoga Vidhi - A Short Introduction

Our scriptures emphasize the pursuit of the four essential human goals (puruṣārtha): dharma (the right way of life), artha (wealth), kāma (desire), and mokṣa (eternal happiness). Both vedic and tāntric scriptures provide us with processes and procedures to attain these objectives.

It is said that among all forms of life on Earth, obtaining a human life is the most challenging. After numerous incarnations and the accumulation of good deeds in previous lives, with the blessings of our gurus and the goddess Mahā Tripura Sundarī, we are granted a life where our minds are purified and filled with bliss. Therefore, our scriptures admonish us not to squander this precious human existence. Instead, we are urged to engage in activities prescribed in our Vedas and tantras, leading to blessings and comforts in both this world (Aihika) and the heavenly realm (Āmuṣmika), ultimately achieving eternal bliss.

The ancient ṛṣis (sages) devoted themselves to selfless service and extensive spiritual exploration, imparting invaluable knowledge to humanity. The teachings of these sages can be categorized into three paths or margas: 1) Karma mārḡa, 2) Upāṣana mārḡa, and 3) Jñāna mārḡa.

Karma mārḡa involves performing vedic rituals such as agnihotrā, vedic sacrifices, and yāgas, which are neither feasible nor efficacious in our current times due to the rigorous and pure nature required for their performance. The Jñāna mārḡa, on the other hand, demands rigorous

practices of Aṣṭāṅgayoga, including Yama, Niyama, Āsana, Prānāyāma, Pratyāhāra, Dhāranā, Dhyāna, and Samādhi which requires the ability to control the mind and senses for extended periods. This path is achievable primarily by great ṛṣis and yogīs and proves challenging for individuals like us, immersed in worldly affairs due to familial responsibilities. Therefore, the most relevant and attainable path today is Upāsana mārḡa.

Upāsana mārḡa entails prayer to gods and goddesses. The revered saint and philosopher, Śrī Ādi Śaṅkarācārya, recommended the worship of six different deities according to individual preferences. Examples of these diverse methods include Gaṇeśa, Sūrya, Viṣṇu, Śivā, Subrahmaṇya, and Devī (Durgā) worship. Devotees can choose a deity based on their inclinations and offer prayers and meditation to reap the benefits of their devotion.

Among the Upāsana mārḡa, Śāktopāsanā, or prayer to the divine using female forms, is believed to yield the best results in the Kali Yugā. We have witnessed our gurus achieve siddhis (desired benefits) through intense Śāktopāsanā. This upāsanā offers various paths based on individual interests and innate nature, ranging from Ghora rupā (terrible form) to śānta rupā (peaceful form). The worship methods differ widely, categorized as sātvik (benign), rājasik, or tāmasik. Among these, the ārāadhanā (prayer) to Śrī Cakra is considered the most effective form of Śāktopāsanā.

Śrī Cakra ārāadhanā to the deity Mahā Tripura Sundarī is a sātvik method

of worship, comprising three divisions. First is external (bāhir yāga ) worship, where devotees worship Devī either in a female human form or as a yantrā. Second is japā, the chanting of mantras audible only to the person reciting them. Third is internal (antar yāga) worship, where the sādhakā meditates upon the divine for extended periods without being distracted by external thoughts or disturbances.

The approach prescribed by the tāntric texts and our guru paramparā is to begin with bāhya puṣā for extended periods while simultaneously engaging in mantra japā to purify one's thoughts and consciousness. This practice helps in training the mind to focus and maintain unwavering awareness of the divine para Brahman. After achieving this, antar yāga or internal worship is recommended.

The detailed method of internal worship is elaborated in the Vedic text Bhāvanopaniṣad. Our Kula Guru, Śrī Bhāskararāya Makhin, has provided a comprehensive guide to this internal worship, known as the Bhāvanopaniṣad Prayoga Vidhi or Mahāyāga Kramah.

In the Bhāvanopaniṣad Prayoga Vidhi, the entire Śrī Cakra Pūjā is intricately mapped onto the human body. All the pūjās to different Devatās in the Śrī Cakra are associated with specific parts of our body. The 16 upacārās or offerings made to Devī during the pūjā are performed using our mind, thoughts, body, and intellect. At the culmination of the pūjā, the sādhakā engages in deep contemplation for either 144, 96, or 48 minutes, experiencing the highest human attainment of mokṣa while still living in this world. This entails continuous joy and eternal bliss. The

Bhāvanopaniṣad Prayoga Vidhi commences with reverence to Śrī Guru as the cause of everything and concludes with the attainment of Brahma Jñāna by the sādhakā, signifying their eternal union with the divine.

Our Guru, Śrī Śrī Vimarśānandanāthendra Sarasvatī Swāmigal, devoted the last 15 years of his physical presence on this Earth to the Bhāvanopaniṣad Prayoga Vidhi. He considered it the simplest and most effective method to gain the divine grace of the guru mandala and Mahā Tripura Sundarī, leading to a life filled with prosperity and happiness.

This new edition of the Bhāvanopaniṣad Prayoga Vidhi text is released on the occasion of the Ārāadhanā Celebration of Śrī Śrī Vimarśānandanāthendra Sarasvatī Swāmigal.

Raghu Ranganathan

Kāmeśvāryambā sameta Śrī Svabhāvananda nātha

October 13, 2023

॥ Bhāvanopaniṣat ॥

Om bhādraṃ karṇēbhiḥ śṛṇuyāmā devāḥḥ bhādraṃ  
pāśyemākṣabhīryajātrāḥḥ sthīrairāṅgaistuṣṭuvāgaṃ sāstaṇūbhīḥḥ vyaśēma  
devahītaṃ yadāyūḥḥ svasti na indrō vṛddhaśrāvāḥḥ svasti nāḥḥ pūṣā  
viśvavēdāḥḥ svasti naṣtārksyo ariṣṭanemiḥḥ

svasti no bṛhaspatīrdadhātu ॥

Om śāntiḥḥ śāntiḥḥ śāntiḥḥ ॥

śrī guruḥ sarvakāraṇabhūtā śaktiḥ ॥1 ॥

tena navarandhrarūpo dehaḥ ॥2 ॥ navacakrarūpaṃ śrīcakraṃ ॥3 ॥

vārāhī pitṛrūpā kurukullā balidevatā mātā ॥4 ॥

puruṣārthāḥḥ sāgarāḥḥ ॥5 ॥ deho navaratnadvīpaḥ ॥6 ॥

tvagādi saptadhāturomasamyuktaḥ ॥7 ॥

saṅkalpāḥḥ kalpataravaḥḥ tejaḥḥ kalpakodyānam ॥8 ॥

rasanayā bhāvyaṃmānāḥḥ madhurāmlatikta-kaṭu-kaṣāya-lavaṇa rasāḥḥ

ṣaḍṛtavaḥḥ ॥9 ॥

jñānamarghyaṃḥḥ jñeyaṃḥḥ haviḥḥḥ jñātāḥḥ hotāḥḥ jñātr-jñāna-jñeyānām

abhedabhāvanamḥḥ śrīcakrapūjanam ॥10 ॥

niyatīḥḥ śṛṅgārādayo rasāḥḥ aṇimādisiddhayaḥḥ ॥11 ॥

kāma-krodha-lobha-moha-mada-mātsarya-puṇya-pāpamayāḥḥ

brāhmayādyāṣṭaśaktayaḥḥ ॥12 ॥

ādharānavakamḥḥ mudrāśaktayaḥḥ ॥13 ॥

pṛthivyaptejovāyvakāśa śrotravak-cakṣurjihvāghrāṇa



vāk-pāṇipādapāyūpasthāni manovikāraḥ kāmākarsṇyādi

ṣoḍaśa śaktayaḥ ॥ 14 ॥

vacanādāna-gamana-visargānanda hānopādānopekṣākhyabuddhayaḥ

anaṅgakusumādyāṣṭau ॥ 15 ॥

alambusā kuhurviśvodarā vāruṇī hastijihvā yaśovatī payasvinī gāndhārī

pūṣā śaṅkhinī sarasvatī idā piṅgalā suṣumnā ceti, caturdaśa nāḍyaḥ

sarvasaṅkṣobhṇyādi caturdaśaśaktayaḥ ॥ 16 ॥

prāṇāpāna-vyānodāna-samāna, nāga-kūrma-kṛkara-devadatta-dhanañjaya

daśa vāyavaḥ, sarvasiddhipradādi bahirdaśāradevatāḥ ॥ 17 ॥

etadvāyusaṃsargakopādhibhedena recakaḥ pācakaśśoṣako dāhakaḥ plāvaka

iti prāṇa mukhyatvena pañcadhā jaṭharāgnirbhavati ॥ 18 ॥

kṣāraka udgāraḥ, kṣobhako jṛmbhako mohaka iti, nāga prādhānyena

pañcavidhāḥ, te manuṣyāṅṅam dehaḡḥ, bhakṣya-bhojya-coṣya-lehya-

peyātmaka pañcavidhamannaṃ pācayanti ॥ 19 ॥

etā daśa vahnikaḡḥ sarvajñādyā antardaśāragā devatāḥ ॥ 20 ॥

śītoṣṇasukhaduḡkhecchāḥ, satvaṃrajastamoguṇāḥ,

vaśinyādi śaktayoṣṭau ॥ 21 ॥

śabdādi tanmātrāḥ pañcapuṣpabāṇāḥ ॥ 22 ॥

mana ikṣu dhanuḡ ॥ 23 ॥ rāgaḥ pāśaḥ ॥ 24 ॥ dveṣo'ṅkuśaḥ ॥ 25 ॥

avyaktamahadahāṅkārāḥ kāmeśvarī vajreśvarī bhagamālinyo'ntaḥ trikoṇagā

devatāḥ ॥ 26 ॥

nirupādhika samvideva kāmeśvaraḥ ॥ 27 ॥

sadānandapūrṇasvātmaiva paradevatā lalitā ॥ 28 ॥

lauhityametasya sarvasya vimarśaḥ ॥ 29 ॥

ananyacittatvena ca siddhiḥ ॥ 30 ॥

bhāvanāyāḥ kriyā upacārāḥ ॥ 31 ॥

ahaṃ-tvaṃ. asti-nāsti. kartavyamakartavyaṃ, upāsitavyamityādi  
vikalpānāmātmani vilāpanaṃ homaḥ ॥ 32 ॥

bhāvanāviṣayāṇām abhedabhāvanaṃ tarpaṇaṃ ॥ 33 ॥

pañcadaśatithirūpeṇa kālasya pariṇāmāvalokanaṃ ॥ 34 ॥

evaṃ muhūrtatritayaṃ. muhūrtadvitayaṃ. muhūrtamātraṃ vā  
bhāvanāparo jīvanmukto bhavati, sa eva śivayogīti gadyate ॥ 35 ॥

kādimatenānantaścakrabhāvanāḥ pratipāditāḥ ॥ 36 ॥

ya evaṃ veda so'tharvaśiro'dhīte ॥ 37 ॥

iti bhāvanopaniṣat ॥

Om bhādraṃ karṇēbhiḥ śṛṇuyāma devāḥጥ bhādraṃ

pāśyemākṣabhīryajātrāḥጥ sthīrairāṅgaistuṣṭuvāgaṃ sāstaṇūbhīḥጥ vyaśēma

devahītaṃ yadāyūḥጥ svasti na indro vṛddhaśrāvāḥጥ svasti nāḥጥ pūṣā

vīśvavēdāḥጥ svasti naśtārksyo ariṣṭanemiḥጥ

svasti no brhaspatīrdadhātu ॥

Om śāntiḥጥ śāntiḥጥ śāntiḥጥ ॥

॥ Bhāvanopaniṣad Prayogavidhi ॥

॥ Mahāyāga Kramah ॥

atha bhāvanopaniṣadā muktyai yā bhāvanāḥ kathitāḥ ।  
bhāskararāyo racayati tāsāmevaṃ prayogavidhim ।  
mūlena prāṇānāyamyā ṛṣyādi nyāsatrayaṃ kṛtvā ।  
vivekavṛttyavicchinna cicchaktirūpa suṣumnātmane śrīgurave namaḥ ।  
iti brahmarandhraṃ spr̥ṣṭvā ।  
dakṣaśrotrarūpa payasvinyātmane aṃ prakāśānandanāthāya namaḥ ।  
vāmaśrotrarūpa śaṅkhinyātmane ।ṃ vimarśānandanāthāya namaḥ ।  
jihvārūpa sarasvatyātmane kaṃ ānandānandanāthāya namaḥ ।  
dakṣanetrarūpa pūṣātmane caṃ jñānānandanāthāya namaḥ ।  
vāmanetrarūpa gāndhāryātmane ṭaṃ satyānandanāthāya namaḥ ।  
dhvajarūpa kuhvātmane ṭaṃ pūrṇānandanāthāya namaḥ ।  
dakṣanāsārūpa piṅgaḷātmane paṃ svabhāvānandanāthāya namaḥ ।  
vāmanāsārūpa iḍātmane yaṃ pratibhānandanāthāya namaḥ ।  
pāyurūpa alambusātmane ṣaṃ subhagānandanāthāya namaḥ ।  
iti tattatsthānāni saṃspr̥śya ।  
navacakrarūpa śrīcakrātmane dehāya namaḥ ।  
pitṛrūpa asthyādyavayavātmane vārāhyai namaḥ ।  
mātr̥rūpa māmsādyavayavātmane balidevatāyai kurukullāyai namaḥ ।  
iti trirvyāpakaṃ kṛtvā ।  
dehapaścādbhāgarūpa dharmātmane ikṣusāgarāya namaḥ ।  
dehadakṣiṇabhāgarūpa arthātmane surāsāgarāya namaḥ ।  
dehaprāgbhāgarūpa kāmātmane ghṛtasāgarāya namaḥ ।  
dehaüdagbhāgarūpa mokṣātmane kṣīrasāgarāya namaḥ ।  
dehātmane navaratna dvīpāya namaḥ ।

iti trirvyāpakam kṛtvā ।

māṃsātmane puṣparāgaratnadvīpāya namaḥ ।

romātmane nīlaratnadvīpāya namaḥ ।

tvagātmane vaiḍūryaratnadvīpāya namaḥ ।

rudhirātmane vidrumaratnadvīpāya namaḥ ।

śukrātmane mauktikaratnadvīpāya namaḥ ।

majjātmane marakataratnadvīpāya namaḥ ।

asthyātmane vajraratnadvīpāya namaḥ ।

medātmane gometakaratanadvīpāya namaḥ ।

ojātmane padmarāgaratnadvīpāya namaḥ ।

māmsādhidevatāyai kālacakreśvāyai namaḥ ।

romādhidevatāyai mudrācakreśvāyai namaḥ ।

tvagadhidevatāyai mātṛcakreśvāyai namaḥ ।

rudhirādhidevatāyai ratnacakreśvāyai namaḥ ।

śukrādhidevatāyai deśacakreśvāyai namaḥ ।

majjādhidevatāyai gurucakreśvāyai namaḥ ।

asthyadhidevatāyai tattvacakreśvāyai namaḥ ।

medodhidevatāyai grahacakreśvāyai namaḥ ।

ojodhidevatāyai mūrticakreśvāyai namaḥ ।

saṅkalpātmabhyaḥ kalpatarubhyo namaḥ ।

tejātmane kalpakodyānāya namaḥ ।

madhurarasātmane vasanta ṛtave namaḥ ।

āmlarasātmane grīṣma ṛtave namaḥ ।

tiktarasātmane varṣa ṛtave namaḥ ।

kaṭurasātmane śarad ṛtave namaḥ ।

kaṣāyarasātmane hemanta ṛtave namaḥ ।  
lavaṇarasātmane śīśira ṛtave namaḥ ।  
indriyātmabhyo aśvebhyo namaḥ ।  
indriyārthātmabhyo gajebhyo namaḥ ।  
karuṇātmikāyai toyaparighāyai namaḥ ।  
ojaḥpuñjātmane māṇikyamaṇṭapāya namaḥ ।  
jñānātmane viśeṣārghyāya namaḥ ।  
jñeyātmane haviṣe namaḥ ।  
jñātrātmane hotre namaḥ ।  
cidātmane śrī mahātripurasundaryai namaḥ ।  
iti tattadanusandhānapūrvakaṃ manasā natvā ।  
jñātr jñāna jñeyānāṃ nāmarūpa vilāpanānusandhānena cinmātrarūpatā  
vibhāvanena kṣaṇaṃ viśrāmya ।  
hṛdi hastaṃ nidhāya ।  
aṃ āṃ sauḥ tripurā cakreśvāryai namaḥ ।  
aiṃ klīṃ sauḥ tripureśī cakreśvāryai namaḥ ।  
hrīṃ klīṃ sauḥ tripurasundarī cakreśvāryai namaḥ ।  
haiṃ hklīṃ hsauḥ tripuravāsini cakreśvāryai namaḥ ।  
hsaiṃ hsklīṃ hssauḥ tripurāśrī cakreśvāryai namaḥ ।  
hrīṃ klīṃ blem tripuramālinī cakreśvāryai namaḥ ।  
hrīṃ śrīṃ sauḥ tripurāsiddhā cakreśvāryai namaḥ ।  
hsraiṃ hsklīṃ hsrauḥ tripurāmbā cakreśvāryai namaḥ ।  
kaeīlahrīṃ hasakahalahrīṃ sakalahrīṃ śrīmahātripurasundarī cakreśvāryai  
namaḥ ।

aṃ āṃ sauḥ trailokyamohana cakrāya caturasratrayacakrāya namaḥ ।  
caturasra ādya rekhāyai namaḥ ।  
iti vakṣyamāṇa sthāneṣu vyāpakam nyasya ।  
dakṣāmsapṛṣṭharūpa śāntarasātmane aṃ aṇimā siddhyai namaḥ ।  
dakṣapāṇyaṅgulyagrārūpa adbhutarasātmane laṃ laghimā siddhyai namaḥ ।  
dakṣasphigrūpa karuṇārasātmane maṃ mahimā siddhyai namaḥ ।  
dakṣapādāṅgulyagrārūpa vīrarasātmane iṃ īsitva siddhyai namaḥ ।  
vāmapādāṅgulyagrārūpa hāsyarasātmane vaṃ vaśitva siddhyai namaḥ ।  
vāmasphigrūpa bībhatsarasātmane prāṃ prakāmya siddhyai namaḥ ।  
vāmapāṇyaṅgulyagrārūpa raudrarasātmane bhūṃ bhukti siddhyai namaḥ ।  
vāmāmsapṛṣṭharūpa bhayānakarasātmane iṃ icchā siddhyai namaḥ ।  
cūlīmūlarūpa śṛṅgārarasātmane prāṃ prāpti siddhyai namaḥ ।  
cūlipṛṣṭharūpa niyatyātmane saṃ sarvakāma siddhyai namaḥ ।  
caturasra madhya rekhāyai namaḥ ।  
iti tadantarvyāpakam nyasya ।  
pādāṅguṣṭhadvayarūpa kāmātmane āṃ brāmhyai namaḥ ।  
dakṣapārśvarūpa krodhātmane iṃ māheśvaryai namaḥ ।  
mūrdharūpa lobhātmane ūṃ kaumāryai namaḥ ।  
vāmapārśvarūpa mohātmane ṛṃ vaiṣṇavyai namaḥ ।  
vāmajānurūpa madātmane lṛṃ vārāhyai namaḥ ।  
dakṣajānurūpa mātস্যātmane aiṃ mähendryai namaḥ ।  
dakṣabahiramsarūpa puṇyātmane auṃ cāmuṇḍāyai namaḥ ।  
vāmahahiramsarūpa pāpātmane aḥ mahālakṣmyai namaḥ ।  
caturasrāntyarekhāyai namaḥ ।  
iti tadantarvyāpakam nyasya ।  
pādāṅguṣṭhadvayarūpa adhaḥsahasradalakamalātmane drāṃ

sarvasaṅkṣobhiṇī mudrāyai namaḥ ।

dakṣapārśvarūpa mūlādhārātmane drīṃ sarvavidrāviṇī mudrāyai namaḥ ।

mūrdharūpa svādhiṣṭhānātmane klīṃ sarvākarṣiṇī mudrāyai namaḥ ।

vāmapārśvarūpa maṇipūrātmane blūṃ sarvavaśaṅkarī mudrāyai namaḥ ।

vāmajānurūpa anāhatātmane saḥ sarvonmādinī mudrāyai namaḥ ।

dakṣajānurūpa viśuddhyātmane kroṃ sarvamahāṅkuśa mudrāyai namaḥ ।

dakṣorurūpa indrayonyātmane hskhph-reṃ sarvakhecari mudrāyai namaḥ ।

vāmorurūpa ājñātmane hsaumḥ sarvabījamudrāyai namaḥ ।

dvādaśāntarūpa ūrdhvasahasradalakamalātmane aiṃ sarvayoni mudrāyai  
namaḥ ।

pādāṅguṣṭhadvayarūpa ādhāranavakātmane hsrāiṃ hsklīṃ hsrāuḥ  
sarvatrikhaṇḍa mudrāyai namaḥ ।

hr̥drūpa trailokyamohanacakreśvāryai tripurāyai namaḥ ।

iti tattatsthānāni saṃspṛśya ।

etāḥ sarvāḥ svātmābhinnatvena vibhāvya ātmanaḥ aparicchinnatvaṃ  
vibhāvayet ।

prakaṭayoginīrūpa svātmātmane aṃ aṇimāsiddhyai namaḥ ।

aparicchinnarūpa svātmātmane drāṃ sarvasaṅkṣobhiṇī mudrāyai  
namaḥ ।

iti prayogapūrvakaṃ vibhāvayet ।

aiṃ klīṃ sauḥ sarvāśāparipūraka cakrāya ṣoḍaśadala padmāya namaḥ ।

iti tadantarvyāpakaṃ nyasya ।

dakṣaśrotrapṛṣṭharūpa pṛthivyātmane aṃ kāmākarṣiṇī nityākalāyai namaḥ ।

dakṣāmsarūpa abātmane āṃ buddhyākarṣiṇī nityākalāyai namaḥ ।

dakṣakūrpararūpa tejātmane iṃ ahaṅkārākarṣiṇī nityākalāyai namaḥ ।

dakṣakarapṛṣṭharūpa vāyvātmane īṃ śabdākarṣiṇī nityākalāyai namaḥ ।



dakṣorurūpa ākāśātmane uṃ sparsākarṣiṇī nityākalāyai namaḥ ।  
dakṣajānurūpa śrotrātmane ūṃ rūpākarṣiṇī nityākalāyai namaḥ ।  
dakṣagulpharūpa tvagātmane ṛṃ rasākarṣiṇī nityākalāyai namaḥ ।  
dakṣapādātalarūpa cakṣurātmane ṛṃ gandhākarṣiṇī nityākalāyai namaḥ ।  
vāmapādātalarūpa jihvātmane ḷṃ cittākarṣiṇī nityākalāyai namaḥ ।  
vāmagulpharūpa ghrāṇātmane ḷṃ dhairyākarṣiṇī nityākalāyai namaḥ ।  
vāmajānurūpa vāgātmane eṃ smṛtyākarṣiṇī nityākalāyai namaḥ ।  
vāmorurūpa pāṇyātmane aiṃ nāmākarṣiṇī nityākalāyai namaḥ ।  
vāmakarapṛṣṭharūpa pādātmane oṃ bījākarṣiṇī nityākalāyai namaḥ ।  
vāmakūrpararūpa pāyvātmane auṃ ātmākarṣiṇī nityākalāyai namaḥ ।  
vāmāmsarūpa upasthātmane aṃ amṛtākarṣiṇī nityākalāyai namaḥ ।  
vāmaśrotrapṛṣṭharūpa vikṛtamanātmane aḥ śarīrākarṣiṇī nityākalāyai  
namaḥ ।  
hr̥drūpa sarvāśāparipūraka cakreśvāyāyai tripureśyāyai namaḥ ।  
guptyoginīrūpa svātmātmane laṃ laghimāsiddhyāyai namaḥ ।  
aparicchinnarūpa svātmātmane dr̥ṃ sarvavidrāviṇī mudrāyāyai namaḥ ।  
hr̥ṃ kl̥ṃ sauḥ sarvasaṅkṣobhaṇa cakrāya aṣṭadala padmāyāyai namaḥ ।  
tadantarvyāpakam nyasya ।  
dakṣasaṅkharūpa vacanātmane kaṃ khaṃ gaṃ ghaṃ ṅaṃ  
anaṅgakusumādevyāyai namaḥ ।  
dakṣajatrurūpa ādānātmane caṃ chaṃ jaṃ jhaṃ ñaṃ  
anaṅgamekhalādevyāyai namaḥ ।  
dakṣorurūpa gamanātmane ṭaṃ ṭhaṃ ḍaṃ ḍhaṃ ṇaṃ  
anaṅgamadanādevyāyai namaḥ ।  
dakṣagulpharūpa visargātmane taṃ thaṃ daṃ dhaṃ ṇaṃ  
anaṅgamadanāturādevyāyai namaḥ ।



vāmagulpharūpa ānandātmāne paṃ phaṃ baṃ bhaṃ maṃ  
anaṅgarekhādevyai namaḥ ।

vāmorurūpa hānākhyabuddhyātmāne yaṃ raṃ laṃ vaṃ  
anaṅgaveginīdevyai namaḥ ।

vāmajatrurūpa upādānākhyabuddhyātmāne śaṃ ṣaṃ saṃ haṃ  
anaṅgāṅkuśādevyai namaḥ ।

vāmaśaṅkharūpa upekṣākhyabuddhyātmāne laṃ kṣaṃ anaṅgamālinīdevyai  
namaḥ ।

hr̥drūpa sarvasaṅkṣobhaṇa cakreśvāryai tripurasundaryai namaḥ ।

guptatara yoginīrūpa svātmātmāne maṃ mahimāsiddhyai namaḥ ।

aparicchinnarūpa svātmātmāne klīṃ sarvākārṣiṇī mudrāyai namaḥ ।

haiṃ hklīṃ hsauḥ sarvasaubhāgyadāyaka cakrāya caturdaśāra cakrāya  
namaḥ ।

tadantarvyāpakam nyasya ।

lalāṭamadhyabhāgarūpa alambusātmāne ṭaṃ sarvasaṅkṣobhiṇī śaktyai  
namaḥ ।

lalāṭadakṣabhāgarūpa kuhvātmāne ṭhaṃsarvavidrāviṇī śaktyai namaḥ ।

dakṣagaṇḍarūpa viśvodarātmāne ḍaṃ sarvākārṣiṇī śaktyai namaḥ ।

dakṣāmsarūpa vāruṇyātmāne ḍhaṃ sarvāhlādinī śaktyai namaḥ ।

dakṣapārśvarūpa hastijihvātmāne ṇaṃ sarvasammohinī śaktyai namaḥ ।

dakṣorurūpa yaśovatyātmāne taṃ sarvastambhinī śaktyai namaḥ ।

dakṣajaṅghārūpa payasvinyātmāne thaṃ sarvajṛmbhinī śaktyai namaḥ ।

vāmajaṅghārūpa gāndhāryātmāne daṃ sarvavaśaṅkarī śaktyai namaḥ ।

vāmorurūpa pūṣātmāne dhaṃ sarvaraṅjanī śaktyai namaḥ ।

vāmapārśvarūpa śaṅkhinyātmāne naṃ sarvonmādinī śaktyai namaḥ ।

vāmāmsarūpa sarasvatyātmāne paṃ sarvārthasādhinī śaktyai namaḥ ।

vāmagāṇḍarūpa iḍātmane phaṃ sarvasampatprapūraṇī śaktyai namaḥ ।  
lalāṭavāmabhāgarūpa piṅgalātmane baṃ sarvamantramayī śaktyai namaḥ ।  
lalāṭaprṣṭhabhāgarūpa suṣumnātmane bhaṃ sarvadvandvakṣayaṅkarī  
śaktyai namaḥ ।

hr̥drūpa sarvasaubhāgyadāyaka cakreśvaryai tripuravāsinyai namaḥ ।  
sampradāya yoginīrūpa svātmātmane īṃ īśitvasiddhyai namaḥ ।  
aparicchinnarūpa svātmātmane blūṃ sarvavaśaṅkarī mudrāyai namaḥ ।

hsaiṃ hsklīṃ hssauḥ sarvārthasādhaka cakraṃ bahirdaśāra cakraṃ namaḥ ।  
iti tadantarvyāpakam nyasya ।

dakṣākṣirūpa prāṇātmane kaṃ sarvasiddhipradā devyai namaḥ ।  
nāsāmūlarūpa apānātmane khaṃ sarvasampatpradā devyai namaḥ ।  
vāmanetrarūpa vyānātmane gaṃ sarvapriyaṅkarī devyai namaḥ ।  
kukṣīśakoṇarūpa udānātmane ghaṃ sarvamaṅgaḷakāriṇī devyai namaḥ ।  
kukṣivāyukoṇarūpa samānātmane ṇaṃ sarvakāmapradā devyai namaḥ ।  
vāmajānurūpa nāgātmane caṃ sarvaduḥkhavimocanī devyai namaḥ ।  
gudarūpa kūrmatmane chaṃ sarvamṛtyupraśamanī devyai namaḥ ।  
dakṣajānurūpa kṛkarātmane jaṃ sarvaviḅnavināśinī devyai namaḥ ।  
kukṣinirṛtikoṇarūpa devadattātmane jhaṃ sarvāṅgasundarī devyai namaḥ ।  
kukṣivahnikoṇarūpa dhanañjayātmane ṅaṃ sarvasaubhāgyadāyinī devyai  
namaḥ ।

hr̥drūpa sarvārthasādhaka cakreśvaryai tripurāśriyai namaḥ ।  
kulakaulayoginīrūpa svātmātmane vaṃ vaśitvasiddhyai namaḥ ।  
aparicchinnarūpa svātmātmane saḥ sarvonmādinī mudrāyai namaḥ ।

hrīm klīm bleṃ sarvarakṣākara cakrāya antardaśāracakrāya namaḥ ।  
iti tadantarvyāpakam nyasya ।

dakṣanāsārūpa recakāgnyātmane maṃ sarvajñā devyai namaḥ ।  
dakṣaṣṛkkirūpa pācakāgnyātmane yaṃ sarvaśakti devyai namaḥ ।  
dakṣastanarūpa śoṣakāgnyātmane raṃ sarvaiśvaryaḥ pradā devyai namaḥ ।  
dakṣavṛṣaṇarūpa dāhakāgnyātmane laṃ sarvajñānamayī devyai namaḥ ।  
sīvinīrūpa plāvakāgnyātmane vaṃ sarvavyādhivināśinī devyai namaḥ ।  
vāmavṛṣaṇarūpa kṣārakāgnyātmane śaṃ sarvādhārasvarūpā devyai namaḥ ।  
vāmastanarūpa udgārakāgnyātmane ṣaṃ sarvapāpaharā devyai namaḥ ।  
vāmasṛkkirūpa kṣobhakāgnyātmane saṃ sarvānandamayī devyai namaḥ ।  
vāmanāsārūpa jṛmbhakāgnyātmane haṃ sarvarakṣāsvarūpiṇī devyai  
namaḥ ।  
nāsāgrarūpa mohakāgnyātmane kṣaṃ sarvepsitaphalapradā devyai namaḥ ।  
hrīrūpa sarvarakṣākara cakreśvaryai tripuramālinyai namaḥ ।  
nigarbhayoginīrūpa svātmātmane prāṃ prākāmyasiddhyai namaḥ ।  
aparicchinnarūpa svātmātmane kroṃ sarvamahānkuśa mudrāyai namaḥ ।

hrīm śrīm sauḥ sarvarogaharacakrāya aṣṭakoṇa cakrāya namaḥ ।  
iti tadantarvyāpakam nyasya ।

cibukadakṣabhāgarūpa śītātmane aṃ āṃ iṃ īṃ uṃ ūṃ ṛṃ ṝṃ ḷṃ Ḹṃ eṃ  
aiṃ oṃ auṃ aṃ aḥ rblūṃ vaśinī vāgdevatāyai namaḥ ।  
kaṇṭhadakṣabhāgarūpa uṣṇātmane kaṃ khaṃ gaṃ ghaṃ ṇaṃ klhrīm  
kāmeśvarī vāgdevatāyai namaḥ ।  
hrīdayadakṣabhāgarūpa sukhātmane caṃ chaṃ jaṃ jhaṃ ñaṃ nv-līṃ  
modinī vāgdevatāyai namaḥ ।

nābhidakṣabhāgarūpa duḥkhātmane taṃ taṃ daṃ dhaṃ naṃ ylūṃ  
vimalā vāgdevatāyai namaḥ ।

nābhivāmabhāgarūpa icchātmane taṃ taṃ daṃ dhaṃ naṃ jmrīṃ aruṇā  
vāgdevatāyai namaḥ ।

hrdayavāmabhāgarūpa satvaguṇātmane paṃ phaṃ baṃ bhaṃ maṃ  
hslvyūṃ jayinī vāgdevatāyai namaḥ ।

kaṇṭhavāmabhāgarūpa rajoguṇātmane yaṃ raṃ laṃ vaṃ jhmryūṃ  
sarveśvarī vāgdevatāyai namaḥ ।

cibukavāmabhāgarūpa tamoguṇātmane śaṃ ṣaṃ saṃ haṃ laṃ kṣaṃ  
kṣmrīṃ kaulinī vāgdevatāyai namaḥ ।

hrdrūpa sarvarogahara cakreśvaryai tripurāsiddhāyai namaḥ ।

rahasyayoginīrūpa svātmātmane bhūṃ bhukti siddhyai namaḥ ।

aparicchinnarūpa svātmātmane hskhph-reṃ sarvakhecarī mudrāyai  
namaḥ ।

hrdayatrikoṇa adhobhāgarūpa pañcatanmātrātmakebhyaḥ jaṃ  
sarvajṛmbhaṇa puṣpabāṇebhyo namaḥ ।

taddakṣakoṇarūpa mana ātmakābhyāṃ dhaṃ taṃ sarvajagatsammohana  
ikṣudhanurbhyaṃ namaḥ ।

tadūrdhvhabhāgarūpa rāgātmakābhyāṃ āṃ hrīṃ sarvavaśaṅkarapāśābhyāṃ  
namaḥ ।

tadvāmabhāgarūpa dveṣātmakābhyāṃ kroṃ sarvastambhakara  
aṅkuśābhyāṃ namaḥ ।

hsraiṃ hsklṛiṃ hsrauḥ sarvasiddhipradacakrāya trikoṇacakrāya namaḥ ।  
iti vyāpakaṃ nyasya ।

hr̥dayatrikoṇa agrabhāgarūpa mahattatvātmane kaeīlahrīṃ mahākāmeśvarī  
devyai namaḥ ।

taddakṣakoṇarūpa ahaṅkārātmane hasakahalahrīṃ mahāvajreśvarī devyai  
namaḥ ।

tadvāmakoṇarūpa avyaktātmane sakalahrīṃ mahābhagamālinī devyai  
namaḥ ।

hr̥drūpa sarvasiddhipradacakreśvaryai tripurāmbāyai namaḥ ।

atirahasyayoginīrūpa svātmātmane iṃ icchāsiddhyai namaḥ ।

aparicchinnarūpa svātmātmane hsaumḥ sarvabīja mudrāyai namaḥ ।

kaeīlahrīṃ hasakahalahrīṃ sakalahrīṃ sarvānandamayacakrāya  
binducakrāya namaḥ ।

iti nyasya ।

kaeīlahrīṃ hasakahalahrīṃ sakalahrīṃ hr̥ṇmadhyarūpa nirupādḥika  
samvinmātrarūpa kāmeśvarāṅkanilayāyai saccidānandaika brahmātmikāyai  
paradevatāyai lalitāyai śrīmahātripurasundaryai namaḥ ।

nirupādḥikacaitanyameva saccidānandātmakaṃ antaḥkaraṇa pratibimbitaṃ  
sat tadahamevetyanusandhānaṃ lalitāyāḥ lauhityamiti vibhāvya ।

abhedasambandhena sattvacittvādi viśiṣṭasaṃvidaḥ kevalasamvidaśca  
tādātmya sambandharūpaṃ kāmeśvarāṅkayantraṇaṃ viśeṣaṇaṃ vibhāvya ।

upādhyabhāvarūpa śuklatvopalakṣitā satī śuddhasamvideva śuklacaraṇaḥ ।  
cittviviśiṣṭasaṃvit prāthamika parāhantātmaka vṛttirūpeṇa rāgeṇopalakṣitā

satīraktacaraṇaḥ ।

ahamākāravṛttinirūpitā viṣayatā caraṇayormitho viśeṣya viśeṣaṇa  
bhāvarūpaiva tadubhayasāmarasyamiti vibhāvya ।  
hr̥drūpa sarvānandamaya cakreśvaryai śrī mahātripurasundaryai namaḥ ।  
parāpararahasya yoginīrūpa svātmātmane prāṃ prāptisiddhyai namaḥ ।  
aparicchinnarūpa svātmātmane aiṃ sarvayoni mudrāyai namaḥ ।  
iti tattatsthāna sparśapūrvakaṃ samyaganusandhāya upacārān samarpayet ।  
tadyathā ।  
evaṃ aparicchinnatayā bhāvitāyāḥ lalitāyāḥ sve mahimnyeva pratiṣṭhitam  
āsanam anusandadhāmi ।  
viyadādi sthūlaprapañcarūpa pādagata nāmarūpātmakamalasya  
saccidānandaikarūpatva bhāvanājaleṇa kṣālanam pādyam bhāvayāmi ।  
sūkṣmaprapañcarūpa hastagatasya tasya nāmarūpātmakamalasya kṣālanam  
ardhyam cintayāmi ।  
bhāvanārūpāṇam apāmapi kabalīkārārūpam ācamanam bhāvayāmi ।  
sattvacittva ānandatvādi akhilāvayava avacchedena bhāvānjala  
samparkarūpam snānam anucintayāmi ।  
teṣveva avayaveṣu prasaktāyāḥ bhāvānātmakavṛtti viśeṣyatāyāḥ proñchanam  
vṛttyaviṣayatva bhāvanena vastram kalpayāmi ।  
nirviṣayatva nirañjanatva aśokatva amṛtattvādi aneka  
dharmarūpāṇyābharaṇāni dharmyabheda-bhāvanena samarpayāmi ।  
svaśarīra ghaṭaka pārthivabhāgānām jaḍatāpanayanena cinmātratāvaśeṣa  
bhāvanārūpam gandham prayacchāmi ।  
svaśarīra ghaṭaka ākāśabhāgānām jaḍatāpanayanena cinmātratāvaśeṣa  
bhāvanārūpāni puṣpāni samarpayāmi ।  
svaśarīra ghaṭaka vāyavyabhāgānām jaḍatāpanayanena cinmātratāvaśeṣa  
bhāvanārūpam dhūpam āghrāpayāmi ।

svāsarīra ghaṭaka taijasabhāgānāṃ jaḍatāpanayanena cinmātratāvaśeṣa  
bhāvanārūpaṃ dīpaṃ uddīpayāmi ।

svāsarīra ghaṭaka amṛtabhāgānāṃ jaḍatāpanayanena cinmātratāvaśeṣa  
bhāvanārūpaṃ naivedyaṃ nivedayāmi ।

ṣoḍaśāntendumaṇḍalasya jaḍatāpanayanena cinmātratāvaśeṣa  
bhāvanārūpaṃ tāmbūlakalpamācarāmi ।

parāpaśyantyādi nikhilaśabdānāṃ nādadvārā brahmaṇi  
upasaṃhāracintanena stavāmi ।

viṣayeṣu dhāvamānānāṃ cittavṛttināṃ viṣayajaḍatānirāsanena brahmaṇi  
pravilāpanena pradakṣiṇīkaromi ।

tāsāṃ viṣayebhyaḥ parāvartanena brahmaikapraṇatayā praṇamāmi ।  
ityupacarya juhuyāt ।

vihitāvihitaviṣayāḥ vṛttaya utpannāḥ, ahaṃ tvam gururdevatetyādayaḥ tāḥ  
sarvāḥ cakrarājastha ananta śaktikadambārūpāḥ tattatsūkṣmarūpāḥ ye ye  
samskārah

tatsarvaṃ cinmātrameveti vibhāvanayā nirvyutthānaṃ svātmani juhomi ।  
prakṛtabhāvanāsu ye gurucaraṇādi śaktikadambāntāḥ viṣayāḥ te sarve'pi  
cinmātrarūpāḥ na parasparaṃ bhidyante iti bhāvanayā tarpayāmi ।  
tithicakramuktarūpaṃ kālacakraṃ deśacakraṃ ca sarvamasti bhāti priyaṃ  
ca na tu nāmarūpavat ataḥ sarvaṃ brahmaiveti vibhāvayāmi ।

atha nityā devatā bhāvanāṃ śvāsappravilāpanaphalikāṃ kuryāt ।

1 । catvāriṃśadadhika caturdaśāśata śvāsātmane pratipat tithirūpa  
aim sakalahrīm nityaklinne madadrave sauḥ  
am kāmēśvarī nityāyai namaḥ ।



- 2 | kāmeśvarī nityā śvāsottara catvāriṃśadadhika caturdaśāśata  
śvāsātmane dvitīyā tithirūpa aiṃ bhagabhuge bhagini bhagodari  
bhagamāle bhagāvahe bhagaguhye bhagayoni bhaganipātini,  
sarvabhagavaśaṅkari bhagarūpe nityaklinne bhagasvarūpe sarvāṇi  
bhagāni me hyānaya varade rete surete bhagaklinne klinnadrave  
kledaya drāvaya amoghe bhagavicce kṣubhaḥ kṣobhaya sarvasatvān  
bhageśvari aiṃ blūṃ jeṃ blūṃ bheṃ blūṃ moṃ blūṃ heṃ blūṃ  
heṃ klinne sarvāṇi bhagāni me vaśamānaya strīṃ hara bleṃ hrīṃ  
ām bhagamālinī nityāyai namaḥ |
- 3 | bhagamālinī nityā śvāsottara catvāriṃśadadhika caturdaśāśata  
śvāsātmane tṛtīyā tithirūpa oṃ hrīṃ nityaklinne madadrave svāhā  
iṃ nityaklinnā nityāyai namaḥ |
- 4 | nityaklinnā nityā śvāsottara catvāriṃśadadhika caturdaśāśata  
śvāsātmane caturthī tithirūpa oṃ kroṃ bhroṃ krauṃ jhrauṃ  
chrauṃ jrauṃ svāhā iṃ bheruṇḍā nityāyai namaḥ |
- 5 | bheruṇḍā nityā śvāsottara catvāriṃśadadhika caturdaśāśata  
śvāsātmane pañcamī tithirūpa oṃ hrīṃ vahnivāsinyai namaḥ  
uṃ vahnivāsinī nityāyai namaḥ |
- 6 | vahnivāsinī nityā śvāsottara catvāriṃśadadhika caturdaśāśata  
śvāsātmane ṣaṣṭhī tithirūpa hrīṃ klinne aiṃ kroṃ nityamadadrave  
hrīṃ ūṃ mahāvajreśvarī nityāyai namaḥ |
- 7 | mahāvajreśvarī nityā śvāsottara catvāriṃśadadhika caturdaśāśata  
śvāsātmane saptamī tithirūpa hrīṃ śivadūtyai namaḥ  
ṛṃ śivadūtī nityāyai namaḥ |



- 8 | śivadūti nityā śvāsottara catvāriṃśadadhika caturdaśāśata  
śvāsātmane aṣṭamī tithirūpa oṃ hrīm huṃ khe ca che kṣaḥ strīm  
huṃ kṣeṃ hrīm phaṭ ṛṃ tvaritā nityāyai namaḥ |
- 9 | tvaritā nityā śvāsottara catvāriṃśadadhika caturdaśāśata śvāsātmane  
navamī tithirūpa aiṃ klīm sauḥ ḥṃ kulasundarī nityāyai namaḥ |
- 10 | kulasundarī nityā śvāsottara catvāriṃśadadhika caturdaśāśata  
śvāsātmane daśamī tithirūpa hasakalaraḍaim hasakalaraḍīm  
hasakalaraḍauḥ ḥṃ nityā nityāyai namaḥ |
- 11 | nityā nityā śvāsottara catvāriṃśadadhika caturdaśāśata śvāsātmane  
ekādaśī tithirūpa hrīm phreṃ srūṃ kroṃ āṃ klīm aiṃ blūṃ  
nityamadadrave huṃ phreṃ hrīm eṃ nīlapatākā nityāyai namaḥ |
- 12 | nīlapatākā nityā śvāsottara catvāriṃśadadhika caturdaśāśata  
śvāsātmane dvādaśī tithirūpa bhramarayaum  
aiṃ vijayā nityāyai namaḥ |
- 13 | vijayā nityā śvāsottara catvāriṃśadadhika caturdaśāśata śvāsātmane  
trayodaśī tithirūpa svaum oṃ sarvamaṅgaḷā nityāyai namaḥ |
- 14 | sarvamaṅgaḷā nityā śvāsottara catvāriṃśadadhika caturdaśāśata  
śvāsātmane caturdaśī tithirūpa oṃ namo bhagavati jvālāmālini deva  
devi sarvabhūta saṃhāra kārike jātavedasi jvalanti jvala jvala  
prajvala prajvala hrām hrīm hrūṃ ra ra ra ra ra ra (7 times)  
jvālāmālini huṃ phaṭ svāhā auṃ jvālāmālinī nityāyai namaḥ |
- 15 | jvālāmālinī nityā śvāsottara catvāriṃśadadhika caturdaśāśata  
śvāsātmane paurṇamāsī tithirūpa ckaum aṃ citrā nityāyai namaḥ |
- 16 | ṣaṭchatādhika ekavimśati sahasraśvāsātmane samaṣṭirūpa kaeīlahrīm  
hasakahalahrīm sakalahrīm aḥ mahātripurasundarī mahānityāyai  
namaḥ |

tena manaḥpavanātmanāṃ aikyanibhālanena trīn muhurtān dvāvekaṃ vā  
muhūrtamavicchinnaṃ vyāpayet ।

tasya devatātmaikya siddhiḥ । cintita kāryāṇi-ayatnena siddhyanti ।  
tatovatīryaṃ prāṇāyāma trayāṃ ṛṣyādi nyāsatrayaṃ ca kṛtvā gurum  
stuvīteti sarvaṃ śivam ।

atharvaśirasi prokta bhāvanānāṃ satāṃ mude ।

iti bhāskaraṛāyeṇa prayogavidhirīritaḥ ॥

śrī vimarśānandanāthaṃ satyāmbāsahitaṃ gurum ।

hṛtpadmakarṇikā madhye bhāvayet sarvasiddhaye ॥

śrī prakāśānandanāthaṃ vimarśāmbāyutaṃ gurum ।

hṛtpadmakarṇikā madhye bhāvayet sarvasiddhaye ॥

śrī rāmānanda nāthaṃ rāmāmbā sahitaṃ gurum ।

hṛtpadmakarṇikā madhye bhāvayet sarvasiddhaye ॥

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