

9. It was directly heard from Upamanyu, the noble soul, by Kṛṣṇa (i.e. Kṛṣṇadvaiṇāyaṇa or Vyāsa). That I shall tell you in the same way as Brahmā had said before.

*Brahmā said :—*

10. O sage Nārada I shall explain briefly the worship of the līṅga (the phallic image). It is impossible to explain it in detail even in a hundred years.

11. In order to achieve the fulfilment of all desires one should worship with great devotion the pure and eternal form of Śiva thus.

12. Poverty, sickness, harassment from enemies and the four sorts of sins trouble one only as long as one does not worship Śiva.

13. When Śiva is worshipped, all miseries merge into the lord; all happiness is secured and salvation is attained thereafter.

14. Śiva who secures the achievement of all matters shall be worshipped by the person who considers a continuous series of human pleasures very important.

15. Whether they are brahmins, Kṣatriyas, Vaiśyas or Śūdras, they shall perform the worship of Śiva duly and regularly for the achievement of all desired objects.

16-18. One shall get up early in the morning during the Brāhma Muhūrta<sup>191</sup> (about an hour before dawn). He shall remember the preceptor and Śiva. O sage, he shall then remember the holy centres and meditate on Hari. Thereafter he shall remember me, the deities and the sages. Then he shall recite a prayer in the name of Śiva duly. Then he shall get up and evacuate his bowels in southern quarter.

19. The evacuation of the bowels shall be done in an isolated place. What I have heard (in this respect) I am mentioning now. O sage, please listen attentively.

20. A brahmin shall use earth for cleaning purposes five times; a Kṣatriya for four times and a Vaiśya for three times.

<sup>191</sup> It is the period between the fourth and the second ghaṭikas before sunrise. रात्रेश्च पश्चिमे यामे मुहूर्तो ब्राह्म उच्यते ।