

mother of the universe in his heart. He wished to see the Goddess in person.

6. For three thousand divine years he performed the penance with good sacred rites, controlling his mind and keeping himself pure.

7. For some years, he sustained himself on taking in only air, abstaining from food, for some years taking only water and for some years taking only leaves as food. Thus he spent the time meditating upon the Goddess in cosmic form.

8. He was intensively devoted to the meditation of the Goddess. He was engaged in the penance for a long time. With sacred rites and various restraints he worshipped the Goddess.

9. O excellent sage, then Śivā appeared in person to Dakṣa who maintained all restraints, Yama etc. and worshipped the mother of the universe.

10. On seeing the mother of the universe cosmic in form, Dakṣa the lord of the subjects considered himself well rewarded.

11-12. With various sorts of prayer he eulogised and bowed to the Goddess mother of the universe, Kālīkā seated on a lion, dark-complexioned, with four arms and beautiful face, the bestower of the boon, the abode of safety, holding a blue lotus and the sword in her hands, comely with reddish eyes and with beautiful dishevelled hair.

*Dakṣa said:—*

13. Obeisance to Thee, O great Goddess, mother of the universe, wielding the great illusion, the ruler of the universe. It is with great favour that Thou showed Thy own body to me.

14. Be pleased, O primordial Goddess, be pleased, O Goddess in the form of Śiva; be pleased, O bestower of boons

253. Yama=Self-restraint. It is the first of the eight means of attaining mental concentration. The rest are नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान and समाधि । For details see बोधसार pp. 121-128.

Yamas are usually said to be ten :

ब्रह्मचर्यं दया क्षान्तिर्दानं सत्यमकल्कता ।

अहिंसाऽस्तेयमाधुर्यं दमश्चेति यमाः स्मृताः ॥