**öqz ¥gxcxjditªry öeYzZxdy itxdõxs s¢öZxYy**

Here Bodhayanamaharshi is giving the mahanyaasa in a capsule form. He is directly teaching the mahanyaasa method (vidhim vyAKyAsyAmaH).

Mahanaaysa vidhi of Bhodhayna appearing in

"Bhodhayna gruhya SeSha sutraM – Chapter 6.9"

HxI AaxZJ eºxIMk¡öbxYxI dõxse¢ªpKI Re¥txixªPdxhy¥rKpycyI põxLõxsõxiJ ||

*(eºxIMk¡öbsõ AjiªÁJ eºöeKxkxJ AIMdõxsxJ ¥jr¡ ¥Z eºxIM k¡öbxJ | GpI rWIMk¡öbsõxey rU§öeKxkxJ AIMdõxsxJ jsõ sJ CZõªÁJ |*

*ZöZ qyLxbõösëekõÇI GKöZyIqbIMdõxsJ byM§gÊ styZJ öeaiJ)*

**dõxsI 1 - (qyLxbõösëekõÇI GKöZyIqbIMdõxsJ byM§gÊ styZJ öeaiJ)**

1. jx¥Z k¡¥öbZy qyLxjxI |

Asôy© itZõªYêp CZy qyksy |

stösxYzZy mmx¥U |

t(³§)sJ q¡PyrbyZy öh¡¥pxªi¥Æõ |

öZõIgKI jRxi¥t CZy ¥döZ¥jxJ |

diJ ös¡Zõx¥jZy KªYê¥jxJ |

ixd¥sëxK CZy dxsyKxjxI | ApZ¥ZõZy i¡¥L | dzmöMzp¦ bû¦ K¥Yç |

di¥së Asëûxj¡cx¥jZy gx¥tûxJ |

jx ¥Z ¥tZykyZõ¡egx¥tûxJ |

eky¥Yx k¡öbsõ ¥tZykyZy iYygÊ¥jxJ |

¥j ZzªÁxdzZy tsë¥jxJ |

s¥bõxRxZiyZy eºxd¡pxKx© eºsûIM¡mzr¡ |

d¥ix pJ Kyky¥Khõ CZy t£b¥j |

d¥ix M¥Yhõ CZy e£¥rç |

d¥ix tykYõgxtp CZy exªqû¥jxJ |

pyRõI cd¡kyZy RV¥k |

tykYõMªh CZy dxh¦ | izX¢ræ¥iZy KUõxI |

¥j h¢ZxdxicyeZj CZy M¡¥tõ | ¥j A¥ËrûyZõ¾¥jxJ |

sqykx RxZ¥pbx CZõex¥d |

ix¥dx itxÇiyZõ¡ª¥ÑxJ |

Gr¥Z k¡öb hxM CZy Rx¥dûxJ |

s(³§)s£ræRybyZy RIN¥jxJ |

pyqûI h¢ZiyZy M¡«f¥jxJ | ¥j eaxiyZy exb¥jxJ |

AÆõ¥pxPbyZy KpPI | d¥ix gy«iyd CZõ¡eKpPI |

d¥ix Asë¡ dzmöMzpx¥jZy Z£ZzjI ¥döZI |

öei¡º cdûd CZõösëI | j GZxpÇ¥ÒZy byM§gÊJ ||

**dõxsi§ 2 - (i¢ªÆxbyexbxÇI bqxIO§MdõxsJ bûyZzjJ)**

1. HxI d¥ix hMp¥Z k¡öbx¥jZy disÜxkx© dõ¥sZ§ |

2.1 HxI´xkI i¢ªÆ§dy pydõsõ dKxkI dxsyKxöMZJ |

¥ixKxkI Z¢ mmx¥U ¤¤p hKxkI i¡LiÆõZJ ||

2.2 MKxkI K¾¥b¥q Z¡ pKxkI t£by pydõ¥sZ§ |

¥ZKxkI b±y¥Y t¥së k¡KxkI pxi¥Zx dõ¥sZ§ ||

2.3 öbxKxkI dxhy¥b¥q Z¡ jKxkI exb¥jxª dõ¥sZ§ ||

**dõxsi§ 3 - exbxbyi¢ªÆxÇI eºxIMdõxsJ Z£ZzjJ**

**3.1** sbõI P exb¥jxªdõsõ pxiI dõ¥sõxk¡iÆõZJ |

A¥NxkI t£by pydõsõ i¡¥L ZZ§ e¡k¡rI dõ¥sZ§ ||

**3.2** C¦qxdI i¢ªÆdy pydõsõ tI¥sx dxisbxqypJ |

tIs tI¥sZy ¥jx ög¢jxZ§ tI¥sx dxi sbxqypJ |

**3.3** GpI dõxspycyI K£Zûx ZZJ sIe¡Uixk¥hZ§ |

**3.4** öZxZxkiyöÉI, ZûI¥dx A¥², s¡MI dJ eÈxI, As¡dûÇI, ZZûx jxiy, B¥dx dyj¡b§hyJ |

pj(³§)¥sxi, ZizqxdI, A¥sô k¡öbx, ¥sõxdxe£aypz¥ZõZZ§ sIe¡UI CöÉxby by±¢ pydõsõ

Gp¥ipxÃdy ¥rxWqk¦öbzKkYI K£Zûx pyh¢kszZõd¡px¥Kd sxd¡rO§¥MY ||

**3.5** ZûMÓyM¤¤ZJ sªpex¤¤eJ öei¡Põ¥Z sªph¢¥ZrûekxRy¥Zx hpZy |

Z¥Zx h¢Z¥öeZ eyqxP ögÖkx±s j± jib¢Z qxKydz WxKydz sªe qûxeb p£ÒyK ZsÜkxbõ¢eöbpxbõ¢eNxZxJ ||

**3.6** sª¥p (öMtxJ) RûmÇI eqõÇ¡ | ixI k±Ç¡ |

**dõxsi§ 4 - M¡tõxbyisëKxÇ rWIMdõxsJ PZ¡ªÁJ**

i¥dx¥RõxZyJ, A¥gxÆõ²yJ, A²yªi¢ªÆx, i¢ªÆxdI, iªixYy ¥Z, RxZ¥pbx, CZy M¡tõ-dxhy-t£bj-KYç-i¡L -qykxIsõhyiöÇõ BÃk±x KªÀpõx ögÖxÃdûbs£R¥ZZõd¡px¥Kd |

**dõxsi§ 5 - t£bjxbõösëxÇI rWIMdõxsJ eºiJ**

* 1. qyps´«eI t£bjI, e¡k¡rs¢°I qykJ, DÀkdxkxjYI qyLx, AöeZykaI KpPI, öeZye¡k¡rbûjI ¥döZI, qZk¡öbyjiyZõösëI |

**Korvai for shiva samkalpam**

1. ¥j¥dbI, ¥jd KªixYy, ¥jdKªixYõe¥sx, jZ§ öe¹xdM§I, s¡rxkayª, jsôyË£¥Px, jböZ rrçI, j¸xöM¥Zx, ¥j¥dbI, ¥jd bõ¦J e£aypz bq |

2. ¥j i¥dx t£bj, iPyÇõ, ¥iKx P, ¥j eº, ¥pbxt¥iZI, j¥sõbI czkxJ, ekxZ§ ekZkI ¤¤Pp,

ekxZ§ ekZ¥kx ögÖx, jx ¥pbxbyr¡, ¥jx ¤¤p ¥bpI bq |

3. öej¥Zx, ¥jx„s¦, ¥Mxhyª R¡ræI, ¤¤Kmxs qyL¥k, öZõIgKI, pyqûZÒ±¡, ÒZ¡¥kx ¥pbxd§,

ix¥dx itxÇ, Ïxd¥sëxK, EZ(³§) sZõI bq |

4. Kb§ k¡öbxj, ögÖR¹xdI, jJ öexY¥Zx,

j BÃbx, ¥jx k¡¥öbx, MÊbûxkxI, j Cb(³§) qyps´«e(³§) seëöZy(³§)qZ§.

* 1. eºxIMI sK£Z§R¥eZ§ - t(³§)sJ q¡PyrZ§, öeZbûyrê¡J, öZõIgKI, ZÄpyZ¡ªp£Yzi¥t, pyrê¡ª ¥jxdyiyZy |
  2. AræxIMI öeYiõ - tykYõMª¥hx, jJ öexY¥Zx, ögÖR¹xdI, itzb¦J, Deqûxsj, A¥² dj,

jx¥Z A¥², CiI ji CZõræxO§MI öeYiõ |

* 1. AaxÃxdI qypxÃxdI öqzk¡öbk¢eI cõx¥jZ§ |

(AaxÃxdI k¡öbk¢eI cõx¥jZ§ eºi¡LI qypI

CZy exVxÇkI )

* q¡ÆsñUyKs´xqI öZy¥döZI eºpö°KI

MIO§MxckI bqh¡RI sªÑxhkY h¢ryZI |

* dzmöMzpI qqx´x´I dxMj¥¹xepzZydI

põxöNPª¥ÏxÀkzjI P p¥kYõihjöebI |

* Ki¾mû±s¢¥öZ P bcxdI q¢mexYydI

RûmÇI eyO§MnRUI qyLxi¥ÆõxbcxkyYI

* Ai£¥Zdxeø¡ZI t£ræI bypõ¥hxMsidûyZI

byM§¥bpZx sixj¡°I s¡kxs¡kdisÜ£ZI|

* dyZõI P qxqûZI q¡ÆI öc¡pi±kipõjI

sªppõxeydizqxdI k¡öbI ¤¤p pyqûk¢eyYI |

* GpI cõxZûx bûyRJ si£K§ Z¥Zx jRdixk¥hZ§ |
  1. Aax¥Zx k¡öbsïxdxªPdxhy¥rKpycyI põxLõxsõxiJ ||

BbyZ Gp Zzª¥Á sïxZûx, D¥bZõ AtZI pxsJ ekycxj, q¡PyJ öej¥Zx ögÖPxkz q¡KøpxsxJ, C¦qxdsõ öeZyK£ZyI K£Zûx Zsõ b±yYxöeZõM§¥b¥q ZÍ¡LJ ÓyZûx,

BÃdy ¥bpZxJ Óxe¥jZ§ |

**dõxsI 6 - AjI rrçJ dõxsJ**

öeRd¥d ögÖx ZyrçZ¡ | exb¥jxJ pyrê¡sëyrçZ¡ |

tsë¥jxJ tksëyrçZ¡ | gx¥tûxkyöÉsëyrçZ¡ |

RV¥k A²ysëyrçZ¡ | t£b¥j qypsëyrçZ¡ |

K¥Yç pspsëyrçÇ¡ | p¥ö° sksûZz ZyrçZ¡ |

dxsyK¥jxªpxj¡ sëyrçZ¡ |

djd¥jxÒöÉxbyZõ¦ sëyrçZxI |

KªYê¥jxkqûyd¦ sëyrçZxI | mmx¥U k¡öbxsëyrçÇ¡ |

i¢ªÆdõxbyZõxsëyrçÇ¡ | qyksy itx¥bpsëyrçZ¡ |

qyLxjxI pxi¥bpsëyrçZ¡ | e£¥rç eydxKz sëyrçZ¡ |

e¡kZJ q¢mz sëyrçZ¡ | exªqû¥jxJ qypxq´k¦ sëyrçZxI |

sªp¥Zx pxj¡ sëyrçZ¡ |

Z¥Zx gtzJ sªp¥Zx„²yª Rûxmxixmxekyp£ZsëyrçZ¡ |

sª¥ÑrûO§¥Mr¡ sªpx¥bpZx jaxÓxdI ZyrçÇ¡ |

ixI (sK¡U¡IgI) k±Ç¡ |

A²yª¥Ï pxPy öqyZ CZy jaxmyIMI AIMxdy sIsð£qõ BÃxdI MÊe¡rðc¢ebze ¤¤d¥p¤¤bõJ ixd¤¤sJ Bkxc¥jZ§ |

A¤¤adI öesxb¥jZ§ |

Bkxcy¥Zx id¡¤¤rõsëûI sy¤¤Æª ¥bpxs¡kxbyhyJ |

Bkxcjxiy h°õx Zûx„d¡öMtxY (ZûxI ixI M£txY) i¥tqûk |

BZûx ptÇ¡ tkjJ s¥PZsJ ¥qû¤¤Zk¤¤qûJ st¥KZ¡ib§hyJ | pxZxRy¤¤Zª gmpb§hyJ i¥dxR¤¤pkxjxty qzöNI ii tpõxj qª¥ÑxI | öZõIgKiyZy P, CZõxpxtjZy, Óxey¥Z Z¡ d BpxtdI|

Aa BsdI | bbxZy s¥bõx RxZiyZy | h¥p hp CZy exbõI |

h¥pxb§hxpxj diJ CZõªNõI | pxi¥bpxj diJ CZõxPidzjI |

A¤¤adI sïejZy | B¥ex tyrçxbyhyJ Zys£hyJ, tykYõ pªYêx CZy, epixdJ s¡pªRdJ CZõd¡px¥Kd ixªRjyZûx,

sª¥px ¤¤p k¡öbJ, Kjx dÒyöZJ, A¥ex px Cb§(³§) sªÑI C¥Zõ¤¤ZÒ, pxi¥bpxj diJ CZy pösëI, ¥Rõrçxj diJ CZõ¡epzZI, k¡öbxj diJ CZõxPidzjI, öeY¥pd h¢rYI, Kxmxj diJ CZy MÊI, KmpyKkYxj diJ CZõ±Zx©,

gmpyKkYxj diJ CZy e¡rðI, gmxj diJ CZyc¢eI,

gmöeiadxj diJ CZy bzeI, sªph¢Zbidxj diJ CZy ¤¤d¥pbõI, i¥dxÍdxj diJ CZy ZxIg¢mI bbxZy |

Aax¤¤sô AræhyªÏ¤¤öÇJ Aræ¦ e¡rðxYy bbxZy 'hpxj ¥bpxjdiJ' CZõxby | Aaxsõ A¥NxkZd¢k¢eZyrç¥Z A¥Nx¥k¥hõx„a¥Nx¥khõJ CZy, Aa k¡öbMxjöZzI R¥eZ§, ZZ§ e¡k¡rxj pyb§it CZy qZK£ZûJ AekyiyZ K£ZûJ px bqpxkI px | A¤¤adI Bqyrixqx¥së, C¦qxdJ sªÑ pybõxdxI CZy |

Aasõ i¢ªÆdy tykYõKm¥qd sÇZcxkxI dyry¥ºZ§ |

ic¡dx sªeyrx ejsx ¥P±¡k¥sd Böik¥sd px dxny¥K¥kxb¥Kd px Zbmx¥h Db¥Kd px di¥së k¡öbidõp C¥ZõKxbqxd¡pxKx© R¥eZ§ | Rex¥Ç A²xpyrê¡ s¥Rxr¥s¥ZõKxbqxd¡pxKx© öe¥ZõK¥iK¥iKI R¥eZ§ |

sª¥prxI ex¥k e¡dkxkxc¥jZ§ DÀixkxc¥dd |

¥Zd Ahyry¥°xb¥Kd A±zhõxI CZõd¡px¥Kd Ag§myO§MxbyhyÒ B exbxZ§ sIsð£qõ exe±jxªÁz põxcypy¥ix±xªÁz öqzKxiJ qxÇyKxiJ e¡ræyKxiJ Z¡ræyKxiJ Bj¡rÜxiJ B¥kxMõKxiJ GpI K¡kõxZ§ |

GpI K¢ªp© syÆyipx¥eïxZy |

BPxkõxj b±yYxI bbxZy | bq MxJ spÄxJ s¡pªYêh¢ryZxJ p£r¤¤hKxbqxJ Zbmx¥h GKxI MxI bbõxZ§ | GKxbq ögxÖYx© ¥hxR¥jZ§ | Aqû¥icöKZ¡stösfmipx¥eïxZzZõxt hMpx© ¥gxcxjdJ|

**|| CZy ¥gxcxjd itªry öeYzZxdy itxdõxss¢öZxYy ||**

**q¡hI**

**Books referred :-**

1. BodhayanIya brahmakar^ma samucchayaH, Page 785, Chapter - "mahanyAsa vidhi".

2. "Mahanyaasam" book by R. S. Vadhyaar and Sons & Kalpathi.

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