

॥ yogāñjalisāram (extraits) ॥

T. Krishnamacharya

rākṣa prathamam cākṣuḥ śrotram
 nāsām jihvām tadānūtvām ca ।
 hṛdayām tundam nābhiṁ yoniṁ
 tatāstu rakṣet sakālam gātram ॥3॥

dṛṣṭvā smṛtvā spṛṣṭvā viṣayam
 mōham mā kuru manāsi manuṣya ।
 jñātvā sarvam bāhyamanityam
 niścīnu nityam prthagātmānam ॥5॥

nṛtyati yogī hṛdaye dhṛtvā
 sūndaravapuṣam lākṣmīkāntam ।
 jagādādhāram parāmātmānam
 nāndati nāndati nāndatyeva ॥8॥

ātmika daihika mānasa bhedāt
 trividham vihitam yōgābhyasanam ।
 sakālam yacchati vāñchita suphalam
 nahi nahi yogābhyasanam viphalam ॥11॥

aṣṭāṅgākhyam yōgābhyasanam
 muktīm bhuktim prādādātyanaghām ।
 yādi guru padavīmanūgatamatha vā
 cittam bhagavatpadāyōrlagnam ॥12॥

rāgo rogotpātau bījam
 bhōgo rogaprasāraṇa bījam ।
 yōgo rāgacchēdakabījam
 yāhi sudūram rāgātbhogāt ॥16॥

nityābhyasanāt niścalabuddhiḥ
 sātātādhyayanāt mēdhāsphūrtiḥ ।
 śuddhāddhyānāt abhīṣṭasiddhiḥ
 sāntata japataḥ svarūpasiddhiḥ ॥21॥

āsanakaraṇāttarāsam sarasam
 prāṇāyāmāt prābālām prāṇam ।
 dhāraṇasuddham kuru mastiṣkam
 dhyānāt śuddham cittam nityam ॥27॥