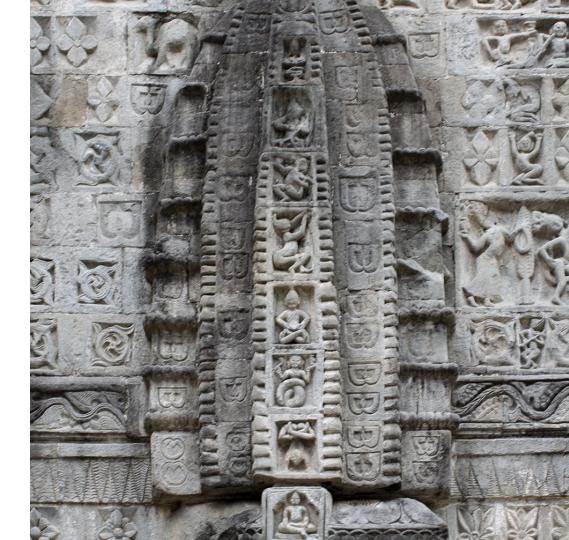
# **Light on Hatha Yoga**

**Module 1** 

Lesson 2
An Auspicious Beginning
and the Nātha Saṃpradāya







ॐ ॐ ॐ श्री गुरुभ्यो नमः हरि: ॐ

Om Om Om Sri Gurubhyo Namah Harih Om

Salutations to the Gurus!

ॐ सह नाववतु । सह नौ भुनक्तु । सह वीर्यं करवावहै । तेजस्वि नावधीतमस्तु मा विद्विषावहै । ॐ शान्तिः शान्तिः शान्तिः ॥

om saha nāvavatu saha nau bhunaktu saha vīryam karavāvahai tejasvi nāvadhītamastu mā vidviṣāvahai om śāntiḥ śāntiḥ

May that Brahman protect us together. May it nourish us together. May we both gain great vitality. May our learning be brilliant. May we never argue. Om peace, peace, peace.

### Maṅgalaṃ



श्रीआदिनाथाय नमोऽस्तु तस्मै येनोपदिष्टा हठयोगविद्या । विभ्राजते प्रोन्नतराजयोगम् आरोद्धम् इच्छोर् अधिरोहिणीव ॥१॥

śrī ādi nāthāya namaḥ astu tasmai yena upadiṣṭā haṭha yoga vidyā | vibhrājate pronnata rāja yogam āroḍhum icchoḥ adhirohiṇī iva ||

I bow to the Almighty who taught the lore of Haṭha Yoga, which is held in high esteem as if it were a flight of steps for the aspirant who looks forward to climbing the highest peak of Rājayoga (spiritual achievement). [Kaivalyadhāma, 1998]

# Saṅkalpa



An inquiry into the nature of the principles and practices of Yoga by undertaking the study of the Hatḥa Pradīpikā.



#### Quiz



- Name the 4 Vedas
- Name any 3 kinds of Smrti texts
- Vedānta Darśana is also known as \_\_\_\_\_
- The three kinds of duḥka are ādibhautika, \_\_\_\_\_ and \_\_\_\_
- Yoga means \_\_\_\_\_ (according to Vyākaraṇa)
- The 4 schools of Prāṇa Saṃyama are
- What is Mantra? Give 2 examples
- Name the three classical Hatha Texts
- Laya means \_\_\_\_\_

#### Quiz



- Bhāvana Yoga means \_\_\_\_\_
- What is the focus of Jñāna yoga?
- Speak for 30 secs on Karma Yoga
- Speak for 30 secs on Bhakti Yoga
- Name any 3 scriptures on Yoga
- The Bhagavad Gītā is a part of \_\_\_\_\_
- Hatha Pradipikā is authored by \_\_\_\_\_ in the \_\_\_\_ century.
- Caturanga Yoga consists of \_\_\_\_\_
- \_\_\_\_\_ āsanas are described in the first chapter of the HP (number)

# अथ हठप्रदीपिका।



atha hathapradīpikā

Now light on Hatha

atha prathamopadeśaḥ (atha prathama upadeśaḥ)

Now begins the first lesson

#### Verse 1



श्रीआदिनाथाय नमोऽस्तु तस्मै येनोपदिष्टा हठयोगविद्या । विभ्राजते प्रोन्नतराजयोगम् आरोदुम् इच्छोर् अधिरोहिणीव ॥१॥

śrī ādi nāthāya namah astu tasmai yena upadistā hatha yoga vidyā | vibhrājate pronnata rāja yogam ārodhum icchoh adhirohinī iva || śrī - sign of respect; ādinātha - the first nātha or Lord; śiva namah - salutations ; astu - be tasmai - to Him yena - by whom upadistā - expounded hathayogavidyā - the knowledge of Hatha Yoga

śrī ādi nāthāya namaḥ astu tasmai yena upadiṣṭā haṭha yoga vidyā | vibhrājate pronnata rāja yogam āroḍhum icchoḥ adhirohiṇī iva || vibrājate - shines brightly pronnata (pra + unnata) - the highest rājayogaṃ - rāja yoga (samādhi prāptiḥ) āroḍhumicchoḥ - willing to ascend

Yoga Education

I bow to the Almighty who taught the lore of Hatha Yoga, which is held in high esteem as if it were a flight of steps for the aspirant who looks forward to climbing the highest peak of Rājayoga (spiritual achievement).

[Kaivalyadhāma, 1998]

adhirohini - ladder

iva - like

#### Brahmānanda's commentary\*



śrī gaṇeśāya namaḥ Salutations to Śrī Gaṇesh

ādiścasau nāthaśca ādināthaḥ sarveśvaraḥ śiva ityarthaḥ Sarveśvaraḥ - sarva iśvaraḥ i.e. the Lord of All who is Śiva

śrīnāthāya viṣṇava iti vārthaḥ Śrinātha also means Visṇu

\*select parts only

#### Brahmānanda's commentary\* on Verse 1



Hatha yoga lakşanam:

"haśca thaśca hathau sūryacandrau tayoryogo hatha yogaḥ" Ha and tha means union of the sun and moon (in the form of prāṇā and apana in prāṇāyāma)

in the Siddhasiddhāntapaddhati 
"hakāraḥ kīrtitaḥ sūryaśṭhakārścandra ucyate
sūryacandramasoryogaddhaṭhayogo nigadyate"

Rāja Yoga is pronnata in comparison to Mantra and Haṭha It is synonymous with asamprajñāta yoga (no citta vṛttis)

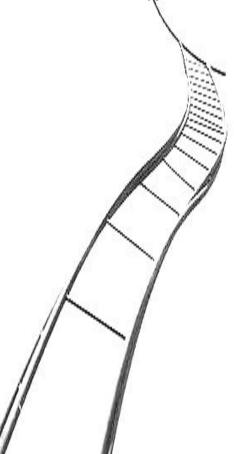
#### Verse 2

प्रणम्य श्रीगुरं नाथं स्वात्मारामेण योगिना। केवलं राजयोगाय हठविद्योपदिश्यते॥२॥

Pranamya śrīgurum nātham svātmārāmeņa yoginā Kevalam rājayogāya hathavidyopadiśyate||2||

pranamya - after paying respect to śrīgurum - the revered Guru nātham - the Lord svātmārāmena - by Svātmārāma yoginā - the yogī





#### **Verse 2 - Salutations to the Guru, Content and Purpose of the text**



Praṇamya śrīgurum nātham svātmārāmeṇa yoginā| Kevalam rājayogāya haṭhavidyopadiśyate||2||

kevalam - only for rājayogāya - rāja yoga haṭhavidyā - the knowledge of Haṭha upadiṣyate - is being expounded

After paying respects to his revered Guru, Svātmārāma is expounding this lore of haṭha only (as a preparation) for Rājayoga.

### Brahmānanda's commentary on Verse 2



"haṭhavidyāya rāja yoga eva mukhya phalam na siddhaya iti kevala padasya abhiprāyaḥ" true meaning of the word 'kevala'

"rājayoga dvāra kaivalyam cāsya phalam; tatkāmāścādhikārī" adhikārī - the qualified student defined viṣaya - haṭha yoga phalam - rāja yoga saṃbandha - the text is the explainer and the subject is the explained; the text is the agent and kaivalya is the object; haṭha yoga is the subject and instrument and kaivalya is the result

### **Verse 3 - Clarity on the subject matter ; Prayojana**



भ्रान्त्या बहुमतध्वान्ते राजयोगमजानताम्। हठप्रदीपिकां धत्ते स्वात्मारामः कृपाकरः॥३॥

Bhrāntyā bahumatadhvānte rājayogamajānatām Haṭhapradīpikām dhatte svātmārāmaḥ kṛpākaraḥ | 3 |

bhrāntyā - confused by

bahu - many

mata - views or opinions

dhvānte - darkness

rājayogam - rājayoga / samādhi

ajānatām - those who do not know (rājayoga)

#### **Verse 3 - Clarity on the subject matter; Prayojana**



Bhrāntyā bahumatadhvānte rājayogamajānatām | Hathapradīpikām dhatte svātmārāmah krpākarah | 3 |

haṭhapradīpikām - the text HP dhatte - offers ; writes svātmārāmaḥ - the author kṛpākaraḥ - benevolent

The compassionate Svātmārāma presents Haṭhapradīpikā for those who are perplexed by the confusion caused by multiplicity of views, and thus remain ignorant of the true Rājayoga.

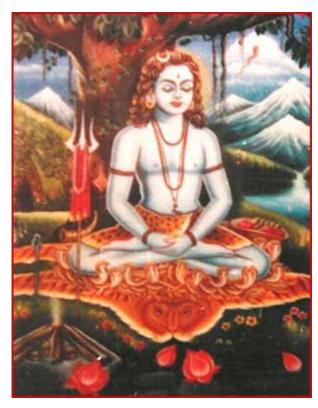
#### **Verse 4 - Respecting the Paramparā / Lineage**

हठविद्या हि मत्स्येन्द्रगोरक्षाद्या विजानते। स्वात्मारामोऽथवा योगी जानीते तत्प्रसादतः॥४॥

Haṭhavidyāṃ hi matsyendragorakṣādyā vijānate Svātmārāmo'thavā yogī jānīte tatprasādataḥ||4||

haṭhavidyā - the knowledge of Haṭha
hi - undoubtedly
matsyendra - yogī
gorakṣa - yogī
ādyā - etc. (explained in the next few ślokas)
vijānate - know





https://www.festivalsofindia.in/img/guru\_gorakhnath\_wp.jpg

### **Verse 4 - Respecting the Paramparā / Lineage**

Haṭhavidyāṃ hi matsyendragorakṣādyā vijānate| Svātmārāmo'thavā yogī jānīte tatprasādataḥ||4||

svātmārāma - the author athvā - and / or yogī - yogī jānīte - knew it tat - their prasādataḥ - their grace

Matsyendra, Gorakṣa and others knew the lore of Haṭha (and) by their grace Svātmārāma the Yogī came to know it.





https://upload.wikimedia.org/wikiped a/commons/3/35/Swami\_Machindrar ath Mitmita Mandir.gif

#### Verse 5 and 6 - List of Mahāsiddhas of the Nāth Sampradāya



श्रीआदिनाथमत्स्येन्द्रशाबरानन्दभैरवाः।

चौरङ्गीमीनगोरक्षविरूपाक्षबिलेशयाः॥५॥

Śrīādināthamatsyendraśābarānandabhairavāḥ

Caurangīmīnagorakṣavirūpākṣabileśayāḥ||5||

मन्थानो भैरवो योगी सिद्धिर्बुद्धश्च कन्थडिः।

कोरण्टकः सुरानन्दः सिद्धपादश्च चर्पटिः॥६॥

Manthāno bhairavo yogī siddhirbuddhaśca kanthaḍiḥ

Koranţakah surānandah siddhapādaśca carpaţih||6||

#### Verse 7 and 8 - List of Mahāsiddhas of the Nāth Sampradāya



कानेरी पूज्यपादश्च नित्यनाथो निरञ्जनः।

कपाली बिन्दुनाथश्च काकचण्डीश्वराह्वयः॥७॥

अल्लामः प्रभुदेवश्च घोडा चोली च टिण्टिणः।

भानुकी नारदेवश्च खण्डः कापालिकस्तथा॥८॥

Kānerī pūjyapādaśca nityanātho nirañjanaḥ

Kapālī bindunāthaśca kākacaņdīśvarāhvayaļ||7||

Allāmaḥ prabhudevaśca ghoḍā colī ca ṭiṇṭiṇiḥ

Bhānukī nāradevaśca khandah kāpālikastathā||8||

### **List of Siddhas**



5th Verse	6th Verse
Śrīādinātha	Manthāna
Matsyendra	Bhairava Yogī
Śābara	Siddhi
Ānandabhairava	Buddha
Cauraṅgī	Kanthaḍi
Mīna	Koraņţaka
Gorakṣa	Surānanda
Virūpākṣa	Siddhipāda
Bileśaya	Carpaṭī

7th Verse	8th Verse
Kānerī	Allāma
Pūjyapāda	Prabhudeva
Nityanātha	Ghoḍācolī
Nirañjana	Ţiņţiņi
Kapālī	Bhānukī
Bindunātha	Nāradeva
Kakacaṇḍīśvara	Khaṇḍakāpālika

### Verse 9 - Power of Hathayoga

Yoga Education

इत्यदयो महासिद्धा हठयोगप्रभावतः। खण्डयित्वा कालदण्डं ब्रह्माण्डे विचरन्ति ते॥९॥

Ityadayo mahāsiddhā haṭhayogaprabhāvataḥ

Khandayitvā kāladandam brahmānde vicaranti te||9||

iti - and so on

ādayaḥ - many more

mahāsiddhā - the great siddhas

hathayoga - hathayoga

prabhāvataḥ - by virtue of (haṭhayoga)

#### Verse 9 - Power of Hathayoga



Ityādayo mahāsiddhā haṭhayogaprabhāvataḥ

Khandayitvā kāladandam brahmānde vicaranti te||9||

khandayitva - breaking

kāladandam - the course of kāla i.e. time or death

brahmande - in the universe

vicaranti - move about

te - those (mahāsidhhas)

All these great Siddhas move about in the universe breaking (the law of)

DEATH by the power of Hathayoga

### Verse 10 - Praise of Hatha Yoga

Yoga Education

अशेषतापतप्तानां समाश्रयमठो हठः। अशेषयोगयुक्तानामाधारकमठो हठः॥१०॥

Aśeṣatāpataptānām samāśrayamaṭho haṭhaḥ

Aśeşayogayuktānāmādhārakamatho hathah||10||

aśeșa - endless

tāpa - pain

taptānam - those who are afflicted

samāśraya - shelter

matha - monastery or hut

#### Verse 10 - Praise of Hatha Yoga



Aśeṣatāpataptānām samāśrayamaṭho haṭhaḥ

Aśeşayogayuktānāmādhārakamatho hathah||10||

aśeṣa - endless / multiple

yoga - yoga

yuktānām - for those engaged in

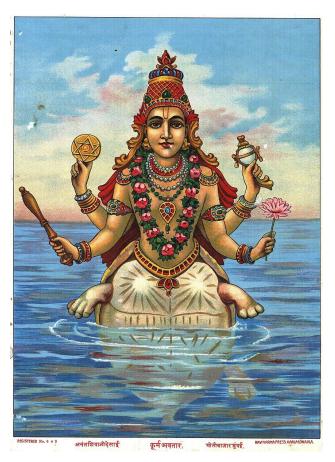
ādhāra - support

kamatha - tortoise

Hatha is a monastery for those who are afflicted by unlimited suffering; and for those engaged in the practice of all kinds of yoga, Hathayoga is the supporting tortoise.

#### Kūrma Avatāra





https://en.wikipedia.org/wiki/File:Kurma\_Avatar\_by\_Raja\_Ravi\_Varma.jpg

## Sāgara Manthana





#### References



- 1. Hatha Pradīpikā (Digambar Ji, Kokaje, Kaivalyadhama)
- 2. Haṭha Pradīpikā Jyotsnā (Maheshananda et al, Kaivalyadhama)
- Sanskrit Text: https://www.sanskrit-trikashaivism.com/en/hatha-yoga-pradipika-asana/622
- 4. Excellent online dictionary source: <a href="https://shlokam.org/sanskrit-glossary/">https://shlokam.org/sanskrit-glossary/</a>



ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः । सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत् । ॐ शान्तिः शान्तिः शान्तिः ॥

om sarve bhavantu sukhinah sarve santu nirāmayāḥ sarve bhadrāṇi paśyantu mā kaścid duḥkha bhāgbhavet om śāntiḥ śāntiḥ

May all be happy, may all be free from disease, may all see goodness, may none suffer from sorrow.



ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय । मृत्योमी अमृतं गमय । ॐ शान्तिः शान्तिः शान्तिः ॥ हरि: ॐ तत्सत् ॥

asato mā sadgamaya tamasomā jyotir gamaya mrityormāamritam gamaya Om śhānti śhānti śhāntih harih om tat sat

Lead me from changing existence to unchanging being, lead me from the darkness of tamas to the light of knowledge, lead me from death to immortality. Harih om that is truth.