

amṛtanādopaniṣatsaha nāvavatu - iti śāntiḥśravaṇādyupāyaḥśāstrāṇyadhītya medhāvī
abhyasya ca punaḥ punaḥ |paramam brahma vijñāya ulkāvatānyathotsṛjet || 1 ||
vivaraṇamom śrīmadviśvādhīsthānaparamahaṃsasadgururāmacandrāya
namaḥamṛtanādopaniṣatpratipādyam parākṣaram |traipadānandasāmṛjyam hr̥di me
bhātu samtatam ||iha khalu kṛṣṇayajurvedaprabhakteyamamṛtanādopaniṣat |
kathavallyādisamam upoddhātādikam |
śaḍaṅgayogaprakāśanātmakopaniṣado'lpagranthato vivaraṇamārabhyate | ādau tāvat-
viśuddhacittānām śravaṇādyupāyādeva puruṣārthasiddhiḥ, mālinacittānām
brahmopāsanāviśiṣṭaśaḍaṅgayogābhyāsadvārakajñānenap. 12) puruṣārthasiddhiḥ
asyāmupaniṣadi pratipādyate | tatrādau mukhyādhikāriṇām śravaṇādyupāyamāha-
śāstrāṇīti | mumukṣūn prati sarvāpahnavaśiddham brahma
niṣpratiyogikasvamātramiti anuśāsanaṃ kurvantīti śāstrāṇi
iśādyastottaraśatopaniṣatsamjñakāni śrutārthadhāraṇāsamartho medhāvo
brahmavidvariṣṭhadeśikamukhāt yathāvat adhītya yāvat samśayādīpañcadoṣanivṛttiḥ
punaḥ punaḥ tāvat abhyasya śravaṇamanānānididhyāsanāni nairantaryeṇa kṛtvā
tatsamjñātasamyagjñānena svātiriktāvidyāpadatatkāryajātam yatra paryavasyati
apahnavaṃ bhajati tat paramam tanmātratayā upabṛmhaṇāt brahma
niṣpratiyogikasvamātramiti vijñāya tajjñānasamakālam vidvān tadbhāvametya
tanmātratayāvaśiṣyate | yataḥ śāstrābhyāsaḥ evamprabhāvavān, ato
brahmabhāvāpattyanantaramapi śāstrābhyāsa eva apramādena kartavya ityata āha-
ulkāvāditi | yathā ulkāprakāśato dravyamālokya ulkāṃ parityajati tathā
brahmabhāvāpattyanantaram tatsādhanāni tāni śāstrāṇi tatprabhavajñānam cāpi
athotsṛjet ityatra-ulkāhasto yathā kaścīd dravyamālokya tāṃ tyajet |jñānena
jñeyamālokya paścāt jñānam parityajet ||iti, ātmānamātmanā sāksād brahma buddhvā
sunīścalam |dehajātyādīsambandhān varṇāśramasamanvitān ||vedaśāstrapurāṇāni
padapāṃsumiva syajet ||iti ca śrutiḥ || 1 ||praṇavopāsanāomkārarathamāruhya
viṣṇum kṛtvātha sārathim |brahmalokapadānveśi rudrārādhanatatparaḥ || 2 ||
tāvadrathena gantavyam yāvadrathapathi sthitaḥ |sthātvā rathapathisthānam
rathamutsṛjya gacchati || 3 ||p. 13) mātrāliṅgapadam tyaktvā
śabdavyaṅjanavarjitam |asvareṇa makāreṇa padaṃ sūkṣmam hi gacchati || 4 ||
prathamamantreṇottamādhikāriṇām kṛtārthatāmabhīdhāya
madhyamamandādhikāriṇām tatpadārohāya praṇavavācyārthopāsanām śaḍaṅgayogam
cāha- omkāreti | rathasthānīyamomkāram āruhya kāṃsyaghaṅṭānīnadavat
praṇavoccāraṇapūrvakam tadarthānusaṃdhānam kṛtvā rathasārathim buddhitattvam
viṣṇum vyāpakam praṇavārtheśvarākārākāritaṃ kṛtvā | buddhim tu sārathim viddhi
iti śruteḥ | brahmaiva loko brahmalokaḥ nirviśeṣaparamātmā tadrūpatayā padyata
iti brahmalokapadam svamātratayā anveṣṭumicchati brahmalokapadānveśi
tadupāyatvena rudrārādhanatatparo bhavet | svātiriktatvena
parāgbhāvamāpannasvāvidyāpadatatkāryabhūtarujam drāvayatīti rudraḥ pratyagātmā
tadā rādhanam vyaṣṭīsamastīyantaḥkaraṇavṛttisahasra-
bhāvābhāvaprakāśakapratyagasmītyanusaṃdhānam tadekaniṣṭhatvam
tatparatvamityarthaḥ | ādau omkārartheśvarānucintanam,
tadākarākāritāntaḥkaraṇam prasannaṃ sat nirviśeṣabrahmamātrāvasthitimihate,
tadupāyatvena pratyaganusaṃdhānam, tataḥ pratyagparāgbhāvasāpekṣapratyagbhāvam
vihāya niṣpratiyogikabrahmamātratayā avaśiṣyata iti bhāvaḥ || 2 ||
brahmabhāvāpattāvapi sadā praṇavānusaṃdhānam kartavyamityata āha- tāvaditi |
yāvadrathapathi praṇavānusaṃdhānavartmani sthitastiṣṭhati tāvadrathena gantavyam
omkāroccāraṇapūrvakam arthānusaṃdhānam kartavyam | evam rathapathisthānam
rathapathena yat gantavyasthānam nirviśeṣam brahma tatra tanmātrāvaśeṣatayā
sthātvā sthitvā tataḥ rathena gantavyapradeśasya prāptatvāt omkārarathamutsṛjya
tatprāpyaturyaturyasthānam gacchati turyaturyo bhavatītyarthaḥ || 3 ||
turyaturyādhigamopāyamāha- mātreti | sarvavyavahārahavakārādayaḥ svarāḥ śabdāḥ,
kakārādīni vyaṅjanāni, taiḥ varjitam
śabdavyaṅjanātmakapañcāśadvarṇavyavahāryaprapaṅcakalanāviralam yat
mātrāliṅgapadam akārādīmātrātadadhyakṣaviśvavirādotradirūpam tyaktvā svātirekeṇa
kiṃcinnāstīti nīcitya atha asvareṇa makāreṇa makārārtheśvarabhāvena
nirāvṛtakriyājñānecchāśaktisaṃpattiyā yat sūkṣmam hip. 14) padaṃ virājate tat
sūkṣmapadam brahma svamātramiti gacchati
mātrāliṅgaśabdavyaṅjanakalanāpahnavaśiddhabrahmamātratayā munih avaśiṣyata
ityarthaḥ || 4 ||pratyāhāralakṣaṇamśabdādīviśayān pañca manaścaivātīcañcalam |
cintayedātmano raśmīn pratyāhārah sa ucyate || 5 ||
mandādhikāricittaśuddhihetuśaḍaṅgayogamupadiśati | tatra
pratyāhārasvarūpamāha- śabdādīti | yadyacchr̥ṇoti karṇābhyām tattadātmeti
bhāvayet ityādīśrutyanurodhena śrotrādirgrāhyapañcaśabdādīviśayān svātmano raśmīn

svātmavikalpitatvena svarūpabhūtān | manaśceti caśabdataḥ saviśayāntaḥ-
karaṇacatuṣṭayam gr̥hyate | tattu aticañcalam; kṣaṇavikāritvāt | tadapyātmano
rūpam cintayet svātmātiriktaviśayataḥ pratyāharediti yo'rtho'bhihitaḥ saḥ
pratyāhāra ucyate || 5 || ṣaḍaṅgayogaḥpratyāhārastathā dhyānam prāṇāyāmo'tha
dhāraṇā | tarkaścaiva samādhiśca ṣaḍaṅgo yoga ucyate || 6 || yogaṣaḍaṅgāni
gaṇayati- pratyāhāra iti | spaṣṭo'rthaḥ || 6 ||prāṇāyāmādiphalamyathā
parvatadhātūnām dahyante dhamatā malāḥ |tathendriyakṛtā doṣā dahyante
prāṇadhāraṇāt || 7 ||p. 15) prāṇāyāmairdaheddoṣān dhāraṇābhiśca kilbiṣam |
kilbiṣam hi kṣayam nītvā ruciram caiva cintayet || 8 ||

prāṇāyāmādiphalapradarśanapūrvakam prāṇāyāmādiprakāramāha- yatheti | yathā
dhamatā dhamanābhivardhitavahninā parvatadhātūnām malāḥ malāni dahyante tathā
prāṇadhāraṇāt daśendriyakṛtā doṣā dahyante || 7 || yata evamataḥ prāṇāyāmaiḥ
liṅgadehāśrayadoṣān dahet | tathā dhāraṇābhiśca antaḥkaraṇagatakilbiṣam dahet |
evamantaḥkaraṇajakilbiṣam aśuddhiṃ kṣayam nītvā ruciram kilbiṣakṣayādhikaraṇam
caiva hītiśabdāt sarvavṛttikumbhakam manahprāṇavṛttistambhanam cintayet || 8 ||
trividhaprāṇāyāmāh ruciram recakam caiva vāyorākarṣaṇam tathā |prāṇāyāmāstrayaḥ
proktā recapūrakakumbhakāḥ || 9 || trividhaprāṇāyāmāmāha- ruciramiti |
kumbhakarecakapūrakabhedena prāṇāyāmāḥ trayah proktāḥ | atra ruciraśabdaḥ
kumbhakavācī, recakapūrakasahapāṭhitatvāt || 9 ||prāṇāyāmālakṣaṇamsavyāhṛtiṃ
saprāṇavām gāyatrīm śirasā saha |triḥ paṭhedāyataprāṇaḥ prāṇāyāmāḥ sa ucyate ||
10 || prāṇāyāmasvarūpāmāha- savyāhṛtimiti | kumbhakāvasthāyām om bhūḥ
ityādipraṇavasamputitasaptavyāhṛtibhiḥ parorajase sāvadom iti śirasā ca p. 16)
saha gāyatrīm triḥ paṭhet trivāram manasā uccarediti yo'rtho'bhihitaḥ sa
prāṇāyāma ucyate || 10 ||recakalakṣaṇamutkṣipyā vāyumākāśe śūnyam kṛtvā
nirātmakam |śūnyabhāve niyuñjīyādrecaṇasyeti lakṣaṇam || 11 ||

recakalakṣaṇāmāha- utkṣipyeti | bāhyākāśe vāyumutkṣipyā tailadhārāvāt
mandam mandam virecya antaḥ nirātmakam vāyum śūnyam kṛtvā śūnyabhāve
niyuñjīyāt iti yattat recaṇasya lakṣaṇam || 11 ||

pūrakalakṣaṇamvaktreṇotpalanālena toyamākarṣayennarah |evam vāyurgrahitavyaḥ
pūrakasyeti lakṣaṇam || 12 || pūrakalakṣaṇāmāha- vaktreṇeti | yathā naro vaktreṇa
vaktrasthotpalanālena vā toyam ākarṣayet evamidāyā piṅgalayā śīṭalyā vā vāyuh
grahitavyaḥ iti yattat pūrakasya lakṣaṇam || 12 ||kumbhakalakṣaṇamnocchvasenna ca
niśvāsennaiva gātrāṇi cālayet |evam bhāvam niyuñjīyāt kumbhakasyeti lakṣaṇam ||
13 ||p. 17) andhavat paśya rūpāṇi śabdaṃ badhiravacchṛṇu |kāṣṭhavat paśya vai
deham praśāntasyeti lakṣaṇam || 14 || kumbhakalakṣaṇāmāha- nochvasediti |
siddhādyāsanamāsthāya niścalagātro yogī recakapūrakavyāpāramakṛtvā evam
vāyustambhanabhāvam niyuñjīyāditi yattat kumbhakalakṣaṇam || 13 ||
kumbhakavelāyām andhabadhiravat rūpaśabdādivyāpṛtiviralō bhūyāditi
praśāntalakṣaṇāmāha- andhavaditi | andhabadhiragrahaṇam

śiṣṭendriyavaikalyopalakṣaṇārtham; yathā andhādiḥ rūpādigrahaṇam na karoti tathā
avikalendriyo'pi rūpādīn andhādivat paśya svadeham kāṣṭhavat paśyati yattat
praśāntasya lakṣaṇam | yogī sarvendriyavyāpṛtiviralō bhavedityarthaḥ || 14 ||
dhāraṇālakṣaṇammanah samkalpakam dhyātvā samkṣipyātmani buddhimān |dhārayitvā
tathātmānam dhāraṇā parikīrtitā || 15 || dhāraṇālakṣaṇāmāha- mana iti |
buddhimān yogī samkalpātmakam manah tadvṛttijātam samkṣipyā atha
niḥsamkalpakam dhyātvā ātmani nirvikalpake pratyagbhāvaparīṇate manasi
tathāvidham paramātmānam dhārayitvā yā pratyakparaikyasthitiḥ seyam dhāraṇeti
parikīrtitā || 15 ||tarkalakṣaṇamāgamasyāvirodhena ūhanam tarka ucyate |

tarkalakṣaṇāmāha- āgamasyeti | śrutyanugṛhītohanameva tarka ityabhidhīyate
||p. 18) samādhilakṣaṇamsamam manyeta yaṃ labdhvā sa
samādhiḥ prakīrtitaḥ || 16 || samādhilakṣaṇāmāha- samamiti | brahmāham, ahameva
brahma iti yaṃ paramātmānam matvā svavikalpitaprapañcājatam samam ātmānameva
manyeta sa samādhiriti śrutibhiḥ parikīrtitaḥ || 16 ||samādhisiddhyupāyāḥbhūmau
darbhāsane ramye sarvadoṣavivarjite |kṛtvā manomayīm rakṣām japtvā vai
rathamāndale || 17 ||padmakam svastikam vāpi bhadrāsanamathāpi vā |baddhvā
yogāsanam samyaguttarābhimukhaḥ sthitaḥ || 18 ||nāsikāpuṭamāṅgulyā pidhāyaikena
mārutam |ākṛṣya dhārayedagniṃ śabdameva vicintayet || 19 ||omityekākṣaram brahma
omityetanna recayet |divyamantreṇa bahudhā kuryānmalavimuktaye || 20 ||paścād
dhyāyīta pūrvoktakramaśo mantravid budhaḥ |sthūlādīsthūlasūksmaṃ ca
nābherūrdhvamupakramaḥ || 21 ||p. 19) tiryagūrdhvamadhodrṣṭiṃ vihāya ca mahāmatiḥ
|sthīrasthāyī viniṣkampaḥ sadā yogaṃ samabhyaset || 22 ||tālamātrāvinīṣkampo
dhāraṇāyोजनाṃ tathā |dvādaśamātro yogastu kālato niyamah smṛtaḥ || 23 ||
aghoṣamavyañjanamasvaram ca atālukaṅthoṣṭhāmanāsikam ca yat |
arephajātamubhayaśmavarjitaṃ yadaḥsaram na kṣarate kathamcit || 24 ||

etādr̥śasamādhisiddhyupāyamāha- bhūmāviti | viśuddhabhūmau;
 darbhāsanagrahaṇam celājinopalakṣaṇārtham; kuśājinacelamrdvāsane sarvadośarahite
 tatsam̐skārārtham bhūśuddhibhūtaśuddhyādīmanomayīm rakṣām kṛtvā
 tadāsanamupaspr̥śya rathamāṇḍale praṇavavyāhṛtisaurāṣṭakṣare yathāśakti japtvā ||
 17 || tatastadāsane yathāvidhyupaviśya atha
 padmasvastikabhadrayogāsaneśvanyatamaśanamāsthāya samyak uttarābhimukhatayā
 āsīnah san || 18 || nāsikāpuṭam ekena sāṅgulikareṇa pidhāya mārutamākṛṣya
 mūlādhāratrikoṇe agniṃ dhārayet; dhārayan śabdām oṃkārameva vicintayet || 19 ||
 kiṃ tat | omityekākṣaramiti | oṃkāranusam̐dhānavicchitiṃ na kuryāt |
 svāntaḥkaraṇasthamalavimuktaye bahudhā divyamantreṇa japam̐ kuryāt || 20 || evam̐
 mantravit budhaḥ paścāt pūrvoktakramaśah dhyāyīta | dhyānakramaniyama ucya-
 sthūlādīti | svāvidyāpadasthūlādyasāro-
 pāpavādādhikaraṇavirāṭsūtrabījaturyarūpeṇa tatpravibhaktasthūlam̐ sūkṣmam̐
 cādhiṣṭhāya | caśabdāt bījaturyām̐samapyadhiṣṭhāyēti dyotyate | virāḍādayo
 bhavanti (?) svanābherūrdhvam̐ vidyamānahṛdayādiśu virāḍādidhyānasya upakramah
 kartavyah || 21 || virāḍādidhyānopakramānantaram̐ mahāmātiḥ yogī
 svadhyeyasvarūpātirikṭatiryagūrdhvamadhodṛṣṭiṃ vihāya | caśabdāt tadekaniṣṭho
 bhūtvēti dyotyate | pūrvoktapadmāsane sthīrasthāyī bhūtvā
 svābhīlaṣitalakṣyānusam̐dhānato viniṣkampaḥ lakṣyaikatānacittaḥ san sadā
 virāḍādirahamasmītyanusam̐dhānarūpam̐ p. 20) yogam̐ samabhyaset || 22 ||
 kumbhakamātrāniyamastu haṭasābvāditālamātrāviniṣkampaḥ kālah aṣṭamātrātmakah
 saptamātrātmako vā yathā loke prathitaḥ tathā kumbhake śvāsadhāraṇāyojanam̐
 kāryam | tathā sam̐pūrṇakumbhake kālato dvādaśamātrātmako yogastu niyamena smṛtaḥ
 | atratyadvādaśamātrākālastu sahaḥocchvāsānīśvāsakālamānena ṣaṇṇavatiṣṭmātrātmakah
 smṛtaḥ | etāvatkālakumbhake svarūpam̐ dhyāyītaḥ tadakṣarasākṣātkāro
 bhavatītyarthaḥ || 23 || kiṃ tadakṣaram̐ ghoṣādivarṇātmakam̐ ? ityata āha-
 aghoṣamiti | haśo ghoṣaḥ tadrahitam aghoṣam | vyañjanam̐ kakārādiḥ tadrahitam
 avyañjanam | tathākārādisvaraviralam asvaram̐ ca yat tālukarṇṭhoṣṭhanāsikāsthāne
 abhivyajyate tadrahitam | arephajātam antaḥ- sthakalanāviralam̐
 śaśasahādyubhayaśmavarjitam̐ katham̐cidapi yanna kṣarate tadevākṣaram̐
 yogipratyakṣamupalabhyata ityarthaḥ || 24 || yogasya nityakartavyatāyenāsau
 paśyate mārgam̐ prāṇastenābhigacchati | atastamabhyasennityam̐ yanmārgagamanāya
 vai || 25 || yataḥ svaprāpya[pti]mārgadarśanahetuḥ yogah, atastameva sadā
 abhyasedityāha- yēneti | asau yogī yena yogena svaprāpyamārgam̐ paśyate paśyati,
 prāṇastu dṛṇmano'gnibhiḥ saha tenaiva mārgēṇa abhigacchati | yata evam̐ ataḥ
 yatpadaprāpakamārgagamanāyaiva tameva yogamapramādena abhyaset || 25 || sapta
 svaprāptidvārāṇihṛddvāram̐ vāyudvāram̐ ca mūrdhadvāramathāparam̐ | mokṣadvāram̐
 bilam̐ caiva suṣiram̐ maṇḍalam̐ viduḥ || 26 || p. 21) svaprāpya[pti]dvārāṇi
 katividhāntiyata āha- hṛddvāramiti | hṛddvāram̐ virāṭprāpakam̐ virājo
 hṛdayāśritabrahmāṇḍopadhikatvāt | vāyudvāram̐ sūtraprāpaka, vāyoḥ sūtrarūpatvāt,
 vāyurvai gautama tatsūtram̐ iti śruteḥ | mūrdhadvāram̐ bījeśvaraprāpakam̐,
 tayordhvamāyanam̐tatvatmeti iti śruteḥ | athāparam̐ kimityukte mokṣadvāram̐
 ardhamātrātmakam̐ pratyagabhinnabrahmaprāpakam̐, tadavagaterardhamātrādvārakatvāt
 | mokṣadvāram̐ tridhā bhidyate | tat katham̐ ? ardhamātrāsthūlām̐śātmatkam̐ bilam̐,
 tasya turyavairājaprāpakatvāt | ardhamātrāsūkṣmām̐śātmatkam̐ suṣiram̐,
 turyasūtraprāpakatvāt | ardhamātrābījām̐śātmatkam̐ maṇḍalam̐, turyabījaprāpakatvāt
 | caśabdāt pareti vikhyātakaivalyadvāramastīti dyotyate, tasya
 niṣpratiyogikabrahmamātragamakatvāt | evam̐ saptadhā svātmāptidvārāṇi santīti
 brahmavidvarīyām̐so viduḥ jānantītyarthaḥ || 26 || bhayādīnām̐ tyāgaḥbhayam̐
 krodhamathālasyam̐ atisvapnātijāgaram̐ | atyāhāramanāhāram̐ nityam̐ yogī vivarjayet
 || 27 || bhayakrodhādīghnabāhulye sati kathamevam̐ siddhiḥ syādityāśāṅkya
 bhayādīvtītyāgagayo bhavatītyatra-yuktāhārahārasya yuktaceṣṭasya karmasu |
 yuktasvapnāvabodhasya yogo bhavati duḥkhaḥ || itī smṛtiḥ || 27 || p. 22)
 abhyāsaphalamanena vidhinā samyān nityamabhyasyate kramāt |
 svayamutpadyate jñānam̐ tribhirmāsairna samśayah || 28 || caturbhiḥ paśyate devān
 pañcabhirvitataḥ kramah | icchayāpnoti kaivalyam̐ ṣaṣṭhe māsi na samśayah || 29 ||
 evamabhyāsam̐ kurvataḥ avāntaraphalam̐ mukhyaphalam̐ cāha- aneneti | bhūmau
 darbhāsane ramye iti yaduktam anena vidhinā abhyāsam̐ kurvataḥ tribhiḥ māsaiḥ
 svayameva upadeśamantarā brahmajñānam̐ utpadyate || 28 || māsacatuṣṭayābhyāsāt
 indrādīdevān paśyate paśyati | māsapañcakābhyāsato vitataḥ kramo virāḍādiḥ
 dṛṣyate | ṣaṇmāsābhyāsato yadr̥[di]cchayā kaivalyam̐ āpnotītyatra na hi samśayah
 astītyarthaḥ || 29 || yogacintyampārthivah pañcamātrastu caturmātrastu vāruṇah |
 āgneyastu trimātro'sau vāyavyastu dvimātrakah || 30 || ekamātrastathākāśo

hyamātram tu vicintayet | yogena yaccintyaṃ tadāha- pārthiva iti || 30 ||
 pārthivādyākāśāntam ekaikaguṇāpakarṣataḥ sūkṣmatvaṃ pratyaktvaṃ vyāpakatvam |
 itthaṃ mātrāviśiṣṭabhūtabhautikajātāpahnavaśiddham amātram brahma
 niṣpratiyogikasvamātramiti vicintayedityarthaḥ ||p. 23)
 cintanāprakāraḥsaṃdhiṃ kṛtvā tu manasā cintayedātmanātmani || 31 ||
 triṃśatsārdhāṅgulaḥ prāṇo yatra prāṇaiḥ pratiṣṭhitaḥ | eṣa prāṇa iti khyāto
 bāhyaprāṇasya gocaraḥ || 32 || taccintanāprakāramāha sadhimiti || 31 ||
 ardhāṅgulādhikatriṃśadaṅgulagatiḥ prāṇo yatra hṛdayākāśe vāgādibhiḥ prāṇaiḥ saha
 pratiṣṭhitaḥ yo'yaṃ bāhyaprāṇasya ādhidaivikasya gocharo viśayo bhavati, eṣa eva
 ādhyātmikapraṇa iti vikhyāto bhavati | sa yatra hṛdayākāśe pratyagbhāsyē
 svopajīvyakaraṇagrāmeṇa saha viliyate, tadvilayādhikaraṇaṃ pratyagabhinnaṃ
 brahma tasmin brahmātmani brahmākārapariṇatamanasā tadbhāsakapratyagātmanā
 saṃdhimaikyam kṛtvā
 pratyakparabhedasāpekṣatadaikyagatasaviśeṣāṃśāpahnavaśiddham brahma svamātramiti
 vicintayet || 32 || śvāsapramāṇamaśītiśca śataṃ caiva sahasrāṇi trayodaśa |
 lakṣaścaikonaniśvāsaḥ ahorātrapramāṇataḥ || 33 ||
 ahorātranirvartyaśvāsapramāṇamāha- aśītiśceti |
 dvyāśītyadhikaśatottarasahasralakṣasaṃkhyāviśiṣṭaniśvāsādiḥ ahorātrapramāṇato
 gaṇyate | śrutyantare tu ṣaṭsaṃkhyāhorātrayoḥ ekaviṃśatisahasrāṇi
 ṣaṭchatānyadhikāni bhavantītyāmnātam | prakāradvayapratibhātasamkhyābhedastu
 bālyādiśarīratāratamyata upapadyate | sukhaṃ tiṣṭhato dṛḍhagātrasya śvāsagatiḥ
 stimitā vibhāti, etadviparītasya viparītaṃ bhavatīti ubhayamapi saṃgacchate,
 nahi virodho'stītyarthaḥ || 33 ||p. 24) prāṇādīnām
 sthānānipraṇa ādyo hṛdi sthāne apānastu punargude | samāno nābhidēse tu udānaḥ
 kaṇṭhamāśritāḥ || 34 || vyānaḥ sarveṣu cāṅgeṣu vyāpya tiṣṭhati sarvadā | evaṃ
 śvāsakṛtprāṇādīsthānānyāha- prāṇa iti || 34 || teṣāṃ varṇābhedaḥatha varṇāstu
 pañcānām prāṇādīnāmanukramāt || 35 || raktavarṇo maṇiprakhyāḥ prāṇavāyuh
 prakīrtitaḥ | apānastasya madhye tu indrakopasamaprabhaḥ || 36 || samānastu
 dvayormadhye gokṣīradhavalaprabhaḥ | āpāṇḍara udānaśca vyāno hyarcisamaprabhaḥ ||
 37 || prāṇādyākṛtivarṇābhedamāha- atheti || 35-7 || paramaphalamasyedaṃ maṇḍalam
 bhittvā māruto yāti mūrdhani | yatra yatra mriyedvāpi na sa bhūyo'bhiḥyate | na
 sa bhūyo'bhiḥyata ityupaniṣat || 38 || ṣaḍaṅgayogābhyāsaparamaphalam
 prakāṭayan upasaṃharati- yasyeti | yasya mumukṣoḥ yogino mārutaḥ prāṇādiḥ ida
 svādhiṣṭheyahṛdayādi maṇḍalam abhyāsabalēnap. 25) bhittvā mūrdhani sahasrāre
 vidyamānaṃ turyaṃ turyaturyaṃ vā svamātramityeti so'yaṃ tādṛśaparipakvayogī
 tīrthe śvapacagṛthe vā ityādiśrutyanurodhena yatra yatra jīvan tiṣṭhet mriyedvāpi
 so'yaṃ na hi bhūyo'bhiḥyate brahmavedanasamakālam brahmaiva bhavatītyarthaḥ |
 āvṛttiḥ ādarārthā | ityupaniṣacchabdaḥ amṛtanādopaniṣatsamāptyarthaḥ || 38 ||
 śrīvāsudevendraśīyopaniṣadbrahmayoginā | likhitaṃ syādvivaraṇaṃ nādopaniṣadaḥ
 sphuṭam | prakṛtopaniṣadvyākhyāgranthaḥ ṣaṣṭyuttaram
 śatam || iti śrīmadīśādyāṣṭottaraśatopaniṣacchāstravivarāṇe
 ekaviṃśatiṃsaṃkhyāpūrakam amṛtanādopaniṣadvivaraṇaṃ saṃpūrṇam