

Light on Hatha Yoga

Module 1

Lesson 3

Practical Guidelines to Students



ॐ ॐ ॐ
श्री गुरुभ्यो नमः हरिः 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 ॥

oṃ saha nāvavatu saha nau bhunaktu
saha vīryaṃ karavāvahai
tejasvi nāvadhītamastu mā vidviṣāvahai
oṃ śāntiḥ 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 आरोढुम् 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
- Define Yoga according to Patañjali
- The three kinds of duḥka are ādibhautika, _____ and _____
- The 4 schools of Prāṇa Saṁyama are _____
- What is Rāja Yoga?
- Name the three classical Haṭha Texts
- Bhāvana Yoga consists of _____
- Svātmārāma belong to the _____ Saṁpradāya / Tradition of Yogīs
- There are ___ mudrās described in the third chapter of the HP

Quiz

- What is the simile used in the 1st verse of the text HP
- In the word haṭha, ha refers to śiva and ṭha refers to śakti (True/False)
- In the word haṭha, ha refers to candra and ṭha refers to sūrya (T/F)
- Where did Haṭha Vidyā originate from and how did Svātmārāma get the knowledge?
- Name 3 siddhas
- How did they break the law of death?
- What is the comparison made in the 10th verse?
- Speak for 30 secs on Haṭha Pradīpikā

Verse 10 - Praise of Haṭha Yoga

अशेषतापतप्तानां समाश्रयमठो हठः।
अशेषयोगयुक्तानामाधारकमठो हठः ॥१०॥

Aśeṣatāpataptānām samāśrayamaṭho haṭhaḥ|

Aśeṣayogayuktānāmādhāarakamaṭho haṭhaḥ||10||

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

Verse 11 - Secrecy of Haṭha Yoga

हठविद्या परं गोप्या योगिना सिद्धिमिच्छता ।
भवेद्वीर्यवती गुप्ता निर्वीर्य तु प्रकाशिता ॥११॥

Haṭhavidyā param̃ gopyā yoginā siddhimicchatā |
Bhavedvīryavatī guptā nirvīryā tu prakāśitā||11||

Haṭhavidyā - knowledge of Haṭhayoga

param̃ - highest/ extremely

gopyā - secret

yoginām̃ - by the yogīs

siddhim - accomplish/ fruitful

icchatām - willful of

Verse 11 - Secrecy of Haṭha Yoga

Haṭhavidyā param̐ gopyā yoginā siddhimicchatā|
Bhavedvīryavatī guptā nirvīryā tu prakāśitā||11||

bhaved - it is / it becomes

vīryavatī - one who possesses vīrya or power / effective

guptā - kept secret

nirvīryā - bereft of vīrya/ ineffective

tu - if

prakāśitā - revealed

The Yogīs who are desirous of success (in Yoga) should keep the lore of Haṭha strictly secret. Concealed, it is fruitful, revealed ineffective.

Verse 12 - Ideal Place / Deśa

सुराज्ये धार्मिके देशे सुभिक्षे निरूपद्रवे ।
धनुः प्रमाणपर्यन्तं शिलाग्निजलवर्जिते ।
एकान्ते मठिकामध्ये स्थातव्यं हठयोगिना ॥१२॥

Surājye dhārmike deśe subhikṣe nirūpadrave |
Dhanuḥ pramāṇaparyantaṁ śilāgnijalavarjite |
Ekānte maṭhikāmadhye sthātavyaṁ haṭhayoginā ||12||

su - good

rājye - country, place

dhārmike - where dharma is followed

deśe - place

Verse 12 - Ideal Place / Deśa

Surājye dhārmike deśe subhikṣe nirūpadrave|
Dhanuḥ pramāṇaparyantaṃ śilāgnijalavarjite|
Ekānte maṭhikāmadhye sthātavyaṃ haṭhayoginā||12||

subhikṣe (su + bhikṣe) - good/ easily ; bhikṣā means alms, food, clothing

nirūpadrve (nir + upadrave) - not ; disturbances

dhanuḥ - bow ; here it means 4 cubits or 6 ft

pramāṇa - measurement on all sides (i.e. length of a bow)

paryantaṃ - upto to

śilāgnijala (śilā + agni + jala) - rocks ; fire ; water

varjite - devoid of

Verse 12 - Ideal Place / Deśa

Surājye dhārmike deśe subhikṣe nirūpadrave|
Dhanuḥ pramāṇaparyantaṃ śilāgnijalavarjite|
Ekānte maṭhikāmadhye sthātavyaṃ haṭhayoginā||12||

ekānte - in solitude

maṭhikā - small hut

madhye - inside

sthātavyaṃ - should reside

haṭhayoginā - the practitioner of haṭhayoga

Verse 12 - Ideal Place / Deśa

Surājye dhārmike deśe subhikṣe nirūpadrave|

Dhanuḥ pramāṇaparyantaṁ śilāgnijalavarjite|

Ekānte maṭhikāmadhye sthātavyaṁ haṭhayoginā||12||

A Haṭhayogī should reside in solitude in a righteous country where the Government is benign and alms are easily available and which is free from all kinds of disturbances, in a small cottage (built in a place) having no rock, fire or water upto four cubits (on any side).

Verse 13 Characteristics of the Maṭha / Hut

अल्पाद्वारमरन्ध्रगर्तविवरं नात्युच्चनीचायतं सम्यग्गोमयसान्द्रलिप्तममलं
निःशेषजन्तूज्झितम्।

बाह्ये मण्डपवेदिकूपरुचिरं प्राकारसंवेष्टितं प्रोक्तं योगमठस्य लक्षणमिदं
सिद्धैर्हठाभ्यासिभिः ॥ १३ ॥

Alpādvāramarandhragartavivaraṃ nātyuccanīcāyataṃ
samyaggomayasāndraliptamamalaṃ niḥśeṣajantūjjhitam|

Bāhye maṇḍapavedikūparuciraṃ prākārasaṃveṣṭitaṃ proktaṃ
yogamaṭhasya lakṣaṇamidaṃ siddhairhaṭhābhyāsibhiḥ||13||

alpa - small

dvāram - entrance or door

a - not or without

randhra - hole

Verse 13 Characteristics of the Maṭha / Hut

Alpādvāramarandhragartavivaram̃ nātyuccanīcāyataṃ
samyaggomayasāndraliptamamalaṃ niḥśeṣajantūjjhitam|

Bāhye maṇḍapavedikūparuciraṃ prākārasaṃveṣṭitaṃ proktaṃ
yogamaṭhasya lakṣaṇamidaṃ siddhairhaṭhābhyāsibhiḥ||13||

na - not ; ati - excess

ucca - high ; nīca - low ; āyata - broad

samyak - properly ; gomaya - cow dung

sāndra - wet ; lipta - besmeared

a - not ; mamalaṃ - impurities

niḥśeṣa - completely ; jantu - insects and small living creatures

ujjhitam̃ - free from

Verse 13 Characteristics of the Maṭha / Hut

Bāhye maṇḍapavedikūparuciram̐ prākārasaṁveṣṭitam̐ proktaṁ
yogamaṭhasya lakṣaṇamidaṁ siddhairhaṭhābhyāsibhiḥ||13||

bāhye - outside ; maṇḍapa - canopy

vedi - altar ; kūpa - well

ruciram - beautiful or pleasing

prākāra - boundary wall ; saṁveṣṭitam - properly protected

proktaṁ - described

yogamaṭhasya - of the yoga hut ; lakṣaṇam - characteristics

idaṁ - this is ; siddhaiḥ - the siddhas

haṭha - haṭha yoga

abhyāsaibhiḥ - the practitioners

Verse 13 Characteristics of the Maṭha / Hut

Alpādvāramarandhragartavivaramṁ nātyuccanīcāyataṁ
samyaggomayasāndraliptamamalaṁ niḥśeṣajantūjjhitam|

Bāhye maṇḍapavedikūparuciraṁ prākārasaṁveṣṭitaṁ proktaṁ
yogamaṭhasya lakṣaṇamidaṁ siddhairhaṭhābhyāsibhiḥ||13||

(The hut should have) a small entrance and no other openings, holes or pits; (it should) neither be too high not too low (but) well besmeared with a thick layer of cow dung, clean and free from all insects; (there should be) a beautifully laid canopied platform and a well in the compound outside, which should be enclosed by a wall.

Verse 14 - Activities

एवंविधे मठे स्थित्वा सर्वचिन्ताविवर्जितः।
गुरूपदिष्टमार्गेण योगमेव समभ्यसेत् ॥१४॥

Evaṁvidhe maṭhe sthitvā sarvacintāvivarjitaḥ|
Gurūpadiṣṭamārgēṇa yogameva samabhyaset||14||

evaṁ - as described ; vidhe - of the type

maṭhe - hut ; sthitvā - residing in

sarva - all ; cintā - troubles

vivarjitaḥ - completely devoid of

guru - guru or teacher ; upadiṣṭa - taught ; mārgēṇa - the way

yogaṁ - yoga ; eva - only ; sadā - always ; abhyaset - practice

Verse 14 - Activities

एवंविधे मठे स्थित्वा सर्वचिन्ताविवर्जितः।
गुरूपदिष्टमार्गेण योगमेव समभ्यसेत् ॥१४॥

Evaṁvidhe maṭhe sthitvā sarvacintāvivarjitah|
Gurūpadiṣṭamārgēṇa yogameva samabhyaset||14||

Residing in this type of cottage he should be free from all worries , one should be occupied with Yoga and Yoga alone, always in the way advised by the Guru.

Verse 15 - Bādhaka tattvas - Hindrances on the path

अत्याहारः प्रयासश्च प्रजल्पो नियमग्रहः।
जनसङ्गश्च लौल्यं च षड्भिर्योगो विनश्यति ॥१५॥

Atyāhāraḥ prayāsaśca prajalpo niyamagrahaḥ|
Janasaṅgaśca laulyaṁ ca ṣaḍbhiryogo vinaśyati||15||

ati - excess ;

āhāra - food i.e. overeating

prāyasaśa - and too much effort

prajalpa - excess talking

niyamāgrahaḥ - adherence to the niyamas or rules

Verse 15 - Bādhaka tattvas - Hindrances on the path

Atyāhāraḥ prayāsaśca prajalpo niyamagrahaḥ|
Janasaṅgaśca laulyaṃ ca ṣaḍbhiryogo vinaśyati||15||

jansaṅga - company of people ; ca - and

laulyaṃ ca - fickleness of mind

ṣaḍbhiḥ - with these six ; yogo - yoga

vinaśyati - obstructed, futile

Yoga gets futile by over eating, (over-) exertion, talking too much, severe austerity, public contact and fickleness (of mind).

Verse 16 - Sādhaka tattva - Favorable factors for success

उत्साहात्साहसाद्धैर्यात्तत्त्वज्ञानाच्च निश्चयात्।
जनसङ्गपरित्यागात्षड्भिर्योगः प्रसिद्ध्यति ॥ १६ ॥

Utsāhātsāhasāddhairyāttattvajñānācca niścayāt|
Janasaṅgaparityāgātṣaḍbhiryogaḥ prasiddhyati||16||

utsāhāt - enthusiasm

sāhasāt - courage

dhairyāt - patience

tattvajñānāt - knowledge of tattvas/ correct knowledge ; ca

niścayāt - determination

Verse 16 - Sādhaka tattva - Favorable factors for success

Utsāhātsāhasāddhairyāttattvajñānācca niścayāt|
Janasaṅgaparityāgātṣaḍbhiryogaḥ prasiddhyati||16||

jansaṅga - contact with people ; parityāgāt - abandoning
ṣaḍbhiḥ - with these six ; yoga
prasiddhyati - gets accomplished

Yoga is successfully performed by the following six: enthusiasm, courage, perseverance, correct understanding, determination and abandoning public contact. (During sādhanā stage not many friends should be there!)

Verse 17 - Āsana - the first limb

हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते।

कुर्यात्तदासनं स्थैर्यमारोग्यं चाङ्गलाघवम्॥१७॥

Haṭhasya prathamāṅgatvādāsanam pūrvamucyate|

Kuryāttadāsana sthairyamārogyam cāṅgalāghavam||17||

haṭhasya - of haṭha

prathama - first

aṅga - limb

tvāt - by virtue of

pūrva - first of all

ucyate - is described

Verse 17 - Āsana - the first limb

Haṭhasya prathamāṅgatvādāsanam pūrvamucyate|
Kuryāttadāsanam sthairyamārogyam cāṅgalāghavam||17||

kuryāt - bestows

tat - for

āsanam - posture

sthairyam - stability

ārogyam - health ; ca

aṅga - limb

lāghavam - lightness or suppleness

Verse 17 - Āsana - the first limb

Haṭhasya prathamāṅgatvādāsanam pūrvamucyate|

Kuryāttadāsanam sthairyamārogyam cāṅgalāghavam||17||

Āsana being the first component of Haṭha, is dealt with first, Āsana brings (mental as well as physical) steadiness, health and (a feeling of) lightness

Verse 18 - Tradition of Muṇis and Yogīs

वसिष्ठाद्यैश्च मुनिभिर्मत्स्येन्द्राद्यैश्च योगिभिः।
अङ्गीकृतान्यासनानि कथ्यन्ते कानिचिन्मया ॥१८॥

Vasiṣṭhādyaiśca munibhirmatsyendrādyaiśca yogibhiḥ।
Aṅgīkṛtānyāsanāni kathyante kānicinmayā॥18॥

vasiṣṭha - name of a sage ; ādyaiḥ - etc.

muṇibhiḥ - sages ; matsyendra - yogī ; ādyaiḥ - etc ; ca - and

yogibhiḥ - yogīs ; aṅgīkṛtāni - accepted ; āsanāni - āsanās

kathyante - description of ; kānicit - some of them ; mayā - by me

Verse 18 - Tradition of Muṇis and Yogīs

वसिष्ठाद्यैश्च मुनिभिर्मत्स्येन्द्राद्यैश्च योगिभिः।
अङ्गीकृतान्यासनानि कथ्यन्ते कानिचिन्मया ॥१८॥

Vasiṣṭhādyaiśca munibhirmatsyendrādyaiśca yogibhiḥ।
Aṅgīkṛtānyāsanāni kathyante kānicinmayā॥18॥

Some of the Āsanās adopted by sages like Vaśiṣṭha and Yogīs like Matsyendra are recounted by me (here).

ANNOUNCEMENTS

- Next lesson on Āsana. Volunteers for demonstration - both easy and advanced postures.
- Duration of the class will be 75 mins
- Assignments for submission and evaluation
 - any topic you like from the first chapter, 200-300 words and/or illustration of any idea
 - list of topics decided by YEC and each student will select one from it 400 - 500 words and/or illustration

References

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

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

oṃ sarve bhavantu sukhinaḥ
sarve santu nirāmayāḥ
sarve bhadrāṇi paśyantū
mā kaścid duḥkha bhāgbhavet
oṃ śāntiḥ 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 ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥ हरिः ॐ तत्सत् ॥

asato mā sadgamaya
tamasomā jyotir gamaya
mrityormāamritam gamaya
Om śhānti śhānti śhāntiḥ 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.