

# **Light on Hatha Yoga**

## **Module 1**

### **Lesson 6**



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 ॥

om saha nāvavatu saha nau bhunaktu  
saha vīryam karavāvahai  
tejasvi nāvadhītamastu mā vidviśāvahai  
om śāntih śāntih śāntih

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.

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

śrī ādi nāthāya namah astu tasmai yena upadistā 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 Hatha Pradīpikā.



## Verse 34 - 4 primary āsanas

सिद्धं पद्मं तथा सिंहं भद्रं वेति चतुष्टयम्।  
श्रेष्ठं तत्रापि च सुखे तिष्ठेत्सिद्धासने सदा॥३४॥

Siddham padmam tathā simham bhadram veti catuṣṭayam|  
Śreṣṭham tatrāpi ca sukhe tiṣṭhetsiddhāsane sadā||34||

Siddha, Padma, Simha and Bhadra are these four; (and) the best among these too is Siddhāsana in which one should always stay comfortably.

# Verse 35 - Siddhāsana



# Verse 36 - Siddhāsana



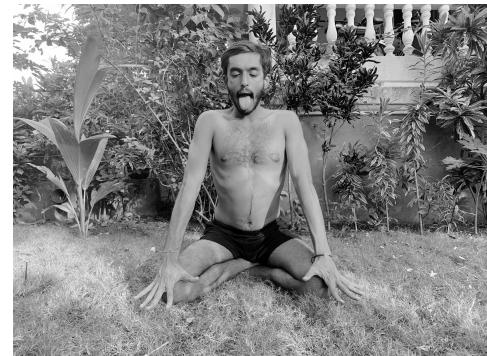
## Verse 44 - Padmāsana



# Verse 45 & 46 - Another opinion of Padmāsana



# Verse 52 - Simhāsana



## Verse 54 - Bhadrāsana



## Verse 55 - Instructions after performing āsana

एवमासनबन्धेषु योगीन्द्रो विगतश्रमः।  
अभ्यसेन्नाडिकाशुद्धिं मुद्रादिपवनक्रियाम्॥५५॥

Evamāsanabandheṣu yogīndro vigataśramah|

Abhyasennāḍikāśuddhim mudrādipavanakriyām||55||

The advanced Yogī who has thus overcome fatigue by practicing āsanas should practice purification of Nāḍīs (and) manipulation of Prāṇa and Mudrās etc.

## Verse 56 - Sequence of Practices



आसनं कुम्भकं चित्रं मुद्राख्यं करणं तथा।  
अथ नादानुसन्धानमभ्यासानुक्रमो हठे॥५६॥

Āsanam kumbhakam citram mudrākhyam karaṇam tathā|  
Atha nādānusandhānamabhyāsānukramo haṭhe||56||

Āsanas, different types of Kumbhakas, practices called Mudrās,  
Nādānusandhāna - this is the (correct) sequence in the practice of Haṭha  
(Yoga).

## Verse 57 - Rules for success

ब्रह्मचारी मिताहारी त्यागी योगपरायणः।

अब्दादूर्ध्वं भवेत्सिद्धो नात्र कार्या विचारणा ॥५७॥

Brahmacārī mitāhārī tyāgī yogaparāyaṇah|

Abdādūrdhvam bhavetsiddho nātra kāryā vicāraṇā||57||

brahmacārī - practicing brahmacharya ; mitāhāraī - practicing mitāhāra ;

tyāgī - renunciate ; yoga parāyaṇah - devoted to the practice of yoga ;

abdāt - in one year ; ūrdhvam - more ; bhavet - becomes ; siddhaḥ -

accomplished ; na - no ; atra - here ; kāryā - should bring in ;

vicāraṇā - any thought or doubt

## Verse 57 - Rules for success



Brahmacārī mitāhārī tyāgī yogaparāyaṇah|

Abdādūrdhvam bhavetsiddho nātra kāryā vicāraṇā||57||

One who is devoted to yoga, practicing continence, moderation in diet and renunciation, attains success in one year or a little more, there is no room for doubt in this (statement).

## Verse 58 - Mitāhāra

सुस्निग्धमधुराहारशतुर्थाशविवर्जितः।  
भुज्यते शिवसम्प्रीत्यै मिताहारः स उच्यते॥५८॥  
Susnidhamadurāhārāścaturthāṁśavivarjitaḥ।

Bhujyate śivasamprītyai mitāhārah sa ucyate||58|

susnidha - well lubricated ; madhura - sweet ; āhāra - food ;  
caturthaṁśa - one fourth ; vivarjitaḥ - leaving ;  
bhujyate - consumed ; śiva - Almighty ; samprītyai - for the pleasure of ;  
mitāhārah - balanced diet ; sa - that ; ucyate - said to be

## Verse 58 - Mitāhāra



Susnidhamadurāhāraścaturthāṁśavivarjitaḥ|

Bhujyate śivasamprītyai mitāhārah sa ucyate||58|

Eating sweet unctuous food offered (first) to the Almighty (i.e. not eaten for one's own satisfaction) leaving one quarter (of the stomach) empty - this is known as Mitāhāra.

## Verse 59 - Apathya Āhāra

कट्वम्लतीक्ष्णलवणोष्णहारितशाकसौवीरतैलतिलसर्षपमद्यमत्स्यान्।  
आजादिमांसदधितक्रुलत्थकोलपिण्याकहिङ्गुलशुनाद्यमपथ्यमाहुः ॥५९॥  
Kaṭvamlatīkṣṇalavaṇoṣṇahāritaśākasauvīratailatilasarsapamadyamatsyān|  
Ājādimāṁsadadhitakrakulatthakolapiṇyākahiṅgulaśunādyamapathyamāhuh||59||

kaṭu - bitter ; amla - acidic ; tīkṣṇa - pungent ; lavaṇa - salty ; uṣṇa - hot ;  
harita - green ; śāka - leafy vegetable ; sauvīra taila - oil ; tila - sesame ;  
sarṣapa - mustard ; madya - wine ; matsyān - fish ; ājādi - goat etc ; māṁsa - flesh  
sadhi - curd ; takra - buttermilk ; kulattha ; kola ; piṇyāka - onion ; hiṅgu - asafoetida  
laśuna - garlic ; ādyam - etc ; apathyam - non conducive food ; āhuḥ - said

## Verse 59 - Apathya Āhāra



Kaṭvamlatīksṇalavaṇoṣṇahārītaśākasauvīratailatilasarṣapamadyamatsyān|  
Ājādimāṁsadadhītakrakulatthakolapiṇyākahiṅgulaśunādyamapathyamāhuḥ||59||

Eating food which is bitter, sour, pungent, salty or hot, green vegetables, sour gruel, oil, mustard, and sesame and (consuming) alcohol, fish, meat, curd, buttermilk, Kulattha, berries, oil-cakes, asafoetida, garlic etc. are said to be bad for a Haṭha Yogī.

## Verse 60 - Avoidable food

भोजनमहितं विद्यात्पुनरस्योष्णीकृतं रुक्षम्।

अतिलवणमम्लयुक्तं कदशनशाकोत्कटं वर्ज्यम्॥६०॥

Bhojanamahitam vidyātpunarasyoṣṇīkṛtam rūksam|

Atilavaṇamamlayuktam kadaśanaśākotkaṭam varjyam||60||

bhojanam - food ; ahitam - not conducive ; vudyāt - should be understood

punarapi - again and again ; uṣṇīkṛtam - heated ; rūksam - dry ;

ati lavanam - excess in salt ; amla - acidic ; yuktam - mixed /added ;

kadaśana - not eatable ; śāka - leafy vegetables ; utkaṭam - not conducive

varjyam - avoidable

## Verse 60 - Avoidable food



Bhojanamahitam vidyātpunarasyoṣṇīkṛtam rūkṣam|

Atilavaṇamamlayuktam kadaśanaśākotkaṭam varjyam||60||

Food that is heated over again is dry, is excessively salty or sour and (food) with excess of vegetables is unwholesome and should be avoided.

## Verse 61 - More rules for beginners

वह्निस्त्रीपथिसेवनामादौ वर्जनमाचरेत्।  
 तथा हि गोरक्षवचनम् - वर्जयेददुर्जनप्रान्तं वह्निस्त्रीपथिसेवनम्।  
 प्रातःस्नानोपवासादि कायकलेशविधिं तथा ॥६१ ॥  
 Vahnistrīpathisevānāmādau varjanamācaret|

Tathā hi gorakṣavacanam - Varjayeddurjanaprāntam vahnistrīpathisevanam|

Prātaḥsnānopavāsādi kāyakleśavidhim tathā||61||

vahni - fire ; strī - woman ; pathi - long journey ; sevānām - undertaking ;  
 ādau - in the beginning ; varjanam - avoidance ; ācaret - practiced ;  
 tahtā - so ; hi - also ; gorakṣa ; vacanam - instructions ; varjayet - avoid ; durjana -  
 wicked people ; prāntam - place ; strī ; pathi ; sevanaṁ - undertaking

## Verse 61 - More rules for beginners



Vahnistrīpathisevānāmādau varjanamācaret|

Tathā hi gorakṣavacanam - Varjayeddurjanaprāntam vahnistrīpathisevanam|

Prātaḥsnānopavāsādi kāyakleśavidhim tathā||61||

prātaḥ - early morning ; snāna - bath ; upavāsa - fasting ; ādi - etc ;

kāya - body ; kleśa - pain ; vidhim - methods ; tathā - and

## Verse 61 - More rules for beginners



Vahnistrīpathisevānāmādau varjanamācaret|

Tathā hi gorakṣavacanam - Varjayeddurjanaprāntam vahnistrīpathisevanam|

Prātaḥsnānopavāsādi kāyakleśavidhim tathā||61||

Basking the fire, company of women and long journeys are to be avoided while beginning (Yoga practices).

## Verse 62 - Pathya Āhāra

गोधूमशालियवषाष्टिकशोभनान्नं क्षीराज्यखण्डनवनीतसितामधूनि।  
शुण्ठीपटोलकफलादिकपञ्चशाकं मुद्गादि दिव्यमुदकञ्च यमीन्द्रपथ्यम्॥६२॥  
Godhūmaśāliyavaśāṣṭikaśobhanānnam kṣīrājyakhaṇḍanavanītasitāmadhūni।  
Śuṇṭhīpaṭolakaphalādikapañcaśākam mudgādi divyamudakañca  
yamīndrapathyam॥62॥

godhūma - wheat ; śāli - rice ; yava - barley ; ṣaṣṭika - a variety of rice which is grown in sixty days ; śobhana - good ; anna - grains ; kṣīra - milk ; ājya - ghee ; khaṇḍa - jaggery ; navanīta - butter ; sitā - sugar ; madhūni - honey ; śuṇṭhī - dry ginger ; paṭolaka - parvara ; phala - fruits ; ādika - etc

## Verse 62 - Pathya Āhāra

गोधूमशालियवषाष्टिकशोभनान्नं क्षीराज्यखण्डनवनीतसितामधूनि।  
शुण्ठीपटोलकफलादिकपञ्चशाकं मुद्गादि दिव्यमुदकञ्च यमीन्द्रपथ्यम्॥६२॥  
Godhūmaśāliyavaśāṣṭikaśobhanānnam kṣīrājyakhaṇḍanavanītasitāmadhūni|  
Śuṇṭhīpaṭolakaphalādikapañcaśākam mudgādi divyamudakañca  
yamīndrapathyam||62||

pañca - five ; śāka - leafy vegetables ; mudga - green gram ; ādi - etc ;  
divyam - divine ; udakam - water ; ca - and ; yamīdra - best practitioners of yoga  
pathyam - wholesome food

## Verse 62 - Pathya Āhāra



Godhūmaśāliyavaśāṣṭikaśobhanānnam kṣīrājyakhaṇḍanavanītasitāmadhūni|  
Śunṭhīpaṭolakaphalādikapañcaśākam mudgādi divyamudakañca  
yamīndrapathyam||62||

The good grains : wheat, barley and ṣaṣṭika (a special variety of rice), milk, ghee, sugar, butter, sugarcandy, honey, dry ginger, the patolaka fruit (paravara - a kind of cucumber), the five leafy vegetables, greengram and rain water collected when the sun is in maghā (the 10th lunar mansion) etc. are considered to be wholesome food for advanced yogīs.

## Verse 63 - Pathya Āhāra

पुष्टं सुमधुरं स्निग्धं गव्यं धातुप्रपोषणम्।  
मनोऽभिलिषितं योग्यं योगी भोजनमाचरेत्॥६३॥

Puṣṭam sumadhuram snigdham gavyam dhātuprapoṣanam|

Mano'bhilaśitam yogyam yogī bhojanamācaret||63||

Puṣṭam - contributing to health ; samadhuram - sweet ; snigdham - lubricated ;  
gavyam - made of cows milk ; dhātū - seven element ; prapoṣanam - nourishing  
manobhilaśitam - agreeable to ones own mind ; yogyam - conducive and fulfilling all  
conditions of yoga ; yogī ; bhojanam - food ; ācaret - should consume

## Verse 63 - Pathya Āhāra



Puṣṭam̄ sumadhuram̄ snigdham̄ gavyam̄ dhātuprapoṣanam|

Mano'bhilāṣitam̄ yogyam̄ yogī bhojanamācaret||63||

Yogīs should eat food that is nutritious, sweet and unctuous, products of cows milk and nourishing food of their own choice suitable for practice of Yoga.

## Verse 64 - Rules for success

युवा वृद्धोऽतिवृद्धो वा व्याधितो दुर्बलोऽपि वा।  
 अभ्यासात्सिद्धिमाप्नोति सर्वयोगेष्वतन्द्रितः ॥६४॥  
 Yuvā vṛddho'tivṛddho vā vyādhito durbalo'pi vā|  
 Abhyāsātsiddhimāpnoti sarvayogesvatandritah||64||

yuvā - young ; vṛddhaḥ - old ; ativṛddhaḥ - very old ; vyādhitaḥ - diseased ;  
 durbalaḥ - weak ; api - and ; vā - or ; abhyāsāt - with the practice ; siddhim ;  
 āpnoti - attains ; sarva yogeṣu - in all yoga ; atandritaḥ - without slackness

## Verse 64 - Rules for success



Yuvā vṛddho'tivṛddho vā vyādhito durbalo'pi vā|

Abhyāsātsiddhimāpnoti sarvayogesvatandritah||64||

He who untiringly practices yoga in all its aspects attains success even if he is young, old, decrepit, diseased or weak.

## Verse 65 - Rules for success

क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत्।

न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायते॥६५॥

Kriyāyuktasya siddhiḥ syādakriyasya katham bhavet|

Na śāstrapāṭhamātreṇa yogasiddhiḥ prajāyate||65||

kriyā yuktasya - connected with the practice ; siddhi ; syāt - becomes possible

akrīyasya - a non practitioner ; katham - how can ; bhavet - attain ; na - no

śāstra - scriptures ; pāṭha - reading ; mātreṇa - merely ; yogasiddhiḥ -

accomplishment in yoga ; prajāyate - gets manifested or attained

## Verse 65 - Rules for success



Kriyāyuktasya siddhiḥ syādakriyasya katham bhavet|

Na śāstrapāṭhamātrena yogasiddhiḥ prajāyate||65||

Success is attained by those who practice. How can one attain success without practice? Success in yoga is not achieved by merely reading authentic books.

## Verse 66 - Rules for success

न वेषधारणं सिद्धे: कारणं न च तत्कथा।  
क्रियैव कारणं सिद्धे: सत्यमेतन्न संशयः॥६६॥

Na ṽeṣadhāraṇam siddheḥ kāraṇam na ca tatkathā|

Kriyaiva kāraṇam siddheḥ satyametanna saṁśayah||66||

na - not ; ṽeṣadhāraṇam - weating particular garments ; siddeḥ - behind accomplishment ; kāraṇam - cause ; na - not ; ca - and ; tat - that ; kathā - talking kriyā - practice ; eva - only ; kāraṇam - cause of ; siddeḥ ; satyam - truth ; etat - it is ; na - no ; saṁśayah - doubt

## Verse 66 - Rules for success



Na veṣadhāraṇam siddheḥ kāraṇam na ca tatkathāḥ

Kriyaiva kāraṇam siddheḥ satyametanna samśayah||66||

Wearing a particular type of dress does not bring success; nor does talking about it (Yoga). Practicing alone brings success; this undoubtedly us the truth.

## Verse 67 - The way to Rāja Yoga



पीठानि कुम्भकाश्चित्रा दिव्यानि करणानि च।

सर्वाण्यपि हठाभ्यासे राजयोगफलावधि॥६७॥

Pīṭhāni kumbhakāścitrā divyāni karaṇāni ca।

Sarvāṇyapi haṭhābhyaṣe rājayogaphalāvadhi॥67॥

pīṭhāni - various āsanas , kumbhakāḥ - modes of retention of breath ;

citra - different ; divyāni - various divine ; karaṇāni - mudrās ; ca - and ;

sarvāṇi - all of them ; api - also ; haṭha ; abhyase - in the practice ;

rāja yoga ; phalāvadhi - till the attainment of the result

## Verse 67 - The way to Rāja Yoga



Pīṭhāni kumbhakāścitrā divyāni karaṇāni ca|

Sarvāṇyapi haṭhābh्यासे rājayogaphalāvadhi||67||

Āsanas, various Kumbhakas and the efficacious Mudrās - all these are to be practiced in the course of Haṭha until the fruit i.e. Rāja Yoga is attained.

# Colophon of the Prathama Upadeśa



iti sahajānandasantānacintāmaṇi svātmārāmayogīndraviracitāyāṁ  
haṭhapradīpikāyāmāsanavidhikathanam̄ prathamopadeśah //

Thus (ends) the first lesson, named description of the practices called  
āsanas, of the Haṭhapradīpikā composed by Svātmārāma Yogīndra, an  
illustrious descendent of Sahajānanda.

# References



1. Haṭha Pradīpikā (Digambar Ji, Kokaje, Kaivalyadhama)
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3. Hathayogapradīpikā of Svātmārāma (Gyan Shankar Sahay, Yogic Heritage)
4. Sanskrit Text:  
<https://www.sanskrit-trikashaivism.com/en/hatha-yoga-pradipika-asana/622>
5. Excellent online dictionary source:  
<https://shlokam.org/sanskrit-glossary/>

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

om sarve bhavantu sukhinah  
sarve santu nirāmayāḥ  
sarve bhadrāṇi paśyantu  
mā kaścid duḥkha bhāgabhavet  
om sāntih sāntih sāntih

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  
tamasmā 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.