

	oum shrIparamAtmane namaH	
	atha pa~jcadasho&dhyAyaH	
	purANa puruShottama yogaH	

shrIbhagavAnuvAcha

UrdhvamUlamadhaHshAkham ashvatthaM prAhuravyayam |
 ChandAMsi yasya parNAni yastaM veda sa vedavit || 15-1||

adhashchordhvaM prasRutAstasya shAkhAH
 guNapravRuddhA viShayapravAlAH |
 adhashcha mUIAnyanusantatAni
 karmAnubandhIni manuShyaloke || 15-2||

na rUpamasyeha tathopalabhyate
 nAnto na chAdirna cha saMpratiShThA |
 ashvatthamenaM suvirUDhamUlaM
 asa~ggashastreNa dRuDhena ChittvA || 15-3||

tataH paraM tatparimArgitavyaM
 yasmingata na nivartanti bhUyaH |
 tameva chAdyaM puruShaM prapadye
 yataH pravRuttiH prasRutA purANI || 15-4||

nirmAnamohA jitasa~ggadoShAH
 adhyAtmanityA vinivRuttakAmAH |
 dvandvairvimuktAH sukhaduHkhasa~jj~jaiH
 gacChantyamUDhAH padamavyayaM tat || 15-5||

na tadbhAsayate sUryaH na shashaa~gko na pAvakaH |
 yadgatvA na nivartante taddhAma paramaM mama || 15-6||

mamaivAMsho jIvaloke jIvabhUtaH sanAtanaH |
manaHShaShThAnIndriyANi prakRutisthAni karShati || 15-7||

sharIraM yadavApnoti yachchApyutkrAmatIshvaraH |
gRuhItvaitAni saMyAti vAyurgandhAnivAshayAt || 15-8||

shrotraM chakShuH sparshanaM cha rasanaM ghrANameva cha |
adhiShThAya manashchAyaM viShayAnupasevate || 15-9||

utkrAmantaM sthitaM vA&pi bhu~jjaanaM vA guNANvitam |
vimUDhA nAnupashyanti pashyanti j~jAnachakShuShaH
|| 15-10||

yatanto yoginashchainaM pashyantyAtmanyavasthitam |
yatanto&pyakRutAtmAnaH nainaM pashyantyachetasaH
|| 15-11||

yadAdityagataM tejaH jagadbhAsayate&khilam |
yachchandramasi yachchAgnau tattejo viddhi mAmakam
|| 15-12||

gAmAvishya cha bhUtAni dhArayAmyahamojaSA |
puShNAmi chauShadhIH sarvAH somo bhUtvA rasAtmakaH
|| 15-13||

ahaM vaishvAnaro bhUtvA prANinAM dehamAshritaH |
prANApAnasamAyuktaH pachAmyannaM chaturvidham || 15-14||

sarvasya chAhaM hRudi sanniviShTaH
mattaH smRutirj~jAnamapohanaM cha |
vedaishcha sarvairahameva vedyaH
vedAntakRudvedavideva chAham || 15-15||
dvAvimau puruShau loke kSharashchAkShara eva cha |

kSharaH sarvANi bhUtAni kUTastho&kShara uchyate || 15-16||

uttamaH puruShastvanyaH paramAtmetyudAhRutaH |
yo lokatrayamAvishya bibhartavyaya IshvaraH || 15-17||

yasmAtkSharamatIto&ham akSharAdapi chottamaH |
ato&smi loke vede cha prathitaH puruShottamaH || 15-18||

yo mAmevamasammUDhaH jAnAtipuruShottamam |
sa sarvavidbhajati mAM sarvabhAvena bhArata || 15-19||

iti guhyatamaM shAstram idamuktaM mayA&nagha |
etatbuddhvA buddhimAnsyAt kRutakRutyashcha bhArata
|| 15-20||

oum tatsaditi shrImad bhagavadgItAsu upaniShatsu
brahmavidyAyAM yogashAstre shrIkRuShNArjunasaMvAde
puraaNi puruShottamayogo nAma pa~jcadasho&dhyAyaH || 15||

With Blessings from:

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