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Loretta rocks.
For Claudia and Lily
Introduction ix
The Vital Principle 1
Knowledge 26
Practice 40
Mudras 72
Meditation 104
Contributors 169
Index 170
Introduction

Composed over five centuries ago, the *Shiva Samhita* is one of the most celebrated root texts of Hatha Yoga. It includes beautiful teachings found nowhere else. This edition contains the original Sanskrit, properly edited and printed for the first time, and a new, accurate translation thereof. It also features photographs of the asanas and mudras described therein.

The book is addressed by Shiva to his consort Parvati, and the title means “The Collection [of Verses] of Shiva.” It proclaims a Yoga teaching, yet also calls itself a tantra. It is such an eclectic collection of Yogic lore that a thorough breakdown of its contents would be nearly as long as the text itself, but the topics covered in its five chapters can be summarized as follows.

The first chapter starts with the declaration that “there is one eternal true knowledge” and goes on to mention various methods of liberation and philosophical standpoints, all of which can be transcended by the teachings on Yoga found in the *Shiva Samhita*. Most of the rest of the chapter is an exposition of nondual Vedantic philosophy in the style of the southern Tantric school of Sri Vidya.

The second chapter describes the macrocosm’s microcosmic equivalents in the body, the nadis or channels, the internal fire, and the workings of the jiva, or vital principle. The
third chapter describes the winds in the body, the importance of the guru, the four stages of Yoga, the fivefold elemental visualizations, and four asanas. The fourth chapter details eleven mudras, which are techniques that result in various Yogic attainments and magical powers, in particular the raising of Kundalini.

The fifth chapter is the longest and most diverse. It describes the obstacles to liberation, the four types of aspirants, the magical technique of shadow gazing, the internal sound, esoteric centers and energies in the body including Kundalini and the seven lotuses, “the king of kings of Yogas,” and a threefold mantra whose repetition leads, via global domination, to absorption in the Absolute.

The Shiva Samhita was cited extensively by such eminent medieval authors as Narayana Tirtha, Shivananda Sarasvati, Ballala, and Bhavadeva Mishra. The latter’s Yuktabhavadeva was composed in 1623 CE, while Shivananda Sarasvati’s Yogacintamani can be dated to approximately 1600 CE. So, allowing some time for the Shiva Samhita to attain a reputation making it worthy of citation, we can suppose 1500 CE as the latest date for the text’s composition. The text borrows verses from earlier works, including the Amritisiddhi and the Dattatreya Yoga Shastra. The latter can be dated to approximately the thirteenth century CE, so we can say that the Shiva Samhita was probably composed between 1300 and 1500 CE.

It also contains a good clue as to where it was composed. In the fifth chapter there is a rather forced attempt to impose a new (and topographically unlikely) homology on top of the usual schema in which the Ida and Pingala nadis are equated with the Ganga, or Ganges, and Yamuna rivers, and the central Sushumna nadi with the Sarasvati, the legendary subterranean
river said to join the Ganga and Yamuna at their confluence in Prayaga, modern-day Allahabad. In verses 5.132-134 and 5.138-139, the Ganga is instead equated with Sushumna, and Ida and Pingala with the Varana and Asi rivers, small tributaries of the Ganga which flow in Varanasi. Thus it seems likely that the text was composed in or around Varanasi. The author or compiler, however, remains unknown.

The translation of the *Shiva Sambhita* into English by Chandra Vasu in 1914 found an audience amongst Yoga aficionados around the globe. It might be asked if another translation is needed. (There have been other translations too, but all are either based on Vasu’s or are inferior to his.) Well, there are many shortcomings to Vasu’s work; I shall mention only the most important ones here. Firstly, his translation is often inaccurate. Secondly, there is no indication of which Sanskrit manuscript(s) he used, or how he used them. Thirdly, he prudishly omits an important practice, Vajroli mudra, which is found in this volume in verses 4.78-104.

When I undertook this translation, I decided to use the only critical edition of the text available, the one published in 1999 by the Kaivalya Dham Yoga Research Institute. They had painstakingly collated thirteen manuscripts and three printed editions, duly recording several thousand variant readings. However, when I examined their choice of readings, I found that, despite the good intentions they espouse in their introduction, they had not applied the critical rigor necessary for the undertaking. I have thus re-edited the text, checking every single one of the several thousand variant readings. I found it necessary to adopt different readings in over three hundred places. Please consult the YogaVidya.com web site for information about these readings and the reasons for their adoption.
Thus the Sanskrit in this book is the first to be based on a truly critical study of the manuscripts of the text. I wish I could say that this means that the translation is also the first to be truly coherent. Unfortunately this is not so. There are two reasons for this. Firstly, in some places the readings found in all the manuscripts are very corrupt and it is difficult to make sense of them. Secondly, the text is an eclectic collection of Yogic teachings and some of these teachings contradict each other. Neither of these points has been addressed by previous editors and translators of the text. By means of emendation and careful adoption of variant readings, I have managed to make some sense of all the difficult passages, but one or two of them should still be taken with a pinch of salt, for example, the description of Kundalini and her attendant mantras in verses 5.79-83.

Some of the problems caused by the text’s composite nature are less problematic. For example, chapter four is devoted to mudras. It starts with a eulogistic description of Yonimudra, culminating in the statement that by Yonimudra the yogi can achieve anything, even liberation. Shiva then gives a list of ten mudras that he is going to teach, the very best mudras, and Yonimudra is not among them. Similarly, in verses 3.35-37 there is a list of obstacles to liberation which are to be avoided by the yogi, and then in verses 5.3-8 there is another list, with only slight overlaps between the two. To cite a third instance, in verse 4.110 the yogi is told to adopt Muktasana, which is not among the four asanas taught in chapter three. These contradictions are trivial and merely serve to indicate that the text is a compilation, like many Hatha Yogic works. However, there is one contradiction that is harder to resolve. In the description of Vajrolimudra, verses 4.92-3 and 4.103 tell how the yogi can be a bhogi, enjoying worldly pleasures while on the path
to siddhis, or Yogic powers. Very shortly afterwards, in verse 5.2, we read that bhoga, enjoyment, is the ultimate obstacle to liberation and, in verse 5.11, that drawing milk up the urethra, one of the preliminary practices for perfecting Vajrolimudra, is an obstacle to liberation. Now it may simply be that we are hearing separate instructions for the two traditional types of Tantric aspirant, namely bubhukshus, those desirous of siddhis, and mumukshus, those desirous of liberation, but the unqualified juxtaposition is jarring, particularly in light of the last verses of the text, wherein the householder is said to be able to obtain siddhis and become liberated by means of the techniques of Yoga—and still have fun!

Despite these problems, the *Shiva Samhita* is an important text and a repository of teachings not found elsewhere in the Hatha Yogic canon. Unlike other manuals of Hatha Yoga, it does not teach a six- or eight-limbed Yoga. Its pranayama is strikingly simple, and it only mentions pratyahara and samadhi in passing. Its most systematic and thorough teaching is that on mudras found in chapter four. Complementing this are its many subtle body visualizations and mantra techniques, found for the most part in chapter five. These beautiful meditations often have no parallels in other Hatha Yogic texts, but rather echo Tantric texts of the Sri Vidya tradition in which the siddhi of becoming like the god of love and attracting women is commonplace.

Another feature of the text which sets it apart from most other works on Hatha Yoga is that it makes no mention of the Natha school of yogis, traditionally said to be the originators of Hatha Yoga. Indeed, there is little in the text which explicitly connects it with any specific tradition, apart from three mentions of the goddess Tripura (verses 5.84, 5.240, and 5.252)
and the text’s philosophical doctrines, which indicate that it is a product of the school of Sri Vidya, which was adopted by the Shaiva Shankaracharyas of Shringeri and Kanchipuram. As Hatha Yoga, originally the preserve of the unorthodox Nathas, grew in popularity in the medieval period, the orthodox Shaivas sought to incorporate it within their soteriology, and thus the Shiva Sambita may be an example of this appropriation.

In conclusion, I labored painstakingly for many months to give you a book you can trust and rely on for both the Sanskrit and the English. I sought to make my translation literal but readable, and have included nothing which is not found in the text. My desire is that it increases your understanding of Yoga.
The Lord said, “Now I shall teach the sublime Yoga of mudras. Just by practicing mudras the yogi is freed from all disease.

First fix the mind in the Adhara by means of inhalation. There is a yoni between the anus and the penis. Contract it and make it active.

Meditate on the God of Love as residing in Brahma’s yoni in the shape of a ball, looking like ten million suns and as cool as ten million moons.
Above it is the ultimate digit, a tiny flame whose form is consciousness. The yogi should imagine himself as having become one with it. He goes along the way of Brahma, progressing through the three lingas, to the nectar of immortality which is in heaven, characterized by ultimate bliss, pink, abounding in vital energy, and pouring forth showers of rain.

After drinking the divine nectar of the Kula the yogi should enter the Kula once more. He should go again to the Kula by means of pranayama, not otherwise.

In this tantra I have called her prana. That which begins with the fire of time and ends in Shiva is absorbed in her once more.

1In the *Shiva Sambita*, Kula means the Adhara lotus. See verse 5.88.
This is the great Yonimudra. Its application has been taught. Just by applying it one can do anything.

Mantras that are incomplete, pierced, paralyzed, burnt out, blunt, dirty, reviled, broken, mistaken, cursed, unconscious, slow, young, old, audacious, proud of their youth, on the side of the enemy, impotent, weak, weakened, or fragmented into a hundred pieces, soon become powerful in conjunction with this practice. When given by a guru, they all bestow perfections and liberation.
The yogi obtains mastery of whatever he utters in the form of a mantra, auspicious or otherwise, by applying the Yonimudra.

After duly initiating him and anointing him a thousand times, this mudra is taught in order to grant the right to practice mantra.

Were he to kill a thousand Brahmins and destroy the three worlds, by applying the Yonimudra he would not be tainted by sin.

By applying the Yonimudra, a man who kills his guru, drinks alcohol, steals, or sleeps with his guru’s wife, is not bound by these sins.
Therefore those who desire liberation should practice regularly. Success arises through practice. Through practice one attains liberation.

One obtains understanding through practice. Yoga happens through practice. Mantras are mastered through practice. Mastery of the wind comes through practice.

One deceives time through practice and conquers death. Through practice there arise mastery of speech and the ability to go where one wants.

Yonimudra is to be well guarded and not given to all and sundry. It is absolutely not to be given out, even by those at their last gasp.
Now I shall teach the greatest means of success in Yoga. Adepts must guard this extremely precious Yoga.

When the sleeping Kundalini awakens through the grace of the guru, all the lotuses and knots are pierced.

Therefore, in order to awaken the goddess sleeping at the opening of the gateway of Brahman, the yogi should make every effort to practice mudras.

Mahamudra, Mahabandha, Mahavedha, Khechari, Jalandhara, Mulabandha, Viparitakarani, Udyana, Vajroli, and the tenth, Shaktichalana: these ten mudras are the very best mudras.
In this tantra I shall teach you Mahamudra, which is dear to me. In the past, adepts like Kapila have attained complete perfection after receiving it.

Following one’s guru’s instructions, carefully press the yoni in the space between the anus and the penis with the left heel.

Stretch out the right foot and hold it with both hands. Block the nine doors, put the chin on the chest. Place the mind in the way of the mind and start holding the breath. This is Mahamudra. It is kept secret in all the tantras.

After practicing on the left side of the body, the yogi, his mind restrained, should balance his pranayama and practice again on the right.
महामुद्रा – Mahamudra
After receiving this glorious mudra from his guru’s mouth, even an ill-starred yogi can achieve success with this technique.

The ability to make all the nadis flow, the steadying of bindu, the incineration of impurities, the destruction of sins, the heating of Kundalini, the insertion of the wind into the aperture of Brahman, the curing of all diseases, the increase of the digestive fire, perfect physical beauty, the destruction of old age and death, the achievement of desired goals, happiness, and the conquest of the senses: through practice, all these arise for the yogi on the path of Yoga. This is not to be doubted.
This mudra is worshipped by the gods and is to be carefully guarded. On obtaining it, yogis cross the ocean of worldly existence.

This mudra that I have taught grants practitioners their every desire. It is to be performed secretly and not given to all and sundry.

While in Mahamudra, place the foot that is extended upon the thigh. Contract the anus and yoni and make the apana move upwards.

Join prana with samana and make it face downwards. The wise yogi should apply this in order to make prana and apana move upwards.
This Mahabandha that I have taught leads the way to perfection. All the yogi’s fluids go from the network of nadis to the head.

One should take great care to practice this with both feet alternately. Through practice, the wind enters the Sushumna.

It nourishes the body, makes the skeleton strong, and fills the yogi’s heart. These things arise for the yogi.

Using this bandha, the lord of yogis unites prana and apana and accomplishes all that he desires in the three worlds.
महाबंध - Mahabandha
While seated in Mahabandha, the wise yogi should fill his belly with air and tap his buttocks. This is the Vedha taught by me.

The best of yogis, having by means of this Vedha used his breath to pierce the knots along the Sushumna, breaks through the aperture of Brahman.

Mastery of the wind, which destroys decrepitude and death, arises for the yogi who regularly practices the secret Mahavedha.

The gods in the middle of the chakra tremble when the wind is struck and the great goddess of illusion, Kundalini, is absorbed into Kailasa.
Without Vedha, Mahamudra and Mahabandha do not bear fruit, so the yogi should carefully practice all three in succession.

He who carefully practices this triad four times a day is sure to conquer death within six months.

Only the adept understands the importance of this triad and, on realizing it, all practitioners duly achieve perfection.

It is to be guarded carefully by practitioners desiring perfection, otherwise the mudras are certain not to be mastered.

The wise yogi should sit in Vajrasana and, free from any disturbances, firmly fix his gaze between the eyebrows.
The clever yogi should turn back his tongue and carefully insert it into the well of nectar in the hollow above the uvula.

I have taught this Khecharimudra out of affection for my devotees. It brings about perfections and is more dear to me than life.

Through regular practice, the yogi drinks nectar every day, as a result of which perfection of the body arises, a lion against the elephant of death.

Whatever condition a man may be in, pure or impure, if he knows Khechari he is sure to be purified.
He who practices it for half an instant crosses the ocean of sin and enjoys divine delights before being born into a good family.

He who remains comfortably and without fatigue in Khecharimudra, reckons a hundred ages of Brahma to be half an instant.

The wise yogi, who knows this Khecharimudra from the instruction of his guru, reaches the ultimate destination while delighting in a multitude of sins.

It is not given even to him who is as dear as one’s own life. This mudra which is worshipped by the gods is to be guarded with great care.
Constrict the network of vessels in the neck and place the chin on the chest. This is called Jalandharabandha. It is precious even to the gods.

In living beings, the fire situated at the navel drinks the abundance of nectar pouring from the thousand-petaled lotus. That is why one should apply this bandha.

By applying this bandha, the wise yogi drinks the nectar himself. He becomes immortal and has fun in the three worlds.

This Jalandharabandha grants perfection to adepts. The yogi desirous of perfection should carry out the practice regularly.
जालन्धरबन्ध & मूलबन्ध – Jalandharabandha & Mulabandha
Press the anus tightly with the heel. Forcefully pull the apana and gradually raise it.

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James Mallinson is a graduate of Eton and Oxford, holds a master’s from the School of Oriental and African Studies, University of London, and returned to Oxford University for his doctorate. He has also spent years in India, living amongst the yogis.

Shipra, the woman in the photographs, is by profession a physiotherapist and by avocation a yogini and a model. She lights up the runways in New Delhi. Munish Khanna is one of India’s most versatile and innovative photographers. Trained in New York and based in New Delhi, his work has appeared in leading publications worldwide. You can find out more at MunishKhanna.com.

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Absolute, x, 76, 166
domination and pleasure, 161
indifference, 2
Action(s)
obligatory, 8
occasional, 8
ritual, 39
section, 5, 8
shakti, 57, 59
Adam’s apple, 117, 118
Adhara, 31, 58, 72
Adhara lotus, 31, 73, 101, 124
Agent of manifestation, 37
Air, 16, 18–20, 26, 51, 56, 59–61, 66, 84, 91, 111, 116, 132
Ajna lotus, 134, 136–140, 161
Akula, 150, 151
Alambusha nadi, 29
Amaroli, 99
Ambika, 45
Amritasiddhi, x
Anahata, 131
Ancestor worship, 2
Animate, 9, 13, 20
Apana, 41, 55, 66, 81, 82, 90
operations of, 59
Apana wind, 96, 101
Aperture of Brahman, 30, 80, 84, 136, 142, 144, 147, 148
Apsarases, 139, 164
Arambha, 47
Asanas, ix, x, xii, 63, 106
Muktasana, xii, 102
Padmasana, 45, 51, 66, 67, 90, 116, 117, 119
Paschimottanasana, 68, 69
Siddhasana, 64, 65
Sukhasana, 70
Svastikasana, 70, 71, 155
Vajrasana, 85
Asceticism, 2
Asi, xi, 135, 137, 138
Aspirants, x, 38, 107, 108, 149
good, 107, 109, 110
middling, 107, 108
outstanding, 107
sinful, 115
Tantric, xiii, 107
weak, 107
Attachment, 8, 16, 156, 157, 159, 167, 168
Attributes, 19, 21, 35, 114
form, 19, 20, 23
smell, 19, 20
sound, x, 19, 20, 96, 113, 114
taste, 19, 20
touch, 19, 20
Austerity, 49
Bala, 128
Ballala, x
Banalinga, 131, 132
Bandha, 82, 88, 90, 91, 94, 95
Bandhuka flower, 123, 161
Beginningless
desire, 35
karma, 40, 58
Ballala, x
Banalinga, 131, 132
Bandha, 82, 88, 90, 91, 94, 95
Bandhuka flower, 123, 161
Beginningless
desire, 35
karma, 40, 58
Bhairava, 61
Bhavadeva Mishra, x
Bhogi, xii
Bhuchari siddhi, 52, 132, 150
Bhujanga, 130
Bija, 122–125
Bindu, 24, 55, 80, 128, 138
Bondage, 140, 144, 156
Brahma, 22, 58, 73, 87, 132, 141, 148, 165
Brahma’s egg, 24, 27, 34, 42, 150, 153
Brahma’s yoni, 72
Brahman, 18, 36, 77, 113, 142, 145, 157
aperture of, 30, 80, 84, 136, 142, 144, 147, 148
Breath, 45–47, 50, 54–57, 59, 61, 68, 78, 84, 127, 128, 129, 144
exercises, 45
retention, 114, 143
yogi’s, 56
Breathe, 61
Bubhukshus, xiii

Central nadi, 32
Chain of karma, 6
Chakra(s), 32, 57, 59, 84
Chandra Vasu, xi
Chandrayana penance, 106
Charity, 2, 105
Chagalanda, 133
Chitra nadi, 30, 142
Chyle, 120, 121
Clairvoyance, 165
Cognition of the self, 10, 11
Commands, 6
Confluence, xi, 144, 145
Consciousness, 13, 14, 20–22, 36, 59, 73, 124, 156
ether of, 114, 119
stream of, 4
Constellations, 26
Cosmic dissolution, 91
Creation, 6, 18, 25, 26, 28, 29, 31, 152
Dakini, 124
Dandas, 56
Darduri siddhi, 125
Dattatreya Yoga Sahastra, x
Death(s), 3, 23, 58, 60–62, 76, 80, 84–86, 90, 91, 94, 97, 98, 102, 120, 126, 129, 130, 146, 151, 152, 154
Deities, 26
Desire, 7, 16, 37–40, 54, 76, 81, 82, 95, 119, 126
beginningless, 35
Desireless, 155
Destruction, 26, 29, 34, 47, 80
Devadatta, 41
Devotees, 1, 86, 95, 100
Dhananjaya, 41
Dharanaya, 57, 58
Dhauti, 106
Dietary restrictions, 52
Direct perception, 3
Dispassion, 49
Diversity, 1, 9
Divine, 87, 97, 132
body, 116, 165
lotus, 40
maidens, 131
nectar, 73
path, 30
Doctrine(s), xiv, 3, 4, 125, 142
Domestic duties, 49
Duality, 14, 15, 107
Durga, 21
dvira, 124

Earth, 16, 18–20, 26, 57, 58, 62, 64, 90, 98, 99, 101, 134, 148, 165
Egg of Brahma, 24, 27, 34, 42, 150, 153
Eclectic collection, ix, xii
Energy
feminine creative, 31
vital, 73
Ephemeral world, 12
Equanimity, 2, 44
Eternal, 3, 12, 14–16, 128, 145
Eternal true knowledge, ix, 1
Ethereal being, 119
Experience, 7, 24, 52, 57, 115
sentient, 25
External meditation, 127
External Shiva, 127

Fallacious universe, 10
Fire, 19, 20, 30, 34
Vaishvanara, 34
Fire sacrifice, 2
Five great sins, 149
Fluid(s)
generative, 96, 97
Vital, 94
yogi’s, 82
Fundamental principles, 4

Ganas, 139, 164
Gandhari nadi, 29
Gandharvas, 139, 164
Ganesha, 45
Ganga, x, xi, 27, 135, 136, 145
Generative fluid, 96, 97
Ghata, 47, 55
Ghata stage, 55
Ghatikas, 54, 58

God(s), xiii, 4, 12, 14, 16, 22, 31, 43, 47, 63, 81, 84, 87, 88, 110, 117, 132, 133, 138, 141, 148
God of love, 62, 72
Godness, 104, 163
Dakini, 124
Hakini, 134
Kakini, 131
Kundalini, 60
Lakini, 130
of illusion, 84
of speech, 31
Rakini, 128
Shakini, 133
Tripura, xiii
Tripurabhairavi, 123, 163
Gomukha, 106

Guardian, 120
Gunas, 123
rajas, 21, 22, 24, 123
sattva, 21, 123
tamas, 21, 123
Guru(s), x, 34, 43–45, 49, 74, 75, 77, 87, 95, 107, 108, 115, 126, 155, 158, 162, 163

Happiness, 15, 21, 24, 35, 80, 98
Harmonious music, 49
Hastijihvika nadi, 29
Hatha Yoga, ix, xii–xiv, 107, 109, 158, 166
Heaven, 3, 6, 7, 73, 146
Hell, 6, 7
Hermitage, 45, 49, 155
Honesty, 2
Householder(s), xiii, 95, 160, 167, 168
rites of the, 2

Ida nadi, x, xi, 27–29, 32, 45, 46, 135–137, 144, 145
Ignorance, 1, 11, 15, 18, 20, 22
Illumination, 158
Illuminator, 14
Illusion, 84
Illusory
elements, 24
existence, 16
Immortal, 88
Immortality, 27, 30, 58, 73, 91, 136
Inanimate, 9, 13, 20, 22
Inhalation, 72
Inimical world, 17
Insentient matter, 25
Internal linga, 127
Internal meditation, 127
Internal Shiva, 127

Jalandhara, 77
Jalandharabandha, 88, 89
Jewel semen, 98, 101
Jiva, ix, 24, 25, 35, 38, 155
Jivatma, 55

Kailasa, 84, 150, 151
Kaivalya Dham Yoga Research Institute, xi
Kalashamsa, 123
Kama, 123, 125
Kamabija, 123
Kamaraja, 131, 161
Kanchipuram, xiv
Kapila, 78
Karma(s), 8, 23, 35, 36, 38, 41, 53, 57, 144
beginningless, 40, 58
bondage of, 144
chain of, 6, 35
power of, 36
Kevalakumbhaka, 51
Khechara siddhi, 132
Khechari siddhi, 77, 86, 114, 132, 150
King Yoga, 154
Kinnaras, 139
Knowledge, 1, 3, 8, 11–13, 15, 18, 26, 37–39, 106, 110, 132, 147, 152, 155, 157, 158
eternal true, ix, 1
section, 5, 8
shakti, 59
ture, 15
Krikara, 41
Kshetrapala, 45
Kuhu nadi, 29
Kula, 73, 124, 152
Kula lotus, 152
Kumbhaka(s), 46, 50, 56
Kundalini, x, xii, 31, 60, 77, 80, 84, 101, 122, 125, 142, 144
Kundalini shakti, 143, 152
Kurma, 41
Kurma nadi, 118

Lakshmi, 21
Laya Yoga, 107–109, 114
Liberated, xiii, 66, 95, 151, 156, 160, 167
man, 115
Liberation, xii, xiii, 1, 2, 8, 37, 59, 74, 76, 95, 104, 112, 115, 126, 135, 144, 146, 150, 159, 162, 167
methods of, ix
obstacles to, x, xii
path to, 4, 147
Life, 7, 34, 36, 38, 53, 86, 87, 97, 109, 113, 159
Lifebreath, 117, 140, 146
Limitation, 22
Linga(s), 40, 73
internal, 127
self-born, 124, 126
Lord, 1, 12, 16, 18, 21, 22, 26, 28, 40, 54, 56, 58, 60, 62, 72, 82, 104, 110, 115, 120, 148, 165, 168
Lunar, 97
days, 105
Macrocsm’s microcosmic equivalents, ix
Magical power(s), x, 52
technique of shadow gazing, x
Magical science of Hatha, 166
Shiva’s, 166
Mahabandha, 77, 82, 83, 84, 85
Mahakala, 134
Mahamaya, 21
Mahamudra, 77, 78, 79, 81, 85
Mahavedha, 77, 84
Mahesha, 150
Maheshvara, 138
Manipuraka, 129, 130
Mantra practice, 161
Mantra Yoga, 2, 107
Master yogis, 29, 133
Mastery of speech, 54, 76
Matter, 4, 25
Maya, 16, 17, 21, 24, 36
Meditation, vii, xiii, 104, 119, 126, 127, 132, 134, 139, 140, 141, 148, 151, 153–155
external, 127
internal, 127
object of, 105
Meru, 26–28, 136
Meru’s peak, 27
Mistaken perception, 10, 11, 37
Modesty, 49
Monosyllabic mantra, 122
Moon, 26–28, 30, 50, 56, 60, 72, 99, 106, 123, 134, 136, 148–150, 153, 161
Moonswan, 149
Mount Meru, 26
Mudras, vii, ix, x, xii, xiii, 72, 77, 85, 103
Jalandhara, 77, 88, 89
Khechari, 77, 86, 87, 114
Mahabandha, 77, 82, 83, 84, 85
Mahamudra, 77, 78, 79, 81, 85
Mahavedha, 77, 84
Mulabandha, 77, 89, 90
Shaktichalana, 77, 101, 102
Udyanabandha, 91, 93
Vajroli, xi–xiii, 77, 95, 99
Viparitakarani, 77, 91, 92
Yoga of, 72
Muhurtas, 102
Muktasana, xii, 102
Mulabandha, 77, 89, 90
Muladhara, 32, 125, 137, 141, 161
Muladhara lotus, 126, 142
Mumukshus, xiii
Nada, 55, 113, 114, 138
Nadis, ix, 29, 30, 33, 46, 47, 80, 82, 106, 121, 122, 141, 143, 144
Alambusha, 29
central, x, 32
Chitra, 30, 142
Gandhari, 29
Hastijihvika, 29
Ida, x, xi, 27–29, 32, 45, 46, 135–137, 144, 145
Kuhu, 29
Kurma, 41, 118
Payasvini, 29
Pingala, x, xi, 29, 32, 45, 46, 135, 137, 138, 144, 145
Pusha, 29
Sarasvati, x, 22, 29, 126, 145
Shankhini, 29
Sushumna, x, xi, 29, 30, 32, 57, 82, 84, 122, 123, 127, 136, 141, 142, 144
Varuni, 29
vijñana, 116
Vishvodari, 29
Yashasvini, 29
Naga, 41, 42
Natha school of yogis, xiii
Nathas, xiv
Narayana Tirtha, x
Narmadeshvara, 131
Nectar, 27, 28, 47, 60, 73, 86, 88, 129, 136, 149, 152
of immortality, 27, 58, 73, 91, 136
Nirvana, 29, 38, 39, 113
Nishpatti stage, 58
Nonsentience, 25
Object(s), 158, 3, 17, 22, 23, 38, 39, 55, 152, 157
external, 15
gross, 24
of meditation, 105
real, 22
unreal, 13, 22
Obligatory
action, 8
command, 6
rites, 146
Obstacles, x, xii, 53, 104–106
Occasional
action, 8, 160
command, 6
rites, 146
Om, 53, 57
Omnipresent, 3
Omniscience, 143, 165
Optional
commands, 6
rites, 146
Orb, 28, 33, 137
Padmasana, 45, 51, 66, 67, 90, 116, 117, 119
Paramahamsa, 134
Paramatma, 55
Parameshvara, 151
Parichaya, 47, 56, 57
Parvati, ix
Paschimottan asana, 68, 69
Patala siddhi, 130
Path to liberation, 4, 147
Patience, 2, 49
Payasvini nadi, 29
Pericarp, 31
Philosophical discourses, 49
Pilgrimage, 2, 111, 163
Pilgrimage sites, 106
Pinaki, 131
Pingala nadi, x, xi, 29, 32, 45, 46, 135, 137, 138, 144, 145
Pitta, 52
Planets, 26, 149
Pleasures, 7, 99 worldly, xi, 161
Poison, 137, 138
Power(s), 54, 56, 61, 102, 117, 119, 120, 129, 132, 134, 147, 151, 154, 158, 164 magical, x, 52 of concealment, 21 of good deeds, 7 of karma, 36 of Maya, 24 of practice, 52 of projection, 21 of sin, 7 Yogic, xiii
Practice, xi, xiii, 40, 42, 44–46, 49–52, 54, 56–58, 61, 68, 70, 74–78, 80, 82, 85, 86, 88, 90, 91, 95, 97–100, 102, 103, 107, 109–114, 117, 119, 126, 127, 140, 141, 143, 148–151, 153–155, 157–159, 161, 167, 168 Practitioner(s), 50–53, 55, 61, 63, 81, 85, 110, 126, 161, 163, 165, 166 Prana, 40, 41, 55, 59, 62, 66, 73, 81, 82, 90, 121 breath, 144 operations of, 59 Pranayama, xiii, 53–55, 64, 70, 73, 78, 126 Pratyahara, xiii, 55, 106 Prayaga, xi Principle(s) fundamental, 4 of Shakti, 165 vital, ix, 1 Prohibitions, 6 Purity, 2, 49, 105, 115 Pusha nadi, 29 Raja Yoga, 107, 141, 154, 158 Rajadhiraja Yoga, 154 Rajas, 21, 22, 24, 123 Rakshasas, 139, 164 Religion, 105, 106 Restrictions, 95 dietary, 52 Rewards, 6–8, 24, 25, 35, 36, 140, 162 heaven, 6 hell, 6 Rites obligatory, 146 occasional, 146 of the householder, 2 optional, 146 Ritual action, 39 Rudra, 165 Sage(s), 4, 26, 60, 135 Sahajoli, 99 Sahasrara, 136, 141, 142 Sahasrara lotus, 141, 148, 150 Samadhi, xiii, 16, 59, 151 Samana, 41, 81 Samsara, 12, 15, 37, 38, 48, 51, 55, 64, 90, 95, 113, 143, 147, 151 wheel of, 59 Sarasvati nadi, x, 22, 29, 126, 145 Sattva, 21, 123 Seers, 26 Self, 8, 10–16, 22, 39, 43, 111, 140, 152, 155 Self-born linga, 124, 126 Semen, 96–99, 101 jewel, 98, 101 Seven islands, 26 Shaiva Shankaracharyas, xiv
Shaivás, xiv
Shaṅkha, 24, 57, 59, 123, 124, 138, 142, 143, 152, 161, 165
action, 57, 59
Kundalini, 143, 152
of Vishnu, 123
principle of, 165
Shaṅkti(s), 24, 57, 59, 123, 124, 138, 142, 143, 152, 161, 165
Shaktichalana, 77, 101, 102
Shāṅkara, xiv, 104
Shāṅkhini nadi, 29
Shiva, ix, x, xii, 24, 40, 73, 118, 135, 166
external, 127
internal, 127
symbol of, 40
Shivananda Sarasvati, x
Shiva Sambita, ix–xi, xiii, xiv, 73
Shrines, 26
Shringeri, xiv
Siddha, 114
Siddhasana, 64, 65
Siddhi(s), xiii
Bhuchari, 52, 132, 150
Darduri, 125
Khechara, 132
Khechari, 150
Patala, 130
Sin(s), 3, 6, 7, 30, 36, 39, 42, 47, 54, 61
64, 75, 80, 87, 112, 116, 118, 126, 139, 140, 143, 145–147, 149, 153, 160
Skull, 118, 148, 149
Solar, 97
Sophists, 1
Sorrows, 7, 48, 68, 91, 126
Space, 13, 16, 18–20, 26, 55, 57, 78, 122, 148, 149
Spine, 26
Sri Vidya, ix, xiii, xiv
Stages of Yoga, x, 47
arambha, 47
ghata, 47, 55
nishpatti, 47, 58
parichaya, 47, 56, 57
Subtle sight, 54
Success, 44, 49, 54, 76, 77, 80, 97, 101, 114, 116, 153, 155, 161, 163, 166, 167, 168
Suffering, 7, 15, 24, 35, 42, 47, 70, 130
Sukhasana, 70
Sun, 9, 26, 28–30, 33, 50, 56, 72, 99, 123, 137, 145, 153
Supreme, 5, 18
Brahman, 157
cause, 166
perfection, 135
self (selves), 10, 12, 22, 140, 152, 156
spirit, 111
Sushumna, xi, 29, 30, 32, 57, 82, 84, 122, 123, 127, 136, 141, 142, 144
nadi, 13
Svadhiṣṭhāna, 128, 154
Svadhiṣṭhāna lotus, 128
Svāstikasana, 70, 71, 155
Syllabic seed syllable, 134
Syllables, 40, 53, 57, 123, 124, 128, 129, 131, 133, 142, 161, 162
seed syllable, 122, 123
syllabic seed, 134
Vāgbhava seed, 161
Tamas, 21, 123
Tantra(s), ix, 31, 73, 78, 91, 99, 127, 135, 154
Tantric aspirants, xiii, 107
Tantric school of Sri Vidya, ix, xiii, xiv
Transgression, 39
Transmigration, 23, 154
Triad, 85, 123, 138, 162
Tripura, 166
Tripurabhāiravi, 123, 163
Triveni, 146
Triveni confluence, 145
Truth, 2, 14, 16, 37, 62, 66, 135, 159
True knowledge, 15
Types of food, 120
Udagvaha, 137
Udāna, 41
Uddīyana, 94
Udyana, 77, 94
Udyanabandha, 91, 93
Ultimate destination, 42, 64, 87, 112, 145, 147
Ultimate reality, 4, 8, 47, 52, 104, 135
Unity, 12, 156
Universe, 4, 9–11, 13, 14, 16–18, 22, 26, 36, 157, 165
fallacious, 10
Uvula, 60, 66, 86, 139

Vagbhava seed syllable, 161
Vaishvanara fire, 34
Vajrasana, 85
Vajrolimudra, xi–xiii, 77, 95, 99
Varana, xi, 135, 137
Varanasi, xi, 135, 137
Varuni nadi, 29
Vata, 52
Vedanta, 155
Vedantic philosophy, ix
Vedas, 5, 18, 133
action section, 5, 8
knowledge section, 5, 8
Vedha, 84, 85
Vedic saying, 8
Vedic treatises, 105
Verses, ix–xiii, 106
Vices, 39
Vijnana nadis, 116
Viparitakarani, 77, 91, 92
Vishnu, 21, 49, 123, 165
Vishuddha, 133
Vishuddha lotus, 133
Vishvanatha, 135
Vishvodari nadi, 29
Vital
energy, 73
fluids, 94
principle, ix, 1
Vyana, 41

Water, 9, 16, 18–20, 26, 27, 105, 145, 146
Wheel of samsara, 55, 59, 143
Wisdom, 42, 43
Wisdom goddess, 21, 22

World
ephemeral, 12
friendly, 17
indifferent, 17
inimical, 17

Yakshas, 139, 164
Yama, 55, 56
Yamuna, x, xi, 145
Yashasvini nadi, 29
Yoga(s), xi, xii, xiii, xiv, 5, 8, 25, 38, 39, 42, 45, 46, 48, 49, 53, 63, 64, 70, 76, 77, 80, 95, 97–100, 108, 110, 113, 115, 117, 138, 150, 160, 161, 167
auspicious, 98, 115
Hatha, ix, xii–xiv, 107, 109, 158, 166
King, 154
Laya, 107–109, 114
Mantra, 2, 107
practice, 42, 52, 76, 109, 110, 112, 168
Raja, 107, 141, 154, 158
Rajadhiraja, 154
rules for, 52
sublime, 72
teaching, ix, xii, 1, 5
techniques of, xiii, 167
Yogacintamani, x
Yogi(s), xii, xiii, 8, 16, 17, 27, 29–32, 34, 42, 43, 45, 47–62, 64, 66, 68, 70, 72, 73, 75, 77, 78, 80–82, 84–88, 90, 91, 94–102, 111–120, 126, 127, 130, 132–136, 139, 141, 143, 146–159, 162, 163, 166, 167, 169
Yogi’s fluids, 82
Yogic
lore, ix
powers, xiii
teachings, xii
Yoni, 31, 32, 72, 74, 75, 78, 81, 96, 122, 124, 125, 136, 137, 142, 144, 148, 162
Yonimudra, xii, 74–76, 90, 96, 99
Yuktabhavadeva, x
From the Introduction

Composed over five centuries ago, the *Shiva Samhita* is one of the most celebrated root texts of Hatha Yoga. It includes beautiful teachings found nowhere else. This edition contains the original Sanskrit, properly edited and printed for the first time, and a new, accurate translation thereof. It also features photographs of the asanas and mudras described therein.

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—Elizabeth De Michelis, Oxford University, the author of *A History of Modern Yoga*