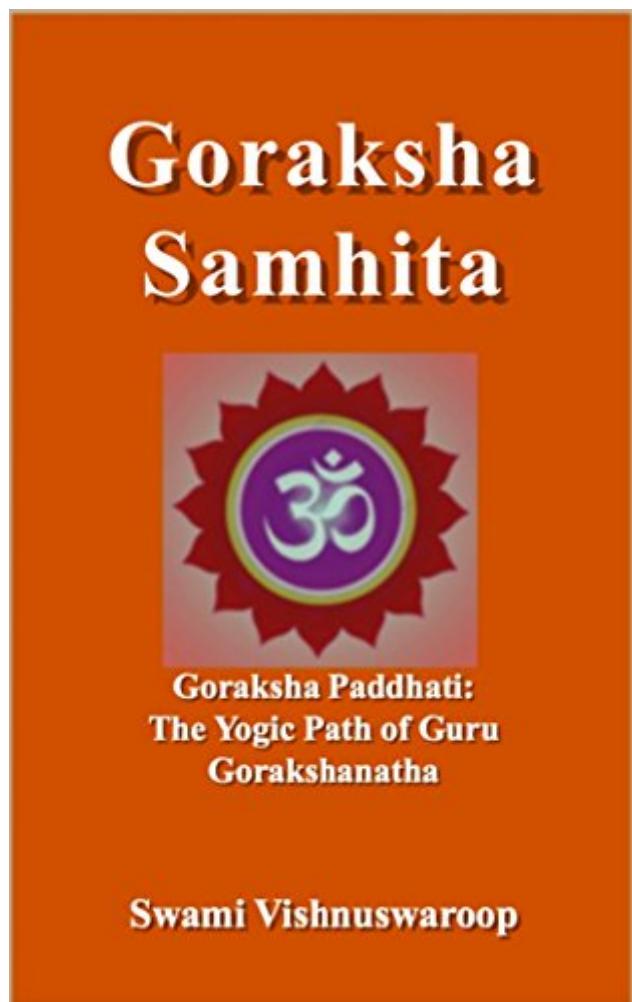


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# Goraksha Samhita: Also Known As Goraksha Paddhati



## Synopsis

The name of the great YogÄ« GorakÅ·anÄ•tha is not unfamiliar at all. Renowned spiritual masters in the East have highly acknowledged and honored him as a Siddha YogÄ« for many centuries. His name is mentioned by SvÄ•mi SvÄ•tmÄ•rÄ•ma in his classical text Hatha Yoga PradipikÄ• (Chapter One, Verses 4 and 5). He is also one of the Masters mentioned in the Puranas and yogic texts. He is well known as Guru GorakhanÄ•th and a highly respected, revered and worshipped spiritual master in India and NepÄ•l. The followers of the NÄ•th Tradition worship him as the incarnation of Lord Å· iva and say that the nine NÄ•ths and eighty-four Siddhas belong to AdinÄ•tha, Lord Å· iva. So, he is also called Å· iva GorakÅ·a, the founder of the Natha Siddha tradition. It is said that Hatha YogÄ« MastsyendranÄ•th was the Guru of GorakÅ·anÄ•tha. YogÄ« MastsyendranÄ•th received Yoga VidyÄ• (knowledge/wisdom) directly from the mouth of Lord Å· iva through Parvati. It was Guru GorakÅ·anÄ•tha who summarized the yogic subject matters in two hundred verses, which he had received from his Guru MastsyendranÄ•th, based on the teachings of Å· ri Ä dinÄ•tha (Lord Å· iva). This summarized text by GorakÅ·anÄ•tha is called GorakÅ·a SamhitÄ• (compendium) which is also known as Gorakhsa Paddhati (method). GorakÅ·a SamhitÄ• highly emphasizes on purification of the body, prÄ•na and the mind. It is believed that total purification of all impurities on the both physical and prÄ•nic levels are absolutely necessary in order to purify the mind. When these impurities are eliminated from the body and the energy blocks are removed, then the foundation for the awakening of the Å· akti is prepared. Therefore, Guru GorakhanÄ•th in GorakÅ·a SamhitÄ• clearly outlines the various aspects of the Hatha Yoga practices e.g. Ä•sana, prÄ•nÄ•yÄ•ma, mudrÄ•, bandha and dhyÄ•na, etc., which serve as the solid foundation for the preparation and practice of Raja Yoga. Originally, the science of Hatha Yoga was discovered for the expansion and evolution of human consciousness and for the accomplishment of ultimate goal of human life and Yoga, MokÅ·a (liberation) and SamÄ•dhi (the super conscious state) respectively. According to GorakÅ·a SamhitÄ• the objective of Hatha Yoga is to create a harmonious balance between the physical body, prÄ•na (the vital energy) and the mind. It is said that when the impulses generated by this harmonious balance stimulate the awakening of the Kuá•tā•lÄ« Å· akti, only then the evolution of consciousness or union between Å· iva and Å· akti is possible. This accomplishment is the sole objective of the teaching of GorakÅ·a SamhitÄ• by Guru GorakÅ·anÄ•tha.

## Book Information

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