

80. The letter ha having the brilliance of the sun goes out and sakāra of the same nature goes inside. This is said to be the dhyāna (meditation) on them.

81.¹ Thus meditating, the wise person should offer them in the fire and the sun separately in the mūlādhāra having four petals inscribed with seed-letters beginning with va and ending in sa and resembling the vandhūka flower.

82. He shall offer six hundred to Gaṇeśa the lord of words (Vāk) who is possessed of his consort riding on an elephant and whose hands shine with noose, goad, the vessel of nectar and sweets.

83-86. In the svādhiṣṭhāna with the colour resembling coral and inscribed with the letters beginning with ba and ending in la, he should offer six thousand of them to Brahmā riding on a swan associated with his śakti in his left side. He, born of lotus, is the lord of vidyās, has in his hands sruva (sacrificial ladle) and the garland of akṣamālā. In the maṇipūra having letters beginning with da and ending in pha and with the colour of clouds shining with the flashes of lightning, he should offer six thousand to Viṣṇu who holds śaṅkha, cakra, gadā lotus and is accompanied by Śrī.

87-88. In the anāhata with twelve letters beginning with ka and ending in ṭha having white colours, he should offer six thousand to Rudra riding on the bull : The deity is carrying a trident (śūla), abhaya and the vessel of nectar. He is the overlord of vidyā and is accompanied by his Śakti on his left.

89-92. In the viśuddha with sixteen petals adorned with sixteen vowels (svaras) and of white colour he should offer to Īśvara accompanied with prāṇaśakti. He is the light of all lights

1. The verses 81-91 give the method of Prāṇāgnihotra and show how the breaths are to be offered to different deities located in the plexuses along the path of Suṣumnā. The first 600 are to be offered to Gaṇeśa located in the mūlādhāra. Next comes *svādhiṣṭhāna*, where Brahmā is located. The six thousand are to be offered to him. In the *Maṇipūra* region to Viṣṇu another six thousand are to be offered. To Rudra who is in the Anāhata, another six thousand are to be offered. To *Sadāsiva* in the ājñā region one thousand are offered and lastly in the *Sahasrāra* where *nāda* and *bindu* are in equilibrium the last thousand breaths are to be offered.