

Aatmaanubhuuti (Nirvaana Shatkam)

Mano-buddhyahamkaara-cittaani naaham
na ca srotra jihve na ca ghraana-netre
Na vai vyoma-bhuumirna tejo na vaayuh
cidaanandaruupah sivo`ham sivo`ham

Na vai praana-samjñaa na vai pamcavaayur
na vaa saptadhaaturna vaa pamcakosah
Na vaakpaani-paadau na copastha-paayuh
cidaanandaruupah sivo`ham sivo`ham

Na me raagadvesau na me lobha-mohau,
mado naiva me naiva maatsaryabhaavah
Na dharmo na caartho na kaamo na moksah
Cidaanandaruupah sivo`ham sivo`ham

Na saukhyam na dukham na punyam na paapam
Na mamtro na tiirthaah na vedaah na yajñah
Aham bhojanam naiva bhojyam na bhoktaa
Cidaanandaruupah sivo`ham sivo`ham

Na mrtyurna samkaa na me jaatibhedah
Pita naiva me naiva maataa na janma
Na bandhurna mitram gururnaiva sisayah
Cidaanandaruupah sivo`ham sivo`ham

Aham nirvikalpii niraakaara-ruupii
Vibhutvaacca sarve`tra sarvendriyaanaam
Na caasamgatana naiva muktirna bandhah
Cidaanandaruupah sivo`ham sivo`ham

I am neither thought nor reason. I am neither ego nor mind. I cannot be heard nor cast into words, nor by smell nor by sight ever caught. Nor in light nor in wind am I not found, nor yet in earth and in sky. Consciousness and Joy incarnate, Bliss of the Blissful am I.

I have no name. I have no life. I breathe no vital air. No elements have molded me. No bodily sheath is my lair. I have no speech no hands and no feet, nor means of precreation and elimination. Consciousness and Joy incarnate, Bliss of the Blissful am I.

I cast aside passion and hatred. I conquered delusion and greed. No touch of pride ever caressed me so envy never did breed. Beyond faith, past reach of wealth, desire an liberation. Consciousness and Joy incarnate, Bliss of the Blissful am I.

I cannot be found in virtue or vice nor in pleasure or pain nor in prayer and pilgrimage nor in texts and in ritual. I am neither food nor eating nor yet eater am I. Consciousness and Joy incarnate, Bliss of the Blissful am I.

I have no misgiving of death. No chasms of race divide me. No parent ever called me child. No bond of birth ever tied me. I am neither master nor disciple. I have no kin and no friend. Consciousness and Joy incarnate, Bliss of the Blissful am I.

Neither knowable nor knowledge nor knower am I. formlessness is my form. I dwell within the senses but they are not my home. Ever serenely balanced, I am neither free nor bound. Consciousness and Joy incarnate, Bliss of the Blissful am I.