

## Ātmānubhūti (Nirvāṇa Shatkam)

Ma - no - bud - dhya - haṁ - kā - ra - cit - tā - ni nā - haṁ  
na ca śro - tra jih - ve na ca ghrā - na - ne - tre  
Na vai vyo - ma bhū - mir - na te - jo na vā - yuḥ  
ci - dā - nan - da rū - pa - ḥ śi - vo - 'ham śi - vo - 'ham

मनो-बुद्धहंकार-चित्तानि नाहं न च श्रोत्र जिह्वे न च घ्राण-नेत्रे ।  
न वै व्योम-भूमिर्न तेजो न वायुः चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥

Mano-buddhyahaṁkāra-cittāni nāhaṁ na ca śrotra jihve na ca ghrāṇa-netre.  
Na vai vyoma-bhūmirna tejo na vāyuḥ cidānandarūpaḥ śivo'ham śivo'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

न वै प्राण-संज्ञा न वै पंचवायुर्न वा सप्तधातुर्न वा पंचकोषः ।  
न वाक्पाणि-पादौ न चोपस्थ-पायुः चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥

Na vai prāṇa-saṁjñā na vai paṁcavāyurna vā saptadhāturna vā paṁcakoṣaḥ  
Na vākpāṇi-pādaū na copastha-pāyuh cidānandarūpaḥ śivo'ham śivo'ham.

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 procreation and elimination. Consciousness and Joy incarnate, Bliss of the Blissful am I

न मे रागद्वेषौ न मे लोभ-मोहौ, मदो नैव मे नैव मात्सर्यभावः ।  
न धर्मो न चार्थो न कामो न मोक्षः चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥

Na me rāgadveṣau na me lobha-mohau, mado naiva me naiva mātsaryabhāvaḥ.  
Na dharmo na cārtho na kāmo na mokṣaḥ cidānandarūpaḥ śivo'ham śivo'ham.

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 and liberation. Consciousness and Joy incarnate, Bliss of the Blissful am I

न सौख्यं न दुःखं न पुण्यं न पापं न मंत्रो न तीर्थाः न वेदाः न यज्ञाः ।  
अहं भोजनं नैव भोज्यं न भोक्ता चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥

Na saukhyaṁ na duḥkhaṁ na puṇyaṁ na pāpaṁ na maṁtro na tīrthāḥ na vedāḥ na yajñāḥ.  
Ahaṁ bhojanaṁ naiva bhojyaṁ na bhoktā cidānandarūpaḥ śivo'ham śivo'ham.

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 the eater am I. Consciousness and Joy incarnate, Bliss of the Blissful am I

न मृत्युर्न शंका न मे जातिभेदः पिता नैव मे नैव माता न जन्म ।  
न बन्धुर्न मित्रं गुरुर्नैव शि यः चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥

Na mr̥tyurna śaṁkā na me jātibhedaḥ pitā naiva me naiva mātā na janma.  
Na bandhurna mitraṁ gururnaiva śiṣyaḥ cidānandarūpaḥ śivo'ham śivo'ham.

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

अहं निर्विकल्पी निराकार-रूपी विभुत्वाच्च सर्वेऽत्र सर्वेन्द्रियाणाम् ।  
न चासंगतं नैव मुक्तिर्न बन्धः चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥

Ahaṁ nirvikalpī nirākāra-rūpī vibhutvācca sarve'tra sarvendriyāṇām.  
Na cāsaṁgataṁ naiva muktirna bandhaḥ cidānandarūpaḥ śivo'ham śivo'ham.

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