निर्वाणषट्कम्

मनोबुद्ध्यहङ्कारचित्तानि नाहं
न च श्रोत्रजिह्वे न च घ्रणनेत्रे ।
न च व्योम भूमिर्न तेजो न वायुश्चिदानन्दरूपः
शिवोऽहं शिवोऽहम् ॥१

न च प्राणसंज्ञो न वै पञ्चवायु
र्न वा सप्तधातुर्न वा पञ्चकोशाः ।
न वाक्पाणिपादं न चोपस्थपायू
चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥२॥

न मे द्वेषरागौ न मे लोभमोहौ
मदो नैव मे नैव मात्सर्यभावः ।
न धर्मो न चार्थो न कामो न मोक्ष
श्चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥३॥

न पुण्यं न पापं न सौख्यं न दुःखं
न मन्त्रो न तीर्थं न वेदा न यज्ञाः ।
अहं भोजनं नैव भोज्यं न भोक्ता
चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥४॥

न मृत्युर्न शङ्का न मे जातिभेदः
पिता नैव मे नैव माता न जन्म ।
न बन्धुर्न मित्रं गुरुर्नैव शिष्य
श्चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥५॥

अहं निर्विकल्पॊ निराकाररूपॊ
विभुत्वाञ्च सर्वत्र सर्वेंद्रियाणाम् ।
न चासङ्गतं नैव मुक्तिर्न मेय
श्चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥६॥

Atma Shatkam

Manobudhyahamkaarchittani Naaham
Na Cha Shrotrajivhe Na Cha Ghraananetre
Na Che Vyomabhumirna Tejo Na Vaayuh
Chidaanandarupah Shivo'ham Shivo'ham. ॥1॥

Na cha Praanasanjno Na Vai Panchavaayuh
Na Vaa Saptadhaaturna Vaa Panchakoshah.
Na Vaak Paanipaadou Na Chopasthapaayoo
Chidaanandarupah Shivo'ham Shivo'ham. ॥2॥

Na Me Dvesharaagou Na Me Lobhamohou
Mado Naiva Me Naiva Maatsaryabhaavah.
Na Dharmo Na Chaartho Na Kaamo Na Mokshah
Chidaanandarupah Shivo'ham Shivo'ham. ॥3॥

Na Punyam Na Paapam Na Soukhyam Na Duhkham
Na Mantro Na Teertham Na Vedaa Na Yajnah.
Aham Bhojanam Naiva Bhojyam Na Bhoktaa
Chidaanandarupah Shivo'ham Shivo'ham. ॥4॥

Na Me Mruthyushankaa Ne Me Jaatibhedah
Pitaa Naiva Me Naiva Maataa Na Janmah.
Na Bandhurrna Mitram Gururnaiva Shishyah
Chidaanandarupah Shivo'ham Shivo'ham. ॥5॥

Aham Nirvikalpo Niraakaara Rupo
Vibhurvyapya Sarvatra Sarvendriyanaam.
Sadaa Me Samatvam na Muktirna Bandhah
Chidaanandarupah Shivo'ham Shivo'ham. ॥6॥

1. I am not the mind, intelligence, ego or the individualized conditioned consciousness. Nor am I the sense organs of hearing, tasting, smelling or seeing. Nor am I the (body formed of) five great elements viz. earth, water fire, air and space. I am the auspicious, blissful, unconditioned Consciousness.

2. I am not the Prana or its five divisions (known as *Prana, Apana, Vyoma, Samana* and *Udana*). Nor am I the seven basic tissue elements (known as *Rasa, Rakta, Mamsa, Meda, Ashti, Majja* and *Shukra* which form the physical body) not the five Koshas (known as Annamaya, Pranayama, Manomaya, Vijnanamaya and Anandamaya Kosha which enwrap the Atman). Nor am I the five organs of action namely the hands, legs, mouth, anus and penis (which carry out the action of working, walking, speaking, excretion and procreation). I am the auspicious, blissful, unconditioned Consciousness.

3. I do not have the abhorrence of anything, nor the obsession, nor the greed, nor the delusion, nor the arrogance, nor the jealousy. Nor is the need for me to pursue any more, any of the *Purusharthas* (object of human life) namely *Dharma* (rightous behaviour), *Artha* (material prosperity), *Kama* (seneous enjoyment) and *Moksha* (liberation), as I have now realized that I am nothing but the auspicious, blissful, unconditioned Consciousness.

4. I am not affected by the merit and sin, nor the pleasure and pain. Nor is the need for me of Mantra,

pilgrimage, scriptures and sacrifice. Nor am I the enjoyment, the thing enjoyed or the enjoyer. I have transcended all these things as I have realized that I am the auspicious, blissful, unconditional Consciousness.

5. I am not concerned by the fear of death or by the differences arising out of caste distinctions. I have no father or mother as I am that which has no birth no death. Nor do I have any brothers, friends, Guru or Shishya. I am the auspicious, blissful, unconditioned Consciousness.

6. I am beyond distinction and form. I am everywhere, in everything, in all that could be perceived and also in that apparatus which perceives. I am, all that is unchanging and unaffected by the time. I am the blissful, auspicious, unconditioned Consciousness.

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