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AtmaShaTkam , nirvANaShaTkam

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आत्मषट्कम् , निर्वाणषट्कम् सार्थम्

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आत्मषट्कम् , निर्वाणषट्कम् सार्थम्



भुजङ्गी छन्द

मनोबुद्ध्यहङ्कारचित्तानि नाहं न च श्रोत्रजिह्वे न च घ्राणनेत्रे ।

न च व्योमभूमिर्न तेजो न वायुश्चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥ १ ॥

न च प्राणसंज्ञो न वै पञ्चवायुर्न वा सप्तधातुर्न वा पञ्चकोशः ।

न वाक्पाणिपादौ न चोपस्थपायुश्चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥ २ ॥

न मे द्वेषरागौ न मे लोभमोहौ मदो नैव मे नैव मात्सर्यभावः । (न मे वै मदो)

न धर्मो न चार्थो न कामो न मोक्षश्चिदानन्दरूपः 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 । (var न मे मृत्यु शङ्का)

न बन्धुर्न मित्रं गुरुर्नैव शिष्यश्चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥ ५ ॥

अहं निर्विकल्पो निराकाररूपो विभुर्व्याप्य सर्वत्र सर्वेन्द्रियाणाम् । (var विभुत्वाच्च)

सदा मे समत्वं न मुक्तिर्न बन्धश्चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥ ६ ॥

(var न चासङ्गतं नैव मुक्तिर्न मेयश्चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥ ६ ॥)

॥ इति श्रीमच्छङ्कराचार्यविरचितं आत्मषट्कं सम्पूर्णम् ॥

AtmaShaTkam , nirvANaShaTkam

I am not the intellect, ego, mind .

Neither am I hearing, taste, smell, sight .

Nor am I space, earth, light, air,

field of consciousness.

I am the pure consciousness of bliss -

I am Shiva . Shiva am I . .. 1..

I am not prana, nor the five vital forces.

I am not the seven elements of the body,  
or the five sheaths forming the body.

I am not the organ of speech, hand, foot,  
the organ of procreation or excretion.

I am the pure consciousness of bliss -

I am Shiva, I am Shiva . .. 2..

I have nor attachment or aversion;

No greed or delusion, not envy or vain;  
duty, acquisition, desire nor liberation do I aspire -  
since I am the embodiment of knowledge and bliss -

I am Shiva, I am Shiva .. 3..

I am neither virtue nor vice,

Pleasure or pain that is experienced, no, no;  
A chant, a holy place, a scripture  
nor the sacrificial fire;

I am neither the enjoyment, enjoyable nor the enjoyer

I am the embodiment of knowledge and bliss -

I am Shiva, I am Shiva .. 4..

There is no death or fear,

No one to distinguished by class or caste

No father, no mother, no birth at all;

No friend, no kith or kin, guru or shishya -

I am the embodiment of knowledge and bliss -

I am Shiva, I am Shiva .. 5..

I am Changeless, formless, enveloping all,

Untouched by senses, I am omnipresent,


Unfathomable, I am beyond freedom -

I am the embodiment of knowledge and bliss -


I am Shiva, I am Shiva .. 6..

Encoding and translation by M. Giridhar

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