

Satasloki

Sloka 12

आत्माभोधेस्तरङ्गोऽस्म्यहमिति गमने भावयन्नासनस्थः

संवित्सूत्रानुविद्धो मणिरहमिति वास्मीन्द्रियार्थप्रतीतौ।

दृष्टोऽस्म्यात्मावलोकादिति शयनविधौ मग्न आनन्दसिन्धा-

वन्तर्निष्ठो मुमुक्षुः स खलु तनुभृतां यो नयत्येवमायुः॥१२

12. That aspirant for liberation who, when engaged in activities in the world looks upon himself as a wave in the ocean that is Brahman, when just sitting thinks of himself as a gem strung on the thread that is Brahman (like pearls on a string), when experiencing sense objects through the sense organs sees all objects as Brahman (or Atman) alone and when sleeping considers himself as immersed in the ocean of bliss that is Brahman and spends his days in this manner is the one who is established in the indwelling self that is none other than Brahman.