
.. AtmaShaTkam , nirvANaShaTkam ..

॥ आत्मषट्कम् , निर्वाणषट्कम् ॥

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मनोबुद्ध्यहंकारचित्तानि नाहं
न च श्रोत्रजिह्वे न च घ्राणनेत्रे ।
न च व्योमभूमिः न तेजो न वायुः
चिदानंदरूपः शिवोऽहं शिवोऽहम् ॥ १ ॥

न च प्राणसंज्ञो न वै पंचवायुः
न वा सप्तधातुर्न वा पंचकोशः ।
न वाक् पाणिपादौ न चोपस्थपायू
चिदानंदरूपः शिवोऽहं शिवोऽहम् ॥ २ ॥

न मे द्वेषरागौ न मे लोभमोहौ
मदो नैव मे नैव मात्सर्यभावः ।
न धर्मो न चार्थो न कामो न मोक्षः
चिदानंदरूपः शिवोऽहं शिवोऽहम् ॥ ३ ॥

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

न मे मृत्युशंका न मे जातिभेदः
पिता नैव मे नैव माता न जन्म ।
न बंधुर्न मित्रं गुरुर्नैव शिष्यः
चिदानंदरूपः शिवोऽहं शिवोऽहम् ॥ ५ ॥

अहं निर्विकल्पो निराकाररूपो
विभुर्व्याप्य सर्वत्र सर्वेन्द्रियाणाम् ।
सदा मे समत्वं न मुक्तिर्न बन्धः
चिदानंदरूपः 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..

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