

## Ātmanubhooti (NIRVĀṆĀṢṬĀKAM)

1. Mano-buddhya-haṅkaara-chittani naaham  
Na cha Shrotra-jihve na cha ghraaṇa-netre |  
Na vai vyoma bhoomirna tejo na vaayuh  
Chidaananda-roopah shivo'ham shivo'ham ||
2. Na vai praana-sangyaa na vai pancha-vaayuh  
Na vaa sapta-dhaaturna vaa pancha-koṣhaha |  
Na vaakpaaṇi-paadau na chopastha-paayoo  
Chidaananda-roopah shivo'ham shivo'ham ||
3. Na me raga-dveṣhau na me lobha-mohau,  
Mado naiva me naiva maatsarya-bhaavaha |  
Na dharmo na chaartha na kaamo na mokṣhah  
Chidaananda-roopah shivo'ham shivo'ham ||
4. Na puṇyam na paapam na saukhyam na dukkham  
Na mantro na teertho na vedaa na yagyaah |  
Aham bhojanam naiva bhojyam na bhoktaa  
Chidaananda-roopah shivo'ham shivo'ham ||
5. Na mrityurna shaṅkaa na me jaatibhedah  
Pitaa naiva me naiva maataa na janma |  
Na bandhurna mitram gurur-naiva shiṣhyah  
Chidaananda-roopah shivo'ham shivo'ham ||
6. Aham nirvikalpo niraakaara-roopo  
Vibhutvaachcha sarvatra sarvendriyaaṇaam |  
Na chaa-saṅgatam naiva muktirna bandhah  
Chidaananda-roopah shivo'ham shivo'ham ||

***Translation:***

1. Neither am I mind, nor intelligence , nor ego, nor thought,  
Nor am I ears or the tongue or the nose or the eyes,  
Nor am I earth or sky or air or the light,  
But I am Shiva the all pervading happiness, yes, I am definitely Shiva.
2. Neither am I the movement due to life, nor am I the five airs,  
Nor am I the seven elements, nor am I the five internal organs,  
Nor am I voice or hands or feet or other organs,  
But I am Shiva the all pervading happiness, yes, I am definitely Shiva.
3. I never do have enmity or friendship,  
Neither do I have vigour nor feeling of competition,  
Neither do I have assets, or money or passion or salvation,  
But I am Shiva the all pervading happiness, yes, I am definitely Shiva.
4. Never do I have good deeds or sins or pleasure or sorrow,  
Neither do I have holy chants or holy water or holy books or fire sacrifice,  
I am neither food or the consumer who consumes food,  
But I am Shiva the all pervading happiness, yes, I am definitely Shiva.
5. I do not have death or doubts or distinction of caste,  
I do not have either father or mother or even birth,  
And I do not have relations or friends or teacher or students,  
But I am Shiva the all pervading happiness, yes, I am definitely Shiva.
6. I am one without doubts , I am without form,  
Due to knowledge I do not have any relation with my organs,  
And I am always redeemed,  
And I am Shiva the all pervading happiness, yes, I am definitely Shiva.