



# *Adi Shankaracharya Nirvana Shatakam*

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Adi Shankaracharya's Nirvana Shatakam, which was composed over 1200 years ago, is an embodiment of the "not this, not this" (neti, neti) teaching... which, when understood, can lead to the state of enlightenment, freedom, happiness and peace of mind. In these verses, Adi Shankaracharya explains how one should investigate and understand the true nature of the Atman (self) by rejecting the Anatma's. (Non-self)

These verses are a powerful demonstration of the breadth and range of understanding which when truly practiced, leads to enlightenment. Some of them are easy to comprehend whereas others challenge the depths of our very own identity and challenges our very understanding of all we have taken for granted.

In these verses, every attachment – material, emotional, spiritual or any other, every belief, every experience, sensation, bodily function and our very existence is examined and negated. When we realize that we cannot be both the subject and the object, the each of these elements in our existence is "not me", we realize that we are only the observer, and then we are motivated to refocus on the self as the observer. And when the observer is found to be not separate, then the entire dualistic structure collapses and everything is found to be That, One, or that Being-ness.

Our Guruji Swami Veda Bharati taught of Oneness with Universe, Oneness with Nature and Oneness with God!

And as he has taught us, this is the realization which leads to the true feeling of Oneness with Universe, Oneness with Nature and Oneness with God!

## **Nirvana Shatakam**

मनोबुद्ध्यहङ्कार चित्तानि नाहं

न च श्रोत्रजिह्वे न च घ्राणनेत्रे ।

न च व्योम भूमिर्न तेजो न वायुः

चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥१॥

*Mano-Buddhi-Ahankaara, Chittaani Naaham  
Na Cha Shrotra-Jihveh, Na Cha Ghraan-na-Netre  
Na Cha Vyoma Bhoomir, Na Tejo Na Vaayuh  
Chid-Aananda-Roopah, Shivoham Shivoham*

I am not the Mind nor Intelligence the Ego, or the faculty of recollections.

I am not the faculties of Hearing, nor that of Tasting, the faculties of Smelling or Seeing.

I am not the Sky, nor the Earth, Neither the Fire nor the Air,

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I am the Ever Pure Blissful Consciousness; I am Shiva, I am Shiva, The Ever Pure Blissful Consciousness.

न च प्राणसंज्ञो न वै पञ्चवायुः  
न वा सप्तधातुः न वा पञ्चकोशः ।  
न वाक्पाणिपादं न चोपस्थपायु  
चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥२॥

*Na Cha Praanna-Samnyo, Na Vai Pancha-Vaayuh  
Na Vaa Sapta-Dhaatuh, Na Vaa Pancha-Koshah  
Na Vaak-Paanni-Paadam, Na Chopastha-Paayu  
Chid-Aananda-Roopah, Shivoham Shivoham*

I am not the Vital Breath (Prana), nor the Five Vital Air (Prana, Apana, Udana, Vyana and Samana),  
I am not the Seven Ingredients (of the Body), nor the Five Sheaths (of the Body),  
I am not the faculty of Speech, nor the organs for Holding ( Hand ), Movement ( Feet ) not the faculty  
of procreation nor that of Excretion,  
I am the Ever Pure Blissful Consciousness; I am Shiva, I am Shiva, The Ever Pure Blissful  
Consciousness.

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

*Na Me Dwesha-Raagau, Na Me Lobha-Mohau  
Mado Naiva Me Naiva, Maatsarya-Bhaavah  
Na Dharmo Na Cha-Artho, Na Kaamo Na Mokshah  
Chid-Aananda-Roopah, Shivoham Shivoham*

I do not have Hatred (for anything), nor Attachment (to anything), Neither am I Greed nor Infatuation,  
or delusion.  
I do not have Pride, nor Feelings of Envy and Jealousy.  
I am not within the bounds of Dharma (Righteousness – no need or obligation towards), Artha (Wealth  
– material wealth), Kama (Desire – need to fulfill) and Moksha (Liberation – need for).  
I am the Ever Pure Blissful Consciousness; I am Shiva, I am Shiva, The Ever Pure Blissful  
Consciousness.

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

*Na Punnyam Na Paapam, Na Sukham Na Duhkham  
Na Mantra Na Teertham, Na Veda Na Yajyaah  
Aham Bhojanam Naiva, Bhojyam Na Bhoktaa  
Chid-Aananda-Roopah, Shivoham Shivoham*

I am not bound by Merits nor Sins, and so will not need to feel Worldly Joys or suffer from Sorrows,  
I am not bound by Sacred Hymns nor by Sacred Places, neither by Sacred Scriptures nor by engaging  
in Sacrifices,  
I am not the experience of food Enjoyment, nor am I the object to be Enjoyed (Experienced), nor am I  
the Enjoyer (he who experiences),  
I am the Ever Pure Blissful Consciousness; I am Shiva, I am Shiva, The Ever Pure Blissful  
Consciousness.

न मृत्युर्न शङ्का न मे जातिभेदः  
पिता नैव मे नैव माता न जन्मः ।  
न बन्धुर्न मित्रं गुरुर्नैव शिष्यं  
चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥५॥

*Na Mrityur-Na Shangkaa, Na Me Jaati-Bhedah  
Pitaa Naiva Me Naiva, Maataa Na Janmah  
Na Bandhur na Mitram, Gurur-Na-Iva Shishyah  
Chid-Aananda-Roopah, Shivoham Shivoham*

I am not bound by Death or the Fear of death nor influenced by the rules of Caste and its Distinctions.  
I have no Father or Mother, nor do I have Birth.  
I do not have special Relations nor Friends, a Spiritual Teacher or Disciple,  
I am the Ever Pure Blissful Consciousness; I am Shiva, I am Shiva, The Ever Pure Blissful  
Consciousness.

अहं निर्विकल्पो निराकाररूपो  
विभुत्वाच्च सर्वत्र सर्वेन्द्रियाणाम् ।

न चासङ्गतं नैव मुक्तिर्न मेयः  
चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥६॥

*Aham Nirvi-kalpo, Niraakaara-Roopo  
Vibhu-Twaaccha Sarvatram, Sarve indriyaannaam  
Na Cha-Sanggam Naiva, Mukti-na Meyah  
Chid-aananda-roopah, Shivoham Shivoham*

I am the changeless One Without any **Variation**, and Without any **Form**.  
I am **Present Everywhere** as I am the underlying **base** of everything, and I am the force behind  
all **Sense Organs**,  
I do not get **Attached** to anything, nor get **Freed** from anything,  
I am the Ever Pure **Blissful Consciousness**; I am **Shiva**, I am **Shiva**, The Ever Pure Blissful  
Consciousness.