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 भूचमनन् 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*,

Visit [http://theheartofthesun.com](http://theheartofthesun.com) for prayers, inspirational quotes, stories and downloads.
I am the Ever Pure Blissful Consciousness; I am Shiva, I am Shiva, The Ever Pure Blissful Consciousness.

न च प्राणसंजो न वै पञ्चवायुः
न वा ससधातु 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, V nya 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 द्वेषरागो न मे लोभमोहोः
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 Dharma Na Cha-Arthro, 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.

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.

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 सर्वनिद्द्रियाणाम्

Aham Nirvi-kalpo, Niraakaara-Roopo
Vibhu-Twaaccha Sarvatram, Sarve indriyaannaam
Na Cha-Sanggatam 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.