Ashtavakra Gita

Sanskrit text with English Transliteration & Translation



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(Translator: John Richards)

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॥श्री॥

॥ अथ श्रीमदृष्टावकगीता प्रारभ्यते॥ Chapter 1

॥ प्रथमोऽध्यायः॥

जनक उवाच ॥

कथं ज्ञानमवाप्नोति कथं मुक्तिर्भविष्यति ।

वैराग्यं च कथं प्राप्तं एतदु ब्रुहि मम प्रभो ॥ १-१॥

janaka uvāca

katham jñānamavāpnoti katham muktirbhavişyati vairāgyam ca katham prāptam etad brūhi mama prabho

Janaka: How is knowledge to be acquired? How is liberation to be attained? And how is dispassion to be reached? Tell me this, sir.

अष्टावक उवाच ॥

मुक्तिं इच्छिसि चेत्तात विषयान् विषवत्त्यज । क्षमार्जवद्यातोषसत्यं पीयूषवदु भज ॥ १-२॥

aṣṭāvakra uvāca muktiṁ icchasi cettāta viṣayān viṣavattyaja kṣamārjavadayātoṣasatyaṁ pīyūṣavad bhaja

Ashtavakra: If you are seeking liberation, my son, shun the objects of the senses like poison. Practise tolerance, sincerity, compassion, contentment and truthfulness like nectar.

न पृथ्वी न जलं नाग्निर्न वायुर्धीर्न वा भवान् । एषां साक्षिणमात्मानं चिद्रूपं विद्धि मुक्तये ॥ १-३॥

na pṛthvī na jalaṁ nāgnirna vāyurdyaurna vā bhavān eṣāṁ sākṣiṇamātmānaṁ cidrūpaṁ viddhi muktaye 1.3

You do not consist of the elements - earth, water, fire, air or even ether. To be liberated, know yourself as consisting of consciousness, the witness of these.

यदि देहं पृथक् कृत्य चिति विश्राम्य तिष्ठसि । अधुनैव सुखी शान्तो बन्धमुक्तो भविष्यसि ॥ १-४॥

yadi deham pṛthak kṛtya citi viśrāmya tiṣṭhasi adhunaiva sukhī śānto bandhamukto bhaviṣyasi

If only you will remain resting in consciousness, seeing yourself as distinct from the body, then even now you will become happy, peaceful and free from bonds. 1.4

न त्वं विप्रादिको वर्णो नाश्रमी नाक्षगोचरः ।

असङ्गोऽसि निराकारो विश्वसाक्षी सुखी भव ॥ १-५॥

na tvam viprādiko varņo nāśramī nākṣagocaraḥ asango'si nirākāro viśvasākṣī sukhī bhava

You do not belong to the brahmin or any other caste, you are not at any stage, nor are you anything that the eye can see. You are unattached and formless, the witness of everything - so be happy.

धर्माधर्मौ सुखं दुःखं मानसानि न ते विभो । न कर्तासि न भोक्तासि मुक्त एवासि सर्वदा ॥ १-६॥

dharmādharmau sukhaṁ duḥkhaṁ mānasāni na te vibho na kartāsi na bhoktāsi mukta evāsi sarvadā

Righteousness and unrighteousness, pleasure and pain are purely of the mind and are no concern of yours. You are neither

the doer nor the reaper of the consequences, so you are always free.

एको द्रष्टासि सर्वस्य मुक्तप्रायोऽसि सर्वदा । अयमेव हि ते बन्धो द्रष्टारं पश्यसीतरम् ॥ १-७॥

eko dra**ṣṭ**āsi sarvasya muktaprāyo'si sarvadā ayameva hi te bandho dra**ṣṭ**āraṁ paśyasītaram

You are the one witness of everything, and are always completely free. The cause of your bondage is that you see the witness as something other than this.

अहं कर्तेत्यहंमानमहाकृष्णाहिदंशितः ।

नाहं कर्तेति विश्वासामृतं पीत्वा सुखी भव ॥ १-८॥

aham kartetyahammānamahākṛṣṇāhidamsitaḥ nāham karteti visvāsāmṛtam pītvā sukhī bhava

Since you have been bitten by the black snake, the opinion about yourself that "I am the doer", drink the antidote of faith in the fact that "I am not the doer", and be happy.

एको विशुद्धबोधोऽहं इति निश्चयविह्नना ।

प्रज्वाल्याज्ञानगहनं वीतशोकः सुखी भव ॥ १-९॥

eko viśuddhabodho'haṁ iti niścayavahninā prajvālyājñānagahanaṁ vītaśokaḥ sukhī bhava

Burn down the forest of ignorance with the fire of the understanding that "I am the one pure awareness", and be happy and free from distress.

यत्र विश्वमिदं भाति कल्पितं रज्जुसर्पवत् ।

आनन्दपरमानन्दः स बोधस्त्वं सुखं भव ॥ १-१०॥

yatra viśvamidam bhāti kalpitam rajjusarpavat ānandaparamānandaḥ sa bodhastvam sukham bhava

That in which all this appears - imagined like the snake in a rope, that joy, supreme joy and awareness is what you are, so be happy.

मुक्ताभिमानी मुक्तो हि बद्धो बद्धाभिमान्यपि ।

किंवदन्तीह सत्येयं या मितः सा गितर्भवेत् ॥ १-११॥

muktābhimānī mukto hi baddho baddhābhimānyapi kimvadantīha satyeyam yā matiḥ sā gatirbhavet

If one thinks of oneself as free, one is free, and if one thinks of oneself as bound, one is bound. Here this saying is true, "Thinking makes it so".

आत्मा साक्षी विभुः पूर्ण एको मुक्तश्चिदिकयः।

असंगो निःस्पृहः शान्तो भ्रमात्संसारवानिव ॥ १-१२॥

ātmā sākṣī vibhuḥ pūrṇa eko muktaścidakriyaḥ asaṁgo niḥspṛhaḥ śānto bhramātsaṁsāravāniva

Your real nature is as the one perfect, free, and actionless consciousness, the all-pervading witness - unattached to anything, desireless and at peace. It is from illusion that you seem to be involved in samsara.

कूटस्थं बोधमद्वैतमात्मानं परिभावय ।

आभासोऽहं भ्रमं मुक्तवा भावं बाह्यमथान्तरम् ॥१-१३॥

kūṭasthaṁ bodhamadvaitamātmānaṁ paribhāvaya ābhāso'haṁ bhramaṁ muktvā bhāvaṁ bāhyamathāntaram

Meditate on yourself as motionless awareness, free from any dualism, giving up the mistaken idea that you are just a derivative consciousness, or anything external or internal.

देहाभिमानपारोन चिरं बद्धोऽसि पुत्रक ।

बोधोऽहं ज्ञानखंगेन तःनिकृत्य सुखी भव ॥ १-१४॥

dehābhimānapāśena ciraṁ baddho'si putraka bodho'haṁ jñānakhaṁgena taḥnikṛtya sukhī Bhava

You have long been trapped in the snare of identification with the body. Sever it with the knife of knowledge that "I am awareness", and be happy, my son.

निःसंगो निष्क्रियोऽसि त्वं स्वप्रकाशो निरंजनः ।

अयमेव हि ते बन्धः समाधिमनुतिष्ठति ॥ १-१५॥

niḥsaṃgo niṣkriyo'si tvaṁ svaprakāśo niraṃjanaḥ ayameva hi te bandhaḥ samādhimanutiṣṭhati You are really unbound and actionless, self-illuminating and spotless already. The cause of your bondage is that you are still

resorting to stilling the mind.

त्वया व्याप्तमिदं विश्वं त्विय प्रोतं यथार्थतः ।

शुद्धबुद्धस्वरूपस्त्वं मा गमः क्षुद्रचित्तताम् ॥ १-१६॥

tvayā vyāptamidam viśvam tvayi protam yathārthataḥ śuddhabuddhasvarūpastvam mā gamaḥ kṣudracittatām

All of this is really filled by you and strung out in you, for what you consist of is pure awareness - so don't be small minded.

निरपेक्षो निर्विकारो निर्भरः शीतलाशयः ।

अगाधबुद्धिरक्षुब्धो भव चिन्मात्रवासनः ॥ १-१७॥

nirapekṣo nirvikāro nirbharaḥ śītalāśayaḥ agādhabuddhiraksubdho bhava cinmātravāsanah

You are unconditioned and changeless, formless and immovable, unfathomable awareness and unperturbable, so hold to nothing but consciousness.

साकारमनृतं विद्धि निराकारं तु निश्चलं ।

एतत्तत्त्वोपदेशेन न पुनर्भवसंभवः ॥ १-१८॥

sākāramanṛtaṁ viddhi nirākāraṁ tu niścalam etattattvopadeśena na punarbhavasaṁbhavaḥ

Recognise that the apparent is unreal, while the unmanifest is abiding. Through this initiation into truth you will escape falling into unreality again.

यथैवादर्शमध्यस्थे रूपेऽन्तः परितस्तु सः ।

तथैवाऽस्मिन् शरीरेऽन्तः परितः परमेश्वरः ॥ १-१९॥

yathaivādarśamadhyasthe rūpe'ntaḥ paritastu saḥ tathaivā'smin śarīre'ntaḥ paritaḥ parameśvaraḥ

Just as a mirror exists everywhere both within and apart from its reflected images, so the Supreme Lord exists everywhere within and apart from this body.

एकं सर्वगतं व्योम बहिरन्तर्यथा घटे।

नित्यं निरन्तरं ब्रह्म सर्वभूतगणे तथा ॥ १-२०॥

ekam sarvagatam vyoma bahirantaryathā ghațe nityam nirantaram brahma sarvabhūtagane tathā

Just as one and the same all-pervading space exists within and without a jar, so the eternal, everlasting God exists in the totality of things.

Chapter 2

॥ द्वितीयोऽध्यायः॥

जनक उवाच ॥

अहो निरंजनः शान्तो बोधोऽहं प्रकृतेः परः ।

एतावन्तमहं कालं मोहेनैव विडंबितः ॥ २-१॥

janaka uvāca

aho niramjanaḥ śānto bodho'ham prakṛteḥ paraḥ etāvantamaham kālam mohenaiva viḍambitaḥ

Janaka: Truly I am spotless and at peace, the awareness beyond natural causality. All this time I have been afflicted by delusion.

यथा प्रकाशयाम्येको देहमेनं तथा जगत्।

अतो मम जगत्सर्वमथवा न च किंचन ॥ २-२॥

yathā prakāśayāmyeko dehamenaṁ tathā jagat ato mama jagatsarvamathavā na ca kiṁcana

As I alone give light to this body, so I do to the world, As a result the whole world is mine, or alternatively nothing is.

स शरीरमहो विश्वं परित्यज्य मयाधुना ।

कुतश्चित् कौशलादु एव परमात्मा विलोक्यते ॥ २-३॥

sa śarīramaho viśvam parityajya mayādhunā kutaścit kauśalād eva paramātmā vilokyate

So now that I have abandoned the body and everything else, by some good fortune or other my true self becomes apparent.

यथा न तोयतो भिन्नास्तरंगाः फेनबुद्धदाः ।

आत्मनो न तथा भिन्नं विश्वमात्मविनिर्गतम् ॥ २-४॥

yathā na toyato bhinnāstaramgāḥ phenabudbudāḥ ātmano na tathā bhinnam viśvamātmavinirgatam

Just as waves, foam and bubbles are not different from water, so all this which has emanated from oneself, is no other than oneself.

तन्तुमात्रो भवेदु एव पटो यद्वदु विचारितः ।

आत्मतन्मात्रमेवेदं तद्वदु विश्वं विचारितम् ॥ २-५॥

tantumātro bhaved eva paţo yadvad vicāritaḥ ātmatanmātramevedaṁ tadvad viśvaṁ vicāritam

In the same way that when analysed cloth is found to be just thread, so when all this is analysed it is found to be no other than oneself.

यथैवेक्षुरसे क्रुप्ता तेन व्याप्तैव शर्करा।

तथा विश्वं मिय क्कप्तं मया व्याप्तं निरन्तरम् ॥ २-६॥

yathaivek**Ṣ**urase klṛptā tena vyāptaiva śarkarā tathā viśvaṁ mayi klṛptaṁ mayā vyāptaṁ nirantaram

Just as the sugar produced from the juice of the sugarcane is permeated with the same taste, so all this, produced out of me, is completely permeated with myself.

आत्मज्ञानाज्जगद् भाति आत्मज्ञानान्न भासते । रज्ज्वज्ञानाद्दिर्भाति तज्ज्ञानादु भासते न हि ॥ २-७॥

ātmajñānājjagad bhāti ātmajñānānna bhāsate rajjvajñānādahirbhāti tajjñānād bhāsate na hi

From ignorance of oneself, the world appears, and by knowledge of oneself it appears no longer. From ignorance of the rope a snake appears, and by knowledge of it it appears no longer.

प्रकाशो में निजं रूपं नातिरिक्तोऽस्म्यहं ततः ।

यदा प्रकाशते विश्वं तदाहं भास एव हि ॥ २-८॥

prakāśo me nijam rūpam nātirikto'smyaham tataḥ yadā prakāśate viśvam tadāham bhāsa eva hi

Shining is my essential nature, and I am nothing over and beyond that. When the world shines forth, it is simply me that is shining forth.

अहो विकल्पितं विश्वमज्ञानान्मिय भासते । रूप्यं शुक्तौ फणी रज्जौ वारि सूर्यकरे यथा ॥ २-९॥

aho vikalpitam viśvamajñānānmayi bhāsate rūpyam śuktau phaṇī rajjau vāri sūryakare yathā

All this appears in me imagined due to ignorance, just as a snake appears in the rope, the mirage of water in the sunlight, and silver in mother of pearl.

मत्तो विनिर्गतं विश्वं मय्येव लयमेष्यति ।

मृदि कुंभो जले वीचिः कनके कटकं यथा ॥ २-१०॥

matto vinirgataṁ viśvaṁ mayyeva layameşyati mṛdi kuṁbho jale vīciḥ kanake kaṭakaṁ yathā

All this, which has originated out of me, is resolved back into me too, like a jug back into clay, a wave into water, and a bracelet into gold.

अहो अहं नमो मह्यं विनाशो यस्य नास्ति मे ।

ब्रह्मादिस्तंबपर्यन्तं जगन्नाशोऽपि तिष्ठतः ॥ २-११॥

aho aham namo mahyam vināso yasya nāsti me brahmādistambaparyantam jagannāso'pi tiṣṭḥataḥ

How wonderful I am! Glory to me, for whom there is no destruction, remaining even beyond the destruction of the world from Brahma down to the last clump of grass

अहो अहं नमो मह्यं एकोऽहं देहवानिप ।

कचिन्न गन्ता नागन्ता व्याप्य विश्वमवस्थितः ॥ २-१२॥

aho aham namo mahyam eko'ham dehavānapi kvacinna gantā nāgantā vyāpya viśvamavasthitaḥ

How wonderful I am! Glory to me, solitary even though with a body, neither going nor coming anywhere, I who abide forever, filling all that is.

अहो अहं नमो मह्यं दक्षो नास्तीह मत्समः ।

असंस्पृश्य शरीरेण येन विश्वं चिरं धृतम् ॥ २-१३॥

aho aham namo mahyam dakṣo nāstīha matsamaḥ asamspṛśya śarīreṇa yena viśvam ciram dhṛtam

How wonderful I am! Glory to me! There is no one so clever as me! I who have borne all that is forever, without even touching it with my body!

अहो अहं नमो मह्यं यस्य मे नास्ति किंचन । अथवा यस्य मे सर्वं यदु वाड्यनसगोचरम् ॥ २-१४॥

aho aham namo mahyam yasya me nāsti kimcana athavā yasya me sarvam yad vāmanasagocaram

How wonderful I am! Glory to me! I who possess nothing at all, or alternatively possess everything that speech and mind can refer to.

ज्ञानं ज्ञेयं तथा ज्ञाता त्रितयं नास्ति वास्तवं । अज्ञानादु भाति यत्रेदं सोऽहमस्मि निरंजनः ॥ २-१५॥

jñānam jñeyam tathā jñātā tritayam nāsti vāstavam ajñānād bhāti yatredam so'hamasmi niramjanaḥ

Knowledge, what is to be known, and the knower - these three do not exist in reality. I am the spotless reality in which they appear because of ignorance.

द्वैतमूलमहो दुःखं नान्यत्तस्याऽस्ति भेषजं । दृश्यमेतन् मृषा सर्वं एकोऽहं चिद्रसोमलः ॥ २-१६॥

dvaitamūlamaho duḥkham nānyattasyā'sti bheṣajam dṛśyametan mṛṣā sarvam eko'ham cidrasomalaḥ

Truly dualism is the root of suffering. There is no other remedy for it than the realisation that all this that we see is unreal, and that I am the one stainless reality, consisting of consciousness.

बोधमात्रोऽहमज्ञानाद् उपाधिः कल्पितो मया ।

एवं विमृशतो नित्यं निर्विकल्पे स्थितिर्मम ॥ २-१७॥

bodhamātro'hamajñānād upādhiḥ kalpito mayā evam vimṛśato nityam nirvikalpe sthitirmama I am pure awareness though through ignorance I have imagined myself to have additional attributes. By continually reflecting like this, my dwelling place is in the Unimagined.

न मे बन्धोऽस्ति मोक्षो वा भ्रान्तिः शान्तो निराश्रया । अहो मिय स्थितं विश्वं वस्तुतो न मिय स्थितम्॥२-१८॥

na me bandho'sti mokṣo vā bhrāntiḥ śānto nirāśrayā aho mayi sthitam viśvam vastuto na mayi sthitam

For me here is neither bondage nor liberation. The illusion has lost its basis and ceased. Truly all this exists in me, though ultimately it does not even exist in me.

सशरीरमिदं विश्वं न किंचिदिति निश्चितं ।

शुद्धचिन्मात्र आत्मा च तत्कस्मिन् कल्पनाधुना॥२-१९।

saśarīramidam viśvam na kimciditi niścitam śuddhacinmātra ātmā ca tatkasmin kalpanādhunā

I have recognised that all this and my body are nothing, while my true self is nothing but pure consciousness, so what is there for the imagination work on now?

शरीरं स्वर्गनरको बन्धमोक्षो भयं तथा।

कल्पनामात्रमेवैतत् किं मे कार्यं चिदात्मनः ॥ २-२०॥

śarīram svarganarakau bandhamokṣau bhayam tathā kalpanāmātramevaitat kim me kāryam cidātmanaḥ

The body, heaven and hell, bondage and liberation, and fear too, all this is pure imagination. What is there left to do for me whose very nature is consciousness?

अहो जनसमूहेऽपि न द्वैतं पश्यतो मम । अरण्यमिव संवृत्तं क रतिं करवाण्यहम् ॥ २-२१॥

aho janasamūhe'pi na dvaitam paśyato mama araņyamiva samvṛttam kva ratim karavāṇyaham

Truly I do not even see dualism in a crowd of people, so what would I gain by replacing it with a wilderness?

नाहं देहो न मे देहो जीवो नाहमहं हि चित्।

अयमेव हि मे बन्ध आसीद्या जीविते स्पृहा ॥ २-२२॥

nāham deho na me deho jīvo nāhamaham hi cit ayameva hi me bandha āsīdyā jīvite spṛhā I am not the body, nor is the body mine. I am not a living being. I am consciousness. It was my thirst for living that was my

अहो भुवनकल्लोलैर्विचित्रैर्द्राक् समुत्थितं । मय्यनंतमहांभोधौ चित्तवाते समुद्यते ॥ २-२३॥

bondage.

aho bhuvanakallolairvicitrairdrāk samutthitam mayyanamtamahāmbhodhau cittavāte samudyate

Truly it is in the limitless ocean of myself, that stimulated by the colourful waves of the worlds everything suddenly arises in the wind of consciousness.

मय्यनंतमहांभोधौ चित्तवाते प्रशाम्यति ।

अभाग्याज्जीववणिजो जगत्पोतो विनश्वरः ॥ २-२४॥

mayyanamtamahāmbhodhau cittavāte praśāmyati abhāgyājjīvavaṇijo jagatpoto vinaśvaraḥ

It is in the limitless ocean of myself, that the wind of thought subsides, and the trader-like living being's world boat is wrecked by lack of goods.

मय्यनन्तमहांभोधावाश्चर्यं जीववीचयः ।

उद्यन्ति घ्रन्ति खेलन्ति प्रविशन्ति स्वभावतः॥२-२५॥

mayyanantamahāmbhodhāvāścaryam jīvavīcayaḥ udyanti ghnanti khelanti praviśanti svabhāvataḥ

How wonderful it is that in the limitless ocean of myself the waves of living beings arise, collide, play and disappear, according to their natures.

Chapter 3

॥ तृतीयोऽध्यायः॥

अष्टावक उवाच ॥

अविनाशिनमात्मानं एकं विज्ञाय तत्त्वतः ।

तवात्मज्ञानस्य धीरस्य कथमर्थार्जने रतिः ॥ ३-१॥

aṣṭāvakra uvāca
avināśinamātmānam ekam vijñāya tattvataḥ
tavātmajñānasya dhīrasya kathamarthārjane ratiḥ

Ashtavakra: Knowing yourself as truly one and indestructible, how could a wise man possessing self-knowledge like you feel any pleasure in acquiring wealth?

आत्माज्ञानादहो प्रीतिर्विषयभ्रमगोचरे । शुक्तेरज्ञानतो लोभो यथा रजतविभ्रमे ॥ ३-२॥

ātmājñānādaho prītirviṣayabhramagocare śukterajñānato lobho yathā rajatavibhrame

Truly, when one does not know oneself, one takes pleasure in the objects of mistaken perception, just as greed arises for the mistaken silver in one who does not know mother of pearl for what it is.

विश्वं स्फुरित यत्रेदं तरङ्गा इव सागरे । सोऽहमस्मीति विज्ञाय किं दीन इव धावसि ॥ ३-३॥

viśvam sphurati yatredam tarangā iva sāgare so'hamasmīti vijñāya kim dīna iva dhāvasi

All this wells up like waves in the sea. Recognising, "I am That", why run around like someone in need?

श्रुत्वापि शुद्धचैतन्य आत्मानमतिसुन्दरं ।

उपस्थेऽत्यन्तसंसक्तो मालिन्यमधिगच्छति ॥ ३-४॥

śrutvāpi śuddhacaitanya ātmānamatisundaram upasthe'tyantasamsakto mālinyamadhigacchati

After hearing of oneself as pure consciousness and the supremely beautiful, is one to go on lusting after sordid sexual objects?

सर्वभूतेषु चात्मानं सर्वभूतानि चात्मनि ।

मुनेर्जानत आश्चर्यं ममत्वमनुवर्तते ॥ ३-५॥

sarvabhūteṣu cātmānaṁ sarvabhūtāni cātmani munerjānata āścaryaṁ mamatvamanuvartate

When the sage has realised that he himself is in all beings, and all beings are in him, it is astonishing that the sense of individuality should be able to continue.

आस्थितः परमाद्वैतं मोक्षार्थेऽपि व्यवस्थितः ।

आश्चर्यं कामवशगो विकलः केलिशिक्षया ॥ ३-६॥

āsthitaḥ paramādvaitaṁ mokṣārthe'pi vyavasthitaḥ āścaryaṁ kāmavaśago vikalaḥ keliśikṣayā

It is astonishing that a man who has reached the supreme nondual state and is intent on the benefits of liberation should still be subject to lust and held back by sexual activity.

उद्भूतं ज्ञानदुर्मित्रमवधार्यातिदुर्बलः ।

आश्चर्यं काममाकाङ्क्षेत् कालमन्तमनुश्रितः ॥ ३-७॥

udbhūtam jñānadurmitramavadhāryātidurbalaḥ āścaryam kāmamākānkṣet kālamantamanuśritaḥ

It is astonishing that one already very debilitated, and knowing very well that its arousal is the enemy of knowledge should still hanker after sensuality, even when approaching his last days.

इहामुत्र विरक्तस्य नित्यानित्यविवेकिनः ।

आश्चर्यं मोक्षकामस्य मोक्षाद् एव विभीषिका ॥ ३-८॥

ihāmutra viraktasya nityānityavivekinaḥ āścaryam mokṣakāmasya mokṣād eva vibhīṣikā

It is astonishing that one who is unattached to the things of this world or the next, who discriminates between the permanent and the impermanent, and who longs for liberation, should still be afraid of liberation.

धीरस्तु भोज्यमानोऽपि पीड्यमानोऽपि सर्वदा । आत्मानं केवलं पश्यन् न तुष्यति न कुप्यति ॥ ३-९॥

dhīrastu bhojyamāno'pi pīḍyamāno'pi sarvadā ātmānam kevalam paśyan na tuṣyati na kupyati

Whether feted or tormented, the wise man is always aware of his supreme self-nature and is neither pleased nor disappointed.

चेष्टमानं शरीरं स्वं पश्यत्यन्यशरीरवत् ।

संस्तवे चापि निन्दायां कथं क्षुभ्येत् महारायः ॥ ३-१०॥

ceṣṭamānaṁ śarīraṁ svaṁ paśyatyanyaśarīravat saṁstave cāpi nindāyāṁ kathaṁ kṣubhyet mahāśayaḥ

The great souled person sees even his own body in action as if it were some-one else's, so how should he be disturbed by praise or blame?

मायामात्रमिदं विश्वं पश्यन् विगतकौतुकः ।

अपि सन्निहिते मृत्यौ कथं त्रस्यति धीरधीः ॥ ३-११॥

māyāmātramidam viśvam paśyan vigatakautukaḥ api sannihite mṛtyau katham trasyati dhīradhīḥ

Seeing this world as pure illusion, and devoid of any interest in it, how should the strong-minded person, feel fear, even at the approach of death?

निःस्पृहं मानसं यस्य नैराइयेऽपि महात्मनः ।

तस्यात्मज्ञानतृप्तस्य तुलना केन जायते ॥ ३-१२॥

niḥspṛham mānasam yasya nairāśye'pi mahātmanaḥ tasyātmajñānatṛptasya tulanā kena jāyate

Who can be compared to the great-souled person whose mind is free from desire even in disappointment, and who has found satisfaction in self-knowledge?

स्वभावादु एव जानानो दृश्यमेतन्न किंचन ।

इदं ग्राह्मिदं त्याज्यं स किं पश्यति धीरधीः ॥ ३-१३॥

svabhāvād eva jānāno dṛśyametanna kiṁcana idam grāhyamidam tyājyam sa kiṁ paśyati dhīradhīḥ

How should a strong-minded person who knows that what he sees is by its very nature nothing, consider one thing to be grasped and another to be rejected?

अंतस्त्यक्तकषायस्य निर्द्वन्द्वस्य निराशिषः ।

यहच्छयागतो भोगो न दुःखाय न तुष्टये ॥ ३-१४॥

amtastyaktakaṣāyasya nirdvandvasya nirāśiṣaḥ yadrcchayāgato bhogo na duḥkhāya na tuṣṭaye

An object of enjoyment that comes of itself is neither painful nor pleasurable for someone who has eliminated attachment, and who is free from dualism and from desire.

Chapter 4

॥ चतुर्थोऽध्यायः॥

अष्टावक उवाच ॥

हन्तात्मज्ञानस्य धीरस्य खेलतो भोगलीलया।

न हि संसारवाहीकैर्मूढेः सह समानता ॥ ४-१॥

janaka uvāca

hantātmajñānasya dhīrasya khelato bhogalīlayā na hi samsāravāhīkairmūḍhaiḥ saha samānatā

Janaka: The wise person of self-knowledge, playing the game of worldly enjoyment, bears no resemblance whatever to samsara's bewildered beasts of burden.

यत् पदं प्रेप्सवो दीनाः शकाद्याः सर्वदेवताः ।

अहो तत्र स्थितो योगी न हर्षमुपगच्छति ॥ ४-२॥

yat padam prepsavo dīnāḥ śakrādyāḥ sarvadevatāḥ aho tatra sthito yogī na harṣamupagacchati

Truly the yogi feels no excitement even at being established in that state which all the Devas from Indra down yearn for disconsolately.

तज्ज्ञस्य पुण्यपापाभ्यां स्पर्शो ह्यन्तर्न जायते ।

न ह्याकाशस्य धूमेन दृश्यमानापि सङ्गतिः ॥ ४-३॥

tajjñasya puṇyapāpābhyām sparśo hyantarna jāyate na hyākāśasya dhūmena dṛśyamānāpi saṅgatiḥ

He who has known That is untouched within by good deeds or bad, just as the sky is not touched by smoke, however much it may appear to be.

आत्मैवेदं जगत्सर्वं ज्ञातं येन महात्मना ।

यदच्छया वर्तमानं तं निषेद्धं क्षमेत कः ॥ ४-४॥

ātmaivedam jagatsarvam jñātam yena mahātmanā yadrcchayā vartamānam tam niṣeddhum kṣameta kaḥ

Who can prevent the great-souled person who has known this whole world as himself from living as he pleases?

आब्रह्मस्तंबपर्यन्ते भूतग्रामे चतुर्विधे ।

विज्ञस्यैव हि सामर्थ्यमिच्छानिच्छाविवर्जने ॥ ४-५॥

ābrahmastambaparyante bhūtagrāme caturvidhe vijnasyaiva hi sāmarthyamicchānicchāvivarjane

Of all four categories of beings, from Brahma down to the last clump of grass, only the man of knowledge is capable of eliminating desire and aversion.

आत्मानमद्वयं कश्चिज्ञानाति जगदीश्वरं ।

यद् वेत्ति तत्स कुरुते न भयं तस्य कुत्रचित् ॥ ४-६॥

ātmānamadvayam kaścijjānāti jagadīśvaram yad vetti tatsa kurute na bhayam tasya kutracit

Rare is the man who knows himself as the undivided Lord of the world, and he who knows this is not afraid of anything.

Chapter 5

॥ पञ्चमोध्यायः॥

अष्टावक उवाच ॥

न ते संगोऽस्ति केनापि किं शुद्धस्त्यक्तुमिच्छिस । संघातविलयं कुर्वन्नेवमेव लयं व्रज ॥ ५-१॥

aṣṭāvakra uvāca na te saṁgo'sti kenāpi kiṁ śuddhastyaktumicchasi

samghātavilayam kurvannevameva layam vraja

Ashtavakra: You are not bound by anything. What does a pure person like you need to renounce? Putting the complex organism to rest, you can go to your rest.

उदेति भवतो विश्वं वारिधेरिव बुद्धुदः । इति ज्ञात्वैकमात्मानं एवमेव लयं व्रज ॥ ५-२॥

udeti bhavato viśvam vāridheriva budbudaḥ iti jñātvaikamātmānam evameva layam vraja

All this arises out of you, like a bubble out of the sea. Knowing yourself like this to be but one, you can go to your rest.

प्रत्यक्षमप्यवस्तुत्वाद् विश्वं नास्त्यमले त्विय । रज्जुसर्प इव व्यक्तं एवमेव लयं व्रज ॥ ५-३॥

pratyakṣamapyavastutvād viśvam nāstyamale tvayi rajjusarpa iva vyaktam evameva layam vraja

In spite of being in front of your eyes, all this, being insubstantial, does not exist in you, spotless as you are. It is an appearance like the snake in a rope, so you can go to your rest.

समदुःखसुखः पूर्ण आशानैराश्ययोः समः ।

समजीवितमृत्युः सन्नेवमेव लयं व्रज् ॥ ५-४॥

samaduḥkhasukhaḥ pūrṇa āśānairāśyayoḥ samaḥ samajīvitamṛtyuḥ sannevameva layaṁ vraja

Equal in pain and in pleasure, equal in hope and in disappointment, equal in life and in death, and complete as you are, you can go to your rest.

Chapter 6

॥ षष्टोध्यायः॥

अष्टावक उवाच ॥

आकाशवद्नन्तोऽहं घटवत् प्राकृतं जगत्।

इति ज्ञानं तथैतस्य न त्यागो न ग्रहो लयः ॥ ६-१॥

janaka uvāca

ākāśavadananto'ham ghaṭavat prākṛtam jagat iti jñānam tathaitasya na tyāgo na graho layaḥ

Janaka: I am infinite like space, and the natural world is like a jar. To know this is knowledge, and then there is neither renunciation, acceptance or cessation of it.

महोद्धिरिवाहं स प्रपंचो वीचिसऽन्निभः।

इति ज्ञानं तथैतस्य न त्यागो न ग्रहो लयः ॥ ६-२॥

mahodadhirivāham sa prapamco vīcisa'nnibhaḥ iti jñānam tathaitasya na tyāgo na graho layaḥ

I am like the ocean, and the multiplicity of objects is comparable to a wave. To know this is knowledge, and then there is neither renunciation, acceptance or cessation of it.

अहं स शुक्तिसङ्काशो रूप्यवद् विश्वकल्पना ।

इति ज्ञानं तथैतस्य न त्यागो न ग्रहो लयः ॥ ६-३॥

aham sa śuktisankāśo rūpyavad viśvakalpanā iti jñānam tathaitasya na tyāgo na graho layaḥ

I am like the mother of pearl, and the imagined world is like the silver. To know this is knowledge, and then there is neither renunciation, acceptance or cessation of it.

अहं वा सर्वभूतेषु सर्वभूतान्यथो मिय ।

इति ज्ञानं तथैतस्य न त्यागो न ग्रहो लयः ॥ ६-४॥

aham vā sarvabhūteṣu sarvabhūtānyatho mayi iti jñānam tathaitasya na tyāgo na graho layaḥ

Alternatively, I am in all beings, and all beings are in me. To know this is knowledge, and then there is neither renunciation, acceptance or cessation of it.

Chapter 7

॥ सप्तमोऽध्यायः॥

जनक उवाच ॥

मय्यनंतमहांभोधौ विश्वपोत इतस्ततः ।

भ्रमति स्वांतवातेन न ममास्त्यसिंहष्णुता ॥ ७-१॥

janaka uvāca

 $mayyanamtamah\bar{a}mbhodhau\ vi\'svapota\ itastata \cite{h}$

bhramati svāmtavātena na mamāstyasahiṣṇutā

Janaka: In the infinite ocean of myself the world boat drifts here and there, moved by its own inner wind. I am not put out by that.

मय्यनंतमहांभोधौ जगद्वीचिः स्वभावतः ।

उदेतु वास्तमायातु न मे वृद्धिर्न च क्षतिः ॥ ७-२॥

mayyanamtamahāmbhodhau jagadvīciḥ svabhāvataḥ udetu vāstamāyātu na me vṛddhirna ca kṣatiḥ

Let the world wave of its own nature rise or disappear in the infinite ocean of myself. I neither gain nor lose anything by that.

मय्यनंतमहांभोधौ विश्वं नाम विकल्पना ।

अतिशांतो निराकार एतदेवाहमास्थितः ॥ ७-३॥

mayyanamtamahāmbhodhau viśvam nāma vikalpanā atiśāmto nirākāra etadevāhamāsthitaḥ

It is in the infinite ocean of myself that the mind-creation called the world takes place. I am supremely peaceful and formless, and I remain as such.

नात्मा भावेषु नो भावस्तत्रानन्ते निरंजने ।

इत्यसक्तोऽस्पृहः शान्त एतदेवाहमास्तितः ॥ ७-४॥

nātmā bhāveṣu no bhāvastatrānante niramjane ityasakto'spṛhaḥ śānta etadevāhamāstitaḥ

My true nature is not contained in objects, nor does any object exist in it, for it is infinite and spotless. So it is unattached, desireless and at peace, and I remain as such.

अहो चिन्मात्रमेवाहं इन्द्रजालोपमं जगत्। इति मम कथं कुत्र हेयोपादेयकल्पना ॥ ७-५॥

aho cinmātramevāham indrajālopamam jagat iti mama katham kutra heyopādeyakalpanā

Truly I am but pure consciousness, and the world is like a magician's show, so how could I imagine there is anything there to take up or reject?

Chapter 8

॥ अष्टमोध्यायः॥

अष्टावक उवाच ॥

तदा बन्धो यदा चित्तं किन्चिद् वांछित शोचित । किंचिन् मुंचित गृण्हाति किंचिद् दृष्यिति कुप्यित ॥ ८-१॥

așțāvakra uvāca

tadā bandho yadā cittam kincid vāmchati śocati kimcin mumcati gṛṇhāti kimcid dṛṣyati kupyati

Ashtavakra: Bondage is when the mind longs for something, grieves about something, rejects something, holds on to something, is pleased about something or displeased about something.

तदा मुक्तिर्यदा चित्तं न वांछित न शोचित । न मुंचित न गृण्हाति न हृष्यित न कुप्यित ॥ ८-२॥

tadā muktiryadā cittam na vāmchati na śocati na mumcati na gṛṇhāti na hṛṣyati na kupyati

Liberation is when the mind does not long for anything, grieve about anything, reject anything, or hold on to anything, and is not pleased about anything or displeased about anything.

तदा बन्धो यदा चित्तं सक्तं काश्विप दृष्टिषु । तदा मोक्षो यदा चित्तमसक्तं सर्वदृष्टिषु ॥ ८-३॥

tadā bandho yadā cittam saktam kāśvapi dṛṣṭiṣu tadā mokṣo yadā cittamasaktam sarvadṛṣṭiṣu

Bondage is when the mind is tangled in one of the senses, and liberation is when the mind is not tangled in any of the senses.

यदा नाहं तदा मोक्षो यदाहं बन्धनं तदा । मत्वेति हेलया किंचिन्मा गृहाण विमुंच मा ॥ ८-४॥

yadā nāham tadā mokṣo yadāham bandhanam tadā matveti helayā kimcinmā gṛhāṇa vimumca mā

When there is no "me" that is liberation, and when there is "me" there is bondage. Consider this carefully, and neither hold on nor reject.

Chapter 9

॥ नवमोऽध्यायः॥

अष्टावक उवाच ॥

कृताकृते च द्वन्द्वानि कदा शान्तानि कस्य वा । एवं ज्ञात्वेह निर्वेदाद्भव त्यागपरोऽव्रती ॥ ९-१॥

astāvakra uvāca

kṛtākṛte ca dvandvāni kadā śāntāni kasya vā evam jñātveha nirvedād bhava tyāgaparo'vratī

Ashtavakra: Knowing when the dualism of things done and undone has been put to rest, or the person for whom they occur has, then you can here and now go beyond renunciation and obligations by indifference to such things.

कस्यापि तात धन्यस्य लोकचेष्टावलोकनात्।

जीवितेच्छा बुभुक्षा च बुभुत्सोपशमः गताः ॥ ९-२॥

kasyāpi tāta dhanyasya lokaceṣṭāvalokanāt jīvitecchā bubhukṣā ca bubhutsopaśamaḥ gatāḥ

Rare indeed, my son, is the lucky man whose observation of the world's behaviour has led to the extinction of his thirst for living, thirst for pleasure and thirst for knowledge.

अनित्यं सर्वमेवेदं तापत्रयदूषितं ।

असरं निन्दितं हेयमिति निश्चित्य शाम्यति ॥ ९-३॥

anityam sarvamevedam tāpatrayadūṣitam asaram ninditam heyamiti niścitya śāmyati

All this is impermanent and spoilt by the three sorts of pain. Recognising it to be insubstantial, comtemptible and only fit for rejection, one attains peace.

कोऽसौ कालो वयः किं वा यत्र द्वन्द्वानि नो नृणां । तान्युपेक्ष्य यथाप्राप्तवर्ती सिद्धिमवाप्नुयात् ॥ ९-४॥

ko'sau kālo vayaḥ kim vā yatra dvandvāni no nṛṇām tānyupekṣya yathāprāptavartī siddhimavāpnuyāt

When was that age or time of life when the dualism of extremes did not exist for men? Abandoning them, a person who is happy to take whatever comes attains perfection.

ना मतं महर्षीणां साधूनां योगिनां तथा।

दृष्ट्वा निर्वेद्मापन्नः को न शाम्यति मानवः ॥ ९-५॥

nā matam maharṣīṇām sādhūnām yoginām tathā dṛṣṭvā nirvedamāpannaḥ ko na śāmyati mānavaḥ

Who does not end up with indifference to such things and attain peace when he has seen the differences of opinions among the great sages, saints and yogis?

कृत्वा मूर्तिपरिज्ञानं चैतन्यस्य न किं गुरुः ।

निर्वेदसमतायुक्त्या यस्तारयति संसृतेः ॥ ९-६॥

kṛtvā mūrtiparijñānam caitanyasya na kim guruḥ nirvedasamatāyuktyā yastārayati samsṛteḥ

Is he not a guru who, endowed with dispassion and equanimity, achieves full knowledge of the nature of consciousness, and leads others out of samsara?

पश्य भूतविकारांस्त्वं भूतमात्रान् यथार्थतः ।

तत्क्षणादु बन्धनिर्मुक्तः स्वरूपस्थो भविष्यसि ॥ ९-७॥

paśya bhūtavikārāmstvam bhūtamātrān yathārthataḥ tatkṣaṇād bandhanirmuktaḥ svarūpastho bhaviṣyasi

If you would just see the transformations of the elements as nothing more than the elements, then you would immediately be freed from all bonds and established in your own nature.

वासना एव संसार इति सर्वा विमुंच ताः ।

तत्त्यागो वासनात्यागात्स्थितरद्य यथा तथा ॥ ९-८॥

vāsanā eva samsāra iti sarvā vimumca tāḥ tattyāgo vāsanātyāgātsthitiradya yathā tathā

One's inclinations are samsara. Knowing this, abandon them. The renunciation of them is the renunciation of it. Now you can remain as you are.

Chapter 10

॥दशमोध्यायः॥

अष्टावक उवाच ॥

विहाय वैरिणं काममर्थं चानर्थसंकुलं । धर्ममप्येतयोर्हेतुं सर्वत्रादरं कुरु ॥ १०-१॥

aṣṭāvakra uvāca

vihāya vairiṇam kāmamartham cānarthasamkulam dharmamapyetayorhetum sarvatrādaram kuru

Ashtavakra: Abandoning desire, the enemy, along with gain, itself so full of loss, and the good deeds which are the cause of the other two - practice indifference to everything.

स्वप्नेन्द्रजालवत् पश्य दिनानि त्रीणि पंच वा ।

मित्रक्षेत्रधनागारदारदायादिसंपदः ॥ १०-२॥

svapnendrajālavat paśya dināni trīņi paṁca vā mitrakṣetradhanāgāradāradāyādisaṁpadaḥ

Look on such things as friends, land, money, property, wife, and bequests as nothing but a dream or a magician's show lasting three or five days.

यत्र यत्र भवेत्तृष्णा संसारं विद्धि तत्र वै।

प्रौढवैराग्यमाश्रित्य वीततृष्णः सुखी भव ॥ १०-३॥

yatra yatra bhavettṛṣṇā saṃsāraṁ viddhi tatra vai prauḍhavairāgyamāśritya vītatṛṣṇaḥ sukhī Bhava

Wherever a desire occurs, see samsara in it. Establishing yourself in firm dispassion, be free of passion and happy.

तृष्णामात्रात्मको बन्धस्तन्नाशो मोक्ष उच्यते ।

भवासंसक्तिमात्रेण प्राप्तितुष्टिर्मुहुर्मुहुः ॥ १०-४॥

tṛṣṇāmātrātmako bandhastannāśo mokṣa ucyate bhavāsaṁsaktimātreṇa prāptituṣṭirmuhurmuhuḥ

The essential nature of bondage is nothing other than desire, and its elimination is known as liberation. It is simply by not being attached to changing things that the everlasting joy of attainment is reached.

त्वमेकश्चेतनः शुद्धो जडं विश्वमसत्तथा।

अविद्यापि न किंचित्सा का बुभुत्सा तथापि ते॥ १०-५॥

tvamekaścetanaḥ śuddho jaḍam viśvamasattathā avidyāpi na kimcitsā kā bubhutsā tathāpi te

You are one, conscious and pure, while all this is just inert nonbeing. Ignorance itself is nothing, so what need have you of desire to understand?

राज्यं सुताः कलत्राणि शरीराणि सुखानि च।

संसक्तस्यापि नष्टानि तव जन्मनि जन्मनि ॥ १०-६॥

rājyam sutāḥ kalatrāṇi śarīrāṇi sukhāni ca samsaktasyāpi naṣṭāni tava janmani janmani

Kingdoms, children, wives, bodies, pleasures - these have all been lost to you, life after life, attached to them though you were.

अलमर्थेन कामेन सुकृतेनापि कर्मणा।

एभ्यः संसारकान्तारे न विश्रान्तमभून् मनः ॥ १०-७॥

alamarthena kāmena sukṛtenāpi karmaṇā ebhyaḥ saṁsārakāntāre na viśrāntamabhūn manaḥ

Enough of wealth, sensuality and good deeds. In the forest of samsara the mind has never found satisfaction in these.

कृतं न कित जन्मानि कायेन मनसा गिरा। दुःखमायासदं कर्म तद्द्याप्युपरम्यताम्॥ १०-८॥

kṛtaṁ na kati janmāni kāyena manasā girā duḥkhamāyāsadaṁ karma tadadyāpyuparamyatām

How many births have you not done hard and painful labour with body, mind and speech. Now at last stop!

Chapter 11

॥ एकादशोध्यायः॥

अष्टावक उवाच ॥

भावाभावविकारश्च स्वभावादिति निश्चयी।

निर्विकारो गतक्केशः सुखेनैवोपशाम्यति ॥ ११-१॥

astāvakra uvāca

bhāvābhāvavikāraśca svabhāvāditi niścayī nirvikāro gatakleśaḥ sukhenaivopaśāmyati

Ashtavakra:Unmoved and undistressed, realising that being, non-being and change are of the very nature of things, one easily finds peace.

ईश्वरः सर्वनिर्माता नेहान्य इति निश्चयी।

अन्तर्गलितसर्वाशः शान्तः कापि न सज्जते ॥ ११-२॥

īśvaraḥ sarvanirmātā nehānya iti niścayī antargalitasarvāśaḥ śāntaḥ kvāpi na sajjate

At peace, having shed all desires within, and realising that nothing exists here but the Lord, the Creator of all things, one is no longer attached to anything.

आपदः संपदः काले दैवादेवेति निश्चयी।

तृप्तः स्वस्थेन्द्रियो नित्यं न वान्छति न शोचति॥११-३॥

āpadaḥ sampadaḥ kāle daivādeveti niścayī tṛptaḥ svasthendriyo nityam na vānchati na śocati

Realising that misfortune and fortune come in their turn from fate, one is contented, one's senses under control, and does not like or dislike.

सुखदुःखं जन्ममृत्यू दैवादेवेति निश्चयी।

साध्यादर्शी निरायासः कुर्वन्नपि न लिप्यते ॥ ११-४॥

sukhaduḥkhe janmamṛtyū daivādeveti niścayī sādhyādarśī nirāyāsaḥ kurvannapi na lipyate

Realising that pleasure and pain, birth and death are from fate, and that one's desires cannot be achieved, one remains inactive, and even when acting does not get attached.

चिन्तया जायते दुःखं नान्यथेहेति निश्चयी।

तया हीनः सुखी शान्तः सर्वत्र गलितस्पृहः ॥ ११-५॥

cintayā jāyate duḥkham nānyatheheti niścayī tayā hīnaḥ sukhī śāntaḥ sarvatra galitaspṛhaḥ

Realising that suffering arises from nothing other than thinking, dropping all desires one rids oneself of it, and is happy and at peace everywhere.

नाहं देहो न मे देहो बोधोऽहमिति निश्चयी।

कैवल्यं इव संप्राप्तो न स्मरत्यकृतं कृतम् ॥ ११-६॥

nāham deho na me deho bodho'hamiti niścayī kaivalyam iva samprāpto na smaratyakṛtam kṛtam

Realising, "I am not the body, nor is the body mine. I am awareness", one attains the supreme state and no longer remembers things done or undone.

आब्रह्मस्तंबपर्यन्तं अहमेवेति निश्चयी ।

निर्विकल्पः शुचिः शान्तः प्राप्ताप्राप्तविनिर्वृतः ॥ ११-७॥

ābrahmastambaparyantam ahameveti niścayī nirvikalpaḥ śuciḥ śāntaḥ prāptāprāptavinirvṛtaḥ

Realising, "I alone exist, from Brahma down to the last clump of grass", one becomes free from uncertainty, pure, at peace and unconcerned about what has been attained or not.

नाश्चर्यमिदं विश्वं न किंचिदिति निश्चयी।

निर्वासनः स्फूर्तिमात्रो न किंचिदिव शाम्यति ॥ ११-८॥

nāścaryamidam viśvam na kimciditi niścayī nirvāsanaḥ sphūrtimātro na kimcidiva śāmyati

Realising that all this varied and wonderful world is nothing, one becomes pure receptivity, free from inclinations, and as if nothing existed, one finds peace.

Chapter 12

॥ द्वादशोध्यायः॥

जनक उवाच ॥

कायकृत्यासहः पूर्वं ततो वाग्विस्तरासहः ।

अथ चिन्तासहस्तस्मादु एवमेवाहमास्थितः ॥ १२-१॥

janaka uvāca

kāyakṛtyāsahaḥ pūrvaṁ tato vāgvistarāsahaḥ atha cintāsahastasmād evamevāhamāsthitaḥ

Janaka: First of all I was averse to physical activity, then to lengthy speech, and finally to thinking itself, which is why I am now established.

प्रीत्यभावेन शब्दादेरदृश्यत्वेन चात्मनः ।

विक्षेपैकाग्रहृद्य एवमेवाहमास्थितः ॥ १२-२॥

prītyabhāvena śabdāderadṛśyatvena cātmanaḥ vikṣepaikāgrahṛdaya evamevāhamāsthitaḥ

In the absence of delight in sound and the other senses, and by the fact that I am myself not an object of the senses, my mind is focused and free from distraction - which is why I am now established.

समाध्यासादिविक्षिप्तौ व्यवहारः समाधये।

एवं विलोक्य नियमं एवमेवाहमास्थितः ॥ १२-३॥ ।

samādhyāsādivikṣiptau vyavahāraḥ samādhaye evam vilokya niyamam evamevāhamāsthitaḥ

In the absence of delight in sound and the other senses, and by the fact that I am myself not an object of the senses, my mind is focused and free from distraction - which is why I am now established.

हेयोपादेयविरहादु एवं हर्षविषाद्योः ।

अभावाद्य हे ब्रह्मन्न् एवमेवाहमास्थितः ॥ १२-४॥

heyopādeyavirahād evam harṣaviṣādayoḥ abhāvādadya he brahmann evamevāhamāsthitaḥ

By relinquishing the sense of rejection and acceptance, and with pleasure and disappointment ceasing today, brahmin - I am now established.

आश्रमानाश्रमं ध्यानं चित्तस्वीकृतवर्जनं ।

विकल्पं मम वीक्ष्यैतेरेवमेवाहमास्थितः ॥ १२-५॥

āśramānāśramam dhyānam cittasvīkṛtavarjanam vikalpam mama vīkṣyaitairevamevāhamāsthitaḥ

Life in a community, then going beyond such a state, meditation and the elimination of mind-made objects - by means of these I have seen my error, and I am now established.

कर्मानुष्ठानमज्ञानाद् यथैवोपरमस्तथा।

बुध्वा सम्यगिदं तत्त्वं एवमेवाहमास्थितः ॥ १२-६॥

karmānuṣṭhānamajñānād yathaivoparamastathā budhvā samyagidam tattvam evamevāhamāsthitaḥ

Just as the performance of actions is due to ignorance, so their abandonment is too. By fully recognising this truth, I am now established.

अचिंत्यं चिंत्यमानोऽपि चिन्तारूपं भजत्यसौ ।

त्यक्तवा तद्भावनं तस्मादु एवमेवाहमास्थितः ॥ १२-७॥

acimtyam cimtyamāno'pi cintārūpam bhajatyasau tyaktvā tadbhāvanam tasmād evamevāhamāsthitaḥ

Trying to think the unthinkable, is doing something unnatural to thought. Abandoning such a practice therefore, I am now established.

एवमेव कृतं येन स कृतार्थों भवेदसौ।

एवमेव स्वभावो यः स कृतार्थो भवेदसौ ॥ १२-८॥

evameva kṛtaṁ yena sa kṛtārtho bhavedasau evameva svabhāvo yaḥ sa kṛtārtho bhavedasau

He who has achieved this has achieved the goal of life. He who is of such a nature has done what has to be done.

Chapter 13

॥ त्रयोदशोऽध्यायः॥

जनक उवाच ॥

अकिंचनभवं स्वास्थं कौपीनत्वेऽपि दुर्लभं । त्यागादाने विहायास्मादहमासे यथासुखम् ॥ १३-१॥

janaka uvāca

akimcanabhavam svāstham kaupīnatve'pi durlabham tyāgādāne vihāyāsmādahamāse yathāsukham

Janaka: The inner freedom of having nothing is hard to achieve, even with just a loin-cloth, but I live as I please abandoning both renunciation and acquisition.

कुत्रापि खेदः कायस्य जिह्वा कुत्रापि खेद्यते ।

मनः कुत्रापि तत्त्यक्तवा पुरुषार्थे स्थितः सुखम् ॥ ३-२॥

kutrāpi khedaḥ kāyasya jihvā kutrāpi khedyate manaḥ kutrāpi tattyaktvā puruṣārthe sthitaḥ sukham

Sometimes one experiences distress because of one's body, sometimes because of one's speech, and sometimes because of one's mind. Abandoning all of these, I live as I please in the goal of humanity.

कृतं किमपि नैव स्याद् इति संचिन्त्य तत्त्वतः ।

यदा यत्कर्तुमायाति तत् कृत्वासे यथासुखम् ॥ १३-३॥

kṛtaṁ kimapi naiva syād iti saṁcintya tattvataḥ yadā yatkartumāyāti tat kṛtvāse yathāsukham

Recognising that in reality no action is ever committed, I live as I please, just doing what presents itself to be done.

कर्मनेष्कर्म्यनिर्बन्धभावा देहस्थयोगिनः ।

संयोगायोगविरहाद्हमासे यथासुखम् ॥ १३-४॥

karmanaişkarmyanirbandhabhāvā dehasthayoginaḥ samyogāyogavirahādahamāse yathāsukham

Yogis who identify themselves with their bodies are insistent on fulfilling and avoiding certain actions, but I live as I please abandoning attachment and rejection.

अर्थानर्थों न मे स्थित्या गत्या न शयनेन वा ।

तिष्ठन् गच्छन् स्वपन् तस्माद्हमासे यथासुखम्॥१३-५

arthānarthau na me sthityā gatyā na śayanena vā tiṣṭhan gacchan svapan tasmādahamāse yathāsukham

No benefit or loss comes to me by standing, walking or lying down, so consequently I live as I please whether standing, walking or sleeping.

स्वपतो नास्ति मे हानिः सिद्धिर्यत्नवतो न वा।

नाशोल्लासौ विहायास्मद्हमासे यथासुखम् ॥ १३-६॥

svapato nāsti me hāniḥ siddhiryatnavato na vā nāśollāsau vihāyāsmadahamāse yathāsukham

I lose nothing by sleeping and gain nothing by effort, so consequently I live as I please, abandoning loss and success.

सुखादिरूपा नियमं भावेष्वालोक्य भूरिशः ।

शुभाशुभे विहायास्माद्दमासे यथासुखम् ॥ १३-७॥

sukhādirūpā niyamam bhāveṣvālokya bhūriśaḥ śubhāśubhe vihāyāsmādahamāse yathāsukham

Frequently observing the drawbacks of such things as pleasant objects, I live as I please, abandoning the pleasant and unpleasant.

Chapter 14

॥ चतुर्दशोऽध्यायः॥

जनक उवाच ॥

प्रकृत्या शून्यचित्तो यः प्रमादादु भावभावनः ।

निद्रितो बोधित इव क्षीणसंस्मरणो हि सः ॥ १४-१॥

janaka uvāca

prakṛtyā śūnyacitto yaḥ pramādād bhāvabhāvanaḥ nidrito bodhita iva kṣīṇasaṁsmaraṇo hi saḥ

Janaka: He who by nature is empty minded, and who thinks of things only unintentionally, is freed from deliberate remembering like one awakened from a dream.

क धनानि क मित्राणि क मे विषयदस्यवः ।

क शास्त्रं क च विज्ञानं यदा मे गलिता स्पृहा ॥ १४-२॥

kva dhanāni kva mitrāṇi kva me viṣayadasyavaḥ kva śāstraṁ kva ca vijñānaṁ yadā me galitā spṛhā

When my desire has been eliminated, I have no wealth, friends, robber senses, scriptures or knowledge?

विज्ञाते साक्षिपुरुषे परमात्मनि चेश्वरे ।

नैराश्ये बंधमोक्षे च न चिंता मुक्तये मम ॥ १४-३॥

vijñāte sākṣipuruṣe paramātmani ceśvare nairāśye baṁdhamokṣe ca na ciṁtā muktaye mama

Realising my supreme self-nature in the Person of the Witness, the Lord, and the state of desirelessness in bondage or liberation, I feel no inclination for liberation.

अंतर्विकल्पशून्यस्य बहिः स्वच्छन्दचारिणः ।

भ्रान्तस्येव दशास्तास्तास्तादशा एव जानते ॥ १४-४॥

amtarvikalpaśūnyasya bahiḥ svacchandacāriṇaḥ bhrāntasyeva daśāstāstāstādṛśā eva jānate

The various states of one who is free of uncertainty within, and who outwardly wanders about as he pleases like an idiot, can only be known by someone in the same condition.

Chapter 15

॥पञ्चदशोध्यायः॥

अष्टावक उवाच ॥

यथातथोपदेशेन कृतार्थः सत्त्वबुद्धिमान् ।

आजीवमपि जिज्ञासुः परस्तत्र विमुद्यति ॥ १५-१॥

aștāvakra uvāca

yathātathopadeśena kṛtārthaḥ sattvabuddhimān ājīvamapi jijñāsuḥ parastatra vimuhyati

Ashtavakra: While a man of pure intelligence may achieve the goal by the most casual of instruction, another may seek knowledge all his life and still remain bewildered.

मोक्षो विषयवैरस्यं बन्धो वैषयिको रसः ।

एतावदेव विज्ञानं यथेच्छिस तथा कुरु ॥ १५-२॥

mokṣo viṣayavairasyam bandho vaiṣayiko rasaḥ etāvadeva vijñānam yathecchasi tathā kuru

Liberation is distaste for the objects of the senses. Bondage is love of the senses. This is knowledge. Now do as you please.

वाग्मिप्राज्ञानमहोद्योगं जनं मूकजडालसं।

करोति तत्त्वबोधोऽयमतस्त्यक्तो बुभुक्षभिः ॥ १५-३॥

vāgmiprājñānamahodyogam janam mūkajaḍālasam karoti tattvabodho'yamatastyakto bubhukṣabhiḥ

This awareness of the truth makes an eloquent, clever and energetic man dumb, stupid and lazy, so it is avoided by those whose aim is enjoyment.

न त्वं देहो न ते देहो भोक्ता कर्ता न वा भवान्।

चिद्रपोऽसि सदा साक्षी निरपेक्षः सुखं चर ॥ १५-४॥

na tvam deho na te deho bhoktā kartā na vā bhavān cidrūpo'si sadā sākṣī nirapekṣaḥ sukham cara

You are not the body, nor is the body yours, nor are you the doer of actions or the reaper of their consequences. You are eternally pure consciousness the witness, in need of nothing - so live happily.

रागद्वेषौ मनोधर्मौ न मनस्ते कदाचन ।

निर्विकल्पोऽसि बोधात्मा निर्विकारः सुखं चर॥१५-५॥

rāgadveṣau manodharmau na manaste kadācana nirvikalpo'si bodhātmā nirvikāraḥ sukham cara

Desire and anger are objects of the mind, but the mind is not yours, nor ever has been. You are choiceless, awareness itself and unchanging - so live happily.

सर्वभूतेषु चात्मानं सर्वभूतानि चात्मनि ।

विज्ञाय निरहंकारो निर्ममस्त्वं सुखी भव ॥ १५-६॥

sarvabhūteṣu cātmānaṁ sarvabhūtāni cātmani vijñāya nirahaṁkāro nirmamastvaṁ sukhī Bhava

Recognising oneself in all beings, and all beings in oneself, be happy, free from the sense of responsibility and free from preoccupation with "me".

विश्वं स्फुरित यत्रेदं तरंगा इव सागरे । तत्त्वमेव न सन्देहश्चिन्मूर्ते विज्वरो भव ॥ १५-७॥

viśvam sphurati yatredam taramgā iva sāgare tattvameva na sandehaścinmūrte vijvaro Bhava

Your nature is the consciousness, in which the whole world wells up, like waves in the sea. That is what you are, without any doubt, so be free of disturbance.

श्रद्धस्व तात श्रद्धस्व नात्र मोऽहं कुरुष्व भोः ।

ज्ञानस्वरूपो भगवानात्मा त्वं प्रकृतेः परः ॥ १५-८॥

śraddhasva tāta śraddhasva nātra mo'ham kuruṣva bhoḥ jñānasvarūpo bhagavānātmā tvam prakṛteḥ paraḥ

Have faith, my son, have faith. Don't let yourself be deluded in this, sir. You are yourself the Lord, whose very nature is knowledge, and are beyond natural causation.

गुणैः संवेष्टितो देहस्तिष्ठत्यायाति याति च।

आत्मा न गंता नागंता किमेनमनुशोचिस ॥ १५-९॥

guṇaiḥ saṁveṣṭito dehastiṣṭhatyāyāti yāti ca ātmā na gaṁtā nāgaṁtā kimenamanuśocasi

The body invested with the senses stands still, and comes and goes. You yourself neither come nor go, so why bother about them?

देहस्तिष्ठतु कल्पान्तं गच्छत्वद्यैव वा पुनः ।

क वृद्धिः क च वा हानिस्तव चिन्मात्ररूपिणः॥१५-१०॥

dehastiṣṭhatu kalpāntam gacchatvadyaiva vā punaḥ kva vṛddhiḥ kva ca vā hānistava cinmātrarūpiṇaḥ

Let the body last to the end of the Age, or let it come to an end right now. What have you gained or lost, who consist of pure consciousness?

त्वय्यनंतमहांभोधौ विश्ववीचिः स्वभावतः ।

उदेतु वास्तमायातु न ते वृद्धिर्न वा क्षतिः ॥ १५-११॥

tvayyanamtamahāmbhodhau viśvavīciḥ svabhāvataḥ udetu vāstamāyātu na te vṛddhirna vā kṣatiḥ

Let the world wave rise or subside according to its own nature in you, the great ocean. It is no gain or loss to you.

तात चिन्मात्ररूपोऽसि न ते भिन्नमिदं जगत्।

अतः कस्य कथं कुत्र हेयोपादेयकल्पना ॥ १५-१२॥

tāta cinmātrarūpo'si na te bhinnamidam jagat ataḥ kasya katham kutra heyopādeyakalpanā

My son, you consist of pure consciousness, and the world is not separate from you. So who is to accept or reject it, and how, and why?

एकस्मिन्नव्यये शान्ते चिदाकाशेऽमले त्विय ।

कुतो जन्म कुतो कर्म कुतोऽहंकार एव च ॥ १५-१३॥

ekasminnavyaye śānte cidākāśe male tvayi

kuto janma kuto karma kuto hamkāra eva ca

How can there be either birth, karma or responsibility in that one unchanging, peaceful, unblemished and infinite consciousness which is you?

यत्त्वं पश्यसि तत्रैकस्त्वमेव प्रतिभाससे ।

किं पृथक् भासते स्वर्णात् कटकांगदनूपुरम् ॥ १५-१४॥

yattvam paśyasi tatraikastvameva pratibhāsase kim pṛthak bhāsate svarṇāt kaṭakāmgadanūpuram

Whatever you see, it is you alone manifest in it. How could bracelets, armlets and anklets be different from the gold they are made of?

अयं सोऽहमयं नाहं विभागमिति संत्यज।

सर्वमात्मेति निश्चित्य निःसङ्कल्पः सुखी भव॥१५-१५॥

ayam so'hamayam nāham vibhāgamiti samtyaja sarvamātmeti niścitya niḥsaṅkalpaḥ sukhī Bhava

Giving up such distinctions as "He is what I am", and "I am not that", recognise that "Everything is myself", and be without distinction and happy.

तवैवाज्ञानतो विश्वं त्वमेकः परमार्थतः ।

त्वत्तोऽन्यो नास्ति संसारी नासंसारी च कश्चन॥१५-१६

tavaivājñānato viśvam tvamekaḥ paramārthataḥ tvatto'nyo nāsti samsārī nāsamsārī ca kaścana

It is through your ignorance that all this exists. In reality you alone exist. Apart from you there is no one within or beyond samsara.

भ्रान्तिमात्रमिदं विश्वं न किंचिदिति निश्चयी।

निर्वासनः स्फूर्तिमात्रो न किंचिदिव शाम्यति ॥१५-१७॥

bhrāntimātramidam viśvam na kimciditi niścayī nirvāsanaḥ sphūrtimātro na kimcidiva śāmyati

Knowing that all this is an illusion, one becomes free of desire, pure receptivity and at peace, as if nothing existed.

एक एव भवांभोधावासीदस्ति भविष्यति ।

न ते बन्धोऽस्ति मोक्षो वा कृत्यकृत्यः सुखं चर ॥ १५-१८॥

eka eva bhavāmbhodhāvāsīdasti bhaviṣyati na te bandho'sti mokṣo vā kṛtyakṛtyaḥ sukham cara

Only one thing has existed, exists and will exist in the ocean of being. You have no bondage or liberation. Live happily and fulfilled.

मा सङ्कल्पविकल्पाभ्यां चित्तं क्षोभय चिन्मय।

उपशाम्य सुखं तिष्ठ स्वात्मन्यानन्दविग्रहे ॥ १५-१९॥

mā saṅkalpavikalpābhyām cittam kṣobhaya cinmaya upaśāmya sukham tiṣṭha svātmanyānandavigrahe

Being pure consciousness, do not disturb your mind with thoughts of for and against. Be at peace and remain happily in yourself, the essence of joy.

त्यजैव ध्यानं सर्वत्र मा किंचिदु हृदि धारय।

आत्मा त्वं मुक्त एवासि किं विमृश्य करिष्यसि॥१५-२०

tyajaiva dhyānam sarvatra mā kimcid hṛdi dhāraya ātmā tvam mukta evāsi kim vimṛśya kariṣyasi

Give up meditation completely but don't let the mind hold on to anything. You are free by nature, so what will you achieve by forcing the mind?

Chapter 16

॥ षोढशोध्यायः॥

अष्टावक उवाच ॥

आचक्ष्व शृणु वा तात नानाशास्त्राण्यनेकशः ।

तथापि न तव स्वास्थ्यं सर्वविस्मरणादु ऋते ॥ १६-१॥

așțāvakra uvāca

ācakṣva śṛṇu vā tāta nānāśāstrāṇyanekaśaḥ tathāpi na tava svāsthyaṁ sarvavismaraṇād ṛte

Ashtavakra: My son, you may recite or listen to countless scriptures, but you will not be established within until you can forget everything.

भोगं कर्म समाधिं वा कुरु विज्ञ तथापि ते । चित्तं निरस्तसर्वाशमत्यर्थं रोचियष्यति ॥ १६-२॥

bhogam karma samādhim vā kuru vijna tathāpi te cittam nirastasarvāśamatyartham rocayiṣyati

You may, as a learned man, indulge in wealth, activity and meditation, but your mind will still long for that which is the cessation of desire, and beyond all goals.

आयासात्सकलो दुःखी नैनं जानाति कश्चन ।

अनेनैवोपदेशेन धन्यः प्राप्नोति निर्वृतिम् ॥ १६-३॥

āyāsātsakalo duḥkhī nainam jānāti kaścana anenaivopadeśena dhanyaḥ prāpnoti nirvṛtim

Everyone is in pain because of their own effort, but no-one realises it. By just this very instruction, the lucky one attains tranquillity.

व्यापारे खिद्यते यस्तु निमेषोन्मेषयोरि । तस्यालस्य धुरीणस्य सुखं नन्यस्य कस्यचित् ॥१६-४॥

vyāpāre khidyate yastu nimeṣonmeṣayorapi tasyālasya dhurīṇasya sukhaṁ nanyasya kasyacit

Happiness belongs to no-one but that supremely lazy man for whom even opening and closing his eyes is a bother.

इदं कृतिमदं नेति द्वंद्वैर्मुक्तं यदा मनः ।

धर्मार्थकाममोक्षेषु निरपेक्षं तदा भवेत् ॥ १६-५॥

idam kṛtamidam neti dvamdvairmuktam yadā manaḥ dharmārthakāmamokṣeṣu nirapekṣam tadā bhavet

When the mind is freed from such pairs of opposites as, "I have done this", and "I have not done that", it becomes indifferent to merit, wealth, sensuality and liberation.

विरक्तो विषयद्वेष्टा रागी विषयलोलुपः ।

ग्रहमोक्षविहीनस्तु न विरक्तो न रागवान् ॥ १६-६॥

virakto viṣayadveṣṭā rāgī viṣayalolupaḥ grahamokṣavihīnastu na virakto na rāgavān

One man is abstemious and averse to the senses, another is greedy and attached to them, but he who is free from both taking and rejecting is neither abstemious nor greedy.

हेयोपादेयता तावत्संसारविटपांकुरः ।

स्पृहा जीवति यावदु वै निर्विचारदशास्पदम् ॥ १६-७॥

heyopādeyatā tāvatsamsāraviṭapāmkuraḥ spṛhā jīvati yāvad vai nirvicāradaśāspadam

So long as desire, which is the state of lack of discrimination, remains, the sense of revulsion and attraction will remain, which is the root and branch of samsara.

प्रवृत्तौ जायते रागो निर्वृत्तौ द्वेष एव हि ।

निर्द्वन्द्वो बालवदु धीमान् एवमेव व्यवस्थितः ॥ १६-८॥

pravṛttau jāyate rāgo nirvṛttau dveṣa eva hi nirdvandvo bālavad dhīmān evameva vyavasthitaḥ

Desire springs from usage, and aversion from abstension, but the wise man is free from the pairs of opposites like a child, and becomes established.

हातुमिच्छति संसारं रागी दुःखजिहासया ।

वीतरागो हि निर्दुः खस्तिस्मन्निप न खिद्यति ॥ १६-९॥

hātumicchati samsāram rāgī duḥkhajihāsayā vītarāgo hi nirduḥkhastasminnapi na khidyati

The passionate man wants to be rid of samsara so as to avoid pain, but the dispassionate man is free from pain and feels no distress even in it.

यस्याभिमानो मोक्षेऽपि देहेऽपि ममता तथा। न च ज्ञानी न वा योगी केवलं दुःखभागसौ ॥ १६-१०॥

yasyābhimāno mokṣe'pi dehe'pi mamatā tathā na ca jñānī na vā yogī kevalaṁ duḥkhabhāgasau

He who is proud about even liberation or his own body, and feels them his own, is neither a seer nor a yogi. He is still just a sufferer.

हरो यद्युपदेष्टा ते हरिः कमलजोऽपि वा । तथापि न तव स्वाथ्यं सर्वविस्मरणादृते ॥ १६-११॥

haro yadyupadeṣṭā te hariḥ kamalajo'pi vā tathāpi na tava svāthyam sarvavismaraṇādṛte

If even Shiva, Vishnu or the lotus-born Brahma were your instructor, until you have forgotten everything you cannot be established within.

Chapter 17

॥ सप्तद्शोध्यायः॥

अष्टावक उवाच ॥

तेन ज्ञानफलं प्राप्तं योगाभ्यासफलं तथा।

तृप्तः स्वच्छेन्द्रियो नित्यं एकाकी रमते तु यः ॥ १७-१॥

astāvakra uvāca

tena jñānaphalam prāptam yogābhyāsaphalam tathā tṛptaḥ svacchendriyo nityam ekākī ramate tu yaḥ

Ashtavakta said: He who is content, with purified senses, and always enjoys solitude, has gained the fruit of knowledge and the fruit of the practice of yoga too.

न कदाचिज्जगत्यस्मिन् तत्त्वज्ञा हन्त खिद्यति । यत एकेन तेनेदं पूर्णं ब्रह्माण्डमण्डलम् ॥ १७-२॥

na kadācijjagatyasmin tattvajñā hanta khidyati yata ekena tenedam pūrņam brahmāṇḍamaṇḍalam

The knower of truth is never distressed in this world, for the whole round world is full of himself alone.

न जातु विषयाः केऽपि स्वारामं हर्षयन्त्यमी ।

सल्लकीपल्लवप्रीतिमवेभं निंबपल्लवाः ॥ १७-३॥

na jātu viṣayāḥ ke'pi svārāmam harṣayantyamī sallakīpallavaprītamivebham nimbapallavāḥ

None of these senses please a man who has found satisfaction within, just as Nimba leaves do not please the elephant that likes Sallaki leaves.

यस्तु भोगेषु भुक्तेषु न भवत्यधिवासिता । अभुक्तेषु निराकांक्षी तदृशो भवदुर्लभः ॥ १७-४॥

yastu bhogeşu bhukteşu na bhavatyadhivāsitā abhukteşu nirākāmkṣī tadṛśo bhavadurlabhaḥ

The man who is not attached to the things he has enjoyed, and does not hanker after the things he has not enjoyed, such a man is hard to find.

बुभुक्षुरिह संसारे मुमुक्षुरिप दृश्यते ।

भोगमोक्षनिराकांक्षी विरलो हि महाशयः ॥ १७-५॥

bubhukşuriha samsāre mumukşurapi dṛśyate bhogamokşanirākāmkṣī viralo hi mahāśayaḥ

Those who desire pleasure and those who desire liberation are both found in samsara, but the great souled man who desires neither pleasure nor liberation is rare indeed.

धर्मार्थकाममोक्षेषु जीविते मरणे तथा।

कस्याप्युदारचित्तस्य हेयोपादेयता न हि ॥ १७-६॥

dharmārthakāmamokṣeṣu jīvite maraṇe tathā kasyāpyudāracittasya heyopādeyatā na hi

It is only the noble minded who is free from attraction or repulsion to religion, wealth, sensuality, and life and death too.

वांछा न विश्वविलये न द्वेषस्तस्य च स्थितौ।

यथा जीविकया तस्मादु धन्य आस्ते यथा सुखम्॥१७-७

vāmchā na viśvavilaye na dveṣastasya ca sthitau yathā jīvikayā tasmād dhanya āste yathā sukham

He feels no desire for the elimination of all this, nor anger at its continuing, so the lucky man lives happily with whatever sustinence presents itself.

कृतार्थोऽनेन ज्ञानेनेत्येवं गलितधीः कृती ।

पश्यन् शृण्वन् स्पृशन् जिघ्नन्न् अश्वन्नस्ते यथा सुखम्॥१७-८

kṛtārtho'nena jñānenetyevaṁ galitadhīḥ kṛtī paśyan śṛṇvan spṛśan jighrann aśnannaste yathā sukham

Thus fulfilled through this knowledge, contented and with the thinking mind emptied, he lives happily just seeing, hearing, feeling, smelling and tasting.

शून्या दृष्टिर्वृथा चेष्टा विकलानीन्द्रियाणि च । न स्पृहा न विरक्तिर्वा क्षीणसंसारसागरे ॥ १७-९॥

sūnyā dṛṣṭirvṛthā ceṣṭā vikalānīndriyāṇi ca na spṛhā na viraktirvā kṣīṇasaṁsārasāgare

In him for whom the ocean of samsara has dried up, there is neither attachment or aversion. His gaze is vacant, his behaviour purposeless, and his senses inactive.

न जगर्ति न निद्राति नोन्मीलति न मीलति ।

अहो परदशा कापि वर्तते मुक्तचेतसः ॥ १७-१०॥

na jagarti na nidrāti nonmīlati na mīlati aho paradaśā kvāpi vartate muktacetasaḥ

Surely the supreme state is eveywhere for the liberated mind. He is neither awake nor asleep, and neither opens or closes his eyes.

सर्वत्र दृश्यते स्वस्थः सर्वत्र विमलाशयः ।

समस्तवासना मुक्तो मुक्तः सर्वत्र राजते ॥ १७-११॥

sarvatra dṛśyate svasthaḥ sarvatra vimalāśayaḥ samastavāsanā mukto muktaḥ sarvatra rājate

The liberated man is resplendent everywhere, free from all desires. Everywhere he appears self-possessed and pure of heart.

पश्यन् शृण्वन् स्पृशन् जिघ्नन्नश्नन् गृण्हन् वदन् वजन् ।

ईहितानीहितैर्मुक्तो मुक्त एव महाशयः ॥ १७-१२॥

paśyan śṛṇvan spṛśan jighrann aśnan gṛṇhan vadan vrajan īhitānīhitairmukto mukta eva mahāśayaḥ

Seeing, hearing, feeling, smelling, tasting, speaking and walking about, the great souled man who is freed from trying to achieve or avoid anything is free indeed.

न निन्दित न च स्तौति न हृष्यति न कुप्यति ।

न ददाति न गृण्हाति मुक्तः सर्वत्र नीरसः ॥ १७-१३॥

na nindati na ca stauti na hṛṣyati na kupyati na dadāti na gṛṇhāti muktaḥ sarvatra nīrasaḥ

The liberated man is free from desires everywhere. He neither blames, praises, rejoices, is disappointed, gives nor takes.

सानुरागां स्त्रियं दृष्ट्वा मृत्युं वा समुपस्थितं ।

अविह्वलमनाः स्वस्थो मुक्त एव महारायः ॥ १७-१४॥

sānurāgām striyam dṛṣṭvā mṛtyum vā samupasthitam avihvalamanāḥ svastho mukta eva mahāśayaḥ

When a great souled one is unperturbed in mind and selfpossessed at either the sight of a woman full of desire or at approaching death, he is truly liberated.

सुखे दुःखे नरे नार्यां संपत्सु विपत्सु च।

विशेषो नैव धीरस्य सर्वत्र समदर्शिनः ॥ १७-१५॥

sukhe duḥkhe nare nāryām sampatsu vipatsu ca viśeṣo naiva dhīrasya sarvatra samadarśinaḥ

There is no distinction between pleasure and pain, man and woman, success and failure for the wise man who looks on everything as equal.

न हिंसा नैव कारुण्यं नौद्धत्यं न च दीनता।

नाश्चर्यं नैव च क्षोभः क्षीणसंसरणे नरे ॥ १७-१६॥

na himsā naiva kāruṇyam nauddhatyam na ca dīnatā nāścaryam naiva ca kṣobhaḥ kṣīṇasamsaraṇe nare

There is no aggression nor compassion, no pride nor humility, no wonder nor confusion for the man whose days of in samsara are over.

न मुक्तो विषयद्वेष्टा न वा विषयलोलुपः ।

असंसक्तमना नित्यं प्राप्ताप्राप्तमुपाश्चते ॥ १७-१७॥

na mukto vişayadveşţā na vā vişayalolupaḥ asamsaktamanā nityam prāptāprāptamupāśnute

The liberated man is not averse to the senses and nor is he attached to them. He enjoys hinself continually with an unattached mind in both achievement and non-achievement.

समाधानसमाधानहिताहितविकल्पनाः ।

शून्यचित्तो न जानाति कैवल्यमिव संस्थितः॥१७-१८॥

samādhānasamādhānahitāhitavikalpanāḥ śūnyacitto na jānāti kaivalyamiva samsthitaḥ

One established in the Absolute state with an empty mind does not know the alternatives of inner stillness and lack of inner stillness, and of good and evil.

निर्ममो निरहंकारो न किंचिदिति निश्चितः ।

अन्तर्गलितसर्वाशः कुर्वन्नपि करोति न ॥ १७-१९॥

nirmamo nirahamkāro na kimciditi niścitaḥ antargalitasarvāśaḥ kurvannapi karoti na

Free of "me" and "mine" and of a sense of responsibility, aware that "Nothing exists", with all desires extinguished within, a man does not act even in acting.

मनःप्रकाशसंमोहस्वप्नजाड्यविवर्जितः ।

द्शां कामपि संप्राप्तो भवेदु गलितमानसः ॥ १७-२०॥

manaḥprakāśasammohasvapnajāḍyavivarjitaḥ daśām kāmapi samprāpto bhaved galitamānasaḥ

He whose thinking mind is dissolved achieves the indescribable state and is free from the mental display of delusion, dream and ignorance.

Chapter 18

॥ अष्टादशोऽध्यायः॥

अष्टावक उवाच ॥

यस्य बोधोद्ये तावत्स्वप्नवदु भवति भ्रमः ।

तस्मै सुखैकरूपाय नमः शान्ताय तेजसे ॥ १८-१॥

astāvakra uvāca

yasya bodhodaye tāvatsvapnavad bhavati bhramaḥ tasmai sukhaikarūpāya namaḥ śāntāya tejase

Ashtavakra: Praise be to that by the awareness of which delusion itself becomes dream-like, to that which is pure happiness, peace and light.

अर्जियत्वाखिलान् अर्थान् भोगानाप्तोति पुष्कलान् । न हि सर्वपरित्याजमन्तरेण सुखी भवेत् ॥ १८-२॥ arjayitvākhilān arthān bhogānāpnoti puṣkalān na hi sarvaparityājamantareṇa sukhī bhavet

One may get all sorts of pleasure by the acquisition of various objects of enjoyment, but one cannot be happy except by the renunciation of everything.

कर्तव्यदुःखमार्तण्डज्वालादग्धान्तरात्मनः।

कुतः प्रशमपीयूषधारासारमृते सुखम् ॥ १८-३॥

kartavyaduḥkhamārtaṇḍajvālādagdhāntarātmanaḥ kutaḥ praśamapīyūṣadhārāsāramṛte sukham

How can there be happiness, for one who has been burnt inside by the blistering sun of the pain of thinking that there are things that still need doing, without the rain of the nectar of peace?

भवोऽयं भावनामात्रो न किंचित् परमर्थतः ।

नास्त्यभावः स्वभावनां भावाभावविभाविनाम् ॥ १८-४॥

bhavo'yam bhāvanāmātro na kimcit paramarthataḥ nāstyabhāvaḥ svabhāvanām bhāvābhāvavibhāvinām

This existence is just imagination. It is nothing in reality, but there is no non-being for natures that know how to distinguish being from non being.

न दूरं न च संकोचाल्लब्धमेवात्मनः पदं।

निर्विकल्पं निरायासं निर्विकारं निरंजनम् ॥ १८-५॥

na dūram na ca samkocāllabdhamevātmanaḥ padam nirvikalpam nirāyāsam nirvikāram niramjanam

The realm of one's self is not far away, and nor can it be achieved by the addition of limitations to its nature. It is unimaginable, effortless, unchanging and spotless.

व्यामोहमात्रविरतौ स्वरूपादानमात्रतः ।

वीतशोका विराजन्ते निरावरणदृष्टयः ॥ १८-६॥

vyāmohamātraviratau svarūpādānamātrataḥ vītaśokā virājante nirāvaraṇadṛṣṭayaḥ

By the simple elimination of delusion and the recognition of one's true nature, those whose vision is unclouded live free from sorrow.

समस्तं कल्पनामात्रमात्मा मुक्तः सनातनः । इति विज्ञाय धीरो हि किमभ्यस्यति बालवत् ॥ १८-७॥

samastam kalpanāmātramātmā muktaḥ sanātanaḥ iti vijñāya dhīro hi kimabhyasyati bālavat

Knowing everything as just imagination, and himself as eternally free, how should the wise man behave like a fool?

आत्मा ब्रह्मेति निश्चित्य भावाभावौ च कल्पितौ ।

निष्कामः किं विजानाति किं ब्रूते च करोति किम्॥१८-८

ātmā brahmeti niścitya bhāvābhāvau ca kalpitau niṣkāmaḥ kiṁ vijānāti kiṁ brūte ca karoti kim

Knowing himself to be God and being and non-being just imagination, what should the man free from desire learn, say or do?

अयं सोऽहमयं नाहं इति क्षीणा विकल्पना । सर्वमात्मेति निश्चित्य तूष्णींभूतस्य योगिनः ॥ १८-९॥

ayam so'hamayam nāham iti kṣīṇā vikalpanā sarvamātmeti niścitya tūṣṇīmbhūtasya yoginaḥ

Considerations like "I am this" or "I am not this" are finished for the yogi who has gone silent realising "Everything is myself".

न विक्षेपो न चैकाय्यं नातिबोधो न मूढता ।

न सुखं न च वा दुःखं उपशान्तस्य योगिनः ॥ १८-१०॥

na vikṣepo na caikāgryam nātibodho na mūḍhatā na sukham na ca vā duḥkham upaśāntasya yoginaḥ

For the yogi who has found peace, there is no distraction or onepointedness, no higher knowledge or ignorance, no pleasure and no pain.

स्वाराज्ये भैक्षवृत्तौ च लाभालाभे जने वने ।

निर्विकल्पस्वभावस्य न विशेषोऽस्ति योगिनः॥१८-११

svārājye bhaikṣavṛttau ca lābhālābhe jane vane nirvikalpasvabhāvasya na viśeṣo'sti yoginaḥ

The dominion of heaven or beggary, gain or loss, life among men or in the forest, these make no difference to a yogi whose nature it is to be free from distinctions.

क धर्मः क च वा कामः क चार्थः क विवेकिता।

इदं कृतिमदं नेति द्वन्द्वैर्मुक्तस्य योगिनः ॥ १८-१२॥

kva dharmaḥ kva ca vā kāmaḥ kva cārthaḥ kva vivekitā idam kṛtamidam neti dvandvairmuktasya yoginaḥ

There is no religion, wealth, sensuality or discrimination for a yogi free from such opposites as "I have done this," and "I have not done that."

कृत्यं किमपि नैवास्ति न कापि हृदि रंजना ।

यथा जीवनमेवेह जीवन्मुक्तस्य योगिनः ॥ १८-१३॥

kṛtyam kimapi naivāsti na kāpi hṛdi ramjanā yathā jīvanameveha jīvanmuktasya yoginaḥ

There is nothing needing to be done, or any attachment in his heart for the yogi liberated while still alive. Things are just for life-time.

क मोहः क च वा विश्वं क तदु ध्यानं क मुक्तता ।

सर्वसंकल्पसीमायां विश्रान्तस्य महात्मनः ॥ १८-१४॥

kva mohaḥ kva ca vā viśvaṁ kva tad dhyānaṁ kva muktatā sarvasaṁkalpasīmāyāṁ viśrāntasya mahātmanaḥ

There is no delusion, world, meditation on That, or liberation for the pacified great soul. All these things are just the realm of imagination.

येन विश्वमिदं दृष्टं स नास्तीति करोतु वै।

निर्वासनः किं कुरुते पश्यन्नपि न पश्यति ॥ १८-१५॥

yena viśvamidam dṛṣṭam sa nāstīti karotu vai nirvāsanaḥ kim kurute paśyannapi na paśyati

He by whom all this is seen may well make out it doesn't exist, but what is the desireless one to do. Even in seeing it he does not see it.

येन दृष्टं परं ब्रह्म सोऽहं ब्रह्मेति चिन्तयेत्।

किं चिन्तयति निश्चिन्तो द्वितीयं यो न पश्यति॥१८-१६

yena dṛṣṭaṁ paraṁ brahma so'haṁ brahmeti cintayet kiṁ cintayati niścinto dvitīyaṁ yo na paśyati

He by whom the Supreme Brahma is seen may think "I am Brahma", but what is he to think who is without thought, and who sees no duality.

दृष्टो येनात्मविक्षेपो निरोधं कुरुते त्वसौ ।

उदारस्तु न विक्षिप्तः साध्याभावात्करोति किम्॥ १८-१७

dṛṣṭo yenātmavikṣepo nirodham kurute tvasau udārastu na vikṣiptaḥ sādhyābhāvātkaroti kim

He by whom inner distraction is seen may put an end to it, but the noble one is not distracted. When there is nothing to achieve what is he to do?

धीरो लोकविपर्यस्तो वर्तमानोऽपि लोकवत्।

नो समाधिं न विक्षेपं न लोपं स्वस्य पश्यति ॥ १८-१८॥

dhīro lokaviparyasto vartamāno'pi lokavat no samādhim na vikṣepam na lopam svasya paśyati

The wise man, unlike the worldly man, does not see inner stillness, distraction or fault in himself, even when living like a worldly man.

भावाभावविहीनो यस्तृप्तो निर्वासनो बुधः ।

नैव किंचित्कृतं तेन लोकदृष्ट्या विकुर्वता ॥ १८-१९॥

bhāvābhāvavihīno yastṛpto nirvāsano budhaḥ naiva kimcitkṛtam tena lokadṛṣṭyā vikurvatā

Nothing is done by him who is free from being and non-being, who is contented, desireless and wise, even if in the world's eyes he does act.

प्रवृत्तौ वा निवृत्तौ वा नैव धीरस्य दुर्यहः ।

यदा यत्कर्तुमायाति तत्कृत्वा तिष्ठते सुखम् ॥ १८-२०॥

pravṛttau vā nivṛttau vā naiva dhīrasya durgrahaḥ yadā yatkartumāyāti tatkṛtvā tiṣṭhate sukham

The wise man who just goes on doing what presents itself for him to do, encounters no difficulty in either activity or inactivity.

निर्वासनो निरालंबः स्वच्छन्दो मुक्तबन्धनः ।

क्षिप्तः संस्कारवातेन चेष्टते शुष्कपर्णवत् ॥ १८-२१॥

nirvāsano nirālambaḥ svacchando muktabandhanaḥ kṣiptaḥ samskāravātena ceṣṭate śuṣkaparṇavat

He who is desireless, self-reliant, independent and free of bonds functions like a dead leaf blown about by the wind of causality .

असंसारस्य तु क्वापि न हर्षों न विषादिता ।

स शीतलहमना नित्यं विदेह इव राजये ॥ १८-२२॥

asamsārasya tu kvāpi na harṣo na viṣāditā sa śītalahamanā nityam videha iva rājaye

There is neither joy nor sorrow for one who has transcended samsara. With a peaceful mind he lives as if without a body.

कुत्रापि न जिहासास्ति नाशो वापि न कुत्रचित्।

आत्मारामस्य धीरस्य शीतलाच्छतरात्मनः॥१८-२३॥

kutrāpi na jihāsāsti nāśo vāpi na kutracit ātmārāmasya dhīrasya śītalācchatarātmanaḥ

He whose joy is in himself, and who is peaceful and pure within has no desire for renunciation or sense of loss in anything.

प्रकृत्या शून्यचित्तस्य कुर्वतोऽस्य यदच्छया ।

प्राकृतस्येव धीरस्य न मानो नावमानता ॥ १८-२४॥

prakṛtyā śūnyacittasya kurvato'sya yadṛcchayā prākṛtasyeva dhīrasya na māno nāvamānatā

For the man with a naturally empty mind, doing just as he pleases, there is no such thing as pride or false humility, as there is for the natural man.

कृतं देहेन कर्मेंदं न मया शुद्धरूपिणा।

इति चिन्तानुरोधी यः कुर्वन्निप करोति न ॥ १८-२५॥

kṛtam dehena karmedam na mayā śuddharūpiṇā iti cintānurodhī yaḥ kurvannapi karoti na

"This action was done by the body but not by me."The pure natured person thinking like this, is not acting even when acting.

अतद्वादीव कुरुते न भवेदपि बालिशः ।

जीवन्मुक्तः सुखी श्रीमान् संसरन्नपि शोभते ॥ १८-२६॥

atadvādīva kurute na bhavedapi bāliśaḥ jīvanmuktaḥ sukhī śrīmān saṁsarannapi śobhate

He who acts without being able to say why, but is not thereby a fool, he is one liberated while still alive, happy and blessed. He is happy even in samsara.

नाविचारसुश्रान्तो धीरो विश्रान्तिमागतः ।

न कल्पते न जाति न शृणोति न पश्यति ॥ १८-२७॥

nāvicārasuśrānto dhīro viśrāntimāgataḥ na kalpate na jāti na śṛṇoti na paśyati

He who has had enough of endless considerations and has attained to peace, does not think, know, hear or see.

असमाधेरविक्षेपान् न मुमुक्षुर्न चेतरः ।

निश्चित्य कल्पितं प्रयम् ब्रह्मैवास्ते महाशयः॥१८-२८॥

asamādheravikṣepān na mumukṣurna cetaraḥ niścitya kalpitam paśyan brahmaivāste mahāśayaḥ

He who is beyond mental stillness and distraction, does not desire either liberation or its opposite. Recognising that things are just constructions of the imagination, that great soul lives as God here and now.

यस्यान्तः स्यादहंकारो न करोति करोति सः ।

निरहंकारधीरेण न किंचिद्कृतं कृतम् ॥ १८-२९॥

yasyāntaḥ syādahamkāro na karoti karoti saḥ nirahamkāradhīreṇa na kimcidakṛtam kṛtam

He who feels responsibility within, acts even when not acting, but there is no sense of done or undone for the wise man who free from the sense of responsibility.

नोद्विय्नं न च सन्तुष्टमकर्तृ स्पन्दवर्जितं ।

निराशं गतसन्देहं चित्तं मुक्तस्य राजते ॥ १८-३०॥

nodvignam na ca santuṣṭamakartṛ spandavarjitam nirāśam gatasandeham cittam muktasya rājate

The mind of the liberated man is not upset or pleased. It shines unmoving, desireless, and free from doubt.

निर्ध्यातुं चेष्टितुं वापि यिचत्तं न प्रवर्तते ।

निर्निमित्तमिदं किंतु निर्ध्यायेति विचेष्टते ॥ १८-३१॥

nirdhyātum ceṣṭitum vāpi yaccittam na pravartate nirnimittamidam kimtu nirdhyāyeti viceṣṭate

He whose mind does not set out to meditate or act, meditates and acts without an object.

तत्त्वं यथार्थमाकण्यं मन्दः प्राप्नोति मूढतां ।

अथवा याति संकोचममूढः कोऽपि मूढवत् ॥ १८-३२॥

tattvam yathārthamākarnya mandah prāpnoti mūḍhatām athavā yāti samkocamamūḍhah ko'pi mūḍhavat

A stupid man is bewildered when he hears the real truth, while even clever man is humbled by it just like the fool.

एकाग्रता निरोधो वा मूढैरभ्यस्यते भृशं ।

धीराः कृत्यं न पश्यन्ति सुप्तवत्स्वपदे स्थिताः॥१८-३३

ekāgratā nirodho vā mūḍhairabhyasyate bhṛśam dhīrāḥ kṛtyam na paśyanti suptavatsvapade sthitāḥ

The ignorant make a great effort to practise one-pointedness and the stopping of thought, while the wise see nothing to be done and remain in themselves like those asleep.

अप्रयत्नात् प्रयत्नाद् वा मूढो नाप्नोति निर्वृतिं ।

तत्त्वनिश्चयमात्रेण प्राज्ञो भवति निर्वृतः ॥ १८-३४॥

aprayatnāt prayatnād vā mūḍho nāpnoti nirvṛtim tattvaniścayamātreṇa prājño bhavati nirvṛtaḥ

The stupid does not attain cessation whether he acts or abandons action, while the wise man find peace within simply by knowing the truth.

शुद्धं बुद्धं प्रियं पूर्णं निष्प्रपंचं निरामयं।

आत्मानं तं न जानन्ति तत्राभ्यासपरा जनाः॥१८-३५॥

śuddham buddham priyam pūrņam niṣprapamcam nirāmayam ātmānam tam na jānanti tatrābhyāsaparā janāḥ

People cannot come to know themselves by practices - pure awareness, clear, complete, beyond multiplicity and faultless though they are.

नाप्नोति कर्मणा मोक्षं विमूढोऽभ्यासरूपिणा ।

धन्यो विज्ञानमात्रेण मुक्तस्तिष्ठत्यविकियः ॥ १८-३६॥

nāpnoti karmaņā mokṣam vimūḍho'bhyāsarūpiṇā dhanyo vijñānamātreṇa muktastiṣṭhatyavikriyaḥ

The stupid does not achieve liberation even through regular practice, but the fortunate remains free and actionless simply by discrimination.

मूढो नाप्नोति तद् ब्रह्म यतो भवितुमिच्छति ।

अनिच्छन्नपि धीरो हि परब्रह्मस्वरूपभाक् ॥ १८-३७॥

mūḍho nāpnoti tad brahma yato bhavitumicchati anicchannapi dhīro hi parabrahmasvarūpabhāk

The stupid does not attain Godhead because he wants to be it, while the wise man enjoys the Supreme Godhead without even wanting it.

निराधारा ग्रहव्यग्रा मूढाः संसारपोषकाः ।

एतस्यानर्थमूलस्य मूलच्छेदः कृतो बुधैः ॥ १८-३८॥

nirādhārā grahavyagrā mūḍhāḥ saṁsārapoṣakāḥ etasyānarthamūlasya mūlacchedaḥ kṛto budhaiḥ

Even when living without any support and eager for achievement, the stupid are still nourishing Samsara, while the wise have cut at the very root of its unhappiness.

न शान्तिं लभते मूढो यतः शमितुमिच्छति ।

धीरस्तत्त्वं विनिश्चित्य सर्वदा शान्तमानसः ॥ १८-३९॥

na śāntim labhate mūḍho yataḥ śamitumicchati dhīrastattvam viniścitya sarvadā śāntamānasaḥ

The stupid does not find peace because he is wanting it, while the wise discriminating the truth is always peaceful minded.

कात्मनो दर्शनं तस्य यद् दृष्टमवलंबते ।

धीरास्तं तं न पश्यन्ति पश्यन्त्यात्मानमव्ययम्॥ १८-४०

kvātmano darśanam tasya yad dṛṣṭamavalambate dhīrāstam tam na paśyanti paśyantyātmānamavyayam

How can there be self knowledge for him whose knowledge depends on what he sees. The wise do not see this and that, but see themselves as unending.

क निरोधो विमृहस्य यो निर्बन्धं करोति वै।

स्वारामस्यैव धीरस्य सर्वदासावकृत्रिमः ॥ १८-४१॥

kva nirodho vimūḍhasya yo nirbandham karoti vai svārāmasyaiva dhīrasya sarvadāsāvakṛtrimaḥ

How can there be cessation of thought for the misguided who is striving for it. Yet it is there always naturally for the wise man delighted in himself.

भावस्य भावकः कश्चिन् न किंचिद् भावकोपरः ।

उभयाभावकः कश्चिद् एवमेव निराकुलः ॥ १८-४२॥

bhāvasya bhāvakaḥ kaścin na kimcid bhāvakoparaḥ ubhayābhāvakaḥ kaścid evameva nirākulaḥ

Some think that something exists, and others that nothing does. Rare is the man who does not think either, and is thereby free from distraction.

शुद्धमद्वयमात्मानं भावयन्ति कुबुद्धयः ।

न तु जानन्ति संमोहाद्यावज्जीवमनिर्वृताः ॥ १८-४३॥

śuddhamadvayamātmānam bhāvayanti kubuddhayaḥ na tu jānanti sammohādyāvajjīvamanirvṛtāḥ

Those of weak intelligence think of themselves as pure nonduality, but because of their delusion do not know this, and remain unfulfilled all their lives.

मुमुक्षोर्बुद्धिरालंबमन्तरेण न विद्यते ।

निरालंबैव निष्कामा बुद्धिर्मुक्तस्य सर्वदा ॥ १८-४४॥

mumukṣorbuddhirālambamantareṇa na vidyate nirālambaiva niṣkāmā buddhirmuktasya sarvadā

The mind of the man seeking liberation can find no resting place within, but the mind of the liberated man is always free from desire by the very fact of being without a resting place.

विषयद्वीपिनो वीक्ष्य चिकताः शरणार्थिनः ।

विशन्ति झटिति क्रोडं निरोधैकाग्रसिद्धये ॥ १८-४५॥

viṣayadvīpino vīkṣya cakitāḥ śaraṇārthinaḥ viśanti jhaṭiti kroḍaṁ nirodhaikāgrasiddhaye

Seeing the tigers of the senses the frightened refuge-seek ers at once enter the cave in search of cessation of thought and onepointedness.

निर्वासनं हरि दृष्ट्वा तूष्णीं विषयदन्तिनः ।

पलायन्ते न शक्तास्ते सेवन्ते कृतचाटवः ॥ १८-४६॥

nirvāsanam harim dṛṣṭvā tūṣṇīm viṣayadantinaḥ palāyante na śaktāste sevante kṛtacāṭavaḥ

Seeing the desireless lion the elephants of the senses silently run away, or, if they cannot, serve him like flatterers.

न मुक्तिकारिकां धत्ते निःशङ्को युक्तमानसः ।

परयन् शृण्वन् स्पृशन् जिघ्नन्नश्नन्नास्ते यथासुखम्॥

na muktikārikām dhatte niḥśanko yuktamānasaḥ paśyan śṛṇvan spṛśan jighrannaśnannāste yathāsukham

The man who is free from doubts and whose mind is free does not bother about means of liberation. Whether seeing, hearing, feeling smelling or tasting, he lives at ease.

वस्तुश्रवणमात्रेण शुद्धबुद्धिर्निराकुलः ।

नैवाचारमनाचारमौदास्यं वा प्रपश्यति ॥ १८-४८॥

vastuśravaṇamātreṇa śuddhabuddhirnirākulaḥ naivācāramanācāramaudāsyam vā prapaśyati

He whose mind is pure and undistracted from the simple hearing of the Truth sees neither something to do nor something to avoid nor a cause for indifference.

यदा यत्कर्तुमायाति तदा तत्कुरुते ऋजुः ।

शुभं वाप्यशुभं वापि तस्य चेष्टा हि बालवत् ॥ १८-४९॥

yadā yatkartumāyāti tadā tatkurute ṛjuḥ śubham vāpyaśubham vāpi tasya ceṣṭā hi bālavat

The straight forward person does whatever presents itself to be done, good or bad, for his actions are like those of a child.

स्वातंत्र्यात्सुखमाप्नोति स्वातंत्र्याल्लभते परं ।

स्वातंत्र्यान्निर्वृतिं गच्छेत्स्वातंत्र्यात् परमं पदम्॥ १८-५०

svātamtryātsukhamāpnoti svātamtryāllabhate param svātamtryānnirvṛtim gacchetsvātamtryāt paramam padam

By inner freedom one attains happiness, by inner freedom one reaches the Supreme, by inner freedom one comes to absence of thought, by inner freedom to the Ultimate State.

अकर्तृत्वमभोक्तृत्वं स्वात्मनो मन्यते यदा ।

तदा क्षीणा भवन्त्येव समस्ताश्चित्तवृत्तयः ॥ १८-५१॥

akartṛtvamabhoktṛtvam svātmano manyate yadā tadā kṣīṇā bhavantyeva samastāścittavṛttayaḥ

When one sees oneself as neither the doer nor the reaper of the consequences, then all mind waves come to an end.

उच्छृंखलाप्यकृतिका स्थितिर्घीरस्य राजते । न तु सस्पृहचित्तस्य शान्तिर्मूढस्य कृत्रिमा ॥ १८-५२॥

ucchṛmkhalāpyakṛtikā sthitirdhīrasya rājate na tu saspṛhacittasya śāntirmūḍhasya kṛtrimā

The spontaneous unassumed behaviour of the wise is noteworthy, but not the deliberate purposeful stillness of the fool.

विलसन्ति महाभोगैर्विशन्ति गिरिगह्वरान् ।

निरस्तकल्पना धीरा अबद्धा मुक्तबुद्धयः ॥ १८-५३॥

vilasanti mahābhogairviśanti girigahvarān nirastakalpanā dhīrā abaddhā muktabuddhayaḥ

The wise who are rid of imagination, unbound and with unfettered awareness may enjoy themselves in the midst of many goods, or alternatively go off to mountain caves.

श्रोत्रियं देवतां तीर्थमङ्गनां भूपतिं प्रियं ।

दृष्ट्वा संपूज्य धीरस्य न कापि हृदि वासना ॥ १८-५४॥

śrotriyam devatām tīrthamanganām bhūpatim priyam dṛṣṭvā sampūjya dhīrasya na kāpi hṛdi vāsanā

There is no attachment in the heart of a wise man whether he sees or pays homage to a learned brahmin, a celestial being, a holy place, a woman, a king or a friend.

भृत्यैः पुत्रैः कलत्रैश्च दौहित्रैश्चापि गोत्रजैः ।

विहस्य धिकृतो योगी न याति विकृतिं मनाक्॥१८-५५॥

bhṛtyaiḥ putraiḥ kalatraiśca dauhitraiścāpi gotrajaiḥ vihasya dhikkṛto yogī na yāti vikṛtim manāk

A yogi is not in the least put out even when humiliated by the ridicule of servants, sons, wives, grandchildren or other relatives.

सन्तुष्टोऽपि न सन्तुष्टः खिन्नोऽपि न च खिद्यते ।

तस्याश्चर्यद्शां तां तां तादशा एव जानते ॥ १८-५६॥

santuṣṭo'pi na santuṣṭaḥ khinno'pi na ca khidyate tasyāścaryadaśāṁ tāṁ tāṁ tāḍṛśā eva jānate

Even when pleased he is not pleased, not suffering even when in pain. Only those like him can know the wonderful state of such a man.

कर्तव्यतैव संसारो न तां पश्यन्ति सूरयः ।

शून्याकारा निराकारा निर्विकारा निरामयाः ॥ १८-५७॥

kartavyataiva samsāro na tām pasyanti sūrayaḥ sūnyākārā nirākārā nirvikārā nirāmayāḥ

It is the feeling that there is something that needs to be achieved which is Samsara. The wise who are of the form of emptiness, formless, unchanging and spotless see no such thing.

अकुर्वन्नपि संक्षोभाद् व्ययः सर्वत्र मूढधीः ।

कुर्वन्नपि तु कृत्यानि कुशलो हि निराकुलः ॥ १८-५८॥

akurvannapi samkṣobhād vyagraḥ sarvatra mūḍhadhīḥ kurvannapi tu kṛtyāni kuśalo hi nirākulaḥ

Even when doing nothing the fool is agitated by restlessness, while a skilful man remains undisturbed even when doing what there is to do.

सुखमास्ते सुखं शेते सुखमायाति याति च । सुखं वक्ति सुखं भुंक्ते व्यवहारेऽपि शान्तधीः॥१८-५९॥

sukhamāste sukham sete sukhamāyāti yāti ca sukham vakti sukham bhumkte vyavahāre'pi sāntadhīḥ

Happy he stands, happy he sits, happy sleeps and happy he comes and goes. Happy he speaks, and happy he eats. This is the life of a man at peace.

स्वभावाद्यस्य नैवार्तिर्लोकवदु व्यवहारिणः।

महाहृद् इवाक्षोभ्यो गतक्केशः स शोभते ॥ १८-६०॥

svabhāvādyasya naivārtirlokavad vyavahāriņaḥ mahāhṛda ivākṣobhyo gatakleśaḥ sa śobhate

He who of his very nature feels no unhappiness in his daily life like worldly people, remains undisturbed like a great lake, cleared of defilement.

निवृत्तिरिप मूढस्य प्रवृत्ति रुपजायते ।

प्रवृत्तिरपि धीरस्य निवृत्तिफलभागिनी ॥ १८-६१॥

nivṛttirapi mūḍhasya pravṛtti rupajāyate pravṛttirapi dhīrasya nivṛttiphalabhāginī

Even abstention from action leads to action in a fool, while even the action of the wise man brings the fruits of inaction.

परिग्रहेषु वैराग्यं प्रायो मृहस्य दृश्यते ।

देहे विगलिताशस्य क रागः क विरागता ॥ १८-६२॥

parigraheṣu vairāgyam prāyo mūḍhasya dṛśyate dehe vigalitāśasya kva rāgaḥ kva virāgatā

A fool often shows aversion towards his belongings, but for him whose attachment to the body has dropped away, there is neither attachment nor aversion.

भावनाभावनासक्ता दृष्टिर्मूढस्य सर्वदा ।

भाव्यभावनया सा तु स्वस्थस्यादृष्टिरूपिणी ॥ १८-६३॥

bhāvanābhāvanāsaktā dṛṣṭirmūḍhasya sarvadā bhāvyabhāvanayā sā tu svasthasyādṛṣṭirūpiṇī

The mind of the fool is always caught in thinking or not thinking, but the wise man's is of the nature of no thought because he thinks what should be thought.

सर्वारंभेषु निष्कामो यश्चरेदु बालवन् मुनिः ।

न लेपस्तस्य शुद्धस्य कियमाणोऽपि कर्मणि ॥ १८-६४॥

sarvārambheşu nişkāmo yaścared bālavan muniḥ na lepastasya śuddhasya kriyamāṇo'pi karmaṇi

For the seer who behaves like a child, without desire in all actions, there is no attachment for such a pure one even in the work he does.

स एव धन्य आत्मज्ञः सर्वभावेषु यः समः ।

पश्यन् श्रुण्वन् स्पृशन् जिघ्नन्न् अश्वन्निस्तर्षमानसः ॥ १८-६५

sa eva dhanya ātmajñaḥ sarvabhāveṣu yaḥ samaḥ paśyan śṛṇvan spṛśan jighrann aśnannistarṣamānasaḥ

Blessed is he who knows himself and is the same in all states, with a mind free from craving whether he is seeing, hearing, feeling, smelling or tasting.

क संसारः क चाभासः क साध्यं क च साधनं । आकाशस्येव धीरस्य निर्विकल्पस्य सर्वदा ॥ १८-६६॥

kva samsāraḥ kva cābhāsaḥ kva sādhyam kva ca sādhanam ākāśasyeva dhīrasya nirvikalpasya sarvadā

There is no man subject to Samsara, sense of individuality, goal or means to the goal for the wise man who is always free from imaginations, and unchanging as space?

स जयत्यर्थसंन्यासी पूर्णस्वरसविग्रहः ।

अकृत्रिमोऽनवच्छिन्ने समाधिर्यस्य वर्तते ॥ १८-६७॥

sa jayatyarthasamnyāsī pūrņasvarasavigrahaḥ akṛtrimo'navacchinne samādhiryasya vartate

Glorious is he who has abandoned all goals and is the incarnation of satisfaction, his very nature, and whose inner focus on the Unconditioned is quite spontaneous.

बहुनात्र किमुक्तेन ज्ञाततत्त्वो महाशयः।

भोगमोक्षनिराकांक्षी सदा सर्वत्र नीरसः ॥ १८-६८॥

bahunātra kimuktena jñātatattvo mahāśayaḥ bhogamokṣanirākāmkṣī sadā sarvatra nīrasaḥ

In brief, the great-souled man who has come to know the Truth is without desire for either pleasure or liberation, and is always and everywhere free from attachment.

महदादि जगद्वैतं नाममात्रविजृंभितं ।

विहाय शुद्धबोधस्य किं कृत्यमविशष्यते ॥ १८-६९॥

mahadādi jagaddvaitam nāmamātravijṛmbhitam vihāya śuddhabodhasya kim kṛtyamavaśiṣyate

What remains to be done by the man who is pure awareness and has abandoned everything that can be expressed in words from the highest heaven to the earth itself?

भ्रमभृतिमदं सर्वं किंचिन्नास्तीति निश्चयी ।

अलक्ष्यस्फुरणः शुद्धः स्वभावेनैव शाम्यति ॥ १८-७०॥

bhramabhṛtamidam sarvam kimcinnāstīti niścayī alakṣyasphuraṇaḥ śuddhaḥ svabhāvenaiva śāmyati

The pure man who has experienced the Indescribable attains peace by his own nature, realising that all this is nothing but illusion, and that nothing is.

शुद्धस्फुरणरूपस्य दृश्यभावमपश्यतः ।

क विधिः क वैराग्यं क त्यागः क शमोऽपि वा॥१८-७१

śuddhasphuraṇarūpasya dṛśyabhāvamapaśyataḥ kva vidhiḥ kva vairāgyaṁ kva tyāgaḥ kva śamo'pi vā

There are no rules, dispassion, renunciation or meditation for one who is pure receptivity by nature, and admits no knowable form of being?

स्फुरतोऽनन्तरूपेण प्रकृतिं च न पश्यतः ।

क बन्धः क च वा मोक्षः क हर्षः क विषादिता॥ १८-७२

sphurato'nantarūpeņa prakṛtim ca na paśyataḥ

kva bandhah kva ca vā mokṣah kva harṣah kva viṣāditā

For him who shines with the radiance of Infinity and is not subject to natural causality there is neither bondage, liberation, pleasure nor pain.

बुद्धिपर्यन्तसंसारे मायामात्रं विवर्तते ।

निर्ममो निरहंकारो निष्कामः शोभते बुधः ॥ १८-७३॥

buddhiparyantasamsāre māyāmātram vivartate nirmamo nirahamkāro niṣkāmaḥ śobhate budhaḥ

Pure illusion reigns in Samsara which will continue until self realisation, but the enlightened man lives in the beauty of freedom from me and mine, from the sense of responsibility and from any attachment.

अक्षयं गतसन्तापमात्मानं पश्यतो मुनेः ।

क विद्या च क वा विश्वं क देहोऽहं ममेति वा॥१८-७४॥

akṣayaṁ gatasantāpamātmānaṁ paśyato muneḥ kva vidyā ca kva vā viśvaṁ kva deho'haṁ mameti vā

For the seer who knows himself as imperishable and beyond pain there is neither knowledge, a world nor the sense that I am the body or the body mine.

निरोधादीनि कर्माणि जहाति जडधीर्यदि ।

मनोरथान् प्रलापांश्च कर्तुमाप्नोत्यतत्क्षणात् ॥ १८-७५॥

nirodhādīni karmāṇi jahāti jaḍadhīryadi manorathān pralāpāmśca kartumāpnotyatatkṣaṇāt

No sooner does a man of low intelligence give up activities like the elimination of thought than he falls into mind racing and chatter.

मन्दः श्रुत्वापि तद्वस्तु न जहाति विमूढतां ।

निर्विकल्पो बहिर्यलादन्तर्विषयलालसः ॥ १८-७६॥

mandaḥ śrutvāpi tadvastu na jahāti vimūḍhatām nirvikalpo bahiryatnādantarviṣayalālasaḥ

A fool does not get rid of his stupidity even on hearing the truth. He may appear outwardly free from imaginations, but inside he is hankering after the senses still.

ज्ञानाद् गलितकर्मा यो लोकदृष्ट्यापि कर्मकृत् । नाप्नोत्यवसरं कर्मं वक्तुमेव न किंचन ॥ १८-७७॥

jñānād galitakarmā yo lokadṛṣṭyāpi karmakṛt nāpnotyavasaraṁ karmaṁ vaktumeva na kiṁcana

Though in the eyes of the world he is active, the man who has shed action through knowledge finds no means of doing or speaking anything.

क तमः क प्रकाशो वा हानं क च न किंचन।

निर्विकारस्य धीरस्य निरातंकस्य सर्वदा ॥ १८-७८॥

kva tamaḥ kva prakāśo vā hānaṁ kva ca na kiṁcana nirvikārasya dhīrasya nirātaṁkasya sarvadā

For the wise man who is always unchanging and fearless there is neither darkness nor light nor destruction, nor anything.

क धेर्यं क विवेकित्वं क निरातंकतापि वा।

अनिर्वाच्यस्वभावस्य निःस्वभावस्य योगिनः॥१८-७९॥

kva dhairyam kva vivekitvam kva nirātamkatāpi vā anirvācyasvabhāvasya niḥsvabhāvasya yoginaḥ

There is neither fortitude, prudence nor courage for the yogi whose nature is beyond description and free of individuality.

न स्वर्गों नैव नरको जीवन्मुक्तिर्न चैव हि । बहुनात्र किमुक्तेन योगदृष्ट्या न किंचन ॥ १८-८०॥

na svargo naiva narako jīvanmuktirna caiva hi bahunātra kimuktena yogadṛṣṭyā na kiṁcana

There is neither heaven nor hell nor even liberation during life. In a nutshell, in the sight of the seer nothing exists at all.

नैव प्रार्थयते लामं नालाभेनानुशोचित ।

धीरस्य शीतलं चित्तममृतेनैव पूरितम् ॥ १८-८१॥

naiva prārthayate lābham nālābhenānuśocati dhīrasya śītalam cittamamṛtenaiva pūritam

He neither longs for possessions nor grieves at their absence. The calm mind of the sage is full of the nectar of immortality.

न शान्तं स्तौति निष्कामो न दुष्टमपि निन्दति ।

समदुःखसुखस्तृप्तः किंचित् कृत्यं न पश्यति॥१८-८२॥

na śāntam stauti niṣkāmo na duṣṭamapi nindati samaduḥkhasukhastṛptaḥ kimcit kṛtyam na paśyati

The dispassionate does not praise the good or blame the wicked. Content and equal in pain and pleasure, he sees nothing that needs doing.

धीरो न द्वेष्टि संसारमात्मानं न दिदृक्षति । हर्षामर्षविनिर्मुक्तो न मृतो न च जीवति ॥ १८-८३॥

dhīro na dveṣṭi saṁsāramātmānaṁ na didṛkṣati harṣāmarṣavinirmukto na mṛto na ca jīvati

The wise man does not dislike samsara or seek to know himself. Free from pleasure and impatience, he is not dead and he is not alive.

निःस्नेहः पुत्रदारादौ निष्कामो विषयेषु च।

निश्चिन्तः स्वशरीरेऽपि निराशः शोभते बुधः॥१८-८४॥

niḥsnehaḥ putradārādau niṣkāmo viṣayeṣu ca niścintaḥ svaśarīre'pi nirāśaḥ śobhate budhaḥ

The wise man stands out by being free from anticipation, without attachment to such things as children or wives, free from desire for the senses, and not even concerned about his own body.

तुष्टिः सर्वत्र धीरस्य यथापतितवर्तिनः ।

स्वच्छन्दं चरतो देशान् यत्रस्तमितशायिनः ॥ १८-८५॥

tuṣṭiḥ sarvatra dhīrasya yathāpatitavartinaḥ svacchandam carato deśān yatrastamitaśāyinaḥ

Peace is everywhere for the wise man who lives on whatever happens to come to him, roaming wherever he pleases, and sleeping wherever the sun happens to set.

पततूदेतु वा देहो नास्य चिन्ता महात्मनः ।

स्वभावभूमिविश्रान्तिविस्मृताशेषसंसृतेः ॥ १८-८६॥

patatūdetu vā deho nāsya cintā mahātmanaḥ svabhāvabhūmiviśrāntivismṛtāśeṣasamsṛteḥ

Let his body rise or fall. The great souled one gives it no thought, having forgotten all about samsara in coming to rest on the ground of his true nature.

अकिंचनः कामचारो निर्द्वन्द्विश्वन्नसंशयः ।

असक्तः सर्वभावेषु केवलो रमते बुधः ॥ १८-८७॥

akimcanaḥ kāmacāro nirdvandvaśchinnasamśayaḥ asaktaḥ sarvabhāveṣu kevalo ramate budhaḥ

The wise man has the joy of being complete in himself and without possessions, acting as he pleases, free from duality and rid of doubts, and without attachment to any creature.

निर्ममः शोभते धीरः समलोष्टाश्मकांचनः ।

सुभिन्नहृद्यग्रन्थिर्विनिर्धूतरजस्तमः ॥ १८-८८॥

nirmamaḥ śobhate dhīraḥ samaloṣṭāśmakāmcanaḥ subhinnahṛdayagranthirvinirdhūtarajastamaḥ

The wise man excels in being without the sense of "me". Earth, a stone or gold are the same to him. The knots of his hard have been rent asunder, and he is freed from greed and blindness.

सर्वत्रानवधानस्य न किंचिदु वासना हृदि।

मुक्तात्मनो वितृप्तस्य तुलना केन जायते ॥ १८-८९॥

sarvatrānavadhānasya na kiṁcid vāsanā hṛdi muktātmano vitṛptasya tulanā kena jāyate

Who can compare with that contented, liberated soul who pays no regard to anything and has no desire left in his heart?

जानन्नपि न जानाति पश्यन्नपि न पश्यति ।

ब्रुवन्न् अपि न च ब्रूते कोऽन्यो निर्वासनादृते ॥ १८-९०॥

jānannapi na jānāti paśyannapi na paśyati bruvann api na ca brūte ko'nyo nirvāsanādṛte

Who but the upright man without desire knows without knowing, sees without seeing and speaks without speaking?

भिक्षुर्वा भूपतिर्वापि यो निष्कामः स शोभते ।

भावेषु गलिता यस्य शोभनाशोभना मतिः ॥ १८-९१॥

bhikṣurvā bhūpatirvāpi yo niṣkāmaḥ sa śobhate bhāveṣu galitā yasya śobhanāśobhanā matiḥ

Beggar or king, he excels who is without desire, and whose opinion of things is rid of "good" and "bad".

क स्वाच्छन्द्यं क संकोचः क वा तत्त्वविनिश्चयः।

निर्व्याजार्जवभूतस्य चरितार्थस्य योगिनः ॥ १८-९२॥

kva svācchandyam kva samkocaḥ kva vā tattvaviniścayaḥ nirvyājārjavabhūtasya caritārthasya yoginaḥ

There is neither dissolute behaviour nor virtue, nor even discrimination of the truth for the sage who has reached the goal and is the very embodiment of guileless sincerity.

आत्मविश्रान्तितृप्तेन निराशेन गतार्तिना ।

अन्तर्यदनुभूयेत तत् कथं कस्य कथ्यते ॥ १८-९३॥

ātmaviśrāntitṛptena nirāśena gatārtinā antaryadanubhūyeta tat kathaṁ kasya kathyate

That which is experienced within by one desireless and free from pain, and content to rest in himself - how could it be described, and of whom?

सुप्तोऽपि न सुषुप्तौ च स्वप्नेऽपि शयितो न च ।

जागरेऽपि न जागर्ति धीरस्तृप्तः पदे पदे ॥ १८-९४॥

supto'pi na suṣuptau ca svapne'pi śayito na ca jāgare'pi na jāgarti dhīrastṛptaḥ pade pade

The wise man who is contented in all circumstances is not asleep even in deep sleep, not sleeping in a dream, nor waking when he is awake.

ज्ञः सचिन्तोऽपि निश्चिन्तः सेन्द्रियोऽपि निरिन्द्रियः ।

सुबुद्धिरपि निर्बुद्धिः साहंकारोऽनहङ्कृतिः ॥ १८-९५॥

jñaḥ sacinto'pi niścintaḥ sendriyo'pi nirindriyaḥ subuddhirapi nirbuddhiḥ sāhaṁkāro'nahaṅkṛtiḥ

The seer is without thoughts even when thinking, without senses among the senses, without understanding even in understanding and without a sense of responsibility even in the ego.

न सुखी न च वा दुःखी न विरक्तो न संगवान् । न मुमुक्षुर्न वा मुक्ता न किंचिन्न्न च किंचन ॥ १८-९६॥

na sukhī na ca vā duḥkhī na virakto na samgavān na mumuksurna vā muktā na kimcinnna ca kimcana

Neither happy nor unhappy, neither detached nor attached, neither seeking liberation nor liberated, he is neither something nor nothing.

विक्षेपेऽपि न विक्षिप्तः समाधौ न समाधिमान् ।

जाड्येऽपि न जडो धन्यः पाण्डित्येऽपि न पण्डितः॥१८-९७

vikşepe'pi na vikşiptah samādhau na samādhimān jādye'pi na jado dhanyah pānditye'pi na panditah

Not distracted in distraction, in mental stillness not poised, in stupidity not stupid, that blessed one is not even wise in his wisdom.

मुक्तो यथास्थितिस्वस्थः कृतकर्तव्यनिर्वृतः ।

समः सर्वत्र वैतृष्ण्यान्न स्मरत्यकृतं कृतम् ॥ १८-९८॥

mukto yathāsthitisvasthaḥ kṛtakartavyanirvṛtaḥ samaḥ sarvatra vaitṛṣṇyānna smaratyakṛtaṁ kṛtam

The liberated man is self-possessed in all circumstances and free from the idea of "done" and "still to do". He is the same wherever he is and without greed. He does not dwell on what he has done or not done.

न प्रीयते वन्द्यमानो निन्द्यमानो न कुप्यति । नैवोद्विजति मरणे जीवने नाभिनन्दति ॥ १८-९९॥

na prīyate vandyamāno nindyamāno na kupyati naivodvijati maraņe jīvane nābhinandati

He is not pleased when praised nor upset when blamed. He is not afraid of death nor attached to life.

न धावति जनाकीर्णं नारण्यं उपशान्तधीः ।

यथातथा यत्रतत्र सम एवावतिष्ठते ॥ १८-१००॥

na dhāvati janākīrṇam nāraṇyam upaśāntadhīḥ yathātathā yatratatra sama evāvatiṣṭhate

A man at peace does not run off to popular places or to the forest. Whatever and wherever, he remains the same.

Chapter 19

॥ एकोनविंशोऽध्यायः॥

जनक उवाच ॥

तत्त्वविज्ञानसन्दंशमादाय हृदयोदरात्।

नाविधपरामर्श्रशाल्योद्धारः कृतो मया ॥ १९-१॥

janaka uvāca

tattvavijñānasandamsamādāya hṛdayodarāt nāvidhaparāmarsasalyoddhāraḥ kṛto mayā

Janaka: Using the tweezers of the knowledge of the truth I have managed to extract the painful thorn of endless opinions from the recesses of my heart.

क धर्मः क च वा कामः क चार्थः क विवेकिता।

क द्वैतं क च वाऽद्वैतं स्वमहिम्नि स्थितस्य मे ॥ १९-२॥

kva dharmaḥ kva ca vā kāmaḥ kva cārthaḥ kva vivekitā kva dvaitaṁ kva ca vā'dvaitaṁ svamahimni sthitasya me

For me, established in my own glory, there is no religion, sensuality, possessions, philosophy, duality or even non-duality.

क भूतं क भविष्यद् वा वर्तमानमपि क वा ।

क देशः क च वा नित्यं स्वमहिम्नि स्थितस्य मे॥ १९-३॥

kva bhūtam kva bhaviṣyad vā vartamānamapi kva vā kva deśaḥ kva ca vā nityam svamahimni sthitasya me

For me established in my own glory, there is no past, future or present. There is no space or even eternity.

क चात्मा क च वानात्मा क शुभं काशुभं यथा।

क चिन्ता क च वाचिन्ता स्वमहिम्नि स्थितस्य मे॥ १९-४

kva cātmā kva ca vānātmā kva subham kvāsubham yathā kva cintā kva ca vācintā svamahimni sthitasya me

For me established in my own glory, there is no self or non-self, no good or evil, no thought or even absence of thought.

क स्वप्नः क सुषुप्तिर्वा क च जागरणं तथा । क तुरियं भयं वापि स्वमहिम्नि स्थितस्य मे ॥ १९-५॥

kva svapnah kva suṣuptirvā kva ca jāgaraṇam tathā kva turīyam bhayam vāpi svamahimni sthitasya me

For me established in my own glory, there is no dreaming or deep sleep, no waking nor fourth state beyond them, and certainly no fear.

क दूरं क समीपं वा बाह्यं काभ्यन्तरं क वा। क स्थूलं क च वा सूक्ष्मं स्वमहिम्नि स्थितस्य मे॥ १९-६॥

kva dūram kva samīpam vā bāhyam kvābhyantaram kva vā kva sthūlam kva ca vā sūkṣmam svamahimni sthitasya me

For me established in my own glory, there is nothing far away and nothing near, nothing within or without, nothing large and nothing small.

क मृत्युर्जीवितं वा क लोकाः कास्य क लौकिकं। क लयः क समाधिर्वा स्वमहिम्नि स्थितस्य मे ॥ १९-७॥

kva mṛtyurjīvitam vā kva lokāḥ kvāsya kva laukikam kva layaḥ kva samādhirvā svamahimni sthitasya me

For me established in my own glory, there is no life or death, no worlds or things of this world, no distraction and no stillness of mind.

अलं त्रिवर्गकथया योगस्य कथयाप्यलं।

अलं विज्ञानकथया विश्रान्तस्य ममात्मिन ॥ १९-८॥

alam trivargakathayā yogasya kathayāpyalam alam vijnānakathayā viśrāntasya mamātmani

For me remaining in myself, there is no need for talk of the three goals of life, of yoga or of knowledge.

Chapter 20

॥ विंशतितमोध्यायः॥

जनक उवाच ॥

क भूतानि क देहो वा केन्द्रियाणि क वा मनः।

क शून्यं क च नैराश्यं मत्स्वरूपे निरंजने ॥ २०-१॥

janaka uvāca

kva bhūtāni kva deho vā kvendriyāṇi kva vā manaḥ kva śūnyaṁ kva ca nairāśyaṁ matsvarūpe niraṁjane

Janaka: In my unblemished nature there are no elements, no body, no faculties no mind. There is no void and no despair.

क शास्त्रं कात्मविज्ञानं क वा निर्विषयं मनः ।

क तृप्तिः क वितृष्णात्वं गतद्वन्द्वस्य मे सदा ॥ २०-२॥

kva śāstram kvātmavijñānam kva vā nirviṣayam manaḥ kva tṛptiḥ kva vitṛṣṇātvam gatadvandvasya me sadā

For me, free from the sense of dualism, there are no scriptures, no self-knowledge, no mind free from an object, no satisfaction and no freedom from desire.

क विद्या क च वाविद्या काहं केदं मम क वा।

क बन्ध क च वा मोक्षः स्वरूपस्य क रूपिता ॥ २०-३॥

kva vidyā kva ca vāvidyā kvāham kvedam mama kva vā kva bandha kva ca vā mokṣaḥ svarūpasya kva rūpit

There is no knowledge or ignorance, no "me", "this" or "mine", no bondage, no liberation, and no property of self-nature.

क प्रारब्यानि कर्माणि जीवन्मुक्तिरिप क वा।

क तद् विदेहकैवल्यं निर्विशेषस्य सर्वदा ॥ २०-४॥

kva prārabdhāni karmāṇi jīvanmuktirapi kva vā kva tad videhakaivalyam nirviśeṣasya sarvadā

For him who is always free from individual characteristics there is no antecedent causal action, no liberation during life, and no fulfilment at death.

क कर्ता क च वा भोक्ता निष्क्रियं स्फुरणं क वा। कापरोक्षं फलं वा क निःस्वभावस्य मे सदा॥ २०-५॥

kva kartā kva ca vā bhoktā niṣkriyam sphuraṇam kva vā kvāparokṣam phalam vā kva niḥsvabhāvasya me sadā

For me, free from individuality, there is no doer and no reaper of the consequences, no cessation of action, no arising of thought, no immediate object, and no idea of results.

क लोकं क मुमुक्षुर्वा क योगी ज्ञानवान् क वा।

क बद्धः क च वा मुक्तः स्वस्वरूपेऽहमद्वये ॥ २०-६॥

kva lokam kva mumukṣurvā kva yogī jñānavān kva vā kva baddhaḥ kva ca vā muktaḥ svasvarūpe'hamadvaye

There is no world, no seeker for liberation, no yogi, no seer, noone bound and no-one liberated. I remain in my own non-dual nature.

क सृष्टिः क च संहारः क साध्यं क च साधनं ।

क साधकः क सिद्धिर्वा स्वस्वरूपेऽहमद्वये ॥ २०-७॥

kva sṛṣṭiḥ kva ca samhāraḥ kva sādhyam kva ca sādhanam kva sādhakaḥ kva siddhirvā svasvarūpe'hamadvaye

There is no emanation or return, no goal, means, seeker or achievment. I remain in my own non-dual nature.

क प्रमाता प्रमाणं वा क प्रमेयं क च प्रमा।

क किंचित् क न किंचिदु वा सर्वदा विमलस्य मे॥२०-८

kva pramātā pramāṇam vā kva prameyam kva ca pramā kva kimcit kva na kimcid vā sarvadā vimalasya me

For me who am forever unblemishedf, there is no assessor, no standard, nothing to assess, or assessment.

क विक्षेपः क चैकाय्यं क निर्बोधः क मूढता ।

क हर्षः क विषादो वा सर्वदा निष्क्रियस्य मे ॥ २०-९॥

kva vikṣepaḥ kva caikāgryam kva nirbodhaḥ kva mūḍhatā kva harṣaḥ kva viṣādo vā sarvadā niṣkriyasya me

For me who am forever actionless, there is no distraction or onepointedness of mind, no lack of understanding, no stupidity, no joy and no sorrow.

क चैष व्यवहारो वा क च सा परमार्थता । क सुखं क च वा दुखं निर्विमर्शस्य मे सदा ॥ २०-१०॥

kva caiṣa vyavahāro vā kva ca sā paramārthatā kva sukhaṁ kva ca vā dukhaṁ nirvimarśasya me sadā

For me who am always free from deliberations there is neither conventional truth nor absolute truth, no happiness and no suffering.

क माया क च संसारः क प्रीतिर्विरतिः क वा।

क जीवः क च तद्रह्म सर्वदा विमलस्य मे ॥ २०-११॥

kva māyā kva ca samsāraḥ kva prītirviratiḥ kva vā kva jīvaḥ kva ca tadbrahma sarvadā vimalasya me

For me who am forever pure there is no illusion, no samsara, no attachment or detechment, no living being and no God.

क प्रवृत्तिर्निर्वृत्तिर्वा क मुक्तिः क च बन्धनं ।

कूटस्थिनिर्विभागस्य स्वस्थस्य मम सर्वदा ॥ २०-१२॥

kva pravṛttirnirvṛttirvā kva muktiḥ kva ca bandhanam kūṭasthanirvibhāgasya svasthasya mama sarvadā

For me who am forever unmovable and indivisible, established in myself, there is no activity or inactivity, no liberation and no bondage.

कोपदेशः क वा शास्त्रं क शिष्यः क च वा गुरुः।

क चास्ति पुरुषार्थौ वा निरुपाधेः शिवस्य मे॥२०-१३॥

kvopadeśaḥ kva vā śāstraṁ kva śiṣyaḥ kva ca vā guruḥ kva cāsti puruṣārtho vā nirupādheḥ śivasya me

For me who am blessed and without limitation, there is no initiation or scripture, no disciple or teacher, and no goal of human life.

क चास्ति क च वा नास्ति कास्ति चैकं क च द्वयं। बहुनात्र किमुक्तेन किंचिन्नोत्तिष्ठते मम ॥ २०-१४॥

kva cāsti kva ca vā nāsti kvāsti caikam kva ca dvayam bahunātra kimuktena kimcinnottiṣṭhate mama

There is no being or non-being, no unity or dualism. What more is there to say? Nothing proceeds out of me.

॥ ॐ तत्सत्॥