

## Nirvāṇa ṣaṭkam

ॐ the इह चरइइइ on nirvāṇa ॐ

mano buddhy-ahaṅkāra cittāni nāhaṁ  
 na ca śrotra jihve na ca ghrāṇa netre |  
 na ca vyoma bhūmī na tejo na vāyuḥ  
 cid-ānanda rūpaḥ śivoham śivoham || 1 ||

1. I am not mind, intellect, thought, or ego;  
 Not hearing, taste, smelling or sight; Not ether or earth, fire or air.  
 I am the Self comprised of Consciousness and Bliss I am Shiva, I am Shiva.

manaḥ — *mind*; buddhiḥ — *intellect*; ahaṅkāra — *ego-sense*; cittāni — *mind stuff*; na — *no*; ahaṁ — *I*; ca — *and*; śrotra — *hearing*; jihve — *tongue/taste*; ghrāṇa — *nose/smell*; netre — *eyes/sight*; vyoma — *space*; bhūmī — *earth*; tejaḥ — *fire*; vāyuḥ — *wind*; cid-ānanda — *pure consciousness-bliss*; rūpaḥ — *form of*; śiva aham śiva aham — *I am Shiva*;

na ca prāṇa saṁjño na vai pañca-vāyur  
 na vā sapta dhātur na vā pañca-kośāḥ |  
 na vāk-pāṇi-pādaṁ na copasthapāyū  
 cid-ānanda rūpaḥ śivoham śivoham || 2 ||

2. I am not that which is called Prana, nor the five vital winds;  
 Not the seven components of the body  
 Nor the five sheaths; nor the five organs of action.  
 I am the Self comprised of Consciousness and Bliss I am Shiva, I am Shiva.

prāṇa saṁjña — *that which is understood to be prana – the life force*; vai — *indeed*; pañca-vāyuḥ — *the five winds*; vā — *or*; sapta dhātuḥ — *the seven components of the body*; pañca-kośāḥ — *the five sheaths*; vāk — *speech*; pāṇi — *hands/grasping*; pāyaṁ — *feet/locomotion*; upastha — *sex organs*; pāyū — *anus*.

The Five Vital Winds: 1. **prana** – respiratory force including both inhalation and expiration. 2. **apana** – descending force associated with elimination; 3. **vyana** – the force of circulation; 4. **udana** – the upward force of eructation, speech and higher consciousness; 5. **samana** – digestive force.

Seven Components — Sapta Dhatus; skin, blood, flesh, sinew, bone, marrow, and semen.

Five Koshas - 1. **anna-maya-kosha** — food sheath; 2. **prana-maya-kosha** — life-force sheath; 3. **mano-maya-kosha** — mind sheath; 4. **vijnana-maya-kosha** — awareness sheath; 5. **ananda-maya-kosha** — bliss-sheath.

na me dveṣa-ragau na me lobha-mohau

mado naiva me naiva mātsarya bhāvaḥ |  
na dharmo na cārtho na kāmo na mokṣaś  
cid-ānanda rūpaḥ śivoham śivoham || 3 ||

3. I have no aversion or clinging, greed or delusion;  
No envy or pride, duty or purpose; No desire, no freedom.  
I am the soul of Knowledge and Bliss I am Shiva, I am Shiva.

na me — *I have not*; dveṣa-ragau — *aversion nor clinging*; lobha-mohau — *greed and delusion*; madaḥ — *pride*; mātsarya — *envy*; bhāvaḥ — *feeling*; dharmaḥ — *right action*; arthaḥ — *prosperity*; kāmaḥ — *sensual desire*; mokṣaḥ — *liberation*;

na puṇyaṁ na pāpaṁ na saukhyaṁ na duḥkhaṁ  
na mantra na tīrthaṁ na vedā na yajñāḥ |  
ahaṁ bhojanaṁ naiva bhojyam na bhoktā  
cid-ānanda rūpaḥ śivoham śivoham || 4 ||

4. I am not virtue or vice, not pleasure or pain;  
Not sacred chant or pilgrimage, not Veda or sacrifice  
I am not enjoying, enjoyable, or enjoyer.  
I am the soul of Knowledge and Bliss I am Shiva, I am Shiva.

puṇyaṁ — *virtue*; pāpaṁ — *vice*; saukhyaṁ — *pleasure*; duḥkhaṁ — *pain*; mantraḥ — *mantra*; tīrthaṁ — *places of pilgrimage*; vedā — *Veda*; yajñāḥ — *sacrifice*; ahaṁ — *I*; bhojanaṁ — *enjoying*; bhojyam — *enjoyable*; bhoktā — *enjoyer*.

na mṛtyur na śānkā na me jāti-bhedaḥ  
pitā naiva me naiva mātā na janma |  
na bandhur na mitraṁ gurur naiva śiṣyaś |  
cid-ānanda rūpaḥ śivoham śivoham || 5 ||

5. I have no death or fear, no distinction of caste;  
No father, no mother, no birth;  
No friend or relation, no master or disciple.  
I am the soul of Knowledge and Bliss I am Shiva, I am Shiva.

mṛtyuḥ — *death*; śānkā — *doubt or fear*; jāti-bhedaḥ — *distinction of caste*; pitā — *father*; mātā — *mother*; janma — *birth*; bandhuḥ — *relation*; mitraṁ — *friend*; guruḥ — *preceptor*; śiṣyaḥ — *disciple*.

aham̐ nirvikalpo nirākāra-rūpo  
 vibhutvācca savatra sarvendriyāṇām |  
 na cāsaṅgataṁ naiva muktir na meyaś  
 cid-ānanda rūpaḥ śivoham śivoham || 6 ||

6. I am changeless, formless, and through all-pervasiveness omnipresent;  
 I am not touched by attachment of senses;  
 I am not freedom nor knowable.  
 I am the soul of Knowledge and Bliss I am Shiva, I am Shiva.

nirvikalpaḥ — *changeless*; nirākāra-rūpaḥ — *formless*; vibhutvā — *all-pervasiveness*; s  
 avatra — *omnipresent*; sarva — *all*; indriyāṇām — *of the senses*; asaṅgataṁ — *non-*  
*attached*; muktiḥ — *freedom*; meyaḥ — *the measurable, knowable*.

