

॥ निर्वाणष्टकम् ॥
NIRVANASHTAKAM
(Rejection and Assertion)

मनोबुद्ध्यहंकार चित्तानि नाहं न च श्रोत्रजिह्वे न च घ्राणनेत्रे ।
न च व्योम भूमिर्न तेजो न वायुः चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥ १ ॥

manOBuddhyahankAra cittAni nAham
na ca SrOtrajihvE na ca ghrANanEtrE |
na ca vyOma bhoomirna tEjO na vAyu:
cidAnandarooPa: ShivOham ShivOham ||

Mind-intellect-thought-ego am I not, Neither have I ears, tongue, nor nostrils, nor eyes; I am not the five great elements; I am Pure Consciousness, Bliss, the Self; I am Auspiciousness, Auspiciousness alone.

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

na ca praNasamjnO na vaI pancavAyu:
na vA saptadhAtu: na vA pancakOSa: |
na vAkpANipAdam na cOpasthapAyu
cidAnandarupa: ShivOham ShivOham ||

The vital-air I am not, Nor have I anything to do with the physiological functions in my body; Nor am I the seven-fold material ¹ that goes into the building up of the body; Nor am I in any way attached to the five sheaths ² of my personality; I have nothing to do with the five organs of action ³ I am Auspiciousness, Auspiciousness alone.

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

na mE dvEsharAgau na mE lObhamOhau
madO naiva mE naiva mAtsaryabhava: |
na dharmO na cArthO na kAmO na mOksha:
cidAnandarupa: ShivOham ShivOham ||

I have neither likes or dislikes, Nor have I covetousness or greed, Nor I have any arrogant vanity nor any competition with anyone; I have not even a need for the four main 'purposes of life'⁴ I am Auspiciousness, Auspiciousness alone .

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

na puNyam na pApam na saukhyam na duKham
na mantrO na tIrtH0 na vEdA na yajna |
aham bhOjanam naiva bhOjyam na bhOkTA
cidAnandarupa: ShivOham ShivOham ||

Sin or merit can never touch me, Joy and sorrow cannot contaminate me; I know no mantra, I have no sacred pilgrimage to make, I know no scripture, nor have I anything to gain through rituals; I am neither the experiencer (subject), nor the experienced (object), nor the experiencing; I am Auspiciousness, Auspiciousness alone.

न मे मृत्युशंका न मे जातिभेदः पिता नैव माता नैव न जन्मः ।
न बन्धुर्न मित्रं गुरुर्नैव शिष्यः चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥ ५ ॥

na mE mrutyuSankA na mE jAtibEda:
pitA naiva mAtA naiva na janma: |
na bandhur na mitram gururnaiva Sishya:
cidAnandarupa: ShivOham ShivOham ||

I have no death, nor have I any caste or creed distinction; I have neither father nor mother; why! I am never born! I have no kith or kin, I know no guru, nor am I a disciple; I am Auspiciousness, Auspiciousness alone .

अहं निर्विकल्पो निराकार रूपो विभुत्वाच्च सर्वत्र सर्वेन्द्रियाणाम् ।
न चासङ्गत नैव मुक्तिर्न मेयः चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥ ६ ॥

aham nirvikalpO nirAkAra roopO
vibhutvAca sarvatra sarvEndriyaANam |
na cAsangata naiva muktir na mEya:
cidAnandarupa: ShivOham ShivOham ||

Thought-free am I, formless my only form, I am the vitality behind all sense organs of everyone; Neither have I attachment to anything, nor am I free from everything; I am all-inclusive; I am Auspiciousness, Auspiciousness alone.

1. The seven-fold, material: Marrow, bone, fat, flesh, blood, inner skin, outer skin.
2. The five sheaths: Anatomical structure, physiological structure, mental sheath, intellectual sheath, bliss sheath.
3. The five organs of action: Speech, hands, legs, genital organs, anus.
4. The four purpose of life: Righteousness (dharma), wealth (artha), desire (kama), liberation (moksha).