



Six Stanzas on Nirvana Adi Shankara

I am not the mind, the intellect, the ego, or the memory;
I am not the sense of sight, hearing, smell, taste, or touch;
I am not the earth, the air, the fire, the water, or the ether;
I am perfect knowledge and bliss—
I am That (Shiva)! I am That (Shiva)!

I am neither the energy nor the five vital forces;
I am neither the seven elements of the body nor the five sheaths;
I am not an organ of action like the mouth, the hands, the feet, or the tongue.
I am perfect knowledge and bliss—
I am That! I am That!

I have neither attachment nor aversion, neither greed nor delusion;
I have neither egotism nor pride, neither *dharma* nor *moksha*;
I have neither desires of the mind nor objects of desire.
I am perfect knowledge and bliss—
I am That! I am That!

I know nothing of either virtue or vice, nothing of pleasure or pain;
I have no need of mantras, sacred temples, scriptures, or sacrifices;
I am not the enjoyer, the enjoyed, or the act of enjoyment.
I am perfect knowledge and bliss—
I am That! I am That!

I have no death nor fear of death;
I have no caste, no father, no mother;
I have no friend, no family, no disciple, no guru.
I am perfect knowledge and bliss—
I am That! I am That!

I am without form, changeless, and all-encompassing.
I exist everywhere, with no attachments to this world;
I am unfathomable, beyond salvation.
I am perfect knowledge and bliss—
I am That! I am That!

Adi Shankara. "Six Stanzas on Nirvana." Trans. A.J. Grunthaler

© SophiaOmni, 2015. The specific electronic form of this text is copyright. Permission is granted to print out copies for educational purposes and for personal use only. No permission is granted for commercial use.