

Nirvana Shatakam

(Adi Shankaracharya)

I am not mind, intellect, thought, or ego;
not hearing, taste, smell or sight; not ether or earth, fire or air.
I am the soul of knowledge and bliss.
I am Spirit. I am Spirit.

I am not prana nor the five vital airs; not the seven components
of the body nor the five sheaths; not the five organs of action.
I am the soul of knowledge and bliss.
I am Spirit. I am Spirit.

I have no aversion or clinging, no greed or delusion,
no envy or pride, duty or purpose, no desire, no liberation.
I am the soul of knowledge and bliss.
I am Spirit. I am Spirit.

I am not virtue or vice, not pleasure or pain.
I am not sacred word or pilgrimage, not scripture or sacrifice.
I am not enjoying, enjoyable, or enjoyer.
I am the soul of knowledge and bliss.
I am Spirit. I am Spirit.

I have no death or fear, no class distinction, no father,
no mother, no birth; no friend or relative, no master or disciple.
I am the soul of knowledge and bliss.
I am Spirit. I am Spirit.

I am changeless, formless, all-pervading, omnipresent,
and not touched by attachment of the senses.
I am not freedom. I am not knowable.
I am the soul of knowledge and bliss.
I am Spirit. I am Spirit.