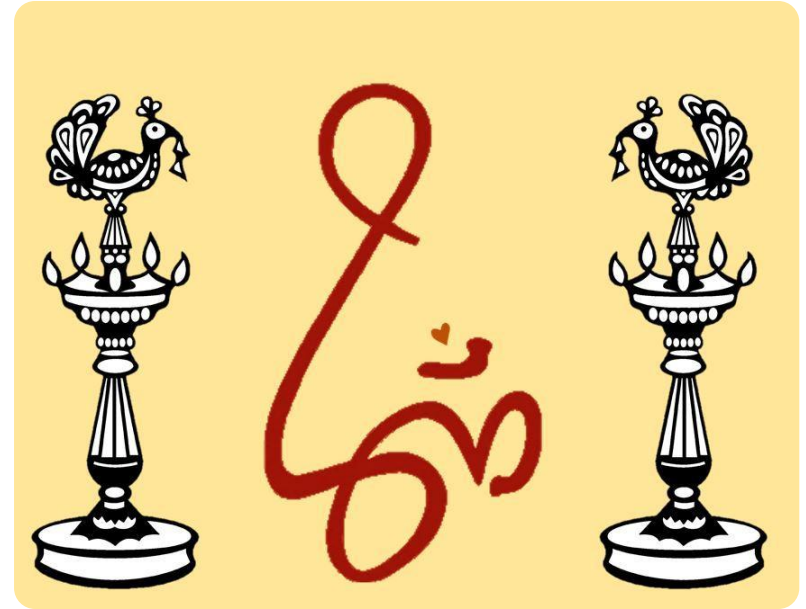


VIVEKACŪDĀMAṆI

*Chanting by
Swami Dheerananda & Vinay Mallikaarjun*



Section 52: Aids to Meditation



*Om Chanting by
Pujya Gurudev Swami Chinmayananda*

Verse
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VIVEKACŪḌĀMANI

SECTION 52: AIDS TO MEDITATION
[254-266]



जातिनीतिकुलगोत्रदूरगं
नामरूपगुणदोषवर्जितम्।
देशकालविषयातिवर्ति यत्
ब्रह्म तत्त्वमसि भावयात्मनि ॥

jā-ti-nī-ti-ku-la-go-tra-dū-ra-gaṁ
nā-ma-rū-pa-gu-ṇa-do-ṣa-var-ji-tam ।
de-śa-kā-la-vi-ṣa-yā-ti-var-ti yat
brah-ma tat-tvam-asi bhā-va-yāt-ma-ni । ।

254: That which has no caste, creed, family or lineage, which is without name and form, merit and demerit, which is beyond space, time and sense objects - 'That Brahman thou art' - meditate on this in your mind.

Verse
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VIVEKACŪḌĀMAṆI

SECTION 52: AIDS TO MEDITATION
[254-266]



यत्परं सकलवागगोचरं
गोचरं विमलबोधचक्षुषः ।
शुद्धचिद्धनमनादि वस्तु यत्
ब्रह्म तत्त्वमसि भावयात्मनि ॥

yat-pa-raṁ sa-ka-la-vā-ga-go-ca-raṁ
go-ca-raṁ vi-ma-la-bo-dha-cak-ṣu-ṣaḥ ।
śud-dha-cid-gha-na-ma-nā-di va-stu yat
brah-ma tat-tvam-asi bhā-va-yāt-ma-ni । ।

255: The supreme Brahman which is beyond the expression of speech, which is only for the eye of 'pure illumination', which is pure mass of Consciousness, which is a beginningless entity - 'That Brahman thou art' - meditate on this in your mind.

Verse
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VIVEKACŪḌĀMANI

SECTION 52: AIDS TO MEDITATION
[254-266]



षड्भिरूर्मिभिरयोगि योगिहृद्
भावितं न करणैर्विभावितम्।
बुद्ध्यवेद्यमनवद्यमस्ति यत्
ब्रह्म तत्त्वमसि भावयात्मनि

ṣaḍ-bhi-rūr-mi-bhi-ra-yo-gi yo-gi-hṛd
bhā-vi-taṁ na ka-ra-ṇair-vi-bhā-vi-tam ।
bud-dhya-ved-ya-ma-na-vad-ya-ma-sti yat
brah-ma tat-tvam-asi bhā-va-yāt-ma-ni

256. That which is untouched by the 'six waves of sorrow', which the yogi's heart meditates upon but which is not grasped by the sense organs, that which the intellect cannot know, which is unimpeachable - 'That Brahman thou art' - meditate on this in your mind.

Verse
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VIVEKACŪḌĀMAṆI

SECTION 52: AIDS TO MEDITATION
[254-266]



भ्रान्तिकल्पितजगत्कलाश्रयं
स्वाश्रयं च सदसद्विलक्षणम्।
निष्कलं निरुपमानवद्धि यत्
ब्रह्म तत्त्वमसि भावयात्मनि॥

bhrān-ti-kal-pi-ta-ja-gat-ka-lā-śra-yaṁ
svā-śra-yaṁ ca sa-da-sad-vi-la-kṣa-ṇam ।
niṣ-ka-laṁ ni-ru-pa-mā-na-vad-dhi yat
brah-ma tat-tvam-asi bhā-va-yāt-ma-ni । ।

257: That which is the 'substratum' for the universe and its various aspects which are all due to delusion, which supports Itself, which is other than the gross and the subtle, which has no parts and truly has no comparison 'That Brahman thou art' – meditate on this in your mind.

Verse
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VIVEKACŪḌĀMANI

SECTION 52: AIDS TO MEDITATION
[254-266]



जन्मवृद्धिपरिणत्यपक्षय
व्याधिनाशनविहीनमव्ययम्।
विश्वसृष्ट्यवविघातकारणं
ब्रह्म तत्त्वमसि भावयात्मनि॥

jan-ma-vṛd-dhi-pa-ri-ṇat-ya-pa-kṣa-ya
vyā-dhi-nā-śa-na-vi-hī-na-ma-vya-yam ।
viś-va-sṛṣṭ-ya-va-vi-ghā-ta-kā-ra-ṇam
brah-ma tat-tvam-asi bhā-va-yāt-ma-ni । ।

258: That which is changeless and so free from birth, growth, development, waste, disease and death;
which is indestructible and the cause for the creation, maintenance and dissolution of the universe -
'That Brahman thou art' - meditate on this in your mind.

Verse
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VIVEKACŪḌĀMANI

SECTION 52: AIDS TO MEDITATION
[254-266]



अस्तभेदमनपास्तलक्षणं
निस्तरङ्गजलराशिनिश्चलम्।
नित्यमुक्तमविभक्तमूर्तिं यत्
ब्रह्म तत्त्वमसि भावयात्मनि॥

as-ta-bhe-da-ma-na-pās-ta-la-kṣa-ṇam
nis-ta-ra-ṅ-ga-ja-la-rā-śi-niś-ca-lam |
ni-tya-muk-ta-ma-vi-bhak-ta-mūr-ti yat
brah-ma tat-tvam-asi bhā-va-yāt-ma-ni | |

259. That which is free from all distinctions, which is never of the nature of non-existence, which is calm like an ocean without waves, which is ever free and is indivisible form - 'That Brahman thou art' - meditate on this in your mind.

Verse
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VIVEKACŪḌĀMANI

SECTION 52: AIDS TO MEDITATION
[254-266]



एकमेव सद्नेककारणं
कारणान्तरनिरासकारणम्
कार्यकारणविलक्षणं स्वयं
ब्रह्म तत्त्वमसि भावयात्मनि ॥

e-ka-me-va sa-da-ne-ka-kā-ra-ṇaṁ
kā-ra-ṇān-ta-ra-ni-rā-sa-kā-ra-ṇaṁ
kār-ya-kā-ra-ṇa-vi-la-kṣa-ṇaṁ sva-yaṁ
brah-ma tat-tvam-asi bhā-va-yāt-ma-ni । ।

260. That which, even though It is one existence, is the cause for the many, which refutes all other causes but Itself is without cause, which is distinct from cause and effect and is independent - 'That Brahman thou art' - meditate on this in your mind.

Verse
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VIVEKACŪḌĀMAṆI

SECTION 52: AIDS TO MEDITATION
[254-266]



निर्विकल्पकमनल्पमक्षरं
यत्क्षराक्षरविलक्षणं परम्।
नित्यमव्ययसुखं निरञ्जनं
ब्रह्म तत्त्वमसि भावयात्मनि॥

nir-vi-kal-pa-ka-ma-nal-pa-ma-kṣa-ra-m̐
yat-kṣa-rā-kṣa-ra-vi-la-kṣa-ṇa-m̐ pa-ra-m̐ ।
ni-tya-ma-vya-ya-su-kha-m̐ ni-rañ-ja-na-m̐
brah-ma tat-tvam-asi bhā-va-yāt-ma-ni । ।

261. That which is free from māyā, which is infinite and indestructible, which is other than the world of change, which is supreme and eternal, which is permanent and indivisible bliss, untainted - 'That Brahman thou art' - meditate on this in your mind.

Verse
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VIVEKACŪDĀMANI

SECTION 52: AIDS TO MEDITATION
[254-266]



यद्विभाति सद्नेकधा भ्रमात्
नामरूपगुणविक्रियात्मना ।
हेमवत्स्वयमविक्रियं सदा
ब्रह्म तत्त्वमसि भावयात्मनि ॥

yad-vi-bhā-ti sa-da-ne-ka-dhā bhra-māt
nā-ma-rū-pa-gu-ṇa-vi-kri-yāt-ma-nā ।
he-ma-vat-sva-ya-ma-vi-kri-yaṁ sa-dā
brah-ma tat-tvam-asi bhā-va-yāt-ma-ni । ।

262. That one Reality, which appears variously because of delusion - though Itself always unchanged - and assumes names and forms, qualities and changes, like gold through all its modifications - 'That Brahman thou art'- meditate on this in your mind.

Verse
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VIVEKACŪḌĀMANI

SECTION 52: AIDS TO MEDITATION
[254-266]



यच्चकास्त्यनपरं परात्परं
प्रत्यगेकरसमात्मलक्षणम्।
सत्यचित्सुखमनन्तमव्ययं
ब्रह्म तत्त्वमसि भावयात्मनि॥

yac-ca-kās-tya-na-pa-ra-m pa-rā-t-pa-ra-m
pra-tya-ge-ka-ra-sa-māt-ma-la-kṣa-ṇam ।
sat-ya-cit-su-kha-ma-nan-ta-ma-vya-yam
brah-ma tat-tvam-asi bhā-va-yāt-ma-ni । ।

263. That beyond which there is nothing, which is above māyā which is superior to its effects - the universe - which is the innermost subjective Self, which is of one essence, which is continuous Existence-Knowledge-Bliss, which is infinite and immutable - 'That Brahman thou art' - meditate on this in your mind.

VIVEKACŪḌĀMAṆI

CHANTING BY
SWAMI DHEERANANDA &
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