

GIFTS OF ASHTAAVAKRA GITA

GLIMPSES OF TRANSCENDENTAL TRANQUILITY

A - RE - PRESENTATION

NARAYANA

BOMBAY/MANTHANI

22-12-1994 TO 16-1-1995

DAYS OF RE-CHARGE

**DEDICATED**  
**TO**  
**MASTER INSIDE**  
**YOU**

**PRESENTATION**  
**TO**  
**THE TEACHERS OF SPIRIT OF**  
**HUMAN ENDEAVOUR & EXCELLENCE**

**DR N H ATHREYA**  
**DR M B ATHREYA**  
**DR S S SRIKANTIAH**  
**DR T V RAO**

**WITH**  
**RESPECTS AND LOVE**

1

TRANSCENDENCE

KATHAM GNAANAM AVAPNOTI32  
KATHAM MUKTIR BHAVISHYATI  
VAIRAAGYAM CHA KATHAM PRAAPTAM  
ETAD BROOHI MAMA PRABHO !!

I-1.

Knowledge, understanding is gained how  
Liberation, freedom is attained how  
Detachment is ingrained how  
Tell me that oh ! sir ! now.

UNDERSTANDING, LIBERATION  
AND  
DETACHMENT  
ARE THE STATES  
OF  
SUPREME REALISATION

POISON - NECTAR

MUKTMICCHASI CHET TATA  
VISHAYAAN VISHA VAD TYAJA  
KSHAMA AARJAVA DAY TOSHA  
SATYAM PIYUSHA VAD BHAJA

I - 2

Liberation, freedom, if aspires you  
Leave pleasures like POISON, you !  
Forbearance, straightness, empathy too  
Truth, joy drink like nectar you.

PLEASURES ARE PAIN

NOBILITY IS REAL GAIN

BEYONDNESS

NATVAM VIPRAADIKO VARNO  
NA AASHRAMEE NA AKSHA GOCHARA  
ASANGOSI NIRAAKARO  
VISHWA SAAKSHI SUKHI BHAVA

1 - 5

The four classes are not you  
The four stages are not you  
Unvisible, unattached, formless is you  
Being world witness be joy-ful you.

EVERY PERSON  
IS  
BEYOND THE CLASSES OF  
KNOWLEDGE, POWER, WEALTH AND WORK  
AND BEYOND FOUR STAGES OF  
STARTING, INVOLVING, ACHIEVING AND LEAVING  
INSIDE EVERYONE THERE IS UNIVERSAL  
WITNESS.

WONDER OF SELF

AHO ! AHAM! NAMO MAHYAM  
EKOHAM DEHA VAANAPI  
KWACHIN NA GANTAA NA AAGANTAA  
VYAAPYAM VISHWAM AVASTHITHAM

I - 12

Oh! Me ! Oh ! Me ! salutation to me !  
Even though in this body only one is Me !  
Nowhere to come ! nowhere to go !!  
Filling whole world is me ! Ho !!

THIS SELF  
IS  
UNIVERSE !  
EVERY THING IS WITHIN THIS ONE SELF

PARADOX

VISHVAM SPHURATI YATREDAM  
TARANGAA IVA SAAGARE  
SOHAMASMITI VIGNAAYA  
KIM DINA IVA DHAAVASI

III - 3

Waves appear in ocean ! ho !  
Worlds appear in yourself so !  
"THAT ONE IS ME" you know when  
why like a poor fellow you run then ?!

EVERY PERSON IS EXTRAORDINARY  
STILL HE RUNS AFTER ORDINARY !!

PARADIGM

HANTA AATMAGNASYA DHEERASYA  
KHELATO BHOGA LEELAYA  
NA HI SAMSAARA VAAHEEKAI  
MUDHAI SAH SAMAANTAA!!??

IV - 1

Self knowing noble men play,  
this life, like a game, let me say  
*the sage, seer is different one*  
from the world-bound ignorant one.

WORLD IS JUST A PLAY WHEN ONE KNOWS  
WORLD IS STRUGGLE WHEN ONE KNOWS NOT.

7

ONE TO ONE

UDETI BHAVATO VISHWAM  
VAARIDHERIVA BUDBUDAH  
ITI GNAATVAA EKA AATMAANAM  
EVAM EVA LAYAM VRAJA

V - 2

You are ocean that you see  
Worlds are bubbles in self-sea  
Knowing the self in this way  
Merging in THAT as such you stay,

WHEN SELF IS ALL  
WHY NOT MERGE IN SELF?

ONLY ONE

MAHAA DADHIRIVA AHAM SA  
PRAPANCHO VEECHI SANNIBHAH  
ITI GNAANAM TATHAI TASYA  
NA TYAAGO NA GRAHO LAYA

VI - 2

Like a great ocean is sure me  
This worlds are waves in sea  
*When this truth is known fully so*  
For merger why to say YES or NO.

WHEN SELF, AS IT IS, IS ALL  
WHERE TO MERGE AND WHY TO MERGE ?

OCEAN OF TRANQUILITY

MAYYANANTA MAHAAMBHODHAI  
VISHVAM NAAMA VIKALPANAA  
ATI SHAANTO NIRAAKARA  
ETAD EVAM AASTHI THAH

VII - 3

Great infinite ocean is me  
*World is imaginative creation in me*  
Completely peaceful formless is me  
For this whole, base is me.

SELF IS CREATOR  
WORLD IS CREATION  
FORMLESS IS THE BASIS OF ALL FORMS

MIND BIND

TADAA BANDHAM YADAA CHITTAM  
SAKTAM KAASYAPI DRISHTISHU  
TADAA MOKSHO YADAA CHITTAM  
ASAKTAM SARVA DRISHTISHU

VIII - 3

This mind is sure in bind  
When attached in any view  
*This mind is free of bind*  
When unattached in every view

BONDAGE IS WHEN MIND STICKS  
LIBERATION IS WHEN MIND STICKS NOT

LEARNING BEYOND TEACHING

NAANA MATAM MAHARSHEENAAM  
SADHUNAAM YOGINAAM TADHAA  
DRISTVAA NIRVEDAM APANNA  
KO NA SHAMYATI MANAVAA

IX - 5

Seers and saints have said much  
Yogis have said much as such  
Understanding them and forgetting all  
Peaceful is one, seeing truth over all.

TEACHERS SHOW THE PATH  
SEEKERS WALK THE PATH

MAGIC SHOW

SWAPNENDRA JALA VAT PASHYA  
DINAANI TREENI PANCHHA VAA  
MITRA KSHETRA DHANAA AGARA  
DARA DAAYAADI SAMPADAA

X - 2

Friends, lands and wealth too  
Relatives, partners, prosperity too  
Are like dream and magic ways  
They are just for three or five days

MATERIALS ARE TRANSIENT  
SPIRIT IS TRANSCENDNET.

SPOTLESS-JOY

BHAAVA ABHAAVA VIKAARASCHA  
SWABHAVAADITI NISCHAYEE  
NIRVIKARO GATA KLESHA  
SUKHENAIVA UPA SHAMYATI

XI - 1

With deforms : feelings, non feelings too  
Self nature occurs, that is very true  
*Without deforms the grief is gone*  
Then peace comes and joyful is one

SELF - NATURE  
IS FULL OF JOY  
WHEN  
ONE IS IN EQUANIMITY  
BEYOND  
PULL AND PUSH

14

BE-IN-G

KAAYA KRITYA SAHAA POORVAM  
TATO VAAG VISTAARA SAHA  
ATHA CHINTAA SAHAASTASMAD  
EVAM EVAM AHAM AASTHITAH

XII - 1

Lost interest in physical actions first  
Lost interest in words, talking next  
*Lost interest in thinking now me*  
As-it-is in self stationed is me.

TO EXPERIENCE  
COSMIC CONSCIOUSNESS  
JUST BE  
BE-YOND ACTIONS, WORDS AND THOUGHTS

17

15

AS-IT-IS

SUKHAADI RUPAA NIYAMAM  
BHAVESHVA LOKA BHOORISHAH  
SHUBHA ASHUBHE VIHAAYA ASMAAD  
AHAM ASE YADHAA SUKHAM

XIII-7

Pleasure and pain come and go  
Many times witnessed change as so  
*Leaving good, bad both fully now*  
AS-IT-IS happy, sure is me now

PLEASURE AND PAIN  
ARER JUST WAVES  
IN RIVER OF LIFE

NATURAL TRANQUILITY

PRAKRITYAA SHANTA CHITTOYAH  
PRAMAADAD BHAVA BHAAVANA  
NIDRITO BODHITO IVA  
KSHEENA SANSARINO HI SA

XIV - 1

Be self nature tranquil is who  
Just as occurrence acts in world, who  
For him the struggle exists not  
Even though awake he transacts not.

TRANQUILITY OF ACTIONS IS SURFACE-PEACE  
TRANQUILITY OF MIND IS DEEP-PEACE

YOUNIVERSE

SHRADDHATVA ! TATA ! SHRADDHATVA !  
NATRA MOHAM KURUSHVA BHÖ !  
GNAANA SWARUPO BHAGAVAN  
ATMAA TVAM PRAKRITE PARAH

XV - 8

Attention ! My son ! Attention !  
About this truth have no delusion  
You are knowledge form also Lord  
You are self, above nature, Supreme Lord

YOU ARE  
GOD  
GENERATOR-OPERATOR-DISSOLVER  
YOU ARE  
UNIVERSE

BEYOND "IS" AND "IS NOT"

IDAM KRITAM IDAM NETI  
DVANDAIR MUKTAM YADAAH MANAH  
DHARMAARTHA KAMA MOKSHESHU  
NIRAPEKSHAM TADAA BHAVET

XVI - 5

This is done, this is not done  
*Beyond this duality is when one*  
Transcends four stages, that one  
For him, sure, none to be done.

TRUTH 'IS' AND 'IS NOT'  
AND  
TRUTH "IS NOT" AND "NOT IS NOT"

FILLING UNIVERSE

NA KADAACHIT JAGAT YASMIN  
TATTVAGNO HANTA KHIDYATI  
YATA EKENA TENEDAM  
POORNAM BRAHMANDA MANDALAM

XVIII - 2

The knowing-seer grieves not  
*He is never perturbed not*  
He knows self alone is one  
Fills all universe this supreme one.

WHEN  
SELF CONSCIOUSNESS  
FILLS  
UNIVERSAL CONSCIOUSNESS  
THEN  
'ME', 'YOU', 'WE' AND 'ALL' BECOMES ONE

REFLECTIVE REALISATION

YENA DRISHTAM PARAM BRAHMA  
SOHAM BRAHMETI CHINTAYET  
KIM CHINTAYATI NISCHINTO  
DVITIIYAM YO NA PASHYATI

XVIII - 16

The seer who sees the Supreme one  
Has to contemplate "I AM THAT ONE"  
*Why to think else for thoughtless one*  
When the seer sees none other than one.,

THE ORIGINAL ONE WHEN YOU SEE !  
YOU WILL EXCLAIM "THAT IS ME" !!  
SUPREME AND SELF  
ARE MUTUAL REFLECTIONS.

SUPREME SPIRIT

KVA DHARMA KVA CHA VAA KAAMA  
KVA CHA ARTHA KVA VIVEKITA  
KVA DVAITAM KVA CHA VAA ADVAITAM  
SVAMAHMNI STHITHASYA ME

XIX - 2

Where is right and and desire is where  
Where is wealth and wisdom is where  
*Where is duality and unity is where*  
Stationed in self spirit is me nowhere.

SELF IS THE LIGHT BECAUSE OF WHICH  
ALL OTHER THINGS SHINE

ABSOLUTE

KVA CHA ASTI KVA CHA VA NAASTI  
KVAASTI CHAIKAM KVA CHA DVAYAM  
BAHUNAATRA KIMUKTENA  
KINCHINNOTTISHTATE MAMAH

XX - 14

Where is being non being is where  
Where is one and the second is where  
Why to tell now anything else  
From me goes out nothing else.

THIS IS THAT

THIS (TRANSCENDENCE ) IS THAT (TRANSLUCENCE)

\*

26