

AUM ity etad.h akshharaM idaM sarvaM, tasyopavyAkhyAnaM
bhuutaM bhavad.h bhavishhyad.h iti sarvaM AUMkaara eva,
yach chaanyat.h trikaalaaatiitaM tad.h apy AUMkaara eva .. 1..

sarvaM hyetad.h brahma, ayam AtmA brahma, soyam aatmaa chatushhpaat.h .. 2..

jaagarita sthaano bahishhpraGYaH saptaan^ga ekonaviMshati mukhaH sthUla
bhug.h vaishvaanaraH prathamaH paadaH .. 3..

svapna sthaanontaH praGYaH saptaan^ga ekonaviMshati-mukhaH pravivikta-
bhuk.h taijaso dvitiiyaH paadaH .. 4..

yatra supto na kaM chana kaamaM kaamayate na kaM chana svapnaM pashyati tat
sushhuptam.h, sushhupta-sthaana ekii-bhuutaH praGYanaghana evaananda mayo hy
aanandabhuk.h cheto mukhaH praaGYas tR^itiiyaH paadaH .. 5..

eshha sarveshvaraH, esa sarvaGYaH, eshhontaaryami, eshha yoniH sarvasya
prabhavaapyayau hi bhuutaanaam.h .. 6..

naantaH-praGYaM, na bhaishh praGYaM, nobhayataH-praGYaM, na praGYAna-ghanaM,
na praGYaM, naapraGYaM, adR^ishhhtaM, avya-vahaaryaM, agraahyaM, alakshhaNaM,
achintyaM, avyapadeshyaM, ekaatma-pratyaya-saaraM, prapaGYchopashamaM,
shaantaM, shivaM, advaitaM, chaturthaM manyante, sa aatmaa; sa viGYeyaH .. 7..

soyaM aatmaadhyakshharaM AUMkaro dhimaatraM pAdA mAtrA mAtrAshcha pAdA
akAra ukaara makaara iti .. 8..

jaagarita-sthaano vaishvaanaro kaaraH prathamaa maatraapter.h aadimattvaad.h
vaapnoti ha vai sarvaan kaamaan aadishcha bhavati ya evaM veda .. 9..

svapna-sthaanastaijasa ukaaro dvitiiyaa maatrotkarshhat.h
ubhayatvaadvotkarshhatiha vai GYana-saMtatiM samaanashcha bhavati,
naasyaabrahma-vit-kule bhavati ya evaM veda .. 10..

sushhupta-sthaanaH praaGYo makaarastR^itiiyaa maatraa miter apiiter
vaa minoti ha vaa idaM sarvaM apiitishcha bhavati ya evaM veda .. 11..

amaatrashchaturtho vyavahaaryaH prapaGYchopashamaH shivo dvaita
evaM AUMkaara Atmaiva, saMvishaty AtmanAtmAnaM ya evaM veda .. 12..