

## UPADESHA SARAM (RAMANA MAHARSHI)

karturājñayā prāpyatē phalam □  
karma kiṃ paraṃ karma tajjaḍam □ 1 □

kṛtimahōdadhau patanakāraṇam □  
phalamaśāśvataṃ gatinirōdhakam □ 2 □

īśvarārpitaṃ nēchChayā kṛtam □  
chittaśōdhakaṃ muktisādhakam □ 3 □

kāyavānmanaḥ kāryamuttamam □  
pūjanaṃ japaśchintanaṃ kramāt □ 4 □

jagata īśadhī yuktasēvanam □  
aṣṭamūrtibhṛddēvapūjanam □ 5 □

uttamastavāduchchamandataḥ □  
chittajaṃ japadhyānamuttamam □ 6 □

ājyadhārayā srōtasā samam □  
saralachintanaṃ viralataḥ param □ 7 □

bhēdabhāvanāt sō'hamityasau □  
bhāvanā'bhidā pāvanī matā □ 8 □

bhāvaśūnyasadbhāvasusthitiḥ □  
bhāvanābalādbhaktiruttamā □ 9 □

hṛtsthalē manaḥ svasthatā kriyā □  
bhaktiyōgabōdhāścha niśchitam □ 10 □

vāyurōdhanāllīyatē manaḥ □  
jālapakṣivadrōdhasādhanam □ 11 □

chittavāyavaśchitkriyāyutāḥ □  
śākhayōrdvayī śaktimūlakā □ 12 □

layavināśanē ubhayarōdhanē □  
layagataṃ punarbhavati nō mṛtam □ 13 □

prāṇabandhanāllīnamānasam □  
ēkachintanānnāśamētyadaḥ □ 14 □

naṣṭamānasōtkṛṣṭayōginah □  
kṛtyamasti kiṃ svasthitiṃ yataḥ □ 15 □

dṛśyavāritaṃ chittamātmanaḥ □  
chittvadarśanaṃ tattvadarśanam □ 16 □

mānasam tu kiṃ mārṅaṇē kṛtē □  
naiva mānasam mārṅa ārjavāt □ 17 □

vṛttayastvahaṃ vṛttimāśritāḥ □  
vṛttayō manō viddhyahaṃ manaḥ □ 18 □

ahamayaṃ kutō bhavati chinvaṭaḥ □  
ayi patatyahaṃ nijavichāraṇam □ 19 □

ahami nāśabhājyahamahantayā □  
sphurati hṛtṣvayaṃ paramapūrṇasat □ 20 □

idamahaṃ padā'bhikhyamanvahaṃ □  
ahamilīnakē'pyalayasattayā □ 21 □

vigrahēndriyaprāṇadhītamah □  
nāhamēkasattajjaḍaṃ hyasat □ 22 □

sattvabhāsikā chitkvavētarā □  
sattayā hi chichchittayā hyahaṃ □ 23 □

īśajīvayōrvēṣadhībhidā □  
satsvabhāvatō vastu kēvalam □ 24 □

vēṣahānataḥ svātmadarśanam □  
īśadarśanaṃ svātmārūpataḥ □ 25 □

ātmasaṃsthiṭiḥ svātmadarśanam □  
ātmanirdvayādātmaniṣṭhatā □ 26 □

jñānavarjitā'jñānahīnachit □  
jñānamasti kiṃ jñātumantaram □ 27 □

kiṃ svarūpamityātmadarśanē □  
avyayā'bhavā"pūrṇachitsukham □ 28 □

bandhamuktyatītaṃ paraṃ sukhaṃ □

vindatīha jīvastu daivikaḥ □ 29 □

ahamaṇṇakāṃ nijavibhānakāṃ □

mahadidantapō ramanavāgiyaṃ □ 30 □

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