

UPADESHA SARAM (RAMANA MAHARSHI)

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

kṛtimahōdadhau patanakāraṇam □
phalamaśāsvataṃ 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 svātmarūpataḥ □ 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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