



Aprenda a Cantar o Upadesa Saram

1. kartur ājñyayā prāpyate phalam

karma kim param karma tajjaḍam

2. kṛti-maho-dadhau patana-kāraṇam

phalama-śāśvataṁ gati-nirodhakam

3. īśvarārpitam necchayā kṛtam

citta-śodhakam mukti-sādhakam

4. kāya-vāñ-manah kāryam-uttamam

pūjanam japa-ścintanam kramāt

5. jagata īśadhī yukta sevanaṁ

aṣṭa-mūrti bhṛd deva-pūjanam

6. uttama-stavād-ucca-mandataḥ

cittajam japa dhyānam uttamam

7. ajya-dhāraya srotasā samam

sarala cintanam viralataḥ param

8. bheda-bhāvanāt so'hamityasau
bhavana'bhidā pāvanī matā

9. bhāva śūnyasad bhāva susthitih
bhāvanā-balād bhaktir-uttamā

10. hṛtsthale manah svasthatā kriyā
bhakti yoga bodhaśca niścitam

11. vayu-rodhanāl līyate manah
jāla-pakṣivat rodha-sādhanam

12. citta-vāyavaś cit-kriyāyutah
śā khaylor-dvayi śakti-mūlakā

13. laya vinaśane ubhaya-rodhane
laya-gatam punar bhavati no mṛtam

14. prāṇa-bandhanāt līna-mānasam
eka-cintanāt nāśametyadaḥ

15. naṣta-manasot-kṛṣṭa yoginah
kṛtyam asti kiṁ svasthitim yataḥ

16. dṛśya-vāritam citta-mātmanah
citva-darśanam tattva darśanam

17. mānasam tu kiṁ mārgaṇe kṛte
naiva mānasam mārge ārjavāt

18. vṛttayastvaham vṛtti-maśritah

vṛttayo mano viddhayaham manah

19. ahamayam kuto bhavati cinvataḥ
ayi patatyaham nijavicāraṇam

20. ahami nāśa-bhā-jyahama-hantaya
sphurati hṛt-svayam parama-pūrṇa-sat

21. idamaham padā'bhikhya-manvaham
aham-ilīnake'pyalaya sattyā

22. vīgrah-endriya prāṇa-dhītamah
nāhameka-sat tajjaḍam hyasat

23. sattva-bhāsika citkva veterā
sattyā hi cit cittayā hyaham

24. īśa-jīvayor veṣa-dhī-bhidā
sat-svabhāvato vastu kevalam

25. veṣa-hānataḥ svātma-darśanam
īśa-darśanam svātma-rūpataḥ

26. ātma-saṃsthitiḥ svātma-darśanam
ātma-nirdvayād ātma-niṣṭhatā

27. jñāna-varjitā-jñāna-hina cit
jñānam-asti kiṁ jñātum-antaram

28. kiṁ svarūpamit-yātma darśane
avyayābhavā” pūrṇa-cit sukham

29. bandha muktyatītam param sukham

vindatīhajī vastu daivikah

30. aham-apetakam nija-vibhānakam

mahadidam tapo ramaṇa vāgiyam



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