

**Atmavidyodayam**  
**The Dawn of Self-Knowledge**

By  
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## Preface

The current education curriculum merely teaches us how to gain a livelihood, win bread and butter for the family. But the intellect always hankers for acquiring more and more. Nowadays information is cheap and mostly worthless available everywhere and is polluting our children through media that is ever growing in iPods, iPads, TV and movies. It is time to save mankind from such misguidance and distractions. However, this cannot stop until the intellect realizes that it is only an instrument for a person to really find out who he is. Man is especially provided with this faculty to gain back his pristine glory. In this century it can be seen, how this faculty is misused in developing technology for destruction and for gaining control over the other. When this faculty is misguided over generations by parents on children, management on employees, teachers on students, neighborhood and society on individuals, inculcating wrong ideas and notions rooted in falsity, no wonder it has lead man to the current state of misery.

This is mainly because of lack of proper educators. Schools and colleges only provide knowledge for gaining a job and earning money for physical sustenance. To teach the essential truth, however there are newer and newer religions in the name of spirituality that veil the intelligence even more in ignorance by decorative words and phrases teaching that real happiness is something to be gained in some other place that liberation is not in the present, something to be attained by effort in some monastery through some methodologies. One can imagine the plight of uneducated humanity falling a prey to such fancy words.

On the other hand there are a few teachers especially from India throughout the ages who by their own example have shown that every living creature is Truth Itself, especially man who can experience it as he is the highest form on earth of evolved consciousness. What is essential is only an enquiring mind into the nature of one's own being. The microorganism from living cells to completely evolved human beings, creation is entirely pervaded by Truth. What is gross formed by atoms and molecules, is the physical gross part that is just an addendum to it, that can be dismissed off. When the gross is dismissed what essentially stands is the true Self or Truth. However it is hard to dismiss off the body, except in deep sleep. The body has stuck to one's being due to massive latent tendencies and habits from time immemorial which is called Maya or illusion, hence without beginning or end. The process of creation, sustenance and destruction goes on in cycles, one revolves in it as long as one thinks of oneself as the body that is born and dies. The notion that one is body has to go. The means for this is Yoga. When one's mind is free of desires and attachments due to the false identification with the body, it is free to dive inside, seek and identify its true nature. Yoga is gaining popularity as a means of conquering bodily disabilities and limitations through hatha yoga. Yoga is the process of gaining real knowledge of the Self (Atma Vidya) which is liberating and not binding as worldly information. Self-knowledge is revealed in Indian scriptures such as Brahma sutras, Vashista Yoga and Bagavad Gita, the song of the eternal which teaches the one Truth, the knowledge of the Self in subtle ways and is the essence of the timeless Vedas and Upanisads. It explains all the limbs of

yoga essential for man. Indeed whatever path one takes, the final goal is attained, which may take several bodily states, however for one who has made the first step, the Self itself as the Guru guides it to the universal Self.

The poems in this book are a dedication to the glory of India and its great yogis, especially Sri Ramana Maharshi, the sage of Tiruvannamalai and Sri Chandrasekara Saraswati Shankaracharya (fondly known as Maha Periyavaa)-the Sage of Kanchipuram, Tamil Nadu. They are the physical manifestation of the divine in the 20<sup>th</sup> century, which is also the Truth inside everyone. Sri Ramana Maharshi, the sage of Tiruvannamalai, the abode of Mount Arunachala (the immovable Consciousness Lord Siva ) renewed Maha Yoga as taught in Yoga Vasishtam – the direct path of Self-Abidance. His works in Tamil ‘Akshara mana maalai (the offering of the garland of letters)’ and ‘Nan Yaar (Who Am I?)’ teach one the path of Bakthi (devotion) and Self – Enquiry. The Enquiry into the real Truth of existence leads one directly to Abide in the Self or Truth which is hence called the direct path. Through these great teachers the light shines more brilliantly as a beacon even after their exit from their body. The divine can be worshipped in any form, which is hard to perceive through the gross senses. However it has manifested itself in all the temples of India, sanctified through recitations from Vedas, Upanisads and Puranas, the eternal revelations of the Truth. Since without God’s grace nothing can be said done or attained, such benevolent grace is ever open and one has to only tune to it. May the divine look upon with benevolent eyes through pure forms in Gurus to guide the humans with multitudes of names and forms to the ultimate formless Truth which is in itself Knowledge, Consciousness and Bliss.

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## 1. Dedication

Thought, word and deed as instruments  
 Worshipping the Guru, the inner Self apparent  
 Who awakens from the darkness of ignorance  
 Ever glowing lantern of awareness  
 Whose charm lit the lamp of knowledge  
 Impelling to write these words of wisdom and might  
 Dispelling all delusions and plight

Offered in dedication to Sri Guruvayoorappan  
 That which is the eternal Brahman  
 The light in the heart of every Being  
 In whose lotus feet falls this garland  
 Full of import and adoration.  
 From the divine and non-dual bliss  
 May these verses receive the grace  
 Bestowing the wealth of self-knowledge

## 1. Time and Beyond

O Time! You stick to all  
 Things seen and unseen  
 Objects in waking and dream  
 Worlds manifesting  
 Growing and destroying  
 Creating the body and mind  
 Weaving a world of imagination  
 From past to future expanding  
 A series of false mirage

O time, who made Thou?  
 By whom we identify with mind and body as 'I'  
 A false notion of me and mine  
 Appearing and disappearing  
 Unto waves on the surface of the ocean  
 But I am the Consciousness  
 The Infinite underlying  
 Untouched by beginning or end  
 Pervading Space and Time

There is no past or future  
 I am the Witness now and here  
 Of all events and experiences  
 Firmly in the Present  
 I am Awareness always Existing  
 Greater than you, O Time!

Salutations to the Guru  
 Who teaches by Silence  
 The method of Self-Enquiry  
 And deep contemplation  
 Leading to Self-realization  
 Truly this is Vidya, the knowledge  
 That destroys nescience

O Conscious Infinite Beings  
 Establish your mind in the present  
 Realize your own true glory  
 That which you already are  
 The Immortal Existence  
 Awareness-Knowledge and Joy.

## 2. The Ego

One may have ego, but not false  
I is not the body nor mental noise  
Peel it layer by layer, thought by thought

Real Ego is the screen  
On which pictures come and go  
The screen of consciousness  
Waking and dream its shadows

Raise the question: from whence these come?  
Oh! What false notion, from womb to womb  
Through various names and forms  
The ceaseless cycle, put an end  
Stop, contemplate, you have a mission  
Don't waste, nor let go this vision  
Unwind the mind everyday  
Its desires, chase away.

## 3. Nature of the Mind

The mind is not compulsive  
Neither impulsive nor reactive  
Also, not subjective or objective  
It's reality being meditative

Turned inward it is the Self  
Outward the objects sensed  
Where is then creation ?  
Nothing but misconception

Raising above the mundane  
Not in imaginations straying  
Concentrated one-pointedness  
Leads it to consciousness

The body is not forever  
Separate the seed from its cover  
Roasted in the fire of realization  
It does not sprout yet again!



#### **4. The Sage**

Letting not in mental cravings  
 Nor indulging in daily happenings  
 Thought, word and deed witnessing  
 From whence does these arise ?  
 The wise thus enquiring

The wind does not blow here  
 Nor waves of the oceans roar  
 All creation disappear  
 In the depth of the sea  
 Infinite Joy belongs to the seer

The seer of the seen  
 The hearer of the heard  
 The knower of the known  
 Unaware of the surrounding  
 But with all understanding

Their ego has no center  
 With consciousness all over  
 A ripened fruit, from the tree asunder  
 Totally in but yet out,  
 Abiding within with no effort

Perfect reflection in the water  
 Ablaze with knowledge  
 Glowing like fire  
 In absolute happiness  
 Rejoice the knower

#### **5. Being Brahman -the Self**

Brahman exists as the I  
 As rivers, mountains, sun and sky  
 Watching over is the infinite eye  
 This world exists only for the ego  
 Falsely identified as me and my  
 A projection of thoughts  
 Of attachment and wants  
 Risen from misidentification  
 Suffering and pain transmigration

Left and right the pendulum sways  
 Past and future time creates

Held in the middle, not oscillating  
 The mind in the center  
 Be the eternal everlasting

Not by logical reasoning  
 Nor a matter of understanding  
 By enquiring and surrendering  
 Will lead to real experiencing

## **6. Mathematics of Life**

Life is a mathematical game  
 Nothing is for name or fame  
 Let the mind gain only zero  
 For it is the mind that has to go  
 Untouched is the Self to be seen inside  
 Slow and steady empty the space  
 Unite outer with inner and liberate

Mind is a mathematical function  
 Always seeking a new dimension  
 Fallen into wanton differentiation  
 Endless calculus of creation  
 Separate the real from imaginary  
 Simplify the complex topology  
 Be in the center not boundary

Remove the additions  
 Continuously do subtraction  
 Integrate all the divisions  
 From expansion to abstraction  
 Enquire and perform regression  
 In dimensionless inner geometry  
 Be the source Infinity

## **7. Silence**

No speech, don't think nor act  
 From wishfulness to no thought  
 Silence is the mirror  
 A river with stilled water  
 The scent from a blossomed flower  
 To the knower, a treasure  
 In the crowd and the noise  
 Tune to the inner voice

Maintaining an inner silence  
 Gaining joy beyond explanation

Hear the sound of creation  
 From where universe has its origin ?  
 A display most magnificent  
 Inside is the silence hidden  
 Like the string in a pearl chain  
 The water held in a glass  
 Takes its color and shape  
 Sound passing through different chords  
 Pleasant is the music it creates  
 In the veena and the violin  
 From the tabla to tambourine

The planets and stars hanging  
 The sun and moon rising  
 The rain and thunder rumbling  
 From a silence deep and unseen  
 The rivers rush to the ocean  
 In silence returns to the source  
 Silence is the mother  
 Be acquainted with her  
 For she gathers in her lap  
 Everything at the end of the day

## **8. The drama of life**

The pages of the book turn one by one  
 Unfolding the scenes of the drama  
 That never comes to end  
 The actors on the stage  
 Interact with one another  
 And then separate  
 Like the logs on the river  
 That come together and break

The rooms in a mansion  
 Are superb and brilliantly made  
 The talent of the architect marvelous  
 The manor finely prepared  
 Can one walk through this  
 Building without being swayed?  
 When one door closes the other opens  
 One exit is nothing but another entry to take

Pots made out of clay  
 From the potter's wheel  
 Of varied size and shape  
 The self enters and leaves  
 The different forms it takes

The tired traveler imagines  
 Going from place to place  
 In the cart with nine gates  
 When one day resting in the shade  
 Of a mighty banyan tree  
 The shining light of a sage  
 Dawns on his weary face

All doubts cleared and knots unwound  
 And lo the traveler sees the rope  
 Which appeared so long as snake  
 Giving up the garb of deer  
 He becomes the real Tiger  
 He is the light that illumines the actor  
 All modifications and their absence on stage  
 The mirage of delusion vanish  
 In the fire of knowledge  
 The house and the resident merge  
 In ever lasting blissful state

## **9. The alphabet beyond words**

Objects are desirable  
 Since the most desirable is within  
 All beauty admired  
 Inside resides the most adorable  
 Kith and kin are loved  
 The Source of love is contained in  
 The fleeting pleasures of exterior  
 Are sprinkles from infinite joy interior  
 All candies are sweet due to the one sugar  
 The life due to which living exists  
 All splendor and beauty exquisite  
 Everything on the Self subsists  
 The dearest of the dear shouldn't one endear It?

Life is mostly incomprehensible  
 A mysterious strange puzzle  
 One need not be baffled

As the solution to life's riddle  
 Is in the cave of the heart ineffable  
 The radiant jewel in the lotus most powerful  
 Pure existence undeniable  
 One forth of which is only visible  
 Three forth unperceivable  
 This forever shining alphabet  
 Secret to life's parables  
 Resides in the heart unspeakable  
 Seek in and attain joy inexplicable

### **10. The jewel in the lotus of the heart**

Seek the Self and realize  
 Once gaining the jewel  
 Everything else is trivial  
 Light and sound equals mind and breadth  
 The Self is same in every stretch

How can the Self behold itself?  
 The ego is an appearance and only a self-image  
 A mental impression of experiences over age  
 When sought will vanish in the heart  
 The light illumines, the sound annihilates  
 Consuming the ego in its fiery might  
 The fire of knowledge burns all ignorance  
 The lotus blooms, the cloud clears the moon  
 The Self that reveals, is the jewel that shines.

### **11. Sandhya-The Twilight**

Behold the day meets the night  
 Amazing sunset and sunrise  
 In the auspicious twilight  
 Aspire to reach the heights  
 The Self opens its gates  
 Letting out glorious rays  
 In its radiance glows  
 The seeker whose experience unfolds  
 Reaching to the limitless  
 Centering in the source  
 All other identity ceases  
 Realizing the bliss that is boundless  
 Cause a drop of Self-knowledge  
 Is greater than all theory and premises

Being unassuming without speculations  
 Staying still and alert, doing nothing else  
 The Self is attained by its own Self  
 The flight of the alone to the Alone  
 Thought never goes in vain  
 All things wanted are attained  
 So seek only the truth that is yourself  
 There is nothing else to be sought  
 For everything is the Self naught else

## 12. Experiences of Truth

The essence of Truth is one  
 Variations are in experience  
 A knower of the Self becomes this One  
 To some it is a friend or a close acquaintance  
 The Self to the one without egosense  
 A teacher to the student  
 and a master of the servant  
 A darling child to the mother so loved  
 A mother to the one surrendered  
 The divine spouse to a lover's devotion  
 A benefactor of whole creation

Victory among the valiant  
 Glowing majesty and radiant  
 Of lasting joy the embodiment  
 Verses of rhyme and meter in poetic rendition  
 The scales of musical composition  
 Various colors and hues of the artisan  
 Of infinite manifestations  
 Unique entity of existence  
 The abode of cosmic firmament

## 13. The 'I' from A to Z

When I am **a**bsolute, why seek the dual?  
 When I am **b**liss, why feel agony and grief ?  
 When I am **c**ontentment, why be restless?  
 When I am **d**ivine, why be demonish?  
 When I am **e**ternal, why seek the fleeting?  
 When I am **f**earless, why be cowardly?  
 When I am the **g**randest, why behave small?  
 When I am **h**appiness, why immerse in sadness?  
 When I am **i**ntelligence, why be in stupidity?  
 When I am **j**oy, why be sorrowful?

When I am **k**indness, why be cruel?  
 When I am **l**ight, why seek the dark ?  
 When I am **m**otionless, why the mind always moves?  
 When I am **n**ectar, why intake poison?  
 When I am **o**mnipresent, why be narrow-minded?  
 When I am **p**ease, why indulge in conflict ?  
 When I am the **q**uiet, why waste in dispute ?  
 When I am the **r**efuge, why another home?  
 When I am **r**adiant, why be dull?  
 When I am the **s**un, why identify with reflection?  
 When I am the **s**illness, why seek movement?  
 When I am **s**trength, why be weak?  
 When I am the **s**ubtle, why be gross?  
 When I am the **t**reasure, why collect stones?  
 When I am **u**nion with Self, why separation ?  
 When I am the **u**nderstanding, why be uncaring ?  
 When I am **v**irtue, why be vice?  
 When I am **w**isdom, why be foolish?  
 When I am **w**hat is always there, what to hunt for in despair ?  
 When I am like **x**-ray, from where can false hide?  
 When I am in the **y**onder, why be blind to it?  
 When I am **z**eal, why be lazy?

#### **14. Nature as Teacher**

The mountains stand firm and fixed  
 To attain the goal, the mind is secure and committed

The sun rises in crimson and red  
 When praised everyday, ignorance is dispelled

The trees give shade to everything  
 Practice kindness and compassion to all beings

The river flows down to the ocean  
 The ego dissolves in the source of creation

The wind blows on rough and even terrain  
 Construct equanimity in pleasure and pain

The rose is attractive and emits fragrance  
 In spite of the thorns, spread happiness

The earth is the mother in forbearance  
 In facing the opposites practice tolerance

The cuckoo sings and awaits its partner  
Surrender the Self and await the creator

The peacock dances before the rain  
Radiance of form heralds dawn of know

Nature is a perfect mechanism of cause and effect  
To cease from effect, perform action unattached

Cotton is dyed, different garments made  
The universe of creation, the Self pervades

The rainbow appearing on the rainy day  
Even waking is a dream, an illusion per say

The ants march in their task unceasing  
Goal is attained for one with determination

### **15. Glory of Self-knowledge (Atma-Vidya)**

The smell of past experiences gone  
No more actions in bondage calls  
Clear is the screen of magical game  
The saint shines forth in egoless flame

On losing ego, all creation gained  
He becomes the Self in every grain  
Sympathy and grace adore the Saint  
In whom all creatures attain  
Peacefulness, virtue and morale

His ego has dissolved like butter  
Melted down the mountain of fire  
Pure light flooded and being reborn  
Poised in stillness to grace the planet

Established in self-knowledge  
Free from individualized mind and objects  
Unalloyed and without perversion  
Performing simple and spontaneous action  
Free from greed and delusion  
Even under worst provocation  
Worth and merit stick to this person

Knowledge of matter and material  
physics, chemistry and biology



Is only to gain a livelihood honestly  
 Real knowledge frees from misery  
 Sought and learnt devoutly  
 Once acquired grows day by day  
 Other desires drop away  
 Consciousness spreads like fire on hay  
 The lion breaks out of its jail

## **16. The seeker and sought**

Wherefore comes the notion of me and mine  
 When all that exists is thee and thine  
 What are waking, dreaming or sleeping ?  
 Asking thee with utmost longing  
 Surrendering to thine feet with all belonging

What is destined to will happen,  
 About the future, have no preoccupation  
 In the wordly cycle and daily transaction  
 There is no time for steadfast meditation

Oh! Infinite, How hard are you to find?  
 How long before the sunlight shines  
 Dispelling the darkness of unawareness  
 How much balanced determination  
 To cross the wide and dense ocean

Oh! The silent and insurmountable being  
 Very difficult to attain without intense yearning  
 Cut asunder the knot that is binding  
 The lovely lotus that is blooming  
 From the shadows of desires and cravings

Oh! the blue and yellow clad master  
 You captivate the heart and save from disaster  
 The sweet smiles on your curved lips are not personal  
 You are the existence and bliss impersonal  
 From you and into you, creation floats hither and thither  
 Emerging and submerging in your infinite laughter

## **17. True Mind**

Bondage and liberation are only in the mind  
 Turn the mind inside and within  
 All the solutions rest therein  
 Real consolation is the Self there

And not from another  
 Whatever is given, it is to the Self

Know that from the body the Self is different  
 This is the way to conquer all ailments  
 Purpose of life is to develop the mind  
 To make it more tame and fine  
 A pure and transparent mind  
 Is a window to the Self

From the strength of experience  
 Silent detachment from the surroundings  
 Where is the place that Self is not?  
 So, turn the mind to the subtle from gross  
 Life becomes more happy and peaceful

Oh! Light illumine the true mind  
 That has turned away from the world  
 Give it your support and take unto you

### **18. The cosmic being**

With thousands of heads, hands and feet  
 Of immeasurable brightness radiating  
 In the cave and expanse pervading  
 Even in the tiniest insect residing  
 Overseer of all actions and doings  
 The highest state of attainment giving  
 For those who prostrate before with longing

The omnipresent, omnipotent being  
 Whose nature is undecaying  
 For those who are always meditating  
 The mendicant giving up all wanting  
 Without a place, ever wandering  
 Reaching out to Him as the support unfailing  
 O the endless, all auspicious and knowing  
 The atomic minutely microscopic  
 Hence through senses non perceptive  
 To the wavering mind non receptive  
 Difficult to attain unless firmly established

In deep sleep one is neither man or woman  
 On waking wherefore arise these notions ?  
 Jumping through various roles and relations  
 On gaining true knowledge, seeing the difference

Between reality and assumptions  
 Realizing that nothing would happen  
 Without the presence of the cosmic Being

## **19. The Story of the two parrots**

In the cave of the heart ever hiding  
 This real parrot and the other parrot its image  
 Born together in the same body  
 One is always aware and the other unaware  
 In childhood they are partners  
 Attached to the mother in innocence  
 Lost to the Self in playfulness  
 Resembling each other in bliss

Comes adolescence and its desires  
 The image parrot clouded in ignorance  
 Attracted to external beauty and decorations  
 Strives hard through trials and tribulations  
 To secure a life with all comforts  
 Wild with passions and lust  
 Falling in love with body and flesh  
 Drowned in delusion and amassing wealth  
 Forgetting the real parrot its true Self

Many days are lost in misidentity  
 One day the image parrot realizes  
 Life is a rain drop on lotus leaf  
 Full of ego, sorrow and grief  
 While all along the true parrot is watching the game  
 Hoping that the poor parrot will take to its name

Through some past good fortune  
 The poor parrot comes to think  
 Let me save myself and not sink  
 Through prayer and purification  
 Gone are attachments to action  
 A thirst for the timeless Truth  
 Arises from its heart and gushes forth  
 The true parrot plays its celestial flute  
 The ego parrot wakes to the musical notes

Hearing the sound of creation within  
 Rejoicing it has found its source therein  
 Surrendering and seeking true knowledge

The guidance of the Guru parrot is assimilated  
 By the divine, true experience of the Self is granted  
 Suffering ceases and abundant joy is attained  
 The image parrot vanishes and the true parrot shines

## 20. Real Life

One attains easily the world's pleasures  
 Highly fleeting and repulsive  
 Attached to show and drama ever fading  
 The king of death next door awaiting  
 Oh! Silly human, when will you be learning  
 To not waste precious life non-contemplating  
 Always into pit holes stumbling  
 Each time falling and climbing  
 From birth to youth, middle age and greying  
 The body growing and degenerating  
 In the wink and blink of an eye youth is leaving  
 Alas! Attachment to body is ever increasing  
 Only the blessed one is awakened to true living

Thus, for the one, the final beatitude desiring,  
 Between the false brightness and real light  
 There is a dark, hard and strenuous path  
 O Lord, Keep those trailing it in your heart  
 For you are the only companion  
 In this forest of life full of madness  
 Hard to find people with sincere practice  
 Truly only a few attain you out of million

O Lord! Don't forsake those who are forsaken  
 Don't be without love for those unbelonging  
 Don't ignore for whom you are the only friend  
 Don't leave alone those who left everything

## 21. The Guru

Such is a gracious guru  
 To whom mind attaches like glue  
 Intellect acquaints with the true  
 Not to be distracted in falsity  
 Residing forever in firm identity

Such is a gracious guru  
 Who clears all doubt

And removes actions veil  
 For the surrendered opens the gate  
 Merges in his real natural state

Such is a gracious guru  
 By whose glance the water stands  
 No more ripples and waves  
 Diving deep to the heart inside  
 Where the disciple gathers pearls

Such is a gracious guru  
 Holds the disciple in sway  
 Then one cannot go astray  
 Even in the Guru's absence,  
 He won't leave his presence  
 Joined to bliss and silence

Such is a gracious guru  
 Who releases from the habitual me  
 To I am that I am in luminous wisdom  
 The pure and quiet majesty  
 Life's support and crowning glory

Such is a gracious guru  
 On knowing whom joy swells  
 Egotism and desires fell  
 All doubts and queries quelled  
 He is nothing but one's Self

## **22. Colors of Life**

Colors and patterns in the mirage  
 Experience of life is a collage  
 Scenes project from mental images  
 Beings touch the heart and soul  
 Mental objects come and go

The colors slowly merge in white  
 With no added desires to create  
 Withdrawn is the mind in its original state

Let prarabdha roll itself off  
 One knows not the doings of one's past  
 The Lord gives according to one's act

In an infinite expanse, objects are specks  
 Their names and forms mere molds  
 That unfold and melt in to original gold

Having no desires, is planting no seeds  
 There is no doer, done or deed  
 without further births the knower leaps  
 and joins Infinite's Feet

### 23. Small Quotes

Remember time is fleeting  
 Spend wisely contemplating |  
 Outside the world is with all distractions  
 Behold inside the Self full of attractions ||

Oh! Mankind  
 Truth is here to find |  
 Wipe clean the mirror of the mind  
 The Self shines forth from behind ||

There is a lotus in my chest  
 Seated in it, I am safe  
 Else I will fall out in to space  
 The feet of the Lord  
 Enshrined in the throne  
 of the lotus of my heart

## Poems on devotion

### 24. Sri Ram

O! the Indweller Sri Ram  
Ecstatic are your name and form  
You are one word, one wife, one arrow  
One thought Ram, removes all sorrow

Adored by bhajana and keertana  
You are a Lord of Sringara  
Verily to the samsara

A manifestation of Pranava  
Of light and sound  
United with you is a sanyasa

Self to the one perfected  
He ever resides in your being  
Ultimately integrated !

### 25. The Divine Painter

Varied are the hues in your hand  
O divine painter-my painter man  
You painted my body, thoughts and mind  
Made me do things I otherwise can't  
The beautiful colors in peacock feathers  
The invisible canvas of all art  
Thou art hidden residing in the heart

Thy glory remains ever untold  
For thou art beyond words and speech  
Apart from dualities and all opposites  
Further from the three modification  
Of knower, knowing and known

O all accomplished, desires fulfilled  
All pervading unsurpassed master  
O divine painter sporting peacock feather  
The thief of butter, enchanting lover  
Charming flute player on the banks of Yamuna river  
To your Lotus feet I surrender

O one dwelling in the near and further  
Among the subtle layers

In your boundless being, the ego dissolving  
 Keen and piercing are your glances  
 Attachments and illusions destroying  
 From the gross sleep awaking  
 Your hands so loving and caring  
 The downtrodden and humble uplifting  
 Bountiful joy and peace giving

Then the individual in true reality merged  
 With the light of knowledge absorbed  
 In the blissful ocean immersed  
 How can one not see you here?  
 When you are the only one everywhere!

## **26. The Protector**

Where is the place, you are not there?  
 For one to worry and be lonely  
 When is the time, you did not care?  
 For one to have fear and anxiety  
 When the mind is empty  
 Fill it with your enchanting beauty  
 From where flows beautiful poetry  
 On you the most endearing company

Forgive the mistakes that I commit  
 Knowing or unknowing in a frenzy wit  
 You teach me to be with you now  
 For when time calls I will happily come  
 To your loving and cherished bosom

A mother and father you are unto me  
 Please make me thine, forever to be  
 I have no enemy, friend or family  
 You are the only one my eyes ever see

Your names and praises my voice sings  
 My hands do everything to you as offering  
 My feet go around you circulating  
 In dream and waking unseparated within  
 Your delightful smile is ever new  
 My body and mind are painted blue  
 Just like your fresh and radiating hue  
 What I am is just another you



## 27. Thine sharp arrows

O enchanting master divine  
 You possess arrows golden and pristine  
 That penetrated the thicket  
 Of the dense and dark thataka forest  
 You drove away the demons that molest  
 The sages of yore in deep state of rest  
 Please don't now let your arrows rust  
 For they have to pass again the test  
 Chasing all intruders in and out  
 Guard ye the gate of the lotus heart  
 Thus no trespasser will take your lawful part  
 What belongs to you, don't let it depart  
 For what is thine, none may steal  
 Your glory and truth will reveal  
 To the one who is alert and with zeal

## 28. The flute player

I am nectar  
 Nectar that is Brahman  
 I am the light  
 Lights up senses and organs  
 I am the wisdom  
 That releases from burden  
 I am the being  
 That is still and free  
 I am the teacher  
 Teaching me to just be  
 No more knots to tie  
 Unless willed by thee  
 Always thy will be done  
 I am only your instrument  
 I am the flute  
 Through which your music flows  
 Breathe into me  
 Thy notes in joyful melody  
 For the bright moon shines  
 Drawing my senses and mind  
 To your sacred presence  
 Life's aim and essence

## 29. The Song of the Gopis (Milkmaids)

With fragrant flowers and tinkling bells  
 Here comes the hero of the cowherds  
 Captivating looks and winsome smiles  
 He steals the heart of the damsels

Sidelong glances and sweet speech  
 Grant us more, the maids beseech  
 Can't return to family and husband  
 They have long been abandoned

The creepers we are without a grasp  
 Embrace us in your clasp  
 Our birth is not for ordinary man  
 Come here for play and joyful union

Your dark locks and handsome curls  
 Sharp are the arrows that cupid hurls  
 The charming music from your flute  
 Draws our mind from worldly roots

Creation is only your magical sport  
 You are start, mid and end of this quest  
 O Support of all, with a broad chest  
 On your shoulders may we rest

Place your hands on our head  
 For we ever follow your tread  
 Your tender feet on our bosom  
 O the formless with beautiful form

O, jasmine and champa flowers  
 Where did the thief disappear  
 This separation drives us insane  
 We offer our body in rising flame  
 O divine lover, now grant us our prayer  
 Let us sport with you together

O boundless ocean of mercy  
 Relieve us from this agony  
 For we can't return to worldly life  
 It is a mirage filled with grief

Reveal to us your graceful form ecstatic  
 Your lotus feet, thorns may prick

When placed on stone, spikes and sticks  
 Place it on us and drive away our fears  
 Give us the nectar of your ruddy lips  
 Fill our ears with your thrilling music

We seek only you the Supreme Being  
 In human form extremely infatuating  
 To you we have surrendered everything  
 And wait upon you to do your bidding

### **30. The charioteer**

Cling clang sound the anklet bells  
 As you walk, O lotus eyed little angel  
 Absolute gentle exquisite jewel  
 Brahman in form perfect and total  
 Worshipping you the ideal and whole  
 One will not fall down to hell

Hither thither sways the pearls  
 As you dance, from your plaits  
 O keen eyed with lovely curls  
 Wonderful sweet nectar swells  
 From inner space where you dwell

Your mother tied you to the mortar  
 Thou of unblemished character  
 Your stories are life purifiers  
 Building in detached fervor  
 Separating the curd from water  
 Churning the mind of other urges  
 With you in the heart joint together

Truly you appear to innocent children  
 Devotees Prahlada and Dhruvan  
 Practising surrender and devotion  
 What one needs is already given  
 No win or loose in worldly illusion  
 Death and birth are steps to evolution

Moderation in speech, food and sleep  
 Not indulging in spite and gossip  
 O, one with tender moon like face  
 Give steadfastness and courage  
 Cut asunder ignorance (maya)'s veil

O divine charioteer of Savyasaki  
 Handsome hero with superb majesty  
 Eternal spring of love and beauty  
 Adorable master of the lovelorn gopis  
 Bridegroom of Meera, the royal dasi  
 What you are is ever a mystery  
 Praising you is my only duty

### **31. Refuge in the Lord**

Advaita is the ultimate truth  
 Oneness of three states  
 The source alone creates  
 Difficult to achieve,  
 But with devotion to the Lotus feet  
 Divine grace is like the sun  
 Open to everyone  
 Received only with devotion  
 Take refuge in the Lord's feet,  
 Sri Venkatesa charanau sharanam prapadye  
 Every minute, hour and day

### **32. Eleven lines**

I am pure awareness  
 The vast empty space  
 I am Brahman –the Self  
 World and vision its creations

Here is my reflection  
 With imagined life and relation  
 Bound by desire and action

O Visnu, Granter of knowledge and liberation  
 May realization be persistent

The doors to Vaikuntam are here  
 The bliss of Brahman beyond compare

### **33. Salutations**

Salutation to mother and father  
 To all the ancestors  
 Vasudeva Sri Ram Iyer  
 Subramanya Ramasesha Iyer  
 Om Sri Ram Ram Ramajeyam  
 Salutations to Guru Tyagabrahmam

Jagadguru Chandrasekharam  
Sri Ramana Arunachalam

## Poems in Tamil

### 34. Sri Ram (in Tamil)

O! antaryami Sri Ram  
 Madhuram un nama roopam  
 Un varthai, thaaram, ambu ondrE  
 Endrum Ramam, agandradhu thunbam indrE

Bhajanai keerthanaiyal alangarikka  
 Un svaroopam sringara rasam  
 Idhuve samsara anubhavam

Neeyo pranavathin avataram  
 Thuriya nada brahma jyothi  
 Endru anubhavipavar sannyasi

Neeeye atma endrAl Jivanmukti  
 Piriyaamal inaivadhu  
 Unnudan nirvikalpa samadhi

### 35. Sivaaradhanai (in Tamil)

Pirappadu, nirpadu, kidappadu  
 valharvadhu, theivadhu, madivadhu  
 ellam Sivamai iruppadhu

Bhajippadu, poojippadu, pugazhvadu,  
 Sivanai aaradhippadu  
 piravi mayakkam thelippadhu

thelindhapi arivu sudarvadhu  
 sudarin olhiyil nilaippadu  
 Sivamoodu ondraai kalappadu

idhuvandru adhuvandru eedhumandru  
 Sivanondru naan adhuvE  
 endru unarvadhu saalachirandhadu

### 36. Namaskaram (in Tamil)

Sat chit anandam aham  
 Matra thotram nama roopam  
 Idhil eedupattaal bandham  
 thannai kandu serndhaal moksham

Soorayanai sutruvadhu bhoogholam  
 Engum niraindha porulhai sutral emmoolam ?  
 Thannilum iruppadhaal thaane sutrudhal pradakshinam  
 Malayai sutri, guruvai sutri,  
 Koyilai sutri, lingathai sutri  
 Thannaye sutri kazhivadhu patru

Patratra manadhil udhipadhu gurukadaaksham  
 Idhondru podhum vaasal thirakkum  
 Paramaananda alaigal veesum  
 Vazhkaiyil pudu athiyayam  
 ThaanE kittum saranaagati  
 Bhaktootara gyanam thenpada  
 Poi ahamkaram vidupada  
 arpanam aavadhE namaskaaram

### 37. Sarvam Sivam

Ammai appan Sivam  
 Adi andamum Sivam  
 Innisai nadam Sivam  
 Eswara nAmamum Sivam  
 Ullum puramum Sivam  
 Oozhi mudivil Sivam  
 Ettu thikkum Sivam  
 Eattum ezhuthum Sivam  
 Aindezhuthu mandiram Sivam  
 Oliyum olhiyum Sivam  
 Omkara pranavam Sivam  
 Oudadham (samsarathirku) Sivam.

### 38. Kannadiyil oru chithiram

Suvatril mAtti irukkum Kannadikulh dhAn katchi theriyum  
 adhan vilhimbugalin oru thuli velhiyil koodha bimbangal theriyAdhu  
 AdhE pOI ManadhirkulhE mattum Ulagham theriyum  
 ManadhirkappAl Ulagham theriyAdhu  
 Enil manamE Ulagham,  
 Iraivanai adharkappAlE ariya mudiyum

Manam EnnangalAlh Aanavai, OvvondrAga Ennangalhai thurappavan  
 Ulhagai thurakkum thurvai Aavan.  
 AvanE nijamAna thuravi  
 EnnangalhAi ThurappadhAlEy mattumE mOkshamadaya Mudiyum.  
 Adhalin Ennangalhai thyagam sei manamE !

### **39. The Well of Nectar**

Totally whole and full  
 When immersed in the well  
 Filled with waters pure and blue  
 Drinking from it everyday  
 Dipped and drowned  
 Nourishing and refreshing  
 For the wearisome soul  
 While it has to tread  
 Terrains hard on the surface  
 Encounters with ego thorns

O! the well deep down  
 With pearls hanging around  
 One who is in constant touch with you  
 To doubts and worries, says Adieu

### **40. The True Love of Mine**

O charming enchanter  
 You are a thought in my mind  
 I am a thought in yours  
 While in sleep where did you disappear?  
 If not into my Self.  
 The One Self of all

Hence, it is the Self that I love  
 which lights the worlds  
 with all things in and out  
 A mystery beyond the senses  
 That cannot be bound

The vast spread ocean  
 finer than ether  
 O Self profound  
 how deeply I seek you!  
 See, hear and dream  
 Achieve and conquer  
 The Self by the Self  
 The true love of mine forever

### **41. Bhagavan's 63rd Aradhana**

Today your Aradhana  
 O Bhagavan take me in your lap



join me with your heart  
 No more shall I wander  
 In strange and unknown path

Here is your child O mother  
 Seeking you evermore  
 You only exist and no other  
 Dear one who really cares  
 Don't cast me again in this world  
 For I shall be burnt  
 In its heat and wrath

O kind and loving Father  
 one beyond compare  
 make me your own  
 Give me your grace  
 of real surrender  
 In your Lotus feet  
 from where I won't wander

O ocean of mercy  
 Forgive all my sins  
 due to wants and belongings  
 I give them all up  
 grant me total renunciation  
 In your lotus feet  
 From where I shan't wander.

## **42. Silent Lamp of Awareness**

Bhagavan lighted the silent lamp of awareness  
 That none can take away.  
 Through this light I see the forms of God  
 especially Guruvayoorappan, the darling of Brindavan,  
 with whom I smile and play.  
 The long beautiful eyes that protect me  
 In His sight, he clothes my being  
 with bone and flesh and blows in the flute  
 His life as breath, for the body to survive.  
 I seek no joy in worldly things,  
 the only Bliss I own is  
 God's presence in my Heart.

He comes in my dream as idols of adorable shapes.  
 So does the worship of the immaculate Being,

the veritable Brahman Supreme  
 continue in waking and in dream.  
 Then they all dissolve in to  
 the bright light of awareness once again.

The duties to be done, carry on their own  
 Dharma (righteousness) is in every tone.  
 What am I is not the body or mind  
 But a light that is already liberated  
 Living by the Guru's teachings is the essence of life  
 I bow to my Guru Ramana who is also Guruvayoorappan.

### **43. The Presence**

I sit before Bhagavan's picture  
 I am his child  
 What he gives I take  
 Both positive and negative  
 In equanimity –know not the difference

When this weary world attacks me  
 I snuggle like a pussy cat in to the palms of my creator  
 His soothing tenderness and loving glances  
 Carass and calms my mind  
 That my suffering is my own creation,  
 And I should not worry about it  
 Each one gets according to what they deserve  
 That I cannot satisfy everyone  
 That there is no joy in this world,  
 What seems real is only fleeting

### **44. Images**

Images can be seen only inside the mirror that hangs on the wall  
 Not even a millimeter outside its border can any objects be reflected  
 Similarly, this world objects is contained in the mind,  
 Outside the mind the world does not exist.  
 Implies that mind is the world.  
 While the true Self is beyond.  
 The mind is made of thoughts, the one who discards thoughts one by one,  
 Is the one who has given up this world - A true Sannyasi  
 He is the real renunciate, who has given up thoughts  
 Only by renouncing the mind can one attain liberation  
 So, sacrifice your thoughts dear Mind!

#### **45. Worship of Arunachala**

I just melt in my own love for me  
 Arunachala gave me my real ME.  
 This body overwhelmed ME for a long time  
 After ardent fight, I conquered it.  
 Now it is a faint- a vague separation;

Arunachala is No He or She  
 It is the naked TRUTH  
 That guided me to thoughtless nature  
 and bodyless being;

The FLAME of pure Love  
 covered in the body of ignorance  
 This body is ignorance  
 Only Arunachala  
 the fire of knowledge can consume it.

There is no true liberation  
 until the body thought is destroyed.  
 Lord Maha Visnu in Sri Vaikunta  
 sends his devotees for Atma vichara  
 he tells the gopis,  
 I am not separate from you,  
 look inside, I am you!  
 Narayana, the Lord of Parkadal  
 Is one's own self  
 the Ocean of Bliss;

Arunachala, the Mountain of Mercy;  
 That forgives me immediately  
 All my sins, committed in ignorance  
 of the wrong notion of me and mine;  
 While everything is Thou and thine;  
 When sins are washed, Joy prevails;

To worship the Lord in name and form,  
 As Rama, Krishna, Govinda,  
 the mind has to come out a bit,  
 But with Arunachala,  
 the worship is the mind merging in It.

#### **46. Arunachala the All**

Arunachala Mata

Arunachala Pita  
 Arunachala Bandu  
 Arunachala Sakha  
 Arunachala Ramana  
 Arunachala Guru

Arunachala Rama  
 Arunchala Krishna  
 Arunchala Govinda  
 Arunachala Siva  
 Arunacha Skanda  
 Arunchala Atma

Arunachala Papa naashana  
 Arunachala moksha dayina  
 Arunachala Banda mochana  
 Arunachala Rakshakaa  
 Arunachala pahi  
 Arunchala NamostE

#### **49. Light the lamp of awareness**

As the wick is gathered to light a lamp  
 So should the straying mind be concentrated  
 for the light to shine

Turn off the senses and the brain  
 But be aware  
 Focus attention on the source  
 Then and there

Charge the batteries of the inner torch  
 To light the activities in day and night  
 The current of the inner presence  
 Should be the only aim  
 The destiny and achievement of highest acclaim  
 Everything else is imaginary tale  
 Washed away in time's mighty hail

With humility and discrimination  
 Ask for the knowledge that cannot be denied  
 For the earnest seeker, bliss is alongside  
 The wisdom that the Master shared  
 Is the everlasting inheritance to be given  
 For the wellbeing of generations

May this be the virtue and steadfast practice  
 Epitomized by the great Master  
 May it guide in all works productive  
 The inner silence is all that is here.

## 50. Ode to My father

Senses subdued, taking no food  
 Lay my father when I saw him.  
 In the rhythm of his breath,  
 His eyes shone in silence and  
 His awareness sunk in his bosom.

I held his hand and chanted stotrams,  
 Together we were in satsang for many days.  
 Lost in oblivion of the mundane,  
 Engrossed we were in the heart.  
 The body was weak, mind lost function,  
 But his spirit shone ever more.

Consciousness withdrew from the worn out body,  
 Lighting up the space in the heart.  
 He reached the source his creator,  
 The supreme ordainer of all.  
 The light of prayer and worship  
 That joined our hearts proclaims  
 We are never separate, always One.

My father, my teacher, and protector  
 Taught me selfless service.  
 Forever, I am his obedient daughter  
 He is the ultimate master Siva Shankar.

I pray to my father every moment  
 lead me kindly dear light.  
 You gave me a body, a life  
 Most of all, the way to the Truth.

My Appa, you are Guruvayoorappa  
 Who has taken you in His Abode  
 The limitless Brahman  
 The loving peaceful presence.

You opened the gates of heaven  
 Holding my hands you joined me with

the Absolute Stillness of the ever IS,  
 the best blessing a father could give.  
 Lead me also into the light of Sivam  
 That you joined on the auspicious  
 Uttarayana pradosham Saturday.

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Sanskrit vedic word meanings:

Satsang: being with good/righteous companions

Stotrams: Sanskrit vedic hymns of praises

Uttarayana: northern run of the sun

Pradosham: 13<sup>th</sup> moon day

Brahman: That which grows and causes to grow, the eternal infinite reality,  
 the supreme grandeur, beauty, bliss and love that manifests,  
 the ultimate beginning, middle and end of all creation .

Sivam: The Truth of Absolute Existence, Knowledge and Bliss

Saturday: Important for Lord Venkateswara of Tirumala

Guruvayoorappa: the Lord of Guruvayoor (a town in Kerala, India)

Appa: Dad