

Twitter Thread by Anu Satheesh



Anu Satheesh

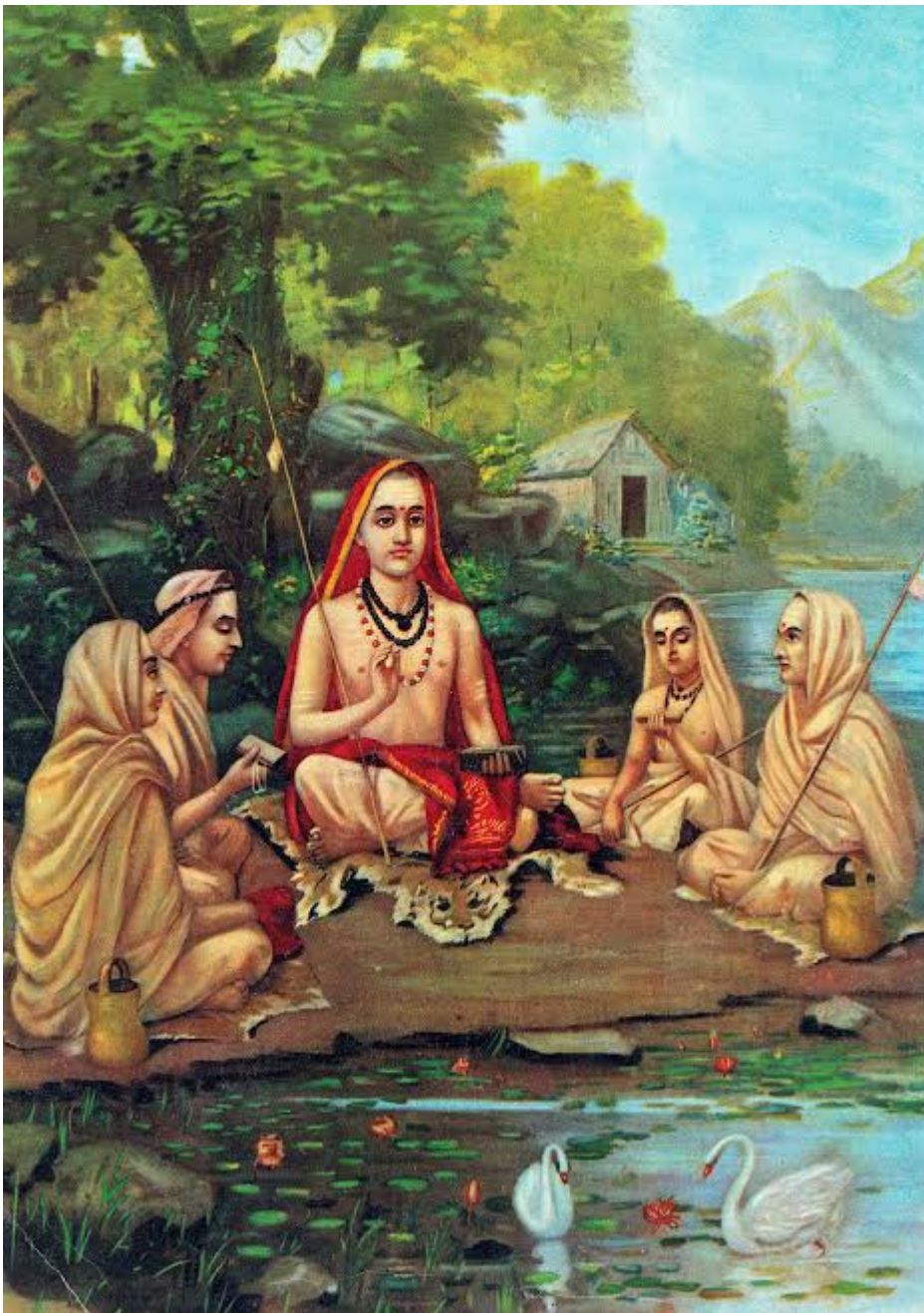
@AnuSatheesh5



Adi Shankaracharya & Atma Shatakam■

ATMA SHATAKAM or NIRVANA SHATAKAM is a wonderful composition written by Jagadguru Adi Shankaracharya summarizing the basic teachings of Advaita Vedanta

When Adi Shankara was a young boy of eight and wandering near River Narmada.....



seeking to find his guru, he saw Govinda Bhagavatpada who asked him, "Who are you?". The boy answered with these stanzas, which are known as "Nirvaṣatkaṁ"/ Atmashatkaṁ". Govindapada accepted Adi Sankara as his disciple. The verses are highly valued which



lead to Self-Realization.

Here are the Versus

means■

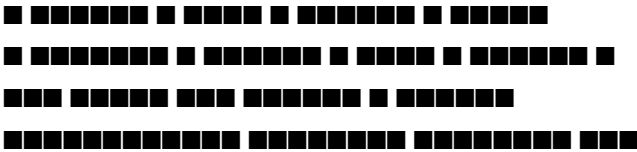
I am not the mind, intellect, ego or memory,
I am not the five elements, I am Shiva..



I am not breath, matter, nor the 5 sheaths of consciousness, speech, the hands, or the feet, I am Shiva... I am Shiva...



I am Shiva...I am Shiva...■



No virtue, no pleasure, no mantras, no scriptures or rituals,
I am not the experienced,
I am Shiva...I am Shiva...■



These are sung by Priya sisters, thanks to them too.



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