

Ātma Sūktam – Ātmani Upāsanā Mantrāḥa

(KY – taittirīya brāhmaṇē 1-3-11-1 ... 1-3-11-4)

bram'hāā (ā)t'man'vadaśrjata |
taḍakāmayata |
samāt'manā pad'yēyēti |
āt'man'nāt'man'nit'yāman'trayata |
tas'mai daśhamagm' hūta[fp]' prat'yaśhrṇōte |
sa daśhahūtō (a)bhavate |
daśhahūtō ha vai nāmaiṣhaḥa |
tam'vā , ētan' daśhahūtagm' san'tam'm |
daśhahōtēt'yāchak'ṣhatē parōk'ṣhēṇa |
parōk'ṣhap'riyā , iva hi dēvā-ḥa || 1 ||

āt'man'nāt'man'nit'yāman'trayata |
tas'mai sap'tamagm' hūta[fp]' prat'yaśhrṇōte |
sa sap'tahūtō (a)bhavate |
sap'tahūtō ha vai nāmaiṣhaḥa |
tam'vā , ētagm' sap'tahūtagm' san'tam'm |
sap'tahōtēt'yāchak'ṣhatē parōk'ṣhēṇa |
parōk'ṣhap'riyā , iva hi dēvā-ḥa |
āt'man'nāt'man'nit'yāman'trayata |
tas'mai ṣhaṣh'thagm' hūta[fp]' prat'yaśhrṇōte |
sa ṣhaḍ' ḍhūtō (a)bhavate || 2 ||

ṣhaḍ' ḍhūtō ha vai nāmaiṣhaḥa |
tam'vā , ētagm' ṣhaḍ' ḍhūtagm' san'tam'm |
ṣhaḍ' ḍhōtēt'yāchak'ṣhatē parōk'ṣhēṇa |

parōk'ṣhap'riyā , iva hi dēvā-ḥa |
āt'man'nāt'man'nit'yāman'trayata |
tas'mai pañ'chamagm' hūta[fp]' prat'yaśhr̥ṇōte |
sa pañ'chahūtō (a)bhavate |
pañ'chahūtō ha vai nāmaiṣhaḥa |
tam' vā , ētam' pañ'chahūtagm' san'tam'm |
pañ'chahōtēt'yāchak'ṣhatē parōk'ṣhēṇa || 3 ||

parōk'ṣhap'riyā , iva hi dēvā-ḥa |
āt'man'nāt'man'nit'yāman'trayata |
tas'mai chatur'thagm' hūta[fp]' prat'yaśhr̥ṇōte |
sa chatur'hūtō (a)bhavate |
chatur'hūtō ha vai nāmaiṣhaḥa |
tam' vā , ētam' chatur'hūtagm' san'tam'm |
chatur'hōtēt'yāchak'ṣhatē parōk'ṣhēṇa |

parōk'ṣhap'riyā , iva hi dēvā-ḥa |
tamab' ravīte |
tvam' vai mē nēdiṣh'thagm' hūta[fp]' prat'yaśh'rauṣhī-ḥi |
tvayainānākh'yātāra , iti |
tas'mān'nu hai nāgeśh'chatur'hōtāra , it'yāchak'ṣhatē |
tas'māāt'chhuśh'rūṣhu[fp]' put'rāṇāgm' hṛd'yatamaḥa |
nēdiṣh'thō hṛd'yatamaḥa |
nēdiṣh'thōb' bram'haṇō bhavati |
ya , ēvam' vēda || 4 ||

āt'manē namaḥa |

ॐ śhā-n'tiśh' śhā-n'tiśh' śhā-n'tiḥi ||