SUPPLEMENT TO THE FORTY VERSES

Invocation

That which is the support, the soul, the source, the purpose and the power of this entire world, the reality behind all these appearances, That alone exists. May That, the Truth, abide in our Heart.

[Yoga Vasishta, 5- 8-12.]

Text

- 1. In the company of sages, attachment vanishes; and with attachment, illusion. Freed from illusion, one attains stability and thence liberation while yet alive. Therefore, above all, seek the company of sages. [Bhajagovindam, 'Mohamud. Hymn', v. 19.]
- 2. Not by listening to preachers, nor by study of books, not by meritorious deeds nor by any other means can one attain that supreme state, which is attainable only through association with sages and the quest for the Self. [Yoga Vasish., 5-12, v.17.]
- 3. When one has learned to love the company of sages, why all these rules of discipline? When a pleasant, cool southern breeze is blowing, what need is there for a fan?

[Yoga Vasishta, vol. II, 197.]

4. Fever is overcome by the cool light of the moon; want, by the precious wish-fulfilling tree; and sin, by the holy Ganges. These three — fever, want and sin — flee at the august sight of the peerless sage. [Subhashita Ratna Bhandargara, ch. 3, v. 6.]

.

Ulladu Narpadu: Anubandam

Mangalam (viruttam)

Edan-kaṇṇe nilai-yāgi irun-diḍu-miv ulaga-melām edana-dellām Eda-nin-ḍriv anait-tula-gum ezhumō-maṭ ṭrivai-yāvum edan poruṭ-ṭām Eda-nā-liv vaiya-melām ezhun-diḍu-miv ellā-mum eduvā yāgum Adu-tānē ula-poru-lāñ sat-tiya-mām accho-rupam agat-til vaip-pām.

Nul (venba)*

- Sat-tinak kat-tinār chār-bagaluñ chār-bagala Chit-tattin chārbu chi-dai-yumē – chittac-chārbu Aṭṭṛār alai-vila-dil aṭṭ-ṛār jīvan-mukti Peṭṭ-ṛār avar-iṇak-kam pēṇ.
- Sādu-ṛavu sāra-vuļāñ sār-teļivi chārat-tāl Ēdu-para-mām pada-min geydumō – ōdu-madu Bhōda-ganā nūr-poru-ļār puṇṇi-yattāl pinnu-moru Sāda-gat-tār sāra vona-dāl.
- Sāduk-kaļ āvār saga-vāsa naṇ-ṇināl Ēduk-kām inni-yamam ellā-mum – mēdakka Taṇ-tenḍṛal mārudan tān-vīsavē visiṛi Kondenna kāri-yam-nī kūru.
- 4. Tābantaṇ chandi-ranār ḍainiya-naṛ karpa-gattāṛ Pāban-tān gaṅgai-yāṛ pārumē tāba-mudal Immūn-ḍṛum yēgum iṇai-yillā sāduk-kaļ Tammā darisa-nattāl tān.

^{*}All verses except 7, 8, 10, 18 through 24, 26 and 27 are in venba metre.

5. Holy rivers, which are only water, and idols, which are made of stone and clay, are not as mighty as the sage. For while they can only make one pure in the course of countless days, the sage's eyes, by a mere glance, purify one immediately.

[Bhagavatam, ch. 48, v. 31, 10th canto.]

6. Disciple: Who is God?

Master: He who knows the mind.

D: My Self, the spirit, knows my mind.

M: Therefore you are God; and the *sruti* too declares that there is only one God, the Knower. [*Ekasloki* by Shankaracharya.]

7. Master: By what light do you see?

Disciple: The sun by day, the lamp by night.

M: By what light do you see these lights?

D: The eye.

M: By what light do you see the eye?

D: The mind.

M: By what light do you know the mind?

D: My Self.

M: You then are the Light of Lights.

D: Yes, I am That. [Ekasloki by Shankaracharya.]

8. At the centre of the Heart-Cave shines the one Brahman as the 'I-I', the Atman. Reach the Heart by diving deep in quest of the Self or by controlling the mind with the breath, and stay established in the Atman.¹

¹ This verse and others following which lack reference listing are composed by Bhagavan. The genesis of this verse is as follows: In 1915 when Bhagavan was living in Skandasramam, a young devotee, Jagadiswara Sastri, wrote on a piece of paper in Sanskrit the words *hridaya kuhara madhye* (in the interior of the Heart-Cave). He then went out on some business. When he returned he found to his surprise a complete Sanskrit verse beginning with those words. Bhagavan later translated this verse into Tamil. Kavyakanta Ganapati Muni also included this verse in his *Sri Ramana Gita*, ch. II, v. 2.

- Kam-mayamān tīrt-taṅgaļ kal-maṇṇān dei-van-gaļ Amma-gattuk kaṭ-kiṇaiyē āgāvām – amma-vavai Eṅnil nāļāṭ-ṭrūymai yēivippa sāduk-kaļ Kanni-nāl kand-idavē kān.
- Dēva-nār ārma-nam tēruva nen-manam Āviyām ennāl ari-padumē – dēvanī Āgumē āgai-yāl ārkkuñ surudi-yāl Ēka-nām dēvanē yendru.
- Oļi-yunak kedu-pagal*
 inan-enak kiruļ viļakku
 Oļi-yuṇar oḷiyedu
 kaṇa-duṇar oḷi-yedu
 Oḷi-madi madi-yuṇar
 oḷi-yedu adu aham
 Oḷi-danil oḷiyunī
 ena-guru ahamadē.
- 8. Idaya-man guhayi-nāppan ēkamām bramma māttram Adu-vaha mahamā nērē avirn-diḍum ānmā vāga Idayamē sār-vāi tannai yeṇṇi-yāzh aladu-vāyu Ada-nuḍan āzh-manat-tāl ānmā-vil niṣhṭa-nāvāi.

^{*} Verses 7 and 8 are in *Viruttam* metre.

9. In the lotus of the Heart is pure and changeless Consciousness in the form of the Self. When the ego is removed, this Consciousness bestows liberation.

[Devikalottaram, v. 46.]

- 10. The body is like an earthen pot, inert. Because it has no consciousness of 'I' and because daily in bodiless sleep we touch our real nature, the body is not 'I'. Then who is this 'I'? Where is this 'I'? Those that question thus in the Cave of the Heart, shine forth as 'I', the Lord Himself, Arunachala Siva .²
- 11. Who is born? Only he who asks 'From where am I born?' is truly born in Brahman, the prime source. He indeed is born eternally; he is the Lord of saints; he is the ever new.

[On celebrating Sri Bhagavan's Jayanti.]

- 12. Cast off the notion, 'This vile flesh am I,' and seek the ceaseless bliss of the Self. To seek the Self while cherishing this impermanent flesh is like trying to cross a stream by clinging to a crocodile.³
- 13. The way of charity, penance, sacrifice, dharma, yoga and bhakti; and the goal of heaven, reality, peace, truth, grace, silence, stability, deathless death, knowledge, renunciation, liberation, bliss all these reside in ceasing to think that the body is the Self.
- 14. To inquire, 'What is action, or devotion, or union, or knowledge?' is to inquire, 'Whose is this action, or indifference, or separateness, or ignorance?' Inquiring thus, the ego vanishes. To abide as the Self, wherein these eight have never been that is true existence.

² Bhagavan originally composed this verse in Sanskrit and then later translated it into Tamil. In the second line, 'bodiless sleep' refers to deep, dreamless sleep where one is not aware of one's own body or the illusion of a seperate self.

³ The first two lines were composed by Bhagavan and the second two are from the *Vivekachudamani*, v. 84.

- Ahakkama lattē amala achala Aha-muru-vam āgum ari-vēdu – ahattai Ahaţţri-duva dālav ahamām arivē Ahavī dalippa darī.
- 10. Dēhan gaḍa-nigar jaḍa-midar kaha-menun tigazh-vila-dāl* Nāgañ jaḍala-mil tuyi-lini ḍina-muru nama-diya-lār Kōhan kara-nevan ulanunarn dula-rulak guhai-yullē Sōham spurana-varuna-giri siva-vibu suyam olirvān.
- Piṛanda devan-tan bramma mūlattē
 Piṛanda-deva ṇān-enḍṛu pēṇip piṛandān
 Avanē piṛan-dān ava-nidamu nīsan
 Nava-navana vanḍri-namu nāḍu.
- 12. Izhi-vuḍal yānennal igan-diḍuga yen-ḍṛum Ozhivil inbān-tannai ōrga azhiyum Uḍa-lōmbal ōḍu-tanai ōra-vunal yāṛu Kaḍak-kak karāppuṇai koṇḍaṭṭṛu.
- 13. Dānam tavam-vēļvi dhar-mam yōgam-bhakti Vānam poruļ-shāntī vāymai yaruļ — mōna-nilai Sāgāmar sāva-rivu sār-turavu vīḍin-bam Dēhānma bhāva-maral tēr.
- 14. Vinai-yum vibhakti viyōga-majñ jñanam Inai-yavai-yārk kenḍ-rāyn diḍalē — vinai-bhakti Yōga-muṇar vāyndi-ḍanān inḍri-yavai yenḍru-miltān Āga-manalē uṇmai yām.

^{*} Verses 10 is in *viruttam* metre.

- 15. Not realizing that they themselves are moved by an energy not their own, some fools are busy seeking miraculous powers. Their antics are like those of a cripple who boasts to his friends: 'If you help me to my feet, these enemies (will see they) are nothing before me.'
- 16. Since the stilling of the mind is true liberation and miraculous powers are unattainable without an act of the mind, how can those whose minds are set on such powers enter the bliss of liberation which is the ending of all activity of the mind?
- 17. It is God who sustains the burden of the world, but the spurious ego pretends to assume its burden, grimacing like the image on the (temple) tower, which seems to support it. If a traveller boards a train and does not set his luggage down but rather carries it painfully on his head, whose fault is it?
- 18. Between the two paps, below the chest, above the stomach, there are six organs of various colours. Of these, one that looks like a lily bud, is the Heart, at two digits' distance to the right of the centre. [Ashtanga Hridayam, Malayalam.]
- 19. Its mouth is closed. Within its cavity is seated a heavy darkness, filled with all desires; all the great nerves are centred there; it is the home of the breath, the mind, and the light of knowledge.

 [Ashtanga Hridayam, Malayalam.]
- 20. The Lord whose home is the interior of the Heart-Lotus is extolled as the Lord of the Cave. If by force of practice the feeling 'I am He, I am the Lord of the Cave,' becomes firmly established, as firmly as your present notion that you are the ego is established in the body, and thus you stand forth as that Lord of the Cave, the illusion that you are the perishable body will vanish like darkness before the rising sun.⁴

⁴ Bhagavan made use of verses 45 and 46 of *Prabhulinga Leela*, in Kannada. The full Tamil version of this work is by Dorai Mangalam Sivaprakasa Swami.]

- 15. Sakti-yināl tāmi-yaṇgun tanmai uṇa-rādakila Siddi-gaṇāñ sērva-menac chēṣh-ṭikkum — pittar-kūttu Ennai ezhup-piviḍil emmaṭṭi ttevva-renac Chonna-muda vanka-dai-yin jōdu.
- 16. Chitta-ttin shānti-yadē siddamā mukti-yenil Chittattin seigai-yinḍri siddiyā siddi-kaļil Chittañ-chēr vareṅgan chittak kalak-kantīr Mukti-sukan tōyvār mozhi.
- 17. Būparan tāṅga-yiṛai pōli-yuyir tāṅga-ladu Gōpuran tāṅgi-yuruk kōra-ṇikāṇ māba-raṅkoļ Vaṇḍi-selu vānsu-maiyai vaṇḍivai yādu-talai Kondu-nali konda-devar kōdu.
- 18. Iru-mulai naḍumār paḍi-vayir idanmēl* Iru-mup poru-ļuļa niram-pala ivaṭ-ṭruļ Oru-poruļ āmbala rumbena vuļļē Iru-viral valattē irup-padum idayam.
- 19. Adan-muga miga-lula taga-mula siru-tulai Adanilā sādiyo ḍamarn-tula tirun-damam Adanayā sirittula akilamā nāḍigal Aduvali mana-doli avattrina dirup-pidam.
- 20. Idaya-malark guhai-yagamā yila-giraiyē gugēsan ena ēttap-paṭṭōn
 Nidama-naiya gugēsan yānenuñ-sōham bhāvanai-tān ninnu ḍambil
 Stita-muru nānenun-diḍam-bōl abbhi-yāsa bhalattāl atdēvāi nirkil
 Sidai-yuḍanā nenum-aviddai cheṅka-dirōn edirirul-pōl sidai-yum andrē.

^{*} Verses 18 and 19 are in four-line and *verses* 20-23 are eight-line *viruttam* metre.

21. When Rama asked,

'Which is the great mirror in which we see these images of things?

What is it that is called the Heart of all the beings of the world?' Vasishta answered,

'When we reflect we see that all beings in the world have two different hearts.'

[*Yoga Vasishta*, 5 – 78, verses 32, 33.]

22. 'One of these is worth accepting,

the other, is to be rejected.

Listen to how they differ.

The organ called the heart placed somewhere in the chest of the physical body is to be rejected.

The Heart which is of the form of pure Awareness is to be accepted; it is both within and without — it has no inside or outside.'

[Yoga Vasishta, 5-78, v. 34, 35.]

23. 'That indeed is the essential Heart

and in it all this world abides.

It is the mirror in which all things are seen.

It is the source of all wealth.

Hence Awareness may be termed the Heart of all beings.

The Heart is not a part of the perishable body that is inert like a stone.'

[Yoga Vasishta, 5 – 78, v. 36, 37.]

24. 'Therefore by the practice of merging the ego

in the pure Heart which is all-Awareness,

the tendencies of the mind as well as the breath will be subdued.' [Yoga Vasishta, 5 – 78, v. 38.]

- 21. Eppe-ruń kaṇṇa-diyin kaṇṇivai-yāvum nizha-lāga edirē tōndṛum Ip-pirapañ chat-tuyir-gaṭ kellā-mav idaya-mena isaippa dēdō Cheppudi-yendṛē vinavum irāma-nukku vaṣhiṣhṭa-muni cheppu-kindṛān Ib-buviyin uyirk-kellām idaya-miru vida-māgum ennuṅ kālē.
- 22. Koļattakka dum-taļļat takkadu-mām ivvi-raņdin kūru kēļāi Aļat-tarkā mudambin-mār bagat-toridat tidaya-mena amainda angam Taļat-takka dorarivā kāra-ida yan-koļļat takka dām-endru Uļat-tutkoļ ahduļļum puramu-muļa dul-veliyil ulla dandrām.
- 23. Aduvē mukkiya-idaiam adan-kaṇṇiv akila-mumē amarn dirukkum Aduvādi yep-porutkum ellāc-chel vaṅ-gaṭkum aduvē illam Adanālē anaittuyir-kkum aṛiva-duvē idaia-mena aṛaiya lāgum Sidayā-niṛkuṅ kaṛpōl jaḍa-vuḍalin avaya-vattōr siru-kū ranḍṛal.
- 24. Ādali-nāl arivu mayamāñ-sudda idayattē ahattaic cērkkum Sādanai-yāl vādanai-gaļ oduvāyu odukka-mumē sārun-tānē.

25. By meditating constantly on 'I-I' as Siva, completely free from all limitations, one overcomes all attachments.

[Devikalottaram, v. 47.]

26. 'Having investigated various states of being but seizing firmly that state of Supreme Reality, play your part, O hero, in the world. You have known the truth

which is at the Heart of all appearances.

Without ever turning away from that Reality, play in the world, O hero, as if in love with it.'

[Yoga Vasishta, 5 – 18, verses 20-23.]

27. 'Seeming to have enthusiasm and delight, seeming to have excitement and aversion, seeming to exercise initiative and perseverance, and yet without attachment, play, O hero, in the world.

Released from all the bonds of attachment and with equanimity of mind, acting outwardly in all situations in accordance with the part you have assumed, play as you please,

O hero, in the world.' [Yoga Vasishta, 5 - 18, verses 24-26.]

28. He who by knowledge of the *Atman* is established in the truth, he who has vanquished the five senses, call him the fire of knowledge, the wielder of the thunderbolt of knowledge, the conqueror of time and the hero who has slain death.

[Yoga Vas., verse unconfirmed.]

29. Just as on the earth with the coming of spring the trees shine with the fresh beauty of their foliage, so will he who has seen the truth shine with growing lustre, intelligence and power.

[*Yoga Vasishta*, 5 – 76, v. 20.]

- 25. Akila vupādi agandra arivēdu Agamac chivamen dranisam – agattē Agalāt dhiyānam adanāl ahattin Akila vāsakti agattru.
- 26. Vida-vidamā nilaiga-ļelām vichārañ cheidum* icchai-yaru parama-padam yādon-ḍrundō Adanaiyē diḍamāga agattār paṭṭri ana-varadam ulagil viļai yāḍu vīrā Edu-sakala vidamāna tōṭṭraṅ gaṭkum edārtta-madāi agat-tuladō adai yarinḍai Adanālap pārvai-yinai agalā tenḍrum āsaipōl ulagil vilai-yādu vīrā.
- 27. Pōli-mana ezhucchi-magizh vuṭṭṛō nāgip pōli-manap padaippu veṛup-puṭṭṛō nāgip Pōli-muyal vānto-ḍakka muṭṭṛō nāgip purai-yilanā yulagil viļai-yāḍu vīrā Mālenum-pal kaṭṭu-viḍu paṭṭō nāgi mannu-sama nāgi-yellā nilai-maik kaṇṇum Vēlai-gaļ vēḍat-tiyaiva veḷiyir seidu vēṇḍi-yavā ṛulagil viḷai-yāḍu vīrā.
- 28. Aṛi-vunmai niṣhṭa-nām ānma vittāvān Aṛivāṛ pulan-cheṭṭṛā nārtān aṛi-vaṅgi Yāva-naṛi vāṅguli-sat tānkāla kāla-navan Chāvi-naimāi vīra-nenac chāṭṭṛu.
- 29. Tattuvan kanda-varkut tāmē vaļarum-oļi Buddhi-valu vum-vasantam pontadumē itta-rai-yil Taru-vazha gādi sakala guņan-gaļun Chēra vilanga-lenat tēr.

^{*} Verses 26 and 27 in eight-line viruttam metre.

- 30. Like one to whom a tale is told while his thoughts are wandering far away, the mind which is free from attachment is inactive while it acts. But the mind immersed in attachments is active, though it does not act, like the sleeper lying motionless here, who in his dream climbs a hill and tumbles down it. [*Yoga Vas.*, 5 56, v. 13, 14.]
- 31. As the movement of the (bullock) cart, its halting and starting, is unknown to its sleeping passenger, so too action, contemplation and sleep do not affect the sage asleep in the cart of his body.
- 32. For one who seeks, there is a state beyond waking, dreaming and sleeping; it is wakeful sleep, the fourth state called *turiya*. But as this *turiya* state alone is real and the three apparent states are illusory, this 'fourth' is called the transcendental state.
- 33. The statement that the jnani retains *prarabdha* while being free from *sanchita* and *agami*⁵ is only a formal answer to questions of the ignorant. Of several wives none escapes widowhood when the husband dies; even so, when the doer goes, all three karmas vanish.
- 34. For unlearned folk there is only one family consisting of wife, children and dependants. But in the minds of those with much learning there are many families of books, theories and opinions that are obstacles to yoga. [Subhashita Ratna Bhandagara, Prakarana VI, Shanta Rasa Nirdesha, v. 13.]
- 35. What is the use of letters to those lettered folk who do not seek to wipe out the letters of fate by inquiring, 'Whence are we born?' What else are they but gramophones, O Lord of Arunachala? They learn and repeat words without realizing their meaning.

⁵ Sanchita karma is accumulated in the past; agami karma is to be worked out in the future; and prarabdha karma is being worked out in the present.

- 30. Sēymai-yuļan chendru-kadai kētpār-pol vādanaigaļ Tēymanan seidun-seiyādē avaigaļ tōymanan-seidu Indrenun cheidadē ingasaivat-trun kanavil Kundrēri vīzhvār kuzhi.
- 31. Vaṇḍi-tuyil vānuk-kav vaṇḍi-chelal niṭṭṛa-loḍu Vaṇḍi-tanil yuṭṭṛi-ḍutan mānumē vaṇḍiyām Ũna-vuḍa luḷḷē uṛaṅgu-meijñ jñanikkum Āna-tozhil nishtai urakkam.
- 32. Nanavu kanavu-tuyil nāḍu-vārk kappāl Nanavu tuyiṛ-ṭuriya nāmattu — enumat Turi-yamadē uļadār ṭōnḍṛumūn-ḍṛinḍṛal Turiva atītan tuni.
- 33. Sañjita āgami-yaṅgaļ chārāvā jñānik-kūzh Viñju-menal vēṭṭṛār-kēļ vikku-viļam buñ-chollām Bartā-pōyk kaimai-yuṛāp pattini eñjā-datupōl Kart-tāpō mūvinai-yuṅ kān.
- 34. Makkaļ manaivi-mudal maṭṭṛa-vargaļ aṛpa-madi Makkaṭ-koru kuḍumba mānavē mikka-kalvi Uḷḷa-vartam uḷḷattē onḍrala-pan nūṛku-ḍumbam Uḷḷadu yōgat-taḍaiyā yōr.
- 35. Ezhut-tarinda tām-piranda teṅgē-yen ḍreṇṇi Ezhut-tait tolaikka eṇādōr ezhut-tarin-den Sattaṅ-goļ endi-rat-tin chāl-buṭ-ṭrār sōṇa-giri Vitta-ganē vērār vilambu.

- 36. The unlettered are more easily saved than those who are learned but (with a mind) not subdued. The unlettered are free from the clutches of the demon of pride, they are free from the malady of many whirling thoughts and words; they are free from the mad pursuit of wealth; they are free from many, many ills.
- 37. Even though a man may look on the world as a wisp of straw and hold all sacred lore in his hand, nevertheless it will be hard for him to escape from thraldom if he has yielded to that vile harlot, flattery. [Sadhaka Avasta by Sri Sadasiva Brahmendra.]
- 38. Without thinking of oneself as apart from others, without swerving from one's true state, if one abides always in one's Self, who is there that is alien to one? What does it matter what people say of one? What matters it if one praises or blames oneself?
- 39. Keep *advaita* within your heart.

 Do not ever carry it into action. Even if you apply it to all the three worlds, O Son, it is not to be applied to the Guru. [*Tattvopadesa*, v. 87, by Shankaracharya.]
- 40. I shall declare truly the essence of the final doctrine of the Vedanta: when the ego dies and becomes That,
 the Self of Pure Awareness That alone abides.

- 36. Kaṭṭṛum aḍaṅgāriṛ kallādārē uyṅdār Paṭṭṛu madap-pēyin pāluy-indār — chuṭṭṛu-pala Chindai-vāy nōi-uyindār chīrteḍi ōdāl-uyndār Uyndadu ondran-dren drunar.
- 37. Ellā vulagun turum-bāyinu maṛai-gaļ Ellāmē kaikkuļ irun-dālum — pollāp Pugazhc-chiyām vēsi-vasam pukkā raḍimai Agala-vidal ammā aridu.
- 38. Tānanḍri yāruṇḍu tannaiyā rencholi-nen Tān-tannai vāzht-tuginun tāzhttu-ginun – tānenna Tān-piraren ḍrō-rāmal tannilaiyil pērāmal Tānendru nindri-davē tān.
- 39. Addu-vida mendrum agat-turuga örpödum Addu-vidam seygai-yil āṭṭṛ-aṛka putti-rane Addu-vida mūvula-gat tāgun guru-vinödu Addu-vidam āgā dari.
- 40. Akila vēdānta siddānta sārattai Aha-muņmai yāga arai-van — ahañ-chettu Aha-madu vāgil arivuru vāmauv Aha-madē miccham ari.

(For the concluding verses, *Sri Arunachala Pancha Ratnam* on page 63 is recited.)