

om pūrṇamadaḥ pūrṇamidam pūrṇātpūrṇamudācyate | pūrṇasya

pūrṇamādāya pūrṇamevāvaśiṣyate | om śāntiḥ śāntiḥ śāntiḥ ||

om īśā vāsyamidagm sarvam yatkiñca jagatyām jagat |

tena tyaktena bhuñjīthā mā gṛdhaḥ kasyāsviddhanam || 1 ||

kurvanneveha karmāṇi jijīviṣecchatagm samāḥ |

evam tvayi nānyatheto'sti na karma lipyate nare || 2 ||

asuryā nāma te lokā andhena tamasā'vṛtāḥ |

tāgsste pretyābhigacchanti ye ke cātmaḥano janāḥ || 3 ||

anejādekam manaso javiyo nainaddevā āpnuvan pūrvamarṣat |

taddhāvato'nyānatyeti tiṣṭhat tasmīnnapo mātariśvā dadhāti || 4 ||

tadejati tannaijati taddūre tadvaṅtike |

tadantarasya sarvasya tadu sarvasyāsya bāhyataḥ || 5 ||

yastu sarvāṇi bhūtānyātmanyevānupaśyati |

sarvabhūteṣu cātmanam tato na vijugupsate || 6 ||

yasmin sarvāṇi bhūtānyātmaivābhūd vijānataḥ |

tatra ko moḥaḥ kaḥ śoka ekatvamānupaśyataḥ || 7 ||

sa paryagacchukramākāyamāvraṇamāsnāvīragm

śuddhamapāpavidddham |

kavirmānīṣī pariḥbhūḥ svāyambhūr yāthātathyato'rthān

vyādadhācchāsvatībhyaḥ samābhyaḥ || 8 ||

andham tamaḥ praviśanti ye'vidyāmupāsate |

tato bhūyā iva te tamō ya u vidyāyāgm ratāḥ || 9 ||

anyadevāhurvidyayā anyadāhuravidyayā |

iti śūsrumā dhīrāṇām ye nastadvicacakṣire || 10 ||

vidyām cāvidyām ca yastadvedobhayāgm saha |

avidyayā mṛtyum tīrtvā vidyayā'mṛtamaśnute || 11 ||

andham tamaḥ praviśanti ye'sambhūtimupāsate |

tato bhūyā iva te tamō ya u sambhūtyāgm ratāḥ || 12 ||

anyadevāhus sambhavādanyadāhurasambhavāt |

iti śūsrumā dhīrāṇām ye nastadvicacakṣire ||13 ||

sambhūtim ca vināśam ca yastadvedobhayāgm saha |

vināśenā mṛtyum tīrtvā sambhūtyā'mṛtamaśnute || 14 ||

hiraṇmayēna pātreṇa satyasyāpīhitam mukham |

tat tvam puṣannapāvṛṇu satyadharmāya drṣṭaye || 15 ||

pūṣannekarṣe yama sūrya prajāpatya vyūha raśmīn samūha

tejo yat te rūpaṁ kalyāṇatamaṁ tat te paśyāmi |

yo'sāvasau puruṣaḥ so'hamāsmi || 16 ||

vāyuranīlamamṛtamathedaṁ bhasmāntagm śarīram |

om 3 krato smarā kṛtaggs smāra krato smarā kṛtaggs smāra || 17 ||

agne naya supathā rāye asmān

viśvāni deva vayunāni vidvān |

yuyodhyasmajjuhurāṇamenō

bhūyiṣṭhām te nama uktim vidhema || 18 ||

om pūrṇamadaḥ pūrṇamidaṁ pūrṇātpūrṇamudacyate | pūrṇasya

pūrṇamādāya pūrṇamevāvaśiṣyate | om śāntiḥ śāntiḥ śāntiḥ ||