

agnirmē vāci śrītaḥ | vāgghṛdaye |
 hṛdayaṁ mayi | ahamamṛte | amṛtaṁ brahmaṇi |
 vāyurmē prāṇe śrītaḥ | prāṇo hṛdaye |
 hṛdayaṁ mayi | ahamamṛte | amṛtaṁ brahmaṇi |
 sūryo me cakṣuṣi śrītaḥ | cakṣurhṛdaye |
 hṛdayaṁ mayi | ahamamṛte | amṛtaṁ brahmaṇi |
 candramā me manasi śrītaḥ | mano hṛdaye |
 hṛdayaṁ mayi | ahamamṛte | amṛtaṁ brahmaṇi |
 diśo me śrotre śrītāḥ | śrotragṁhṛdaye |
 hṛdayaṁ mayi | ahamamṛte | amṛtaṁ brahmaṇi |
 āpo me retasi śrītāḥ | reto hṛdaye |
 hṛdayaṁ mayi | ahamamṛte | amṛtaṁ brahmaṇi |
 pṛthivī me śarīre śrītā | śarīragṁhṛdaye |
 hṛdayaṁ mayi | ahamamṛte | amṛtaṁ brahmaṇi |
 oṣadhivanaspatayo me lomāsu śrītāḥ | lomāni hṛdaye |
 hṛdayaṁ mayi | ahamamṛte | amṛtaṁ brahmaṇi |
 indro me bale śrītaḥ | balagṁhṛdaye |
 hṛdayaṁ mayi | ahamamṛte | amṛtaṁ brahmaṇi |
 parjanyaḥ me mūrdhni śrītaḥ | mūrdhā hṛdaye |

hṛdāyaṁ mayi | ahamamṛte | amṛtaṁ brahmaṇi |
īśāno me manyau śritaḥ | manyurhṛdaye |
hṛdāyaṁ mayi | ahamamṛte | amṛtaṁ brahmaṇi |
ātmā mā ātmani śritaḥ | ātmā hṛdaye |
hṛdāyaṁ mayi | ahamamṛte | amṛtaṁ brahmaṇi |
punārma ātmā punarāyurāgāt |
punaḥ prāṇaḥ punarākūtamāgāt |
vaiśvānaro raśmibhīrvāvṛdhānaḥ |
antastiṣṭhatvamṛtasya gopāḥ |