

लघुन्यास

*Laghunyāsa*

अग्नि॑र्मे वा॒चि श्रि॒तः । वाग्घृ॑दये । हृद॑यं मयि॑ । अ॒हम॒मृते॑ ॥ अ॒मृतं॑ ब्रह्म॑णि ।

agnir me vāci śritaḥ | vāg hr̥daye | hr̥dayaṃ mayi | aham amṛte |  
amṛtaṃ brahmaṇi |

Fire rests in my speech.  
Speech in heart.  
Heart in me.  
I in the eternal.  
The eternal in brahman.

वायु॑र्मे प्रा॒णे श्रि॒तः । प्रा॒णो हृद॑ये । हृद॑यं मयि॑ । अ॒हम॒मृते॑ ॥ अ॒मृतं॑ ब्रह्म॑णि ।

vāyur me prāṇe śritaḥ | prāṇo hr̥daye | hr̥dayaṃ mayi | aham amṛte |  
amṛtaṃ brahmaṇi |

Air rests in my breath.  
Breath in heart.  
Heart in me.  
I in the eternal.  
The eternal in brahman.

सूर्यो॑ मे॒ चक्षु॑षि श्रि॒तः । चक्षु॑र्हृ॒दये॑ । हृ॒दयं॑ मयि॑ । अ॒हम॒मृते॑ ॥ अ॒मृतं॑ ब्रह्म॒णि ।

sūryo me cakṣuṣi śritaḥ | cakṣur hṛdaye | hṛdayaṃ mayi | aham  
amṛte | amṛtaṃ brahmaṇi |

The sun rests in my eye.

Eye in heart.

Heart in me.

I in the eternal.

The eternal in brahman.

चन्द्र॑मा मे॒ मन॑सि श्रि॒तः । मनो॑ हृ॒दये॑ । हृ॒दयं॑ मयि॑ । अ॒हम॒मृते॑ ॥ अ॒मृतं॑ ब्रह्म॒णि ।

candramo me manasi śritaḥ | mano hṛdaye | hṛdayaṃ mayi | aham  
amṛte | amṛtaṃ brahmaṇi |

The moon rests in my mind.

Mind in heart.

Heart in me.

I in the eternal.

The eternal in brahman.

दि॒शो॑ मे॒ श्रो॒त्रे॑ श्रि॒तः॑ । श्रो॒त्रं॑ हृ॒दये॑ । हृ॒दयं॑ मयि॑ । अ॒हम॒मृ॒ते॑ ॥ अ॒मृतं॑ ब्रह्म॒णि ।

diśo me śrotre śritaḥ | śrotragṃ hṛdaye | hṛdayaṃ mayi | aham  
amṛte | amṛtaṃ brahmaṇi |

The directions rests in my ear.

Ear in heart.

Heart in me.

I in the eternal.

The eternal in brahman.

आपो॑ मे॒ रेत॑सि श्रि॒तः॑ । रेतो॑ हृ॒दये॑ । हृ॒दयं॑ मयि॑ । अ॒हम॒मृ॒ते॑ ॥ अ॒मृतं॑ ब्रह्म॒णि ।

āpo me retasi śritaḥ | reto hṛdaye | hṛdayaṃ mayi | aham amṛte |  
amṛtaṃ brahmaṇi |

Water rests in my seed.

Seed in heart.

Heart in me.

I in the eternal.

The eternal in brahman.

पृथिवी मे शरीरे श्रितः । शरीरं हृदये । हृदयं मयि । अहममृते ॥ अमृतं ब्रह्मणि ।

**pr̥thivī me śarīre śritaḥ | śarīraṅṅ hṛdaye | hṛdayaṅṅ mayi | aham  
amṛte | amṛtaṅṅ brahmaṅṅi |**

Earth rests in my body.  
Body in heart.  
Heart in me.  
I in the eternal.  
The eternal in brahman.

ओषधिवनस्पतयो मे लोमसु श्रितः । लोमानि हृदये । हृदयं मयि । अहममृते ॥ अमृतं  
ब्रह्मणि ।

**oṣadhi-vanaspatayo me lomasu śritaḥ | lomāni hṛdaye | hṛdayaṅṅ  
mayi | aham amṛte | amṛtaṅṅ brahmaṅṅi |**

Medicinal herbs rest in my hair.  
Hair in heart.  
Heart in me.  
I in the eternal.  
The eternal in brahman.

इन्द्रो॑ मे॒ बले॑ श्रितः॑ । बलं॑ हृदये॑ । हृदयं॑ मयि॑ । अहममृते॑ । अमृतं॑ ब्रह्मणि॑ ।

indro me bale śritaḥ | balagṃ hṛdaye | hṛdayaṃ mayi | aham amṛte |  
amṛtaṃ brahmaṇi |

Indra rests in my strength.  
Strength in heart.  
Heart in me.  
I in the eternal.  
The eternal in brahman.

पर्जन्यो॑ मे॒ मूर्ध्नि॑ श्रितः॑ । मूर्धा॑ हृदये॑ । हृदयं॑ मयि॑ । अहममृते॑ । अमृतं॑ ब्रह्मणि॑ ।

parjanya me mūrdhni śritaḥ | mūrdhā hṛdaye | hṛdayaṃ mayi |  
aham amṛte | amṛtaṃ brahmaṇi |

Rain rests in my head.  
Head in heart.  
Heart in me.  
I in the eternal.  
The eternal in brahman.

ईशानो मे मन्यौ श्रितः । मन्युर्हृदये । हृदयं मयि । अहममृते ॥ अमृतं ब्रह्मणि ।

īśāno me manyau śritaḥ | manyur hṛdaye | hṛdayaṃ mayi | aham  
amṛte | amṛtaṃ brahmaṇi |

The Lord rests in my emotions.

Emotions in heart.

Heart in me.

I in the eternal.

The eternal in brahman.

आत्मा मे आत्मनि श्रितः । आत्मा हृदये । हृदयं मयि । अहममृते ॥ अमृतं ब्रह्मणि ।

ātmā me ātmani śritaḥ | ātmā hṛdaye | hṛdayaṃ mayi | aham amṛte |  
amṛtaṃ brahmaṇi |

The self rests in my self.

Self in heart.

Heart in me.

I in the eternal.

The eternal in brahman.

पुन॑र्म आ॒त्मा पुन॑रायु॒रागात् ॥ पुनः॑ प्रा॒णः पुन॑राकू॒तमागात् ॥ वैश्वान॑रो र॒श्मिभि॑र्वावृ॒धानः ।  
अ॒न्तस्तिष्ठ॑त्व॒मृत॑स्य गो॒पाः ।

punar ma ātmā punar āyur āgāt | punaḥ prāṇaḥ punar ākūtam āgāt  
| vaiśvānaro raśmibhir vāvṛdhānaḥ | antas tiṣṭhatvamṛtasya gopāḥ |

Again, may my self approach me for another life.  
Again, may life-force approach me for another intention.  
May the universal fire grow with rays of light.  
Let the protectors of immortality reside within.

असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ।  
मृत्योर्मा अमृतं गमय ॥ ॐ शान्तिः शान्तिः शान्तिः ।

**asato mā sad gamaya |  
tamaso mā jyotir gamaya |  
mrtyor mā amṛtaṃ gamaya ||  
Om śāntiḥ śāntiḥ śāntiḥ |**

From the unreal to the real,  
Lead me,  
From darkness to light,  
Lead me.  
From death to immortality,  
Lead me.  
Om, Peace, Peace, Peace!