



The Jeevan Mukta Gita

(The Song of the Liberated in Life)
The Song of Dattatreya

**Sarva Bhutaantarasthaaya,
Nityamukta Chidaatmanae;
Pratyak Chaitanya Roopaaya,
Mahyamaeva Namoh Namaha**

1. Salutations to the Transcendental Being
Who is immanent in all creation, being
Pure Consciousness, ever free, witness of all action
Which is none other than my own Self divine.

**Jeevanmuktischa Yaa Muktihi,
Saa Muktihi Pindapaatanae;
Yaa Muktihi Pindapatanae,
Saa Muktihi Shuni Sookarae**

2. Freedom from *karma* which one attains while living
Is *Jeevan Mukti*, the great liberation of the Being;
Liberation after the death of the body is not possible
Unless one attains it while living in this body mortal.

**Jeevaha Shivaha Sarvamaeva,
Bhutaeshvavam Vyavasthitaha
Aevamaevacha Pashyam Hi,
Jeevanmuktaha Sa Uchyatae**

3. The Self is in reality Shiva itself
It is one without a second—Universal Self;
One who sees this truth in all and in oneself
Is a liberated *Jeevan Mukta* himself.

**Aevam Brahma Jagatsarvam,
Akhilam Bhaasatae Ravihi;
Samsthitam Sarva Bhutaanaam,
Jeevanmuktaha Sa Uchyatae**

4. Even as the whole world is illumined by the sun
The whole creation is illumined by Brahman;
One who realizes this immanent Reality
Is liberated while living from all duality.

**Aekadhaa Bahudhaa Chaiva,
Drishyatae Jalachandravat;
Aatmajnaani Tathaivaeko,
Jeevanmuktaha Sa Uchyatae**

5. Reflected in different lakes, rivers and ocean
The one moon appears as many, but it is only one;
One Self appears in many forms, but it is only one
Liberated is he, one who sees many in one.

**Sarvabhutae Sthitam Brahma,
Bhedabhedo Na Vidyatae;
Aekamaevaabhi Pashyamscha,
Jeevanmuktaha Sa Uchyatae**

6. All-pervasive is this immanent Truth
Difference, non-difference exists not in Truth—it is myth;
One who realizes this Truth of Brahman
Is a *Jeevan Mukta*, liberated Atman.

**Tattvam Kshetram Vyomaateetam,
Aham Kshetrajna Uchyatae;
Aham Kartaacha Bhoktaacha,
Jeevanmuktaha Sa Uchyatae**

7. Universe is body and Brahman, its soul,
Transcends the space, our immortal goal;
I am the actor, enjoyer as well—
One who sees this is a liberated soul.

**Karmaendriya Parityaagi,
Dhyaana Varjita Chaetasaha;
Atmajnani Tathaivaeko,
Jeevanmuktaha Sa Uchyatae**

8. Transcending senses of action and mind
Uniting with Self, that illumined mind
Forthwith attains the *Jeevan Mukti*
By way of knowledge known as *jnana shakti*.

**Shaareeram Kevalam Karma,
Shoka Mohaadi Varjitam;**

**Shubhaashubha Parityagi,
Jeevanmuktaha Sa Uchyatae**

9. Even while acting, one who is free from affliction
Misery or gain, one who has no concern;
Who is free from attachment and infatuation
Is known as *Jeevan Mukta*, the liberated one.

**Karma Sarvatraadishtam,
Na Jaanaami Cha Kinchana;
Karma Brahma Vijaanaati,
Jeevanmuktaha Sa Uchyatae**

10. I know not an action separated from Brahman
Brahman is *karma*, and *karma* Brahman;
One who thus sees all action as God,
Liberated is he while on earthly abode.

**Chinmayam Vyaapitam Sarvam,
Aakaasham Jagadeeshvaram;
Sahitam Sarva Bhutaanaam,
Jeevanmuktaha Sa Uchyatae**

11. God is the Universal Spirit that pervades all space
And He is the Self of all beings who live in time and space;
One who sees this God-Self in all, everywhere
Liberated in life, he is happy here and hereafter.

**Anaadvarti Bhutaanaam,
Jeevaha Shivo Na Hanyatae;
Nirvairaha Sarva Bhutaeshu,
Jeevanmuktaha Sa Uchyatae**

12. Soul of all creatures is Shiva Himself
He has no death, He is eternal Self;
One who hates not, seeing all this as Self
Jeevan Mukta is he, the blissful great Self.

**Atmaa Guruhu Tvam Vishvam Cha,
Chidaakaasho Na Lipyatae;
Gataगतam Dvayoho Naasti,
Jeevanmuktaha Sa Uchyatae**

13. Self is the Guru, Self is all this
Self is unaffected, Self is supreme bliss;
It grows not, diminishes not, it is always the same
Liberated is he, one who realizes this OM.

**Garbhadhyanaena Pashyanti,
Jnaaninam Mana Uchyatae;
Soham Mano Vileeyantae,
Jeevanmuktaha Sa Uchyatae**

14. Meditation leads to the Cosmic Mind, that "I AM"
Such an illumined mind is not separate from that "I AM"
All-pervading Shiva is that great Self "I AM"
He is liberated in life, one who identifies with that "I AM."

**Oordhva Dhyaanaena Pashyanti,
Vijnaanam Mana Uchyatae;
Shoonyam Layam Cha Vilayam,
Jeevanmuktaha Sa Uchyatae**

15. The wise see the Truth through the highest meditation
Some call it void, and some call it absorption;
Some call it Cosmic Mind, some illumination
One who sees this Truth has attained liberation.

**Abhyaasae Ramatae Nityam,
Mano Dhyaana Layam Gatam;
Bandha Moksha Dvayam Naasti,
Jeevanmuktaha Sa Uchyatae**

16. He who delights in deep meditation
Dwelling in the Truth for Self-realization,
He is free from the relative thoughts of bondage and freedom
He is *Jeevan Mukta*, liberated from thralldom.

**Aekaaki Ramatae Nityam,
Svabhaava Guna Varjitam;
Brahma-Jnaana Rasaasvadee,
Jeevanmuktaha Sa Uchyatae**

17. He is *Jeevan Mukta* who is absorbed in the joy of Atman
Transcending three *gunas*, he delights in Brahman;
Dwelling in the great Self, he enjoys the essence of Truth
Liberated is he by transcending birth and death.

**Hridi Dhyaanaena Pashyanti,
Prakaasham Kriyatae Manha;
Soham Hamsaeti Pashyanti,
Jeevanmuktaha Sa Uchyatae**

18. He sees the great Self in the heart's lotus through meditation
He feels oneness with God through such illumination;
His mind and breath constantly repeat I am He, He I am—
Hamsa Soham Soham Hamsa
Liberated in life is such a Master, a *paramahamsa*.

**Shiva Shakti Samaatmaanam,
Pinda-Brahmaanda Maevacha;
Chidaakaasham Hridam Moham,
Jeevanmuktaha Sa Uchyatae**

19. Seeing Shiva and Shakti in his great Self as one and the same
Seeing macrocosm in microcosm as one and the same;
Seeing the whole universe and the Universal Truth in his great Self
Forthwith he attains liberation in life by realizing the Supreme Self.

**Jaagrit Svapna Sushuptim Cha,
Turyaavasthitam Sadaa;
Soham Mano Vileeyaeta,
Jeevanmuktaha Sa Uchyatae**

20. Transcending wakeful, dream and deep sleep state,
Dwelling constantly in "Soham," I Am He, the transcendental state,
Merging the mind in that infinite consciousness
Attains he the *Jeevan Mukti* state of absolute consciousness.

**Soham Sthitam Jnaanamidam,
Sootraeshu Manivatparam;
Soham Brahma Niraakaaram,
Jeevanmuktaha Sa Uchyatae**

21. God is like the string, souls are like the beads;
The affirmation of "He I Am" is the *mantra*, that which leads
Towards the Truth, formless, nameless and of the nature of peace
Realizing which *Jeevan Mukta* enjoys the divine bliss.

**Mana Aeva Manushyaanaam,
Bhedaabhedasya Kaaranam;
Vikalpa Naiva Samkalpam,
Jeevanmuktaha Sa Uchyatae**

22. It is the mind that is the cause of seeing difference and non-difference
"I know," "I know not" is the nature of the mind that has not tasted the divine essence;
One who stills the mind with the aid of reflection and meditation
He is *Jeevan Mukta*, the unfettered Atman.

**Mana Aeva Viduhu Praajnaha,
Siddha-Siddhanta Aeva Cha;
Sadaa Dridam Tadaa Moksha,
Jeevanmuktaha Sa Uchyatae**

23. When the mind and the heart become steadfast in Brahman
Settled in Truth is such a person;

He is a *siddha* who is established in Truth
He is *Jeevan Mukta* and has conquered the death.

**Yogaabhyaasee Manaha Shrestaha,
Antastyagee Bahirjadaha;
Antastyaagee Bahistyagee,
Jeevanmuktaha Sa Uchyatae**

24. Whoever practices this *yoga* of Universal Truth,
Renounces inwardly all worldly riches as myth;
One who renounces all desires both from without and within
Such a one is a *Jeevan Mukta*, a liberated Atman.

**Iti Vedanta-Kesarinaa Sri Dattatreyaena Virachitaa
Jeevanmukti-Gita Samaapta
OM Shantihi Shantihi Shantihi**

Thus ends this great song of liberation while living
Composed by Lord Dattatreya, the Master of Masters, everliving;
He is Trinity—Brahma, Vishnu and Shiva—incarnated as Master
Lion of Vedanta, God, our Lord and Teacher.

— Sadgurunatha Maharaja Ki Jai! —