

# *Sri Atma Gita*



## Sri Atma Gita

1. **OM Sri Atma Gita now I'll sing  
On hearing which a man is freed  
That heart receptive to God's word  
Becomes the Lord Hari's abode.**
2. **On the wheel of change a man is turned  
Until Sri Atma Gita's heard  
Even the place in which it's sung  
Becomes a sacred place of Love.**
3. **Oh man, seek thee the highest goal  
Read or sing this song each day  
True understanding thou wilt gain  
And all past sins will fade away.**
4. **To one who hears this song at death  
Sri Krishna out of love bestows  
A place on high and those who give  
This song as a gift are One with Him.**
5. **OM Oh souls who yearn for truth  
Come sip Sri Krishna's honeyed word  
Who hears this song is freed from death  
And gains the precious peace of God.**

### Sri Krishna is speaking:

6. *O noble Uddhava, remember my words  
For I'll not be around to remind you again  
Give up all attachment, surrender your love  
For this world of sense-objects relations, and friends.*
7. *The feeling of "I" as a separate self  
Must be given up if you wish to know truth  
There's only one "Self" which exists within all  
'Tis that very Self which you see as the world.*

8. *The Self is the source of the whole Universe  
It fashions all forms of its own Consciousness  
Though all forms are changing and soon fade away  
The one conscious Self is forever the same.*
9. *Therefore Uddhava, cling fast to the Self  
Your mind must be steady, unswayed by the world  
Your heart must be free of all selfish desire  
If you wish to awake and to know who you are.*
10. *When you have gained knowledge and wisdom as well  
When you can feel One with the whole universe  
When you have found Self and in Self found delight  
Then you will be free, though you live still on earth.*
11. *Thus will you go beyond evil and good  
Without pride or shame you'll behave as you should  
To everyone loving and gentle and kind  
You'll see not but One and in One keep your mind.*

### Uddhava to Krishna:

12. *Oh Krishna my God, only Soul of the world  
So that I may wake please instruct me still more  
My mind is so dull I'm unable to see  
The way that a man from this flesh can be free.*

### Sri Krishna is speaking

13. *Listen Uddhava, take refuge in me  
Perform all your duties and works faithfully  
But keep your heart free from all want or desire  
Surrender your heart and your mind unto me.*
14. *This world which the senses perceive is a dream  
There's nothing within it that is what it seems  
So keep your mind steady, remembering me  
And do what you must while your heart remains free*

15. *To work with the motive of pleasing oneself  
Leads only to ruin and darkness within  
But works that are done in the service of God  
Bring freedom and peace as the fruits of reward.*

16. *With your mind wide awake and remembering me  
Surrender all thought of yourself and be free  
Give up the false dream of “myself” and “my own”  
Become one with God through devotional love.*

17. *Regard all your brothers with equality  
See only one Self in whatever you see  
With all doubts dispelled by the bright light of truth  
Awake from the dream of this world and be free.*

18. *When you’ve become free of all worldly desire  
No power can shake you or move you to ire  
Unstirred by the words of both good men and bad  
Uddhava, be free, keep your mind fixed on God.*

**Uddhava to Krishna:**

19. *Krishna, all men are aware that the world  
Is changing and fleeting, a whirlpool of dust  
Yet see how all men run to fill their desires  
See how they’re caught in the jaws of dark lust.*

20. *Though suffering and misery runs after those men  
Who seek for their pleasure the objects of sense  
Please tell me, dear Krishna, why it should be so  
That men, like dumb beasts, love their suffering so.*

**Sri Krishna is speaking:**

21. *Uddhava, such poor men do not know the truth  
Nor have they the peace and contentment that comes  
From knowing the bliss of the one conscious Self  
Pervading this world in these myriad forms.*

22. *Such men are deluded in thinking the Self  
Is body and mind and the organs of sense  
Betrayed by desire of the flesh they are led  
By dreams of sense-pleasure until they are dead.*

23. *By giving himself to the impulse of lust  
A foolish man gathers up pain for himself  
But the man of dispassion and knowledge is wise  
He gathers the fruits of a joy that’s divine.*

24. *So listen Uddhava, give up lethargy  
Keep watch on the thoughts of your mind faithfully  
Withdraw your regard from the world and its play  
Remember the Self with each thought every day.*

25. *‘Tis this which is known as the yoga supreme  
I’ve taught it to gods and I’ve taught it to men  
I’ll tell you Uddhava the words which I gave  
To the great sage Sanak’ in a far-distant age.*

26. *The question Sanak’ asked of me was this:  
“The mind is attracted to objects of sense  
And objects of sense become fixed in the mind  
How can I be free from sense objects that bind?”*

27. *“What you say is true.” I assured him at once,  
“You’re neither mind nor the objects of sense  
There’s only one ‘I’ ever free and divine  
When you know that Self then true freedom you’ll  
find.”*

28. *That vision which sees many where there is One  
Is sleep though one’s eyes may appear open wide  
The one conscious Self is the Reality  
Awake from the dream of this world and be free.*

29. *Dispel the dark clouds of delusion with truth  
With knowledge and wisdom shed light on the Self  
Realize who you are and by knowledge be freed  
Devotion to truth is the true love indeed.*

30. *Today the world is but tomorrow it's not  
It shifts like the forms of the clouds in the sky  
It is but one Consciousness seeming to be  
The manifold world which the senses perceive.*

31. *Withdraw from this world of appearance your mind  
And give up the thirst for the pleasures of life  
With mind set at rest know the bliss of the Self  
And never more fall into error and strife.*

32. *That man who has tasted the bliss of the Self  
May move among objects of sense without fear  
His mind never clings to the world's misery  
His heart is with God and his soul is made free.*

33. *This is the secret Sanaka was taught  
The goal of all men and the highest of paths  
Give worship to God as the Self of your heart  
See only one Self and remain unattached.*

**Uddhava to Krishna:**

34. **Dear Krishna the sages have taught many ways  
To reach to the end of man's journey to God  
I wish to know, Lord, the way that is best  
Can each of these paths be as good as the rest?**

**Sri Krishna is speaking:**

35. *Uddhava my child, there are many ways  
Which sages have shown to attain the Supreme  
The pathways are many but each of them leads  
To the knowledge of God beyond scriptures or creeds.*

36. *By love, or by inward control of the mind  
By faith, or by wisdom, by serving mankind  
All these have been taught as the way to reach God  
But the best way of all is devotional love.*

37. *What joy does one find in the sweet love of God  
The bliss of His love fills the whole universe  
Uddhava delight in that Lord who's within  
Surrender your life in devotion to Him*

38. *As wood is burned up when it's thrown into fire  
Devotional love burns up worldly desire.  
By study of books men may try to find joy  
But, God who is Love is found only through love.*

39. *Without love for God all man's learning is vain  
'Tis only through love that true bliss is regained  
With joy in his heart that wise lover is blessed  
Who serves God with love; 'tis this path which is best.*

40. *Uddhava, obtain that sweet blessing of grace  
By taking the path that is followed by saints  
Give worship to God through devotional hymns  
Perform all your actions in service to Him.*

41. *Be free from all selfish desires of the mind  
Renounce everything for the love that's divine  
When your mind is surrendered and evermore true  
That love which is bliss will awaken in you.*

42. *This goal is the highest goal one can attain  
God's freedom and bliss in the form of a man  
All pleasure, all knowledge, all power divine  
Belongs to that man who's surrendered the mind.*

43. *So therefore Uddhava, restrain the desire  
For outward enjoyments through organs of sense  
Turn your mind inward with love to the Self  
Through deep meditation, regain your true wealth.*

44. *Learn to be even in mind and in poise  
Be calm in the midst of the mightiest storm  
Though men may upbraid you and call you false  
names  
Remember the Self, remain ever the same.*

45. *Do not allow hatred to rise up in you  
Nor ever in anger return blow for blow  
But keep your mind turned to the Self who's within  
And strive to be free from the bondage of sin.*

**Uddhava to Krishna:**

46. *O Master, dear teacher, O Soul of the world  
When one is insulted and false words are hurled  
How hard is the task of remaining in peace  
Please show me the way I can do this with ease.*

**Sri Krishna is speaking:**

47. *Indeed it is true there's nothing more hard  
The words of the wicked strike deep in the heart  
Like arrows they lodge in the breast of a man  
And cause such a pain that he scarcely can stand.*

48. *But please let me tell you, Uddhava my child,  
A story of one who was painfully tried  
By torment and mis'ry throughout all his life  
Yet ever remained free of pain and of strife.*

49. *This man was once wealthy and foolishly proud  
'Til fate intervened and deprived him of all  
But the blow fortune dealt him was good in disguise  
For he soon realized where man's real treasure lies.*

50. *With the mind turned within he examined his soul  
While wond'ring the earth as a sadhu alone  
Though poor in the eyes of all men of the world  
He soon became wealthy in true self-control.*

51. *Now other men saw him alone and detached  
And decided to test him by treating him rough  
Wherever he went he was treated with scorn  
As men tried to wound him with words and with  
stones.*

52. *But though he was treated by all men with spite  
The truth of the Self he kept ever in sight  
Tormented incessantly, injured and wronged  
He sang in his heart this pain-dispelling song.*

53. *"No pleasure, no pain can affect my true Self  
Both suff'ring and pleasure belong to the mind  
The Self is the witness of all the mind's play  
Remaining forevermore conscious and free.*

54. *"The Self, like an object reflected in glass  
Appears to be mind and the whole universe  
And man, by forgetting his identity,  
Is lost in delusion and knows misery.*

55. *"All teachings of sages have one common goal  
They all teach the way to attain self-control  
The highest religion consists of just this:  
To bridle the mind and in truth become fixed.*

56. *"The uncontrolled mind is man's sole evil foe  
It vanquishes men with its weapons of woe  
Forgetful of this men see evil in men  
Like fools, they forget that all evil's within.*

57. *"None other can cause me to know joy or pain  
For I am forever the unchanging One  
The sense of delight or of sadness I find  
Comes from the false notion that I am the mind.*

58. *"The body and mind are both subject to change,  
But I am the One in whom all is contained.  
In freedom forever, beyond shame or fear,  
The sweet blissful Self is the one I hold dear."*

59. *That was the song that my wise wanderer sang,  
Though injured and tortured by wrong hearted men;  
He held to the truth and continued in peace,  
Crossed o'er the ocean of misery to me.*

60. *When you can surrender in full love to God,  
You'll rise to the heights of the heaven within;  
In blissful awakening, you'll know your true Self,  
And fathom the depths of the whole universe.*
61. *And when your mind's light becomes steady and  
bright,  
All ignorant notions will fade out of sight.  
The false sense of ego will then disappear  
And the world of appearance will bind you no more.*
62. *Your mind will be peaceful, absorbed in the Self,  
You'll look on all others with equality,  
Beyond good and evil, with ego dispelled,  
To nothing attached, you'll then become free.*
63. *What more can remain to be gained by that man,  
Who's heart filled with love, who's found joy within?  
His words are of truth and all men are made pure  
By hearing from him of the One who endures.*
64. *Like fire, he is able to burn away sin  
And light up the deep night of darkness within.  
A blessing to all, he's like a strong ship  
To carry all men 'cross this ocean to bliss.*
65. *As food sustains life, and as life sustains man,  
That sage who is free is the savior of all;  
The sun in the sky who lights heaven and earth  
Cannot be compared to that sage who lights hearts.*
66. *Now let me tell you, Uddhava, my son,  
The things you must do if the Truth's to be won;  
By following this, you will come to know bliss;  
Through wisdom, you'll conquer invincible death.*
67. *Awake to the knowledge that God is your Self  
Let all of your actions be guided by Him  
Surrender your life in the service of God  
And your heart will be filled with the light of His  
Love.*
68. *Take up your abode with the holiest saints  
Those sages whose lives are devoted to God  
And learn by their conduct to live as you must  
To see only One in this vast universe.*
69. *Oh noble Uddhava, your sight must be pure  
To see only God in this manifold world  
Such vision is wisdom that sets the soul free  
See only one Consciousness incessantly.*
70. *By seeing in all men that spirit divine  
The notion of "others" abandons the mind  
Realize this one truth and your heart will be free  
Of anger and hatred and mean jealousy.*
71. *That man who has seen God sees God everywhere  
He worships the Self in all hearts as his own  
This is the best mode of worship indeed  
To treat all as God in one's thought, word, and deed.*
72. *Such is the knowledge I pass on to you  
By which in this life you may learn to be free  
And lose all attachment to things passing by  
And know your true Self as immortality.*
73. *Dear Brother, said Suta, the tale has been told  
Of Uddhava and Krishna in days long ago  
The fountain of nectar which flowed from the lips  
Of Sri Krishna enables all men to know bliss.*
74. *I bow to that Krishna, the one Soul of all  
This song Atma Gita, His glory has told  
May all men win freedom by singing this song  
From the Srimad Bhagavatam Purana of old.*

~ OM Shanti Shanti Shanti ~