

Sri Atma Gita



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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've found the 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 gentle and loving 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
And 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 the 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. *O 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 desires 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 Sanaka in a far-distant age.*

26. *The question Sanaka 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,
“But 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 taught 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
And 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,
And 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 heavens 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 will 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's able to burn away sin
And light up the deep night of darkness within.
A blessing to all, he is like a strong ship
To carry all men 'cross this ocean to bliss.*
65. *As food sustains life, and 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 OM ~