



SACRED HYMN · SANSKRIT (DEVANAGARI) WITH MEANING

SO HUM MANTRA



Upanishads, traditional

THE COMPLETE HYMN · SANSKRIT (DEVANAGARI)

The mantra, then seven passages that state it: one verse from the Isha Upanishad, three from the Hamsa Upanishad and three from the Yogachudamani Upanishad.

MANTRA 1

सोऽहम् ॥

"I am He" (I am That). The mantra joins sah, "He, That", with aham, "I"; read in reverse it gives hamsa.

VERSE 1

पूषन्नेकर्षे यम सूर्य प्राजापत्य व्यूह रश्मीन् समूह तेजः ।
यत्ते रूपं कल्याणतमं तत्ते पश्यामि योऽसावसौ पुरुषः सोऽहमस्मि ॥

O Pushan, lone seer, Yama, Sun, son of Prajapati, spread apart your rays and draw in your blaze. That most blessed form of yours, I see it; that Person who is yonder, I am He.

VERSE 2

अथ हंसपरमहंसनिर्णयं व्याख्यास्यामः ।
ब्रह्मचारिणे शान्ताय दान्ताय गुरुभक्ताय ।
हंसहंसेति सदा ध्यायन् ॥

Now we shall explain the true nature of the Hamsa and the Paramahamsa, for the student who is chaste, calm, self-restrained and devoted to the teacher, meditating always "hamsa, hamsa".

VERSE 3

सर्वेषु देहेषु व्याप्य वर्तते ।
यथा ह्यग्निः काष्ठेषु तिलेषु तैलमिव तं विदित्वा मृत्युमत्येति ॥

It dwells pervading every body, as fire lies hidden in wood and oil in sesame seeds. The verse says that one who knows it goes beyond death.

VERSE 4

अथ हंस ऋषिः ।
अव्यक्तगायत्री छन्दः ।
परमहंसो देवता ।
हमिति बीजम् ।
स इति शक्तिः ।
सोऽहमिति कीलकम् ॥

Now: Hamsa is the seer, the unmanifest Gayatri is the metre and the Paramahamsa is the deity. "Ham" is the seed, "sa" is the power, and "so'ham" is the pin that holds the mantra fast.

VERSE 5

हकारेण बहिर्याति सकारेण विशेत्पुनः ।
हंसहंसेत्यमुं मन्त्रं जीवो जपति सर्वदा ॥

With the sound "ha" the breath goes out, and with the sound "sa" it comes in again. So the living being repeats this mantra, "hamsa, hamsa", at all times.

VERSE 6

षट्शतानि दिवारात्रौ सहस्राण्येकविंशतिः ।
एतत्सङ्ख्यान्वितं मन्त्रं जीवो जपति सर्वदा ॥

Twenty-one thousand six hundred times in a day and a night: with this count the living being keeps repeating the mantra.

VERSE 7

अजपानाम गायत्री योगिनां मोक्षदा सदा ।
अस्याः सङ्कल्पमात्रेण सर्वपापैः प्रमुच्यते ॥

This is the Gayatri called Ajapa, the prayer said without speaking; the verse says it always grants liberation to yogis. It says that by merely resolving upon it one is freed from all sins.

READ IT ON ITS PAGE

The So Hum Mantra with its meaning, how and when it is recited, and the same text in five more scripts:
astrobhava.com/mantra/so-hum-mantra/



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