

verse 11



Guru murtim smarenityam,
guru naama sadaa japet;
Guroraajñaam prakurvita,
guror anyanna bhaavayet.

Continually remember the Guru's form.

Repeat his name and follow his command

– think of nothing but the Guru.

Shri Guru Gita - 108 Sutras for Awakening

verse 12



Svaa shramam cha svajaatim cha,
sva kirti pushti vardhanam;
Etat sarvam parityajya,
guror anyanna bhaavayet.

Letting go of all attachment to your

social status, your reputation and

your comforts – think of nothing but the Guru.

Shri Guru Gita - 108 Sutras for Awakening

verse 13



Ananyaash chintayanto maam,
sulabham paramam padam;
Tasmaat sarva prayatnena,
guror aaraadhanam kuru.

*If you think of nothing else but Me,
you will easily reach the highest state
of Realization. Thus, focus one-pointedly
on merging with the Guru.*

Shri Guru Gita - 108 Sutras for Awakening

verse 14

Gukaaras tvandha karash cha,
rukaaras teja uchyate;
Ajñaana graasakam brahma,
gurur eva na samshayaha.

Gukaarah prathamo varno,
mayaadi guna bhaasakah;
Rukaaro dvitiyo brahma,
maayaa bhraanti vinaashanam.

Gukaaram cha gunaa titam,
rukaaram rupa varjitam;
Gunaatita svarupam cha,
yo dadyaat sa guruh smrtah.

The word Guru is composed of two sacred syllables. Gu, which represents the darkness and Ru, which represents light. Gu is maya and Ru is the destruction of maya. Gu is the state which is beyond the three gunas, and Ru is emptiness. The Guru is he who gives the experience of darkness melting into light, maya dissolving into clarity and formation revealing wisdom.

Shri Guru Gita - 108 Sutras for Awakening

verse 15



Mantra raajam idam devi,
gurur ityakshara dvayam;
Smrti vedaartha vaakyena,
guruh saakshaat param padam.

*O Devi, the supreme mantra is indeed the
word 'Guru', and its two letters gu and ru.
The essence of the Smritis and Vedas decree that the
Guru is the personification of the Highest Reality.*

Shri Guru Gita - 108 Sutras for Awakening

verse 16



Agni shuddha samam taata,
jvaalaa parichakaa dhiya;
Mantra raajam imam manye,
harnisham paatu mrtyutah.

*This pure king of mantras is a fire blazing in
the mind – burning day and night,
it removes the illusion that you are this body,
thus freeing you from death itself.*

Shri Guru Gita - 108 Sutras for Awakening

verse 17

Evam guru padam shreshtham,
devaanaamapi durlabham;
Haahaa huhu ganaish chaiva,
gandharvaish cha prapujyate.

Dhruvam tesham cha sarvesham,
naasti tat tvam guroh param;
Aasanam shayanam vastram,
bhushanam vaahanam dikam.

Saadhakena pradaatavyam,
guru santosha kaarakam;
Guror aaraadhanam kaaryam,
sva jivitvam nivedayet.

*There is no truth higher than the Guru Tattva, the Guru principle.
Even gods and other celestial beings cannot attain this highest of
states. A sadhaka should offer the Guru a seat, a bed, clothing
and other things that will please him.*

Shri Guru Gita - 108 Sutras for Awakening

verse 18



Karmanaa manasaa vaachaa,
nityam aaraadhayed gurum;
Dirgha dandam namaskrtya,
nirlajjo guru sannidhau.

*Pranam fully to the Guru with complete abandon
and let your every action, thought and word be
offered to the Guru. Serve the Guru
in every way and dedicate your life to him.*

Shri Guru Gita - 108 Sutras for Awakening

verse 19



Krmi kita bhasma vishthaa,
durgandhi mala mutrakam;
Shleshma raktam tva chaa maamsam,
vañchayenna varaanane.

The Guru knows you inside and out. O Beautiful One, withhold no part of yourself from him, neither that which you think of as pure nor that which you think of as dark and foul – including the germs and worms of your body, and the blood, skin and flesh, all of which are finally reduced to ashes.

Shri Guru Gita - 108 Sutras for Awakening

verse 20



Abhyastaih sakalaih sudir ghamanilair,
vyaadhi pradair dushkaraih,
pranaayaama shatair aneka karanair,
duhkhaatmakair durjayaihi;

Yasminn abhyudite vinashyati bali,
vaayuh svayam tat kshanaat,
praptum tat sahajam svabhaavam anisham,
sevadhvam ekam gurum.

The most powerful yoga, O Noble One, is not the pranayama with its windy breathing exercises, nor hatha yoga with its challenging and difficult positions – rather, it is the Guru Yoga, the supreme yoga, which grants the spontaneous state, whereby the powerful prana becomes still of its own accord, without effort.

Shri Guru Gita - 108 Sutras for Awakening

verse 21



Samsaara vrksham aarudhaah,
patanto narakaarnave;
Yena chaivo ddhrtaah sarve,
tasmai shri gurave namaha.

I bow to my Guru who rescued those who were sinking in the mire of samsara, the ocean of hell, and were striving for liberation by seeking to climb the tree of life.

Shri Guru Gita - 108 Sutras for Awakening

verse 22



Gurur brahmaa gurur vishnu,
gurur devo maheshvarah;
Gurur eva para brahma,
tasmai shri gurave namaha.

I bow to the Guru who is Brahma, who is Vishnu, who is Lord Shiva and who is indeed Parabrahman – the Ocean of Consciousness.

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