

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.

Shri Guru Gita - 108 Sutras for Awakening

verse 23



Hetave jagataam eva,
samsaarar nava setave;
Prabhava sarva vidyaanaam,
shambhave gurave namaha.

*I bow to my Guru who is Shiva, the prime tattva,
the only bridge across the ocean of samsara.
As the master of all knowledge, he knows
that by which all else is known.*

Shri Guru Gita - 108 Sutras for Awakening

verse 24



Ajñaana timir aandhasya,
jñaanaañ jana shalaakayaa;
Chakshur unmilitam yena,
tasmai shri gurave namaha.

*I bow to my Guru who opened my eyes,
that were blinded by the darkness of
ignorance, and revealed to me the
light of knowledge.*

Shri Guru Gita - 108 Sutras for Awakening

verse 25



Tvam pitaa tvam cha me maataa,
tvam bandhus tvam cha devataa;
Samsaara prati bodhaartham,
tasmai shri gurave namaha.

*In order to cross over the abyss of samsara,
I recognize you as my father, my mother,
my brother and my God.
I bow to you, my beloved Sadguru.*

Shri Guru Gita - 108 Sutras for Awakening

verse 26



Dhyaana mulam guror murtih,
pujaa mulam guroh padam;
Mantra mulam guror vaakyam,
moksha mulam guroh krpaa.

*The source of meditation is the Guru's form.
The source of devotion is the Guru's feet.
The source of mantra is the Guru's word.
The source of awakening is the Guru's grace.*

Shri Guru Gita - 108 Sutras for Awakening

verse 27



Ayam mayaañ jalir baddho,
dayaa saagara vrddhaye;
Yad anugrahato jantush,
chitra samsaara muktibhaak.

*I fold my hands and bow to you my Guru,
the Ocean of Benevolence, for it is only
by your grace that I can be freed from
the wheel of cyclic existence.*

Shri Guru Gita - 108 Sutras for Awakening

verse 28



Yat satyena jagat satyam,
yat prakaashena bhaati tat;
Yad aanandena nandanti,
tasmai shri gurave namaha.

*Through the Reality of the Guru there is truth,
from the Light of the Guru there is luminosity,
through the Bliss of the Guru there is joy.
I bow to you, O Sadguru.*

Shri Guru Gita - 108 Sutras for Awakening

verse 29



Yasya sthithyaa satyam idam,
yad bhaati bhaanu rupatah;
Priyam putraadi yat prityaa,
tasmai shri gurave namaha.

*I bow to my Guru, who exists to reveal the truth,
who ceaselessly shines like the sun to light our way,
and who opens our hearts to love
all those who are dear to us.*

Shri Guru Gita - 108 Sutras for Awakening

verse 30



Yena chetayate hidam,
chittam chetayate na yam;
Jaagrat svapna sushuptyaadi,
tasmai shri gurave namaha.

*It is the Guru who illuminates the mind,
not the mind that illuminates the Guru. I
bow to my Guru who is the supreme witness
of waking, dreaming and deep sleep states.*

Shri Guru Gita - 108 Sutras for Awakening