

*taittirīya brāhmaṇa III. 10. 8 - laghu nyāsa –agnir me*

agnirmē vāci śrītaḥ |  
vāg-hṛdaye |  
hṛdayaṃ mayi |  
aham-amṛte |  
amṛtaṃ brahmaṇi ||

vāyur-me prāṇe śrītaḥ |  
prāṇo hṛdaye |  
hṛdayaṃ mayi |  
aham-amṛte |  
amṛtaṃ brahmaṇi ||

sūryome cakṣuṣi śrītaḥ |  
cakṣur-hṛdaye |  
hṛdayaṃ mayi |  
aham-amṛte |  
amṛtaṃ brahmaṇi ||

*This mantra is asking for health, long life to link body, senses, mind (citta) energy (prāna) and awareness (cit).*

May fire nourish speech

speech nourish heart

heart nourish me

me nourish that which is eternal in me

the eternal in me nourish the eternal everywhere

May air nourish vital breath

vital breath nourish heart

heart nourish me

me nourish that which is eternal in me

the eternal in me nourish the eternal everywhere

May sun nourish sight

sight nourish heart

heart nourish me

me nourish that which is eternal in me

the eternal in me nourish the eternal everywhere

cāndra-mā me manasi śrītaḥ |  
mano hṛdaye |  
hṛdayaṃ mayi |  
aham-amṛte |  
amṛtaṃ brahmaṇi ||

May moon nourish mind  
mind nourish heart  
heart nourish me  
me nourish that which is eternal in me  
the eternal in me nourish the eternal everywhere  
(Both change periodically)

diśo me śrotre śrītaḥ |  
śro-tragṃ hṛdaye |  
hṛdayaṃ mayi |  
aham-amṛte |  
amṛtaṃ brahmaṇi ||

May space nourish hearing  
hearing nourish heart  
heart nourish me  
me nourish that which is eternal in me  
the eternal in me nourish the eternal everywhere

āpo me retasi śrītaḥ |  
reto hṛdaye |  
hṛdayaṃ mayi |  
aham-amṛte |  
amṛtaṃ brahmaṇi ||

May water nourish creation  
creation nourish heart  
heart nourish me  
me nourish that which is eternal in me  
the eternal in me nourish the eternal everywhere

pr̥thi-vī me śarīre śrītā |  
śarī-ragm̐ hr̥daye |  
hr̥dayam mayi |  
aham-amṛte |  
amṛtam brahmaṇi ||

May earth nourish body  
body nourish heart  
heart nourish me  
me nourish that which is eternal in me  
the eternal in me nourish the eternal everywhere

oṣadhi-vanaspa-tayo me lomāsu śrītāḥ |  
lomāni hr̥daye |  
hr̥dayam mayi |  
aham-amṛte |  
amṛtam brahmaṇi ||

May herbs nourish hair  
hair nourish heart  
heart nourish me  
me nourish that which is eternal in me  
the eternal in me nourish the eternal everywhere

indro me balē śrītāḥ |  
ba-lagm̐ hr̥daye |  
hr̥dayam mayi |  
aham-amṛte |  
amṛtam brahmaṇi ||

May power nourish strength  
strength nourish heart  
heart nourish me  
me nourish that which is eternal in me  
the eternal in me nourish the eternal everywhere

par-ja-nyo<sup>1</sup> me mūr-dhni śrītaḥ |  
mūr-dhā hṛdaye<sup>1</sup> |  
hṛdayaṃ mayi<sup>1</sup> |  
aḥam-amṛte<sup>1</sup> |  
amṛtaṃ brahmaṇi<sup>1</sup> ||

īśāno me maṇ-yau śrītaḥ |  
maṇyur-hṛdaye<sup>1</sup> |  
hṛdayaṃ mayi<sup>1</sup> |  
aḥam-amṛte<sup>1</sup> |  
amṛtaṃ brahmaṇi<sup>1</sup> ||

āt mā ātmani<sup>1</sup> śrītaḥ |  
āt mā hṛdaye<sup>1</sup> |  
hṛdayaṃ mayi<sup>1</sup> |  
aḥam-amṛte<sup>1</sup> |  
amṛtaṃ brahmaṇi<sup>1</sup> ||

May lightning nourish cranium  
cranium nourish heart  
heart nourish me  
me nourish that which is eternal in me  
the eternal in me nourish the eternal everywhere

May destroyer nourish anger  
anger nourish heart  
heart nourish me  
me nourish that which is Eternal in me  
the eternal in me nourish the eternal everywhere  
(May my anger be creative and destroy that which  
needs to be destroyed)

May soul nourish soul  
soul nourish heart  
heart nourish me  
me nourish that which is eternal in me  
the eternal in me nourish the eternal everywhere

punārma ātmā puna-rāyū-rāgāt |

Finally, the ātman which is omnipresent is invoked as the source of everything.

puna-prāna-puna-rākūta-māgāt |

We beseech the ātman to bestow long life.  
to let the prāna stay within,  
to let the mind be controlled.

vai-śvānaro raśmi-bhīrvā-vṛ-dhānaḥ |

to let the fire and the light grow,  
to let the digestion be well.

anta-stiṣṭha-tvamṛtasya gopāḥ ||

That the protector of man (wisdom) may be well established in us.

|| taittirīya brāhmaṇa III. 10. 8. ||

<http://www.dharmadownloads.info> - April 2007